

Take Comfort

Cozy up to healthier favorites

FAMILY FEATURES

Can cool-weather comfort foods ever be good for you? When you start with healthful ingredients, you can end up giving yourself a satisfying meal and a nutritional boost.

Tomato products should be a key ingredient for any meal as they are some of the healthiest foods you can have in your kitchen.

Scientific studies suggest that tomato products may protect the body against cardiovascular disease, inflammation and various forms of cancer. All of that, plus they are a very affordable way to get an extra serving of vegetables.

For more delicious ways to give your favorite comfort foods a healthful boost, visit www.tomatowellness.com.



Chili Colorado



Pulled Pork

Pulled Pork

Prep time: 20 minutes
Cook time: 5 hours to 10 hours
Makes 10 servings

- 4 pounds boneless pork loin roast, cut into 2-inch cubes
- 2 tablespoons brown sugar
- 1 tablespoon each: paprika and chili powder
- 2 teaspoons ground cumin and dried oregano
- 1 1/4 teaspoons each: garlic salt and cinnamon
- 1 28-ounce can crushed tomatoes
- 1/3 cup lime juice
- 1 1/2 cups chopped onion
- 2 to 3 minced chipotle peppers plus 2 to 3 tablespoons adobo sauce from can
- Soft rolls or tortillas

Cut pork into 2-inch cubes. Stir together dry seasonings in a small bowl and sprinkle over pork, turning to coat all sides. Place in a large slow cooker with tomatoes, lime juice and onion. Cover and cook on high for 5 hours or low for 10 hours.

Remove pork from slow cooker with a slotted spoon and place in a large bowl; shred using 2 forks or a potato masher. Stir in enough cooking liquid to make pork saucy and add chipotle peppers and adobo sauce to taste. Serve on warm rolls or tortillas with remaining sauce, if desired.

Nutritional analysis per serving (without bread or tortillas): Calories: 310, Fat: 11g, Saturated Fat: 4g, Trans Fat: 0g, Cholesterol: 105mg, Sodium: 300mg, Potassium: 787mg, Carbohydrates: 13g, Fiber: 3g, Sugar: 4g, Protein: 40g, Vitamin A: 25%, Vitamin C: 20%, Calcium: 8%, Iron: 15%

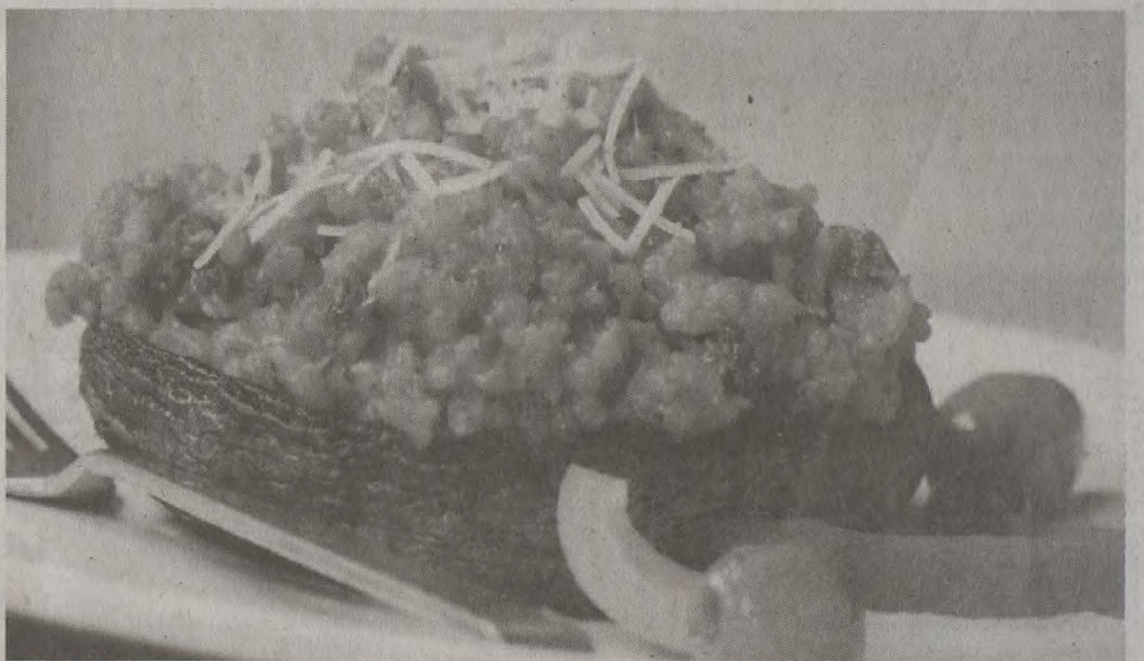
Chili Colorado

Prep time: 20 minutes
Cook time: 2 hours, 20 minutes (mostly unattended)
Makes 4 to 6 servings

- 2 pounds beef round, cut into 1-inch cubes
- 1 large onion, peeled and chopped
- 1 14 1/2-ounce can Mexican-style diced tomatoes
- 1 6-ounce can tomato paste
- 1 4-ounce can diced green chiles
- 1 teaspoon minced garlic
- 1 tablespoon chili powder
- 1 teaspoon dried Mexican oregano leaves and ground cumin
- 1/4 teaspoon salt or to taste
- Freshly ground pepper to taste
- Diced avocado, shredded Mexican blend cheese, cilantro leaves (optional)

Stir together all ingredients except optional toppings and bring to a boil over medium high heat. Reduce heat and simmer, covered, for 2 hours or until beef is tender. Remove cover and cook over medium heat until sauce is thick. Season with pepper and serve with diced avocado, shredded cheese and cilantro leaves, if you like.

Nutritional analysis per serving: Calories: 330, Fat: 9g, Saturated Fat: 3g, Trans Fat: 0g, Cholesterol: 120mg, Sodium: 790mg, Potassium: 742mg, Carbohydrates: 19g, Fiber: 5g, Sugar: 11g, Protein: 42g, Vitamin A: 30%, Vitamin C: 30%, Calcium: 6%, Iron: 25%



Tomato Risotto with Portabella Mushrooms

Tomato Risotto with Portabella Mushrooms

Prep time: 10 minutes
Cook time: about 40 minutes
Makes 4 servings

- 2 tablespoons butter
- 1 cup Arborio or short grain rice
- 1 teaspoon minced garlic
- 2 large shallots, peeled and thinly sliced
- 1 teaspoon dried basil
- 4 cups vegetable stock or reduced-sodium broth, warmed
- 1 8-ounce can tomato sauce
- 1/3 cup white wine
- 1/4 cup sun-dried tomatoes, drained and minced
- 1/4 cup shredded Parmesan cheese, plus extra for topping
- 4 small portabella mushrooms

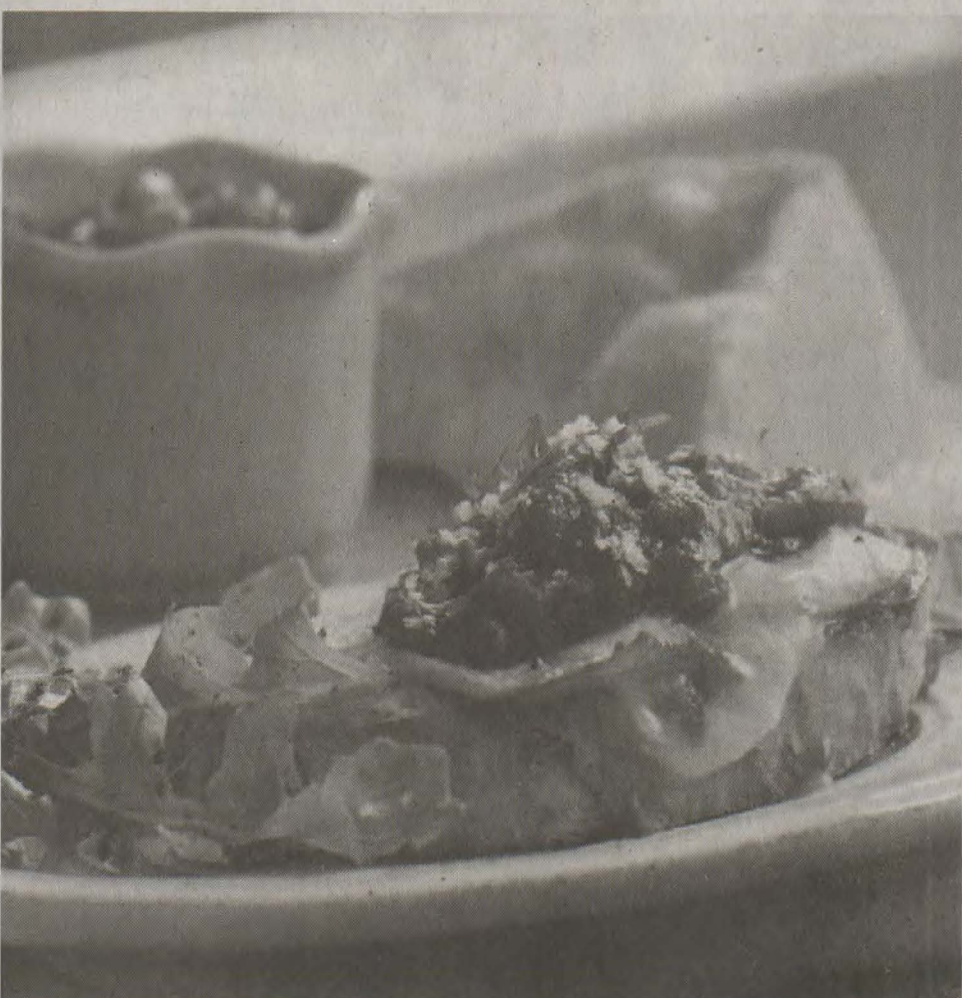
Melt butter in a large skillet over medium heat; stir in rice, garlic and shallots. Cook for 10 minutes or

until vegetables are soft; stir in basil. Reduce heat to low and stir in stock, 2/3 cup at a time, cooking and stirring until stock is absorbed before adding more to skillet.

Stir in tomato sauce, wine and sun-dried tomatoes; cook over medium-high heat, stirring frequently, until excess liquid has cooked off and rice is thick; stir in Parmesan.

Meanwhile, while rice is cooking, grill or broil mushrooms. Place spoonfuls of risotto inside each mushroom and sprinkle with additional Parmesan, if desired.

Nutritional analysis per serving: Calories: 420, Fat: 11g, Saturated Fat: 5g, Trans Fat: 0g, Cholesterol: 20mg, Sodium: 960mg, Potassium: 1265mg, Carbohydrates: 67g, Fiber: 6g, Sugar: 10g, Protein: 15g, Vitamin A: 35%, Vitamin C: 25%, Calcium: 15%, Iron: 15%



Italian Tomato Eggs

Italian Tomato Eggs

Prep time: 20 minutes
Cook time: about 1 hour
Makes 6 servings

- 1 tablespoon extra virgin olive oil, plus extra for brushing on bread
- 1 cup chopped onion
- 1/2 cup thinly sliced and chopped fennel or anise (optional)
- 1 1/2 teaspoons minced garlic
- 1 28-ounce can tomato puree
- 2 teaspoons dried Italian herb seasoning
- 1 teaspoon sugar, or to taste
- Salt and freshly ground pepper to taste
- 6 1-inch-thick slices rustic Italian bread
- 1 1/4 cups shredded Italian blend cheese
- 6 fried eggs, seasoned with salt and pepper
- Shredded Parmesan cheese and snipped fresh basil

Heat oil in a medium saucepan over medium heat. Add onion, fennel and garlic; cook, stirring frequently, for 10 minutes to soften. Stir in tomato puree, herbs and

sugar. Cook, uncovered, over medium-low heat for 45 minutes or until tomato sauce is very thick, stirring frequently to make sure sauce does not scorch on the bottom.

Brush one side of each bread slice with olive oil and place on a foil-lined baking sheet. Top each with 3 tablespoons shredded cheese and place in a hot oven or under the broiler for a few minutes or until cheese is melted and edges are lightly browned. Top each with a fried egg, a generous spoonful of tomato sauce, Parmesan cheese and fresh basil to taste.

Recipe may be doubled.

Time saving tip: Substitute 2 cups prepared pasta sauce for tomato sauce recipe above.

Nutritional analysis per serving: Calories: 350, Fat: 15g, Saturated Fat: 6g, Trans Fat: 0g, Cholesterol: 235mg, Sodium: 1030mg, Potassium: 712mg, Carbohydrates: 37g, Fiber: 4g, Sugar: 9g, Protein: 18g, Vitamin A: 25%, Vitamin C: 30%, Calcium: 30%, Iron: 25%

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MOVIES FROM THE BLACK LAGOON

'American Ninja 3: Blood Hunt'

by TOM DOTY
TIMES COLUMNIST

Three men team up with a sultry female ninja to stop a madman from exporting chemical weapons in this low-budget action-fest from the awesome 1980s.



Tom Doty
Times Columnist

Things actually start in the 1970s, where we are introduced to Sean Davidson (all of 12 years old). He is all set to enjoy watching his

dad compete in a karate tournament, but those plans are disrupted by the evil Cobra. Not the snake, but certainly not a guy you'd want teaching in your schools.

Cobra, a criminal mastermind, has opted to profit from the martial arts by taking the ticket money and using it to set himself up in business as a chemical weapons manufacturer on a remote Caribbean island. Sean's dad tries to stop the robbery and promptly learns that karate doesn't amount to a hill of beans next to the destructive capacity of a submarine gun.

Ten years later, we meet Sean

(See LAGOON, page three)

This Town, That World

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

Since gasoline appears to be on the scarce side, it has been suggested by a member of the family that we should, perhaps travel by bicycle. Why not make it entertaining to the public and put me on roller skates?

THE FEATHERS WERE RUFFLED

At Red River Gorge, the other afternoon, we revelled in the rugged beauty of the place, the color of the foliage and the stream running clear in succeeding rapids and pools. It was while the water was claiming our attention that I ventured out onto a big rock which slanted toward the river.

A wet leaf and Newton's Theory conspired to get me started toward a plunge in the icy waters below, and the result was a mad scramble on my part to avoid a dunking and a damp ride home. The episode, and the giggles and comments that it drew, did little to smooth the feathers. You will understand what I mean when I tell you that one of the party described me in my scramble, as looking like a fiddler crab hunting for a lost claw.

It didn't help, either, for some smart-aleck to remark that I was about to dam the river a mile or so above the location the engineers had selected.

Oh, well...

(See ALLEN, page two)

SCARING UP DONATIONS

'Hunger' raises money for local food banks

by JARRID DEATON
FEATURES WRITER

PRESTONSBURG — For some people making their way across campus at Big Sandy Community and Technical College on Oct. 29, the spirit of Hunger made its presence known.

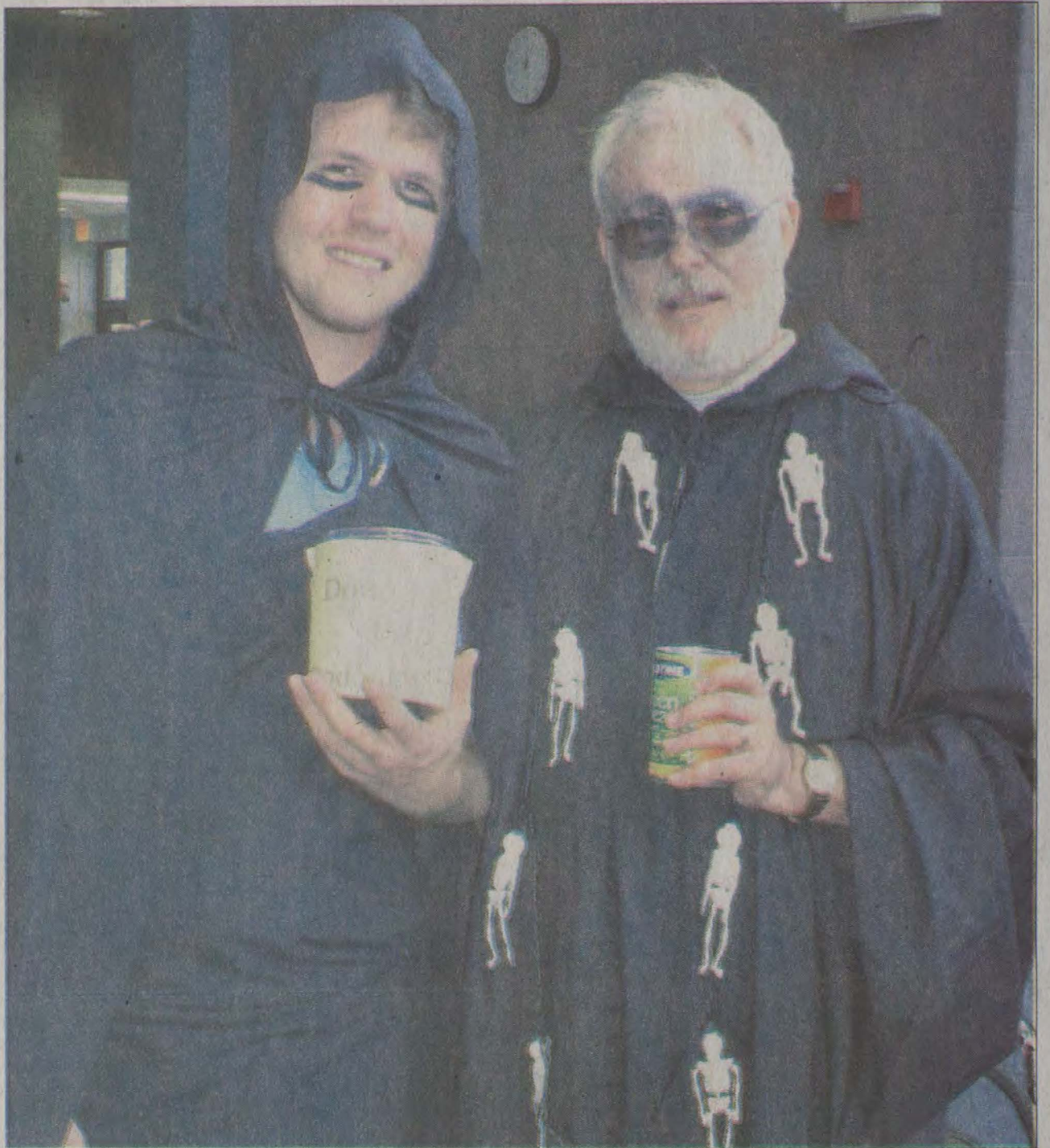
Far from being malevolent, Hunger, portrayed by psychology professor Bill Loftus, was engaging in the benevolent behavior of taking up donations in order to feed the needy.

Loftus, along with Dallas Ward, representing the Phi Theta Kappa Honor Society, used metal bean cans to plead for donations.

According to information provided by the Phi Theta Kappa organization, "The purpose of Phi Theta Kappa shall be to recognize and encourage scholarship among two-year college students. To achieve this purpose, Phi Theta Kappa shall provide opportunity for the development of leadership and service, for an intellectual climate for exchange of ideas and ideals, for lively fellowship for scholars, and for stimulation of interest in continuing academic excellence."

All donations were given to the local God's Pantry, with the total multiplied by 10. At the end of the day, Loftus and Ward collected \$325. With the incentives from God's Pantry, the total was raised to \$3,250.

"Though it took nearly all day to acquire this money, if it feeds all those family a night's meal, Hunger was proud to have provided that very meal," said Randall Roberts, interim director of marketing and public relations for Big Sandy Community and Technical College. "Hunger and his helper just want to send a very swell 'thank you' to those that donated the money and to those of you receiving your meals, you're welcome."



Professor Bill Loftus donned the guise of "Hunger" in order to take up donations for God's Pantry on Oct. 29. A hooded Dallas Ward served as Hunger's helper.

Brazilian musicians to perform at Pikeville College

PIKEVILLE — The community is invited to join Pikeville College for two special evenings of music featuring Brazilian performers Paula Galama and Antônio Marcos Cardoso.

Galama will be featured in a solo piano recital on Monday, Nov. 16, at 7:30 p.m. in Chrisman Auditorium. The college will host a collaborative trumpet and piano recital with both artists on Tuesday, Nov. 17, at 7:30 p.m. Performances will be held in Chrisman Auditorium, located in Armington Learning Center, level two. A piano master class for Pikeville College students and the public will be offered on Nov. 17 at 10 a.m. in Record Memorial Building, room 407. Sponsored by the special events committee at the college, both performances, and the master class, are free.

Galama began her musical studies at the age of six, completing her undergraduate studies at Espírito Santo College of Music in Brazil as a student of Isa Virginia Boechat. She earned her mas-

ter's degree at the Federal University of Rio de Janeiro, Brazil, in 1999, presenting a dissertation titled "Jaceguay Lins - A Vision of His Work Through Katemare e Lacrimabilis."

Galama has played in several Brazilian-American states as soloist and accompanist, sharing the stage with renowned musicians Charles Schlueter, Benjamin Karp, Radegundis Feitosa, Alceu Reis, Nafson Simões and Antônio Marcos Cardoso. As a cellist, she also works with the Philharmonic Orchestra of Espírito Santo. For several years, Galama was one of the coordinators of the Friends Association of the Philharmonic Orchestra of Espírito Santo, organizing concerts and social projects developed by the institution. Among her teachers are Myrian Dauelsberg (Brazil), Victor Chouchoukov (Bulgary), Vadim Rudenko (Russia), Luis Medalha (Brazil), Luis Henrique Senise (Brazil), Linda Bustani (Brazil), Alceu Reis (Brazil), Dr. Irina Voro (Russia/U.S.),

and others. Galama teaches piano and accompanying at the Espírito Santo College of Music and is finishing her doctoral degree in piano at the University of Kentucky under Dr. Voro.

During the last 20 years, Cardoso held the position of First Trumpet in the Philharmonic Orchestra of Espírito Santo and chaired the trumpet department of the College of Music of Espírito Santo, also where he completed his undergraduate degree. Cardoso earned his master's degree and Doctor of Musical Arts degree at the University of Rio de Janeiro.

As soloist, Cardoso has performed many of the major works for trumpet and orchestra by composers such as Haydn, Neruda, Arutjunian, Handel, Bach, Copland, Ketting and DUDA. As recitalist, he played in several cities in Brazil, Rio de Janeiro, Goiânia and in Kentucky. He has also performed in

(See MUSICIANS, page three)

DINNER DIVA

Preparedness



It occurred to me as I was thinking about menu planning that not planning is choosing to live in an unprepared state. Think about what that means for a minute. Being unprepared means chaos, confusion and regret. Living life in a state of perpetual unpreparedness is highly stressful. Why do we do this to ourselves?

In the kitchen and in the food department of life, being unprepared translates to not having the food you need to cook and feed your family and yourself well. Unprepared means unhealthy, expensive and wanting in nutrition. And when you consider that 70% of all disease is

lifestyle-induced (by making poor choices in food, drink, not exercising, smoking and being stressed out), it's astounding that we are surprised when handed a less than healthy diagnosis from our doctors. We have got to take responsibility!!

Here's the thing, menu planning isn't sexy and glamorous. However, it's necessary and one of the easiest ways to get a grip on your health. The simple art of menu planning is too often passed up by adventure seekers living on adrenaline and the thrill of the hunt. You know what I mean, right? Hunting for something to throw together for dinner at the very last

minute. Hunting for a fast food place to get your whining children and cranky spouse fed. Hunting for a place to park at the grocery store at rush hour, hoping to score an already cooked rotisserie chicken to feed your family.

This kind of hunting is not feeding your family the way you want to. It's stressing you out, neglecting your health and not helping you with the body clutter you may be sitting on.

Instead of being hunters, we need to be gatherers. Gatherers always have food

(See DIVA, page two)

inside lifestyles

CAR TALK
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Fun & Games

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Family Medicine

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

Q I had my spleen surgically removed after a car accident some years ago. My mom always said I should be careful, but now that she is not around to ask, I really need to know what she meant by "be careful." Are there certain medical things I need to know about because I don't have a spleen?

A I am sorry that your mother is not around for you to ask, but I am very glad that you are seeking to learn about this now. The spleen is a very important organ located in the upper-left abdomen. Its primary job is to help your body fight

infection, so asplenic people — those without a spleen — must be very careful to avoid illness.

The spleen removes old red blood cells and antibody-coated bacteria from the blood. It also creates new antibodies. When the spleen is removed, chances for severe bacterial infection greatly increase, especially during the first two years after surgery. The asplenic person faces a much higher lifetime risk of developing sepsis, a severe infection in which bacteria overwhelms the system.

It is vitally important that you understand the signs of infection and

No spleen? Use caution to avoid infections

seek immediate medical intervention if you notice those symptoms. Fever, chills, sore throat and cough can all indicate infection, as well as headache, dizziness, fatigue and abdominal pain. Infections must be promptly diagnosed and treated with antibiotics to avoid complications.

Because asplenic people have compromised immune systems, they are more susceptible to many illnesses. This makes prevention by vaccination a must. Always get your annual influenza vaccination. Adults should get the pneumococcal vaccine for pneumonia as well as the meningitis vaccine. Asplenic children need booster shots and additional vaccines. Often, these vaccines are given before the original spleen surgery, or soon thereafter.

Although vaccinations are impor-

tant, be sure to inform the health care professional administering the vaccine if you're ill on the day of your immunization. Depending on the nature of the vaccine, you may want to wait to get your shot until symptoms have abated and you feel healthy.

Because international travel can put you at risk for illnesses not seen in the United States, you should consult a physician before taking a trip overseas.

Many asplenic adults keep a supply of antibiotics on hand and start them at the earliest sign of infection — often as they leave for the emergency room or doctor's office.

The good news is that you are becoming educated about your condition. Please continue to inform yourself about how this impacts your

health. Consult with your family physician to stay current with immunizations and seek advice about any other treatments you may need. If you do not have a family physician, I suggest that you seek one to help you prevent serious infections and manage them if they occur. It's always better to be proactive than reactive — especially when it concerns your health.

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Family Medicine(r) is a weekly column. To submit questions, write to Martha A. Simpson, D.O., M.B.A., Ohio University College of Osteopathic Medicine, P.O. Box 110, Athens, Ohio 45701, or via e-mail to readerquestions@familymedicine-news.org.

Kelsie Rae Lind Jackson, the 11-year-old daughter of Aaron Jackson, of Garrett, and Lisa Hagans, of Martin, was proud to represent May Valley Elementary for the Little Miss Red, White and Blue on Oct. 8. She won the first runner up prize. She also won first runner up in 1998 when she was 11 months old. She is the granddaughter of Arlie and Sarah Jackson, of Garrett. She chose Gabe Kidd to be her escort. Gabe is the son of Mary Peffett, of Martin, and Aaron Kidd, of Lexington.



Salome's Stars Weekly Horoscope

ARIES (March 21 to April 19) A long-sought workplace change could be happening soon. Consider reworking your ideas and preparing a presentation just in case. A personal relationship takes a new turn.

TAURUS (April 20 to May 20) Your persuasiveness doesn't really start to kick in until midweek. By then, you can count on having more supporters in your camp, including some you doubted would ever join you.

GEMINI (May 21 to June 20) Your workload is still high, but -- good news! -- you should start to see daylight by the week's end. Reserve the weekend for fun and games with friends and loved ones. You deserve it.

CANCER (June 21 to July 22) Regardless of how frustrating things are, keep that "Crab" under control. A cutting comment you might think is apt right now will leave others hurting for a long time to come.

LEO (July 23 to August 22) Be more sensitive to the emotions of loved ones who might feel left out while you're stalking that new opportunity. Be sure to make it up to them this weekend. A nice surprise could be waiting.

VIRGO (August 23 to September 22) The gregarious Virgo rarely has a problem making new friends. But repairing frayed relationships doesn't come easily. Still, if it's what you want to do, you'll find a way. Good luck.

LIBRA (September 23 to October 22) A misunderstanding with a partner or spouse

needs to be worked out before it turns into something really nasty. Forget about your pride for now and make that first healing move.

SCORPIO (October 23 to November 21) Communication dominates the week. Work out any misunderstandings with co-workers. Also get back in touch with old friends and those family members you rarely see.

SAGITTARIUS (November 22 to December 21) As busy as your week is, make time for someone who feels shut out of your life. Your act of kindness could later prove to be more significant than you might have realized.

CAPRICORN (December 22 to January 19) Congratulations. Your busy workweek leads to some very satisfying results. Sports and sporting events are high on your weekend activities aspect. Enjoy them with family and friends.

AQUARIUS (January 20 to February 18) Your generosity of spirit reaches out once again to someone who needs reassurance. There might be problems, but keeping that line of communication open eventually pays off.

PISCES (February 19 to March 20) You are among the truth-seekers in the universe, so don't be surprised to find yourself caught up in a new pursuit of facts to counter what you believe is an insidious exercise in lying.

BORN THIS WEEK: You believe in loyalty and in keeping secrets. All things considered, you would probably make a perfect secret agent.

Stephens receives scholarship from Campbellsville University

Campbellsville University has announced the academic scholarship recipients for the 2009-2010 academic year.

Charles Stephens of Prestonsburg, received an academic scholarship from Campbellsville University. Stephens is a 2009 graduate of Pendleton County High School.

Scholarship awards are based upon a student's ACT or SAT score combined with their GPA and class rank.

Academic scholarships are awarded in various amounts to

students based on high school grade point average, ACT or SAT scores and high school ranking. The average academic scholarship is \$6,000.

The Governor's Scholarship is a competitive scholarship and is open to students who have participated in the Kentucky Governor's Scholars Program. Recipients must have a 3.5 high school GPA and a 25 on their ACT.

The Presidential Scholarship is a competitive scholarship open to freshman with a 3.5 GPA and a 30-32 on

their ACT or a 1980-2160 on their SAT. There are five Presidential Scholarships awarded each year, which are for up to full tuition.

The Roger's Scholar Academic Incentive Scholarship is a \$2,000 scholarship offered to participants in the Roger's Scholars program.

Campbellsville University is a private, comprehensive institution located in South Central Kentucky. Founded in 1906, Campbellsville University is affiliated with the Kentucky Baptist Convention.

GOOD HEALTH

Strength training OK for young children

DEAR DR. DONOHUE: I would like to give my 10-year-old grandson some conditioning advice. He loves basketball. It has occurred to me that upper-body strength is helpful in shooting long shots and in positioning for rebounds. In high school, I had a well-developed lower body but a poorly developed upper body. This handicapped me when shooting long shots. I have added pushups to my daily exercises, and this has helped me in shooting three-pointers.

My questions are: When is a good time for a boy to start building muscle? Are there any exercises you would recommend for upper-body strength building for a 10-year-old? -- J.M.

ANSWER: The sports community, until recently, frowned on strength training (weightlifting, muscle building, resistance exercise) for children who had not reached puberty. They thought that children, before the male hormone surge that takes place at puberty, would not benefit from it. It's been shown that they do, and that children as young as 7 show improvement in strength.

The sports community also feared that weightlifting posed a health threat to young children whose bones are not completely calcified. Young bones have

growth plates, sections of bone that have yet to become real bone. Growth plates permit bone elongation. These areas are areas of weakness. A well-supervised, well-designed weightlifting program doesn't injure growth plates. In fact, such a program protects children from common sports injuries. All this applies to girls as well as boys.

Your grandson can do the same exercises you do -- with less weight. Your pushups are a good example. Body weight is the weight being hoisted. Chin-ups are another strength-building exercise in which body weight is the stimulus for muscle growth. He also can lift barbells and dumbbells. He should start with a weight that he can lift 12 consecutive times without straining. When he can perform two sets of 15 consecutive lifts, you can increase the weight by one to 3 pounds and go back to the 12 lifts. Barbell and dumbbell curls and bench presses are good upper-body strength-building exercises.

A visit to the local library will pay off with books that show the details of many strength-building exercises.

The booklet on fitness outlines aerobic exercise (not strength-building exercise) in detail. To order a copy, write: Dr. Donohue -- No. 1301W, Box

536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

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DEAR DR. DONOHUE: A TV doctor claimed it is better to eat a big meal at lunchtime. If you eat a big meal at dinnertime, you go to bed without burning it off. I thought weight depended on total daily calorie intake versus total daily calorie burning, without regard for the time of the day. Am I wrong? -- B.B.

ANSWER: I'm with you. This advice is similar to the advice not to eat anything after 6 p.m. because those late-in-the-day calories aren't burned when you sleep. Calorie-burning is a round-the-clock business, and calories eaten at 10 p.m. can be burned the next day at 10 a.m.

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Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475. Health newsletters also may be ordered from www.rbmanall.com.



Anthony and Jennifer Chapman, of Kimper, would like to announce the birth of their son, Ryan Cole Chapman, born on August, 16 at 10:31 p.m. at Pikeville Medical Center. Ryan is the grandson of Todd and Arlene Chapman, of Kimper, and Richie and Alice Cole, of Minnie. He weighed six pounds and 1.2 ounces and measured 18.5 inches long.

Diva

because they have a plan. They use menus. They make grocery lists. They gather their groceries, they chop, they cook and they feed. It's deliberate preparedness that gives them a sense of calm and peace. Yes, preparedness is that powerful

and when applied to all things food-related, it will revolutionize your health, your well-being, your finances and that of your family's as well.

The beginning place is a menu plan for the week. Pull recipes as necessary, make a

list for the grocery store and then implement your plan. It's that simple.

Don't put this off. There's too much at stake to be so capricious with your health. Do it today.

Continued from p1

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Allen

THE VERDICT

Lenna Moore has been strangely missing from these precincts since matters have taken such a turn in Washington. When I finally caught up with him, he solemnly assured me he was preparing

a statement for release. Then a few days later, he stopped by just long enough to absolve the president of all blame, "Hasn't done a thing I wouldn't have done," he declared. Which should make all this talk of tapes unnecessary.

My son has the sign all ready to attach to his car, and it might be considered pertinent in these days of meat shortages. It reads:

EAT MORE POSSUM.

Continued from p1

Car is flat-lining despite efforts to jump-start it

by TOM and RAY MAGLIOZZI

Dear Tom and Ray:

How does one tell the difference between a bad battery and a bad alternator? My car will not crank, but has some power (the dome lights, panel lights and power locks work). I've had it on a trickle charge for about a week. That has worked in the past when I've had a dead battery, but it still won't start. Thanks for your help. — Cynthia

RAY: Well, it's possible that the trickle charge isn't working because your battery is dead and will no longer hold a sufficient charge.

TOM: But I wouldn't rush out and buy a Diehard just yet, Cynthia, because that's far from the only possibility.

RAY: Your battery could already BE completely charged. The car may not be cranking because you have a bad starter, a bad neutral safety switch, a bad clutch interlock (if it's a stick shift) or even a bad connection from the battery to the starter.

TOM: So here's what you do: Get someone to give you a jump-start. If you can get the car started with a jump, that suggests the battery is no good. Once you get it started, you can

drive it to a local garage and ask them to test the battery for you. That will give you a definitive answer.

RAY: If you can't jump-start the car, then you can be relatively sure that it's a bad starter, or one of the other things we mentioned.

TOM: But if you've been charging it for a week and it still won't start, that puts the alternator way down on the list of things I'd suspect. The alternator's job is to charge the battery. And if the trickle charger can't do it with the help of your power company, I think the alternator may be off the hook. Good luck, Cynthia.

Tom and Ray say wife is right on this one

Dear Tom and Ray:

My husband actually said this: "If you ask Click and Clack, and they say I did something wrong, I'll stop doing it." So here we go:

When my husband backs my new Toyota minivan out of our driveway (he's backing it down a hill), he doesn't use the brakes. He just shifts it from reverse into drive as the minivan is still rolling backward, and then goes forward. I gasp when he does this, and he says, "What?" I tell him he's going to ruin my transmission.

He gives me a list of excuses why I shouldn't worry about it. When he almost has me convinced, he says: "And by the way, I'm not even sure I did anything. But IF I DID, I'm sure it won't hurt the car." How's that for covering his bases? But I think he made a crucial mistake in agreeing to abide by your decision. Give me some hope, guys! I need to know the correct answer, because my newly driving teenagers are often in the car with us, and I want them to learn to drive correctly. — Darlene

TOM: Well, I'm less worried about your teenagers picking up bad driving habits than I am about them picking up some awful debating skills.

RAY: Yeah. I think "I didn't do it, but IF I DID" tends to be a sure-fire loser in most marital disagreements, at least according to my brother's four ex-wives.

TOM: And four different judges! RAY: What he's doing IS bad for the car, Darlene. Cars can't say "ouch." But if they could, yours would be saying "ouch" and grabbing its transmission when your husband did that.

TOM: He's using the transmission in a way it was never designed to be

used — to stop the car. That's what the brakes are for. And they tend to be cheaper than transmissions to replace.

RAY: While reversing directions without stopping the car first may not do a tremendous amount of harm if you're going, say, half a mile an hour, if you're backing downhill at several miles per hour and then change directions, you're putting a serious load on the internal parts of the transmission.

TOM: And the damage isn't confined to the transmission itself. Other parts of the drive train and suspension get jolted, too. Instead of being allowed to stop and start moving the other way, each part is suddenly slammed against the next part down the line. This leads to premature wear, and large outlays of money.

RAY: Here's how you can demonstrate the concept to him. Next time you're in the supermarket, let him go ahead of you, and then have him walk

backward, at normal speed, to where you're standing. Tell him that when you tap him on the shoulder, you want him to stop and then move forward.



CLICK & CLACK
Talk Cars

TOM: Then, while he's still walking backward, slam him in the tuchis with the grocery cart, hard enough so that he starts moving forward.

RAY: When he's grabbing his backside and shouting: "Ow! What'd you do that for?" just say: "What? I didn't do anything. But IF I DID, it might be a reminder to stop shifting from reverse to drive while the car's still moving."

Get more Click and Clack in their new book, "Ask, Click and Clack: Answers from Car Talk." Got a question about cars? Write to Click and Clack in care of this newspaper, or e-mail them by visiting the Car Talk Web site at www.cartalk.com.

Rental Central

by TOM DOTY
TIMES COLUMNIST

Cinema purists may not have a lot of positive things to say about this week's releases, but those of us who pop in a film for entertainment purposes made out like bandits.

■ "Taking of Pelham 1-2-3" — John Godey's book has now been made three times and this effort is no better or worse than the others. Denzel Washington stars as a sluggish metro cop who is forced to match wits with a criminal genius (John Travolta) when a gang hijacks a subway car. This version updates the technology to include cell phones and such, but that doesn't distract from the core story. Heist film fans will dig it and catch references to a host of similar films.

■ "I Love You, Beth Cooper" — Author Larry

Doyle adapted his comic novel for this faithful film that's reminiscent of the glory days of teen cinema ("Pretty in Pink," "Breakfast Club," etc). The story centers on a class valedictorian who lets his hair down during his graduation address to classmates and faculty. He even admits to a ferocious crush on the titular female, who is also the most popular girl/cheerleader in school. That night, she makes all of his dreams come true by showing up at his door, but there is a catch. She has a psychotic ex-boyfriend on her trail. Funny stuff that benefits from the casting of Hayden Panettiere as Cooper.

■ "G.I. Joe: The Rise of Cobra" — This all-out action-fest is better than any other movie based on a cartoon designed to sell plastic toys. You don't get Shakespeare, but the action sequences are

elaborate enough that you won't miss the bard for one second. There's also a dynamite cast that includes Channing Tatum, Ray "Darth Maul" Park and Peter ("Dr. Who") Eccleston.

■ "Aliens in the Attic" — We finish off this week with yet another popcorn movie. This one is aimed squarely at the kids and finds three children forced to battle with aliens when their summer home becomes a launching pad for an invasion. Lots of great nonsense follows, but the best bit involves controlling Nana with an alien remote. Under the guise of paranormal technology, she becomes a kung-fu queen who could give Jet Li a run for his money. Doris Roberts ("Everybody loves Raymond") has a field day with the role.

Next week look for Pixar's "Up" and "The Ugly Truth."

Strange ... but true

by SAMANTHA WEAVER

■ Of particular interest in these troubled economic times, it was British humor columnist Katharine Elizabeth Whitehorn who made the following sage observation: "The easiest way for your children to learn about money is for you not to have any."

■ The fish known as the electric ray can produce a current strong enough to kill an adult human.

■ If you are the parent of a young daughter, you are probably all too familiar with the Japanese export Hello Kitty. A new item has recently been added to the Hello Kitty line,

but it is decidedly not for kids: The Super Hello Kitty Jewel doll is on the market for \$150,000. To celebrate the 35th anniversary of the character, Sanrio (the maker of Hello Kitty), Swarovski (known for high-end crystals) and Japanese jewelry maker I.K. have created a 4-inch-tall Hello Kitty of platinum, and studded the doll with 1,939 pieces of white topaz, 403 pink sapphires, eyes of black spinel and a nose of citrine. The whole thing is topped off with a one-carat diamond on its hair ribbon.

■ The onion is actually a member of the lily family.

■ The next time you have a little bit of food stuck in your

teeth, consider this: More Americans choke on toothpicks than on any other object.

■ In La Paz, Bolivia, you can find one of the most unusual prisons in the world. At San Pedro Prison, inmates have to purchase their cells. Those who are well off financially can buy private cells with bathrooms, television and kitchens. Those who are less lucky must share tiny rooms.

Thought for the Day

"We have in fact, two kinds of morality, side by side: one which we preach, but do not practice, and another which we practice, but seldom preach." — Bertrand Russell

Lagoon

as he is about to board a plane for a karate tournament in the Caribbean. We also meet the brawny Curtis Jackson (also featured in American Ninjas 1 and 2) and the vertically challenged Dex (who also suffers from a bad case of 1980s hair-don't).

Sean's first bout is against Europe's karate champion and it goes his way. While celebrating with Dex and Curtis, he observes a man that appears to be his ex-trainer, Izumo. Unfortunately there's no time to play catch-up, as two ninjas are busy kidnapping him.

Sean hails a cab and trails the ninjas to an apartment building, where he gets to dance on their faces. He also performs a scientific experiment on one unfortunate ninja. Turns out they do scream like a banshee when tossed off an apartment building.

He fails to rescue Izumo however and informs his friends that he is dropping out of the tournament. They opt to help him out and the three set out to find where Izumo is being held.

They track the ninja master (or is that "Master Ninja"? No, that was Lee van Cleef) to the company's only big business — East Bay Labs. Turns out that this chemical giant is run by the nefarious Cobra. We also learn our heroes have

played into his hands. Turns out Cobra bankrolled the karate tournament to round up tough guys to test his latest virus on.

It's a nasty bugger that is never named, or explained, but you are always aware of it because Cobra's lair has a trophy room where he keeps three strong men on ice. They appear to have been the first test subjects for the virus and now stand stock still on pedestals while sporting thongs (Why? Couldn't tell ya). Besides being converted into live mannequins, the virus has given them a greenish hue, but that's all we ever learn about this vile threat.

In short, this boils down to Sean breaking into the complex, which necessitates a rescue by his two friends and a female ninja that, at first, appeared to be one of the bad guys.

The showdown sees everybody kung-fu fighting at the chemical plant. The world threat is stopped and everyone but Dex returns for Part 4.

The 1980s were a great time for kung-fu films in Hong Kong, where Jackie Chan revitalized the art form by adding comedy to the mix. The U.S. didn't fare as well, but the "American Ninja" series perked up the genre with low-budget thrills, even while

Steven Seagal and Jean-Claude Van Damme were commanding higher salaries to kill off the genre while stroking their super-egos.

Logic has no place here so ninja fans will be somewhat disappointed that these variations on the silent killers violate all known ninja practices. They refuse to stay hidden, for one, and are spotted all over town. They even guard a ship while it is docked in broad daylight. It wouldn't take Sherlock Holmes to realize that evil is afoot when two men, dressed in ninja robes and rocking exotic weapons, are seen guarding the poop deck of a yacht at high noon.

That said, everyone has fun with the fight scenes except the one seasoned actor on hand, Marjoe Gortner. Marjoe makes for an evil presence as Cobra but his fighting skills are nil, so the final fight lasts all of two seconds as Sean beats the snot out of him with the same effort it takes me to reach for the remote.

Still the DVD won't set you back more than 10 bucks. You bargain lovers should check it out, as it also features "American Ninja 2" on the B-Side for a two-fisted night of pseudo-ninja mayhem.

Best line: "You see, now terrorism can be scientifically focused to be totally effective."

Poll

North-American cities, including the New England Conservatory of Music in November 2009.

Cardoso recorded the CD "Embolada - Música experimental para Trompeta e Violão" ("Embolada - Experimental Music for

Trumpet and Guitar") in 2000. He was also a guest soloist on the CD "Guananira," which was recorded by the Philharmonic Orchestra, of Espírito Santo. Cardoso created and organized the International Brass Encounters of Brazil, and founded the

Brasses and MetaES quintets, and the Group of Brass and Percussion of the OFES. He is the editor of the works of Maestro DUDA for brass quintet, published by Alafala Editions. Cardoso is currently a trumpet professor of the Federal University of Goiás.

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Continued from p1

Floyd County Devotional Page

This devotional and directory is made possible by these businesses who encourage all of us to attend worship services.

Devotional Spotlight



Hueysville Church of Christ

Chester Ray Varney, Minister

Services
Sunday School.....10:00 a.m.
Worship.....11:00 a.m.
Sunday Night.....6:00 p.m.
Wednesday.....7:00 p.m.
T.V. Channel 5 Sunday, 3:30 p.m.

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

ASSEMBLY OF GOD

First Assembly of God, Martin; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Lorie Vannucci, Minister.

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 Spencer, 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 606-377-6881 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.

Endicott 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.

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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 Expt. 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, 7 p.m.

Grethel Baptist, State Rt. 3379, (Branham'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, Bevinsville; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Pastor Roger Trusty.

Katy Friend Freewill Baptist, 2 miles up Abbott; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Chad Blair, Pastor.

Lackey Freewill Baptist, Lackey; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Johnny J. Collins, Minister.

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 Varney, 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.

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.; Jerry Manns, Pastor; Willie Crace Jr., Assistant Pastor.

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

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 Service, 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 Ramey, Pastor.

Tom's Creek Freewill Baptist, U.S. 23 (north 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, Hueysville; 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 Ferrari, Minister.

CATHOLIC

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

CHRISTIAN

First Christian, 560 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.

Hueysville Church of Christ; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Chester Varney, 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, 66 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.

Weeksbury Church of Christ; Sunday School, 10 a.m.; Worship Service, 10:45 a.m. and 6 p.m. John Burke, 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 Crum, 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; Coffee Hour 10:00 AM; Morning Service 11:00 a.m. Rector, 886-8046.

LUTHERAN

Our Savior Lutheran, Sipp Bayes Room Carriage House Motel, Paintsville; Sunday Service, 11 a.m.; WKLW (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.; Mearl Music, 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.; Judy Carr-Back, 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 Crider, Minister.

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

Goodloe Pentecostal, Rt. 850, David; Worship Service, 6 p.m.; Malcom Slone, 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, Dwale; 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/Prethhood/Primary, 12:00 p.m.; Wednesday, 6 p.m. Church Meeting House address, Hwy. 80, Martin, KY 41649; Meeting House telephone number: 285-3133; Richard Salisbury, 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 Revelation, Harkins Ave., West Prestonsburg; Sunday School, 10 a.m.; Worship service, 11 a.m. and 6 p.m.; Thurs. 7 p.m. Randy Hagens, 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 Martin) 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; Pastors, Paul and Ramona Aiken.

Youth Fellowship Center, Wheelwright; Monday-Tuesday, 6 p.m.; Thursday, 7 p.m.

Zion Deliverance, Wayland; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m. Prayer Line: 358-2464; Darlene W. Arnette, Pastor

Taylor Chapel Community Church, formerly the old Price Food Service building, located 1 quarter mile above Worldwide Equipment, Rt. 1428. Sun. Bible Study, 10 a.m.; Sun. Morning Service, 11 a.m.; Sun. Evening, 6:30 p.m. Kenny Vanderpool, Pastor.

International Pentecostal Holiness Church, 10974 N. Main St., Martin; Rev. Ellis J. Stevens, Senior Pastor.

Rising Son Ministries, 114 Rising Son Lane, Prestonsburg, Ky 41653.; Sunday, 11:00 a.m.; Wednesday, 6:30 p.m. Pastor: D.P. Curry.

Church of God of Prophecy, Sunday School 10 a.m.; Worship Service 11 a.m., Sunday Night - 6 p.m., Wednesday Night - 6 p.m. Pastor Glenn Hayes. West Prest

FLOYD COUNTY



Faith and Family



Campbellsville University following Vision 2025 to prepare Christian servant leaders

by JOAN C. MCKINNEY
CAMPBELLVILLE UNIVERSITY

CAMPBELLVILLE — Campbellsville University has developed a new Vision 2025 document that is bold and dynamic and will serve as a guide to make CU one of the premier Christian universities in the nation.

"Preparing Christian servant leaders, who are logical thinkers, keen problem solvers, effective communicators and who are compassionate," is the essence of the document, according to Dr. Michael V. Carter, who is in his 11th year as president of CU.

"Campbellsville University is committed to serving the higher educational needs of the 21st century in a spirit of humility, service and concern for others," Carter said.

"We want to combine the finest in academic rigor with the ability for students to become leaders who are guided by a sense of Christian ethics and care for all people."

"Vision 2025 outlines a very bold plan of action to help facilitate an environment at Campbellsville University where there is academic excel-

lence, character development, integration of faith and learning, scholarship and research and community learning," he said.

Vision 2025 is the result of two years of work by the CU Board of Trustees and administration with input from faculty, staff, coaches, students, alumni and community leaders, with the board having officially approved the document.

As a primary goal of Vision 2025, CU is poised to become one of the premier and top tier Christian universities by the implementation of goals and initiatives in the document.

"Vision 2025 will serve as our guide as we work to make Campbellsville one of the premier Christian universities in the nation," according to Dr. Jay Conner, chair of the CU Board of Trustees.

"It will lead us as we focus on creating new academic programs which are meaningful to our society and our world. It will hold us accountable as we increase our emphasis on servant leadership and insure that we maintain our commitment to strengthen the financial condition of our beloved school."

Conner said, after having served on the board for the past

ten years, "I have seen the institution make tremendous progress in positioning herself to move aggressively into our second century of service in Christian higher education. We have created incredible momentum toward constantly improving ourselves on all fronts."

Conner said the institution believes a "key ingredient" to maximizing opportunities in the next 15 years and beyond is the Vision 2025 document.

Conner said the Vision 2025 strategy will "lead us as we focus on creating new academic programs which are meaningful to our society."

"It will hold us accountable as we increase our emphasis on servant leadership and insure that we maintain our commitment to strengthen the financial condition of our beloved school."

Conner said Vision 2025 is "our blueprint to making Campbellsville an ever-increasing relevant force within Christian higher education."

Carter outlined the blueprint for the future as commitments to: 1. placing our students and our mission first in all we do; 2. providing our faculty, staff and coaches with the resources to teach and mentor students; 3. increasing the endowment of Campbellsville University; 4. providing new and enhanced facilities;

5. increasing the growth of the campus in size, student enrollment and academic offerings; 6. expanding the regional footprint of the institution across Kentucky and beyond; 7. providing a variety of educational opportunities and venues in a rapidly changing world; 8. emphasizing a "work to learn" program for students;

9. remaining a strongly Christ-centered institution and maintaining CU's Baptist identity while being open to people of differing backgrounds and experiences; 10. fostering a sense of earth stewardship; 11. integrating ethics into all academic and student life programs; 12. making Campbellsville University a diverse community of learners reflective of the global family; 13. being Great Commission Christians who believe in the "whosoever will Gospel" (John 3:16); and, 14., challenging CU's students to be Christian servant leaders in whatever profession they are called to serve in and in all facets of their lives.

Vision 2025 will also be setting the stage for a series of fundraising campaigns to move Campbellsville University to the next level of achievements.

"Vision is necessary for the growth and development of a Christian organization whether a church, a faith-based ministry or a university," Carter said.

"Throughout history, the belief that what we do can be done better has been at the heart of the Christian movement, and Christian higher education is no exception," he said.

Campbellsville University is in her 103rd year of providing Christian higher education to students.

CU is already moving toward the top tier as noted by being named to the top 25 baccalaureate universities in the South, for three consecutive years, by U.S. News & World Report. CU's most recent distinction of being named as one of the South's top four "up-and-coming" institutions of higher learning, also by U.S. News & World Report (one of only 77 institutions in the nation) is further evidence of the progress that CU is making.

"We are committed to mak-

ing Vision 2025 a reality in the years that lie ahead," Carter said.

Conner said, "We continue to believe that Campbellsville's best days are still ahead of her, and we are

committed to making those days come sooner rather than later."

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 3,000 students who represent 9 Kentucky counties, 30 states and 37 foreign nations.

Paintsville United Baptist honors service of Pelphrey

On October 25, members of the Paintsville United Baptist Church honored their former pastor, John R. Pelphrey by holding a special church service. During the service Pelphrey was honored by other ministers of the faith. Brother Pelphrey then closed the service with a special message to the members. Following the church service "Brother John" was greeted by friends and family during a special dinner held in the church dining hall and was presented with a plaque in honor of his many years of service to the church.

Pelphrey is a long-time resident of Allen, and in addition to serving as pastor the Paintsville United Baptist Church for 29 years, he also served the Barnett's Creek United Baptist Church for 30 years, Abbott Creek United Baptist Church in Floyd County for 20 years, and the State Road Fork United Baptist Church for one year. In addition, he served as assistant pastor at Georges Creek, Concord, and Locust Grove United Baptist Churches.

Pelphrey was called to the ministry at the age of 17 years of age. He has preached the Gospel of Christ for 65 years and has been a United Baptist ordained minister for 62 of those years. At any given time, he served several churches at the same time, rarely missing



John R. and Minerva Davis Pelphrey

any service. He has officiated at countless marriages, baptisms and funerals throughout counties of Eastern Kentucky, West Virginia, Ohio and Virginia.

Pelphrey has been assisted in his ministry by his loving wife of 62 years, Minerva

Davis Pelphrey. The couple have four children; Gle Pelphrey, of Garrettsville Ohio; Joe Pelphrey, of Huntington, W.Va.; Diann Johnson of Allen, and Dr. Al Pelphrey of Pikeville, along with five grandchildren and five great grandchildren.

KIM'S KORNER

Oh, no you didn't!

by KIM LITTLE FRASURE

It seems as though every time a corner is turned lately, it amazes me the response or comments during a random conversation, especially with Spouse. Probably because he's a man of few words anyway. And then, when he does speak, it's like "WHAT" Oh, no you didn't just say that ... did you? And then the next thing you know, he's explaining how I took it wrong and that wasn't what he was saying.

The understanding "Women are from Venus and men are from Mars" is becoming more and more clear every day.

"Who is wise and understanding among you? Let him show it by his good life, by deeds done in the humility that comes from wisdom" (James 3:13-14).

"I can't believe you think I said that," he will complain. "I was simply trying to explain that I don't have the same feelings about that issue as you do." Then my response will leave little to no empathy for my position because of the tone in which he responded. After awhile, and sometimes a long while ... we finally come to the "agree to disagree" mode. He will head out to the "Built-more than he intended" building, while I will sit in my recliner and stew.

We all see things through our own set of glasses at times. And some of those glasses sure can be rose colored too. Men view things a whole lot differently than women. And bosses can see things differently than employees, especially some of the ones I've encountered anyway. Our life experiences, how we were raised, our past treatment of circumstances and our personalities all contribute to how we view situations in daily life.

Os Hillman wrote, "Perception is often each person's reality, whether that reality is true or not. Your perception of a situation is going to dictate your response more than the actual reality of it."

Whenever conflict arises

from viewing things differently there is really only one way to resolve the difference. Usually, and more often than not, the other person is offended by the tone of the other more than the actual words themselves. Yet when a person is offended, we can only offer a few words: "I'm sorry."

Humbling ourselves is the only way to resolve the situation. And sometimes those two little words seem to be the hardest the English language has to offer. It doesn't mean we have to agree with the other person's position; it simply means we acknowledge their right to it and can humble ourselves to apologize for the manner in which we responded.

Usually when we bring ourselves to the point of apologizing and taking the humble road, the heaviness perched atop our shoulders seems to dissipate and feelings began to mend. Men seem to be blessed with the ability to let these little "misunderstandings" roll off their backs and go about their merry way much easier than women. Yes, some of us of the female gender want to hold on to those "I can't believe you said that" moments until we are so full of hurt and anguish we're ready to explode. And sometimes we do with uncontrollable tears and built up resentment. This is when the "let go and let God" statement comes into play. Oh, to forgive like Jesus! To wipe slates as white as snow and never be remembered.

Let us say it again, "Who is wise and understanding among you? Let him show it by his good life, by deeds done in the humility that comes from wisdom" (James 3:13-14)

Oh, to have the wisdom to say I'm sorry and the understanding of true forgiveness. To let go of the hurt and resentment and let God do in us and through us what He intends.

"Til next week, here's praying we can all muster the "I'm sorry's" when needed and find true forgiveness!



Kim Little Frasure



Overseas? At school?

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<p>Rentals</p> <p>Beautiful 2006 mobile home for rent, 2 br, 2 ba total electric, \$500 month plus deposit. Located at Bull Creek. Call 886-9999 or 886-8072 ask for Janice Pennington.</p>	<p>Sales</p> <p>For Sale: 2 lots one with mobile home, both have septic systems. Will sell together or separate. Located on Stevens Branch @ Cliff. Call 791-3727.</p>	<p>6000 Employment</p> <p>Help wanted: Experienced meat cutter needed in Johnson Co area. Call 297-6707.</p>	<p>Richard Albert, M.D.</p> <p>Formerly of Pain Management Announces The Opening of His Clinic</p> <p>498 Ky. Rt. 321N, 1/4-mile past Premier Motors and beside Peterbilt Trucking 606-297-1600</p>
<p>For rent: 3 br, 1 bath house on Little Paint Creek. No pets. Non smoking. \$650 per month plus utilities. Call 886-3613.</p>	<p>Help Wanted - General</p> <p>Dental Hygienist or dental assistant for busy practice. Must love</p>	<p>PIKE CIRCUIT COURT DIVISION NO. 1</p> <p>ACTION NO. 08-CI-01220</p> <p>BARBARA TACKETT PLAINTIFF</p> <p>VS NOTICE OF SALE</p> <p>MAYO, INC. and HUBERT SPEARS DEFENDANTS</p> <p>*****</p> <p>The undersigned, Melanie Field Horton, Receiver, shall proceed to offer for sale, at the door of the Pike County Courthouse, at Pikeville, Pike County, Kentucky, to the best bidder at public auction on Wednesday, November 11, 2009 at the hour of 9:00 a.m., or thereabout, upon terms of ten (10%) percent down at the time of sale with the balance on a credit of sixty (60) days, the following described property which is being sold for indivisibility, said property being located in Pike County, Kentucky, and more particularly described as follows:</p> <p>REAL PROPERTY:</p> <p>TRACT I</p> <p>A certain tract or parcel of land located South of Pikeville, Pike County, Kentucky, on U.S. Highway #23, more particularly described as follows:</p> <p>BEGINNING at an iron pin on the western right of way line at U.S. Highway 23 and 460, being the northeast corner of F.C. Sanders' lot, and the southeast corner of a lot belonging to Sam Sirginnis; thence with the said right of way line S 19 30 W 80.00 feet to corner of L.D. Ratliff's heirs lot; thence with said line N 70 W 30 feet 159.9 feet to the iron pin; thence N 25 E 98.0 feet to an iron pin on the line between Same Sirginnis and F.C. Sanders; thence with said line S 64 E 152.00 feet to the point of BEGINNING.</p> <p>Being the same property conveyed to Mayo Trail Tire Service, Incorporated, by deed from The Citizens Bank of Pikeville, a Kentucky banking organization, dated July 6, 1971, of record in Deed Book 504, Page 38, Pike County Court Clerk's Office.</p> <p>TRACT II</p> <p>A certain tract or parcel of land lying on the Levisa Fork of the Big Sandy River, near Blairtown, Pike County, Kentucky, bounded and described as follows:</p> <p>BEGINNING at a power pole along the boundary of Old U.S. 23 where the tract of real property of the grantors joins the tract of real property currently owned by Myrtle Johnson, of P.O. Box 2497, Pikeville, Kentucky; thence running along the boundary of Myrtle Johnson property line a distance of 86 feet; thence turning right at a 90E angle and running in a straight line to the public road which runs across the bottom toward the river; thence turning right and running along said public road to join the right of way of old U.S. 23; thence turning right and running along U.S. 23 right of way back to the power pole which marked the beginning.</p> <p>Being the same property conveyed to Mayo, Inc., a Kentucky Corporation, by deed from Elmer Dale May and Irene May, his wife, dated November 30, 1989, of record in Deed Book 630, Page 580, Pike County Court Clerk's Office.</p> <p>TRACT III</p> <p>A certain tract or parcel of land, lying on the West side of South Mayo Trail and more particularly bounded and described as follows, to-wit:</p> <p>PARCEL 1</p> <p>BEGINNING at an iron pipe on the line of the Sam Sirginnis property at the corner of the Paul Rowe and Ferde C. Sanders' property; thence running south with the lines between Paul Rowe and Ferde C. Sanders a distance of 98.1 feet; to a point in the L.D. Ratliff heirs property line; thence in a westerly direction running with the line of L.D. Ratliff's heirs property line a distance of 60 feet; thence turning north and running a parallel line to the property line of Sam Sirginnis line to the beginning.</p> <p>PARCEL 2</p> <p>BEGINNING at an iron pin at the SE corner of the Rodney B. Sanders lot, at a point on the NW boundary of the L.D. Ratliff property (now Billy Jack Epling property); thence running with the L.D. Ratliff line, (now Billy Jack Epling line) N 70, 30 W to an iron pin on the NE corner of the Ferde Sanders' line; thence running with the Ferde Sanders; line to the river; thence running down the river with the meanders thereof to the Sam Sirginnis' line, now Dudley Coleman; thence with the Sam Sirginnis' line now Dudley Coleman S 64 E to a point on the Sam Sirginnis' property line, which joins the NW corner of the Rodney B. Sanders' lot; thence running SW with the Rodney B. Sanders' property line to the point of BEGINNING.</p> <p>There is also conveyed with this description that certain 15 foot road right of way heretofore reserved in prior deeds, extending from Highway 23 to the river.</p> <p>Being the same property conveyed to Mayo, Inc., by deed from Adrienne Justice and Greg Justice, her husband, Nancy S. Hatcher, and Ferdie Sanders and JoEllen Sanders, his wife, dated September 18, 2007, of record in Deed Book 918, Page 515, Pike County Court Clerk's Office.</p> <p>PERSONAL PROPERTY:</p> <p>All Assets of Mayo, Inc.; whether any of the foregoing is owned now or acquired later; all accessions, additions, replacements, inventory and substitutions relating to any of the foregoing; all records of any kind relating to any of the foregoing; all proceeds relating to any of the foregoing (including insurance, general intangibles and other accounts proceeds).</p> <p>The Receiver shall take bids on the real estate and personal property separately and then together, with the properties being sold in the manner which yields the highest purchase price.</p> <p>The purchaser shall be responsible for the payment of Kentucky Sales Taxes associated with the purchase of assets.</p> <p>The personalty may be inspected prior to the day of sale by contacting the Receiver.</p> <p>For the purchase price of the above-described real estate, purchaser or purchasers must pay ten (10%) percent at the time of sale and execute bond for the balance with approved surety or securities bearing legal interest from the day of sale until paid, and having the full force and effect of judgment, or purchaser may pay cash.</p> <p>Bidders will have to comply promptly with these terms.</p> <p>Any announcements made by the Receiver on date of sale take precedence over printed matter contained herein.</p> <p>This 21st day of October, 2009.</p> <p>MELANIE FIELDS HORTON RECEIVER</p> <p>P.O. BOX 29 PIKEVILLE, KY 41502</p>	

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fun & games

Amber Waves



by Dave T. Phipps

Out on a Limb



by Gary Kopervas

R.F.D.

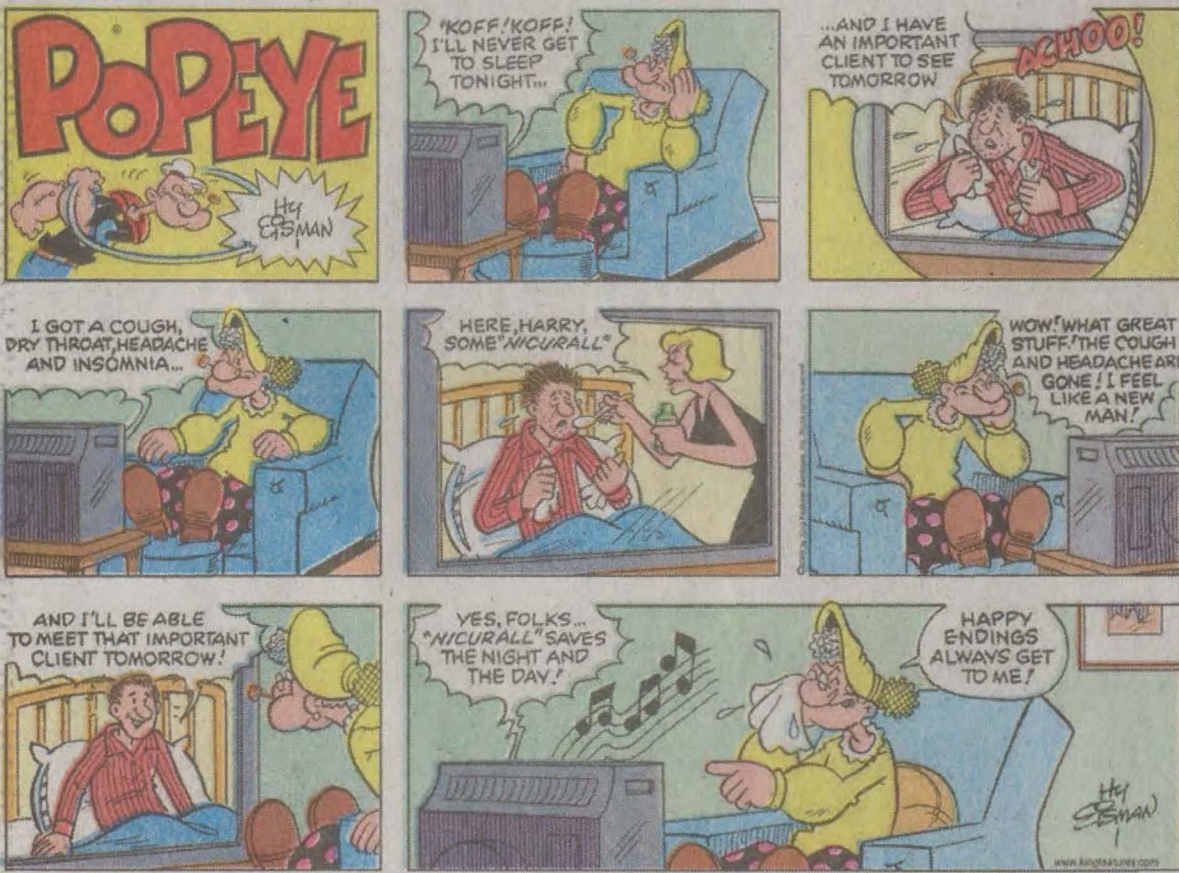


by Mike Marland

The Spats



by Jeff Pickering



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Just Like Cats & Dogs

by Dave T. Phipps



LAFF-A-DAY



King Crossword

ACROSS

- 1 Rhyming tributes
- 5 - de deux
- 8 Satiated
- 12 Mentor
- 13 Killer whale
- 14 Possess
- 15 Hideaway
- 16 Harry's successor
- 17 Terrible fellow?
- 18 Football team
- 20 Baseball team
- 22 Placing first, second, or third
- 26 Jobs in technology?
- 29 Mound stat
- 30 Decorate Easter eggs
- 31 Dorothy's destination
- 32 Soar
- 33 Warmth
- 34 Acapulco gold?
- 35 Benicio - Toro
- 36 Language of Iran
- 37 Exactly right
- 40 "The Music Man" locale
- 41 Make bubbly
- 45 Isinglass
- 47 Back talk
- 49 Concept

1	2	3	4	5	6	7	8	9	10	11
12										
15										
18										
26	27	28								
31										
34										
37										
45	46									
50										
53										

- 50 Stench
- 51 Lamb's mama
- 52 Pub missile
- 53 Frogs' hangout
- 54 "Mayday!"
- 55 Messes up
- 7 Landscapes
- 8 Pants
- 9 Pale purple
- 10 Eggs
- 11 Longing
- 19 Compass dir.
- 21 "Little Teapot"
- 23 Greeting
- 24 Nestling hawk
- 25 Himalayan beast
- 26 "Scat!"
- 27 Ripped
- 28 Smiley in an e-mail, e.g.
- 32 Cows and sows
- 33 Rural outing
- 35 Morning moisture
- 36 Doctor's due
- 38 Stockpile
- 39 Scruffs
- 42 Hebrew month
- 43 Yukon, for ex.
- 44 Corrodes
- 45 Swab the deck
- 46 Altar
- 48 - Jima

DOWN

- 1 Look lecherously
- 2 Two-way
- 3 One of HOMES
- 4 Last
- 5 Hunting dogs do it
- 6 "Evan Almighty"

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Weekly SUDOKU

by Linda Thistle

2				6	3			
	6		9	7				
		7	2				1	
3			1					8
	9	3		6				
		1		5			7	
		2		7	5			
	8	6		4				
4		1	3		2			

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

- ★ Moderate
- ★★ Challenging
- ★★★ HOO BOY!

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HOCUS-FOCUS BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Apron is different. 2. Spoon is missing. 3. Left candlestick is taller. 4. Picture is moved. 5. Earring is different. 6. Man's nose is larger.

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: C equals X

- WLYWB JOK KLQK AJEQM
- NYCKVJZMX LYV MYA AQKWL.
- NJ IJO COUJCY CLY'C
- BZGGZMX KZEY?

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Trivia test by Fifi Rodriguez

1. LITERATURE: What is the literary device called alliteration?
2. MATH: What is the Arabic equivalent of the Roman numerals MMDLVII?
3. TELEVISION: What comic book superhero is either mentioned or represented in many episodes of the "Seinfeld" sitcom series?
4. INVENTIONS: Who is credited with inventing the electric razor?
5. MOVIES: What was Forrest Gump's home state?
6. MUSIC: What rock group performed the song "Pride (In the Name of Love)"?
7. CHEMISTRY: What is the symbol for the element magnesium?
8. GEOGRAPHY: What modern European country was called Lusitania in Roman times?
9. LANGUAGE: In Latin names for the days of the week, what planet is represented by Wednesday?
10. ANIMAL WORLD: Which insect can sting only once?

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- 10. Honeybee
- 9. Mercury (Dies Mercurii)
- 8. Portugal
- 7. Mg
- 6. U2
- 5. Alabama
- 4. Jacob Schick
- 3. Superman
- 2. 2,577
- 1. Use of a repeated consonant, usually at the beginning of a word

P	O	N	D	S	O	S	E	R	R	S
O	D	O	R	E	W	E	D	A	R	T
M	I	C	A	L	I	P	I	D	E	A
I	O	M	A	A	E	R	A	T	E	
O	N	T	H	E	M	O	N	E	Y	
O	R	O	D	E	L	F	A	R	S	I
H	O	M	E	F	L	Y	H	E	A	T
S	T	E	V	E	R	A	D	V	E	
I	N	T	H	E	M	O	N	E	Y	
E	L	E	V	E	N	I	N	E		
L	A	I	R	I	K	E	L	A	V	E
G	U	A	R	O	R	C	H	A	V	E
O	D	E	S	F	A	S	C	L	O	Y

Solution time: 25 mins.

Answers

King Crossword

4	7	5	1	3	9	8	2	6
1	8	9	6	5	2	4	7	3
6	3	2	8	4	7	1	5	9
8	2	1	9	6	5	3	4	7
7	9	4	3	2	8	6	1	5
3	5	6	7	1	4	2	9	8
9	4	7	2	8	3	5	6	1
5	6	3	4	9	1	7	8	2
2	1	8	5	7	6	9	3	4

Answer

CryptoQuip

Check out that woman destroying her new watch. Do you suppose she's killing time?

Answer