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briefs

School system seeks input

The Floyd County School District wants to know what the public thinks about the education system, and district surveys are now available online in order to gather opinions on a variety of school-related subjects.

The surveys will be used by the board of education evaluate how the schools are doing and help teachers and administrators to make improvements in order to better serve the children of Floyd County Schools. Visitors to the site will need to click on a link and complete the online survey that applies to them.

To access the surveys, visit <http://www.floyd.kyschools.us>.

5th district rated most unhappy

by JARRID DEATON
FEATURES WRITER

The 5th Congressional District, which includes Floyd County, has been named the most unhappy district in the nation, based on the results of a recent survey.

The results of the survey, known as the Well-Being Index, are broken down in five categories, including work quality, basic access, healthy behavior,

physical health and emotional health.

According to the results, the 5th District comes in last out of 435th districts nationwide in physical health and emotional health, 433rd in healthy behavior, 411th in basic access and 162nd in work quality.

For physical health, the information gathered included the estimates of body mass index, disease burden, sick days, physical pain, daily energy, history of disease and daily health experi-

ences.

Emotional health included the daily experience of those who responded, including smiling or laughter, being treated with respect, enjoyment, happiness, worry, sadness, anger, stress and learning or doing something interesting.

Healthy behavior included items measuring lifestyle habits with established relationships to health outcomes. The index is based on items relating to

smoking, a healthy diet and exercise.

The basic access section of the report measures the access of those responding to the poll in terms of food, shelter, health care and a safe and satisfying place to live.

Work quality, where the 5th District responded most positively, surveyed workers to find out if they were satisfied with their job and the work they

(See UNHAPPY, page eight)

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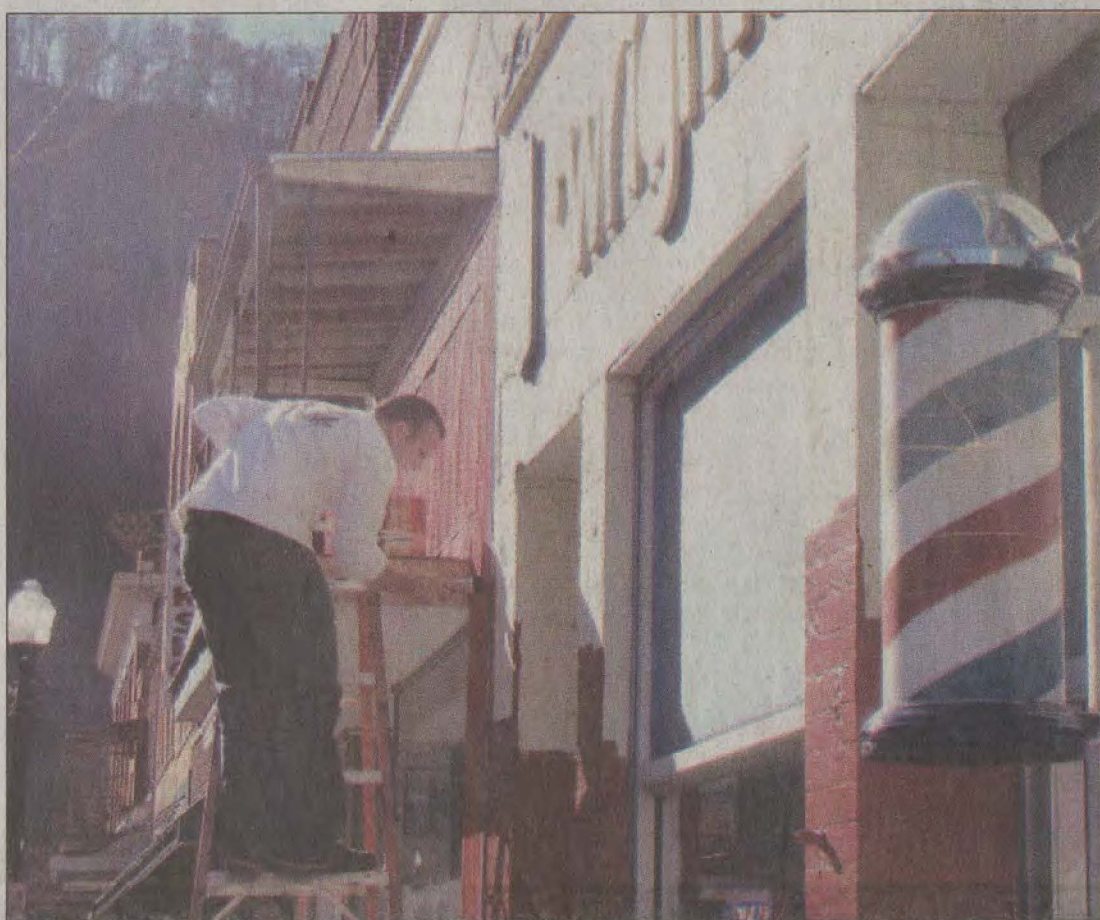


photo by Jarrid Deaton

Brent Graden, director of economic development for Prestonsburg, painted Wright's Barber Shop red on Friday as part of an initiative to update the look of local businesses. If the business purchases the materials, Graden will do the work.

18 in region have IRS checks waiting

by SHELDON COMPTON
STAFF WRITER

The Internal Revenue Service is looking for 18 people across the Big Sandy Region in attempt to get to them undelivered tax refunds or stimulus payments, returned to post offices due to mailing address errors.

According to IRS statistics, five Floyd County residents, three in Johnson, seven in Pike and one each in Knott, Magoffin and Martin counties have checks that have not been picked up.

The following are those in each county who are listed in IRS statistics:

■ Floyd County – Travis Mullins, Amy and Michael Puckett, Kelly N. Clark, Cindy L. and Charles Hughes and Julius E. Jones.

■ Johnson County – Eddie W. and Melene D. Lemaster, Justin K. Ratliff and Justin D. Russell.

■ Pike County – James Hall, Muhammad and Afshan Ahmad, Mallory Draughn, Laquintis Horne, Amanda L.

(See CHECKS, page eight)

Two more candidates file

by SHELDON COMPTON
STAFF WRITER

PRESTONSBURG – Since this past Thursday there have been only two other candidates file for elections in Floyd County, and both of those are constable races.

Terry Triplett, of Garrett, has filed to run for constable in District 2, while Jordan Case, of Dana, will be on the upcoming ballot for constable in District 4.

Others who have already filed include incumbent Judge-Executive R.D. "Doc" Marshall

and Sheriff John K Blackburn, who both filed a week ago.

No other local races have seen candidates file, including races for magistrate. District 1 Magistrate John Goble said last week that he and fellow magistrates currently sitting on the court, which include Jackie Edford Owens, Ronnie Akers and Donny Daniels, do not plan to file until after the first of the year to avoid what he categorized as extensive paperwork.

Still, the filing that has garnered the most attention and given rise to the most speculation has been Bill Mike

Runyon's Frankfort filing for state representative in the 97th District, a post long held by Hubert Collins.

Runyon, a former championship basketball coach at Paintsville High School, is currently a sitting member of the Paintsville City Council.

Judge-Executive
R.D. "Doc" Marshall.

Sheriff
John K Blackburn.

(See ELECTION, page eight)

Pelphrey killed in wreck on U.S. 23 at Allen

Times Staff Report

ALLEN – John R. Pelphrey, 81, of Allen, was killed in a two-car accident Tuesday morning while attempting to pull across U.S. 23 near Allen.

According to the Kentucky State Police, Pelphrey was trying to pull across the southbound lanes of U.S. 23 in his 2008 Toyota Rav 4 when he collided with a southbound 2009 Chevrolet Traverse driven by Terri L. Edwards of Prestonsburg.

Drugs and alcohol are not suspected in the crash, police said, while speed was undetermined as of Tuesday.

All involved were wearing seatbelts at time of the collision.

The accident is still under investigation by the Kentucky State Police.

2 DAY FORECAST

Today



Tomorrow



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

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Second arrest made in Allen drive-by shooting

by SHELDON COMPTON
STAFF WRITER

MIDDLE FORK – Less than a week after Jesse Dulaney saw movement on his case in connection to the 2008 death of Sally Vance during a shootout at Allen, another person indicted in that case has been arrested. J.R. Allen, who was indicted last year along with Dulaney, was arrested in the Middle Fork area of Magoffin County.

Last summer, Sally Vance was a passenger in a vehicle driven by

Dulaney when she was shot during an exchange of gunfire between that vehicle and a house in Allen. Now Allen is in custody in connection to that shooting charged in his indictment with murder and a count of possession of a firearm by a convicted felon.

It has still not been exclusively determined how Vance was shot during the exchange, other than prosecutors saying it is believed she was struck by a stray bullet.

Dulaney was arrested in the Banner

(See ARREST, page eight)



photo by Jarrid Deaton

Rodger "Kentucky Joe" Bingham was one of the special guest speakers at a meeting of the Floyd County Chamber of Commerce on Monday at the Jenny Wiley May Lodge in Prestonsburg. Bingham, best known as a contestant during the second season of "Survivor," currently works for the Kentucky Department of Agriculture.

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Coal forum panelists, fresh from negotiations, say mountaintop-mine policing will get tougher

by JON HALE

INSTITUTE FOR RURAL JOURNALISM AND COMMUNITY ISSUES, UNIVERSITY OF KENTUCKY

LEXINGTON - A forum yesterday on the role of coal in Kentucky was highlighted early by a prediction of major changes in the way strip mining is regulated, and near the end by an explanation of the changes and a debate on the future of how coal is used.

"The way coal has been mined over the last 30 years is not going to happen anymore," Joe Blackburn, director of the Lexington field office of the U.S. Office of Surface Mining Reclamation and Enforcement, told the crowd during the afternoon session at the University of Kentucky.

Blackburn's prediction was echoed, and elaborated upon, at the evening keynote session by Tom FitzGerald, director of the Kentucky Resources Council, who had just finished talks with Blackburn, state regulators, industry representatives, the U.S.

Environmental Protection Agency and Army Corps of Engineers, which issues Clean Water Act permits with EPA oversight — which has recently become much tougher.

"The good news is we just finished a protocol that requires area mines to be returned to approximate original contour unless they get a variance," FitzGerald said. The public often refers to area mines as mountaintop-removal mines, but the latter category requires a variance from the 1977 strip-mine law's mandate to return mined land to its approximate original contours, FitzGerald said that companies avoid that obstacle by calling their operations area mines, and regulators have often failed to enforce the original-contour rule. "It is a mockery of what Congress intended in 1977," when the Surface Mining Control and Reclamation Act was passed, he said. "Some coal industry people are sick and tired of having to defend some of the practices that are going on."

He said the new procedures

will reduce the dumping of blasted and excavated material into heads of hollows, or narrow valleys, and require coal operators to use the material to restore the contour of nearby pre-1977 mine sites benches before placing the waste in a valley fill. He said the new plan is now in use by the Corps' Louisville District, which encompasses most of Kentucky's part of the Appalachian coalfield.

FitzGerald and Blackburn were among more than a dozen speakers at the Thursday forum, sponsored by the university's Department of Mining Engineering and the Center for Visualization and Virtual Environments in the College of Engineering. The event, billed by its organizers as "a balanced discussion regarding the past, present and future impacts of coal on our state's economy and environment," lived up to its mantra for the most part.

The morning session was highlighted by the assertion of former Gov. Paul Patton, also a former coal operator, that cap-

and-trade legislation to limit greenhouse-gas emissions and climate change is an attempt by Northeastern politicians to raise Midwestern energy prices to meet those in New England and maintain their region's economic competitiveness. "A lot of the debate against coal is purely regional economic selfishness," Patton said.

FitzGerald had a rejoinder for that in the evening: "Now is not the time to claim a conspiracy to shift wealth to the coasts ... Now is the time for engagement, for creativity," which he said would flower "Once you give the right price signal by truly valuing the cost of coal and the cost of other fuels," including their environmental impacts.

Fred Palmer, senior vice president for government relations of Peabody Energy, the nation's largest coal producer, called that an abstract concept that has not worked in the past. He was echoed by Joseph W. Craft, president and chief executive officer of Alliance Resource Partners, Kentucky's

largest producer, and they were challenged by Jeff Goodell, author of Big Coal: The Dirty Secret Behind America's Energy Future.

Craft, who made headlines by rounding up \$7 million for a new men's basketball team dormitory to be called Wildcat Coal Lodge, began his remarks with an allusion to the controversy and a reference to his attire, the team's colors of blue and white. "I love the University of Kentucky, I love the Cats," Craft said. "I also love coal."

The evening session developed into a debate about the merits and future of technology. All four panelists voiced optimism that carbon capture and storage technology would one day become viable, but Goodell was the most skeptical. "It's not clear human civilization is able to grapple with this kind of a problem at this scale with urgency," he said, adding that carbon-capture technology's complexity and high cost make it the antithesis of Silicon Valley entrepreneurs who are looking to invest in "the Google of energy."

Palmer spoke often in terms that the technology was in the works and full-scale production was just around the corner. When Goodell challenged Palmer's generalized faith in technology, Palmer retorted with a quote from President Obama, whom he called "green coal; advocate in chief." "Yes we can."

In a day that was often a competition of dueling PowerPoint presentations, Goodell's emphasis on technology and innovation may

have been the most intriguing. He argued that the rules governing coal are changing, whether industry officials admit it or not, and warned that if global warming causes a climate crisis, the industry will be public enemy No. 1 regardless of its real responsibility. Echoing the sentiment of new regulations mentioned by FitzGerald and Blackburn, Goodell concluded, "The new game starts today."

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Cinema 2—Held Over
 MICHAEL JACKSON: THIS IS IT (PG). Mon.-Sun. 6:55-9:20; Fri. (4:20) 6:55-9:20; Sat.-Sun. (1:55-4:20) 6:55-9:20.
Cinema 3—Held Over
 LAW ABIDING CITIZEN (R). Mon.-Sun. 7:05-9:25; Fri. (4:25) 7:05-9:25; Sat.-Sun. (2:05-4:25) 7:05-9:25.
Cinema 4—Held Over
 SAW 6 (R). Mon.-Sun. 7:00-9:15.
Cinema 4—Held Over
 ASTRO BOY (PG). Fri. (4:15); Sat.-Sun. (2:00-4:15).
Cinema 5—Held Over
 COUPLES RETREAT (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 6—Held Over
 PARANORMAL ACTIVITY (R). Mon.-Sun. 7:15-9:30; Fri. (4:30) 7:15-9:30; Sat.-Sun. (2:15-4:30) 7:15-9:30.
Cinema 7—Starts Friday, Nov. 13
 2012 (PG-13). Mon.-Sun. 8:00; Fri. (5:00) 8:00; Sat.-Sun. (2:00-5:00) 8:00.
Cinema 8—Held Over
 A CHRISTMAS CAROL (PG). Mon.-Sun. 7:05-9:25; Fri. (4:25) 7:05-9:25; Sat.-Sun. (2:05-4:25) 7:05-9:25.
Cinema 9—Held Over
 THE FOURTH KIND (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 10—Held Over
 THE STEPFATHER (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.

Floyd County awarded \$67,481 in State Homeland Security Grants

FRANKFORT — Floyd County has been awarded \$67,481 in State Homeland Security Grants for watercraft for search and rescue teams, base station, radios, and repeaters, Gov. Steve Beshear announced last week.

Gov. Beshear described the new Homeland Security grants vital to the Commonwealth in a variety of ways.

"First, they help acquire equipment, training and other support needs by our first responders. Second, they enhance local involvement in neighborhood and community safety programs. Third, they strengthen our critical intelligence operations, which constitute an essential front-line defense against terrorism and other dire events," he explained.

Floyd County Fiscal Court was funded

\$16,000 to purchase two watercraft used by four water-rescue teams. The City of Martin was awarded \$23,860 for a base station and radios while the City of Prestonsburg was approved for \$27,621 for four repeaters. The base station, radios and repeaters will improve interoperability in the county.

"I am pleased that Floyd County is receiving these funds to purchase equipment that will be used in times of disaster by our first responders," said state Sen. Johnny Ray Turner. "This equipment will allow our public servants to do their jobs in a safer, more efficient manner. Our Rescue Squad is an outstanding group and these dedicated members deserve the best equipment we can provide to help them be more effective in their jobs."

"This grant is very important for Floyd County to have this equipment for the use on Dewey Lake and Big Sandy River in case of an emergency," said state Rep. Hubert Collins.

"We aggressively pursue increased safety and security in the best interest of all citizens and guests. And we do so in the most effective manner possible. These grants support first responder missions on behalf of the recipient community and region. It's an integral part of our objective," said Thomas L. Preston, executive director of the Kentucky Office of Homeland Security (KOHS).

The U.S. Department of Homeland Security provides the funding for the grants administered by KOHS.

KDMC receives ARC grants for mobile cardiology services

ASHLAND — King's Daughters Medical Center has received \$191,000 in grants from the Appalachian Regional Commission for mobile cardiology services for underserved areas in seven Kentucky counties.

The funds will assist KDMC in purchasing cardiac testing equipment for its mobile health unit to enhance services to residents in Elliott, Floyd, Johnson, Lewis, Magoffin, Martin and Morgan counties.

These counties have been designated by the ARC as distressed counties for 2009. Most of these counties have a small number of primary care providers. Many residents of these counties drive more than 100 miles for specialty healthcare services.

"Mobile cardiology for underserved areas will help reduce the burden of heart disease in the target counties,"

said Regina Stout, executive director of the Kentucky Heart Foundation (KHF). KHF is a nonprofit organization working to improve the life expectancy of people affected by cardiovascular disease. The foundation oversees cardiac research, education and prevention programs and is closely linked with the heart and vascular specialists at KDMC.

"By using mobile services, we can be in more places, cost effectively. We are excited to provide this diagnostic testing and cardiology services to our neighbors in the communities surrounding KDMC," Stout said.

Free screenings taking place in these counties include: lipid profile, fasting glucose, ankle brachial index, blood pressure and electrocardiogram (EKG).

Diagnostic testing includes:

- ankle brachial index (blood pressure measurement at the ankle to check for signs of peripheral artery disease)
- carotid duplex (ultrasound measuring narrowing of carotid arteries)
- aortic ultrasound (ultrasound of the large artery that carries blood from the heart)
- EKG (by electrodes attached to the skin, electrical activity of the heart is measured)
- holter monitor (a portable device that records electrical activity of the heart)
- event monitor (a portable device that records electrical activity of the heart for a longer period of time than the holter monitor)

In addition, cardiologists and other healthcare providers from Kentucky Heart and

Vascular Physicians (KHVP) and Comprehensive Heart and Vascular Associates (CHVA) will provide services in the designated counties.

The ARC is a federal-state partnership that increases job opportunities and per capita income in Appalachia to reach parity with the nation.

KDMC is a locally controlled, not-for-profit, 465-bed regional referral center, offering comprehensive cardiac, vascular, medical, surgical, maternity, pediatric, rehabilitative, psychiatric, cancer, neurological, pain care, wound care and home care services. For additional information, visit us online at kdmcc.com or call (888) 377-5362.

The Kentucky Heart Foundation can be reached at (866) 797-1544.

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Worth Repeating ...

In real life, unlike in Shakespeare, the sweetness of the rose depends upon the name it bears. Things are not only what they are. They are, in very important respects, what they seem to be.

— Hubert H. Humphrey

Viewpoint

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

Climate bill may become cold case

A global warming bill to reduce U.S. greenhouse gas emissions finally passed out of a key Senate committee this week, but in a way that may spell its demise — at least for this year.

By clearing its first Senate hurdle, the Kerry-Boxer bill at best may have achieved a symbolic victory, as Reuters news agency put it, “allowing President Barack Obama to tout progress in the run-up to next month’s global warming talks in Copenhagen.”

Only Democrats voted for the bill in the Senate Environment and Public Works Committee, but not even all of them. Sen. Max Baucus, a moderate from Montana, opposed reducing emissions 20 percent in 10 years from 2005 levels as too steep. Every committee Republican boycotted the vote after unsuccessfully calling for more study of the bill’s economic effects. Normally, at least two opposition party members are required for a vote.

Democrats’ hardball tactics, said Myron Ebell, director of energy and global warming policy for the free-market think tank Competitive Enterprise Institute, “so poisoned the atmosphere in the Senate that the terrible Kerry-Boxer bill is now dead.” CEI’s energy policy expert Christopher Horner concluded the “transparent end-run around ... not only is an admission that the bill’s floor chances are nonexistent, but it further dooms them.”

The political dust-up means the Senate probably isn’t likely to adopt global warming legislation by mid-December, when 180 nations meet in Copenhagen, Denmark, to consider a worldwide treaty to curb greenhouse gases.

The Senate difficulties passing a bill to match one passed by the House of Representatives in June is a microcosm of international difficulties in reaching consensus on what, if anything, to do about global warming’s presumed threat, and how to allocate the costs.

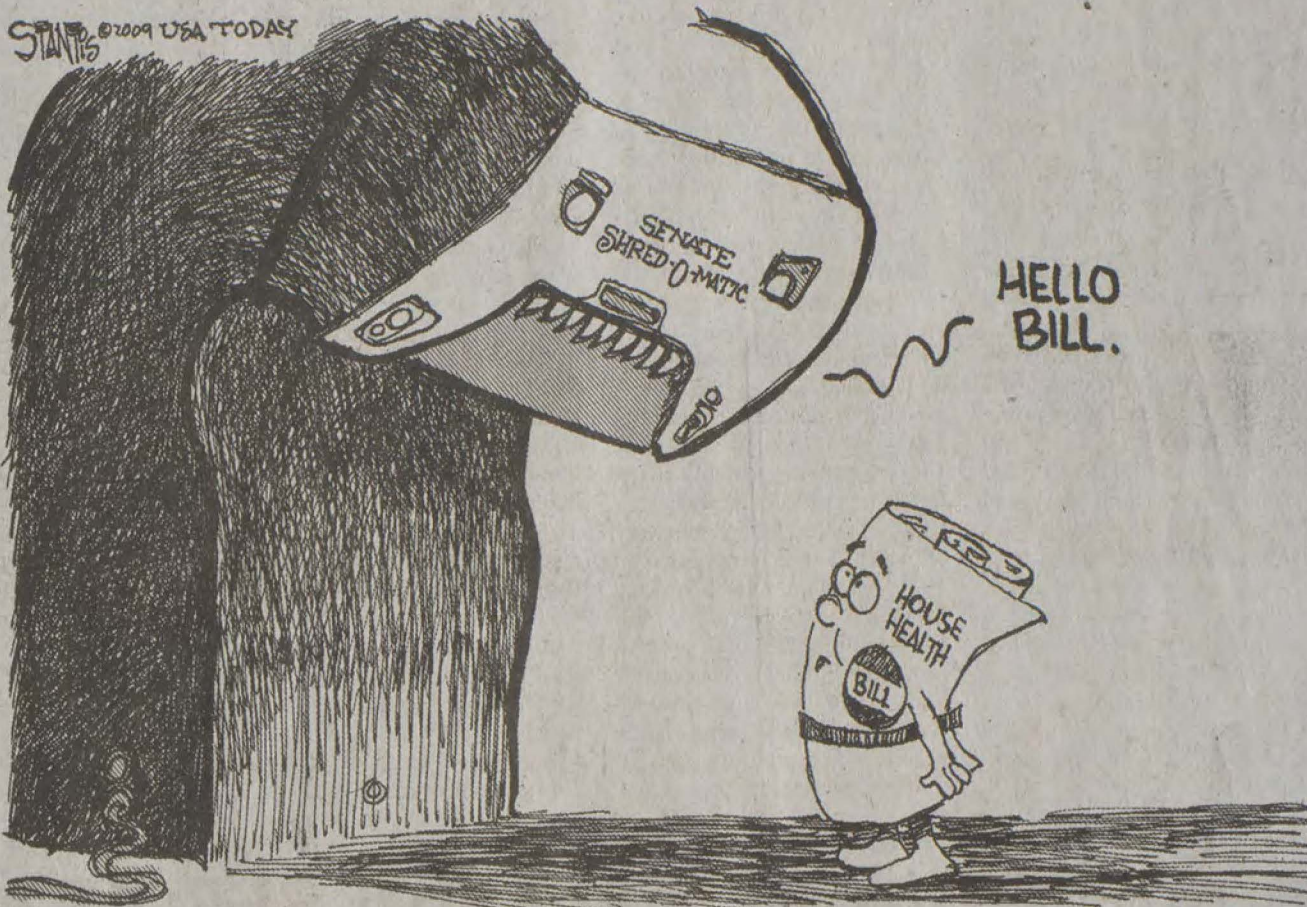
As the Canadian tourist bureau touts the benefits of a warmer Canada while the National Oceanic and Atmospheric Administration reports experiencing the third-coldest October since 1895, consensus on whether a problem exists is becoming nearly as difficult to achieve as worldwide political action to solve a problem that so far is demonstrated only in computer model projections.

Political improbabilities were underscored when Germany’s Chancellor Angela Merkel appeared before Congress this week to urge the U.S. to come to Copenhagen ready to agree to legally binding emission reductions because there “is no time to lose.” However, Ms. Merkel is being lambasted by European greens for “risking the failure of a global deal in Copenhagen” by blocking aid commitments for climate change, according to an article in Germany’s Der Spiegel.

Even global warming zealots concede a treaty is unlikely in Copenhagen, partly because China and India have agreed not to reduce their greenhouse gas emissions unless wealthy Western nations pay them for mitigation measures. Meanwhile, Ms. Merkel “enraged environmentalists” by opposing massive transfer payments from European Nations to Third World countries, according to published reports.

As the world comes to the end of the 11th consecutive year of a nonwarming trend, the issue of global warming seems to be cooling off. That may save us from economy-stunting emission reductions.

— Orange County (Calif.) Register



Letters

It's a 'Christmas' tree

Christmas has always been my favorite holiday. I didn't grow up in a wealthy home, but, like most people in our district and throughout Kentucky, my family loved the excitement of the season and the days leading up to the celebration of the Lord's birthday every Dec. 25.

Part of the fun that we shared was choosing our Christmas tree. Ours didn't have fancy ornaments or expensive lights, but like the manger scene and paper angels we made it was a Christian symbol of the holiest of seasons that we cherished.

I still love the beauty and majesty of Christmas trees and enjoy seeing them every December. This is why I was so troubled by the governor's announcement that the tree that will be decorated at the Capitol this year would be referred to as a "holiday tree."

I appreciate and certainly have the highest respect for other religions that have celebrations in the month of December. But to call our tree a "holiday tree" in deference to all faiths celebrating next month was just a bad decision that needed to be reconsidered.

Christmas trees have been used to help celebrate the Lord's birth for hundreds of years. In fact, the triangular shape of the Fir tree has been

used to describe the Holy Trinity of God the Father, Son and Holy Spirit, according to The Christmas Archives.

I feared that referring to this important symbol as a "holiday tree" would have diminished its Christian origins and disrespected Christmas itself. A decorated Christmas tree is as much a part of the Christian holiday as the special church and prayer services in which we all participate and the secular carols of the season we sing.

I applaud the governor's decision to revert back to calling our Capitol tree a Christmas tree, and appreciate him seeing the wisdom in maintaining this important and time-honored tradition.

Rep. Hubert Collins
Wittensville

Reform improves Medicare

Medicare is a sacred promise that was made to seniors — because no one should be left to struggle with medical bills after a lifetime of hard work. We've worked hard to protect and improve Medicare since its inception, and we can't stop now.

After carefully monitoring the latest developments in Washington and extensively studying the various legislative proposals, AARP's all-volunteer Board of Directors — made up of

working and retired doctors, nurses, business people, and teachers — has decided to endorse the Affordable Health Care for America Act and the Medicare Physician Payment Reform Act (H.R. 3962/H.R. 3961) because they contain critical components AARP has been fighting for — proposals that would strengthen and improve Medicare for seniors and future generations.

For example, the House plan protects seniors' access to their doctors. It provides relief to millions of seniors struggling with the high cost of prescription drugs by closing the Medicare Part D "doughnut hole" and allowing Medicare to negotiate with pharmaceutical companies for lower drug prices. It offers more preventive services free of charge and improves coordination of care for people with chronic health conditions. And it provides benefits to help seniors and people with disabilities live in their own homes and communities.

Finally, the House plan aggressively cracks down on waste, fraud and inefficiency so Medicare will be more financially sound for today's seniors and their children and grandchildren.

Please urge Kentucky's members of the House to pass this critical bill this year and finally fix our broken health care system.

John Rosenberg, Chair
Jenny Wiley Chapter, AARP
Prestonsburg

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Remembering a first draft of history

The Times

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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 objection-

able. 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.

Tax credits help homeowners winterize their homes, save energy

People can now weatherize their homes and be rewarded for their efforts. According to the Internal Revenue Service, homeowners making energy-saving improvements this fall can cut their winter heating bills and lower their 2009 tax bill as well.

The American Recovery and Reinvestment Act (Recovery Act), enacted earlier this year, expanded two home energy tax credits: the nonbusiness energy property credit and the residential energy efficient property credit.

Nonbusiness Energy Property Credit

This credit equals 30 percent of what a homeowner

spends on eligible energy-saving improvements, up to a maximum tax credit of \$1,500 for the combined 2009 and 2010 tax years. The cost of certain high-efficiency heating and air conditioning systems, water heaters and stoves that burn biomass all qualify, along with labor costs for installing these items. In addition, the cost of energy-efficient windows and skylights, energy-efficient doors, qualifying insulation and certain roofs also qualify for the credit, though the cost of installing these items does not count.

By spending as little as \$5,000 before the end of the year on eligible energy-saving improvements, a homeowner

can save as much as \$1,500 on his or her 2009 federal income tax return. Due to limits based on tax liability, other credits claimed by a particular taxpayer and other factors, actual tax savings will vary. These tax savings are on top of any energy savings that may result.

Residential Energy Efficient Property Credit

Homeowners going green should also check out a second tax credit designed to spur investment in alternative energy equipment. The residential energy efficient property credit, equals 30 percent of what a homeowner spends on qualifying property such as solar electric systems, solar hot water

heaters, geothermal heat pumps, wind turbines, and fuel cell property. Generally, labor costs are included when calculating this credit. Also, no cap exists on the amount of credit available except in the case of fuel cell property.

Not all energy-efficient improvements qualify for these tax credits. For that reason, homeowners should check the manufacturer's tax credit certification statement before purchasing or installing any of these improvements. The certification statement can usually be found on the manufacturer's website or with the product packaging. Normally, a homeowner can rely on this certification. The IRS cau-

tions that the manufacturer's certification is different from the Department of Energy's Energy Star label, and not all Energy Star labeled products qualify for the tax credits.

Eligible homeowners can claim both of these credits when they file their 2009 federal income tax return. Because these are credits, not

deductions, they increase a taxpayer's refund or reduce the tax he or she owes. An eligible taxpayer can claim these credits, regardless of whether he or she itemizes deductions on Schedule A. Use Form 5695, Residential Energy Credits, to figure and claim these credits. A draft version of this form is available now on IRS.gov.



Fall Festival

The Betsy Layne Elementary PTO recently celebrated autumn with a "Season of Change" fall festival at the Dome gym. Students and community members attended the event, giving everyone a safe place to have fun and participate in traditional festival games and activities. Those attending the event were treated to inflatables, costume contest, pumpkin and cake walks, a haunted house, darts, bowling, a haunted hay ride and much more. "Events like this give the school and community a chance to work together to give kids a safe place to have fun and create memories," explained John A. Kidd, BLES principal. "We have a great PTO, and they have a kids-first attitude, and I appreciate their support." The BLES PTO meets monthly and invites all interested teachers, parents and community members to participate. Simply call the school for more information.



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The Floyd County Animal Shelter PET OF THE WEEK

This week's celebrity is Clayton Little. Clayton served 21 years in the Kentucky House of Representatives, and is credited with being one of the heroes in the effort to curb broad form abuses, as well as procuring funding for a much needed vocational school to be built in the mountains. Clayton is holding Virgie, an eight-week-old female feline, who has the reputation of being the smartest and cleverest feline at the shelter.

The Floyd County Animal Shelter is located at Sally Stephens Branch in West Prestonsburg
 Phone 886-3189

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ROLL WITH THE CHANGES. TOO MUCH TIME ON MY HANDS. KEEP PUSHIN'

Nesbitt founder, staff honored as region's top entrepreneur

by SHARON DODSON
THE CENTER FOR RURAL DEVELOPMENT

LEXINGTON — For more than three decades, Paul D. Nesbitt has been at the helm of Nesbitt Engineering, Inc., actively directing project managers and lending knowledge and support to project teams.

Those who work with him say Nesbitt is known for his engaging leadership style and skillful business acumen.

His commitment to build a successful social and civic-minded company earned Nesbitt recognition as the region's top entrepreneur in the "For Profit Business" category at the 2009 Excellence in Entrepreneurship Awards (EIEA).

State and community leaders gathered at the main office of Nesbitt Engineering on North Upper Street in Lexington on Oct. 29 for an open house and reception to celebrate Nesbitt's EIEA win.

The Center for Rural Development, Eastern Kentucky University's College of Business and Technology, and Kentucky Highlands Investment Corporation presented Nesbitt, president of Nesbitt Engineering, with the award in September at the EIEA luncheon at The Center's headquarters in Somerset.

"This award is not the result of my personal efforts," Nesbitt said addressing the crowd at the EIEA Hometown Event, "but the collective efforts of an outstanding group of co-workers. I would like to thank everyone who assisted us in reaching this moment."

Nesbitt Engineering, which serves government and private sector companies throughout Kentucky from offices in Lexington, Prestonsburg, and Hazard, provides professional engineering consulting services in a broad range of disciplines, including solid waste management, civil engineering, mining engineering, oil and gas consulting, surveying, and environmental sciences.

Sandra K. Dunahoo, project development specialist for Nesbitt Engineering, said she nominated Nesbitt for the award because of his commitment to reinvest resources into people and communities.

"Paul has not only worked to make Nesbitt Engineering successful financially, but has succeeded in creating a successful social and civic-minded company as well," Dunahoo said. "Following Paul's inspiration, employees of Nesbitt strive to be active members of the community contributing to a host of worthy organizations."

The Excellence in Entrepreneurship Awards (EIEA) program was established in 2001 to recognize and honor excellence in entrepreneurs who demonstrate exceptional achievements in a 55-county region of Southern and Eastern Kentucky.

"In the reality of today's economy, entrepreneurial businesses—both nimble and innovative—are best able to adapt to rapid market changes and be successful," Steve Taylor, development director for Kentucky Highlands Investment Corporation and program emcee, said at the event.

"Nesbitt Engineering is a great example for us to celebrate with today," Taylor said.

Under Nesbitt's guidance, the company has completed multi-million dollar infrastructure projects while keeping a "hands-on," personal approach to each project.

"We've positioned ourselves as an important alternative to nationally franchised engineering companies—our size allows us to focus on each client individually," Nesbitt said. "I never believed in growth just for growth's sake."

Nesbitt's experience includes planning and designing subdivisions, sewage collection systems, and treatment plants, sanitary landfills, and water treatment and distribution systems.

While serving as city engineer in Hazard, Nesbitt taught

courses in land surveying, mining law and regulations, coal preparation, and statistics at Hazard Community College. He went on to develop and teach the educational seminar, "Groundwater and Surface Water Hydrology," for the U.S. Forest Service through the Federal Office of Surface Mining, traveling to more than 20 states to conduct the training. His articles have appeared in numerous publications and he co-authored the book, Madison on Real Property Boundary Law.

Nesbitt has a bachelor's degree in engineering from the University of Michigan and master of business administration (MBA) from Xavier University. He is a professional engineer, geologist, land surveyor, and certified contained landfill manager.

At the open house in Lexington, Nesbitt was pre-

sented a framed photograph with EIEA program sponsors taken at the awards luncheon in Somerset, a framed certificate, and DVD video of the full EIEA luncheon.

To view in-depth video presentations on Nesbitt and Nesbitt Engineering and other EIEA winners and finalists, visit www.kyea.org.

Other EIEA winners honored for exemplifying the spirit of entrepreneurship were Charlie Pinson, president-owner of Charlie Pinson Insurance of Pikeville in "For Profit Small Business" category; Larry and April Murray, owners/operators of Your Secret Chef/Chef on the Run located in London, "Start-Up Business;" and Steve Yeary, executive director of Appalachian Children's Home of Barbourville, "Not-For Profit" entity.



Lexington Mayor Jim Newberry, center, congratulates Paul Nesbitt, left, owner of Nesbitt Engineering Inc., on Nesbitt's success as the region's top entrepreneur in the "For-Business Award" category at an open house and reception on Oct. 29 at Nesbitt Engineering's main office in Lexington on North Upper Street. Also extending congratulatory remarks is Tom Prather, far right, acting president of the NewCities Institute. Nesbitt was recognized at the 2009 Excellence in Entrepreneurship Awards (EIEA) program for his accomplishments at the helm of Nesbitt Engineering for the last 30 years and exemplifying the spirit of entrepreneurship in Southern and Eastern Kentucky. EIEA is sponsored by The Center for Rural Development, Eastern Kentucky University's College of Business and Technology, and Kentucky Highlands Investment Corporation.

Free courses offered to high school seniors

MOREHEAD — Morehead State University is offering to qualified high school seniors, who reside in MSU's 22-county service region, a chance to get started on their college degree, free.

Seniors with a cumulative grade point average of at least 3.0 and appropriate ACT scores may take up to six hours of college courses tuition-free in the 2009-10 academic year.

Students may choose from 100 or 200 level courses on the class schedule. Classes will be offered at the Morehead, Mt. Sterling and West Liberty campuses and online.

Students are responsible for textbooks and course fees. Textbooks for the classes are available from the University Bookstore, located in the Adron Doran University Center on the Morehead campus.

Orders may be placed by calling (888) STORE-05 or via the Internet at www.bookstore.msu.edu.

store.moreheadstate.edu. Purchases will be shipped to the address specified by the student.

Classes at MSU for the spring semester begin Monday, Jan. 11, at all locations. The term ends May 7.

Additional information and application forms are available by calling Tina Stafford, MSU's distance education director, at (800) 585-6781, option #3; MSU at Mt. Sterling, (859) 498-0780 or (866) 870-0809; or MSU at West Liberty, (800) 648-5371 or (606) 743-1500; or visit MSU's Distance Education online at www.moreheadstate.edu/de/index.aspx?id=23694.

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Attention: All Martin Family Heirs

There will be a meeting Saturday, November 21, 2009, at the Heritage House (formerly known as the Holiday Inn, 606-886-0001) at 1 p.m. All Martin Heirs are cordially invited. As far as known there will be legal representation for anyone that has any questions or concerns. We all need to come together on this matter and fight for what is rightfully ours. If anyone has any documents, receipts or any other kind of papers whatsoever on this matter—or if anyone has contacted you asking for any money to get your name on the book to be an heir please bring all these papers, documents, receipts, anything down to the smallest of things will be information that can be used in our behalf. What is rightfully ours has been wrongfully used for too long now, so let's please all come together on this, before anyone else passed away waiting for what is theirs that someone else is using and has been for too long. Let's put a stop to this once and for all and take back what is rightfully ours. I look forward to meeting all of you. If anyone has any kind of questions or concerns, feel free to contact me at any time about the meeting. I will, be glad to talk to you. Anyone can contact me at 606-886-3187.

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2005 Chevy Silverado X-Cab	\$14,695.00 P TTL	2005 Hyundai Elantra 4 Door, Sunroof	\$5,995.00 P TTL
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2007 Chevy Suburban 19,000 Miles, 4x4	\$11,695.00 P TTL		



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Sports safety implementation right on schedule, officials told

FRANKFORT — More than 8,000 coaches and staff have completed a school safety course required by the General Assembly earlier this year, high school athletic officials reported to state lawmakers Monday.

House Bill 383, passed during the 2009 Regular Session, mandated that at least one person at every high school sports practice and contest have completed the course by the beginning of this school year. Julian Tackett, the Kentucky High School Athletic Association's Assistant Commissioner, reported that by next school year, course completion will be a pre-hiring requirement for all coaches.

KHSAA officials moved swiftly to put the online course in place, Tackett said. The legislation required the course to be taught by a medical professional licensed in Kentucky, but "there was no program out there that fit all the criteria," he said. The KHSAA worked

with the Kentucky Medical Association to put together its own course.

The online program will allow changes to be implemented quickly, said KHSAA Commissioner Brigid Devries. "We tried to build it for the future" despite the rush to bring it online quickly, Tackett added. Most coaches have completed the online course's seven modules in 5-7 hours, he said.

Dr. Peter Bowles, who helped design the curriculum, said the program is unique. "Kentucky is viewed as a leader in this area," he noted. "This is the only course that's online in the entire country."

Bowles also noted to lawmakers that the work was done efficiently. "We're doing a very good job at a very good price," he said. Tackett noted that the course was free for everyone who took the course.

Members of the Interim Joint Committee on Education took the opportunity to make

other suggestions to improve student-athlete safety. Rep. Derrick Graham, D-Frankfort, remarked that automated external defibrillators would be a wise investment for schools. "A thousand dollars for a small school sounds like a lot, but compared to a child's life, that's nothing," he said while pointing that an AED requirement was considered but left out of the final version of HB 383.

Rep. Charlie Miller, D-Louisville, agreed with a particular suggestion included in the report of the Sports Safety Work Group. "We need to have athletic trainers in all our schools" he said.

Among the other findings of the work group was that the current curriculum for high school coaches would be sufficient if required for middle school coaches as well. Jefferson County Schools required all middle school coaches to take the course, Tackett said.



Each year respiratory care professionals across the United States celebrate National Respiratory Care week. The Mayo Campus Advanced-Practice Respiratory Therapist Students at Big Sandy Community and Technical College joined the celebration last week with a potluck luncheon. Amidst the damp and chilly weather, students, staff and faculty dressed in diverse Halloween costumes, ranging from coal miners and cheerleaders to pirates and princesses. Sophomore students participating in the celebratory luncheon included, Tira Adams, Chris Crider, Tiffany Damron, Jessica Davis, Darcey Hall, Helen Harmon, Kristi Hensley, Chasta Howes, Jennifer Jarrell, Scottie Jarvis, Billy Light, Rebecca Moore, Patrick Porter, Jarrett Robinson, Wada Robinson, Melissa Salisbury, Stephanie Todd Salisbury, Luka Smiley, Christina Stewart, Zac Sergeant, and Mary Wireman. Sophomore students unable to participate included Lora Horn and Sheila Selvage. BSCT Program faculty, included Gina Goodman, Mike Lazar, Terri Stacey, and Missy Skeens. Kelly Howard, staff respiratory therapist at Paul B. Hall Regional Medical Center and one of the program's clinical preceptors, joined the students and faculty at Big Sandy.

An easy way to practice moderation in your day's intake — eat from smaller plates

You know the feeling: Thanksgiving Day, and the aromas of various foods waft tantalizingly throughout the house. Everything's going to taste so good, and you want to sample everything!

But you don't want to gain weight.

What a quandary. Is this the impossible dream?

Not necessarily, says Maria G. Boosalis, director of the division of clinical nutrition in

the University of Kentucky, College of Health Sciences.

"Have you noticed the size of the plates in your cabinet lately? They're a lot bigger than they used to be, and thus they hold more food," Boosalis says.

"Eat off a smaller plate. Even if you fill it up, it's not holding as much food as a larger plate does," she says.

In fact, Boosalis suggests going to flea markets or second-hand shops to buy sets of old plates, the ones that were commonly used before "super-sized" plates became the norm.

And while you're at it, consider buying some smaller glasses as well.

"It's hard to find an eight-ounce glass these days. Most dinner glasses now hold 16 to 24 ounces, and, depending on what is in it, it's likely more than most people need to drink at meals," Boosalis says.

Smaller plates and glasses provide a way to eat healthier sized meals without thinking about it, she says.

But she also offers a holiday meal strategy that will satisfy the appetite while avoiding the frequent weight-gain that follows.

"The secret is to eat a variety of different foods in moderation, and that can be accomplished with how you fill your plate," Boosalis says.

"About half of your plate should be filled with vegetables and fruit, with veggies being the majority of that. Then a quarter of your plate should have grains or starch, including things like whole wheat pasta, brown rice or even potatoes. Then the last quarter of the plate should hold a portion of lean protein including chicken, fish, or beans — to make it complete" she says.

lean-protein portion is about the size of a deck of cards," Boosalis says.

For a beverage, Boosalis suggests avoiding sweetened drinks, the empty calories that add to the risk of a post-holiday bulging belly.

"Sweetened drinks, like soft drinks, sweet tea, fruit

drinks, add extra calories but they don't fill you up. They are also, both nutritionally and financially, not worth it in the long run.

"Overall, it is better to drink water and/or a source of calcium like nonfat or 1% milk with your meals," Boosalis says.

Card of Thanks

The family of Lawrence Dean Ousley would like to express our appreciation to all who sent flowers, or perhaps said a kind word, and for the prayers that were spoken on our behalf. A special thanks to Clergyman Charles Gearheart for his comforting words; the sheriff's department for their assistance in traffic control; and Hall Funeral Home for their kind and professional care. All the acts of kindness will never be forgotten. Thank you, and God bless.

THE FAMILY OF LAWRENCE DEAN OUSLEY

Card of Thanks

The family of Earl Warrens would like to humbly thank each and everyone who helped in any way during our recent loss; those who sent beautiful floral arrangements, food, and words of their kindness to our family. We especially want to thank Clergymen James Swiger, Clinton Moore and Jimmy Hall for their comforting words; the sheriff's department for their assistance in traffic control; and the Hall Funeral Home staff for making our loss a little easier to bear. For anyone who may have helped in any other way, we lovingly say, "Thank you, and God bless."

THE FAMILY OF EARL WARRENS

Card of Thanks

The family of Larry D. Hall would like to express their sincere appreciation to all who sent food, flowers, or prayers, to our family during this difficult time.. A special thanks to Rev. Everett Leon Claxton and Freewill Baptist ministers for their comforting words; the sheriff's department for their assistance in traffic control; and the Hall Funeral Home for their kind and professional care. All the love and support that was shown to our family will never be forgotten.

THE FAMILY OF LARRY D. HALL

Card of Thanks

The family of William Todd Browning would like to sincerely say, "Thank you," to all of our wonderful friends and neighbors who helped to comfort our family during this difficult time; those who sent flowers, or came by to share our loss. A special thanks to Clergyman Brent Tackett for his comforting words; Dr. Rivera and staff for all their love and support; the sheriff's department for their assistance in traffic control; and the staff at Hall Funeral Home for their kind and professional service. To all we say, "Thank you, and God bless."

THE FAMILY OF WILLIAM TODD BROWNING

Card of Thanks

The family of Leonard Akers Sr., wishes to express our sincere appreciation to all those family members, friends, and neighbors for all the help during our time of loss. Thanks to those who sent flowers, food or prayers during this difficult time. A special thanks to Clergyman Hershell Kidd for his comforting words; the sheriff's department for their assistance in traffic control; and the Hall Funeral Home for the kindness that was shown to our family. For those who helped in any way We say, "Thank you, and God bless."

THE FAMILY OF LEONARD AKERS SR.

Kidd receives high honors from Southern Police Institute

FRANKFORT — Kentucky State Police Lt. Todd Kidd was among 38 graduates who completed the 12-week Administrative Officers Course at the University of Louisville's Southern Police Institute (SPI).

The course curriculum is designed to develop informed, effective, ethically and technically competent law enforcement managers who are capable of assuming positions of leadership in their respective agencies.

Kidd was selected as class valedictorian, which is the highest academic honor achievable in a SPI graduating class. Additionally, he was selected as Sergeant-in-Arms by his classmates.

Kidd is an eleven year veteran of KSP where his past Post assignments include Pikeville, Elizabethtown, Morehead and Richmond. He recently served as the Commander for the KSP Recruitment Branch and is currently assigned to the Hazard Post as Operations Lieutenant.

Kidd is the son of Erma Kidd of Pikeville.

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November is National Hospice Month



KOHC urges veterans, others to tell, preserve their stories

FRANKFORT — If you are an active duty member of the military, a veteran, a National Guardsman, a reservist or a civilian who has a story about the homefront, the Kentucky Oral History Commission (KOHC) wants to hear your story.

The KOHC, administered by the Kentucky Historical Society (KHS), invites veterans and others with military-related stories to preserve their

piece of history. Participants can visit the Thomas D. Clark Center for Kentucky History in Frankfort to interview with trained KHS volunteers. Interviews will be recorded and take about one hour. Participants will be sent a CD of their interview and will receive free admission for that day for the entire KHS history campus, which includes the Center for Kentucky History, the Old State Capitol and the

Kentucky Military History Museum at the Old State Arsenal.

KOHC is soliciting these personal accounts as part of a new KHS exhibition, "Kentucky Military Treasures: Selections from the Kentucky Historical Society Collections." The exhibition tells the stories of Kentuckians who fought in battles spanning nearly 200 years and includes significant artifacts from con-

flicts ranging from the War of 1812 to more recent engagements in Afghanistan and Iraq.

The exhibition is on display in the Keeneland Changing Exhibits Gallery at the Center for Kentucky History. It was made possible by generous support from the Kentucky Historical Society Foundation, Martin F. Schmidt, Tawani Foundation and the Kentucky Department of Military Affairs.

"By documenting the oral history of our state's military story, we can more intentionally add all levels of experience to the record of official history," said Sarah Milligan, program administrator for the KOHC. "The 'Kentucky Military Treasures' exhibition is so interesting because it tells

the story of the people behind the artifacts and lends a voice, literally with the use of oral history, to the historical record. By sharing the audio of these interviews we can hear the emotion and better understand the reality of what it means to be in or associated with the United States Military."

The KOHC invites anyone with a military-related story to participate, especially individuals with experience in recent or current conflicts.

"We want the military collection to truly represent all Kentuckians' experiences in the military," said Milligan. "We welcome all stories, but especially need to hear the stories of veterans from the Korean War, Vietnam, the

Persian Gulf and current wars and engagements, and the stories of women and minorities."

The KOHC, established in 1976, is a nationally recognized program that has provided for the collection of more than 25,000 oral history interviews, including the stories of tenant farmers, political leaders and nationally acclaimed authors. The commission also offers grant opportunities, workshops, sponsors state conferences and participates in collaborative projects with other agencies and institutions.

To make an appointment to share your story with the KOHC, contact Milligan at 502-564-1792, ext.4434 or email her at Sarah.Milligan@ky.gov.

Nine deaths on Kentucky roadways last week

FRANKFORT — Preliminary statistics indicate that nine people died in eight separate crashes on Kentucky roadways from Monday, Nov. 2, through Sunday, Nov. 8.

Seven of the crashes involved motor vehicles and six of those victims were not wearing seat belts. Single-fatality crashes occurred in Bath, Floyd, Hardin, Jefferson, Letcher and Woodford counties. The crash in Hardin County involved the suspected use of alcohol.

One double-fatality crash occurred in Ohio County and involved the suspected use of alcohol.

One motorcycle fatality occurred in Bath County and the victim was not wearing a helmet.

Through Nov. 8, preliminary statistics indicate that 657 people have lost their lives on Kentucky roadways during 2009. This is 30 fewer fatalities than reported for the same time period in 2008.

There were 530 motor vehicle fatalities and 288 of those victims were not wearing seat belts. Thirty-two pedestrians and 5 bicyclists have been killed. Seventy-five fatalities involved a motorcycle and fifteen fatalities involved an ATV. Sixty-five crashes involved a

commercial motor vehicle. A total of 141 fatalities have resulted from crashes involving the suspected use of alcohol.

Citizens can contribute to highway safety by reporting erratic drivers to the Kentucky State Police toll-free at 1-800-222-5555. Callers will remain anonymous and should give a description of the vehicle, location, direction of travel and license number if possible.

These statistics are still preliminary as KSP waits for all local law enforcement agencies throughout the state to report any crashes and fatalities that may have occurred in their areas.



Highlands Health System has announced that a donation to the Highlands Foundation had been made by Wesley Christian School. The funds were raised in a basketball game by students and faculty wishing to help cancer patients at HRMC. The cash gift "will help make a difference in the lives of cancer victims," said Highlands Foundation Director Kathy Rubado. "And, it's a reflection on the character of students, faculty, parents and friends from Wesley Christian to think of others in need." Located in Allen, Wesley Christian School serves children from pre-kindergarten through eighth grade. Officials with the School presented the gift during a chapel service on Wednesday, Nov. 4 and was accepted by President and CEO of Highlands Health System, Bud Warman and Highlands Foundation Director Kathy Rubado.

Checks

McCrary, Billy A. and Karen L. Webb and Billy D. Reed.

■ Knott County — Danny M. Collins.

■ Magoffin County — Ollie T. Alsept.

■ Martin County — Matthew L. Traxler.

"Kentucky taxpayers should not miss out on getting their money back," said IRS Spokesperson Jodie Reynolds. "The IRS makes it as easy as

possible for taxpayers to update their addresses and claim their refunds."

Statewide, the IRS is seeking 921 taxpayers due to receive a combined \$838,000 in refund checks, with those averaging \$910, compared to \$898 last year. Some taxpayers are due more than one check.

If a refund check is returned to the IRS as undeliverable, taxpayers can generally update

their addresses with the "Where's My Refund?" tool on IRS.gov. The tool enables taxpayers to check the status of their refunds.

Those checking on the status of a refund by phone will be given instructions on how to update their addresses. Taxpayers can access a telephone version of "Where's My Refund?" by calling 1-800-829-1954.



Prestonsburg Elementary honored Veteran's Day on Tuesday with a drill presentation by the Betsy Layne High School ROTC. Student Dalton Goble led the student body with the Pledge of Allegiance, and student Allison Campbell sang the National Anthem. Rebial Reynolds, Family Resource Center coordinator, read an excerpt of the proclamation from President Obama. Sen. Johnny Ray Turner, Rep. Hubert Collins, and Floyd County Board of Education District 5 Member Dougie Hopkins were also in attendance.

Unhappy

do, if they get to use their strengths on the job, if their supervisor treats them more like a boss or partner and if the environment is trusting and open.

The 5th District made an appearance on national television as part of the "Doctor Oz Show" hosted by Dr. Mehmet Oz. On the show, Oz cited Hazard as the unhappiest city in the country. However, it is the district as a whole that was named in the survey, not a specific city.

As a state, Kentucky was listed as 49th out of 50, with West Virginia coming in last in terms of well-being.

The survey was conducted by Gallup, Healthways and America's Health Insurance Plans. The Well-Being Index is an ongoing daily survey that

began in January 2008. The survey includes the responses of 1,000 Americans 350 days per year.

According to information provided by America's Health Insurance Plans, the Well-Being Index will "increase an understanding of how those factors impact the financial health of our nation and its communities. The Well-Being Index is a powerful behavioral economics tool. It will assist national, state and community leaders, as well as policy makers and employers to make smart resource allocation decisions for the health and well-being of millions of people and the financial health of the nation."

To view the results of the survey, visit <http://www.ahiphewire.org>.

Arrest

area shortly after the shooting took place last summer after being questioned by state police officers during a traffic stop.

Allen is currently being held at the Big Sandy Detention Center in Johnson County.


Election

Magistrate District 2
Marie Martin Holbrook.

Constable District 1
Ben Ferguson.

Constable District 2
Terry Triplett.

Constable District 4
Jordan Case.



S.F.H.S

Raider Rumble

Friday, Nov. 13th, 2009, at 6:30 p.m.
South Floyd High School Raider Arena

A Preview of South Floyd High School Basketball
S.F.M.S. & feeder schools of McDowell & Osborne

Door Prizes • 3-Point Contest • Concessions
T-shirts • Cash Ticket Raffle • Surprise Guest

Admission \$4.00 per person (Adults & Students)
Admission Free to Participants

Sponsored by Boys Basketball Boosters Club Annual Fundraiser

Personalized Stock Available

Important: Guns are limited, orders for the holidays must be made six weeks in advance. Call Blaine's Guns & Bows at 606-874-9997 to place your order today!

These Henry Rifles, 100 in total, were designed by the Historical Armory as a commemorative project for the entire commonwealth. Blaine Depoy, owner of Blaine's Guns & Bows in Allen, has been authorized to sell 100 of the guns that have the Floyd County designs.

"It's great that the company thought enough about Floyd County to do these guns," Blaine said.

Along with the Floyd County landmarks that are depicted on the rifles, those who purchase them have the option of adding personalization for an extra \$60 added to the \$549.99 price.

The Floyd County rifles are only allowed to be sold in the county, and Blaine, who took over operation of Mert's Guns & Ammo in 2004, has already sold approximately 40 of the guns with 60 remaining. Limited edition numbers are

assigned out of the 100.

In addition to the Floyd County Rifle, 1,000 Kentucky Rifles were manufactured that depict historical landmarks throughout the state of Kentucky. Only half of these guns remain and also can be personalized.

For more information on the rifles and how to purchase them, contact Blaine's Guns & Bows at (606) 874-9997.

This is a paid for advertisement.

A9
Sports Editor:
Steve LeMaster
Phone Number:
Floyd CountyTimes:
Phone: (606) 886-8506
Fax: (606) 886-3603

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FLOYD COUNTY Sports

PC FOOTBALL
• A10

Blackcats scratch Knott County Central

by STEVE LeMASTER
SPORTS EDITOR

PRESTONSBURG – Eleven and counting. Make that 11-0 and counting. Prestonsburg reeled off its 11th win of the season opposed to no losses Friday night thanks to an impressive 56-8 victory over Knott County Central in the first round of the Class 2A State Playoffs.

Knott County Central visited Josh Francis Field for the Class 2A State Playoffs after finishing fourth in District 8.

The Blackcats scored three touchdowns in the last five minutes of the opening quarter.

Knott County Central couldn't keep up with a Prestonsburg offense that totaled 449 yards en route to the win.

Prestonsburg led 21-0 at the end of the first quarter. The Blackcats packed a 48-0 into halftime.

Veteran quarterback Michael Burchett was the catalyst for the Prestonsburg offense, making good on 10-of-12 passing attempts for 275 yards and four touchdowns.

Backup quarterback Adam Crisp completed 2-of-5 passes for 24 yards after entering the game in a reserve role for the Blackcats.

Joseph Jamerson averaged 33.8 yards per catch for the Blackcats. Jamerson had four receptions for 135 yards and two touchdowns, including a 68-yard effort.

Austin McKinney and Josh Craynon added one touchdown catch each on a pair of receptions apiece.

Crisp, McKinney, Craynon and Kain Collins each scored on a rushing attempt for the versatile Blackcats.

Prestonsburg led 56-0 before Knott County Central scored in the third quarter with the clock out of time. Braxton Ratliff scored on a 54-yard touchdown

run to allow visiting Knott County Central to avoid the shutout.

Knott County Central fumbled seven times, losing four of the dropped balls.

Trevor Stovall and Alex Gamer paced the Prestonsburg defense with eight tackles apiece. Josh Blackburn recorded seven tackles for the Blackcats.

Craynon picked off one Knott County Central pass.

Prestonsburg will host Middlesboro – the number two seed out of District 8 – on Friday, Nov. 13 in the second round of the Class 2A State Playoffs.

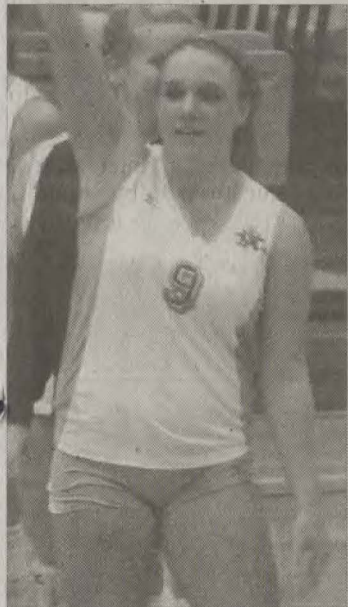


photo by Jamie Howell
Prestonsburg running back Austin McKinney (36) took a handoff from Blackcat quarterback Michael Burchett during Friday night's game against Knott County Central.

Jones selected for All-Star Showcase

by STEVE LeMASTER
SPORTS EDITOR

EASTERN – Allen Central High School senior Kelsey Jones has been selected to play in the Southeast All-Star Volleyball Showcase at M.C. Napier Gym in Perry County Nov. 22 at noon. Jones and her teammates will compete against opposing All-Stars from the 13th and 14th regions. One of the most decorated players in Allen Central High School history, Jones is the reigning 15th Region Player of the Year and a Second Team All-State honoree. She helped lead Allen Central to the 2009 15th Region championship.



KELSEY JONES

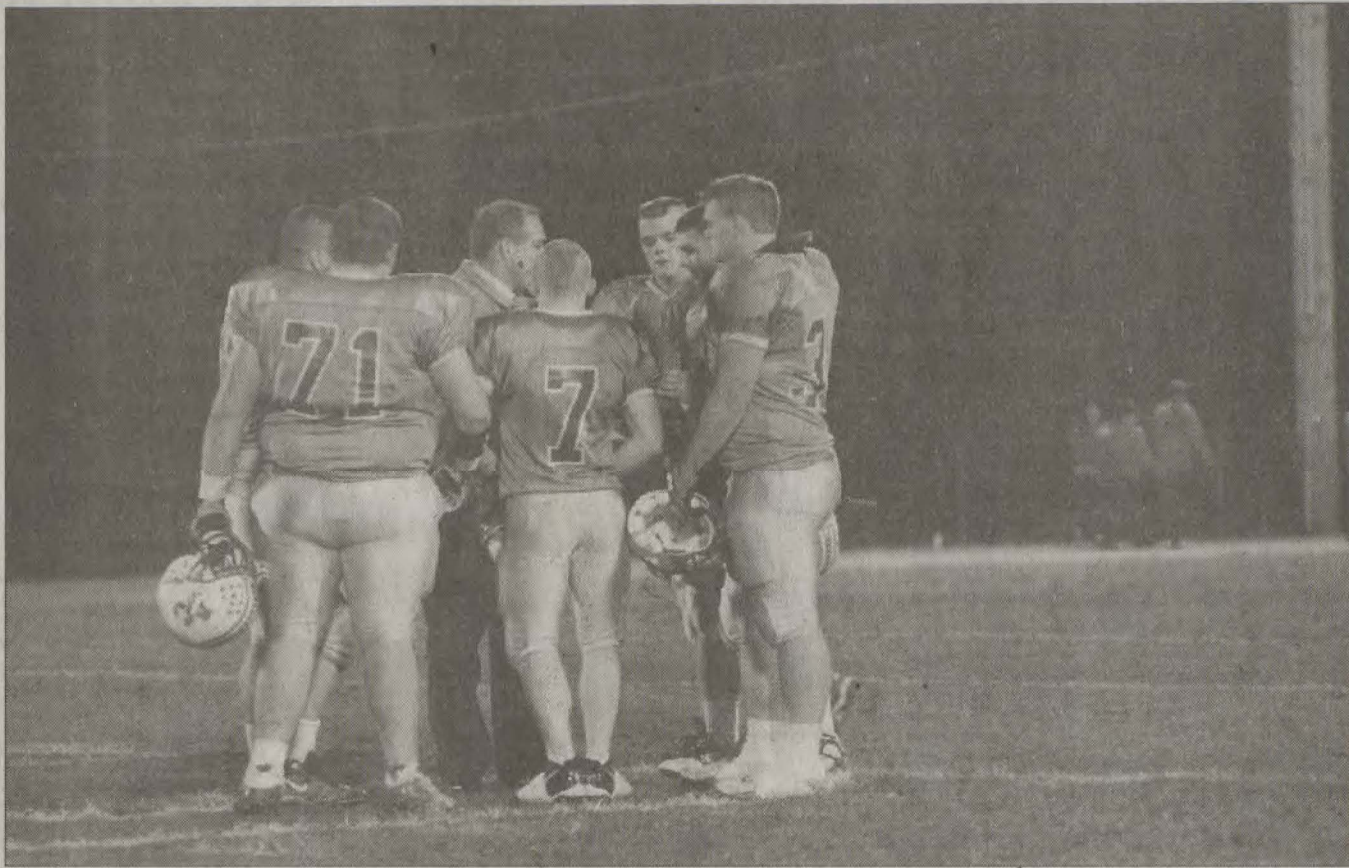
Eagles fall to UVA-Wise

TIMES STAFF REPORT

WISE, Va. – Host UVA-Wise defeated Alice Lloyd College 104-75 Thursday evening in a men's basketball game. The Cavaliers opened the game strong and led by as many as 12 points (25-13) at the 10:04 mark. Alice Lloyd cut the lead to six (38-32), and trailed by only seven (41-34) at the intermission before falling short.

Adam Hood led UVA-Wise with 26 points. Pance Kecev added 21 points for the Cavaliers (1-0).

Three ALC players reached double figures scoring-wise. Jones and sophomore forward Nick Brumback led the Eagles with 11 points each. Junior guard Daniel Combs chipped in 10 points for the Eagles.



Allen Central seniors accepted the district runner-up trophy from Floyd County Schools Superintendent Henry Webb Friday night.

Rebels run past Pineville, advance to second round

Logan Crowder rushes for 201 yards, 3 TDs

by STEVE LeMASTER
SPORTS EDITOR

EASTERN – Allen Central won its 10th game of the season Friday, defeating Pineville 60-34 in the first round of the Class A State Playoffs. The Runnin' Rebels moved to 10-1 after recording the postseason win.

Pineville ended the season 4-7 following the loss.

Allen Central and Pineville swapped scores during the first half before the Runnin' Rebels took a 30-20 lead into halftime.

Pineville pulled to within three points of Allen Central (30-27) with 9:56 remaining in the third quarter but couldn't get any closer. Allen Central owned the second half, outscoring Pineville 30-7 en route to the victory.

The Rebels rushed for 552

yards. Allen Central kept the Pineville defense guessing throughout the game.

Four different Allen Central rushers scored at least once. Logan Crowder led Allen Central on the ground as he rushed 23 times for 201 yards and three touchdowns.

Justin Jackson rushed 26 times for 178 yards and one touchdown in the postseason triumph. Hunter Crowder netted 165 yards and scored once on 14 rushing attempts for the Rebels.

Allen Central senior quarterback Chris Stumbo hooked up with Jackson on a touchdown pass. Stumbo was 2-of-6 through the air, completing a pair of passes for 21 yards.

Defensively, Allen Central allowed Pineville 288 yards. The Mountain Lions did most of their damage through the air, picking up 198 yards on passing attempts.

Allen Central defenders Mickey Parsons and Micah Harlow both recorded an interception. Parsons also recovered a fumble in a game

(See REBELS, page ten)



Micah Harlow (15) stopped a Pineville ballcarrier during a defensive play.

HIGH SCHOOL FOOTBALL SCOREBOARD

- CLASS A STATE PLAYOFFS**
Allen Central 60, Pineville 34
Pikeville 71, Jenkins 22
Hazard 61, Phelps 6
- CLASS 2A STATE PLAYOFFS**
Prestonsburg 56, Knott Co. Central 8
Shelby Valley 41, Leslie Co. 0
- CLASS 3A STATE PLAYOFFS**
Mason County 62, East Ridge 6
Pike County Central 74, Fleming County 50
Sheldon Clark 36, Russell 14
Somerset 48, Magoffin County 16
- CLASS 4A STATE PLAYOFFS**
Lawrence County 42, McCreary Central 19
- CLASS 5A STATE PLAYOFFS**
Johnson Central 62, Scott 41

Hinton leads Lady Bears over Alice Lloyd

TIMES STAFF REPORT

PIKEVILLE – Junior Natiera Hinton poured in a career high 41 points and grabbed nine rebounds to lead Pikeville College to an 81-77 win over Alice Lloyd College Monday night.

It wasn't as easy as may have been expected. In the second half the Lady Eagles led by 12 points three different times, as late as 67-55 after a layup by junior Bree Frazier with 7:34 left. The edge was still in double digits as late as the 5:09 mark when junior Ashley Mynster hit a three-point shot.

But then the Lady Bears took over. They scored the game's next 13 points, with eight coming from Hinton, who assisted on one of Sally Roberts' consecutive baskets as she scored the remaining five in the stretch.

When Hinton hit a free throw with 1:49 left, the lead was 77-74 and the Lady Bears held on for the win.

Hinton hit 15-of-29 shots from the floor and was 11-of-15 from the line. Six of her rebounds were off the offensive glass, and she was credited with six steals.

Hinton was joined in double figures by junior Lauren Potts, who came off the bench to hit for 12 to go with four rebounds and three assists. Junior Whitney Compton had eight points, 10 rebounds, five assists, five blocked shots and three steals.

Alice Lloyd (1-3) had three players reach double figures scoring, paced by junior Bailey Gabbard's 22. Former Lady Bear Kelli Jo Moore came off the bench to fire in 18 points for the Lady Eagles while Mynster added 12.

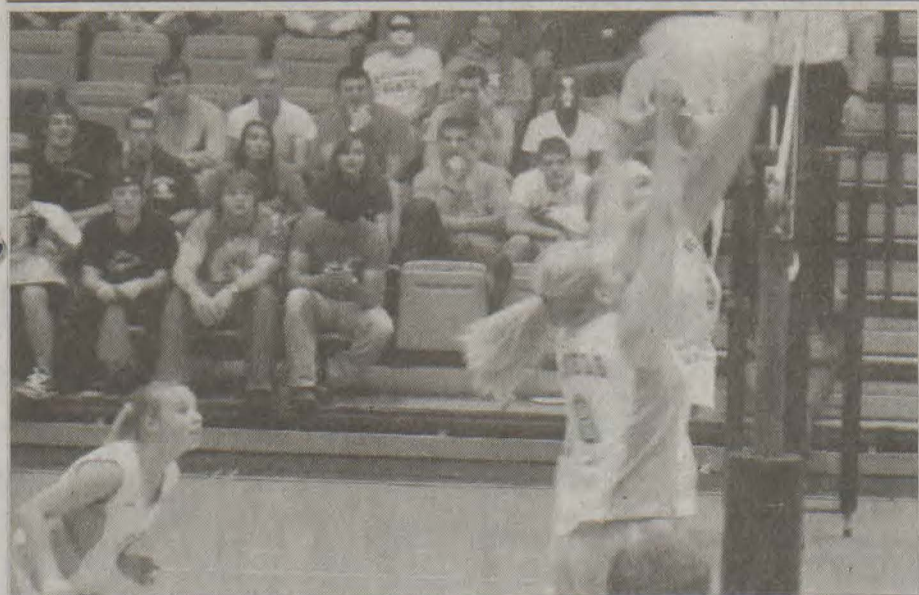
Pikeville will visit UVA-Wise today at 5:30 p.m.

Raider Rumble set for Friday

HI HAT – The South Floyd High School boys' basketball program will host its annual Raider Rumble Friday at Raider Arena beginning at 6:30 p.m. Raider Rumble annually serves as a preview event for the South Floyd High School, South Floyd Middle School, McDowell Elementary School and Osborne Elementary School basketball teams.

This year's event will include door prizes, concessions, T-shirts, a cash prize raffle, a three-point contest and an appearance from a special guest.

Admission is \$4 for students and adults. The SFHS boys' basketball boosters club sponsors the annual Raider Rumble.



TIFFANY BURDZILASKAS AND KELSEY JONES stopped a Southwestern offering for Allen Central during this year's State Volleyball Tournament.

Bears defeat Shawnee State in opener

Hicks nets 17 points, hits 3-of-8 3-pointers

TIMES STAFF REPORT

PIKEVILLE – Three players reached double figures as the Pikeville College Bears survived opening-night jitters and knocked off Shawnee State University 66-57 Monday night.

Pikeville (1-0) shot only 38.5 percent overall and 23.5 percent from the field but did enough to get the win.

The Bears forced 18 turnovers from their guests thanks to 10

steals en route to the win.

Pikeville led by double figures in the first half, but Shawnee State cut the advantage to five (28-23) before the intermission. In the second half, the largest lead came at the horn.

Junior Justin Hicks led the way with 17 points, hitting 3-of-8 from the arc and all four of his free throws. He also led the Bears with four assists.

Senior guard Jonathan Clark followed with 16 points. He hit 8-of-9 from the line and grabbed seven rebounds as well. Senior Maurice Thomas followed with 11 points and six rebounds in his Pikeville College debut.

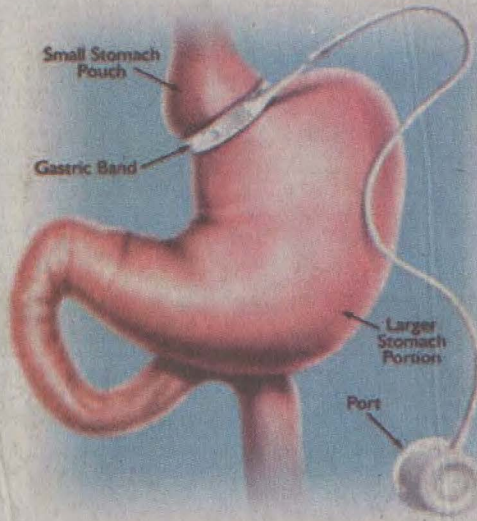
The Bears were led on the glass by senior Anthony Smith, who had eight to go with three blocked shots and three steals. He had six points.

Shawnee State (0-2) shot a respectable 46 percent from the field, but hit only 8-of-15 (53.3 percent) from the free throw line.

SSU was led by freshman Tyler Broyles, who hit 3-of-4 from the arc for 15 points off the bench. He was followed by sophomore Ian Nixon's 14 to go with three steals. Freshman Tyler Morgan had 12 points and a team-high eight rebounds for the visiting team.

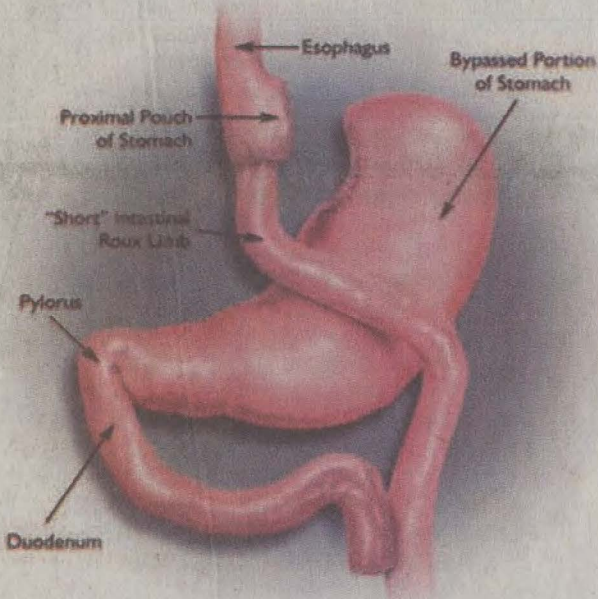
Pikeville will be back in action tonight when it faces U.Va.-Wise at 7:30.

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Gastric Bypass



- Procedure: 1.5-3 hr.
- Recovery: 2-4 weeks
- Weight Loss: 3-5 lbs. weekly over a 2-year period

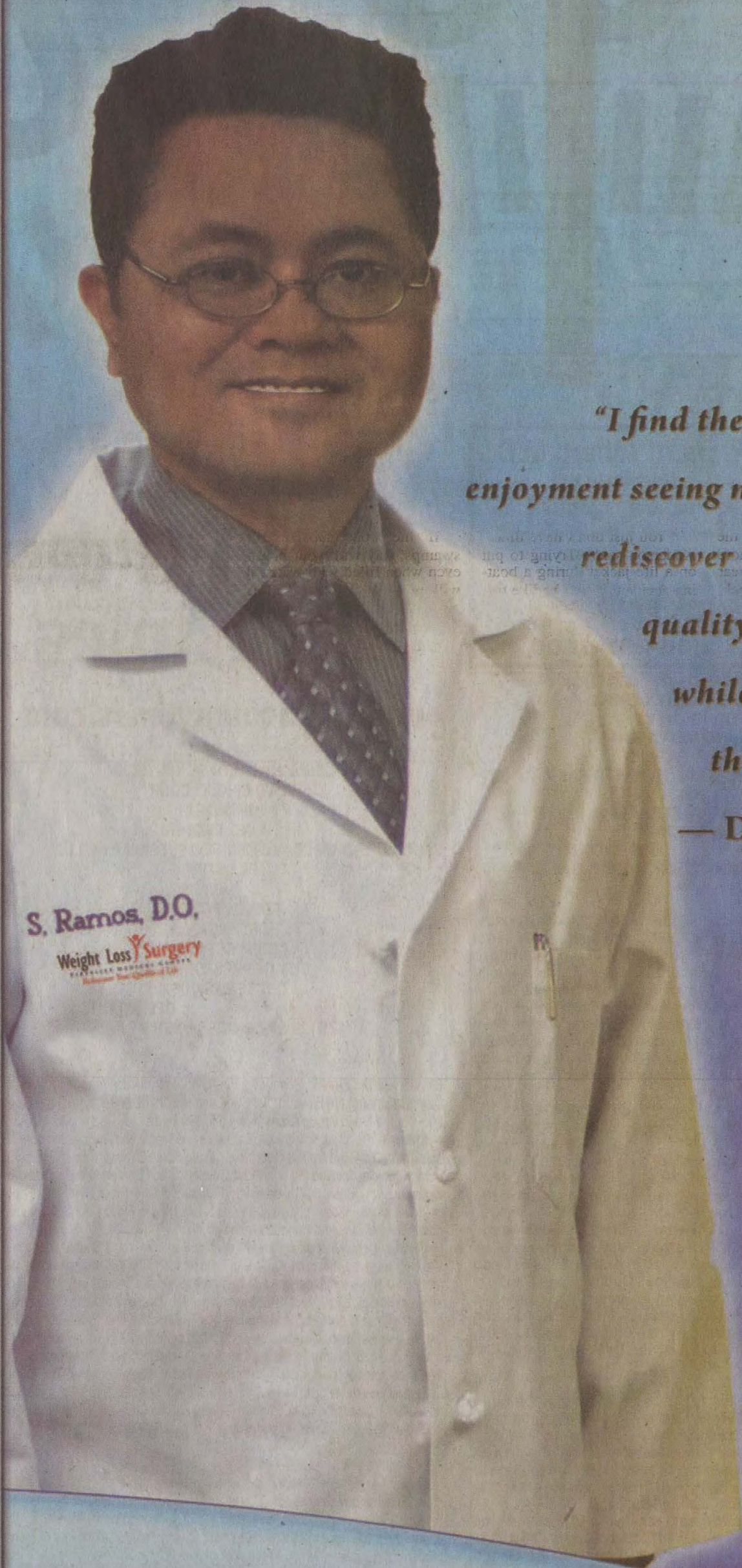
Obesity can damage muscles, bones and internal organs. The chance of heart disease, diabetes, sleep apnea, infertility, osteoarthritis, gallbladder disease, and certain cancers are increased by obesity. As your weight increases, the risks of medical problems increase.

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The Floyd County and Prestonsburg Housing Authority Voucher Program has a part-time clerical position available

General requirements for this position are a High School diploma or equivalent, at least three years office experience, including basic computer skills, ability to work with confidential information, and work well with the public. Applicants must have a valid Kentucky Driver's License. Pay commensurate with experience.

Applications will be accepted at the Housing Choice Voucher Program office at: 36 Blaine Hall Street, Apt. 37, Prestonsburg, KY, between the hours of 8:30 a.m. to 3:30 p.m., Monday, Tuesday, Thursday, and Friday. Wednesday, 8:30 a.m. to 12:00 p.m.

The Floyd County and Prestonsburg Housing Authorities are an equal opportunity employer.



**COMMONWEALTH OF KENTUCKY
FLOYD CIRCUIT COURT
DIVISION II
C.A. NO. 09-CI-627
FIRST COMMONWEALTH BANK OF PRESTONSBURG, INC.
PLAINTIFF
VS.
DAVID M. STUMBO, ET DEFENDANTS
NOTICE OF COMMISSIONER'S SALE**

BY VIRTUE OF Default Judgment and Order of Sale referring to Master Commissioner of the Floyd Circuit Court entered on the 1st day of October, 2009, in the Floyd Circuit Court, in the above styled action, in the principal sum of \$64,250.81, together with interest, costs and fees, I shall proceed to offer for sale at the Old Floyd County Courthouse Door, South Central Avenue, Prestonsburg, Kentucky, (behind the new Floyd County Justice Center) to the highest bidder, at public auction on Thursday, the 19th day of November, 2009 at the hour of 9:15 a.m., the following described real estate lying in Floyd County, Kentucky, and more particularly described as follows:

A certain tract or parcel of land located and lying on Route 777 in Floyd County, Kentucky and more particularly described as follows:

Beginning at the corner of Route 777 and the property belonging to Willie Duff running along the property line of Willie Duff to the top of the hill; thence along the ridgeline to the property belonging to Sharon Moore; thence along property line of Sharon Moore to Route 777; thence along Route 777 back to the point of beginning.

Being the same property originally conveyed to David Stumbo and Michelle Stumbo from Kelly D. Chaffin and Angela Chaffin by deed dated September 23, 1997, and of record in Deed Book 411, Page 423 and being the same property conveyed to mortgager from Michelle L. Stumbo Sammons, single, by deed dated February 11, 2008, and of record in Deed Book 544, Page 371, in the office of the Floyd County Clerk.

TERMS OF SALE

(a) At the time of sale, the successful bidder, if the other than the Plaintiff, shall either pay cash or 10% of purchase price, with the balance on credit for thirty (30) days, and required to execute a bond with good surety thereon for the unpaid purchase price of said property, if any, bearing interest at the rate of twelve percent (12%) per annum from the date of sale until paid, having the force and effect of a Judgment.

(b) The property shall be sold subject to any easements and restrictions of record in the Floyd County Clerk's Office and such right of redemption as may exist in favor of the United States of America and/or the record owners thereof.

(c) The purchaser shall be required to assume and pay all Floyd County, Kentucky, real property taxes for the year 2010, and all subsequent years which are not yet due and payable. Any and all delinquent Floyd County, Kentucky, real estate taxes will be paid from the sale proceeds.

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

Any announcements made on date of sale takes precedence over printed matter contained herein.
Hon. William S. Kendrick, Master Commissioner

**COMMONWEALTH OF KENTUCKY
FLOYD CIRCUIT COURT
DIVISION II
C.A. NO. 09-CI-760
SUNTRUST MORTGAGE INC.
PLAINTIFF
VS.
DOUGLAS HOFFMASTER SUSAN
HOFFMASTER DEFENDANTS
NOTICE OF COMMISSIONER'S SALE**

BY VIRTUE OF Final Judgment and Order of Sale referring to Master Commissioner of the Floyd Circuit Court entered on the 12th day of October, 2009, in the Floyd Circuit Court, in the above styled action, in the principal sum of \$186,825.11, together with interest, costs and fees, I shall proceed to offer for sale at the Old Floyd County Courthouse Door, South Central Avenue, Prestonsburg, Kentucky, (behind the new Floyd County Justice Center) to the highest bidder, at public auction on Thursday, the 19th day of November, 2009 at the hour of 9:45 a.m., the following described real estate lying in Floyd County, Kentucky, and more particularly described as follows:

Property Address: 1054 Shop Branch, Printer, KY 41655
Beginning at a stake running 240' feet across meadow with the Frank Martin property line then making a 90° turn running East 236' feet to a stake, then marking another 90° turn 240' feet to a stake. Then making another 90° turn 236' feet to the beginning of said lot of Frank Martin property.

This lot also takes in the old county road which is about 12 feet wide and 240 feet long. Facing the Frank Martin Property.

Being the same property conveyed to Douglas Hoffmaster and Susan Hoffmaster, husband and wife, from Charles E. Meade and Jackie M. Meade, husband and wife, by deed dated October 6, 2006, recorded October 23, 2006, in Deed Book 529, Page 288, Floyd County Clerk's Records, and being known as 1054 Shop Branch, Printer, Kentucky 41655.

TERMS OF SALE

(a) At the time of sale, the successful bidder, if the other than the Plaintiff, shall either pay cash or 10% of purchase price, with the balance on credit for thirty (30) days, and required to execute a bond with good surety thereon for the unpaid purchase price of said property, if any, bearing interest at the rate of twelve percent (12%) per annum from the date of sale until paid, having the force and effect of a Judgment.

(b) The property shall be sold subject to any easements and restrictions of record in the Floyd County Clerk's Office and such right of redemption as may exist in favor of the United States of America and/or the record owners thereof.

(c) The purchaser shall be required to assume and pay all Floyd County, Kentucky, real property taxes for the year 2009, and all subsequent years which are not yet due and payable. Any and all delinquent Floyd County, Kentucky, real estate taxes will be paid from the sale proceeds.

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

Any announcements made on date of sale takes precedence over printed matter contained herein.
Hon. William S. Kendrick, Master Commissioner

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— YESTERDAYS —

Items taken from The Floyd County Times,
20, 30, 40, 50, 60, 70 years ago. page B3

INSIDESTUFF

■ Community Calendar • page B2
■ Wedding • page B4

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EVERYBODY'S SCIENCE

Saving time — at the expense of children's health

by SANDY MILLER HAYS
AGRICULTURAL RESEARCH SERVICE

I'll be the first to admit it: When it comes to eating, it's impossible to be good all the time.

My husband and I eat less fast food than probably anyone in America, but whenever I have to run to the bank during a workday lunch break, I do let myself swing through the drive-through at the fast-food joint across the street and grab a treat: small hamburger, small fries, small soda.

It's so tasty that yes, I could happily eat it every day -- but I limit myself to no more than once a month. But then, I don't have a 5-year-old in a car seat, shrieking like a banshee at the mere sight of the fast-food emporium.

For those of you who do have that 5-year-old, be it a child, grandchild, niece or nephew, what do you need to know about the fast food your youngster is about to gobble? Are those "combo meals" for kids -- often baited with a toy -- ever really healthy for your children?

In some cases, yes. And that's not just my opinion, that's the word from a pediatrician at the Children's Nutrition Research Center at Baylor College of Medicine in Houston, Texas. The Agricultural Research Service (ARS) funds the center in cooperation with the College and Texas Children's Hospital.

The pediatrician and three other researchers teamed up to scrutinize the nutritional quality of fast-food kids' meals, focusing on food served at 10 regional or national fast-food chains in Houston.

We might as well start with the bad news: The team found that just 3 percent of the kids' meals offered at those eateries met seven key standards set by the National School Lunch Program for meals intended for children in kindergarten through third grade.

The "best-choice" meals were the ones that offered a deli-style sandwich -- perhaps turkey, ham, roast beef or tuna -- plus a fruit, such as apple slices and raisins, and low-fat milk as the beverage. Another good choice was a plain hamburger, fruit and low-fat milk.

The team says those meals met or exceeded the School Lunch Program minimums for protein, vitamins A and C, and iron and calcium, and didn't exceed the maximum recommended levels for total fat or saturated fat.

But "deli-style" was no guarantee of nutritional goodness. One deli-sandwich combo flunked because of its mayonnaise plus oil splashed on to add flavor (which pushed the meal over the limit on fat), and its beverage of juice, tea or soda instead of milk (which left the meal too low in calcium).

More than 65 percent of the meals that "flunked" had too much fat. And 75 percent had too little calcium, 82 percent had too little iron, and 85 percent had too little vitamin A.

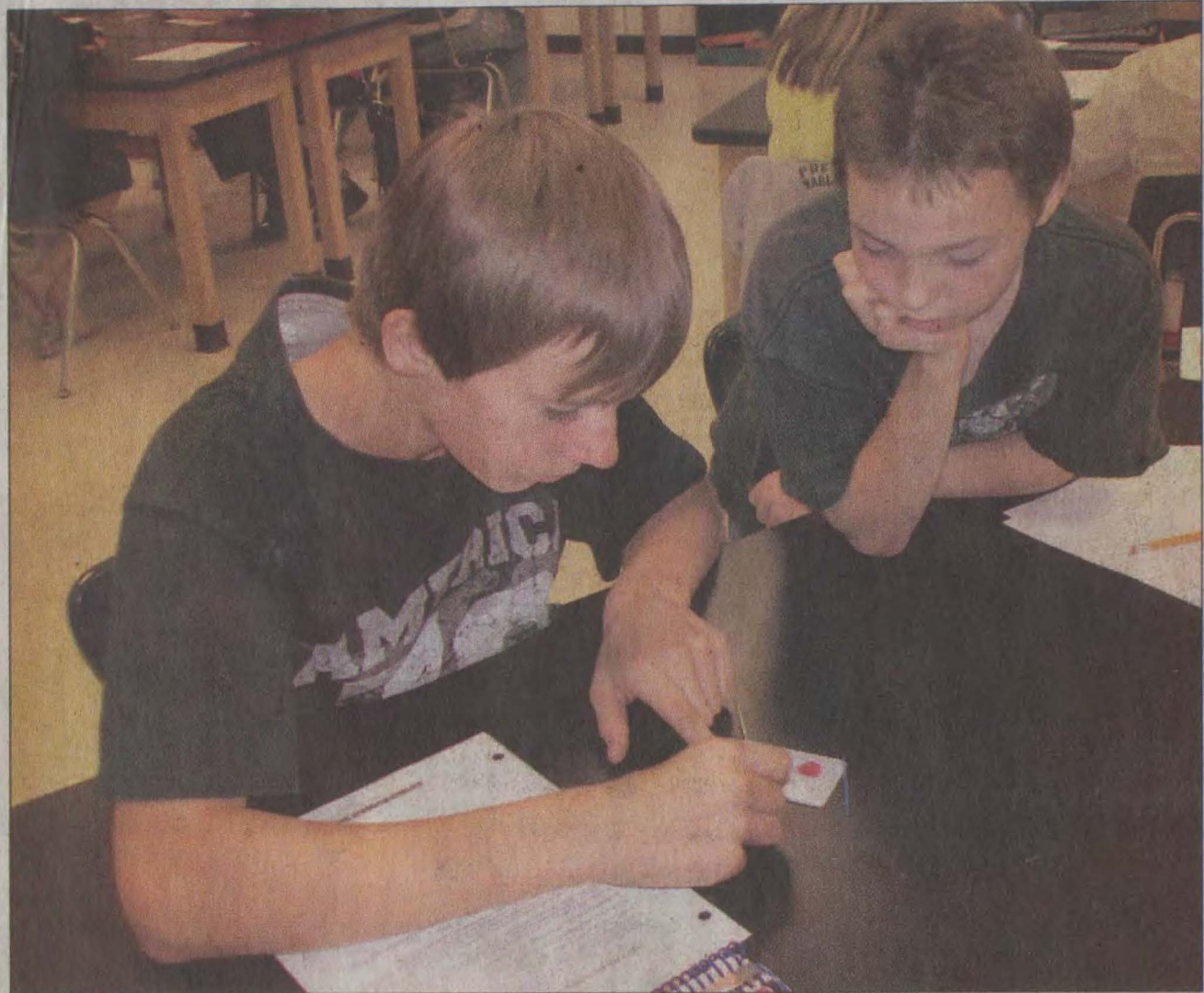
Another way to grade the combo meals is by "dietary energy density" -- the number of calories divided by the serving's weight in grams. Several leading entities, such as the World Health Organization and an Expert Committee convened by the American Medical Association, recommend restricting children's consumption of energy-dense foods as a way to prevent and treat childhood obesity.

Here's the bad news on that front: The average energy density of the fast-food meals that did not meet the School Lunch standards was 2.3 calories per gram, compared to only 1.5 calories per gram for those that did meet the standards.

Did you know that more than 16 percent of children and adolescents in the U.S. are overweight? This means that over the past two decades, the estimated incidence of overweight among children has doubled, and it's tripled among adolescents.

One factor that could be contributing significantly to this problem: the

(See SCIENCE, page four)



Braxton Howell, left, and Keagan Clark, right, examine "blood samples" as part of a crime scene investigation at Betsy Layne Elementary.

CSI: BETSY LAYNE

Students learn the science behind investigations

by JARRID DEATON
FEATURES WRITER

Students at Betsy Layne Elementary recently got the chance to participate in activities related to crime scene investigations, including many of the techniques made popular by various television shows like "C.S.I." and other police procedure programs.

Shannon Arts, from the East Kentucky Science Center, visited seventh-grade students at the school last month to demonstrate some of the things that crime scene investigators focus on and the tools they utilize, and the students were then able to perform the tasks on their own as part of a special "crime scene" designed to allow the students to use their newly acquired investigative skills.

The students were shown how to examine and interpret blood typing, how to read fingerprints, how to perform chromatography, which separates various components from a mixture, and how to analyze powders, hairs, and fibers found at a crime scene.

After practicing these skills, the students then used the techniques to analyze the "crime scene" and figure out the culprit who was responsible for the incident.

The crime scene investigation lasted for two days and was part of the science class's study of genetics and DNA.

"It was lots of fun for the kids," said Tammy Meade, teacher at Betsy Layne Elementary.



Betsy Layne Elementary students Ashley Blevins and Veronica McNeil participated in a crime scene investigation at the school last month.

Inhaled steroids most effective asthma treatment

LEXINGTON — Children who have been prescribed steroidal inhalers to control asthma symptoms should continue to use them, despite questions raised by a medical study concerning their long-term benefits.

The study, published in the New England Journal of Medicine in 2006, found strong evidence that steroidal inhalers effectively control symptoms in toddlers at high risk for chronic asthma. However, the study found, the treatment did not ultimately prevent children from developing the disease.

"Most experts agree inhaled steroids are the most effective treatment for chronic asthma," said Dr. Jamshed F. Kanga, a pediatric pul-

monologist at Kentucky Children's Hospital and professor of pediatrics and chief of pediatric pulmonology in the University of Kentucky College of Medicine. "The question we don't yet know the answer to is whether treatment for a long period of time will result in the disease being cured."

Kanga says that although the study raised some interesting questions for further study, it has not changed treatment guidelines.

"Asthma is a serious disease and children with chronic asthma should be on controller therapy," Kanga said.

Diagnosing asthma

Kanga says diagnosing asthma in young children can be difficult because symptoms are often very similar to those of viral infection. However, if the symptoms become more chronic and persistent, then a diagnosis of asthma should be considered.

Treatment options

Once a diagnosis of asthma is made, Kanga says, the symptoms need to be controlled and treated to prevent damage to the airway. Asthma medication falls into two groups: rescue or reliever medication and controller medication.

Rescue medication is a temporary treatment and does not address

inflammation in the airways. These medications are taken at the first sign of asthma symptoms, such as wheezing. Rescue medications work quickly to relax muscles surrounding the airways, making it easier to breathe almost immediately. If needed, rescue medications are sometimes taken before exercise to help prevent asthma symptoms. The most common rescue medication is albuterol, which is sold under many brand names.

The second type of medication, controller medication, addresses inflammation in the airways. These medications are used every day in an

(See ASTHMA, page four)



Paul and Judi Patton

When former Kentucky First Lady Judi Patton had pain in her neck and shoulders, she thought she'd injured herself at the Y.

But then she remembered the heart attack signs Brigetta Collins, RN, from PMC told her woman's club about.

That information potentially saved Mrs. Patton's life.



If you have any of these symptoms, go Pikeville Medical Center's ER immediately.

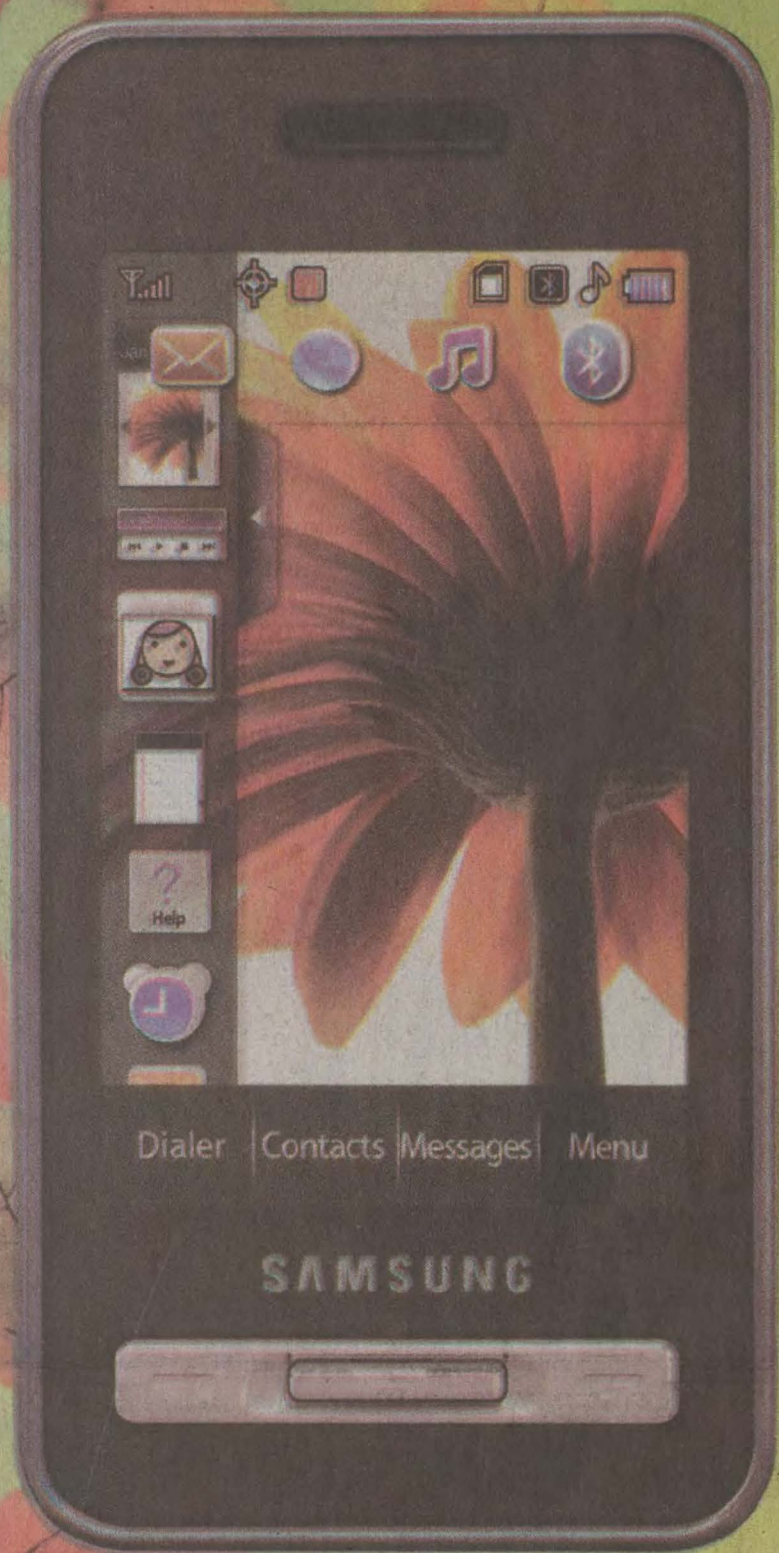
- Pressure, fullness, squeezing pain in the center of the chest, spreading to the neck, shoulder or jaw pain
- Chest discomfort with light-headedness, fainting, sweating, nausea, or shortness of breath
- Upper abdominal pressure or discomfort
- Lower chest discomfort
- Back pain
- Unusual fatigue
- Unusual shortness of breath
- Dizziness
- Nausea

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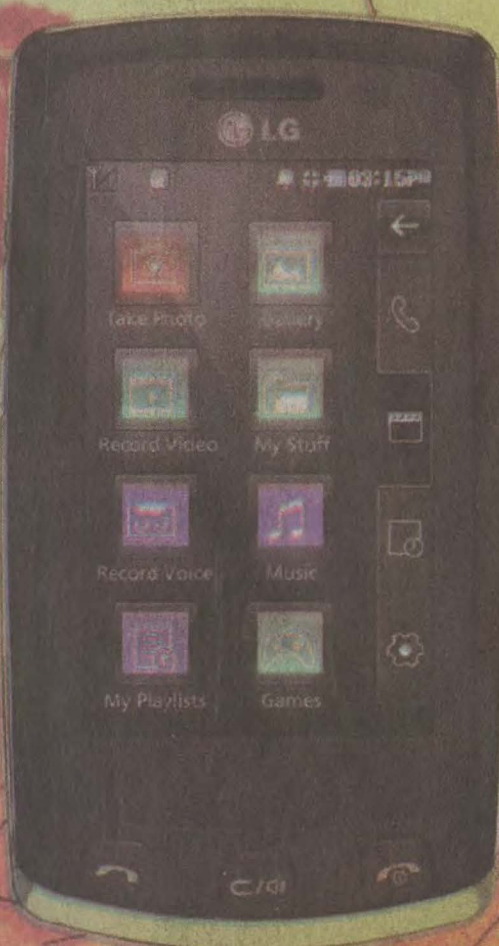
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