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The Times

FLOYD COUNTY
 WEEKEND EDITION

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Volume 84, Issue 64 • 75 Cents

Member KPA

briefs

Econ forums planned

Times Staff Report

PRESTONSBURG — Two economic development meetings are on the horizon for the city of Prestonsburg, and officials hope that members of the community will attend.

Two meetings have been scheduled for this month, and the best way to update Prestonsburg's economic development plan will be the focus of both meetings, including addressing the community's strengths and weaknesses, identifying goals, objectives and strategies for use in guiding economic development, community development and resource utilization.

According to information provided by the Big Sandy Area Development District, "An important part of this process is gathering the community members' input and deciding how well the updated plan fits into the community's ideas for the city of Prestonsburg."

The meetings are scheduled for August 11 and August 16 at the Big Sandy Area Development District office in Prestonsburg. The August 11 meeting will begin at 7 p.m. and the August 16 meeting will start at 5 p.m.

For additional information, contact Denise Thomas or Nikki Meade at the Big Sandy Area Development District by calling (606) 886-2374.

2 DAY FORECAST

Today



High: 94 • Low: 69

Tomorrow



High: 92 • Low: 68

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

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Senior center plan moving forward

by **SHELDON COMPTON**
STAFF WRITER

PRESTONSBURG — The plans to restructure the seven senior citizens centers throughout Floyd County will move ahead, says Floyd Judge-Executive R.D. "Doc" Marshall, even if all seven are not

fully committed. Marshall said Thursday that if the Prestonsburg Senior Citizens Center, which has not yet come on board for the idea to bring all the centers under one umbrella for funding purposes, does not do so, the fiscal court will continue with the plan with the remaining six cen-

ters. "Prestonsburg has not made a full commitment to this," Marshall said, "but if they don't, we're going to move ahead." And Marshall feels strongly there are good reasons for a restructuring, considering that only three of the seven centers have been

receiving state funding over the past several years — Prestonsburg, Martin and McDowell. The four others — Betsy Layne, Mud Creek, Wayland and Wheelwright — have been operating with money given out directly from the county's gen-

(See **CENTERS**, page 7)

STILL WORKING



photo by Jarrid Deaton

Work continued on the Prestonsburg sewer system on Thursday, as heavy equipment blocked the road at the intersection of South Central Avenue and Court Street.

Chamber of Commerce forming Women's Council

by **JARRID DEATON**
FEATURES WRITER

The Floyd County Chamber of Commerce is in the process of recruiting women from across the county to become part of the Floyd County Women's Council, a group that is intended to work closely with other agencies and community-based organizations to build awareness, educate, promote opportunities and enhance the lives of women in Floyd County.

"The Floyd County Women's Council hopes to promote fellowship within the Floyd County Chamber of Commerce between all women members of the chamber and

interact with women from the community," said Mandy Stumbo, director of the Floyd County Chamber of Commerce. "The council hopes to reach the women members of the chamber and communities in the county by offering support and encouragement through various events and programs to promote growth and development."

The Floyd County Women's Council currently consists of Jean Dorton, with Big Sandy Community and Technical College, Neva Francis, with Saint Joseph-Martin, Michelle Sode, with Hospice of the Bluegrass, Trish Cieslak, with The Perfect Stetting, Jan Stapleton, with Habitat for

Humanity, and Mandy Stumbo, chamber director.

"The primary goal is to facilitate a business climate in which our women members can network and develop and enhance their opportunities for growth and prosperity, and to create close working relationships with women, enabling us to achieve our common goals together."

According to Stumbo, all interested women will be given the opportunity to participate in the Floyd County Women's Council. For more information, contact Mandy Stumbo by calling (606) 886-0364. The first meeting of the council is scheduled to take place on Sept. 14.

Escapee recaptured in Indiana

by **SHELDON COMPTON**
STAFF WRITER

PRESTONSBURG — The hunt is over for Benjamin Sammons, the 23-year-old Corn Fork resident who escaped custody July 23 when he fled from deputy jailers at Highlands Regional Medical Center.



Benjamin Sammons

Floyd County Sheriff John K. Blackburn said his office was awaiting paperwork to extradite Sammons from Indiana, where officers in that state located Sammons at the home of some of his family members.

Blackburn's office had received a tip earlier this week that Sammons was at the resi-

(See **ESCAPE**, page 7)

'TEK Talk' to be held at college

by **JARRID DEATON**
FEATURES WRITER

PRESTONSBURG — An initiative created by Kentucky Gov. Steve Beshear to take a closer look at the education system in the state will be the subject of discussions at local colleges on Aug. 17, including the Prestonsburg campus of Big Sandy Community and Technical College.

Transforming Education in Kentucky (TEK) was created by Beshear to in an attempt to garner more public support for K-12 education in Kentucky.

(See **FORUM**, page 7)

Rotary donates \$4K to autism center

by **JARRID DEATON**
FEATURES WRITER

PRESTONSBURG — The Highlands Center for Autism received a financial boost from the Prestonsburg Rotary Club on Thursday in the amount of \$4,000 for a fence around the playground area at the center, and Shelli Deskins, director of the center, spoke to members of the club during a meeting held at Country at Heart.

"The center celebrated its one-year anniversary on July 28, and it has been quite a ride," Deskins said. "There are a lot of charlatans out there that lead parents down the wrong roads. There is no cure for autism. We

(See **ROTARY**, page 7)



Shelli Deskins, director of the Highlands Center for Autism, spoke to members of the Prestonsburg Rotary Club on Thursday. The Prestonsburg Rotary Club donated \$4,000 to the center for a playground fence.

photo by Jarrid Deaton

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Not responsible for typographical errors. Tax, title, and preparation not included.

Regional Obituaries

Obituaries

FLOYD COUNTY

■ Opal Marie Boyd, 85, of Martin, died July 21, at home. Funeral services were held Sunday, July 25, under the direction of Nelson-Frazier Funeral Home.

■ Cora Watson Craft, 66, of Wayland, died Saturday, July 24, at the Highlands Regional Medical Center. Funeral services were held Wednesday, July 28, under the direction of Nelson-Frazier Funeral Home.

■ Ralph Hamilton, 61, of Teaberry, died Friday, July 23, at the Pikeville Medical Center. Funeral services were held Monday, July 26, under the direction of Nelson-Frazier Funeral Home.

■ Paul Dean Little, 64, of Melvin, died July 25, at the McDowell ARH. Funeral services were held Wednesday, July 28, under the direction of Nelson-Frazier Funeral Home.

■ Roxie Mae Crum, 83, of Martin, died July 30, at her residence. Funeral services were held Monday, August 2, under the direction of Nelson-Frazier Funeral Home.

■ Flora Dillon, 92, of Prestonsburg, died Sunday, August 1, at the Riverview Health Care. Funeral services were held Wednesday, August 4, under the direction of Nelson-Frazier Funeral Home.

■ Lenville Fitch, 59, of

Delaware, Ohio, formerly of Martin, died Thursday, July 29, at St. Ann's Hospital in Westerville, Ohio. Funeral services were held Tuesday, August 3, under the direction of Nelson-Frazier Funeral Home.

■ James "Jimmy" Funks Jr., 88, of Prestonsburg, died Saturday, July 31, at his residence. Funeral services were held Tuesday, August 3, under the direction of Hall Funeral Home.

■ Jeanette Josephine Lafferty, 89, of Prestonsburg, died Saturday, July 31, at her residence.

■ Paul Dean Little, 64, of Melvin, died July 25, at the McDowell ARH. Funeral services were held Wednesday, July 28, under the direction of Nelson-Frazier Funeral Home.

■ Linda Sue Mullins, 58, of Columbus, Ohio, died Tuesday, July 27, at the Grant Hospital in Columbus, Ohio. She is survived by her husband, Randell Mullins Sr. Funeral services were held Saturday, July 31, under the direction of Nelson-Frazier Funeral Home.

■ Ronnie Newsome, 58, of Martin, died Tuesday, July 20, at Highlands Regional Medical Center. Funeral services were held July 24, under the direction of Nelson-Frazier Funeral Home.

■ George Allen Patton,

87, died Friday, July 30. Funeral services were held Sunday, August 1, under the direction of Hall Funeral Home.

■ Annie Adams Tackett, 46, of Beaver, died Friday, July 30, at her residence. Funeral services were held Monday, August 2, under the direction of Nelson-Frazier Funeral Home.

■ Novania "Vanie" Wright, 52, of Floyd County, died Sunday, August 1, at her residence. She is survived by her husband, Rick Wright. Funeral services were held Wednesday, August 4, under the direction of Nelson-Frazier Funeral Home.

JOHNSON COUNTY

■ Mable Garnett Hicks Montgomery, 82, of Tutor Key, died Friday, July 30, at her residence. She is survived by her husband, Ollie Montgomery Jr. Funeral services were held Monday, August 2, under the direction of Jones-Preston Funeral Home.

■ "Louise Lemaster, 83, of Ashland, formerly of Flat Gap, died Wednesday, July 7. Funeral services were held Friday, July 9, under the direction of Paintsville Funeral Home.

PIKE COUNTY

■ Belle Kendrick Isbell, 76, died at her residence at Pikeville. Funeral services

were held August 1. Funeral services were held August 1, under the direction of Thacker Funeral Home.

■ Joe Michael Slone, 57, died July 30, at the Pikeville Medical Center. Funeral services were held Monday, August 2, under the direction of Thacker Funeral Home.

■ Rebecca Burnette Hamilton, 49, of Pekin, Illinois, died July 27, at the Pikeville Medical Center. Funeral services were held Friday, July 30, under the direction of Thacker Funeral Home.

■ Glen Marrs, 61, of Pikeville, died Tuesday, July 27, at the Jewish Hospital in Louisville. Funeral services were held July 30, under the direction of Thacker Funeral Home.

■ James Donald Slone, 42, died Tuesday, July 27. Funeral services were held Sunday, August 1, under the direction of Thacker Funeral Home.

KNOTT COUNTY

■ Ester F. Owens, 92, died Friday, July 23, at the Parkview Noble Hospital in Kendallville. Funeral services were held Sunday, July 25, under the direction of Yeager Funeral Home.

■ Steven Slone, 61, of Garner, died July 20, at the McDowell ARH. Funeral services were held Friday, July 23, under the direction of Nelson-Frazier Funeral Home.

■ Billie Marie Trimble, 85, of Winchester, a Knott County native, died Saturday, July 17. Funeral services were held Wednesday, July 21, under the direction of Paintsville Funeral Home.

■ Tina Alice Murrell Wallen, 39, of Mousie, died Wednesday, July 21, at home. Funeral services were

held Saturday, July 24, at 1 p.m., under the direction of Nelson-Frazier Funeral Home.

MAGOFFIN COUNTY

■ Kathy Joann Manns, 38, of Salyersville, died Wednesday, July 21, at the Paul B. Hall Regional Center in Paintsville. Funeral services were held Sunday, July 25, under the direction of Magoffin County Funeral Home.

MARTIN COUNTY

■ William Roger "Billy Couge" Cline, 71, of Inez, died Thursday, July 29, at Highlands Regional Medical Center. He is survived by his wife, Eugina "Lassie" Preece Cline. Funeral services were held Sunday, August 1, under the direction of Richmond-Callahan Funeral Home.

■ James Lee Hall, 78, died Tuesday, July 27, at his home. Funeral services were held Friday, July 30, under the direction of Phelps and Son Funeral Home.

■ Una Maynard, 98, of Martin County, died Wednesday, July 28, at Martin County Health Care Facility. Funeral services were conducted Saturday, July 31, under the direction of Richmond-Callahan Funeral Home.

■ Minnie Moore, 74, of Pilgrim died Friday, July 30, at Three Rivers Medical Center, in Louisa. Funeral services were held Monday, August 2, under the direction of Richmond-Callahan Funeral Home.

■ Donald Ray Sluss, 71, of New Plymouth, Ohio, died Sunday, July 25, at Hocking Valley Hospital, in Logan, Ohio. Funeral services were held Thursday, July 29, under the direction of Richmond-Callahan Funeral Home.

Jeanelle Irene Spurlock

Jeanelle Irene Spurlock, 79, of Printer, died August 3, 2010, at her residence. Born August 10, 1930, in Grundy, Virginia, she was the daughter of the late Roland and Laura Dotson. She was a homemaker and was baptized into the Pentecostal faith. Survivors include six sons: Roland Carver of Ft. Pierce, Florida, Willie Carver of Printer, Tommy Carver of Phoenix, Arizona, Randy Carver of Ivel, Billy Carver of Barnwell, South Carolina and Donald Carver of Masilin, Ohio; four daughters: Laura Kleim, Bonnie Colbertson and Crystal Brownfield, all of Canton, Ohio and Judy McDonald of Martin; four brothers: Donald Dotson, David Ward, Stevie Ward and Jesse Dotson, all of Canton, Ohio; one sister, Mary Ellen Conners of Canton, Ohio; 26 grandchildren, 40 great-grandchildren and three great-grandchildren. In addition to her parents, she was preceded in death by one son, Jerry Carver; two brothers: Randall Dotson and Harold Dotson; two sisters: Gertrude Fletcher and Betty Ward; two grandchildren and five great-grandchildren. Funeral services will be held Saturday, August 7, at 11 a.m., at the Nelson-Frazier Funeral Home, in Martin, with William Jarrell officiating. Burial will be in the Jeff Hunter Cemetery, in Printer. Visitation is after 6 p.m., Thursday, August 5, at the funeral home. (Paid obituary)

MEDICINE IN THE MOUNTAINS

Don't lose sleep over night sweats

PIKEVILLE — If you are one of the many people who suffer from night sweats, classified as excessive sweating at night, then you may be wondering about the potential causes and if you should be concerned. While night sweats are very common and are many times due simply to a sleeping environment that is too warm, they may also be symptoms of underlying medical conditions.

"True night sweats are defined as severe hot flashes occurring at night that can drench sleepwear and sheets," explains William Betz, D.O., M.B.A., FACOPF, senior associate dean for osteopathic medical education at Pikeville College School of Osteopathic Medicine. Practical reasons for why someone may be experiencing night sweats include:

- Spicy foods or hot drinks before bedtime
- Hot weather or an over-heated bedroom
- Excessive amounts of blankets or bedclothes
- Exercising before bedtime

If your night sweats occur on a regular basis, interrupt your sleep, or are accompanied by a fever or other symptoms, such as unexplained weight loss, then you should schedule an appointment with your physician. "Your doctor will take a look at your detailed medical history and may order tests, such as blood counts and virus and thyroid tests among others, to determine if you have any underlying medical conditions that could be responsible for the night sweats," explains Betz.

(inflammation within the bones) may result in night sweats, with tuberculosis being the most common infection associated with the condition. Night sweats are also a symptom of HIV/AIDS.

- Chronic Sweating - Idiopathic hyperhidrosis is a medical condition in which the body chronically produces too much sweat without any identifiable environmental or medical cause.
- Cancers - Night sweats are often early indicators of some cancers. However, a person with an undiagnosed cancer typically experiences additional symptoms, such as unexplained weight loss and fever.
- Hypoglycemia - Since hypoglycemia, or low blood sugar, can cause sweating, people who are taking medications to lower blood sugar, like insulin and oral anti-diabetics, may experience sweating at night.
- Hormone disorders - Night sweats can be a result of problems in the hormone-producing glands (endocrine system). If a person receives too much or too little of a hormone, such as serotonin, it can result in flushing and sweating. Night sweats may also be a side effect of hormone therapy medications

that regulate the amount of hormones in your system.

- Anxiety - Stress and emotional problems that cause sweating during the day can often have the same effect at night.

Before visiting your doctor, try to eliminate the practical causes of night sweats from your daily routine and sleeping environment. "Make sure your bedroom is at a comfortable temperature for sleeping, remove extra blankets from your bed, and refrain from exercising or eating spicy foods late in the evening," advises Betz. "If your night sweats persist, then make an appointment with your family physician."

Preventive medicine is just one aspect of care osteopathic physicians (D.O.s) provide. D.O.s are fully-licensed to prescribe medicine and practice in all specialty areas including surgery. D.O.s are trained to consider the health of the whole person and use their hands to help diagnose and treat their patients.

□□□

William Betz, D.O., M.B.A., FACOPF, is the senior associate dean for osteopathic medical education at the Pikeville College School of Osteopathic Medicine.

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Viewpoint

Worth Repeating ...

"Life is a tragedy for those who feel, a comedy for those who think"

— Horace Walpole

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

Conway's silence on issues alarming

Since the May 18 primary election, we've heard a lot from U.S. Senate candidate Dr. Rand Paul. He's opined on everything from the Civil Rights Act to the regulation of coal mining in Appalachia. But someone we've heard very little of is Paul's opponent, Democrat Attorney General Jack Conway.

In fact, we've heard so little from Jack Conway since May that Dr. Paul is beginning to bring up some interesting questions about Conway's positions that no one seems to know the answers for. Case in point came from a Paul campaign blast to our email account on Tuesday. The subject: "Where is Jack on EPA regulations." Honestly, that's a good question.

Right now, despite a huge undertaking from pro-coal interests and a lawsuit filed by the National Mining Association to have the EPA's latest regulation repealed, Conway remains mum on the subject. Mr. Conway may have three more months to articulate his position, but, if one believes the pro-coal rhetoric, for a region staring down the barrel of potentially major job losses his silence is disconcerting.

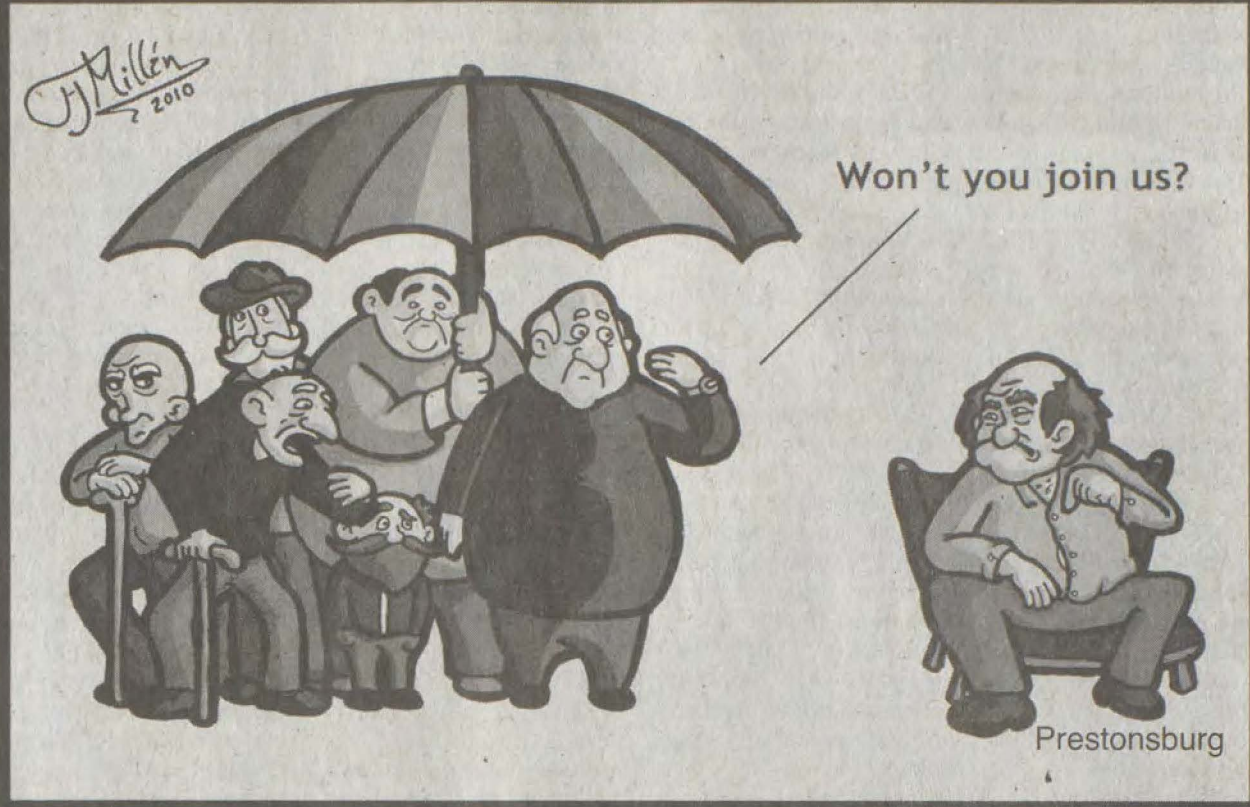
Does Conway support the EPA decision to enact stringent water conductivity standards that by and large coal companies will be unable to meet and therefore unable to continue to mine coal at its present rate? Or does Conway, like much of Eastern Kentucky, oppose these new standards? We couldn't tell you, but one thing we do know is that Dr. Paul, in true fashion, has been more than willing to share his opinion on the subject. He staunchly opposes these new standards.

It seems that Attorney General Conway has been well content with sitting back and continuing to hand Dr. Paul a rope with which to hang himself. But while Paul had had some early gaffes, that strategy is not a winning one, and eventually Mr. Conway must relay his position on not only that issue, but a bevy of others relating to central Appalachia.

Until that time comes, we can only speculate as to his position on a range of issues, because neither the candidate nor his campaign are bothering to say.

— The Hazard Herald

IDEA OF MERGING SENIOR CENTERS BEING MULLED



The Floyd County Times

Beyond the Beltway

Our grandchildren deserve better politicians

by DONALD KAUL
OTHERWORDS

We live in grim times, which is why you have to take your laughs where you can get them.

For example, in Washington, where Republican congresspeople keep talking about their concern for their grandchildren as an excuse for voting against...well, practically everything: economic stimulus packages, financial reform, immigration reform, etc.

They say they don't want to hang a huge debt around the necks of their poor grandchildren, thereby robbing the tikes of a future. What a laugh.

In truth, your average Republican congressperson would feed his grandchildren to alligators if he thought it would get him enough campaign loot to put him over the top in the next election.

Thus we were presented with the delicious irony of Congress giving up on climate legislation—largely because of Republicans who say they don't believe in global warming—just as the mercury in Washington topped 103 degrees. Oh, and by the way, it also hit 105 degrees in Moscow the other day. That may not be proof of global warming, but it's a hint.

A good number of the Republicans said they were thinking of their grandchildren when they voted. Apparently the kids like hot weather.

Then there's the cosmic coincidence of the BP melodrama in the Gulf reaching a pause, just as another huge oil spill plumed in China and experts monitored the million gallons of gasoline that poured into a creek and the Kalamazoo River from a ruptured pipeline as it traveled toward Lake Michigan. Gee, I thought they only happened every hundred years or so. Drill, baby, drill.

Modern Republican politicians have no interest in the future beyond the next election. With an occasional exception, they have been unanimous in opposing every Obama initiative in an effort to discredit him with the public.

And to the great shame of the American people, their strategy seems to be working. Recent polls show the public to be largely dissatisfied with the way President Obama is

running things. And that's just not the lunatic fringe talking; real people feel that way too. Amazing.

It's as though the crowd at a fire scene blamed the firefighters for destruction of the building.

Well, as H.L. Mencken once said, democracy means giving the people what they want—good and bad. And it begins to look as though that's exactly what we're going to get.

If I sound a little more dispirited than usual, it's because I am. I've generally supported this president. I've thought that he's a good man fighting the good fight against difficult odds and making a decent job of it.

The Shirley Sherrod affair, however, gives me pause.

By now you know the story: a two-bit right-wing blogger uncovers a clip of a black employee of the Ag Department confessing that she had not done her best for a client because he was white.

Racism! And on the part of a black person! In the Obama administration! The clip flashed around the Internet and soon made appearances on Fox News, thence to respectable venues.

The White House acted with almost equal speed. In a flash and a

half, the woman was called to task and fired. No racism here, the administration seemed to be saying.

Except nothing was as it seemed. The woman, far from being a racist, was a heroine of the civil rights movement and her speech, taken in the context intended, was an object lesson in the evils of discrimination no matter what the race involved.

The Obama administration, acting slower now, apologized and offered her another job, as the "Vast Right Wing Conspiracy" laughed out loud and congratulated itself on a job well done. It had been able, with little effort, to make Obama and his merry band of Harvard graduates look like a bunch of boobs.

The implications are ominous. The right and its media cohort have this administration on the run. So-called liberals have taken to looking under their beds at night and sleeping with the lights on.

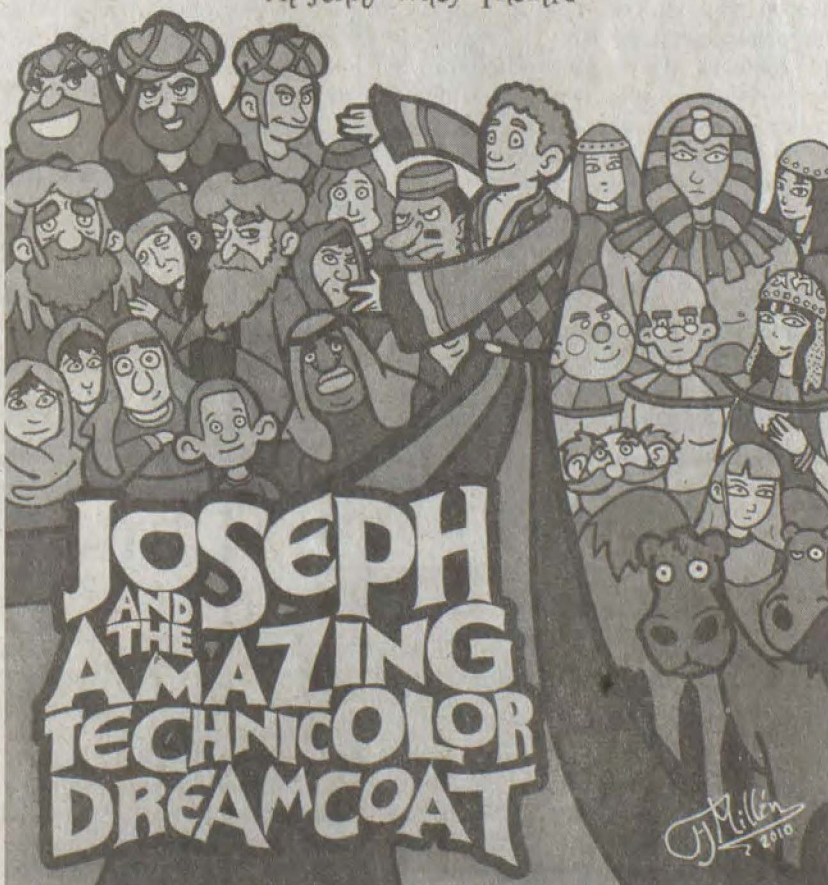
Obama's people took the word of a right-wing pipsqueak of evil reputation rather than get the real story from one of their own.

That truly bodes ill for the future.

OtherWords columnist Donald Kaul lives in Ann Arbor, Michigan.

DON'T MISS

At Jenny Wiley Theatre



Letter Guidelines

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

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

The Times reserves the right to reject or edit any letter deemed slanderous, libelous or otherwise objectionable. Letters should be no longer than two

type-written pages, and may be edited for length or clarity.

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

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FLOYD COUNTY Sports

Friday, August 6, 2010

NASCAR
• A6

Video replay to be expanded at Little League World Series

TIMES STAFF REPORT

WILLIAMSPORT, Pa. — Video replays, used at the Little League Baseball World Series in 2008 for the first time by any baseball organization, will be expanded at this year's Series, it was announced today. The 64th annual tournament for 11-12-year-olds is scheduled for Aug. 20-29, the culmination of more

than 16,000 games played worldwide to determine the World Champion.

Replays in the previous two years were limited only to those plays that should have resulted in a dead ball, but were called otherwise by the volunteer umpires who work the Little League Baseball World Series each year. This year, video replay will be expanded to more plays, such as force-outs,

tags on the base paths, missed bases, and hit batters.

"We are able to do this for the third year because all of the Little League Baseball World Series games are televised on ABC or the ESPN family of networks," Stephen D. Keener, President and Chief Executive Officer of Little League Baseball and Softball, said. "As we have

seen even in the professional ranks, certain calls in baseball are among the most difficult for officials to make, for a variety of reasons. Using video replay, since we have the means to get the call right, is the right thing to do."

Volunteer umpires, however, are involved in the video replay process as well, as part of the Replay Team that reviews the replays on

video. Umpires at the Little League Baseball World Series are volunteers in local leagues who have worked their way up the tournament chain, sometimes over decades, before finally being invited to officiate in Williamsport. Each pays his or her own way to the Little League Baseball World Series.

"Our volunteer umpires do a terrific job as it is, and

always have, in their one and only opportunity to umpire in the world's greatest youth sporting event," Keener said. "So we let them know this is just another tool to help them do their job. This retains not only the human element in the process, but the volunteer element."

(See **REPLAY**, page six)

Cleaning out the notebook...

by RICK BENTLEY
TIMES COLUMNIST

Notes to ring in the new month:

— The calendar on the wall flipped over again, bringing on August and all that comes with it.

The eighth is a very busy month for those of us who make work out of play. Football, volleyball, soccer, golf and Cross Country athletes kick it into practice mode. Before long, the seasons will begin and we'll be chest deep in work, work, work.

And that's not a bad thing. I enjoy summer with its lazy days and relaxed workload, but we're really just charging the batteries. Now is the time to kick it into gear a little.

I enjoy fall sports very much, but like spring activities, they play havoc with the wardrobes. At the Pike County Bowl we'll be wearing shorts and the coolest shirts we have; when the regular-season turns into playoffs, flannel shirts, heavy coats and gloves will be the norm.

But bring it on, say I. Let's get it started and see how the seasons play out. In the words of my man Barney Fife, "Sheriff, sheriff, it's time, it's time."

— I was thinking about this today: Consider the plight of the senior members of the 2010 Pikeville High football team. When they were freshmen, they thought played for Mike Jackson. As sophomores, it was Mike Copley. Last year, they laced them up under the guidance of Ben Howard.

This fall, Chris McNamee is their leader.

That's a remarkable career right there. And to top it all off, they still haven't had a losing season.

— My favorite thing about this week's installment of the Brett Favre saga: My friend Danielle Harvel broke down the Favre retirements on Tuesday on her Facebook page. She rates the 2008 departure as the best, with them getting progressively worse.

I'm not sure how tongue-in-cheek she meant it, but I found it hilarious. To think that someone has retired so many times people are counting them down Casey Kasem style is priceless.

(See **NOTEBOOK**, page six)

TR HARNESS RACING 2010



photos by Amanda Webb Stephens

HARNESS RACING — Below: James Stiltner, joined by family and friends, was honored as Thunder Ridge as the training (19 wins) and driving champion (39 wins). Above: Stiltner is pictured in the wire circle with family (left), winning horse Eden Runner and on right State Rep candidate Bill Mike Runyon and K.H.H.A. Board Member Eddie Blair (right).



Tickets for Tutors program returns at MSU

TIMES STAFF REPORT

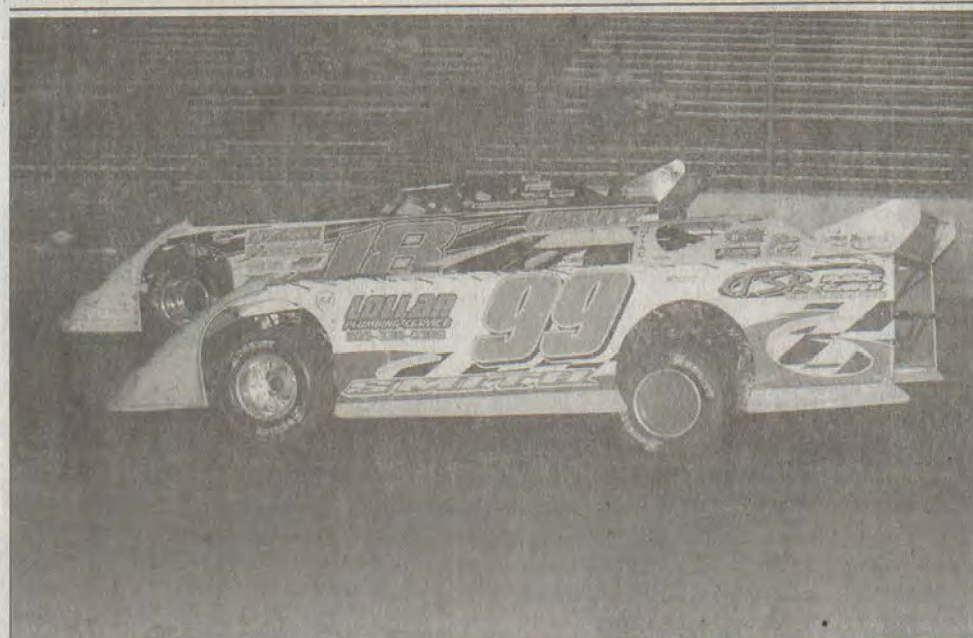
MOREHEAD — The Morehead State University Athletic Department is looking for current/retired professors or retired high school teachers who would like to volunteer as tutors/mentors to MSU student-athletes.

Those who are interested would be asked to volunteer at least five hours a week working with student athletes that are participating in the Athletic Academic Study Hall/Tutoring Program. Each tutor/mentor will be assigned student athletes to work with. Some student athletes will need to

meet with a tutor/mentor on a weekly basis, while others will only need to meet every other week.

Those people who volunteer and are selected will receive two general admission passes valid for all 2010-11 regular season sporting events. If you are interested please contact

either Valerie Ousley at 606/783-5213 or via email at v.ousley@moreheadstate.edu or Richard Fletcher at 606/783-5136 or via email at r.fletcher@moreheadstate.edu. This is an opportunity for you to get involved and make a difference in the life of a student athlete.



photos by DT52Photos

Brandon Kinzer, an experienced Late Model driver from Allen, captured his first feature win of the 2010 season late last week in Alabama. Kinzer also posted a top 10 finish over the weekend. The Floyd County racer is scheduled to compete at 201 Speedway Saturday.

MORE IMAGES FROM BRANDON KINZER IN RACING ACTION LAST WEEKEND APPEAR ON PAGE A6.

NASCAR Sprint Cup 2010 Driver Standings

1. Kevin Harvick, 3,080.
2. Jeff Gordon, 2,891.
3. Denny Hamlin, 2,820.
4. Jimmie Johnson, 2,803.
5. Jeff Burton, 2,757.
6. Kyle Busch, 2,724.
7. Kurt Busch, 2,722.
8. Tony Stewart, 2,719.
9. Matt Kenseth, 2,682.
10. Carl Edwards, 2,666.
11. Greg Biffle, 2,652.
12. Clint Bowyer, 2,564.
13. Mark Martin, 2,530.
14. Dale Earnhardt Jr., 2,435.
15. Ryan Newman, 2,426.
16. Kasey Kahne, 2,396.
17. Jamie McMurray, 2,392.
18. David Reutimann, 2,381.
19. Joey Logano, 2,329.
20. Martin Truex Jr., 2,283.

Fall soccer registration scheduled

TIMES STAFF REPORT

PRESTONSBURG — The Floyd County Youth Soccer Association will conduct registration for the Fall 2010 season on Saturday, Aug. 7 and Saturday, Aug. 14 at the McDonald's located in the Prestonsburg Village Shopping Center. Volunteers will be at McDonald's to accept registrations between the hours of 11 a.m. and 2 p.m. The registration fee remains \$40 per child.

All children at least four (4) years of age, but less than nineteen (19) years of age on August 1, 2010, are eligible to participate in recreational soccer. Players in the Under6 and Under8 divisions play against other Floyd County teams only. Teams in the Under10 division and older also play teams from surrounding counties.

P'burg track and field athletes earn academic honors

by STEVE LEMASTER
SPORTS EDITOR

PRESTONSBURG — The Prestonsburg High School track and field program excelled throughout the 2010 season. Prestonsburg's success was also evident in the classroom. Several PHS track and field competitors earned Academic All-State recognition.

Alessandra Lamolinara was a 2010 Class AA Academic All-State honoree for the Prestonsburg High School track and field program. Catherine Tischer, Joseph Jamerson, Cameron Tischer and Austin McKinney were 2010 Class AA Academic All-State Honorable Mention selections.

Multiple Prestonsburg High School track and field competitors competed in the 2010 KHSAA (Kentucky High School Association) Class 2A State Track and Field Championships. Prestonsburg thrived during one of the most successful seasons in school history.

UK Football single-game tickets on sale

TIMES STAFF REPORT

LEXINGTON — Single-game tickets for the 2010 University of Kentucky football home schedule went on sale Wednesday morning.

Tickets for UK's Southeastern Conference (SEC) opponents cost \$46 each. Tickets for non-conference games are \$41 apiece.

Tickets may be purchased online, via phone or in-person at the Joe Craft Center Ticket Office (UKathletics.com, 800-928-2287) or at TicketMaster locations (TicketMaster.com, 800-745-3000) in Kentucky.

UK's home schedule features three foes that have been ranked in at least one preseason top-25 poll — Auburn, South Carolina and Georgia — along with non-conference games vs. WKU, Akron and Charleston Southern, plus the home finale Senior Day game vs. Vanderbilt.

Centers

eral funds, much of that coal severance tax funds allotted for such support. "Two years ago I was told by the state aging and advisory board through the Big Sandy Area Development District that these four centers would have to close their doors," said Marshall. Not willing to see this

happen, Marshall and the fiscal court set aside roughly \$210,000 and handed out equal amounts to all seven centers while trying to think of a solution. On average, annual budgets for the centers are roughly \$50,000. The four centers that have been without state help have been operating on random amounts totaling

around \$10,000 about every three months from the fiscal court, Marshall said. A solution was needed and that solution, for Marshall, was to look to Pike County as a part of a model for bringing the seven centers together and having the funds distributed among them all, money which totaled approximately

\$400,000 in the last round of Title 3 funding. This, he says, will call for the creation of an executive board. "I am proposing that we model our structure on Pike County, which has a board made up of a representative from each center, two citizens not with the centers and a chairperson," Marshall said. "This board will make

decisions for the group as a whole." Marshall said that each of the directors of the seven centers would remain in place and perform duties as they have done in the past, with the only executive change being that rather than each center having a board of its own, the newly formed board would be in

place. "It's a way of life for our seniors," continued Marshall. "They get up looking forward to the day, they enjoy the fellowship, the trips. It's just a way of life, and if these people are to be cast out and the doors closed, I will do everything in my power to see that doesn't happen."

Continued from p1

Escape

dence, located some 400 miles from Floyd County in Kosciusko County, Ind., and notified police there of the information. On the first visit to the home, Sammons fled the scene and remained missing until Tuesday night when he returned to the same home. "They got him at the house when he came back," Blackburn said. "Now we're just waiting to get him back here to Floyd County." When Sammons arrives back in Prestonsburg and is once again in custody, Blackburn said escape charges would be waiting for him. Sammons complained to deputy jailers at the Floyd County Detention Center on July 23 of experiencing seizures and was taken to Highlands, where he then fled on foot. Though a set-

back to say the least, Blackburn said his behavior was actually consistent with the details surrounding Sammons' original arrest. Sammons was first arrested on two counts of theft but saw additional charges of fleeing and evading police and resisting arrest tacked on when he gave arresting officers problems during the encounter. It was not clear if police in Indiana staked out the relative's home and saw him return, but after he fled from the home earlier this week, K9 units were enlisted in seeking him out. Indiana authorities also said that though the family members were concerned as to what might happen to Sammons if captured, they offered no further help in locating him during the first attempt to catch him at the home.

Continued from p1

Flood victims get food help

Times Staff Report
PIKEVILLE - With the possibility of another flash flood that could have swept through Pike County missing the already soaked area, the work continues to help flood victims. Those efforts have now been expanded to include providing food to those who lost most or everything in the flooding last month. According to Pike County officials, hundreds of displaced residents have signed on to receive help in

buying food. Following a green light from the USDA Food Nutrition Service to start a disaster assistance program, flood victims are now collecting groceries, the first of many steps in a return to the basics of their previously uninterrupted lives. The program, known as Supplemental Nutrition Assistance Program, or SNAP, provides food vouchers to those signing up, with families who had been receiving food stamps eligible and those who had not

been receiving such aid could also qualify, organizers say. Those still interested in signing up for the aid may

do so at the Pikeville College Gym today and then again at the Eastern Kentucky Expo Center on Saturday.

Forum

In partnership with the Education and Workforce Development Cabinet, the Kentucky Department of Education, the Prichard Committee, the Kentucky Chamber of Commerce and Kentucky Educational Television (KET), Beshear will host "TEK Talk," a community forum that will take place at 10 locations across the state. Along with the local discussions, KET will also stream a live panel discussion with Gov. Beshear, First Lady Jane Beshear, Education Commissioner Terry Holliday and Council on Post-secondary

Education President Bob King. The panel will address questions posed at the community forum and discuss issues that emerge from local events. The forum is scheduled to convene at 6:30 p.m. in the student center on the Prestonsburg campus of Big Sandy Community and Technical College. For more information, contact Jean Dorton at Big Sandy Community and Technical College by calling (606) 889-4899 or by emailing jean.dorton@kctcs.edu. Information is also available at <http://tek.ky.gov>.

Continued from p1

Hospital site of blood drive next week

PRESTONSBURG - Highlands Regional Medical Center will host a blood drive on Friday, Aug. 13, from 10 a.m. until 3 p.m. in the conference room at the hospital. Blood donors must be at least 17-years-old, weigh at least 110 pounds, be in general good health and meet additional requirements. Sixteen-year-old donors can donate blood with a signed parental permission slip. The Kentucky Blood Center serves more than half of the counties in the state

and is a non-profit organization dedicated to ensuring a safe, adequate blood supply for patients at nearly 70 Kentucky hospitals and clinics. The Kentucky Blood Center relies on volunteers to collect 400 units of blood per day, and distributed nearly 130,000 unites of blood and blood products over the last year. Those wanting to donate blood can call (800) 775-2522, or visit <http://www.kybloodcenter.org> for more details.

Rotary

break down complex skills and teach them in steps. We teach every single skill that you can think of. We have made tremendous progress with our kids." Deskins showed a before-and-after video of an autistic child that featured the child having tantrums and the inability to follow simple instructions. After attending the Highlands Center for Autism for six months, the child was able to complete puzzles, follow instructions, identify his own name on a piece of paper, and a multitude of other tasks that he was completely unable to do prior to his time at the center. One member of the Prestonsburg Rotary Club was moved to tears by the video, and several other members engaged Deskins in discussion about the cen-

ter and the treatment of children who have been diagnosed with autism. Along with the \$4,000 from the Prestonsburg chapter, the Paintsville Rotary Club also made a donation to the center in the amount of \$3,000. For more information about the Highlands Center for Autism, visit <http://www.highland-sautism.org>.

Continued from p1



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The Floyd County Emergency and Rescue Squad was organized on April 27, 1958, as a result of the tragic school bus disaster on February 28, 1958. Twenty-six children and the driver lost their lives.
On August 4, 5, and 6, from 3:00 p.m. to 10:00 p.m., on WDOC 1310 AM, and Q95 WQHY; and August 7, from 12:00 noon to 10:00 p.m., on WDOC 1310 AM, and Q95 WQHY, we will be conducting our **44th ANNUAL RADIO AUCTION**
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The Floyd County Emergency and Rescue Squad would like to encourage everyone to listen in, and bid, and buy, on this 43rd Annual Radio Auction. We thank you for your support.

Floyd County student is part of new first-generation scholarship program at UK

LEXINGTON — When Bridget Slone steps onto the University of Kentucky campus this month, she will become the first person in her family to go to college.

"Not attending college has just never seemed to be an option for me," said Slone, an Allen Central High School graduate who plans to study biology. "I've always wanted to go to UK and to finally be there, on campus, is going to be so exciting."

Slone will join 19 other first-generation college students as a Suder Scholar in UK's new First Scholars program. The program, launched with a \$1.1 million grant from the Texas-based Suder Foundation, aims to raise graduation rates among students whose parents have no education beyond high school. It provides each student with a partial scholarship, peer mentoring, additional academic support and campus involvement activities to help them stay in school and graduate. According to First Scholars Program Director Matthew Deffendall, this extra support is exactly what first-generation students need.

"One of the things in my research that has stuck with me is that if you remove all other factors - socioeconomic, gender, ethnicity - just the fact that a student is a first-generation puts that student at risk," Deffendall said. "The research shows that first-generation students lack the 'college student role' - the knowledge of how to make it in the system. They are missing that skill set and support mechanism."

First-generation college students, who represent one in five incoming UK freshmen, lag behind the general college population in graduation and retention rates. Of

the class that entered in 2006, the first year such data was collected at UK, 59 percent of first-generation college students were still at UK in their third year, compared to more than 68 percent of the general student population. In a U.S. Department of Education study, only 24 percent of first-generation college students ultimately earned a bachelor's degree, compared to 68 percent of students whose parents were college graduates.

"If a student runs into adversity, who do they turn to? Friends and family," Deffendall said. "But a first-generation student's parents don't have that knowledge. They may not understand why the student has to spend so much time at the library, why they can't come home every weekend, why they can't come babysit their brother. If the student has a problem at school, rather than say, 'Go talk to your professor,' the parent might say, 'Well, maybe you should just come on home.'"

The First Scholar program will pair each Suder Scholar with a peer mentor, an upperclassman who is also a first-generation student. Junior business major Samantha Farmer will serve as one of the mentors. She recalls her own first days at UK when considering advice she'll give to new students.

"Probably one of my biggest challenges was meeting people, stepping out of my home space and going to such a big school," said Farmer. "I would tell them to introduce themselves to whoever they're sitting next to in class. The classes are mostly freshmen, so everyone is in the same boat. They're probably looking for a friend, too."

Farmer said she'll also advise the Suder Scholars to take good notes and ask their professors questions. "Go to your professor's office hours - that's what they're for," she said. "A lot of people don't take advantage of that."

This extra support is what Eric Suder envisioned when his foundation singled out first-generation students for the grant.

"First generation defines the kind of person I want to reach," he said. "If you have a parent who may not have finished high school, you've had very little grooming, very little preparation. Just to have these students apply and be accepted is a huge step."

Suder wants the First Scholars program to help first-generation students continue on that initial success. He would like to see the program become a national model. To get started, the Suder Foundation took applications from 56 college and universities. UK was one of only two schools to receive the initial grant this year. Existing programs like Robinson Scholars, Appalachian and Minority Science, Technology, Engineering and Mathematics Majors (AMSTEMM), Student Support Services, and the Center for Academic Resources and Enrichment Services (CARES) all

demonstrated UK's commitment to student success and helped put UK at the top of the list.

"I am thrilled for the Suder Scholars," said UK President Lee T. Todd Jr. "I, too, was a first-generation college student at the University of Kentucky. My UK experience expanded my horizons and provided me countless opportunities in the global economy. I am excited that the Suder Scholars program will do the same for a new generation of Kentucky students."

For students like Slone, the program provides the last piece of the puzzle - the funding and support first-generation students need to

alter their futures.

"For kids who think that they can't go to college, you can," she said. "College is possible for anyone and everyone. All you have to do is work hard, believe in yourself and don't let anyone tell you that you can't do it."

Support for first-generation students at UK won't stop here. Another class of 20 Suder Scholars will begin in fall 2011. Deffendall hopes the First Scholars program will continue with new donors and support well into the future. "This is the first rock we're going to throw," he said. "There are going to be a lot of boulders behind it."

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**MOVIES FROM
THE BLACK LAGOON**

'Attack of the 50-Ft. Woman'

by TOM DOTY
TIMES COLUMNIST

This year it became necessary to crawl out of the Lagoon and venture all the way to Brooklyn, N.Y., to see this week's feature



Tom Doty
Times Columnist

with a paying audience. Why journey all of that way? How could you not when the 50-foot woman was being chosen as the opening film for the Coney Island Museum's annual "Sci-Fi Summer" film series.

The Coney Island Museum itself is worth the trip. The site houses all manner of "mermaid" memorabilia and features separate rooms for its dancing girls and freak show. The freaks actually rule the roost at the museum and operate the venue's "Freak Bar" as well as adding local color to the surroundings. All this and the films are only five bucks and include free popcorn. Going was a no-brainer.

Back to the 50-foot lady. The film opens with rapid pacing as we learn that a satellite has been spotted all over the globe and is due to pass over California next. Cut to Nancy Archer as she swerves to avoid a spaceship that has landed smack dab on the center of the two-lane she is navigating. If that's not bad enough a giant

(See LAGOON, page 3)

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.

You don't have to be a prophet to wail a jeremiad, these days.

FOR BETTER MILEAGE

Having launched this week's column with that gloomy statement, I continue to develop the theme that this country has gone a long way down the road. One of the most incontrovertible proofs of this is the fact that government a few months ago ordered, and most of us obeyed, a speed limit of 55 miles per hour to save gas but we now forget the whole matter, since fuel apparently is plentiful—although it has been proved that the same speed limit does and will save lives.

□ □ □

But we shouldn't brood over-much. The sun still shines, and for the last week the atmosphere has cleared till the most distant hilltop is visible—even if we can't see ahead beyond the end of our noses.

PEACE—IT'S WONDERFUL

Some thought my account of that series of skirmishes with the hornets last week was a fiction. It wasn't. And the hornets are all gone. Know what did the trick? I should be paid for printing this—it was Raid's Hornet Killer.

(See ALLEN, page 2)

HIGH HONOR

Rose receives National Rural Health award

by JARRID DEATON
FEATURES WRITER

A Hi Hat native has received a prestigious award in Illinois for her achievements in rural health care.

Robin Rose, chief nursing officer at Gibson Area Hospital, was selected to receive the 2010 Louis Gorin Award for Outstanding Achievement in Rural Health Care. The award is presented by the National Rural Health Association, a non-profit membership organization with more than 20,000 members. The award is named after Louis Gorin, a federal employee who worked for 25 years to help design health initiatives in rural America.

"Like Louis, Robin has given more than 17 years of creativity and compassion in improving health care," said NRHA CEO

Alan Morgan. "She's truly found her calling serving rural residents in and around Gibson City. Staff and patients there are lucky to have her leadership."

According to Health Scope, the newsletter for Gibson Area Hospital, "Robin was selected based on her creativity, unselfishness, compassion and cooperative attitude in finding ways to make lasting contributions to rural health care. In addition, Robin contributed to rural health at state and national levels, including legislation and health programs."

Rose is the daughter of Patti Rose and the granddaughter of Maggie Hall, of Hi Hat, and the daughter of Jim and Millie Rose, of Martin.

For more information on the hospital where Rose works, visit gibsonhospital.org.



Robin Rose

Sunrise golf event draws local teams

Dozens of golfers braved the heat and humidity last week to tee-off for a good cause during the annual Sunrise Children's Services Golf Challenge for the Kids held at Stone Crest Golf Course in Prestonsburg.

Teams representing businesses and organizations from across eastern Kentucky not only enjoyed a day of golf on one of the most beautiful courses in the area, but raised money to help care for the abused and neglected children of the state. Golfers from Paintsville, Prestonsburg, Pikeville, Hazard and other towns in the region competed on the 18-hole course before enjoying a post-round luncheon and awards ceremony. A team representing the Paintsville Wal-Mart recorded the low score of the day and earned first place honors.

"On behalf of the over 500 children in our care at Sunrise Children's Services, I want to thank all those who helped to make our third annual Golf Challenge for the Kids a success," said Brian Shannon, Sunrise's advancement director for the Southern Region.

Shannon said the event raised over \$20,000 for Sunrise, which provides care for abused and neglected children across Kentucky through a network of foster homes, residential programs and counseling services. In the three years since the golf event began,



Brian Shannon, Southern Region Advancement Director for Sunrise Children's Services, center, congratulates members of the Paintsville Wal-Mart team, winners of the third annual Golf Challenge for the Kids, held recently at Prestonsburg's Stone Crest Golf Course. The event raised over \$20,000 to help Sunrise Children's Services care for abused and neglected children across the state.

it has raised a total of just over \$50,000.

"There are many folks that make this possible and to each of them, we want to offer our sincere thanks," said Shannon.

Sunrise Children's Services is a private provider of care to children and is licensed by the Kentucky Cabinet for Health and Family Services and accredited by the Joint Commission. Sunrise

has a strong presence in eastern Kentucky with foster care offices in Ivel, Hazard and Morehead and runs a Family Preservation Program in Floyd, Pike, Johnson, Martin and Magoffin counties.

DINNER DIVA

Pickles



Way back in the days before refrigeration, the number one way to preserve food was with the pickling process. All pickling is, is putting your food (usually veggies, but sometimes eggs or meat) in salt or vinegar, or both for a long time. These tandem ingredients stop the growth of bad bacteria that make food spoil.

If you've been lucky enough to end up with a bounty of cucumbers from either your own garden, a friend's or picked them up at the farmer's market, making your own

pickles is a tasty way to get your cucs dealt with before you burn out on too many cucumber salads. Making pickles is fun and easy. To get started, you'll need some simple canning supplies, some recipes, and of course, cucumbers!

Here's a list of supplies (a few of which you probably already have) to make pickle making a breeze: candy thermometer, a stone crock, a weight, jars, lids, bands, canning salt, white or cider vinegar, boiling water canner. You should be able to buy most of these items at your

local super center, and sometimes you can even find these items used at thrift stores. Ask your grandma or some neighbors for some of this stuff; you might be surprised at who has canning jars in their attic!

I like the Ball Blue Book of Canning; pick up a current copy to make sure you're canning safely and away you go.

Here are some great recipes for pickles, enjoy!

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Brake issue should be sorted out before move

by TOM and RAY MAGLIOZZI

Dear Click and Clack:
I remember listening to your radio show, "Car Talk," with my parents when I was a little kid, and hearing my mom say about a billion times that one of you had the same kind of car she had. That car was a Colt Vista, and now I drive one. And that's the reason I'm writing to you. Sookie is my 1987 Plymouth Colt Vista station wagon, and her brake warning light is ALWAYS on. The woman I bought the car from said she had someone check it out, and (at that point, anyway) there was nothing wrong. This is my first car, and I don't know if it's a big deal. I've been ignoring it since I bought the car a few months ago, but because I'm moving from California to



Colorado in the car soon, I thought it's time to figure it out. What should I do? Thanks! — Emma.
TOM: Well, you may want to avoid the Rockies, Emma. Would you consider moving to somewhere flatter, like Death Valley?
RAY: I'm the one who had a Colt Vista, and I loved its utility and economy, despite the fact that it was a tin can. Mine also was a 1987. But in any case, the brake warning light on the dashboard has two different functions.
TOM: The most important function is to alert you when you're low on brake fluid. And just so you know, no brake fluid means no brakes, Emma! So the first thing you should do is check your brake fluid level, or have a mechanic check it for you.
RAY: If you top off the brake fluid and the brake warning light goes out, then you know the light is on because of a brake fluid

issue. Then the question is, Why is your brake fluid low?
TOM: It could be low because you have a leak. If the light comes back on in a few days or a few weeks, the fluid's probably leaking out somewhere.
RAY: But brake fluid also can be low because your brake pads are all worn out. As the pads wear down, brake fluid moves down the brake lines to fill the empty space. That lowers the level in the reservoir, and kicks on the brake warning light.
TOM: Now, if the issue is not your brake fluid level (if you discover that the brake fluid already is topped off, or if topping it off doesn't cause the light to go out), then the light is on because it thinks your parking brake is applied. The brake warning light also serves as a parking brake indicator.
RAY: Given that the previous owner had it checked out, I'm going to assume that the two of you have not been driving around for thousands of miles with the parking brake actually applied. More likely, the parking brake switch is bad.

TOM: It simply may have rusted out and corroded after a quarter-century of use.
RAY: I know lots of my parts have! But get all this stuff checked out before you move, Emma. Your mother never will forgive us if we let you drive over the Continental Divide without adequate brakes.
Does driving constitute a workout?
Dear Tom and Ray:
I wonder if you can settle an ongoing dispute that I have with my wife. She is an avid walker and an exercise freak. She wants me to join her on these power walks and different exercise activities. I constantly tell her that I get plenty of exercise by driving. I drive to work and back, about 20 miles each way, and frequently am driving on shopping excursions, sometimes 50 miles at a crack. I tell my wife that driving engages all the muscles around the arms, neck, shoulders and head. Additionally, it is beneficial to brain, hand, leg-and-eye coordination, and developing the whole body, as well as the mind. After a good bout of driving, I feel as healthy and

refreshed as my wife does after one of her power walks. She insists that I am being delusional about the whole thing and need to put on my walking shoes. What do you think? — Jack
Well, Jack, we're with you 100 percent. The only thing your exercise drives are missing are the large Genoa salamis and the double-chocolate milkshakes.
TOM: Remember, nothing builds strong muscles and bones like a good drive to the mall. But diet is important, too. In order to keep the blood flowing, your arteries need those cured, fatty meats and full-fat dairy products.
RAY: And don't forget to put the electric windows down and up a few times during each drive. You'd hate to end up with the body of Adonis, only to have a weak tip of your left index finger.
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.

Lagoon

emerges and reaches for her with a hair encrusted hand. She promptly screams and turns back to the bar she came from.
We soon learn that she's married to a gigolo named Harry and he has been keeping time with a floozy named Honey. She is a gold-digger in training who helps Harry come up with a

scheme to use the giant sighting to destroy Nancy's credibility and have her committed so they can steal Nancy's fortune.
The plan never gets to come to fruition as our giant returns while Harry is humoring Nancy by driving around and looking for it. The giant's arrival is too much for the faint-hearted

Harry. He drives off and leaves Nancy to her fate.
Strangely she winds up back home with no idea of how she got there — on the roof. Soon she's showing signs of more than casual contact with the giant when she begins morphing into enough woman to fill Madison Square Garden.
Before you now it,

Nancy is busting out of her house (straight through the roof) and thundering towards the local bar to settle things with her wayward husband (after trashing Honey's room worse than "The Who" could ever manage). It all leads to closure on a colossal scale as Mrs. Archer turns the tables on Harry by putting the ultimate squeeze on him. Fun stuff.
Fun, but so poorly made that the film only sticks in one's memory due to poor special effects, melodramatic emoting, and some of the worst dialogue you're likely to hear outside of an Ed Wood festival.
What works however are a portion of the visuals.

Despite the fact that the EFX make the giants look transparent, they are still creepy (especially the male alien, who should look familiar as he also plays the bartender).
Then there is Allison Hayes as Mrs. Archer. She looks like a shrew in the early scenes but turns into a total 1950s babe when she becomes a behemoth. This film has influenced tons of other movies (most recently "Monsters vs. Aliens," whose Ginormica owes it all to Ms. Hayes). There's also the feminist angle (pretty clever that no one takes this lady seriously until she's big enough to squash them).
No matter how you cut it

this is one of those "so bad it's good" flicks that doesn't get enough attention and never gets to open a film series. The rest of the films unspooling this summer will include more camp ("King Kong vs. Godzilla") and even some respected classics ("Planet of the Apes"). If you're in Coney Island some Saturday between now and mid-September, then you owe it to yourself to catch a sci-fi classic in this unique venue.
Best line: "When women reach the age of maturity, Mother Nature sometimes overworks their frustrations to the point of irrationalism."
1958, unrated.

Continued from p1

Strange ... but true

■ It was librarian and essayist Frederick Saunders who made the following sage observation: "Pride, like laudanum and other poisonous medicines, is beneficial in small, though injurious in large, quantities. No man who is not pleased with himself, even in a personal sense, can please others."
■ Earthquakes occur at a rate of roughly one every minute around the world. About eight of those every year are considered to be major, registering above 7.0 on the Richter Scale.
■ If you're a sailor you're probably familiar with the hazards of being out on the water: high seas, storms,

hidden reefs. You probably wouldn't count whales among the dangers, but you'd be wrong. It seems that on a recent day sail out of Table Bay Harbor in South Africa, a couple on a 30-foot sailboat were whale-watching when one got too close for comfort. A 40-ton whale they had been viewing breached right next to the boat and landed on the deck, breaking off the mast and then thrashing around before sliding back into the water. The whale lost some skin and blubber, but was otherwise unharmed; the couple were lucky to still have a seaworthy craft and made it safely back to the harbor.

■ Statistics show that the average 5-year-old boy today weighs about 10 percent more and the average 5-year-old girl about 8 percent more than children of the same age in the 1980s.
■ Those who study such things say that the word "daisy" started out as "day's eye" and was shortened over the years. Similarly, "God be with you" became "good-bye" and "whole be thou" became "hello."
Thought for the Day
"To avoid situations in which you might make mistakes may be the biggest mistake of all." -- Peter McWilliams

GOOD HEALTH

Macular degeneration and cataracts

DEAR DR. DONOHUE: Is it possible to get wet macular degeneration from a scratch on the left eye during cataract surgery, or could it have been a cyst that caused wet macular degeneration? I am 85, and my right eye is perfect. I had cataract surgery on that eye also. — C.
ANSWER: A scratch on the eye isn't likely to cause macular degeneration. The possibility of cataract surgery leading to macular degeneration is a remote one. More than 6,000 people who had had a cataract removed were followed for five years after the operation. Slightly more people who had the operation developed macular degeneration, dry or wet, in the operated eye than did a similar group of people who had not had an operation.
This isn't proof that cataract surgery leads to macular degeneration. The same risks that cause cataracts also cause macular degeneration. The numbers that do develop it after cataract removal are small. A cause-and-effect relationship has not been proven.
I am not clear what you mean by a cyst causing the degeneration. In what part of the eye was the cyst? I have not seen a link between cysts and macular degenera-

tion.
The retina is the back layer of the eye, the layer that converts incoming images into nerve signals that can be transmitted to the brain so we can see. The macula is a small, round area of the retina where there's an aggregation of cells that are essential for central vision -- the kind of vision needed to read a paper, watch TV and drive. Dry macular degeneration, accounting for 85 percent to 90 percent of cases, is a wasting away of macular cells. Wet macular degeneration results from a sprouting of blood vessels in that region. Those newly formed blood vessels leak fluid and destroy macular vision. Procedures are available that can halt the progression of wet macular degeneration.
The booklet on macular degeneration explains both kinds and what is available to help those with this common eye problem. Readers can obtain a copy by writing: Dr. Donohue -- No. 701W, 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.

DEAR DR. DONOHUE: My son-in-law insists on lifting his small children by their arms. I am terrified that he will pull their arms out of joint. I know this isn't the proper way to lift children. Would you give your opinion about this so I can show him? Maybe he will listen to you. — A Worried Grandpa
ANSWER: Sons-in-law should listen to their fathers- and mothers-in-law. They have experience in child-rearing. Lifting young children by grabbing onto their hands or arms can cause the radius (the larger of the two lower arm bones) to slip away from the ligament that keeps it in place. This disruption has the name "nursemaid's elbow." I guess nursemaids must have lifted children in this way. It's painful for the child, and the bone has to be manipulated back in place.
Children who are 5 and older aren't in danger of this happening.
□□□
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.

Rental Central

by TOM DOTY
TIMES COLUMNIST

August got off to a better than average start for renters, with four excellent films that represented just about every genre.
■ "Kick-Ass" — The ultimate adult superhero film comes courtesy of Mark Millar (who created the graphic novel) and features a realistic take on how awful an idea it is to dress up and seek out danger. The film focuses on a teen who gets his head handed to him on his first outing as a costumed avenger. He eventually establishes a rep as the title character and even befriends a few other heroic types (including a father and daughter combo who really make the film). The cast is pretty good with Nicholas Cage doing a credible job as a crime-fighting dad. The best bits go to Christopher Plasse (who finally throws off the yolk of having played an uber-nerd in "Superbad") as a costumed hero who may have an agenda that is far from heroic.
■ "Diary of a Wimpy Kid" — Jeff Kinney's popular series of novels for middle-schoolers arrives as the best comedy ever aimed at this unique age group. It hilariously documents the angst of being a tween as several boys navigate bullies and social errors while finding their voice. Just watch it for the jokes and you'll be glad you did.
■ "Humanoids from the Deep" — Roger Corman's "take no prisoners" monster movie from the 1980's mixes gross-out carnage with healthy dollops of sexual exploitation and a "green" message about pollution. A small fishing community is in deep trouble when cans of waste products mutate fish into the titular

creatures which see mankind as the enemy but womankind as their salvation (as there aren't any female humanoids). James Cameron worked on this one but the real sell here is the great monster suits and a cool as heck climax wherein an army of monsters crashes the annual carnival. This is a special edition disc with a ton of extras courtesy of the good people at "The Shout Factory."
■ "Ghost Writer" — Solid drama and a few thriller elements combine here for an enjoyable yarn with a solid pedigree. The story follows a writer who is hired to assist a former

prime minister in penning his memoirs, which include some shady dealings with the U.S. government. What could have been a formula flick gets a boost from several factors. The first is a good foundation courtesy of Robert Harris' novel, but they also enlisted Roman Polanski as the director and he knows from thrillers ("Frantic" and "Rosemary's Baby"). The casting is also spot-on, with Ewan Macgregor as the writer and Pierce Brosnan as the former PM.
Next week look for comedy to rule with the release of "Date Night" and "Death at a Funeral."



Ben Detwiler hoped to make the world a better place. That hope died when he was killed by a drunk driver.

What should you do to stop a friend from driving drunk? Whatever you have to. Friends don't let friends drive drunk.



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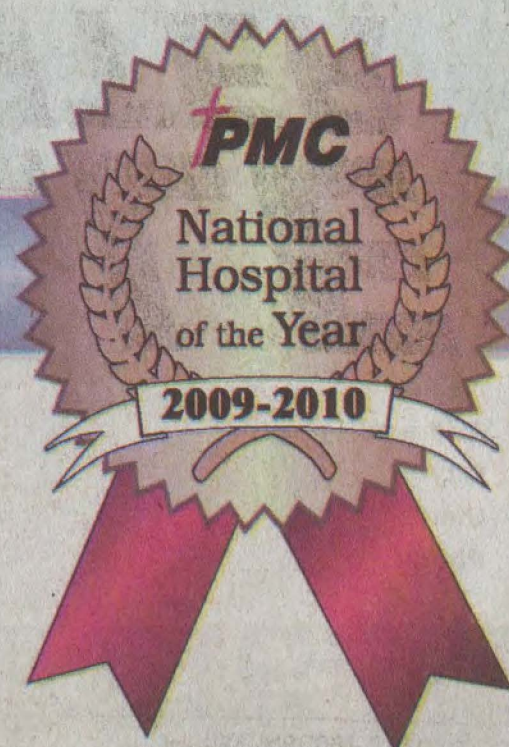
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