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# The Times

WEEKEND EDITION

Member KPA

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Volume 83, Issue 106 • 75 Cents

## Candidates begin filing for local races

by SHELTON COMPTON  
STAFF WRITER

As of Thursday, there had been five candidates file for the primary election more than six months away, including two incumbents and one candidate for the legislature.

Floyd County Judge-Executive R.D. "Doc" Marshall filed to run again for that office Wednesday, while Floyd Sheriff John K Blackburn did the same Wednesday.

There has been one constable filing and one magistrate filing at this early point, according to records at the Floyd County Clerk's office.

Ben Ferguson, of Prestonsburg, filed Wednesday to run for District 1 constable for that district's only filing at this time,

while Eastern resident Marie Martin Holbrook, has filed to run for District 2 magistrate.

The filing that has gathered the most attention at this point, however, will only affect a small portion of Floyd County.

Paintsville coaching legend Bill Mike Runyon filed Wednesday to run for state representative in the 97th District, a post long held by current state Rep. Hubert Collins.

In a press release, Runyon, who coached basketball at Paintsville High School for 26 years, winning one state championship, and now sits on the city council, said filing early wasn't much different than getting the opening tip in a basketball game and scor-

(See ELECTION, page eight)



Floyd County Judge-Executive R.D. "Doc" Marshall signed documents on Wednesday to register for the 2010 election. "I wanted to be the first to register for re-election," Marshall said.

photo by Randy Bryant

### PRESTON FOOTE

### brief

### Busine worksh offered

PAINTSVILLE — A workshop titled "Starting Your Own Business 101" will be offered jointly by Morehead State University's East Kentucky Small Business Development Center (SBDC) in Paintsville and the Carl D. Perkins Vocational Training Center in Thelma, on Nov. 18, from 1 to 3 p.m.

The workshop will be held at the Carl D. Perkins Vocational Training Center at 5659 Main Street, Thelma.

"The workshop is designed to provide information concerning the basic concepts of starting a business, where do you start, what forms do you need, is your business idea viable and what form of business do you choose," said Michelle Spriggs, SBDC consultant. "This is an excellent opportunity for entrepreneurs to embark on the first steps of starting a new business."

The workshop is free for all participants; however, seating is limited and advance registration is recommended.

Additional information and pre-registration are available by calling the Paintsville Small Business Development Center at (606) 788-6008.

### 2 DAY FORECAST

#### Today



High: 47 • Low: 38

#### Tomorrow



High: 45 • Low: 36

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

### inside

Obituaries.....	A2
For the Record.....	A3
Opinion.....	A4
Sports.....	B1
Lifestyles.....	B3
Faith & Family.....	B5
Classifieds.....	B6



The Floyd County Times is printed on 100 percent USA recycled paper

### CHORAL FESTIVAL



photo by Jarrid Deaton

Elementary school students were the first to perform at the Floyd County Choral Festival the Mountain Arts Center on Thursday.

## School takes donations for hungry

by JARRID DEATON  
FEATURES WRITER

PRESTONSBURG — Students at Prestonsburg Elementary came through in a big way on Thursday with donations of 1,325 food items for the needy.

The food drive, sponsored by the Prestonsburg Elementary Family Resource Center, was held in conjunction with Red Ribbon Week and Make a Difference Day.

The office of the Family Resource Center was filled with boxes and cans of food on Thursday, as staff members counted and organized the donations.

"The food will help out families during the holidays, and some of it will be donated to a local food pantry," said Rebiel Reynolds, Family Resource Center coordinator. "We have 1,131 pounds of food, including peas, corn, beans, potatoes, cranberry sauce, cake mix and icing."

The Kentucky Family Resource and Youth Services Centers were established as a component of the Kentucky Education Reform Act of 1990. The mission of these school-based centers is to help academically at-risk students succeed in school by helping to minimize or



photo by Jarrid Deaton

Rebiel Reynolds, Family Resource Center coordinator, and Joyce Blackburn, assistant, stand with the 1,325 food items donated by students at Prestonsburg Elementary on Thursday.

eliminate non-cognitive barriers to learning. Family Resource Centers work with to provide programs, services and referrals to students and their families. The center's work to promote early learning and successful transition to school, academic achievement and well-being and graduation and transition into adult life.

Red Ribbon Week is the oldest and largest drug prevention campaign in the country.

Make a Difference Day, created by USA Weekend magazine, is celebrated nationally. The annual event was created to promote neighbors helping neighbors, and takes place on the fourth Saturday of October.

## Gas bills expected to be lower this winter

by SHELTON COMPTON  
STAFF WRITER

FRANKFORT — The Public Service Commission (PSC) is reporting that natural gas costs will be much lower this year, with the typical bill down as much as 39 percent from last year.

Heating bills are becoming more of a concern as the season gets fully underway, with organizations such as the Low Income Housing Energy Assistance Program or LIHEAP setting back into their role to assist with heating costs.

The agency is finishing its first week revisiting the issue, while the public service commission says that effort might be easier this year than last.

"Natural gas prices have come down considerably from the artificially high levels of

(See GAS, page eight)

## Governor ups number of mine inspectors

by SHELTON COMPTON  
STAFF WRITER

FRANKFORT — With many in the coal industry complaining that mine inspections are becoming too numerous to handle, Gov. Steve Beshear announced Tuesday that he has approved an increase in the number of inspectors and number of mining permit reviewers working for the state.

The addition of 15 mine inspectors in the Office of Mine Safety and Licensing will not only help with our efforts to complete the number of required inspections, but will also enhance our nationally recognized mine rescue team capabilities and response," Beshear said in a statement Tuesday.

The new line of inspectors will serve as members of the state's mine rescue teams. Resolutions passed by Floyd and Martin counties will enable the 15 inspectors to be funded through the Multi-County Local Government Economic Development Fund.

(See INSPECTORS, page eight)

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# Obituaries

## Elnor Blankenship Brown

Elnor Blankenship Brown, 82, of McDowell, died Tuesday, November 3, 2009, at Highlands Regional Medical Center.

Born December 27, 1926, in Floyd County, she was the daughter of the late Andy and Dora Moore Blankenship, and a member of the Little Rosa Old Regular Baptist Church, in McDowell.

She was preceded in death by her husband, Earl Brown.

Survivors include one son, Earl Michael, Brown of McDowell; one daughter, Sherry Stumbo of McDowell; three sisters: Roseann Williamson of Drift, Evelyn McDonald of Indiana, and Marie Hager of Grundy, Virginia; six grandchildren, 11 great-grandchildren, and one great-great-grandchild.

In addition to her parents and husband, she was preceded in death by one brother, Thomas Blankenship; and one sister, Olgie Hall.

Funeral services will be held Friday, November 6, at 11 a.m., at the Little Rosa Old Regular Baptist Church, in McDowell, with Clinton Moore and Jimmy Hall officiating.

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

Visitation is at the funeral home. (Paid obituary)

## William "Todd" Browning

William "Todd" Browning, age 30, of Hi Hat, passed away Tuesday, November 3, 2009, at Cornerstone Hospital of Huntington, Huntington, West Virginia.

He was born May 18, 1979, in Pikeville, the son of Georgianne "Jan" Brown Browning of Hi Hat, and the late Bill Browning. He was a member of the Methodist Church.

Survivors include his mother, Jan.

Funeral services for William "Todd" Browning will be conducted Friday, November 6, at noon, at the Hall Funeral Home Chapel, in Martin, with Clergyman Brett Tackett officiating.

Burial will follow in the Lawson Cemetery, in Hi Hat, with the Hall Funeral Home, caring for those arrangements. (Paid obituary)

## Jerry Lee Jones

Jerry Lee Jones, 47, of Prestonsburg, died Thursday, November 5, 2009, at King's Daughters Medical Center.

Born February 9, 1952, in Floyd County, he was the son of Pearl Moore Jones of Hueysville, and the late Ed Jones. He was a general laborer.

He is survived by his wife, Bonnie Hall Jones.

In addition to his mother and wife, survivors include two daughters: Nannie Steele (Andrew) of Kendallville, Indiana, and Judy Short of Rogersville, Tennessee; five sisters: Linda Jones and Sandra Hicks, both of Hueysville, Juanita Vanderpool of Paintsville, Joyce Shepherd of Warsaw, Indiana, and Sharon Jones of Hi Hat; and numerous aunts, nieces, uncles, nieces and nephews.

In addition to his father, he was preceded in death by a brother, Edward "Eddie" Jones.

Funeral services will be held Saturday, November 7, at noon, at the Martin Branch Freewill Baptist Church, in Estill, with Red Morris, Jerry Manns and others, officiating.

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

Visitation is at the church. (Paid obituary)

## Chester Patton

Chester Patton, 90, died Tuesday, November 3, 2009, at the Kate B. Reynolds Hospice House, in Winston-Salem, North Carolina.

He was born June 16, 1919, in Floyd County, where he resided until he moved to North Carolina, to be near his family.

He was the son of Della Kendrick Patton and Thomas B. Patton, who preceded him in death.

He was also preceded in death by his wife, Evelyn Faye Harris Patton; a son, Theodore Thomas Patton; his sisters: Adeline Patton Daniel and Vivian Patton Sanson.

He is survived by one daughter, Brenda Patton Wills (Charles) of Winston-Salem, North Carolina; two grandchildren: Ashley Wills Crumpton (Chris) of Fuqua-Vanina, North Carolina; Jay Wills (Rebecca) of Huntersville, North Carolina; four great-grandchildren: Charlie, Thomas, William and Jacob Crumpton; one sister, Nancy Patton Tackett of Prestonsburg; two brothers: Palmer Patton of Prestonsburg, and Alex Patton of Arcadia, Ohio; and one God-son, Dr. Al Pelphrey of Pikeville; and many special nieces, nephews, cousins, and friends.

He graduated from Prestonsburg High School, and Alike Lloyd College, and proudly served in the U.S. Army in World War II. He retired from Pittston Coal Group in Roanoke, Virginia.

He was a former member of the First Baptist Church, in Prestonsburg; and a current member of the Grace Baptist Temple, in Winston-Salem, North Carolina.

Visitation will be Friday, November 6, from 4:00-6:00 p.m., at Carter Funeral Home, in Prestonsburg, followed at 7:00 by the funeral service, led by Randy Polk.

In lieu of flowers, the family requests that memorials be made to: First Baptist Church, 157 Front Street, Prestonsburg, KY 41653, or Hospice and Palliative Care Center, 101 Hospice Lane, Winston-Salem, North Carolina 27103.

Military graveside services will be performed Saturday, by Chapter No. 18, Big Sandy DAV, at Davidson Memorial Gardens.

The family extends special thanks to the staff at Bermuda Commons, Advance, North Carolina, and Hospice for providing exceptional care and support.

The family has entrusted arrangements to the Carter Funeral Home. (Paid obituary)

## Rufus Ray Jr.

Rufus Ray Jr., 70, formerly of Wheelwright, passed away Sunday, October 25, 2009, at his home in Bonifay, Florida, following a brief illness.

He was born August 27, 1939, the son of the late Rufus and Mandy McCoy Ray. He was a retired steel worker, and a U.S. Army veteran.

Rufus is survived by his wife, Kathy, of Bonifay, Florida; two sons: Rufus Eugene Ray and Greg Ray, both of Houstonville; five grandchildren, and six great-grandchildren; a stepson, Bill Knight; stepdaughters: Stacy Miller and Jennifer Yancey, both of Bonifay, Florida; and nine stepgrandchildren.

He is also survived by three brothers: Aubrey (Helen) Ray of Jefferson, Ohio, Russell (Peggy) Ray of Highland Heights, and Ricky (Debbie) Ray of Melvin; three sisters: Mary Ordell (Charles) Johnson of Williamson, Dreama (Thomas) Burga of Beach Park, Ill., and Bonita (James) Caudill of Marion, Ohio; three sisters-in-law: Lillie Ray, Connie Ray, and Glenda Ray; and numerous nephews and nieces.

In addition to his parents, he was preceded in death by his mother, Kathy. (Paid obituary)

He was preceded in death by his brothers: Raymond Ray, Billy Ray, Arnold Ray, Johnny Ray, and Roger Ray.

He will be lovingly missed by all. (Paid obituary)

## Milton Russell Vanderpool

Milton Russell Vanderpool, 28, of Hueysville, died Monday, November 2, 2009, at his residence.

Born March 21, 1981, in Martin, he was the son of Milton Vanderpool and Dorothy Scott Shepherd. His stepparents were Geraldine Vanderpool and Christopher Shepherd. He was disabled, and a member of the Middle Creek Baptist Church, in David.

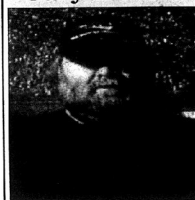
Other survivors include two brothers: Christopher Tyler Shepherd and Samuel Ray Shepherd, both of David; and a sister, Sabrina Renee Shepherd of David.

Funeral services will be held Friday, November 6, at 11 a.m., at the Nelson-Frazier Funeral Home, in Martin, with Jerry Manns and Roger Hicks officiating.

Burial will be in the Vanderpool Cemetery, in Hueysville.

Visitation is at the funeral home. (Paid obituary)

## In Loving Memory of Gary Mullins



Even though it's been a year since you were taken from us, a day doesn't pass that you're not thought about and greatly missed.

You will always be in our hearts forever. We love you and miss you!

Tammy and Kaitie, Elfredia, Deb, and Yolanda

# Regional Obituaries

## FLOYD COUNTY

■ Laura M. Bowers, 62, of Prestonsburg, died Saturday, October 24, at Highlands Regional Medical Center, Prestonsburg. Funeral services were held Wednesday, October 28, under the direction of Roberts Funeral Home.

■ Larry D. Hall, 51, of Prestonsburg, died Monday, November 2, in Grethel. He is survived by his wife, Lora Ann Powers Hall. Funeral services were held Thursday, November 5, under the direction of Hall Funeral Home.

■ Fred Johnson, 89, of Melvin, died Saturday, October 31, at the Riverview Health Care, in Prestonsburg. He is survived by his wife, Mallie Caudill Johnson. Funeral services were held Wednesday, November 4, under the direction of Nelson-Frazier Funeral Home.

■ Bertlyn Ray "Bo" Little, 62, of Bevinville, died Thursday, October 29, at the UK Medical Center. He is survived by his wife, Cary Justice Little. Funeral services were held Sunday, November 1, under the direction of Nelson-Frazier Funeral Home.

■ Jennette McClanahan, 57, of Darr, died Sunday, October 25, at Pikeville Medical Center. She is survived by her husband, Tim McClanahan. Funeral services were held Wednesday, October 28, under the direction of J.W. Call Funeral Home.

■ James Henry Stanley, 45, of Williamsport, formerly of David, died Saturday, October 31, at St. Mary's Hospital of Huntington, West Virginia. He is survived by his wife, Vickie Conley Stanley. Funeral services were held Wednesday, November 4, under the direction of Nelson-Frazier Funeral Home.

■ Earl Warren, 90, of Eastern, died Wednesday, October 28, at the Sanctuary at Tuttle Crossing, Dublin, Ohio. Funeral services were held Saturday, October 31, under the direction of Hall Funeral Home.

## PIKE COUNTY

■ Zelma "Mommy" Hene Belcher, 87, of Belcher, died Monday, October 26, at her home. Funeral services were held Thursday, October 29, under the direction of Bailey Funeral Home.

■ Sue A. Butcher, 75, of Middletown, Ohio, a native of Stone, died Sunday, November 1, at her home. Funeral services were held Thursday, November 5, under the direction of Wilson-

Schramm-Spaulding Funeral Home, Middletown.

■ Edith Blankenship, 79, died Tuesday, October 27, at Pikeville Medical Center. She is survived by her husband, Bryan Keith Blankenship. Funeral services were held Saturday, October 31, under the direction of Thacker Funeral Home.

■ Myles Branham Jr., 80, of Little Creek, died Thursday, October 29, at his home. He is survived by his wife, Algeny Gibson Branham. Funeral services were held Monday, November 2, under the direction of Lucas & Son Funeral Home.

■ Geraldine Chapman, 78, died Saturday, October 31. Memorial services were held Wednesday, November 4, under the direction of Lucas & Son Funeral Home.

■ George "Buck" Dotson Jr., 55, of Ransom, died Sunday, November 1. Funeral services were held Wednesday, November 4, under the direction of R.E. Rogers Funeral Home.

■ Ruth Maynard, 75, of Raccoon, died Sunday, October 25, at Central Baptist Hospital in Lexington. She is survived by her husband, Layton Maynard. Funeral services were held Friday, October 31, under the direction of Community Funeral Home.

■ Paul W. Maynard, 75, of Turkey Creek, died Sunday, November 1, in Sophia, North Carolina. Funeral services were

held Thursday, November 5, under the direction of Hatfield Funeral Chapel.

■ Leathis Newsome, 80, of Dorton, died Wednesday, October 28, at Pikeville Medical Center. Funeral services were held Saturday, October 31, under the direction of Hall and Jones Funeral Home.

■ Virmel Jack "V.J." Newsome, 87, a native of Virgie, died Monday, October 26, at Pikeville Medical Center. He is survived by his wife, Pearl Newsome. Funeral services were held Thursday, October 29, under the direction of Thacker Funeral Home.

■ Eunice Robinson, 91, of Wolfpit Creek, a native of Elkhorn City, died Friday, October 30, at Pikeville Medical Center. She is survived by her husband, Lee Robinson. Funeral services were held Monday, November 2, under the direction of Lucas and Son Funeral Home.

■ Eugene "Dickie" Skeens, 70, of Freeburn, died Saturday, October 31, at his home. Funeral services were held Wednesday, November 4, under the direction of R.S. Jones & Son Funeral Home.

■ Geneva Stone, 53, of Raccoon Creek, died Wednesday, October 28, at St. Mary's Hospital in West Virginia. Funeral services were held Sunday, November 1, under the direction of

## THE PIARIST SCHOOL

### Last Yard Sale of the year!

Saturday, Nov. 7th  
9 a.m. to 4 p.m.

Sunday, Nov. 8th  
10:00-3 p.m.

Items for sale are too numerous to mention.

The sale will be held in the Piarist School Gym, located on Rt. 80, on the hill behind the MCA building.

For more information, please contact the school at 606-285-3950

## UK COOPERATIVE EXTENSION SERVICE

UNIVERSITY OF KENTUCKY - COLLEGE OF AGRICULTURE

### Mountain Farm Conference

Where: Mountain Arts Center  
Hal Rogers Drive, Prestonsburg, KY

Date: November 14, 2009  
Time: 9 a.m.-12 noon

For more information, please contact:  
Anthony Ray Tackett  
Floyd County Agriculture and Natural Resources Agent

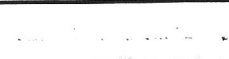
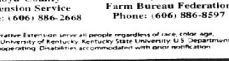
- 9-9:45 Shiitake Mushroom Production
- 10-10:45 Fruit and Berry Production
- 11-11:45 Sweet Potato Production
- 9-9:45 Basic Honeybee Hive Management
- 10-10:45 Ginseng Production in Kentucky
- 11-11:45 Hay and Pasture Field Management



### Door Prizes given at each presentation



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Floyd County Farm Bureau Federation



# For the Record

## Marriage Licenses

Stephanie Ann Stone, 21, of Prestonsburg, to Jason Ward Allen, 26, of Prestonsburg.  
Vernie Ruth Hall, 33, of Wayland, to Scott Lee Gibson, 34, of Wayland.  
Kristy Ann Adkins, 18, of Ivel, to Benjamin Dean Yates, 19, of Prestonsburg.  
Nevella Anne Snyder, 39, of Harold, to Jonathan Vanover, 36, of Dwaile.  
Twyla Ann Stone Tuttle Stephens, 48, of McDowell, to Burt Smith, 44, of McDowell.  
Timothy Budd, 28, of Monticello, to Natasha Smith, 23, of Monticello.

## Civil Suits Filed

Appalachian Regional Healthcare vs. David D. Hall; complaint.  
Appalachian Regional Healthcare vs. Michelle Hall; complaint.

Hilco Receivable LLC vs. Ron Johnson; complaint.  
Tax Ease Lien Investments 1 LLC vs. Michael D. Spradling; complaint.  
Tax Ease Lien Investments 1 LLC vs. R.J. Kidd; complaint.  
Tri County Concrete vs. Clayton Holland; complaint.  
Tax Ease Lien Investments 1 LLC vs. Larry Conley; complaint.  
Tax Ease Lien Investments 1 LLC vs. Countrywide Home Loans Inc.; complaint.  
Deutsche Bank National Trust Company vs. Shawn G. Goodman; complaint.  
Sheilah Ratliff vs. Jessica Frye; complaint.

Small Claims Filings  
Sandy Brookover vs. Martin Parker; debt collection.  
Adam W. Hicks vs. Martin Parker; debt collection.

Roselle Calhoun vs. Ralph J. Mullett Jr.; debt collection.

## Charges Filed

John Kelly Stephens, 33, Allen; custodial interference, attempted custodial interference.  
Kenneth Darell Brown, 32, Langley; theft by unlawful taking.  
Margaret Newsome, 37, Pikeville; endangering the welfare of a minor, failure to surrender revoked operator's license.  
Ricky A. Thomas, 32, Prestonsburg; alcohol intoxication, three counts of possession of a controlled substance.  
Karrina Montgomery, 28, Ivel; theft by unlawful taking.  
Cora L. Hayden, 52, Paintsville; alcohol intoxication.  
Kimberly Joyce Newsome, 42, Harold; terrorist threat-

ening.

Amanda Kay Bentley, 28, David; theft by deception.  
Steven Shane Stephens, 32, Martin; possession of a controlled substance, possession of marijuana, use or possession of drug paraphernalia.  
Jennifer Avagail Hall, 31, Teaberry; public intoxication.  
Stacy Hoskins, 30, Betsy Layne; falsely reporting an incident.

## Inspections

Hot Rod Pizza, Garrett, regular inspection. Violations noted: lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods, lack of numerically sealed thermometers for checking cooking and holding temperatures of potentially hazardous food, food contact surfaces not properly maintained, non-food contact surfaces not properly constructed, non-food contact surfaces not properly maintained, cloths used for food and non-food contact surfaces not stored and rinsed frequently in water sanitizing solution, sanitary towel or hand drying device not provided at lavatory or handwashing sink, garbage and refuse containers not covered as required, floors not in good repair, light fixtures not shielded as required. Score: 89.

B&M Services, Grethel, regular inspection. Violations noted: lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods, lack of numerically sealed

thermometers for checking cooking and holding temperatures of potentially hazardous food, food not protected during storage, non-food contact surfaces not properly designed, improper storage of clean equipment and utensils, cleaning and maintenance equipment not properly stored. Score: Food: 94, Retail: 94.  
Subway, Stanville, regular inspection. Violations noted: non-food contact surfaces not properly maintained, unnecessary articles in or around the establishment. Score: 98.  
Arby's, Prestonsburg, regular inspection. Violations noted: food not protected during preparation, non-food contact surface of equipment and utensils not clean. Score: 97.

## Property Transfers

Willie Hicks to Brian Nelson and Leslie P. Nelson, property located in Prestonsburg.  
Clayton Johnson to Ryan Brown, property not listed.  
Rene Kerns to Rosella Preater, property located at Middle Creek.  
Darrell Kester to Amber Meade, property not listed.  
Karen Kester to Amber Meade, property not listed.  
Ernie Lafferty to Mary Stephens, property located at Bucks Branch.  
Juanita Lafferty to Mary Stephens, property located at Bucks Branch.  
Jeffrey Lewis to Jeana Scott, property not listed.  
Roma Martin to Janet Martin, property located at Abbott Creek.

## Obituaries

Community Funeral Home.

### JOHNSON COUNTY

Katherine Brown, 66, of Paintsville, died Monday, November 2, at Highlands Regional Medical Center. Funeral services were held Thursday, November 5, under the direction of Phelps & Son Funeral Home.  
Claude Thomas Cantrell, 73, of Oil Springs, died Saturday, October 24. Funeral services were held Tuesday, October 27, under the direction of Paintsville Funeral Home.  
Deborah Bernice Conley, 53, of Paintsville, died Thursday, October 22, in Central Baptist Hospital in Lexington. Funeral services were held Sunday, October 25, at New Bethel Free Will Baptist Church in Riceville. Burial was in Hannah Family Cemetery, Route 825, in Swamp Branch.  
Paul R. Davis, 52, of West Van Lear, died Monday, October 26, at Cabell Huntington Hospital, Huntington, W.Va. Funeral services were held Wednesday, October 28, under the direction of Paintsville Funeral Home.  
Anna Carol Fairchild, 70, of West Van Lear, died Friday, October 30, at her residence. Funeral services were held Monday, November 2, under the direction of Paintsville Funeral Home.  
Inis Marie Justice, 88, of Jamestown, Ohio, a native of Stambaugh, died Friday, October 30, at Liberty Nursing Home, Jamestown. Funeral services were held Sunday, November 1, under the direction of Paintsville Funeral Home.  
Norm Meek, 81, of Mint Hill, North Carolina, formerly of River, died Saturday, October 10. She is survived by her husband, Charles Kitchen. Funeral services were held Tuesday, October 13, under the direction of Heritage Funeral Home, Charlotte, North Carolina.  
Ruth L. Meek, 97, of Louisville, a Johnson County native, died Thursday, October 29, at her residence. Funeral services were held Monday, November 2, under the direction

of Jones-Preston Funeral Home.  
Jeff Owens, 81, of Paintsville, died Wednesday, October 28, in Lousia. He is survived by his wife, Geraldine Jenkins Owens. Funeral services were held Friday, October 31, under the direction of Jones-Preston Funeral Home.  
Patricia Gail Ratliff Middleton Perkins, 59, of Paintsville, died Friday, October 30, at Highlands Regional Medical Center, Prestonsburg. She is survived by her husband, George Edward Perkins. Funeral services were held Monday, November 2, under the direction of Jones-Preston Funeral Home.  
Haliene Hendricks Trent, 62, of Meally, died Monday, November 2. Funeral services were held Thursday, November 5, under the direction of Preston Funeral Home.  
Madilyn Nashae Walters, the 5 months old daughter of Michael Thomas Walters and Jordan Nashae Adams, died Wednesday, October 28, at Cabell Huntington Hospital, Huntington, W.Va. Funeral services were held Monday, November 2, under the direction of Jones-Preston Funeral Home.

### MARTIN COUNTY

Eddie E. Delong, 78, of Tomahawk, died Wednesday, October 21, at his home. He is survived by his wife, Deloris Mills DeLong. Funeral services were held Saturday, October 24, under the direction of Richmond-Callahan Funeral Home.  
James M. (Buddy) Fletcher, 60, of Warfield, died Wednesday, October 21, at his home. Funeral services were held Saturday, October 24, under the direction of Phelps and Son Funeral Home.  
Samuel Elzie Goble, 88, of Debarl, died Thursday, October 22, at his home. Funeral services were held Sunday, October 25, under the direction of Richmond-Callahan Funeral Home.  
Mary Ellen Hickman, 69, of Inez, died Saturday, October 24, at the Cornerstone Health Care Facility in Huntington, W.Va. She is survived by her

husband, Freelon Hickman. Funeral services were held Tuesday, October 27, under the direction of Phelps and Son Funeral Home.  
Arbie Mills, 84, of Tomahawk, died Friday, October 23, at his home. He is survived by his wife, Ruby (Small) Mills. Funeral services were held Monday, October 26, under the direction of Richmond Callahan Funeral Home.  
Anson Ray Reed, 62, of Lovely, died Friday, October 23, at Highlands Regional Medical Center in Prestonsburg. Funeral services were held Monday, October 26, under the direction of Morris Funeral Home, Wayne, W.V.  
Timmy G. Robinson, 59, of Inez, died Thursday, October 22. He is survived by his wife, Della Osborne Robinson. Funeral services were held Sunday, October 25, under the direction of Phelps and Son Funeral Home.

### LAWRENCE COUNTY

John Harry David, 69, of Lousia, died Monday, November 2, in Lousia. He is survived by his wife, Maxine Marie Jolly David. A graveside service was held Tuesday, November 3, at Cooke Family Cemetery, Young Funeral Home in Lousia is in charge of arrangements.  
Freelon Lackey, 63, of Weherville, died Monday, October 19, at UK Medical Center, in Lexington. Funeral services were held Thursday, October 22, under the direction of Richmond Callahan Funeral Home.

### MAGOFFIN COUNTY

Inez "Marty" Martin, 89, a Salyersville native, died October 25, in Columbus, Ohio. Arrangements under the direction of Gramlich Funeral Home.  
Lillie Mae Stevens Sparks, 61, of Salyersville, died Sunday, November 1. Funeral services were held Thursday, November 5, under the direction of Magoffin County Funeral Home.

## E.P. Grigsby Store

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10 am - 2 pm

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## Jones named Second Team All-State

Moore earns  
Honorable  
Mention nod

by STEVE LeMASTER  
SPORTS EDITOR

LEXINGTON — The Kentucky Volleyball Coaches Association announced its 2009 All-State Teams and Miss Kentucky Volleyball Wednesday. Deja McClendon of DuPont Manual High School in Louisville was named 2009 Miss Kentucky Volleyball. McClendon, an

outside hitter, has committed to play for Penn State University and legendary coach Russ Rose beginning next fall. McClendon and Caitlin Welsh of Mercy are appearing on their second KVCA First-Team All-State squad. Sacred Heart's Emily Juhl is appearing on the First-Team for the third time. Reigning 15th Region Player of the Year was named Second Team All-State after leading Allen Central to the State Tournament. Priest School standout Kes Moore was named Honorable Mention.

KVCA member coaches vote for All-State Teams. A breakdown of the 2009 KVCA All-State honorees follows. The 2009 Miss Kentucky Volleyball: Deja McClendon, DuPont Manual High School. The 2009 KVCA First-Team All-State players: Kelsey Dunaway, Sacred Heart; Madison Hardy, Mercy; Maddie Hatcher, Paul Laurence Dunbar; Jeni Houser, Assumption; Emily Juhl, Sacred Heart; Jackie Napper, Assumption; Lauren

(See ALL-STATE, page six)



SOUTH FLOYD HIGH SCHOOL GRADUATE HEATHER DEAN (pictured fifth from the left) has joined the Alice Lloyd College women's basketball team. Dean is the first SFHS girls basketball player to play at the next level. She scored 10 points in her college debut.

## State Playoffs start tonight

by RICK BENTLEY  
TIMES COLUMNIST

Quite a bit going on right now, so let's get after it. It's a big Friday in our area, so here are some quick hitters to get things going.

The high school football playoffs commence tonight around the area, which means some teams are home and others hit the road again.

With the way the KHSAA is doing things these days it seems to have cut back on the length of the opening-round road trips in most cases. I guess that's the one good thing to come out of the massive realignment they did a couple of years back.

Regardless, though, it's the playoffs, so let's get out there tonight. If your team has a couple-hour drive, don't let that hold you back — hit the road and support the young men in our area who are out, active and representing us. They are our future, and the ones who will get off the couch and participate. Let's show them our appreciation.

And if your team's drive is a little too long for you, or perhaps your team didn't make the playoffs this year, head out and support someone else. I'm sure you can find the schedule of events in this paper today, so pick out a game and head out tonight for some football action.

Soon, it'll be over and we'll be confined to the indoors of our house or the local gym. Let's enjoy the outside while we can. Speaking of things being over, baseball season ended Wednesday night. I know the calendar says winter begins right before Christmas, but trust me when I tell you, it's wrong. Winter began about 11:30 Wednesday night when the Yankees won their 27th world championship.

Figures the Yanks would be that team. Hate is not a good

(See PLAYOFFS, page six)

## Kinzer competes in two Alabama feature races

TIMES STAFF REPORT

ALLEN — The Kinzer Motorsports team traveled south last weekend (October 29-31) to the state of Alabama for a trio of Dirt Late Model events. On Thursday night, Green Valley Speedway in Gordo, Ala., hosted a \$3,000-to-win Southern Regional Racing Series (SRRS) show. After finishing second in his heat race, Kinzer Motorsports driver Brandon Kinzer rolled off 10th in the A-Main. Unfortunately for the Allen driver, he ran out of tear-offs early in the race and decided to park his No. 18 Late Model instead of risking the chance of incident due to poor visibility. Kinzer finished in the 21st position.

Kinzer competed at the Talladega Short Track in Etnahoga, Ala., Friday and Saturday. He made his way into Friday's \$2,000-to-win race and wound up ninth in the final run-down. Saturday's \$5,000-to-win O'Reilly Southern Allstars Series (OSAS) event at TST was cancelled due to inclement weather.



Allen Central defensive linemen Ben Carraway (77) and Blake Salisbury (67) worked against the Knott County Central offensive line Friday night.

## Rebels set to host Pineville

Three Rebels  
rush for over  
1,000 yards

by STEVE LeMASTER  
SPORTS EDITOR

EASTERN — Allen Central will host Pineville tonight in the opening round of Class A State Playoffs. The Runnin' Rebels finished the season one win shy of being undefeated. District rival Pikeville handed Allen Central its lone loss of the season, defeating the Rebels 34-24. Allen Central posted wins over Jenkins, Jackson County, Harlan, Paintsville, East Ridge, Phelps, South Floyd, Betsy Layne and Knott County Central during the regular season and will carry a five-game winning streak into tonight's postseason opener.

The Rebels rushed for 4,142 yards in 10 regular-season games. Three Allen Central players have eclipsed the 1,000 yards rushing mark. Logan Crowder leads Allen Central in rushing (117 carries, 1,310 yards, 17 TDs). Hunter Crowder (134 carries, 1,046 yards, 13 TDs) and Justin Jackson (127 carries, 1,110 yards, 13 TDs)

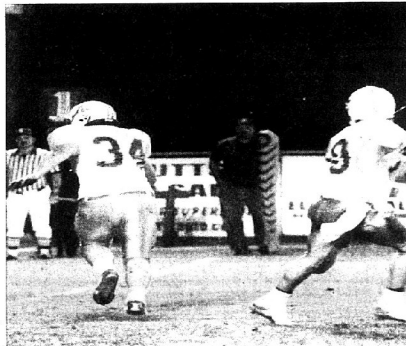
have also rushed for over 1,000 yards each. Allen Central has outscored opponents 422-157.

Defensively, Allen Central has limited opponents to one touchdown or less in five games. Allen Central has won two games via shutouts.

Pineville ended the regular season 4-6. The Mountain Lions defeated Berea, Jackson County, Paintsville and Jenkins en route to four wins. Pineville, however, concluded the regular season on a three-game losing skid. Harlan, Hazard and Williamsburg have defeated the Mountain Lions over the course of the last three weeks.

Quarterback Mark Combs leads Pineville. Combs has completed 91-of-160 passes for 1,281 yards and eight touchdowns. The Pineville quarterback has thrown eight interceptions. Cody Hendrickson ranks as Pineville's leading rusher (145 carries, 975 yards, 13 TDs). Pineville competes in District 7 along with Hazard, Harlan and Jenkins. Hazard captured this year's District 7 championship one year after finishing runner-up in Class A.

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



Hunter Crowder (34) took a handoff from Chris Stumbo (10) into the endzone.

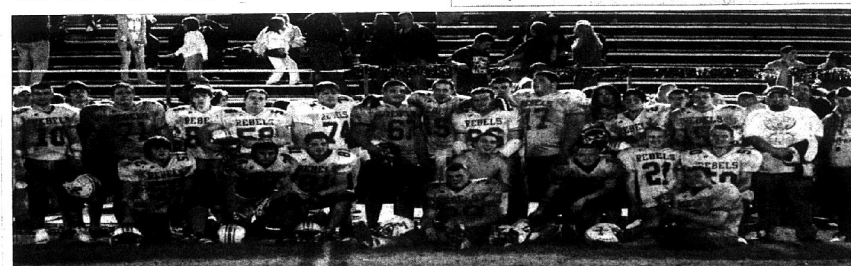
## HIGH SCHOOL FOOTBALL SCHEDULE TONIGHT'S AREA GAMES

CLASS A STATE PLAYOFFS  
Pineville at Allen Central, 7:30 p.m.  
Paintsville at Harlan, 7:30 p.m.  
Phelps at Hazard, 7:30 p.m.  
Jenkins at Pikeville, 7:30 p.m.

CLASS 2A STATE PLAYOFFS  
Knott County Central at Prestonsburg, 7:30 p.m.  
Leslie County at Shelby Valley, 7:30 p.m.

CLASS 3A STATE PLAYOFFS  
Lewis County at Belfry, 7:30 p.m.  
Wayne County at Breathitt County, 7:30 p.m.  
East Ridge at Mason County, 7:30 p.m.  
Fleming County at Pike County Central, 7:30 p.m.  
Sheldon Clark at Russell, 7:30 p.m.  
Magoffin County at Somerset, 7:30 p.m.

CLASS 5A STATE PLAYOFFS  
Scott at Johnson Central, 7:30 p.m.  
Mercer County at Letcher County Central, 7:30 p.m.



## Martin passes for over 1,000 yards

by STEVE LeMASTER  
SPORTS EDITOR

BETSY LAYNE — Betsy Layne junior quarterback Nathan Martin went over 1,000 yards passing Friday night as the Bobcats defeated Jenkins in a regular-season finale. Martin completed 52-of-99 passes for 1,016 yards and six touchdowns. The Betsy Layne quarterback threw eight interceptions in 10 games.

Casey Adkins ranked as Betsy Layne's leading rusher, carrying the football 120 times for 1,139 yards and 12 touchdowns.

Dylan Maldonado ranked second behind Adkins on the Betsy Layne rushing chart. Maldonado rushed 80 times for 557 yards and three touchdowns.

Korey Jarrell (57 carries, 391 yards) and Martin (27 carries, 250 yards) added the Betsy Layne ground game.

Betsy Layne rushers combined for 2,495 yards in 10 outings.

Korey Jarrell led Betsy Layne in receiving, hauling in 15 catches for 359 yards and three touchdowns. Landon Jackett (14 catches, 298 yards), Adkins (12 catches, 180 yards) and Branson Jarrell (11 catches, 154 yards, 1 touchdown) were other go-to receivers for the Bobcats.

Korey Jarrell led Betsy Layne in tackles. Adkins and Austin Hall were additional leading Betsy Layne defenders. Maldonado returned an interception a school-record 104 yards for a touchdown in the season-ending win over Jenkins.

Opponents outscored Betsy Layne 320-219 over the course of the season.

Betsy Layne (3-7) was unable to reach the post-season after qualifying for the 2008 Class A State Playoffs.

## Patterson named Preseason All-America

First UK player since Prince to earn honor

TIMES STAFF REPORT

LEXINGTON — University of Kentucky junior Patrick Patterson has added another honor to his growing preseason list, being named first team preseason All-America by the Associated Press. Patterson is the first Wildcat since Tayshaun Prince in the 2001-02 season to receive preseason All-American status from the AP.

He is entering his junior season ranked 58th on UK's all-time scoring list with 1,020 points. A two-time All-SEC selection and 2009 KABC Second Team All-District selection, Patterson was the only SEC player last year to rank in the top five in scoring (17.9) and rebounding (9.3) while also leading the SEC with 15 double-doubles.

In addition to the AP honor, Patterson is on the Naismith and Wooden preseason watch lists for National Player of the Year and has received All-America status from several national media outlets.

Kentucky will host Clarion tonight. Tip-off is slated for 7 p.m. at Rupp Arena.



# Eagles outlast Hiwassee

TIMES STAFF REPORT

**PIPPA PASSES** — The Alice Lloyd College men's basketball team opened the 2009-10 campaign on a high note Saturday at the Grady Nutt Athletic Center, rolling to a 123-115 victory over the visiting Hiwassee Tigers.

ALC Coach J.R. Hammond showed that he plans to play an up-tempo brand of ball, and the fans in attendance definitely got their money's worth as nine Eagles reached double figures in the scoring column.

The game started out fast-paced as both clubs scored early and often. The Tigers, sparked by the tandem of Adrian McLaurin and Nick Hudson, started from the tipoff at a breakneck pace and quickly began to pile up the points. ALC countered with the inside play of sophomore Nick Brumback and the guard play of lone senior Keith Warner and junior Daniel Combs to fight back. Combs connected on seven consecutive points in a one minute span to give the Eagles a 42-40 lead with just over 7:00 remaining. Unfortunately, Combs severely sprained his ankle on the next possession and his status for next week is uncertain.

Alice Lloyd closed the half on a 27-14 run to take a 69-54 lead into intermission.

In the second half, Hiwassee slowly started to chip away at the ALC lead. McLaurin began to take over the contest, and his aggressive play allowed the Tigers to tie the game at 92 with just over eight minutes remaining.

Reeling from Hiwassee's knock-out punch, the young Eagles fought back. First, Brumback began to dominate inside the paint. When the Tigers desperately dropped to stop Brumback, sophomore guards Van Ferguson and Michael Lindon each connected on key buckets. Down the stretch, junior Casey Dalton, sophomore Brandon Hayes, and the freshmen duo of Logan Bryant and Brandon Brumgraff provided inspired play from the bench. Their cumulative efforts allowed the Eagles to increase their lead and pull out the victory.

Brumback (Gray Hawk) paced the Eagles. The junior finished the contest with 28 points on 10-of-14 field goals and 8-of-10 free throws. Brumback also pulled down 10 rebounds.

Eight other Eagles joined Brumback in double figures.

Dalton (Pulaski Southwestern) and Ferguson (Paintsville) each added 13 points. Warner (Fort Blackmore, Va.), Lindon (Red Fox), and Hayes (Jackson) contributed 12 points apiece.

Brumgraff (Red Jacket, W.Va.) and Combs (Hazard) added 11 points apiece while Bryant (Dorton) finished with 10 points and four assists.

For the game, Alice Lloyd connected on 41-of-63 shots from the field for a blistering 65-percent including 7-of-13 from downtown. The Eagles connected on 34-of-46 attempts from the charity stripe, shooting at a 73.9-percent clip.

McLaurin led Hiwassee with a game-high 37 points. Hudson added 24 points and Shondre Guest netted 21 for the Tigers.

"I felt that all of the kids left everything on the floor tonight," Hammond said, following the game. "It was good to see players step up when their teammates suffer injuries, and was good to see us fight back after Hiwassee tied the game. We still have a lot of room for improvement, but this was a good start to our season."



**ALLEN CENTRAL continued** to roll up offensive yardage on the ground Friday night in a road game at Knott County Central. Despite twins Logan Crowder (pictured above) and Hunter Crowder (not pictured) being held to less than 100 yards rushing combined, Allen Central defeated the host Patriots.



Left: Allen Central was able to recover the opening kickoff on the road at Knott County Central.

## Morehead State prevails in exhibition opener

TIMES STAFF REPORT

**MOREHEAD** — The Morehead State University men's basketball team opened the 2009-2010 exhibition season with a decisive 90-58 win over Cedarville Wednesday evening at Johnson Arena in

front of 2,012 fans.

Three MSU players tallied double figure scoring and junior Kenneth Faried finished with a double-double to lead the Eagles. Morehead State coach Donnie Tyndall got a look at 13 of his 16 players Wednesday, 12 of which

scored.

Morehead State will host Asbury on Monday (Nov. 9) in its second exhibition at Johnson Arena at 7 p.m. The Eagles will open the regular season at Kentucky on Nov. 13 at 6 p.m. That game will be televised live on ESPN2.

### All-State

O'Connor, Scott; Leslie Schellhaas, Notre Dame; Alexis Smith, Holy Cross (Louisville); Courtney Smith, Greenwood; Catlin Welch, Mercy; Jamie Wulfeck, Notre Dame.

The 2009 KVCA Second-Team All-State players: Liz Barton, Notre Dame; Catlin Dotson, Sacred Heart; Cayla Flood, St. Henry; Erin Fortner, St. Henry; Lindsey Hazelwood, Holy Cross (Louisville); Kelsey Jones,

Allen Central; Jayden Julian, (Holy Cross Covington); Kelly Moyer, Orlham County; Natalie Penrod, Campbell County; Mikayla Reese, Henry Clay; Courtney Robinson, Assumption; Desirre Wilkerson, DuPont Manual.

The 2009 KVCA Honorable Mention All-State players: Meghan Bowers, Presentation; Felicity Britt, Bishop Brossart; Kelly Cole, Paul Laurence Dunbar; Sierra

Crum, Ashland Blazer; Jewell Dobson, Mercy; Holly Gallagher, Butler; Claire Gerwig, Assumption; Victoria Halcomb, Letcher County Central; Amy McCoy, Belfry; Cari McMullen, Community Christian; Kes Moore, Plamist; Kimberly Phelps, Pulaski County; Kelly Roberts, Southwestern; Katelyn Skeleton, Ryle; Lauren Tibbs, Scott; Sarah Ulinski, DuPont Manual; Chelsea Votz, North Oldham.

■ Continued from p5

### ATHLETES OF THE WEEK

Mickey Parsons, Allen Central Football  
Katie Dingus, Allen Central Volleyball



**Dairy Queen**  
of Prestonsburg

## SPORTS FAN

OF THE WEEK



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### Dean nets 10 points, grabs four boards in college debut

TIMES STAFF REPORT

**PIPPA PASSES** — The Alice Lloyd College Lady Eagles basketball team opened the Betty Noble-Acevedo Era on a high note as it cruised to a convincing 95-49 victory over Hiwassee. The season-opening matchup was played Saturday afternoon at the Grady Nutt Athletic Center.

Acevedo returned to her alma mater and showed that she plans to play an up-tempo brand of ball. The fans in attendance did not leave disappointed as five Alice Lloyd players reached double figures in the scoring column.

The game started out well as both clubs scored early and often. The Tigers, sparked by the 6-0 inside tandem of Bethany Allen and Chelsea Simbeck, had the contest knotted at 18 apiece at the 12:06 mark.

At this point, Noble-Acevedo switched to a swarming pressure defense. The increased tenacity led to several Hiwassee turnovers and jump-started ALC's high

octane offense.

Sparked by junior guard Bailey Gabbard's three long-range bombs and a handful of steals that led to easy transition buckets, ALC went on a 25-5 run and settled for a 54-29 lead at the intermission.

In the second half, Alice Lloyd kept up the pressure as all 12 players who saw action and played effectively. Hiwassee was never able to cut into the deficit as ALC extended the final margin of victory to 46 points.

Gabbard (Knoxville, Tenn.) paced Alice Lloyd with 14 points on a 5-of-9 shooting effort (including 4-of-7 from behind the arc). She was closely followed by 12 points from steady junior Nicole Lutes (Jackson).

Nikki Durman (Lexington) provided a big spark off the bench for the Lady Eagles. Durman, a sophomore, registered a double-double with 12 points and 13 rebounds.

Junior Chelsea Jarrell (Paintsville) netted 10 points to go along with six rebounds and two steals.

Junior Heather Dean (McDowell), playing in her first collegiate game, came off the bench to chip in 10 points and pull down four rebounds.

Lightning quick junior point

guard Bree Frazier (Louisiana) led the way with nine assists. Frazier recorded two steals and scored four points while running the floor for the Lady Eagles.

The sophomore tandem of Genima Gray (Manchester) and Alice Felner (Hazard) also provided solid play for host Alice Lloyd. Gray chipped in nine points and nine rebounds. Felner added seven points and eight rebounds of her own.

Allen and guard Jaryn Davis led Hiwassee with 15 points apiece. Simbeck added nine for the visiting team.

ALC connected on 34-of-61 (55.7-percent) of its shots from the field, including 9-of-18 (50-percent) from long-range. The Lady Eagles also hit 18-of-28 (64.2-percent) from the charity stripe.

"I was pleased overall with our performance for the first game," Acevedo commented after the game. "I thought we played excellent as a team and moved the ball very well. We have a lot of things to work on, but these girls know what is needed from them. I was also very pleased with the play from our bench. If we can get consistency every night then that will go a long way in taking our team where we want to go."

### Playoffs

thing, but I strongly dislike the Yankees. Always have, always will. I've often said this and I'll repeat it here: If the Yanks ever had a season where they went 1-161, that'd be one too many wins for me. And of course, they will now reign as the world champions for at least a year.

The only — and I do mean only — good thing about the Yankees winning it is that A-Rod had a solid Series. Here's a great player, one of the best to ever play before, during and after his admitted stint as a steroid user, yet he's the whipping boy for all that goes wrong with the Yankees. I'm sure there are those who will tell you that on those rare nights when Mo Rivera blows a save it's somehow A-Rod's doing.

I've never been a huge fan, and I'm sure he's brought a lot of it on himself, but I get tired of everything being his fault. After the Series he had, hopefully some of that will pass.

— MVP Hideki Matsui's six

runs batted in during Game Six tied a World Series record. There's a lot of speculation his huge night came not only in his last game as a Yankee, but his last game in the Major Leagues.

Speaking of Rivera, as we did a couple of emails up, how about this: It was the third time in his career he's gotten the last out of a World Series. As a side note, if memory serves, he was the one who gave up the Series-ending hit by Luis Gonzalez to end the 2001 season.

That game, by the way, was the subject of a book by ESPN's Buster Olney called, "The Last Night of the Yankee Dynasty."

How about this: Compare and contrast Homer Bailey and Cole Hamels.

Hamels is 25, has a career record of 48-34 and was the MVP of both the NLCS and the World Series only a year ago. He made \$4.35 million this year alone. Meanwhile Bailey is 23, stands 12-13 in his career and has struggled

and been pompous and difficult to work with most of his career.

Now, who'd have thought at, say, the All-Star break you could very well be better off with Bailey than Hamels heading into 2010?

I'll be interested to see how the Bengals bounce back from their bye week when they host Baltimore on Sunday. I'd say the same for Kentucky coming off last week's disappointing loss to Mississippi State, but they play Eastern Kentucky so it's a moot point.

Or at least it'd better be. The Lady Bears opened their season Wednesday night with a nice, easy win over Virginia Intermont. The home portion of the schedule begins on Monday night when they play Alice Lloyd at 5:30 and the guys host Shawnee State at 7:30.

Come out to the Expo Center and see how they stand as this huge basketball season begins.

■ Continued from p5



# Take Comfort

## Cozy up to healthier favorites

FAMILY FEATURES

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

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Chili Colorado



Pulled Pork

### Pulled Pork

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

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

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

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

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

### Chili Colorado

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

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

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

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



Tomato Risotto with Portabella Mushrooms

### Tomato Risotto with Portabella Mushrooms

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

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

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

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

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

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

**Nutritional analysis per serving:** Calories: 420, Fat: 11g, Saturated Fat: 5g, Trans Fat: 0g, Cholesterol: 20mg, Sodium: 860mg, Potassium: 126mg, Carbohydrates: 67g, Fiber: 6g, Sugar: 10g, Protein: 15g, Vitamin A: 35%, Vitamin C: 25%, Calcium: 15%, Iron: 15%.



Italian Tomato Eggs

### Italian Tomato Eggs

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

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

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

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

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

Recipe may be doubled.

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

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



# Education, information on treatment, key components to combat prescription drug abuse, group says

FRANKFORT — A group of stakeholders in the prescription drug abuse epidemic say the creation of a call center staffed by trained counselors to handle inquiries about substance abuse, and a database updated weekly that matches available treatment to the needs of the abuser, would offer dramatic tools to combat Kentucky's growing problem.

Members of Kentucky for Responsible Rx (Ky4RRx), an informal coalition of state agencies, health care and insurance representatives, treatment providers and pharmacists — also recommended educating prescribers about addiction, making referrals for treatment, and identifying signs of drug abuse and diversion in patients.

The group formed earlier

this year, as various parties began talking to each other about the need to curtail the epidemic.

"We all own a little piece of this problem, and we realized that if we sat in a room and hashed out what part we're all responsible for and how we can correct it, we can make a huge impact on the problem," said Van Ingram, executive director

of the Office of Drug Control Policy.

Over the past nine months, Ky4RRx has grown to include more than 40 members.

"Prescription drug abuse is a preventable condition that nonetheless devastates our families and communities — physically, socially and financially," said Gov. Steve Beshear. "I applaud this group for bringing together their resources to address the problem and offer comprehensive solutions."

Professionals in the field say appropriate treatment is often difficult to locate, and beds are hard to come by. A call center, modeled after an "I Quit" treatment line in West Virginia, would allow a practitioner, family member or individual to speak to a trained counselor about signs of abuse, and would include a website with updated information on where to go for treatment.

"This puts it all under one roof," said Steve Wilson, one of the group's original organizers and senior vice president with Benefit Insurance Marketing, an advisory for corporate health

plans.

In addition, the Kentucky Medical Association is exploring devoting another issue of its professional medical journal to substance abuse, according to its president, John R. White, M.D. The group is also exploring other educational opportunities, such as offering web-based continuing education units aimed at educating prescribers and increasing the number of prescribers and pharmacists that utilize Kentucky All Schedule Prescription Electronic Reporting, or KASPER, according to Dr. Allen Grimes, a medical director at Humana Inc. and a member of the coalition.

With more than 90 percent of the KASPER queries originating from health care professionals, the prescription drug monitoring system has demonstrated its value. Still, of the nearly 14,000 licensed prescribers in Kentucky, only 26 percent have active KASPER accounts.

"While not all of those health professionals prescribe

controlled substances, we really need to increase the number who are using KASPER," said Dave Hopkins, KASPER Program Manager. "It's an under-utilized tool that can help reduce prescription drug abuse and diversion."

Kentucky has one of the highest rates of prescription drug abuse in the nation. A report released last month by the Justice and Public Safety Cabinet found that the rate of prescriptions dispensed for all controlled substances trended up in nearly all Kentucky counties between 2005-2007. Overall, the state rate jumped 13.4 percent.

"We know statistically people get started abusing prescription drugs through diversion — using drugs that they buy or take from family and friends," Ingram said. "The more of these powerful painkillers that are prescribed, the more opportunity there is for diversion. I'm not saying that all the increase was abused, but it seems like a pretty big jump in a 24-month period."

■ Continued from p1

## Tax credits help homeowners winterize 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.

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 is usually found on the manufacturer's website or with the product packaging. Normally, a homeowner can rely on this certification. The IRS cautions 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.

■ Continued from p1

## Election

ing first.

"Even though there are four quarters and 32 minutes of basketball to be played, getting the tip-off and scoring in those first few attempts is very important," said Runyon. "A team has to get off to a good start or it will play from behind. I wanted to get off to a

good start today, and I am pleased."

Already Runyon says he has garnered a lot of support with more than 600 Facebook supporters and a large number of encouraging phone calls.

Runyon, who considers himself founded in "strong conservative principles," has

also touched on some of the issues he will highlight during his campaign, including support of the coal industry, maintaining roads and schools.

"Government should work for the people not against them," Runyon said, "and I have fresh ideas on how to make that happen."

■ Continued from p1

## Inspectors

This was done with agreements between the Department for Local Government, the Energy and Environment Cabinet and Floyd County.

"As a legislator from the coal region, I am grateful to Gov. Beshear for taking this initiative to help the coal industry and an always thoughtful for coal safety measures," said state Sen. Johnny Ray Turner. "I appreciate that he has taken steps to make it possible to review and expedite

mine permits more quickly to and keep Kentucky's signature industry producing."

Beshear made three stops in Eastern Kentucky to talk with miners and local officials earlier this week.

Beshear has also signed an emergency regulation that allows for assessments on new mine permit applications. The additional funding is expected to raise an estimated \$800,000 with an equal federal match that will be used to pay for 19 additional employees in the

Division of Mine Permits.

Due to budget cuts and retirements in 2008, the division has experienced some difficulty reviewing permit applications in a timely manner.

The division will also be assuming additional duties in the review of cumulative hydrologic impacts and fill minimization. The additional positions will enable the division to meet regulatory timeframes and fulfill the new duties, said state officials.

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# FLOYD COUNTY Lifestyles

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## MOVIES FROM THE BLACK LAGOON

### 'American Ninja 3: Blood Hunt'

by TOM DOTY  
TIMES COLUMNIST

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

Tom Doty  
Times Columnist

Things actually start in the 1970s, where we are introduced to Sean Davidson (all of 12 years old). He is all set to enjoy watching his dad compete in a karate tournament, but those plans are disrupted by the evil Cobra. Not the snake, but certainly not a guy you'd want teaching in your schools.

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

Ten years later, we meet Sean

(See LAGOON, page three)

## This Town, That World

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

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

### THE FEATHERS WERE RUFFLED

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

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

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

Oh, well...

(See ALLEN, page two)

by JARRID DEATON  
FEATURES WRITER

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

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

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

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

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

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



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

## Brazilian musicians to perform at Pikeville College

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

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

Galama began her musical studies at the age of six, completing her undergraduate studies at Espírito Santo College of Music in Brazil as a student of Isa Virginia Boechat. She earned her master's degree at the Federal University of Rio de Janeiro, Brazil, in 1999, presenting a dissertation titled "Jeceguay Lins - A Vision of His Work Through Kateb e Lacrimabilis."

Galama has played in several Brazilian-American states as soloist and accompanist, sharing the stage with renowned musicians Charles Schlueter, Benjamin Karp, Radekondis Feinosa, Alex Reis, Nadson Simoes and Antônio Marcos Cardoso. As a cellist, she also works with the Philharmonic Orchestra of Espírito Santo. For several years, Galama was one of the coordinators of the Friends Association of the Philharmonic Orchestra of Espírito Santo, organizing concerts and social projects developed by the institution.

Among her teachers are Myrian Danielsberg (Brazil), Victor Chouhoukov (Bulgaria), Vadim Rudenko (Russia), Luis Medalha (Brazil), Luis Henrique Senise (Brazil), Linda Bustam (Brazil), Alex Reis (Brazil), Dr. Inna Voro (Russia/U.S.), and others. Galama teaches piano and accompanying at the Espírito Santo College of Music and is finishing her doctoral degree in piano at the University of Kentucky under Dr. Voro.

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

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

(See MUSICIANS, page three)

### DINNER DIVA

## Preparedness



It occurred to me as I was thinking about menu planning that not planning is choosing to live in an unprepared state. Think about what that means for a minute. Being unprepared means chaos, confusion and regret. Living life in a state of perpetual unpreparedness is highly stressful. Why do we do this to ourselves? In the kitchen and in the food department of life, being unprepared translates to not having the food you need to cook and feed your family and yourself well. Unprepared means unhealthy, expensive and wanting in nutrition. And when you consider that 70% of all disease is

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

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

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

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

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

(See DIVA, page two)

## CAR TALK

Car flat-lining despite efforts to jump-start

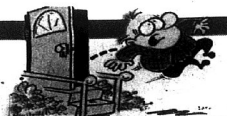
— page B3



Horoscope	B2
Rental Central	B3
Worship Directory	B4
Classifieds	B5

## Fun & Games

page B8







## Family Medicine

**Martha A. Simpson, D.O., MBA**  
Associate Professor  
of Family Medicine

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

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

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

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

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

# No spleen? Use caution to avoid infections

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

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

Although vaccinations are impor-

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

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

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

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

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

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

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



## Salome's Stars Weekly Horoscope

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## Stephens receives scholarship from Campbellsville University

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

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

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

Academic scholarships are awarded in various amounts to

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

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

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

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

The Roger's Scholar Academic Scholarship is a \$2,000 scholarship offered to participants in the Roger's Scholars program. Campbellsville University is a private, comprehensive institution located in South Central Kentucky. Founded in 1906, Campbellsville University is affiliated with the Kentucky Baptist Convention.

## GOOD HEALTH

### Strength training OK for young children

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

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

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

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

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

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

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

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

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

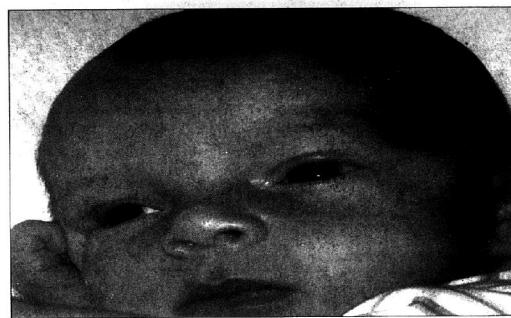
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**DEAR DR. DONOHUE:** A TV doctor claimed it is better to eat a big meal at lunchtime. If you eat a big meal at dinnertime, you go to bed without burning it off. I thought weight depended on total daily calorie intake versus total daily calorie burning,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

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

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



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

## Diva

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

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

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

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

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

■ Continued from p1

## Allen

### THE VERDICT

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

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

■ Continued from p1

□ □ □

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

EAT MORE POSSUM.



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

by TOM and RAY MAGLIOZZI

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

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

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

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

TOM: So here's what you do: Get someone to give you a jump-start. If you can get the car started with a jump, that suggests the battery is not good. Once you get it started, you can

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

RAY: If you can't jump-start the car, then you can be relatively sure that it's a bad starter, or one of the other things we mentioned.  
TOM: But if you've been charging it for a week and it still won't start, that puts the alternator way down on the list of things I'd suspect. The alternator's job is to charge the battery. And if the trickle charger can't do it with the help of your power company, I think the alternator may be off the hook. Good luck, Cynthia.

Tom and Ray say wife is right on the one

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

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

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

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

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

TOM: And four different judges!

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

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

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

RAY: While reversing directions

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

TOM: And the damage isn't confined to the transmission itself. Other parts of the drive train

and suspension get jolted, too. Instead of being allowed to stop and start moving the other way, each part is suddenly slammed against the next part down the line. This leads to premature wear, and large outlays of money.

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

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

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

RAY: When he's grabbing his backside and shouting: "Ow! What'd you do that for?" just say:

"What? I didn't do anything. But IF I DID, it might be a reminder to stop

shifting from reverse to drive while the car's still moving."

Get more Click and Clack in their new book, "Ask Click and Clack: Answers from Car Talk." Get 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](http://www.cartalk.com).



## Rental Central

by TOM DOTY  
TIMES COLUMNIST

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

■ "Taking of Pelham 1-2-3"

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

■ "I Love You, Beth Cooper"

— Author Larry

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

■ "G.I. Joe: The Rise of Cobra"

— This all-out action-fest is better than any other movie based on a cartoon designed to sell plastic toys. You don't get Shakespeare, but the action sequences are

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

■ "Aliens in the Attic"

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

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

■ Continued from p1

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

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

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

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

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

■ Continued from p1

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

BrassES and Metal-ES quintets, and the Group of Brass and Percussion of the OFES. He is the editor of the works of Maestro DUDÁ for brass quintet, published by Alafania Editions. Cardoso is currently a trumpet professor of the Federal University of Goiás.

## Strange ... but true

by SAMANTHA WEAVER

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

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

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

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

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

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

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

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

Thought for the Day

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

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## Polli

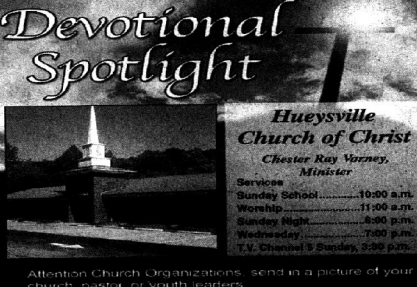
North-American cities, including the New England Conservatory of Music in November 2009.

Cardoso recorded the CD "Embolada" with the instrumental para Trompete e Violão ("Embolada" = Experimental Music for



# Floyd County Devotional Page

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



**Devotional Spotlight**

**Hueysville Church of Christ**  
Chester Ray Varney, Minister

Services:  
Sunday School: 10:00 a.m.  
Worship: 11:00 a.m.  
Sunday Night: 6:30 p.m.  
Wednesday: 7:00 p.m.  
T.V. Channel 5 Sunday, 2 and 6 p.m.

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

**ASSEMBLY OF GOD**

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

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

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

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

**BAPTIST**

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

Auxiliary Free Will Baptist, Auxbury; Sunday School, 10 a.m.; Bobby Spencer, Pastor.

Ball Branch Regular Baptist Church, Mousey Ky; Worship Service, 9:30; Every third Sat. and Sun. of each month; Roger Hicks, Pastor; Ralph Howard, Asst. Pastor. Contact Kermit Newsome 606-377-6861 for more information.

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

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

Big Sandy Community and Technical College Baptist Student Union, J. 102; Wednesday, 11:30 a.m.; Vera Joiner, 886-3853, ext. 67267.

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

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

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

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

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

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

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

Endicott Free Will Baptist, Buffalo; Sun. School, 10 a.m.; Church every Sun. Morning 11:00 a.m.; Wed. evening Bible Study & Prayer Meeting 7:00 p.m.; First Sat.

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**Saint Joseph Martin**

evening Service, All Welcome 7 p.m.  
Pastor Mark Hunt, 606-478-2898

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

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

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

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

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

Fitzpatrick First Baptist, 1063 Big Branch, P.O. Box 410, Prestonsburg, KY 41653; Sunday School, 10 a.m.; Randy Osborne, Minister.

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

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

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

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

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

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

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

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

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

Left Beaver Regular Baptist Church across from Garth School, 4th Saturday & Sunday 10:00 a.m. Odd Saturday 9:00 p.m., Gary Compton, Pastor.

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

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

Little Rosa Regular Baptist Church of Jesus Christ, (Indian Bottom Association) Services: 1st Saturday & Sunday clevery morning 9:30 a.m., 3rd Sunday 9:30 a.m., 5th Sunday 9:30 a.m.

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

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

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

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

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

Lighthouse Baptist, 2194 KY Rt. 1428, Prestonsburg; Sunday Service, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Donald Crisp, Minister. home phone 285-3381.

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

Prater Creek Baptist, Barker; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.

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

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

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

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

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

The Third Avenue Free Will Baptist; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Philip Ramey, Pastor.

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

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

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

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

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

## CATHOLIC

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

**CHRISTIAN**

First Christian, 560 North Arnold Avenue, Sunday School, 10 a.m.; Worship Service, 11 a.m.; Jim Sherman, Minister.

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

**CHURCH OF CHRIST**

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

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

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

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

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

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

Mare Creek Church of Christ, Stanville; Sunday School, 10:00 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m.

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

Maytown Church of Christ, 66 Turkey Creek Rd., Langley; Sunday Bible Study 7:00 a.m., Sunday morning worship 11:00 a.m., Evening Worship 6:00 p.m., Wednesday Bible Study 6:00 p.m.

Upper Toler Church of Christ, 3.5 miles up Toler Creek on U.S. 23; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.

Weeks Church of Christ; Sunday School, 10 a.m.; Worship Service, 10:45 a.m. and 6 p.m.; John Burke, Minister.

**CHURCH OF GOD**

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

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

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

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

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

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

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

**EPISCOPAL**

St. James Episcopal, Coffee Hour 10:00 AM; Morning Service 11:00 a.m. Rect. 886-9046

**LUTHERAN**

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

**METHODIST**

Auxiliary United Methodist, Auxbury; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.; Mead Music, Minister.

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

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

Community United Methodist, 147 Burke Avenue (off U.S. 23); Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Glen "Sandy" Douglass, Rev.

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

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

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

Horn Chapel Methodist, Auxbury Road; Auxbury; Sunday School, 10 a.m.; Sunday Morning Service, 11 a.m.; Midweek Service, 7 p.m.; Sunday Evening Service held on the 1st and 3rd Sundays of each month at 6 p.m.; Judy Carr-Buck, Minister.

Graceway United Methodist, Rt. 80; Sunday School, 9:45 a.m.; Worship Service, 11 a.m.; Wednesday Night, 7 p.m.; Roy Harlow, Minister.

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

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

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

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

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

Free Pentecostal Church of God, Rt. 1428, East Point; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 5:30 p.m.; Thurs., 6:30 p.m.; Buster Hayton, Minister.

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

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

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

Goodloe Pentecostal, Rt. 850, David; Worship Service, 6 p.m.; Malcolm Stone, Minister.

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

Trinity Chapel Pentecostal Holiness, Main St., Martin; Sunday School, 10 a.m.; Worship Service, 7 p.m., 2nd

Sat., 7 p.m.; Thurs., 7 p.m.; Ellis J. Stevens, Minister.

**PRESBYTERIAN**

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

**SEVENTH DAY ADVENTIST**

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

**THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS**

The Church of Jesus Christ of Latter-Day Saints; Sacrament Mgt., 10:00 a.m.; Sunday School, 11:20 a.m.; Relief Society/Priesthood Primary, 12:00 p.m.; Wednesday, 6 p.m.; Church Meeting House address, Hwy. 80, Martin, KY 41649; Meeting House telephone number: 285-3133; Richard Salisbury, Bishop.

**OTHER**

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

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

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

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

Faith Revelation, Harkins Ave., West Prestonsburg; Sunday School, 10 a.m.; Worship service, 11 a.m. and 6 p.m.; Thurs., 7 p.m.; Randy Hegans, Minister; 886-9450.

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

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

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

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

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

Martin House of Worship, Old Post Office St.; Worship Service, 7 p.m.; Saturday/Sunday School, 10 a.m.; Old Time Holiness, 2 miles up Arkansas Creek, Martin; Sunday School, 11 a.m.; Worship Service, 7 p.m.; Friday, 7 p.m.; John W. Patton, Minister.

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

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

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

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

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

Zion Deliverance, Wayland; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m.; Prayer Line: 358-2454; Darlene W. Arnette, Pastor.

Taylor Chapel Community Church, formerly the old Price Food Service building, located 1/4 mile above Worldwide Equipment, Rt. 1428, Sun. Bible Study, 10 a.m.; Sun. Morning Service, 11 a.m.; Sun. Evening, 6:30 p.m.; Kerry Vanderpool, Pastor.

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

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

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

House of Refuge, Rock Fork; Sunday Evening Worship 6 p.m.; Monday Bible Study 7:30 p.m.; Wednesday Prayer Meeting 7:30 p.m.; Bill B. Tussey, Pastor.

Seventh-Day Adventist 5 miles West on Mt. Parkway; Sabbath School 9:30 a.m.; Church Services 11AM; Pastor, John Baker; 358-9263; Church 606-886-3459; Leave message. Everyone Welcome.

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## FLOYD COUNTY



# Faith and Family



## Campbellsville University following Vision 2025 to prepare Christian servant leaders

by JOAN C. McKINNEY  
CAMPBELLVILLE UNIVERSITY

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

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

"Campbellsville University is committed to serving the higher educational needs of the 21st century in a spirit of humility, service and concern for others," Carter said. "We want to combine the finest in academic rigor with the ability for students to become leaders who are guided by a sense of Christian ethics and care for all people."

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

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

Vision 2025 is the result of two years of work by the CU Board of Trustees and administration with input from faculty, staff, coaches, students, alumni and community leaders, with the board having officially approved the document. As a primary goal of Vision 2025, CU is poised to become one of the premier and top tier Christian universities by the implementation of goals and initiatives in the document.

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

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

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

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

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

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

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

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

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

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

9. remaining a strongly Christ-centered institution and maintaining CU's Baptist identity while being open to people of differing backgrounds and experiences; 10. fostering a sense of earth stewardship; 11. integrating ethics into all academic and student life programs; 12. making Campbellsville University a diverse community of learners reflective of the global family;

13. being Great Commission Christians who believe in the "whosoever will Gospel" (John 3:16); and, 14. challenging CU's students to be Christian servant leaders in whatever profession they are called to serve in and in all facets of their lives.

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

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

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

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

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

"We are committed to mak-

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

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

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

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

1906, Campbellsville University is affiliated with the Kentucky Baptist Convention and has an enrollment of 3,006 students who represent 97 Kentucky counties, 30 states and 37 foreign nations.

## Paintsville United Baptist honors service of Pelphrey

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

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

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



John R. and Minerva Davis Pelphrey

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

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

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



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### KIM'S KORNER

## Oh, no you didn't!

by KIM LITTLE FRASURE

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

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

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

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

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

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

Whenever conflict arises

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

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

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

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

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

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



Kim Little Frasure



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**Houses For Rent**

House for rent, 3 bedrooms, Located in Prestonsburg, Call 874-0875 or 226-3207

**4000 Manufactured Housing****Rentals**

Mobile home for rent, Located on Left Fork of Abbot, Call 886-9479.

Beautiful 2006 mobile home for rent, 2 br, 2 ba full electric, \$500 month plus deposit. Located at Bull Creek, Call 886-9999 or 886-8072 ask for Janice Pennington.

For rent, 3 br, 1 bath house on Little Paint Creek, No pets. No smoking, \$650 per month plus utilities. Call 886-3613.

3 br., extra nice mobile home for rent. Refrigerator, stove, washer/dryer, \$525 per month plus utilities and security deposit. Must have references. NO accepted. Call 874-2802.

**Rentals**

For Rent: nice, clean & quiet 2 br mobile home for rent, No HUD. Suitable for couple only. Maintenance of yard included in rent, \$360. monthly plus \$150 deposit. In Emma, Call 3285 or 791-7568.

Large private mobile home lot for rent. Room for 8 miles from Prestonsburg on Rt 1210. Call 886-8366.

**Sales**

For Sale: 2 lots one with mobile home, both have septic systems. Will sell together or separate. Located on Stevens Branch off Cliff. Call 791-3727.

**6000 Employment****Help Wanted - General**

Help wanted: Experienced meat cutter needed in Johnson Co area. Call 297-6707.

Dental Hygienist or dental assistant for busy practice. Must love

**Help Wanted - General**

children. Health insurance, paid holidays, 401 K profit sharing retirement plan, bonus pay, 4 day work week. Send resumes to 38 Grace Drive, Prestonsburg, Ky 41653.

**Computers****GUARANTEED CONSUMER**

Own a computer for as little as \$29.99 per week! No credit check! Guaranteed Consumer Funding 1-888-282-3595

**Richard Albert, M.D.****Formerly of Pain Management**

**Announces The Opening of His Clinic**  
498 Ky. Rt. 321N, 1/4-mile past Premier Motors and beside Peterbilt Trucking  
**606-297-1600**

**Financial**

**DEBT SETTLEMENT USA**  
We solve debt problems! If you have over \$15,000 in debt CALL NOW! 1-877-266-0261

**Other Services****LIFELOCK**

Are You Protected? An identity is stolen every 3 seconds. Call LifeLock now to protect your family free for 30 days! 1-877-481-4882 Promocode: FREEMONTH

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**Carpentry Work**

James Watkins and Mike Watkins  
50 years combined experience  
New houses, remodeling, drywall, sheetrock, roofing, shingles, and metal roofing. All finish work, concrete, decks, vinyl siding. Call today 886-3052 or 263-4237 (Please leave message)

**HONEYCUTT REMODELING**

Room additions, painting, wallpapering, pole barns, buildings, roofing, concrete work, underpinning, build decks and porches, house-washing, and gutter cleaning. Free Estimates! 33 Years Experience. Call 259-3457 or 886-0633

**Remodeling BEST VALUE**  
Add-on's, Roofs, Decks, and Sheetrock  
**ANYTHING THAT NEEDS DONE**  
Under bids most. 25 years Experience. CALL ANYTIME 791-2656

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**Electrical Contracting**  
Residential & Commercial Electrical Services  
Home Improvements and Repairs  
40 ft. Bucket Truck and Boncat for hire  
LICENSED and INSURED  
Free Estimates • Reliable  
Call JOHN LEWIS, today Ph: (606) 886-2785 Pager: (606) 482-0229

**Parkview pharmacy**

**Drive-thru Available**  
Located across from Minnie Ballpark  
Kristy Moore/Valerie Akers (606) 377-2117 FREE DELIVERY

**FIREWOOD FOR SALE**  
Will Deliver  
Call 874-9996

**The Hayloft**

**FEED STORE and TANNING SALON**  
2051 Ky. Rt. 40 West, Staffordsville, KY  
606-297-1878  
**Super Tanning Beds**  
We Carry All Kinds of Live-stock Feed  
Accepting MasterCard & Visa.

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Installation & Maintenance  
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James Warrick (Licenced)  
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**PIKE CIRCUIT COURT DIVISION NO. 1**

ACTION NO. 08-CI-01220

BARBARA TACKETT PLAINTIFF

VS NOTICE OF SALE

MAYO, INC. and HUBERT SPEARS DEFENDANTS

The undersigned, Melanie Field Horton, Receiver, shall proceed to offer for sale, at the door of the **Pike County Courthouse**, at Pikeville, Pike County, Kentucky, to the best bidder at public auction on **Wednesday, November 11, 2009** at the hour of 9:00 a.m., or thereabout, upon terms of ten (10%) percent down at the time of sale with the balance on a credit of sixty (60) days, the following described property which is being sold for indivisibility, said property being located in Pike County, Kentucky, and more particularly described as follows:

**REAL PROPERTY:****TRACT I**

A certain tract or parcel of land located South of Pikeville, Pike County, Kentucky, on U.S. Highway #23, more particularly described as follows:

**BEGINNING** at an iron pin on the western right of way line at U.S. Highway 23 and 460, being the northeast corner of F.C. Sanders' lot, and the southeast corner of a lot belonging to Sam Sirginis; thence with the said right of way line S 19° 30' W 80.00 feet to the corner of L.D. Ratliff's lot; thence with said line N 70° W 30 feet 159.9 feet to the iron pin; thence N 25° E 98.0 feet to an iron pin on the line between Sam Sirginis and F.C. Sanders; thence with said line S 64° E 152.00 feet to the point of **BEGINNING**.

Being the same property conveyed to Mayo Trail Tire Service, Incorporated, by deed from The Citizens Bank of Pikeville, a Kentucky banking organization, dated July 6, 1971, of record in Deed Book 504, Page 38, Pike County Court Clerk's Office.

**TRACT II**

A certain tract or parcel of land lying on the Levisa Fork of the Big Sandy River, near Blairtown, Pike County, Kentucky, bounded and described as follows:

**BEGINNING** at a power pole along the boundary of Old U.S. 23 where the tract of real property of the grantors joins the tract of real property currently owned by Myrtle Johnson, of P.O. Box 2497, Pikeville, Kentucky; thence running along the boundary of Myrtle Johnson property line a distance of 86 feet; thence turning right at a 90° angle and running in a straight line to the public road which runs across the bottom toward the river; thence turning right and running along said public road to join the right of way of old U.S. 23; thence turning right and running along U.S. 23 right of way back to the power pole which marked the beginning.

Being the same property conveyed to Mayo, Inc., a Kentucky Corporation, by deed from Elmer Dale May and Irene May, his wife, dated November 30, 1989, of record in Deed Book 630, Page 580, Pike County Court Clerk's Office.

**TRACT III**

A certain tract or parcel of land, lying on the West side of South Mayo Trail and more particularly bounded and described as follows, to-wit:

**PARCEL 1**

**BEGINNING** at an iron pin on the line of the Sam Sirginis property at the corner of the Paul Rowe and Ferde C. Sanders' property; thence running south with the lines between Paul Rowe and Ferde C. Sanders a distance of 98.1 feet; to a point in the L.D. Ratliff heirs property line; thence in a westerly direction running with the line of L.D. Ratliff's heirs property line a distance of 60 feet; thence turning north and running a parallel line to the property line of Sam Sirginis line to the beginning.

**PARCEL 2**

**BEGINNING** at an iron pin at the SE corner of the Rodney B. Sanders lot, at a point on the NW boundary of the L.D. Ratliff property (now Billy Jack Epling property); thence running with the L.D. Ratliff line, (now Billy Jack Epling line) N 70° 30' W to an iron pin on the NE corner of the Ferde Sanders' line; thence running with the Ferde Sanders line to the river; thence running down the river with the meanders thereof to the Sam Sirginis' line, now Dudley Coleman; thence with the Sam Sirginis' line now Dudley Coleman S 64° E to a point on the Sam Sirginis' property line, which joins the NW corner of the Rodney B. Sanders' lot; thence running SW with the Rodney B. Sanders' property line to the point of **BEGINNING**.

There is also conveyed with this description that certain 15 foot road right of way heretofore reserved in prior deeds, extending from Highway 23 to the river.

Being the same property conveyed to Mayo, Inc., by deed from Adrienne Justice and Greg Justice, her husband, Nancy S. Hatcher, and Ferde Sanders and JoEllen Sanders, his wife, dated September 18, 2007, of record in Deed Book 918, Page 515, Pike County Court Clerk's Office.

**PERSONAL PROPERTY:**

All Assets of Mayo, Inc.; whether any of the foregoing is owned now or acquired later, all accretions, additions, replacements, inventory and substitutions relating to any of the foregoing, all records of any kind relating to any of the foregoing, all proceeds relating to any of the foregoing (including insurance, general intangibles and other accounts proceeds).

The Receiver shall take bids on the real estate and personal property separately and then together, with the properties being sold in the manner which yields the highest purchase price.

The purchaser shall be responsible for the payment of Kentucky Sales Taxes associated with the purchase of assets.

The personality may be inspected prior to the day of sale by contacting the Receiver.

For the purchase price of the above-described real estate, purchaser or purchasers must pay ten (10%) percent at the time of sale and execute bond for the balance with approved surety or securities bearing legal interest from the day of sale until paid, and having the full force and effect of judgment, or purchaser may pay cash.

Bidders will have to comply promptly with these terms.

Any announcements made by the Receiver on date of sale take precedence over printed matter contained herein.

This 21st day of October, 2009.

**MELANIE FIELDS HORTON  
RECEIVER**

P.O. BOX 29  
PIKEVILLE, KY 41502

# HOME FIRES

## America's Biggest Disaster Threat

### 4 Out Of 5 Americans Are Unaware That Home Fires Are The Most Common Disaster Threat.

Preparedness is your best defense against deadly fires.  
Use these checklists to make your home safe and prepare your family.

To prevent fires before they start:

- ☐ Never leave burning candles unattended
- ☐ Keep fuel (paper, clothing, bedding) at least three feet away from heat sources

To stay safe from fires:

- ☐ Create a home fire escape plan
- ☐ Practice your plan at least twice a year
- ☐ Install smoke alarms and escape ladders
- ☐ Replace smoke alarm batteries at least once a year
- ☐ Purchase and learn how to use fire extinguishers safely

Visit [www.redcross.org](http://www.redcross.org) or contact your local American Red Cross chapter today to learn more.





## fun &amp; games

## Amber Waves



by Dave T. Phipps

## Out on a Limb



by Gary Kopervas

## R.F.D.



by Mike Marland

## The Spats

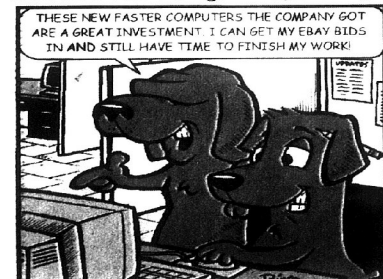


by Jeff Pickering



## Just Like Cats &amp; Dogs

by Dave T. Phipps



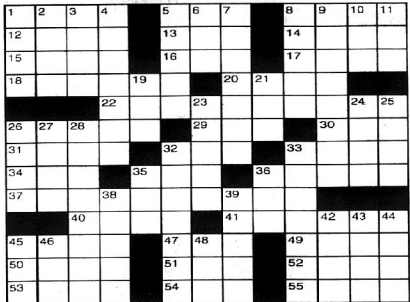
## LAFF-A-DAY



## King Crossword

## ACROSS

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

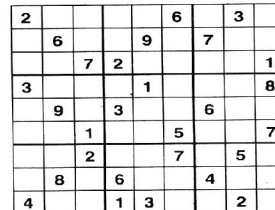


- 50 Stench  
51 Lamb's mama  
52 Pub missile  
53 Frogs' hangout  
54 "Mayday!"  
55 Messes up  
7 construction  
8 Landscapes  
9 Pants  
10 material  
11 Pale purple  
12 Eggs  
13 Longing  
19 Compass  
21 Little Teapot  
23 Greeting  
24 Nestling hawk  
25 Himalayan beast  
26 "Soat"  
27 Ripped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

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## Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 3-box square contains all of the numbers from one to nine.

## DIFFICULTY THIS WEEK: \*

\* Moderate \*\* Challenging \*\*\* HOO BOY!

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## Trivia test by Fifi Rodriguez

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

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## HOCUS-FOCUS by Henry Boltinoff



Find at least six differences in details between panels.



Differences: 1. A person is different. 2. A person is missing. 3. A person is missing. 4. A person is missing. 5. A person is missing. 6. A person is missing.

## CryptoQuip

WLYWB JOK KLOK AJEQM  
NYCKVJIZMX LTV MYA AOKWL  
NJ IJO COUUCY CLY C  
BZGGZMX KZEY?

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## King Crossword

Answers



Answer

Weekly SUDOKU

CryptoQuip

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