

The Floyd County Times

Prestonsburg, Kentucky 41653

Speaking of and for Floyd County

USPS-2027-0000
Volume LXVIII, No. 15 50¢

Renovation plan gets a thumbs-up from board

by Susan Allen
Staff Writer

Floyd County school board members decided Saturday to proceed with the renovation of Prestonsburg High School, but stopped short of committing beyond the \$3.1 million proposal.

Originally, the \$7.1 million project was set to be completed in phases as monies became available to the school district. The project has been on hold for several months because of financial concerns.

An unexpected windfall from state government last month, which can be used for school construction projects, enabled the district to get state approval to proceed with the first phase of the project.

At Saturday's special meeting, board member Eddie Patton said that he would be in favor of the project if the order did not indicate there may be additional phases.

"I think it's important not to try to obligate future boards of education when you get money down the road," Patton said. "We need to spend the money to make it better for children. Children need a better learning environment. To approve it as phase I would indicate there may be a phase II."

The board heard an extensive report on the Prestonsburg High School project from architect Russ McFarland. McFarland outlined what portion of the facility would be affected in the \$3.1 million proposal.

(See Renovations, page five)

Museum finds a booster in CAP's Beiting

Donald "Dootney" Horn has gained a powerful ally in his efforts to develop a coal museum in Floyd County.

Father Ralph Beiting, who has won national recognition for his work with Christian Appalachian Project (CAP), said Monday that he is willing to lend his support to the museum proposal.

Horn has proposed developing a coal museum that will house artifacts donated by a private collector and turning an underground mine he operated in Prestonsburg into a commercial attraction. A small section of the mine would be opened for tours.

Beiting said that CAP's goal is to help develop an area both socially and economically and the coal museum project would do both.

"The idea is a good one; it's an exciting idea" Beiting said. "It has the potential of creating jobs. It will bring new income in for the area."

Beiting and CAP are asking for a feasibility study of the project.

"They need to get more facts and figure what it will cost," Beiting said. "For instance, someone needs to ask the Corps of Engineers 'Can filling be done? Can this land be expanded?'"

(See Museum, page two)

Stumbo pleads guilty to theft, drug-trafficking

by Susan Allen
Staff Writer

Former Floyd deputy judge-executive Jimmy C. Stumbo pleaded guilty Friday to drug trafficking and theft of public monies.

Stumbo pleaded guilty to one count of drug trafficking and one count of stealing \$2,900 in county funds before Floyd Circuit Judge John David Caudill.

Under the plea agreement, Stumbo is to repay the \$2,900 to the county and he agreed to continue his drug treatment program.

Assistant commonwealth attorney



Firefighters discuss 911

Members of the Floyd County Firefighters Association met Thursday with representatives of the Kentucky State Police to discuss the operation of a 911 emergency service system. Firemen have not reached a consensus on whether they favor the system being located in Pike County or Floyd County. (photo by Susan Allen)

Firefighters searching for consensus on project site

by Susan Allen
Staff Writer

Floyd County firefighters are trying to determine how they will best benefit from where a 911 emergency service system is located.

On Thursday, members of the Floyd County Firefighters Association met with representatives from the Kentucky State Police to discuss how a system would work if operated by the state police.

Lieutenant Paul Maynard and a communications representative explained the process to local fire-

fighters.

Firemen were concerned about buying radio equipment and how individual departments would communicate with those dispatching 911 calls. The firemen would like to see all county fire departments on the same radio frequency and every department have the same radio equipment.

The state police representatives said that they felt some equipment could be purchased in order to put the 911 system on line, but stressed most of the decisions would be up to the fiscal court. They added that the state

police would work with local emergency response agencies to set out standard operating procedures.

In response to a question about areas of the county that do not have fire protection — called black areas — the representatives said that county officials would have to address that issue.

After the state police presentation, firefighters continued their discussion on where the system should be located.

The group arrived at no consensus on the issue and is expected to hold more discussions in the future.

Wheelwright dump concerns state officials

by Susan Allen
Staff Writer

State environmental officials have put Wheelwright city officials on notice to clean up a garbage dump in that town.

Floyd County ecology officer Lonnie May told city commissioners Monday that state EPA officials contacted him about garbage being dumped on an old baseball park in the city. May said that it was his understanding that the city owned the property and was responsible for cleaning it up.

Commissioners told May that they were unaware that the dump was on city property and asked for time to check out the matter.

Mayor David Marlee Sammons said that the city would be willing to cooperate in the cleanup and wanted "30 days to get rolling."

May told commissioners the 30-day request was acceptable and added that there may be another land owner involved. He hinted that there could be litigation on the issue after police chief Tommy Engle found some documents in the dump.

Commissioners voted to block the road leading to the dumping site and said there were plans to build a little

(See Wheelwright, page two)



Focusing on health care

CNN reporter, Sean Callebs, second from left, thinks that government leaders who are planning health care reform could learn a few lessons from Mud Creek Founder Eula Hall, right. During Callebs' interview, another member of the CNN crew, Kevin Kvicula, kept a check on the sound while cameraman Steve Sorg recorded the interview. (photo by Allen Bowling)

CNN will feature Floyd clinic on health program

by Janice Shepherd
Managing Editor

The Mud Creek Clinic wrote a prescription for health care woes last week when CNN toured the clinic to film a segment on rural medical care.

CNN reporter Sean Callebs said the news channel picked the Mud Creek Clinic for the segment because it is a health care system that works.

"While the whole country is clamoring about health care reform, East-

ern Kentucky has health care at the Mud Creek Clinic," Callebs said in a telephone interview Monday.

"People want less government. (At the Mud Creek Clinic) local people started it, local people wanted it. It worked here. (We want to show) why it could work other places," he said.

The Mud Creek Clinic was founded by Eula Hall, who saw the need for medical service for people

(See CNN, page two)

Debate flares in court over 911 location

by Susan Allen
Staff Writer

Some Floyd Countians are not content with the idea of the Kentucky State Police operating the county's 911 emergency service and the fiscal court heard about it Friday.

About a dozen people attended Friday's court meeting to ask that the 911 service be installed and operated in Floyd County.

Mary Hughes, of David, spoke to the court on the issue and said she was against the system being operated out of Pike County.

"For some reason, you want to take the money and 911 to Pike County," Hughes said. "I don't live in Pike County. Dispatchers in Pike County in the state police are trained and licensed the same as Prestonsburg and the Floyd County Sheriff's Department. I'm not going to spend my money in another county unless I live there. You can't rob Peter to pay Paul and not pay Peter back. (The 911 service) doesn't belong to one group of people, it belongs to Floyd Countians."

Prestonsburg Mayor Jerry Fannin agreed with Hughes' comments and told the court that he had never been contacted on the issue.

"I haven't been informed of anything," Fannin said. "No one from this area has been appointed to the (advisory) committee."

County Attorney Jim Hammond told Fannin that former Mayor Ann Latta had been involved in the process. Hammond added that Prestonsburg residents would have to continue to call the city's emergency number, 886-1010.

Auxier resident Dallas Sammons suggested that the issue be put on the ballot in the May primary so voters can decide the issue.

Magistrate Gerald DeRossett agreed with the suggestion, but the court took no action on the matter.

Last month, the court authorized Judge-Executive John M. Stumbo to appoint a five-member committee to

receive citizen input on where to locate the 911 Public Service Answering Point (PSAP). The resolution authorizing the appointments, however, said the group would advise the fiscal court on how to implement an inter-local agreement with the Kentucky State Police to operate the service.

Hughes asked Stumbo when a newly-appointed committee will meet to discuss the issue.

(See Debate, page five)

Bank official quits in wake of investigation

by Scott Perry
Times Editor

The manager of the Prestonsburg branch of Trans Financial Bank has resigned in the wake of an investigation into what appears to be a theft of funds from the bank.

Michael Moser, marketing director for Trans Financial in Pikeville, confirmed Tuesday that Prestonsburg branch manager Stephen M. Newsome had resigned, but Moser declined to say when or why Newsome left the bank.

Likewise, officials with the FBI office in Pikeville would neither confirm nor deny Tuesday that Newsome was the subject of an investigation into missing bank funds.

Moser did lend credence to the reports of an investigation, though, indicating Tuesday that "full restitution" had been made to the bank. He would not elaborate further on amounts involved, indicating it was bank policy not to discuss personnel matters.

FBI agent Scott Barker said his agency would not comment on the case and he would neither confirm nor deny that a criminal investigation was in progress.

Wayland council talks annexation in non-meet

by Alisa Goodwill
Staff Writer

Wayland City Council was unable to make any official decisions Monday on issues concerning their town because of a lack of a quorum, but the meeting was not wasted.

The members present discussed possible solutions to some of their problems, including one concerning scheduling conflicts with city council meetings.

The Wayland council will begin meeting at 7 p.m. the fourth Thursday of each month in an effort to resolve the conflicts.

Other problems informally discussed Monday included the boundaries of Wayland and the legalities of

possibly incorporating smaller towns into the city.

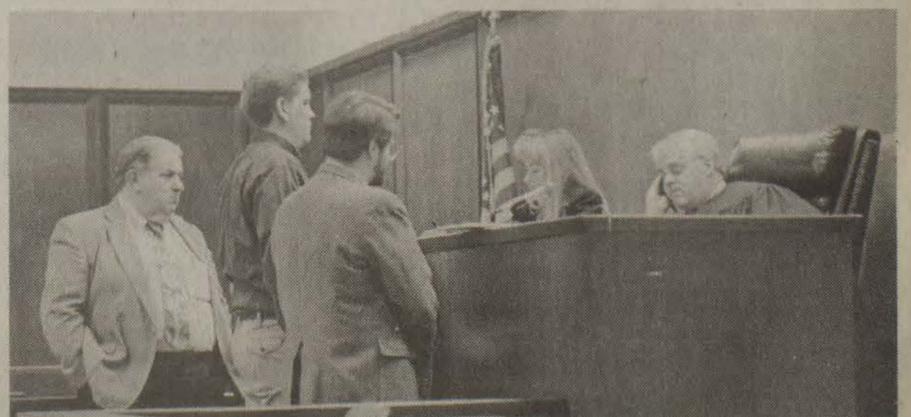
Annexation could help the city acquire a needed sewage treatment plant.

Unfortunately, four maps from Frankfort show four different boundaries for Wayland.

Also, Wayland needs an attorney present while council members review the laws about incorporating other areas.

Mayor Gene Mullins said a special meeting may need to be held because the issues facing Wayland need to be taken care of soon.

Mullins and council members Tommy Murphy and Tommy Robinson were present for Monday's non-meeting.



Stumbo pleads guilty

Former Floyd deputy judge-executive Jimmy Stumbo pleaded guilty Friday to felony charges of drug trafficking and theft of county funds. Assistant commonwealth attorney Dan Rowland recommended that Stumbo be probated if he testifies against other defendants in drug trafficking cases. (photo by Susan Allen)

CNN

in the area. Fees for services at the clinic are charged on a sliding scale basis. The clinic also provides medications at about \$5 per bottle.

"A lot of people couldn't have survived without the clinic," Hall said Tuesday.

During the filming of the CNN segment, the crew followed Hall on a home visit with an elderly patient who depends on the health care for service. The patient is a diabetic. Hall and a nurse from McDowell Appalachian Regional Hospital's home health care service routinely visit to make sure the patient is taking her insulin treatments. The two health care facilities combine their services for home-bound patients.

Hall said the clinic addresses both the medical and social needs of its patients. Hall checks to make sure that the patient's home is heated and that water is available. She also makes sure the patient has food and cloth-

ing. The home visits are just part of many services the clinic offers. The clinic has grown to meet the needs of its patients, Hall said. The clinic has expanded to include dental service, a food pantry, and a clothing center. The clinic has programs on preventative health care. In November, an outreach service was opened in Pike County.

"We were seeing about 900 people from Pike County," the clinic founder said.

Although the clinic has enlarged its scope of services, it isn't enough, Hall said.

"Getting the clinic is one thing; holding on to it is another," she said. "It's an uphill battle."

Hall thinks more health facilities similar to the Mud Creek Clinic should be established.

"The answer to health care is that there should be places like this in every county — and they should be big enough to make sure they cover the needs of everyone," Hall said, indicating that the Mud Creek Clinic doesn't have enough space or enough providers.

"We're small but we do a lot," she said. "These people have worked hard, worked at low wages and now draw a minimum in benefits. If it wasn't for places like Mud Creek, they couldn't survive," she said. "If we had health care for everyone, we wouldn't have so many people on disability. We could teach them when they were young how to take care of themselves, how to stay healthy."

Hall wants to pass that message along to the nation. She plans to invite First Lady Hillary Clinton to Mud Creek in June when the National Guard will assist the clinic.

The CNN program could air Thursday, Calles said, but he also indicated it could shown sometime next week.

Wheelwright

league baseball park and a community park on the site after the cleanup.

Also Monday, Big Sandy Area Development Director Roger Recktenwald asked commissioners to approve an advertisement for requests for proposals for repairs to the city swimming pool.

Recktenwald said that commissioners needed to get someone with expertise in repairing swimming pools to give them a thorough cost estimate for repairs.

Commissioners agreed to advertise for proposals.

Also Monday:
• commissioners voted to appoint Charles Wilson, Fred Salisbury and

Roy Cosby to the town's ethics board;
• commissioners agreed to rent the swimming pool building to citizens requesting to use it for various occasions;

• commissioners denied a request from the Otter Creek Correctional Facility to install a fence on city property near the prison;

• Commissioner Luther Johnson Jr. agreed to attend the next meeting of the Wheelwright Utility Commission and discuss the preparation of the financial report; and

• Police chief Tommy Engle asked the city to define the city's boundaries in relation to routine police patrols.

Museum

(Continued from page one)

he said. "When we know what it costs and how we can help, then we will support it," he explained.

He is also encouraging Horn and the museum's promoters to have one agency spearhead the project. Beiting suggested that the city of Prestonsburg coordinate the project.

Mayor Jerry Fannin said Monday the city is assisting with the project. Fannin said he and new city attorney Paul Burchett planned to meet with the owner of the artifacts to seek a long-term contract for the donations.

Without the long-term contract, though, the city can't back the museum financially.

"It's just too much money for the city to invest without a long-term contract," Fannin said.

Fannin added that transforming the mine into a tourist attraction was "another ball game," because the state would have to be involved. In order to make the mine site accessible for tourists, blasting would have to be done to make the mine deeper, he said.

"This (project) is something that has never been done before," Fannin added.

Family Youth Service Centers receive grants for training

Cabinet for Human Resources Secretary Masten Childers II announced last week that Family Resources and Youth Services Centers (FRYSCs) are the recipients of a \$225,000 grant from the Annie E. Casey Foundation.

The money will be used for training of FRYSC coordinators and evaluation of the program.

The Annie E. Casey Foundation is a private charitable organization dedicated to helping build better futures for the disadvantaged children in the United States.

The primary mission of the Annie E. Casey Foundation is to foster public policies and human-service reforms to meet the needs of today's children and families. The foundation makes grants that help states, cities and communities develop more innovative, cost-effective responses

to these needs.

Family Resources and Youth Services Centers are a result of the passage of the Kentucky Education Reform Act (KERA) by the 1990 General Assembly. The legislators, educators and other leaders in the state believe that partnerships between families and other community resources help in the health, growth and development of children and families and improves their performance in our schools.

Clarification

The Bill Salisbury who asked for an apology from Allen City police officer Tony Conn at the February meeting of the Allen City Commission as reported in the Floyd County Times last week, is not the Bill Salisbury, 39, of Langley and husband of Linda Richman Salisbury.

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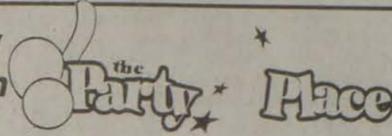
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Betsy Layne High School reaping rewards of hard work

by Geoff Belcher
Floyd County Schools

The following is the second in a series of four articles examining the dramatic increase in student performance at Auxier, Duff and Harold elementaries and Betsy Layne High School.

Motivation and dedication are the keys to education in Floyd County, and perhaps nowhere is that more evident than at Betsy Layne High School.

Betsy Layne High is one of four Floyd County schools, along with Auxier, Duff and Harold elementaries, targeted by the Kentucky Department of Education to share in over \$260,000 worth of reward money for scoring above threshold on statewide performance tests last year. The school's faculty will meet today, Wednesday, to determine how to distribute more than \$77,000 in reward monies earned for the 29 percent increase in student testing performance over the biennium.

"I think it's good that the rewards are offered because it makes the faculty feel like... someone is finally recognizing the importance of their jobs

or what they're doing to help our children," Vicky Ratliff, Betsy Layne High School guidance counselor, said Tuesday.

But, Ratliff added, rewards don't come easy.

"I can't speak for what went on in the classrooms... but I know that we all worked a lot on attitude change: getting the kids to take the tests seriously, getting them to realize the importance of the tests, and

we tried to show the kids we appreciated them for the efforts they put forth."

"The school has worked extremely hard—everyone has—to raise the test scores," Assistant Principal Irene Goble said Tuesday.

"I think the faculty has done an outstanding job in doing the things that created a positive response from our kids as far as the educational process goes," Principal Don Daniels said,

"and I have to say...the kids have done an outstanding job with their own improvement...(The test performance) improvement was due to a combination of the faculty's dedication and the students' willingness to respond and learn."

A combination that developed over years of hard work.

"I think there was an amazing attitude change," said South Floyd High

School Principal Allan Osborne, who was principal at BLHS for the 91-92, 92-93 and 93-94 school years.

"The first year, the priority was to take a look at the school climate....The second year... we were simply in a position where the staff could address academic issues.... What we saw each year was a growth on the part of the faculty and on the part of the stu-

dent body that allowed us to get to this point."

Besides hard work and cooperation, Ratliff said, perhaps the single most important factor in the students' performance increase was a relatively minor change in the school's curriculum by focusing more on open-response questions—questions that require short, well reasoned and independently thought out answers from the students.

"Years ago when I was teaching," Goble said, the only thing I used was fill-in-the-blank or multiple choice... (which) really required information that had just been presented within the previous two or three days. With open response, you have to think about the question, use your knowledge and creativity.... I do think that you have to have some background information, but not just... memorizing a date and in a few days forgetting it. That's not important."

"Our faculty has met the challenge and our students have met the challenge," Daniels said, "and we're very proud of (both) our students and faculty. The teachers' dedication to... meet the needs of our students is an on-going process at Betsy Layne High School."

School Performance Scorecard

Baseline scores are those achieved during the '91-'92 school year. Goals are those established by the state for schools to reach by the '93-'94 school year. (The following statistics provided by Kentucky Department of Education.)

School	Grade	Baseline '91-92	Goal 91-92	'92-'93 Score	'93-'94 Score	'92-'94 average	Status
CHARLES CLARK EL	4	29.5	36.6	31.7	32.8	32.2	IMPROVING
PRESTONSBURG EL	4	28.6	35.7	33.9	37.6	35.8	SUCCESSFUL
ALLEN EL	4&8	33.3	40.0	36.8	42.5	39.9	SUCCESSFUL YEAR 2
AUXIER EL	4&8	30.0	37.0	36.4	50.9	42.6	ELIGIBLE FOR REWARD
BETSY LAYNE EL	4&8	35.2	41.7	36.3	40.5	38.8	IMPROVING
HAROLD EL	4&8	39.4	45.5	46.0	48.0	47.1	ELIGIBLE FOR REWARD
JAMES A DUFF EL	4&8	35.4	41.9	45.3	47.5	46.3	ELIGIBLE FOR REWARD
J M STUMBO EL	4&8	32.8	39.5	34.0	44.6	39.2	SUCCESSFUL YEAR 2
MCDOWELL EL	4&8	34.9	41.4	35.0	43.0	38.7	SUCCESSFUL YEAR 2
MARTIN EL	4&8	31.9	39.7	34.4	39.4	36.9	SUCCESSFUL YEAR 2
MAYTOWN EL	4&8	31.8	38.6	37.0	41.0	38.9	SUCCESSFUL
MELVIN EL	4&8	33.0	39.7	37.5	36.0	36.8	IMPROVING
PRATER EL	4&8	32.1	38.9	40.7	38.4	39.6	SUCCESSFUL
W D OSBORNE EL	4&8	31.2	38.1	35.2	33.0	34.2	IMPROVING
JAMES ADAMS MIDDLE	8	33.9	40.5	33.1	46.8	39.5	SUCCESSFUL YEAR 2
ALLEN CENTRAL HS	12	31.3	38.2	32.1	40.9	36.3	SUCCESSFUL YEAR 2
BETSY LAYNE HS	12	28.0	35.2	30.6	41.2	36.2	ELIGIBLE FOR REWARD
SOUTH FLOYD HS	12	35.7	42.1	32.7	39.6	36.2	IMPROVING
PRESTONSBURG HS	12	34.5	41.1	32.8	44.0	38.0	SUCCESSFUL YEAR 2

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Another chance to sign up for Medicare

"If you're age 65 or older and don't have Part B Medicare coverage, you'll have a chance to sign up for the coverage during the 1995 annual enrollment period," said Jim Kelly, Social Security district director for the Big Sandy area.

Kelly said every year, the Government offers a three-month general enrollment period from January 1 to March 31. This period is to give you

a second chance if you didn't enroll when you were first eligible or you dropped your coverage. If you enroll during the current sign-up period, your coverage will begin July 1, 1995.

For 1995 the cost for Part B coverage is \$46.10 per month. Most beneficiaries who delay enrollment pay a 10 percent surcharge for every 12 months they could have been enrolled but weren't.

Part B coverage, also called "medical insurance," helps pay for doctors' care, outpatient hospital visits, and other medical services. People are offered the option of signing up for Part B at the same time they are automatically enrolled in Medicare's

Part A program. Part A helps pay for inpatient hospital care and certain other services and is paid for by the Medicare tax you paid while working.

People who want to sign up for Part B Medicare coverage should call the Big Sandy Area Social Security office or call Social Security's toll-free number, 1-800-772-1213, between 7 a.m. and 7 p.m., any business day. "The lines are busiest early in the week and early in the month, so it's best to call other times," said Kelly.

ARTIS provides income tax refund information

Kentucky taxpayers requesting income tax refund information may call the Automated Refund and Tax Information System (ARTIS). The number is (502) 564-1600.

ARTIS contains the most accurate and up-to-date information available for refunds. The Kentucky Revenue Cabinet (KRC) utilizes this automated system so that their personnel can process taxpayer returns while the system answers inquiries. Inquiries are also going to Taxpayer Service Centers who are busy assisting taxpayers with their tax returns. For the latest information about your tax refund, call ARTIS instead of your nearest Taxpayer Service Center, allowing KRC personnel to provide more efficient service to taxpayers.

After allowing six weeks for a return to be processed, or 10 days for electronic filing, dial the ARTIS number from a touch-tone telephone with the following information: (1) Social Security number shown first on the label or listed first on the return, and (2) the dollar amount rounded to the nearest dollar to be refunded.

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Kentucky authors want readers to save taxes

While the nation's orators fight for the attention of the middle class taxpayer, two Kentucky authors have busily prepared a fun, easy-to-read tax guide that puts a refreshing light on the subject.

Eskew & Greshman, a Kentucky-based CPA firm, announces the release of *95 Ways You Can Save Taxes in '95*, a book written by contributing authors Charles L. Stivers, CPA and Robert R. Hill, CPA.

Stivers and Hill plan to launch their books at private book signing parties in Lexington and Louisville. The authors will also participate in book signings at area book stores, currently scheduled on March 8 at Joseph-Beth Booksellers in Lexington and March 7 at Hawley-Cooke Booksellers in Louisville. At these events, Stivers and Hill will be avail-

able to sign books and will also give 10-minute updates on what taxpayers in Kentucky should know about the three top tax plans in Washington.

All profits from book sales will go to charities.

"The word 'taxes' makes most people feel vulnerable and isolated," says Stivers. "People tell us when they pay taxes, they feel like they are teetering at the edge of a cliff with Uncle Sam using them for target practice. Taxes are a serious subject, and sometimes that subject could use a little humor."

"Our book includes changes which Congress made right up to the moment they adjourned in 1994," Hill adds. "We researched tax laws and court cases, read the latest IRS rulings, and then we found ways we could minimize the reader's tax liability."

At a time when tax strategies seem to be filled with lame tricks and wounded ducks, *95 Ways You Can Save Taxes in '95* can be a solid hit in an industry loaded with misses.

Free diabetes class on weight management

Our Lady of the Way Hospital will be sponsoring a FREE Diabetes class on Monday, February 27, from 1:00 to 2:30 p.m. at the Seton Complex in Martin. The class topic is Weight Management and will be presented by Cheryl Bentley, R.D., C.D.E., from the Johnson County Health Department.

Free blood sugar screenings and handouts will be available. A representative from Medi-Home Care of Martin, will be available to discuss their glucose monitor trade-in program and will also provide refreshments.

The class is free and everyone is welcome to attend. For further information contact Kim Blocker in the Community Health Education Department at (606) 285-5181, Ext. 301.

PCC hosts fun run series

Prestonsburg Community College's Wellness Center will be hosting a series of Fun Runs from February 25 through March 11 to promote the college's Wellness Center and River Walk.

The runs will be held each Saturday, at the college's River Walk, beginning at 10 a.m.

Participants can walk or run the course of five kilometers and, by participating in two of the three events, compete for prizes as first overall winner, master's (40 years old and above), and most improved for men and women in the following categories: faculty/staff, students and general public. Awards will not be duplicated.

The Fun Runs are free to all college employees and students. The entry fee for all other participants is \$2 per event.

For more information, call Chris Fleming or Kelly Adam at the PCC Wellness Center at 886-3863.

Pikeville College hosts consumer forum

The Pikeville College chapter of Phi Beta Lambda is sponsoring a discussion on "Consumer Protection: Scams and Scandals" on Thursday, March 2, at 2:00 p.m. Leading the discussion will be Mary Warfield of the Consumer Protection Division of the Attorney General's Office.

The discussion will focus on the telemarketing scams and other rip-offs that lure consumers with promises of prizes such as vacations and cash. Warfield will discuss ways the consumer can protect themselves against this type of fraud.

The lecture will take place in the Chrisman Auditorium, located in the Armington Science-Learning Center at Pikeville College. If you'd like more information, contact Howard Roberts at 606/432-9234.

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Instructions for Form

1994 1040

Department of the Treasury—Internal Revenue Service
Form 1040 U.S. Individual Income Tax Return 1994
For the year Jan. 1-Dec. 31, 1994, or other tax year beginning 1994, ending 1994.

Label (See instructions on page 12.)
Use the IRS label. Otherwise, please print in type.

1. Your first name and initial
2. If a joint return, spouse's first name and initial
3. Home address (number and street). If you have a P.O. box, see page 12.
4. City, town or post office, state, and ZIP code. If you have a foreign address, see page 12.

5. Do you want \$3 to go to this fund?
6. Does your spouse want \$3 to go to this fund?

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*Substantial penalty for early withdrawal.

Viewpoint

Wednesday, February 22, 1995

Conversation would be vastly improved by the constant use of four simple words: I do not know.

—Andre' Maurois



A 4

The Floyd County Times
 Published
 Wednesdays and Fridays each week
FLOYD COUNTY NEWSPAPERS, INC.
 Phone 886-8506
 27 South Central Ave., Prestonsburg, Ky. 41653
 USPS 202-700
 Entered as second class matter, June 18, 1927, at the post office at Prestonsburg, Kentucky under the act of March 3, 1879.
 Second class postage paid at Prestonsburg, Ky.
 Subscription Rates Per Year:
 In Floyd County, \$28.00
 Outside Floyd County, \$38.00
 Postmaster:
 Send change of address to: The Floyd County Times
 P.O. Box 391, Prestonsburg, Kentucky 41653
ALLAN S. PERRY III—Publisher-Editor
Liberty of thought is the life of the soul—Voltaire

Lights, cameras... uh-oh

by Scott Perry

The national news cameras have been on Mud Creek again. Everybody hold your breath.

This time, CNN came calling for the purpose of showing the nation how a small, rural American clinic is making headway in the effort to bring health care to folks who might not be able to pay for it.

Sounds like well-deserved recognition for the Mud Creek Clinic and its founder, Eula Hall, who is something of a national figure herself.

But pardon us if we're a bit gun-shy.

We've been misled before by well-intentioned reporters who misrepresented the truth in their portrayals of our old Kentucky home.

It's not that we don't trust the big guys in the news business, it's just that their motives have become questionable.

They tend to use Eastern Kentucky as the poster child for all sorts of agendas and we gener-

ally end up on the short end of the stick.

We know we have problems in Eastern Kentucky, but they're not unique to our area.

It's important to understand and to show the world that we aren't sweeping those problems under the rug and that we may very well have some unique solutions for others to mimic.

If that's the point CNN is trying to make with their portrayal of the Mud Creek Clinic, then we're all for them.

If they're just using us once again to illustrate despair and desolation, we'd prefer they find another suitable location.

There are plenty of them to choose from.

Perhaps the CNN report (which could air Thursday evening) will be the restitution we deserve for the lopsided massacre at Muddy Gut a few years back.

Some of those wounds have yet to heal.

It wouldn't do to open any new ones.



Letters to the editor

Betsy Layne Elementary and the \$1 million agreement?

Editor

At last Monday's Board meeting Brent Clark stated: "I agreed to cut off \$1 million on Betsy Layne to purchase the middle school site." He also proposed to "...go ahead and purchase the property and build an athletic field and it will still stay if we build a school later on. If not purchasing the site, why would I give away a million dollars? This was the agreement made to me."

The parents and citizens of the Betsy Layne community would like to point out a few things such as:

- Money from the Betsy Layne Project was not given up by Brent Clark, rather it was taken from the Children of Betsy Layne Elementary.

- Part of the \$1 million "given up" would have gone to install canopies in front of the new classroom building, and between the new building and the existing classroom buildings.

- Part of the \$1 million "given up" would have gone to renovation of the existing buildings so that these buildings could have been made safe and much more usable for education of our children.

- Part of the \$1 million "given up" would have gone to repair safety hazards in the domed gym such as a leaking roof, replace asbestos panels, and replace dilapidated bleachers. Old wiring was to have been replaced and new restrooms were to be provided to replace the present rundown ones. Elevator access to make the gym readily accessible to the handicapped

was deleted. Children from several area schools use this gym facility.

- Very clearly the money that has been removed from the Betsy Layne project has left safety hazards, and may have damaged the educational opportunities for the children of the Betsy Layne Elementary.

Some questions come to mind after hearing recent comments by Brent Clark such as:

- What are the details of the agreement Brent Gilford Clark referred to? Who were the parties that made the agreement and how do they benefit? Who is damaged by this agreement?

- Which is more important, education or an athletic field?

- Will all future building projects in Floyd County be constructed without canopies?

- Will all future projects be "val-

ued engineered" as Betsy Layne Elementary was?

We believe the Board of Education has an obligation to provide safe facilities and the proper educational opportunities that the Betsy Layne Elementary students would have had if Brent Clark had not forcibly taken away funding from this project.

Lance Blackburn
Betsy Layne

A Third Party?

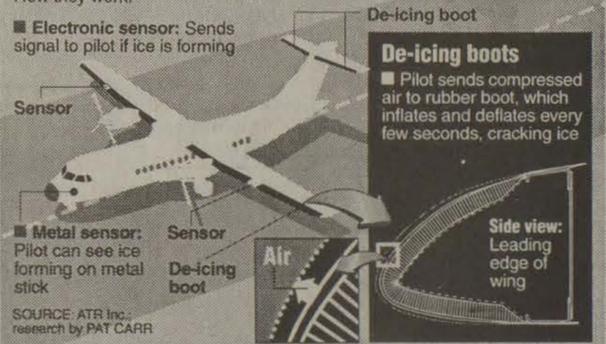
Editor:

Should a new major political party be formed? Do you want a change in government? Phone 886-2684, leave message. Call will be returned.

Dallas D. Sammons
Prestonsburg

Giving ice the 'boot'

Turboprop planes, like the ATR 72 shown here, use inflatable rubber "boots" along leading edges of wings and engine intakes to remove ice. How they work:



Coffee Break

by Scott Perry

Democratic gubernatorial candidate John "Eck" Rose is the winner of the "Dumb and Dumber" award of the week for his suggestion that a private investigator ought to be assigned to the case of the Great Kentucky Tax Cut Robbery of 1995.

Rose wants the private eye to uncover the truth about whose idea it really was to cut taxes and to prove that GOP candidate Larry Forgy is guilty of campaign espionage.

Rose says Forgy stole his idea, see, and the dirty rat ought not to be allowed to make political hay out of it.

Well, maybe we do need to put some private investigators to work in Frankfort.

Not necessarily to find out who said what and when, though, but to find out if anyone in this race has a clue about what might really be important to Kentuckians in this campaign.

Here's a couple of clues worthy of consideration.

We suspect most Kentuckians would like a government that is efficient, trustworthy, dependable and as inexpensive as possible.

We imagine Kentuckians would like to try a little government of the people, by the people and for the people as a refreshing alternative to the current government for the government set up.

Of course most Kentuckians want all this for nothing, too.

Looks like a standoff.

Until both sides of the political equation decide to give a little, what we're most likely to get is more of the same.

In case you're wondering just what more of the same costs you, look at

it this way.

The average American must now work almost five full months just to earn enough money to pay his or her taxes.

That's right, every dime you earn between January 1 and late May adds up to equal the amount you'll pay in a year's time for various federal, state and local taxes.

Think about that.

About 42 percent of your life each year is spent financing the government. The rest of the time is yours, after you put food on the table, clothes on your back and a roof over your head, that is.

Just enough time left to get a little sleep.

Sweet dreams.

If you think all this business about the federal government spending more than it takes in is new, guess

again.

Fact is, the first time the U.S. Treasury Department started recording such statistics, the government ran up a deficit.

The year was 1789.

The deficit was \$59,000.

This lawsuit filed by the state of Florida against cigarette manufacturers is a perfect example of how ludicrous product liability litigation has become and of how willing we are to blame someone or something else for our own faults.

Florida officials say the cigarette makers ought to shell out about \$1.5 billion to reimburse the state for the costs of treating welfare recipients who have become sick from smoking.

Well, there's little doubt that cigarettes are deadly and addictive and that smoking is a tough habit to kick.

But if cigarette makers are to be held liable for making the things, then the state of Florida is just as liable for allowing them to be sold.

But the state didn't turn down any tax revenues from cigarette sales, either.

Maybe we ought to just cut straight to the chase on this issue and file suit against the native Americans who first introduced tobacco to the pilgrims.

Better yet, let's sue Mother Nature for creating the weed in the first place.

And let's not leave out those cave-men, either.

If they hadn't discovered fire, why we wouldn't be able to light up.

Of course, it would make a whole lot more sense to devote our energies and dollars toward finding a way to help people kick the smoking habit.

Nah, let's just sue somebody.

That's the American way.



"Oh! Give me a home"

This Collie mixed dog would make a great companion. She is very intelligent and would love to have a place and family to call her very own. The Terrier mixed dog is small enough to fit even the smallest of hearts. He is very gentle and would make a good dog all around. All these two dogs ask from someone is love. Stop by or call the Animal Shelter 886-3189. Be a responsible pet owner, by having your pet spayed or neutered.

Renovation

(Continued from page one)

Included in the plan is construction of a science wing, an administrative wing, a mechanical room and a music department; minimal asbestos abatement; special education classrooms; renovation of bathrooms; installation of a sprinkler system; and minimal renovation to the gym.

Improvements not included in the project approved Saturday are a mass media center; a technology lab; and a kitchen/cafeteria.

Patton asked superintendent Steve Towler about a petition from teachers at Prestonsburg High School that was presented to the board at the February 20 meeting.

"The teachers think we should build a new building," Patton said. "There were 37 (teacher) signatures on the petition."

Towler said there were about 48 teachers at the high school and that the faculty and staff were consulted about the renovation during the design phase of the plans. Towler offered no specific comments about the petition.

Board member Ersal Ray Wilcox said he was in favor of the \$3.1 million renovation "as long as we stay in the figures quoted."

McFarland said that the project should come in at the estimated cost, but it will be a difficult project because students will be attending classes during the renovation.

"It's not going to be painless and it's not going to happen over night," McFarland said.

The board agreed to proceed with the project.

In other business Saturday, board attorney Phil Damron suggested to the board that one engineering firm be retained to oversee all engineering aspects of the district's upcoming

projects.

Damron explained that it is difficult to determine who is at fault when there is an engineering problem on a project because of the various engineering specialties involved in a school construction project.

Damron's comments came when operations chief Jim Osborne was discussing the hiring of a geotechnical engineer to work on the Martin/Maytown school project. Osborne said that state officials recommended hiring Law Engineering from Lexington.

Damron pointed out to the board that the proposal from Law Engineering called for the board to pay for four hours a day driving time for an employee to come from Lexington.

When Osborne told Damron that Mark Ryles, director of facilities management for the education department, had recommended the firm, Damron replied, "It's none of his damn business who we use."

"If we pay \$25 an hour for engineering, we're not going to pay for taxi cabs," Damron said.

Board members said they liked Damron's idea for an engineering firm to oversee all aspects of a project.

"I like your idea Mr. Damron," Patton said.

"I agree with Mr. Damron and I'd say in my opinion his idea has an awful lot of merit," Towler said.

"I think the whole thing makes so much sense, that Frankfort won't go along with it," Damron added.

The board asked Henry Hackworth, who represents Reed Engineering, to submit a proposal to

the board to oversee engineering areas of the Martin/Maytown project.

Also Saturday:

- The board approved the construction management contract with Martin Engineering for services on the Martin/Maytown project. Damron reported that Sam Martin, owner of the engineering firm, agreed to cap his fees and expenses on the project. Martin will receive \$6,500 for site service fees and \$222,000 in CM fees. The construction timeline for the school is set at 15 months.

- The board authorized the superintendent to open a \$1 million line of credit to keep district operations going until property tax revenues begin coming in.

- The board voted to ask the Local Planning Committee to reconsider a decision to close Auxier Elementary.

- The board approved 1994-95 budget revisions and staffing formulas for the 1995-96 school year.

- Acquisition of property at Mud Creek for a Betsy Layne Middle School site was tabled because Brent Clark, board member for that district, was ill and had to leave midway through Saturday's meeting.

- The board agreed to lease a portion of property adjacent to Prestonsburg Elementary from Don Pelphey for \$200 per month.

- The board voted to accept proposals for construction management services on the Prestonsburg High School renovation project.

Empty mobile home is destroyed by fire

by Alisa Goodwill
Staff Writer

A mobile home in Shock Port Branch was destroyed by fire Saturday night.

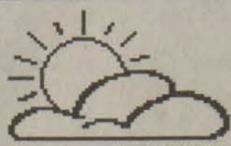
Terry Hill, captain of the Wayland Volunteer Fire Department, said the department received a call from a nearby home about 11 p.m.

Hill said no one was living in the mobile home at the time of the fire.

"The electricity and gas was off," said Hill. "There wasn't even any furniture in it."

Hill said as soon as it can be determined who owned the mobile home, an investigation would probably take place.

No other homes were in danger and no one was hurt.



Weather Watch

WEDNESDAY (TODAY): Partly sunny and mild. High 50-55.

WEDNESDAY NIGHT: Partly cloudy. Low around 40.

THURSDAY: Partly sunny. High around 55.

FRIDAY: Mostly cloudy and cooler. High around 40. Low around 30.

Weather Watch provided by Jackson Weather Service

Debate

(Continued from page one)

Stumbo told Hughes that no meeting dates have been set. Stumbo added that area firefighters asked that the 911 service be operated by the state police.

On Thursday, members of the Floyd County Firefighters Association met to discuss the issue, but had no consensus on where the service should be located.

Hammond said that the court can implement the program "as it now stands," but if that can't be done, "we'll implement it another way."

Hammond offered no details on his comments.

Former magistrate Tommy Neil Adams suggested that the court rescind its previous resolution relating to the appointment of the committee because, he said, "a lot of the magistrates didn't read it."

The court took no action on the issue.

Also Friday, the court voted 3-2 to continue its commitment to R & S Body Company to assist in relocating the business to an industrial site at Ivel by applying for a Community Development Block Grant and dedicating coal severance tax monies to the project.

Bob Meyer, with the Big Sandy Area Development District, told the court that it would cost approximately \$3 million to develop the site, but the

county would recoup over \$1 million, which includes a \$600,000 payment from R & S and that part of the project is being paid for with grant monies.

Meyer said that the court would need to commit \$1.4 million in coal severance tax monies to the project.

Hammond told the court that a commitment of the coal severance monies would deplete the county's allotment through 1996. He added that county's coal severance tax monies was a "fail safe" system if the Thunder Ridge harness racing track "goes under."

The owners of the race track filed for bankruptcy last year. The county agreed to sell over \$2 million in bonds for the track owners and if the owners default on the bond payments, the county will have to pay for those bonds.

If the owners default, the county would take possession of the property, which is located on Route 3 near the Johnson County line.

"I don't know if the race track is going to make it or not," Hammond said.

Hammond also added that if the coal severance monies are used, the county may not have a shot at bringing in an extended care home for veterans.

The issue of an extended care vet-

erans' home has never been publicly discussed, but it has been said that the county is looking at a site on Middle Creek owned by the board of education.

Meyer told Hammond that coal severance tax monies cannot be used for medical facilities.

Magistrate Jackie Owens said that he felt the court was helping a private business owned by a private person. He indicated that he felt it was an unfair advantage to other business owners in the county with a similar type business.

Meyer told the court that R & S intends to upgrade its facility which would raise the number of employees from 173 to 250.

It is projected that it will cost \$106,237 per acre to develop the Ivel site.

Stumbo cast the deciding vote when the court became deadlocked on a 2-2 vote. Owens and DeRossett voted against the move and magistrates Maricetta Adams and Eral Tackett voted to commit to R & S.

Also Friday:

- the court held second reading of an ordinance naming ecology officer Lonnie May as the county's director of disaster and emergency services;

- the court voted to pay for the 1992-93 audit; and

- the court approved the county road aid agreement.

The Numbers Game: Kentucky Lottery Results

Saturday's Results
February 18

LOTTO KENTUCKY 05-06-08-22-24-29

Next Estimated Jackpot \$1.5 million

POWERBALL 01-02-27-32-33 (12)

Next Estimated Jackpot \$45 million

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'89 FORD BRONCO V8, XLT	'91 GMC SONOMA A/C, 5-SPEED	'86 GMC 1500 V8, AUTO., A/C, 31,000 MILES

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Jobs

Cabinet for Human Resources

588 North Lake Drive
Prestonsburg, KY 41653
M-F: 8 a.m.-4:30 p.m.

JOB TITLE	COUNTY	PAY	EDUCATION	EXPERIENCE
Mining Engineer	Martin	0.00/Other	BD	5 Years
EMT	Knox	0.00/Other	12 Years	1 Year
EMT	West Virginia	\$11.00/Hr.	12 Years	None
EMT	Pike	8.00/Hr.	10 Years	6 Months
Teacher, Math	Johnson	4.25/Hr.	16 Years	None
Teacher, Substitute	Magoffin	50.00/Day	16 Years	None
Teacher, Science	Magoffin	0.00/Other	16 Years	None
Teacher, Special Education	Magoffin	0.00/Other	16 Years	None
Teacher, Vocational Trg.	Floyd	0.00/Other	16 Years	6 Months
Culinary Arts Teacher	Floyd	0.00/Other	16 Years	1 Year
Office Manager	Johnson	5.77/Hr.	12 Years	None
Correctional Officer	Floyd	0.00/Other	12 Years	1 Year
Permit Technician	Floyd	4.25/Hr.	12 Years	1 Year
Bookkeeper/Clerical	Floyd	0.00/Other	12 Years	6 Months
Cashier/Checker	Floyd	4.25/Hr.	10 Years	None
Cashier/Checker	Johnson	4.25/Hr.	10 Years	None
Insurance Clerk	Floyd	5.00/Hr.	12 Years	6 Months
Clerk, General Office	Johnson	4.25/Hr.		
Sales Representative	Floyd	0.00/Other	16 Years	None
Sales Person - Shoes	Johnson	4.25/Hr.	10 Years	None
Parts Counter Clerk	Floyd	0.00/Other	12 Years	6 Months
Stock Clerk	Magoffin	4.25/Hr.	10 Years	None
Deliverer Food	Floyd	4.25/Hr.	10 Years	None
Deliverer Food	Johnson	4.25/Hr.	18 Years	None
Companion	Floyd	0.00/Other	10 Years	1 Year
Fast Foods Worker	Floyd	4.25/Hr.	12 Years	None
Fast Foods Worker	Magoffin	4.25/Hr.	12 Years	None
Waiter/Waitress	Johnson	2.13/Hr.	10 Years	None
Waiter/Waitress	Floyd	2.13/Hr.	8 Years	None
Bartender	Magoffin	4.25/Hr.	6 Months	
Bartender	Floyd	0.00/Hr.	10 Years	1 Year
Cook	Floyd	4.25/Hr.	10 Years	None
Cook, Short Order	Floyd	0.00/Other	10 Years	1 Year
Kitchen Helper	Floyd	4.25/Hr.	10 Years	None
Student Bus Monitor	Magoffin	4.25/Hr.		
Cleaner - Shop	Floyd	0.00/Other	12 Years	None
Janitor, Substitute	Magoffin	5.15/Hr.	12 Years	None
Custodian	Magoffin	5.40/Hr.	12 Years	None
Coal Sampler	Martin	0.00/Other	12 Years	6 Months
Motor Cycle Mechanic	Johnson	0.00/Other	10 Years	5 Years
Diesel Mechanic	Pike	0.00/Other	10 Years	10 Years
Sewing Machine Operator	Wells	4.25/Hr.		None
Electrician (UG)	Floyd	12.00/Hr.		2 Years
Mine Electrician (UG)	Martin		8 Years	5 Years
Tractor Trailer Truck Driver	Floyd			1 Year
Truck Driver, Heavy	Floyd	6.50/Hr.	10 Years	6 Months
Drilling Machine Opr.	Magoffin	0.00/Other		1 Year
Cutting Machine Opr.	Floyd	14.00/Hr.		1 Year
Roof Bolter	Floyd	0.00/Other	8 Years	3 Months
Miner	Floyd	0.00/Other		1 Year
Gen. Underground Equip. Opr.	Martin	0.00/Other		5 Years

Search begins for "The Grandmother of all Apples"

They harvest the fruit in the fall. But now they're looking for an on-the-go granny to promote them all. To celebrate a bumper crop of Granny Smith apples, the Washington Apple Commission has started its nationwide search to find a grandmother whose lifestyle personifies the healthful attributes of the state's famous green fruit.

The commission is hoping to find the perfect "spokesgranny" to promote healthy eating and appear on supermarket posters. Search coordinator Jim Thomas is looking for help from anyone who knows a grandma with "a-peel".

Thomas said the success of the search depends totally on the children, grandchildren, spouse or friends of a noteworthy grandma. Those wishing to nominate someone to be the national Granny Smith should write, in 100 words or less, what makes the nominee special and enclose a photo. Nominations should be sent to Granny Smith, P.O. Box 18, Wenatchee, WA 98807, and be received by April 13. Nominees should meet the following guidelines.

- * Be sweet—but not too tart or mushy—and have good moral fiber.
 - * Stem from a solid family tree.
 - * Be hand-picked by children, grandchildren, spouse or friends.
 - * Have beauty that's more than skin deep, with just the right amount of maturity.
- Thomas said nominations should include a picture of the nominee, but the photo—like Washington Granny Smith apples—must be in good taste.

Eight grandmothers, and the person who nominated them, will be chosen to participate in the "Granny Finale," to be held May 6 in Washington state at the annual Apple Blossom Festival in Wenatchee. Finalists will be interviewed by a board of celebrities and apple growers, who will pick the country's greatest granny.

"Youth and beauty are always being celebrated," Thomas said. "This is our way of recognizing the beauty and contributions of seniors. It's also a way of honoring our best customers—the 35-and-over crowd buys the most Granny Smith apples."



Engagement announced

Mr. and Mrs. Meredith Depoy of Allen, announce the engagement of their daughter, Yvette Lynn, to Tony Stephens, the son of Mr. and Mrs. Clarence Stephens of Allen. Both are members of Allen Baptist Church where they will exchange vows on May 27, at 6:30 p.m.

Lose to win: Better than ever

Eastern Kentucky is 700 pounds lighter compared to a year ago thanks to the strong will power of 36 regional patients and the Clinical Dietetics staff of Highlands Regional Medical Center. With their "Lose to Win Weight Reduction Program," the dietitians have seen an average weight loss of 20 pounds per participant. Even more exciting, the dietitians have also seen a remarkable change in one of the hardest areas of diet control—behavior modification. These weight reduction challenges are learning how to eat healthy well balanced meals, how to keep the weight off long term, and how to avoid staying hungry.

Now, your first question may be, "How can I join the Lose to Win Program?" All you need is a diet prescription from your family physician stating the type of diet he/she would like you to be placed on. Then call the Department of Food and Nutrition Services at 886-8511, ext. 7350 to make an appointment with one of the clinical dietitians. Appointments are available on a first come first serve basis, Monday through Friday.

What happens when you come for your diet instruction? The dietitian that instructs you will take a diet history, a food frequency list of your food preferences, and ask many other diet related questions. Once this information is obtained, she will take your height, weight, age and activity level into consideration to develop a calorie level which meets your needs to lose 1-2 pounds per week. She will also teach you behavior modification techniques to get you on your way.

Diet information concerning your area of concentration will be given along with a meal plan for breakfast, lunch, dinner, and possibly snacks between meals—and it doesn't stop there. You will be invited to come in for follow-up on a weekly, bi-weekly, or monthly basis. During this time you may weigh and/or ask questions concerning your progress. A card listing your calorie level, your ideal body weight, and your weight each time you come in will be kept in the office. The fee for the "Lose to Win Program" is comparable to other weight loss programs.

Highlands Department of Food and Nutrition Services also offers counseling on low fat diets, low cholesterol diets, diabetic diets, weight gains and other specialized diets. Remember, one of the most important things you can do to ensure your health and wellness is to get your weight under control. And, a clinically supervised program with the direction of your family physician is the safest method and usually has the best outcome.

Kentucky Chamber board encourages national search

The board of directors of the Kentucky Chamber of Commerce passed a resolution recently encouraging the State Board of Education to conduct a national search to identify and recruit a new commissioner of education.

"Guiding the continuing evolution of education in Kentucky is a difficult task," said T. William Samuels Jr., chairman of the board for the Kentucky Chamber. "We must have a commissioner who is capable of continuing the vision, leadership, and management of Kentucky's landmark education efforts."

The chamber board recognized the leadership role that Dr. Thomas Boyens has filled as the first commissioner of education and applauded his work during the past five years. The board also recognized the significant improvements that Kentucky students have made since education reform was enacted.

"The Kentucky Chamber has long been an advocate for education," said Samuels. "We understand that there is a strong link between a well-educated populace and economic prosperity and will continue to advocate every measure we believe will lead to a stronger economy and better lives for all Kentuckians."



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Experts estimate that half of the chronic snorers over 40 have episodes of obstructive apnea, when flapping soft tissue at the base of the tongue and throat block all air flow. For the person with apnea, it's as if someone sticks a giant cork in his throat as many as 300 times a night. Some people stop breathing for as long as a minute, and each year between 2,000 and 3,000 apnea sufferers die of cardiac arrest in the night.

How can someone tell whether a mate might have sleep apnea? Snoring is irregular. There are lots of sharp snorts and gasps. It is labored, at times explosive, and in severe cases it's just as bad no matter what the sleeping position.

To confirm whether a person has apnea requires an overnight sleep study. This is also referred to as a polysomnogram. Most insurance plans require a sleep study showing apnea or another underlying medical condition before they will cover the cost of surgery and other treatments for snoring.

Untreated apnea can contribute to high blood pressure, enlargement of the heart, and increased risk of stroke. And because this sleep is so tormented, apnea sufferers are always tired. An estimated 20% have had car accidents as a result of falling asleep at the wheel. And, in all, experts say 20 million Americans have apnea but don't know it.

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A WHOLE NEW LOOK

Looking ahead—vision in the year 2000

by Harold F. Spalter, M.D.
Secretary, Scientific
Advisory Panel

Research to Prevent Blindness
More older Americans than ever before will keep their vision for a lifetime, allowing them to maintain their independence and high quality of life. Carl Kupfer, M.D., made that prediction at a National Science Writers Seminar sponsored by Research to Prevent Blindness (RPB), the world's leading voluntary organization in support of eye research.

Dr. Kupfer is Director of the National Eye Institute (NEI)—one of the Institutes of the National Institutes of Health—which RPB was instrumental in establishing in 1968. In a speech entitled, "Vision in the Year

2000," Dr. Kupfer discussed four areas of scientific research to prevent blindness and visual impairment in the next decade.

- Development of a medical treatment to slow down the development of cataract, a clouding of the eye's lens, which blocks light from reaching the retina. New compounds and drugs are being tested to block the chemical reactions which cause the normally clear lens to become opaque.

- A ten-year delay in the development of cataracts would reduce by nearly one-half the number of people who would need surgery for cataract removal, currently one-and-a-half million annually.

- By the year 2000, we may be

closer to treating retinal degenerations such as retinitis pigmentosa with gene therapy. There is no known treatment for this genetic disease which causes progressive degeneration of the light-sensing cells in the retina. Some 100,000 Americans are afflicted with retinitis pigmentosa. Scientists have isolated a defective gene that causes one form of retinal degeneration called gyrate atrophy. This finding has brought them closer to learning how to replace the defective gene with a normal gene and halt the degenerative process.

- Photoreceptor cells in the retina, which convert light into electric impulses conveyed to the brain, also degenerate as we grow old. Age-related macular degeneration robs its victims of their central vision, even

though the peripheral vision may remain intact. Successful animal experiments have given scientists hope that it may eventually be possible to replace degenerating cells in the retina with normal cells and save the patient's vision.

- People with diabetes run the risk of developing diabetic retinopathy, the growth of new blood vessels in the back of the eye. Complications arising from this condition are among the leading causes of blindness in the United States, even though it is easy to diagnose with a regular eye examination and can be treated successfully with laser surgery.

Researchers hope that by the end of the century they will be able to control chemical reactions in the cell which are related to sugar production and, if unchecked, trigger diabetic complications that may lead to blindness.

Readers may obtain a free copy of Dr. Kupfer's report on Looking Ahead—Vision in the Year 2000 by writing to Research to Prevent Blindness, 598 Madison Avenue, New York, N.Y. 10022.

South Central Bell distributing special directory for customers with hearing on speech impairments

South Central Bell is distributing its third annual regional directory of customers who use text telephones (TTYs), special equipment for persons with hearing and speech disabilities, featuring Miss America 1995 Heather Whitestone on the directory's cover.

Commenting on the directory, Miss Whitestone said, "The South Central Bell TTY Directory fills a real need for people like me because it's a reference of business and residence customers in the southeast who use text telephones."

The 1995 directory includes more than 6,000 business and residence listings, according to South Central Bell's manager Paul Smith. The listings are for customers in Kentucky, Alabama, Florida, Georgia, Louisiana, Mississippi, North Carolina, South Carolina and Tennessee, with a separate section for national business listings.

"Text telephones, also referred to as teletypewriters or telecommunications devices for the deaf, enable users to type messages on a key-

board, and send and receive them over regular phone lines," said Smith. "These machines are used by people with hearing and speech disabilities as well as by other people and organizations who communicate with them."

South Central Bell is sending the TTY directory free to every person and organization listed. Listings are restricted to phone numbers that can make or receive calls using text telephones. Smith pointed out that this directory is a supplement to, not a replacement for, the regular phone book. He said that the customers should receive their copy of the TTY directory by the middle of February.

Smith said, "Customers needing additional copies, or with any questions about products and services that South Central Bell provides for customers with disabilities, are invited to call our Telecommunications Center for Customers with Disabilities. The center can be reached at 557-6254 (TTY) or 557-6253 (voice). We'll be happy to assist them."

McDowell ARH receives radiology accreditation

McDowell Appalachian Regional Hospital has been approved by the American College of Radiology's Mammography Accreditation Program. The facility has met the necessary requirements, which include a stringent review by a panel of breast cancer-detection experts.

The reviewers evaluate the staff qualifications, equipment, quality control and quality assurance programs at a facility applying for accreditation. The quality of the image and the amount of radiation are measured and must meet rigid standards. Accreditations must be renewed every three years.

One in nine women will develop breast cancer in her lifetime. Early detection is the key to survival. Mammography done in conjunction with breast physical examinations provides the most accurate diagnosis of early breast cancer.

Only 6,000 facilities have been accredited nationwide in the six-year history of the program. It was started in response to concerns by radiologists, other medical organizations, and the public that only qualified personnel perform and interpret mammograms and that only equipment specifically designed for mammography be used. The goal is to ensure women receive the best mammographic examination with the

lowest possible risk.

The American College of Radiology (ACR), the American Cancer Society, the American Medical Association and nine other major medical organization support the following guidelines for women without symptoms:

- An annual clinical examination with screening mammography performed at 1-to-2 year intervals, beginning at age 40.

- Clinical examination and mammography performed annually beginning at age 50.

ACR is a major national medical specialty society, with more than 28,000 members, including radiologists, radiation oncologists, and radiological physicists. The organization's headquarters are in Reston, Virginia.

Davis receives Prospector Award

Commonwealth Life Insurance Company announces the presentation of the Prospector Award to Gregory Davis.

This award is restricted to representatives who meet rigid qualification requirements based upon sales performance.

Davis began his career with Commonwealth in January 1994, as an account representative in the Prestonsburg agency.

The Prestonsburg office is located at 34 Richmond Plaza.

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Tax relief

Democratic leaders of the Kentucky House of Representatives joined the Governor in his history-making bill-signing of the largest single tax reduction documented in Kentucky. The state's inheritance tax was eliminated in some categories. Working with the governor were, from left, Majority Caucus Chairman, Rep. Jim Callahan, D-Southgate; Speaker of the House of Representatives, Rep. Jody Richards, D-Bowling Green; and the Majority Floor Leader, Rep. Gregory D. Stumbo, D-Prestonsburg.

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CINEMA 2	<p>Dumb and Dumber Mon.-Sun. 7:15, 9:25; Fri. Matinee, 4:35 Sat.-Sun. 2:20, 4:35</p>	"PG-13"
CINEMA 3	<p>The Quick and the Dead Mon.-Sun. 7:00, 9:15; Fri. Matinee 4:15 Sat.-Sun. 2:10, 4:15</p>	"R"
CINEMA 4	<p>Just Cause Mon.-Sun. 7:10, 9:30; Fri. Matinee 4:30 Sat.-Sun. 2:00, 4:30</p>	"R"
CINEMA 5	<p>In the Mouth of Madness Mon.-Sun. 7:05, 9:15; Fri. Matinee 4:30 Sat.-Sun. 2:15</p>	"R"
CINEMA 6	<p>Heavyweights Mon.-Sun. 7:00, 9:00; Fri. Matinee 4:35 Sat.-Sun. 2:35, 4:35</p>	"PG"
CINEMA 7	<p>The Brady Bunch Mon.-Sun. 7:05, 9:05; Fri. Matinee 4:25 Sat.-Sun. 2:25, 4:25</p>	"PG-13"
CINEMA 8	<p>Starts Friday The Hunted Mon.-Sun. 7:05, 9:20; Fri. Matinee 4:25 Sat.-Sun. 2:05, 4:25</p>	"R"
CINEMA 9	<p>Billy Madison Mon.-Sun. 7:15, 9:15; Fri. Matinee 4:20 Sat.-Sun. 2:20, 4:20</p>	"PG-13"
CINEMA 10	<p>Legends of the Fall Mon.-Sun. 7:00, 9:30; Fri. Matinee 4:10 Sat.-Sun. 1:45, 4:10</p>	"R"

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Obituaries

Joyce Ann Isaac Cole

Joyce Ann Isaac Cole, 48, of Martin, formerly of McDowell, died Sunday, February 19, at UK Medical Center, Lexington, following an extended illness.

Born April 24, 1946 at Honey Camp, she was the daughter of the late Doy Isaac Sr. and Flora Hall Isaac.

Survivors include one son, Kenny Joe Cole of Martin; one brother, Doy Isaac Jr. of Bevinsville; and two sisters, Fayette Hall of McDowell and Margie Hall of Clay City.

Funeral services will be Wednesday, February 22, at 11 a.m., at the Little Rock Old Regular Baptist Church at Halo with the ministers of the Regular Baptist Church officiating.

Burial will be in the family cemetery at Honey Camp, Halo, under the direction of Nelson-Frazier Funeral Home.

Eugene Gibson

Eugene Gibson, 67, of Clay City, died Saturday, February 18, at VA Hospital, Lexington, following an extended illness.

Born June 6, 1927 at Whitesburg, he was the son of the late Alfred and Caldonia Gipson Gibson. He was a disabled truck driver. He was a member of the Powell Valley Baptist Church at Clay City and a DAV commander at Stanton.

Survivors include his wife, Jewel D. Amburgy Gibson; and one son, Melvin Eugene "Geno" Gibson of Clay City.

Funeral services will be Wednesday, February 22, at 11 a.m., at the Powell Valley Baptist Church at Clay City, with Rev. Marion Brewer and Codell Junior Gibson officiating.

Burial will be in the R.B. Caudill Cemetery at Whitesburg, under the direction of Nelson-Frazier Funeral Home.

Jack Donald Hall

Jack Donald Hall, 58, of McDowell, died Friday, February 17, at the McDowell Appalachian Regional Hospital, following a long illness.

Born June 1, 1936 at Honaker, he was the son of Ruby Hall Collins of Hyden and the late Black Jack Hall. He was a disabled coal miner, formerly employed by the Sadie King Coal Company at McDowell.

In addition to his mother, he is survived by his wife, Olive Rose Howell Hall; four sons, Robbie Hall of Portsmouth, Ohio, Jonathan Hall of McDowell, Keith Hall of Lenoir, North Carolina, and David Hall of Prestonsburg; four daughters, Jacqueline Akers, Mella Howell and Rengie Dye, all of McDowell, and Shonia Bentley of David; one brother, James Hall of McDowell; one half-brother, Palmer Hall of Hyden; one sister, Ruby Jean Adkins of Kendallville, Indiana; and 17 grandchildren.

Funeral services were Monday, February 20, at 11 a.m., at the Hall Funeral Home Chapel with the Rev. Ted Shannon officiating.

Burial was in the Greenbury Hall Cemetery at McDowell, under the direction of Hall Funeral Home.

Serving as pallbearers were Rick Akers, Kennel Dye, Tony Bentley, Todd McGuire, Jackie Hall and Melvin Howell.

Wiley Wendell Jones

Wiley Wendell Jones, 62, of Anderson, Indiana, formerly of Langley, died January 13, at Anderson Healthcare Center, after an extended illness.

Survivors include sons, Michael Allen Jones, Phillip Wiley Jones, and David Thomas Jones; daughters, Patricia Jones Clark, Julie Anne Jones, and Jennifer Jones Lee; one brother, Thomas L. Jones of Langley; and 11 grandchildren.

Burial of the cremated remains was made in the Jones Family Cemetery at Ivis.

Pauline Mynhier Whaley

Pauline Mynhier Whaley, formerly of Ivis, died January 29. She lived in Jacksonville, Florida, since 1954.

Survivors include her husband, John E. Whaley; two sons, Timothy Jack Franks of Jacksonville, Florida, and Paul E. Stark Jr. of Orange Park, Florida; two brothers, Jack of Lexington and Walter of Martin; two sisters, Betty Carter and Ann Osborne, both of Orange Park, Florida; and five grandchildren.

Funeral services were at Sacred Heart Catholic Church and interment at Jacksonville Memory Gardens in Orange Park, Florida.

Pallbearers listed for Reynolds service

Serving as pallbearers for the funeral services of Effert Reynolds were Billy D. Reynolds, Tony Reynolds, Derek Hale, B.J. Jenkins, Chad Harmon, Craig Harmon, Richie Reynolds, Paul LeMaster, Keith Akers and Tommy Cramer.

Honorary pallbearers were Wendell Stratton, Mack Tackett, Jimmy Conn, Marvin Tackett, Hassel Collins, Hollie Conley, Frank DeRossett, Bill Jenkins, Paul Tackett, Fred L. Goble, James C. Cline, E.L. Cline Jr. and Ervin Akers.

Ollie Mae Jervis

Ollie Mae Jervis, 65, of Endicott, died Saturday, February 18, at Highlands Regional Medical Center, Prestonsburg, following an extended illness.

She was the daughter of the late Lee and Gladys King Justice. She was a member of the Endicott Free-will Baptist Church.

Survivors include her husband, Maryland Jervis; six sons, Randall Jervis, Marvin Jervis, Stefan Jervis, and Vernon Jervis, all of Endicott, Daniel Jervis of Lincoln Park, Michigan, and Michael Jervis of East Point; three brothers, William Lee Justice of Clay City, Emery Justice of Pikeville and Clifford Justice of Hanover, Ohio; three sisters, Irene Click of Enterprize, Alabama, Marcella Justice of River Rouge, Michigan, and Janet Green of Prestonsburg; and 11 grandchildren.

Funeral services were Tuesday, February 21, at 11 a.m., at the Floyd Funeral Home Chapel with Rev. Jim Smith and Rev. David Garrett officiating.

Burial was in the Jervis Cemetery at Endicott under the direction of Floyd Funeral Home.

Anna Keith "Baby Annie" Harmon Stumbo

Anna Keith "Baby Annie" Harmon Stumbo, 97, of Prestonsburg died Tuesday morning at her residence.

Born October 7, 1897 in Prestonsburg, she was a daughter of the late Dan Harmon and Kate Branham. She was preceded in death by her husband, Earl Allen Stumbo, in 1962.

A 50-year member of the Adah Chapter No. 24 Order of the Eastern Star, she was a charter member of the John Graham Chapter DAR, Chapter G, PEO. She the oldest member of the First United Methodist Church. She was a Kentucky Colonel.

She is survived by her daughter, Kathryn Frazier of Prestonsburg; three grandchildren and three great-grandchildren.

Funeral services will be conducted Thursday, February 23, at 11 a.m. at the First United Methodist Church with Rev. Russ Holland and Rev. Harold Dorsey officiating.

Burial will be made in the Porter Cemetery at Prestonsburg under the direction of the Carter Funeral Home.

Visitation may be made from 4-9 p.m. Wednesday at the funeral home.

In lieu of flowers, donations may be made to the church.



Luther Hall

Luther Hall, 76, of Battle Creek, Michigan, died Thursday, January 26, at Battle Creek Health Systems Community Site.

Born October 30, 1918 in Floyd County, he was the son of the late Johnnie Lee and Minnie Davis Hall. He retired from the Marshall, Michigan, Public School Systems in 1983, where he worked as a custodian. He served in the U.S. Army in World War II. He was preceded in death by his wife, Beatrice L. Fiske Hall, on December 29, 1984.

Survivors include a daughter, Gloria L. Hilyard of Battle Creek, Michigan; sisters, Fanny Mae Couch of Lakeland, Florida, Trennie Shepherd and Pearl Tackett, both of Marshall, Michigan, Thelma Carpenter of Ashtabula, Ohio; Doris Brewer of Solon, Ohio, and Lavada Browning of Walled Lake, Michigan; brothers, Elva Hall of Marshall, Michigan, Aaron Hall of Cascades Lockes, Oregon, and Kelly Hall of Mountain Home, Arkansas; and two grandchildren.

Funeral services were Monday, January 30, at 11 a.m., at the Craig K. Kempf Funeral Home with Elder Roy W. Kent officiating. Burial was in the Floral Lawn Memorial Garden Cemetery.

Serving as pallbearers were Dennis Hall, James J. Hall, Elzie Shepherd Jr., Rick Browning, Steve Browning and Mike Browning.

Honorary pallbearers were David Tackett, Albert Sparks and James Shepherd.

Wilson Noble Jr.

Wilson Noble Jr., 58, of Hazard, died February 16, at the Hazard Nursing Home.

Born December 10, 1936 in Breathitt County, he was the son of the late Wilson and Millie Noble.

Survivors include two half-sisters, Mary Jane Marshall of Minnie and Opsie Mullins of Houston, Texas.

Funeral services were Sunday, February 19, at 11 a.m., at the Hindman Funeral Services with Wilson Slone, Donnie Patrick and Cova Perkins officiating.

Burial was in the Flatwoods Cemetery at Little Buckhorn, under the direction of Hindman Funeral Services.

Bonnie A. Slone

Bonnie A. Slone, 37, of Prestonsburg, died February 17, at Highlands Regional Medical Center, Prestonsburg.

Born July 23, 1957, to the late Sherman Slone and Herman Jean Slone.

Survivors include two brothers, Eric Slone of Prestonsburg and Doug Slone of Langley; and four sisters, Nadine Johnson and Juanita Nelson, both of Prestonsburg, Wilma Watts of Crestwood and Vonda Owsley of Lebum.

Funeral services were Monday, February 20, at 1 p.m., at the Hindman Funeral Services Chapel with Roger West officiating.

Burial was in the Huff Cemetery, under the direction of Hindman Funeral Services.

Elizabeth Crum

Elizabeth Crum, 64, of Martin, died Saturday, February 18, at her residence, following an extended illness.

Born March 4, 1930 in Martin, she was the daughter of the late Columbus and Polly Ann Conn. She was preceded in death by her husband, Merlin Conn.

Survivors include four sons, Earvin Crum of Martin, Elvis Crum of Allen, Erlin Randell Crum of Price, and Dewayne Crum of Auxier; four brothers, Harry Conn, Levi Conn, Fred Conn and Rex Conn, all of Martin; two sisters, Ida Ann Meade of Spurlock and Martha Holthouse of Huelysville; seven grandchildren and two step-grandchildren.

Funeral services were Monday, February 20, at 11 a.m., at the Nelson-Frazier Funeral Home Chapel with Rev. Mark W. Tackett and Rev. Phillip Isaac Meade officiating.

Burial was in the Crum Family Cemetery on Arkansas Creek, Martin, under the direction of Nelson-Frazier Funeral Home.

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Card Of Thanks

The family of Connie Hall wishes to thank all of those who were so kind and considerate during our time of grief. We especially want to thank those who sent flowers and gifts of love. We especially want to thank the Rev. Louis Ferrari and Rev. Don Lee for their comforting words, the Sheriff's Department for their assistance in traffic control and the Hall Funeral Home for their kind and professional service.

THE FAMILY OF
CONNIE HALL

Card Of Thanks

The family of Elder Triplett Hall would like to take this opportunity to thank everyone for their help in the loss of our loved one: those who sent food and flowers, or just spoke comforting words. We deeply appreciate you all. A special thanks to the Regular Baptist ministers for their comforting words, the Sheriff's Department for their assistance in traffic control and the Hall Funeral Home for their kind and professional service.

THE FAMILY OF
ELDER TRIPLETT HALL

Card Of Thanks

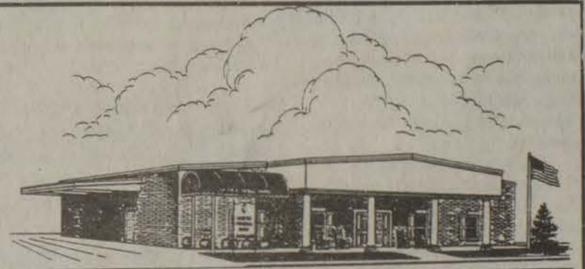
The family of Clyde Preston Allen would like to extend their appreciation to all those friends, neighbors and loved ones who helped comfort them during their time of sorrow. Thanks to all who sent food, flowers, prayers or spoke comforting words. A special thanks to the Rev. Troy Poff and Rev. Jim Wade for their comforting words, the Sheriff's Department for their assistance in traffic control and the Hall Funeral Home for their kind and efficient service.

THE FAMILY OF
CLYDE PRESTON ALLEN

Card Of Thanks

The family of Hulda Hall Lawson wishes to thank all those friends, neighbors and family who helped them in any way upon the passing of their loved one. Thanks to those who sent food, flowers, prayers and words of comfort expressed. A special thanks to the Clergymen Junior Kidd and Luke Newell for their comforting words, the Sheriff's Department for their assistance in traffic control and the Hall Funeral Home for their kind and professional service.

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Card Of Thanks

The family of Lora Frasure wishes to gratefully acknowledge the thoughtfulness and kindness of friends, relatives, and neighbors in the loss of our loved one. Thanks to all who sent food, flowers, prayers or comforted us in any way. A special thanks to the Regular Baptist ministers for their comforting words, Dr. Hieronymus and Dr. May, the nursing staff at the Highlands Regional Medical Center and Our Lady of the Way Hospital, the Sheriff's Department for their assistance in traffic control and the Hall Funeral Home for their kind and professional service.

THE FAMILY OF
LORA FRASURE



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Health Matters

by Christopher Fleming



Christina is one

Christina Lynn celebrated her first birthday February 19. She is the daughter of Johnny and Christine Jones of Melvin. Helping her celebrate was her great aunt Ruth Rainey of Bevinville, with ice cream and cake. Other family members were also present.

Cancer Society names district representative



Teresa Damron-Mullins

The Kentucky Division of the American Cancer Society has named Teresa Damron-Mullins district representative for the Eastern and North Eastern Districts of Kentucky.

The American Cancer Society is the nationwide community-based volunteer health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives from cancer and diminishing suffering from cancer through research, education, advocacy and service. Damron-Mullins will be responsible for working with volunteers to develop and maintain local units in an effort to provide service, education and information to cancer patients and their families.

The new district representative is a native of Eastern Kentucky and presently resides in Pikeville with her two children, Kris, a respiratory care student at the University of Kentucky, and Adam, a senior at Pikeville High School. She is the daughter of Barbara Damron and the late Fred Damron.

She is the former assistant executive director of the Pike County Chamber of Commerce and most recently employed as a marketing consultant with American Partners, a national marketing firm headquartered in Tulsa, Oklahoma. She is a member of the board of directors for the Pikeville Kiwanis Club and a charter member of the Pike County Safe Kids Coalition.

For more information about services and educational materials or to find out how you can make a difference in the fight against cancer as a volunteer, call the Eastern District at 606-886-7977, or North Eastern District at 606-324-1819, or call toll free: 1-800-ACS-2345.

Steroids: Are they worth it?

Anabolic-androgenic steroid use by athletes and body builders began in the 1950s. Their use has increased over the years despite warnings from health professionals. In fact, the average steroid user is using 100 to 1,000 times the dosage used in therapeutic treatment and by athletes in the 1950s. The list of adverse health effects of steroids continues to grow with larger dosages and longer duration of use.

An epidemic of recreational users of anabolic-androgenic steroids is beginning in our high schools and colleges. Young men are using steroids to become more attractive to the opposite sex. Many are looking for the easy way to obtain the optimal look. It is true that steroids will boost muscular strength with vigorous training and proper diet. However, if vigorous training (at least two or three hours of training per day) and adequate nutrition is not followed, the user will not gain strength but will add excessive body fat. Thus many of these young men are exposing their bodies to a harmful drug and not gaining the desired benefit from its use.

Many athletes use steroids for the competitive advantage. What they fail to realize is that anabolic-androgenic steroids promote a strengthening of muscle only and can create an imbalance between ligament/tendon strength and muscle strength that creates an increased risk for injuries. A non-steroid user, through proper training and nutrition, may become a better athlete than the steroid user because of lost training time due to an injury. Also, the steroid user may miss valuable playing time for his/her team. College and professional teams examine a player's medical history before determining if they will be recruited or drafted. Thus

anabolic-steroids have the potential of being more negative on a player's career than positive.

The adverse effects of steroids on the body are too numerous to list completely. However, steroids have been shown to have an adverse effect on the liver, cardiovascular system, male reproductive system, female reproductive system, and psychological status. Other possible adverse effects on the human body include irreversible deepening of the voice and severe acne.

The number of anabolic-androgenic steroid users continues to grow despite the growing evidence of the negative effects of steroids. This is due mainly because of the human desire for the quick fix and a win-at-all-costs attitude instead of reaching for goals through hard work. The American College of Sports Medicine's, and that of most athletic organizations, stance on anabolic-androgenic steroid use clearly states that the use of steroids is unethical and depletes the use of them. In conclusion, the drawbacks to steroids use clearly outweigh the benefits for both the athlete and recreational user.

Tip of the Week: An additional 2,500 calories are required to build one pound of muscle mass.

WEIGHT-TRAINING AND THE ELDERLY

The idea of an 80-year-old lifting weights seems a bit absurd. Most Americans think that strength training and old age contradict each other. However, strength training through weights and/or calisthenic training is now recommended along with cardiovascular activity for most mature adults. Thus the idea of grandma and grandpa "pumping iron" may not seem so absurd in the near future.

Current research shows that increased strength leads to improved balance and functional mobility

among the elderly. Studies suggest that older people who participated in resistance training throughout most their lives do not show the typical age-related changes of their muscles, their muscles appear similar to those of a 20-year-old. These same individuals have a resting metabolism that is significantly higher due to the increase in lean body mass (muscles). When you add 1 lb. of muscle mass your resting metabolism increases 50 to 100 kilocalories per day. Most untrained elderly can add 5 to 10 lbs. of muscle mass in a year, thus increasing their resting metabolism up to 1,000 kilocalories per day.

If you are over the age of 45 and planning to begin an exercise program, you should consult your physician first. Most older Americans should have no problem obtaining medical clearance. If the patient has uncontrolled arthritis, uncontrolled cardiovascular disorders, and/or other uncontrolled chronic conditions, the physician may recommend waiting until these conditions are under control.

Most senior adults are at higher risk for injury because they tend to have generalized weakness and other chronic conditions. Thus, it is very important that the person developing your exercise program be qualified to do so and have experience working with the geriatric population to decrease your risk for injury. The individual should possess at least a BS or BA in Exercise Science, Physical Therapy or another allied health field. Ideally this individual will be ACSM certified and have a Master's degree. It may take some time and research to find a qualified individual, but your health and safety are worth it.

It is an overused cliché, however, it is so true, "You are as old as you feel, not as your age." Regular exercise that includes resistance training, cardiovascular, and flexibility activities may help you feel younger and provide you with a high quality of life. No matter if you are 9 or 90, the best time to start an exercise program is today.

Tip of the Week: To select the optimal weight for muscular strength and endurance, select a weight you can lift no more than 8-12 times.

Christopher G. Fleming is the Project Health Director at Prestonsburg Community College. He has a Bachelor's degree in Health and Physical Education, a Master's degree in Education, and a Master's plus Thirty with emphasis in Exercise Science. Fleming is also a certified American College of Sports Medicine Health Fitness Instructor.

The least rainfall in the world, on average, is recorded at Arica, Chile, a desert town that gets a combined total of about one inch of rain every 33 years.

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Take time for breakfast

by Karen Collins, M.S., R.D.
 American Institute for Cancer Research

These days, more people are working longer hours and working more than one job. With that kind of time-pressured lifestyle, it's easy to believe that eating breakfast takes too much time. And the growing pressure many people feel to lose weight because of sedentary lifestyles and high-fat diets makes them think of skipping breakfast as one way to trim pounds.

In reality, breakfast-skipping creates more problems than it solves, according to a number of research studies. Even though breakfast seems to be taking away important time, studies show that one's concentration and efficiency suffer without breakfast to fuel them. That's why investing time in eating a healthy breakfast pays off in greater productivity.

While breakfast may seem like unnecessary calories, researchers report that breakfast-skippers tend to eat bigger meals later, resulting in higher overall calorie consumption. Or, at lunch or coffee breaks, they are so hungry that they eat too fast and too much. Other research suggests that breakfast-skippers also slow down their metabolism, burning fewer calories throughout the day.

If you don't eat breakfast because you aren't hungry in the morning, consider your evening eating habits.

Studies have found that when people cut back on nighttime eating they wake up hungrier, and within a few weeks can shift their eating and hunger patterns.

Some people say that eating breakfast makes them hungry sooner, leading them to eat too much. However, that depends on one's choice of breakfast foods. If you eat only carbohydrate, such as a piece of fruit or toast with jelly, you will digest and metabolize it quickly, and have lower blood sugar and energy levels sooner. Instead, include some protein, such as milk, yogurt, cheese, or peanut butter. Too much protein is not recommended, but a small amount helps to sustain energy levels. Choose low-fat and non-fat protein foods to keep dietary fat in check.

We don't need the very high-fat breakfasts with large servings of eggs and fatty meats that are traditional for people who do hard physical labor every day. But, for people who spend long hours at desk work or in school, eating a sensible low-fat breakfast makes just as much sense for fueling their energy in a healthful way.

For a free booklet about healthful snacks and small meals, send a stamped (52 cents postage), self-addressed envelope to AICR, Dept. HS, Washington, D.C. 20069.

"Nutrition Notes" is provided as a public service by the American Institute for Cancer Research, Washington, D.C. 20069.

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Community Calendar



School design

Teresa Tackett, a parent from Harold Elementary, designed and painted the Harold-Prater Elementary Family Resource sign.

Correcting eye alignment may solve myriad of problems

A Pikeville Optometrist, William Sargent, O.D., R.P.H., will be a featured speaker at the 13th Annual International Symposium on Man and His Environment in Health and Disease which will be held February 23-26 in Dallas, Texas.

The symposium is one of the most advanced forums in the world addressing the research and treatment of environmental effects on health and disease. A faculty of top international experts will be assembled to present the most current information available on identifying, diagnosing, treating and preventing environmentally triggered responses in the human body.

The special focus of this symposium is on the health effects of food, food additives and chemical contaminants.

The topic of Dr. Sargent's presentation will be "A Non-invasive Treatment Technique that Alters Brain Stem Disorders."

The main idea of this presentation is that correcting eye alignment creates an equilibrium in the brain stem that can solve a myriad of health problems.

He will present documentation of several patients who received posi-

tive results from correcting eye alignment. One patient afflicted with Bell's palsy (a paralysis of the facial nerve producing distortion on one side of the face) showed vast improvement in their facial paralysis. Another patient, the victim of a fall who had paralysis on the right side of the body, showed improvement in facial paralysis and improvement in walking abilities. Dr. Sargent has also had great success in treating patients suffering from epilepsy and migraine headaches and has experienced a 90 percent success rate in curing migraine headaches.

Dr. Sargent began research on eye alignment in 1974 while a student at the Southern College of Optometry. He continued research at Oral Roberts University under a three-year grant and has also conducted research at his optometry office in Pikeville.

Dr. Sargent received a degree in Optometry from the Southern College of Optometry in Memphis, Tennessee. He also received a Bachelor of Science degree in Pharmacy from the University of Kentucky. He is board certified in Kentucky as an optometrist and a pharmacist. His optometry practice is located at Village Street in Pikeville.

Editor's Note: As a service to the many clubs and committees that meet in our community, the Floyd County Times' Community Calendar will post meeting and public service announcements. Articles for the Community Calendar must be submitted in writing to the Times no later than 5 p.m. Monday for Wednesday's publication or 5 p.m. Wednesday for Friday's publication. These cannot be taken over the telephone.

Harold-Prater Resource Center activities

• February 22: Our Lady of the Way Hospital will do a presentation on nutrition beginning at 11 a.m. for grades 6-8 at Prater Elementary

• February 22: at Harold Elementary at 12 noon, Our Lady of the Way Hospital will present a workshop on how to discipline a child without spanking.

• February 23: at Prater Elementary, presentation with crash dummies and Buckle-Up Bear, beginning at 8 a.m. for grades K-4.

• February 23: at Harold Elementary, presentation with crash dummies and Buckle-Up Bear, beginning at 10 a.m. for grades K-4.

• February 23: at Prater Elementary, advance road safety for 5th and 6th grades beginning at 8 a.m.; career in engineering for 7th and 8th grades beginning at 8 a.m.

• February 23: at Harold Elementary, advance road safety for 5th and 6th grades beginning at 10 a.m.; career in engineering for 7th and 8th grades beginning at 10 a.m.

• February 27: Lola Brashear, talking with students about alcohol.

Parents are welcome and encouraged to attend the presentations scheduled in their child's classroom. 2/22

Reunion

Betsy Layne High School Class of 1970 is planning their 25th class reunion for July 1-2. All graduates of 1970 are asked to contact Sandy Meade, 478-1140, 478-9082, 478-9236 or 478-9187. 2/22, 2/24

Duff Family Resource Center activities

• Pam Patton, R.N., from the health department, provides the following services: physicals to 5th grade, kindergarten, headstart, well-child and WIC, TB skin test, blood pressure checks, TD, and update immunizations.

• A benefit to be held February 18 at Duff Elementary has been rescheduled for March 4, for Betty Spencer, a lung transplant recipient who lives in our community and is now in Lexington awaiting a lung donor.

• Country line dancing classes are offered on Thursdays in the gym from 7:30-8:30 p.m. These classes are free. 2/22

Training

The Clark Family Resource Center will hold the first training for reading program volunteers on February 23. 2/22

CPR and child safety class

An infant CPR and child safety class will be held February 25 (rescheduled from February 11, due to weather) from 12-3 p.m. at the Big Sandy Area Development District/Region 8 building, Prestonsburg (Cliff Road behind PCC, off new 23). Tim Grayson is the AHA instructor. For more information, call 789-5784 or 886-7615. 2/22

McDowell council to meet

The McDowell site-based council will meet on Thursday, February 23, at 6 p.m. The McDowell Elementary PTA will meet at 7 p.m. Everyone is urged to attend. 2/22

Mothers of Angels support group to meet

The Mothers of Angels Support Program for bereaved parents and their families will hold their monthly meeting on Wednesday, February 22, at 7 p.m., at Highlands Regional Medical Center, Basement in the Floyd Room. Free and open to anyone interested. For more information, call 886-3643 or 789-5025. Sponsored by Big Sandy Family. 2/22

Kentucky Day Reunion

All past and present residents of the Commonwealth of Kentucky are invited to attend the Kentucky Day Reunion, a covered-dish luncheon, at Saturday, February 25, from 11 a.m. to 3 p.m., at the Tavares Civic Center, 300 East Caroline Street, Tavares, Florida. Lunch will be at noon.

Paper plates, drink cups, drinks, plastic utensils will be furnished. A donation of \$2 per person is requested to cover expenses and building rental. For more information, call (904) 343-8323 or (904) 343-4976. Entertainment will be by Kentucky Honey-suckles, Molly Fielder Garman and Robert Blaydes. 2/22, 2/24

Foster/adoptive informational meeting

There will be an informational meeting at the Floyd County Department for Social Services Office, 75 University Drive, Prestonsburg, on February 25, at 9:30 a.m. to discuss foster care and adoption. The meeting is open for anyone interested in learning more about foster care and adoption in Kentucky. For more information, call (606) 886-8192 and ask for Norma Boyd. 2/22, 2/24

John W. Hall Lodge Master Mason degree planned

John W. Hall Lodge No. 950, F&AM, Martin, will confer the Master Mason degree at a meeting to be held Saturday, February 25, beginning at 6 p.m. A dinner of soup beans, corn bread and fried potatoes will be served. Members are asked to bring desserts. 2/22, 2/24

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Pastor: Father David Powers
Phone 874-9526

Clark council to meet

The Clark Elementary school-based decision-making council will meet Wednesday, March 1, at 6 p.m., in the school library. 2/22, 2/24

Annual board meeting

The Board of Directors of Appalachian Research and Defense Fund of Ky., Inc., will hold its Annual Board Meeting on Saturday, February 25th, in room 241 at the University of Kentucky Law School, Lexington, beginning at 11 a.m. The meeting is open to the public. 2/24

Prestonsburg Elementary Resource Center activities

• On February 22 a program on self-esteem will be presented by Angie Hall from C.A.P. to the second and third grades.

• A C.P.R. class is scheduled on February 25. Class will begin at 9 a.m. Anyone interested, please contact the center at 886-7088.

• G.E.D. classes are every Wednesday. Classes are from 11:30 a.m. - 2:30 p.m. Anyone interested, please contact the center at 886-7088.

• Fluoride treatments are presented every Wednesday to the students at the Prestonsburg Elementary by the center and parent volunteers. 3/8

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Sunday School 11 a.m.
Evening Worship 7 p.m.
Wednesday Prayer Service 7 p.m.
Saturday Evening Worship 7 p.m.

ADA MOSLEY PASTOR

Anti-drug ads aimed at 'sensation seekers' hit mark

Researchers call them "high sensation seekers"—young adults who like loud music, play hard-action sports, and seek novel experiences of all kinds. Studies have shown this group is most likely to experiment with drugs.

In the second phase of an unusually comprehensive five-year research project on how to best reach these thrill-seekers with drug prevention messages, a University of Kentucky team reports significant success in gaining their attention.

How? Through a series of television ads aimed at high sensation seekers, and shown during programming favored by this group. The ads were broadcast in Lexington in 1992.

Designed by the team to appeal to high sensation seekers, the ads included a telephone number viewers could call to obtain a free "Thrill-Seeker's Guide to the Bluegrass" describing exciting alternatives to drugs, such as rock-climbing and bungee-jumping. Callers were then asked to complete a questionnaire and participate in three follow-up surveys.

The ads hit the mark, with triple the response expected, said team leader Lewis Donohew, a communication professor in the College of Communications and Information Studies.

Of the more than 2,100 people who called, 73 percent fit the profile of high sensation seekers; 80 percent were between 16 and 25 years old; 66 percent were male; and 94 percent were non-minority.

Working with Donohew on the study at UK's Center for Prevention Research are communication professor Phillip Palmgreen and psychologist Elizabeth Lorch.

The project is "innovative, theory-based research," said William J. Bukoski, chief of the Prevention Re-

search Branch, National Institute on Drug Abuse/National Institutes of Health, which funded it with a \$1.5 million grant. "By successfully targeting high sensation seekers by paying attention to their personality traits, the UK team has assisted the whole field of drug abuse prevention.

"In the light of increasing drug use by adolescents in this country," Bukoski said, "this work has great significance."

The team has "put together a science of message design," said Donohew. "We have discovered how to construct the kind of novel, intense, complex and graphic drug prevention messages, offering positive alternatives, that will reach high sensation seekers."

Featuring heavy metal music and fast-paced images, the ads aired 1,500 times on five Lexington television stations from January to June of 1992.

One ad showed scenes from a trash dump with the words "With drugs you can get wasted." Another depicted young people engaged in exciting outdoor activities, with a voice-over stating, "The one thing all these people have in common? They don't need drugs."

Typically, anti-drug public service announcements run at odd hours when few people—or folks other than the target audience—are watching. To counter this, the team spent \$60,000 to have its ads shown on MTV and during "Northern Exposure" and other exciting and offbeat programming that proved popular with high sensation seekers during a pre-campaign survey of 600 Lexington young people.

The current results show it was money well spent, said Donohew. "Drug prevention ads may be expertly designed, but the first goal of any campaign is to reach its intended audience."

The findings will be published later this year in the journal "Drugs and Society."

In its third and final report, due next fall, the team will analyze follow-up mail surveys (currently in progress) to determine whether the campaign reduced or discouraged drug usage among participants.

If it did, Donohew hopes the project will be used as a model nationwide.

BREAD BOX—My solution to the pine bread box odor is to use the box to store tea and coffee. The box I have is so attractive and decorative, it would have been disappointing to retire it from the kitchen counter. It also limits the clutter of tea boxes and coffee jars, yet keeps these oft-used items handy. Jill G., Harrisonburg, Va.

FAST FIX—While at work recently, I lost the back of my earrings for about the hundredth time. To temporarily fix the problem, I simply removed an eraser from a pencil and used it instead. Kim O., Athens, Texas

Card of Thanks

The children and grandchildren of EFFERT REYNOLDS would like to express our love, thanks, and appreciation to all our friends, neighbors and loved ones who were so kind and considerate during our time of sorrow. We would like to thank all those who sent food, flowers, prayers, and spoke comforting words. We are certainly blessed to have such friends, neighbors and loved ones. We send special thanks to Jeff Conn and James A. Harmon for their kind words; Boldman Free Will Baptist Church; Ron Wright (Pleasant Home Baptist Church); Highland Avenue Free Will Baptist Church singers and the Tom's Creek Free Will Baptist Church singers for their beautiful songs; the sheriff's department; Allen Volunteer Fire Department; and Hall Funeral Home.

OUR LOVE TO ALL,

Billy Joe and Richard Reynolds, Wanda B. Harmon, Carmalee Cramer, Dr. Billy D. Reynolds, Ritchie, Tony and Leah Reynolds, Michelle White, Janie LeMaster, Marlena Harman, Tommy and Angi Cramer, Craig and Chad Harmon.

Card Of Thanks

May we take this method of thanking our neighbors and friends for their kind expressions of sympathy in our bereavement. These expressions have been deeply appreciated. A special thanks to the Adams Middle School staff, the Prestonsburg Elementary staff, the Nelson-Frazier Funeral Home, the ministers (Bobby Joe Spencer, Jack Howard) and the Floyd County Sheriff's Department.

THE FAMILY OF
THOMAS RAY MANN'S

Card Of Thanks

Margie Shepherd Crum
April 30, 1938-February 6, 1995

Special thanks to everyone from the family of Margie Shepherd Crum for the flowers, food, support and to Nelson-Frazier Funeral Home for a beautiful job. Special thanks to the Highland Avenue singers, to Rev. David Garrett and Rev. Jim Smith for their words of comfort.

THE FAMILY OF
MARGIE SHEPHERD CRUM

GOSPEL SING

Saturday, February 25, 1995
6:00 p.m.

Community Methodist Church
Prestonsburg, Ky.

FEATURING: The Harbormen, Grace, Ron Wright and the Pleasant Home Singers, Wings of Praise and many others!

EVERYONE IS INVITED!

Shrove Tuesday Pancake Day at



St. James Episcopal Church

Price: \$3.00 each or 2/\$5.00
February 28, 1995 7:00am-9:00pm

Menu: Pancakes, Butter & Syrup, Sausage/Bacon, Milk, Orange Juice or Coffee
(Diabetic syrup available and PCC Students pay only \$2.00 at the door.)



Having a ball

Those who attended the MCA Charity Ball and Silent Auction fund-raiser on February 4 were treated to an evening of dancing and a chance to vie for auction items. The fund-raiser netted \$6,800 for the school.

Mountain Christian Academy Charity event is a success

Mountain Christian Academy's board of directors hosted its first Charity Ball and Silent Auction on Saturday, February 4, at the Wilkinson-Stumbo Convention Cen-

ter. Despite the wintry weather, over 40 persons made it out to participate in the evening gala.

Terry Dotson, chairman of the interdenominational school's board of directors, emceed the event and encouraged the vying for the Silent Auction's items. There were two sets of tickets for U.K. basketball games, a certificate for a custom-made set of golf clubs, a set of collector's Browning automatic shotguns made in Belgium, a Russell May print, and many other items whose bids ranged from \$5 to \$2,000.

In the end, over \$6,800 was netted toward the expense of renovating an existing building to house the new science laboratory on the school's campus located in Martin. Dr. Parker Tiller is dean of the private Christian school which serves students in preschool through eighth grades.

Appalred mine safety program awarded grant

The Mine Safety Project of the Appalachian Research & Defense Fund of Kentucky has been awarded a grant of \$7,500 from the Appalachian Community Fund to assist its litigation and advocacy efforts on behalf of coal miners in the Appalachian coalfields.

The Mine Safety Project, based in Lexington, is the only public interest law office in the United States whose work is devoted solely to mine safety issues. Since its inception in 1991, the Project has represented dozens of miners who claimed they were discharged for making safety complaints or for refusing to work in unsafe conditions.

Tony Oppgaard, who previously worked out of the Prestonsburg office, is directing attorney of the Mine Safety Project.

The grant to the project came from the Appalachian Community Fund's September 1994-95 cycle. ACF is a community foundation that provides grants to organizations working for long-term change in West Virginia and the Appalachian regions of Kentucky, Virginia and Tennessee. It typically funds projects that challenge the root causes of problems and that are working to pursue economic or social change in the region.

The Knoxville-based organization raises money for its grants primarily from individuals who support the preservation of the Appalachian region and the self-determination of its communities. Groups funded by ACF are actively seeking strategies and solutions on issues such as the environment, homelessness, workers' rights, economic powerlessness, racism and sexism.

Stanley, Skaggs and Sparks on KET special

Three of the best bluegrass musicians ever to pick a tune, Ralph Stanley, Ricky Skaggs and Larry Sparks, take the *Austin City Limits* stage for a "Bluegrass Special" on KET at 7 p.m. Saturday, February 25.

A native of Lawrence County, Kentucky, three-time Grammy Award winner Skaggs returns to *Austin City Limits* with the bluegrass legends who inspired him. A mandolin prodigy by age six, Skaggs grew up enamored with the music of The Stanley Brothers and George Jones. His first job was touring with Ralph Stanley and the Clinch Mountain Boys, so playing bluegrass on *Austin City Limits* with Stanley and Sparks thrilled him.

"*Austin City Limits* is great because the audience is so educated, musically. They cheer for the hot solo, they let you know they love what you're doing," he says. Playing with Stanley again, Skaggs said, "It makes me feel like I'm working for him again, and I can tell he's proud of my accomplishments."

Skaggs, Sparks and Stanley all agree the '90s are good for bluegrass music. "Bluegrass is bigger than it's ever been before," Skaggs said. "People are looking for the roots of country music, it's a natural thing to do. The same thing happened in rock music. When the Beatles made it big in the '60s, people started asking about their influences. That created a new interest in Little Richard, Buddy Holly and Jerry Lee Lewis. We're tracing country roots and find that almost everyone's been influenced by Stanley, Bill Monroe, Earl Scruggs and they appreciate them."

Austin City Limits is a production of KLRU/Austin, Texas and the Capital of Texas Public Telecommunications Council.

Misunderstanding, rejection unwelcome companions of Tourette's syndrome

Imagine sitting in a restaurant and suddenly your eyes begin to blink rapidly or you begin making a vocal sound that you cannot control. People at other tables are staring at you and you feel embarrassed.

The first symptoms of Tourette's syndrome are usually involuntary movements or sounds such as rapid eye blinking, repeated throat clearing or sniffing. For most people with Tourette's syndrome the disorder is not disabling, but the tics associated with it are out of the ordinary.

The various tics that occur sometimes build a wall of misunderstanding between the person with Tourette's syndrome and other people.

For many sufferers, the biggest problems are related disorders that may accompany Tourette's syndrome, and the perceptions and rejection by other people, said Edward Maxwell Jr., M.D., clinical director of Kentucky's Department of Mental Health and Mental Retardation and associate professor of psychiatry at the University of Kentucky.

Tourette's syndrome is a neurological disorder that usually begins during childhood, and which may abate around the time a person stops growing, he said. The cause is unknown and there is not a cure, but treatment is available.

In recent years Tourette's syndrome has received more attention because the scientific community believes understanding the disorder may open the door to better understanding mental disorders, he said.

The disorder can be managed by using a variety of methods, including anti-anxiety medication, anti-depres-

sants, mood stabilizers and cognitive behavioral therapy.

"Probably the most common misconception about Tourette's syndrome is that you have to be explosive—spitting, barking, cursing—to have it. Actually, the disorder is mild for most people who have it," said Maxwell.

In addition to tics, some people have inter-related disorders that accompany Tourette's syndrome, such as sleep disorders, attention deficit disorder, difficulty controlling impulses, panic attacks, obsessions, compulsions and ritualistic behavior.

Stressful situations, such as crowded, noisy areas, tend to aggravate a person with Tourette's syndrome, he said.

Maxwell said that people with Tourette's syndrome often have major mood swings. The disorder runs in families and there is evidence of a neuro-chemical basis for the person's lack of control in thinking, feeling and behaving.

A negative self-image is another problem that often plagues people with Tourette's syndrome. "It can so impair a person's sense of self, and social and academic function that he can become emotionally disturbed," said Maxwell.

On the positive side, Maxwell said he believes some very gifted celebrities have Tourette's syndrome. "A person with the disorder can learn to cope with it. He can even use it and benefit from it, if he learns to focus on his strengths and channel them," he said.

Tourette's syndrome also affects the family members of the person who has it. Maxwell suggests that family members join local support groups to help them deal with the disorder.

Since Tourette's syndrome is often misdiagnosed, Maxwell suggested that people contact the Tourette Syndrome Association Inc. to receive a list of doctors who are knowledgeable about the disorder. The group can be contacted at (718) 279-9596 or write 42-40 Bell Boulevard, Bayside, NY 11361-2874.

Happy "50th" Alicia Love, B.I.L.

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Kentucky's AIDS walk for life

AIDS Volunteers (AVOL) with field centers in Frankfort, Hazard, Lexington and London will hold its third annual AIDS Walk For Life.

The goal of this years walk is to raise \$90,000 dollars to assist in supporting care and services throughout Kentucky to all those affected by HIV/AIDS.

The AIDS Walk For Life is the major link in our community's ability to provide care. You are the difference between the street and living in a home, between hunger and having a nutritious meal, between spending days alone and having the joy of companionship, between dying because of ignorance and living because of knowledge, between having medications and suffering in pain.

Call the toll free number, 1-800-840-2865, to request the walk pledge sheet. With pledge sheet in hand gather the names and dollars needed to make a difference. The top money raiser will win two free tickets on Delta Airlines to anywhere it flies in the Continental United States. Top teams are also eligible for exciting prizes.

Then come on out to the University of Kentucky, Commonwealth Stadium, off Nicholasville Road in Lexington, between noon and two p.m. on April 23, and get ready to walk the 5k (3 plus miles). You will be joined by people from around the region, taking the steps needed to help many individuals and families who depend upon the services of AIDS Volunteers (AVOL). These individuals and families come from all around the Bluegrass, from Boyd and Letcher to Mercer and Hardin, from Mason and Harrison to Pulaski and Harlan. HIV has left no county untouched.

Health board to review local certificate of need

A Floyd County ambulance service has asked the state for permission to add two ambulances to its emergency service.

The Interim Office of Health Planning and Certification is reviewing a certificate of need project from Respond Ambulance Service in Prestonsburg.

Respond hopes to add two primary vehicles and one back-up vehicle to its existing service. Estimate expenditure cost for the vehicles is \$26,715.

The certification office is expected to reach a decision on the certificate of need request on May 17.

Persons affected by the proposals may request a public hearing on a project. Hearing requests must be submitted in writing to Greg Lawther, acting executive director, Interim Office of Health Planning and Certification, 275 E. Main St., Frankfort, KY 40621. Deadline to request a hearing is March 3.

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—Jean-Paul Sartre

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MSHA seeks increased input from miners on safety and health matters

The Labor Department's Mine Safety and Health Administration (MSHA) announced recently a new procedure to gain increased input from working miners on the requirements of existing safety and health regulations for protecting them on the job.

"I have been directing the federal mine safety and health program for a year and I firmly believe more than ever that the key to an effective program is the active participation of the miner in applying safety and health regulations," said J. Davitt McAteer, assistant secretary of labor for mine safety and health. "We need to have a higher level of input from those who work in the mines, those who operate the machinery and do the examinations, so that policies we put into effect really give the worker increased understanding and protection."

MSHA announced that policy letters, which are distributed to further explain or interpret existing regula-

tions, will be published in draft form for a 45-day period in order to receive comments from miners and others in the mining community. This process will be employed for policy letters with a significant impact in the workplace. Once comments are gathered and considered, the policy statements will be issued as final.

"The nation's coal and other minerals are not mined inside the beltway," added McAteer. "We can do a better job of governing, and we can do a better job of serving the miners by being more open and receptive to their views on matters that relate directly to them, particularly their safety and health."

As the need arises to issue draft policy statements on safety and health rules, MSHA will announce and conduct informational briefings in mining communities throughout the nation. The briefings will be held in coal mining communities for any policy letters affecting coal miners and in metal and nonmetal mining

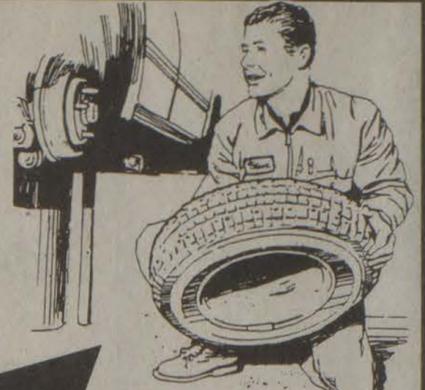
communities for any issues pertaining to that industry. Participants will be briefed on the content of the policy and asked to submit written comments.

In addition, MSHA will send the draft policy statements to all affected mining operations as well other mining industry groups to solicit input. The agency will also use local mining community newspapers to announce new policy letters and inform interested parties of the location and time of scheduled briefings on the policy.

"The process is new and we are sure there will be fine-tuning to perfect it," continued McAteer.

MSHA is launching the new procedure immediately. The agency is withdrawing MSHA Program Policy Letters P94-IV-2 on first aid training for selected supervisors; P94-IV-4, regarding mine ventilation plans; and P94-IV-5 on examination of working places.

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Officially, three-way tie for first place in girls basketball

by Ed Taylor
Sports Editor

It's official. A three-way tie exist in the girls' division of the Floyd County Conference.

While many expected such an outcome, it didn't become official until the Allen Central Lady Rebels hosted the South Floyd Lady Raiders

in a make-up game this past Monday night.

Allen Central got 17 points from freshman Misty Scott and 13 from senior Jennifer Mullins to win by 30 points, 73-43, over the Lady Raiders, who finished fourth in the conference race.

With the win, Allen Central, Prestonsburg and Betsy Layne are 4-2 in conference play, setting up a

draw to determine the number one seed in next week's district tournament.

The one seed will face South Floyd while the two and three seed square off against each other.

Veronica McKinney (18 ppg) returned to the Allen Central lineup after sitting out three quarters of the Prestonsburg game and all of the Sheldon Clark game last Saturday

because of the flu.

McKinney, Lisa Stumbo and Amanda Samon each tossed in eight points.

Tiffany Compton led South Floyd with 15 points while Crystal Newsome added eight.

The Lady Rebels, not looking past the Lady Raiders, took a 17-9 first quarter lead with Samons scoring six first quarter points. Freshman Cryst-

al Martin had five points in the first period.

South Floyd picked up their offense in the second period to trail 30-21 at the half.

In was in the third period that a sluggish Lady Rebel offense got going with Scott taking charge of the offense. Scott buried two three-pointers while scoring 10 points in the period as the Lady Rebels led by 26

after three quarters, 55-29.

South Floyd only managed two field goals in the third period -- a trey by Crissy Tackett and a basket by Compton.

McKinney pulled down 14 rebounds in the win over the Lady Raiders. Stumbo had seven caroms and Samon grabbed six boards.

Mullins had six assists in the game

(See Girls, B 2)

Stumbo leads Allen Central Rebels past Sheldon Clark scare

by Ed Taylor
Sports Editor

Ask many of the 15th Region coaches and most will agree that the most underrated basketball player in the region is Allen Central's Kevin Stumbo.

Stumbo, averaging 18 points per game, tossed in 30 points against Sheldon Clark Friday night as the Rebels rolled to a 91-69 win.

However, the margin was closer than what the final score would indicate.

At one point in the third period, Allen Central had the host Cardinals down by 15 points, 64-59, with 3:17 left in the period. But the Cardinals didn't roll over, and came back, slowly picking away at the lead.

The Cardinals, trailing 68-59 entering the final period, made it a five-point game, 71-66, on two free throws by Scott Davis and Jason Evans' rebound basket.

Allen Central had some poor shot selection as guard Jeremy Hall launched three-point baskets that missed the mark. Hall forced shots in the middle, as well, as Sheldon Clark trailed by four, 71-67.

The Rebels regained a seven-point margin when Rocky Newsome completed a three-point play for a 74-67 game. But Rebel fans held their breaths when Hall went down hard and suffered a bad sprain in his right hand.

Hall left the game and did not return. Stumbo then took over the Rebel offense and scored eight consecutive points to lead a 8-0 run that gave the Rebels an 82-67 lead. Stumbo had 12 points in the final period.

"When Jeremy went out I had to step my game up some," said Stumbo. "With him out of the game, I have to be the go-to guy."

"I'm a senior and I wanted to step up my play and just do it for the team."

Stumbo said that the Cardinal comeback is indicative of how the season has gone for the Rebels.

"That's been our problem all year," he said. "That's the difference between a good team and a great team of last year. We get a big lead and just seem to quit at times."

"We have to realize we are the regional champions and we need to play hard 32 minutes," he said.

Allen Central scored the final nine points of the game to win by 22.

(See Allen Central, B 2)

South Floyd snaps 17-game losing streak; falls to Elkhorn City

by Ed Taylor
Sports Editor

Tiffany Compton and Jenny Meade combined for 41 points last Tuesday to lead the South Floyd Lady Raiders to a 65-52 win over the Lady Hornets of Magoffin County.

The win snapped an 18-game losing streak this year for South Floyd. The Lady Raiders improved to 1-18 on the season.

Compton scored a game high 24 points and Meade added 17.

Elizabeth Montgomery led Magoffin County with 16 points, including two three-point baskets. Nickie Reed tossed in 10 and Leann Perkins scored seven.

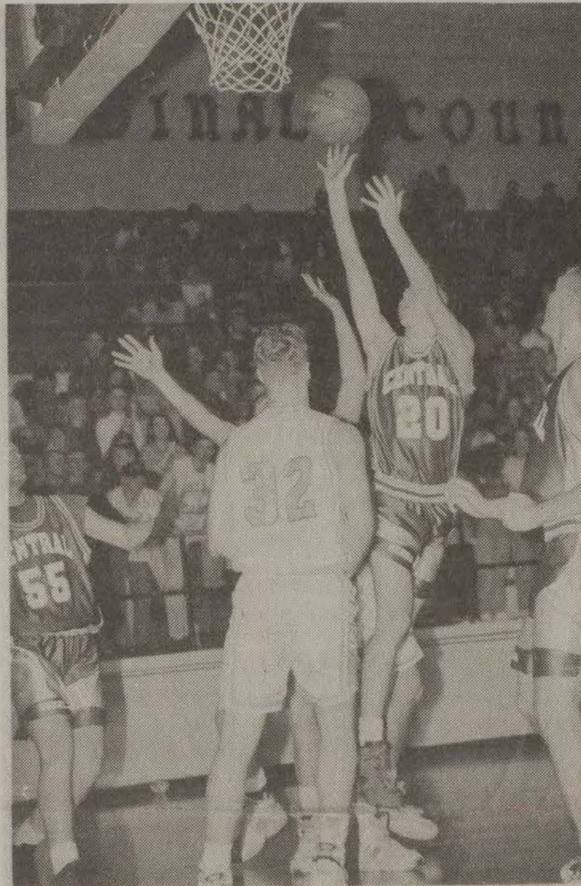
Crissy Tackett and Crystal Newsome had three-pointers for South Floyd. Both players scored seven points each.

Magoffin County led 15-13 after the first quarter behind the shooting of Montgomery. Compton and Newsome kept the Lady Raiders close through the first half, but Magoffin led 29-25 at halftime.

South Floyd outscored the Lady Hornets 16-10 in the third period to take a 41-39 lead after three quarters.

In a game last Thursday, Elkhorn City held South Floyd to one field

(See South Floyd, B 4)



One of region's best!

Overshadowed by many good basketball players around the 15th Region, Allen Central's Kevin Stumbo is often overlooked as one of the region's best. Stumbo scored 30 points and led an Allen Central spurt that helped record a 91-68 win over Sheldon Clark Friday night. (photo by Ed Taylor)

Clay County finds Rebels quickness too much to handle

by Ed Taylor
Sports Editor

Allen Central's leading scorer, Jeremy Hall, was missing on of-

Duff Bulldogs survive Stumbo 39-37 in county tournament play

by Ed Taylor
Sports Editor

In a low-scoring affair, the Duff Bulldogs bit the John M. Stumbo Mustangs 39-37 in a semifinal round game at the D.W. Howard Fieldhouse Saturday night.

While the bite was small, it marked the first time that Duff has advanced to the championship game of the county classic.

Duff improves to 20-3 on the season.

Ryan Owens and Gary Hunter tossed in 10 points each to lead Duff to victory. Rodney Bentley finished with eight points and Nick Samons netted five points. Shawn Henson had two for the Bulldogs.

Russell Hall led all scorers with 16 points for the Mustangs. Jake Carroll finished with nine and Adam Tackett totaled six points. Jon Parsons scored four and Anthony Tackett had two.

In a 7-0 run in the fourth quarter, Duff took a 36-31 lead with 3:48 left to play. Hall then drilled a three-pointer to narrow the lead to three, 36-33. Both teams exchanged turnovers before Duff took a time-out.

Following a Stumbo turnover, the Bulldogs went to their delay game only to throw the ball away with just over a minute to play.

(See Duff, B 4)

Newsome scores career-high 39 points in victory over Allen Central lady Rebels, 83-68

by Ed Taylor
Sports Editor

The first half of the game between second place Prestonsburg and then-conference leader Allen Central, was as good a first half as the Lady Blackcats could have played.

A torrid defensive pace that saw the full court press caused Allen Central all kinds of problems, and the hot shooting of guard April Newsome, were the reasons for a 83-68 win over the Lady Rebels last Thursday night at the Prestonsburg fieldhouse.

It was a career high for Newsome, who sat out her freshman year. The junior guard had been in a shooting lull lately, but broke out in big time fashion against Allen Central.

She buried four three-point baskets in the game.

Prestonsburg improved to 13-8 overall and 4-2 in the conference. Allen Central fell to 16-5 and 3-2 in the conference. (Allen Central had a make-up game with South Floyd scheduled for Monday night).

The T-shirts, "Do you dare to believe?" must have been a bigger motivating tool than first expected.

The Lady Blackcats not only believed, but went out and demonstrated what they believed.

"We're going to do it," said Newsome before the game.

The Lady Blackcats could have beaten anyone the way they came out and played in the first half.

Prestonsburg hit Allen Central with a full court press that they could never solve. The Lady Blackcats rolled to a 7-0 lead, taking advantage of four consecutive turnovers by the Lady Rebels, who were playing without the full-time service of their leading scorer Veronica McKinney.

McKinney started the game, but didn't last a quarter after fighting the flu bug.

"We didn't even want her to come here tonight," said her father Mickey McKinney. "But she loves to play so much that she is going to try it."

Heather Collins got things going for Prestonsburg with a rebound basket. She later scored again on a layup and Newsome followed with an easy basket for the 7-0 margin.

Allen Central got on the scoreboard on a Crystal Martin free throw and Misty Scott hit a three-pointer for a 9-4 game.

Prestonsburg started a run that in-

cluded a barrage of three-pointers from Newsome and senior guard

(See Newsome, B 2)

ALLEN CENTRAL (68)

players	fg	3pt	fta-m	tp
Mullins	4	0	12-7	15
Stumbo	1	0	2-2	4
Samons	3	0	14-12	18
Martin	6	0	2-1	13
Scott	1	1	0-0	5
Moore	1	0	0-0	2
Cooley	4	0	1-0	8

PRESTONSBURG (83)

players	fg	3pt	fta-m	tp
Fannin	0	0	4-2	2
Slone	3	0	3-0	6
Leslie	1	0	1-1	3
Newsome	10	4	12-7	39
Ratcliff	4	3	6-4	21
Layne	1	0	5-3	5
Collins	3	0	2-1	7

Allen Central.....12 12 22 22 - 68
Prestonsburg.....33 16 14 19 - 83

Floyd County Babe Ruth to hold meeting February 26

Floyd County Babe Ruth President Harold Case has called an organizational meeting of the local Babe Ruth league for Sunday, February 26.

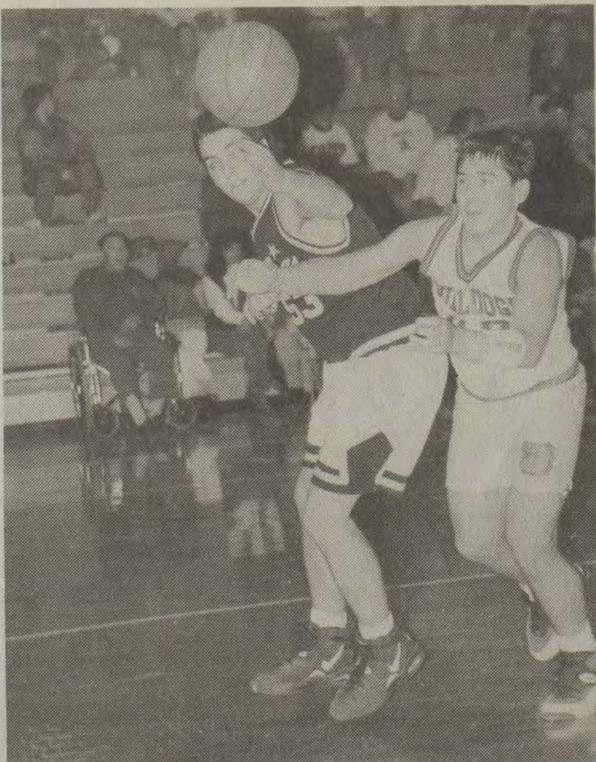
The meeting will begin at 5 p.m. at the Duff Elementary gymnasium. All coaches and interested parties are urged to attend.

Players from the ages five through 18, who plan to play this summer, are urged to attend.

Something new is being planned for the local league if enough players are interested. A Bambino League (equivalent to Little League) will be organized.

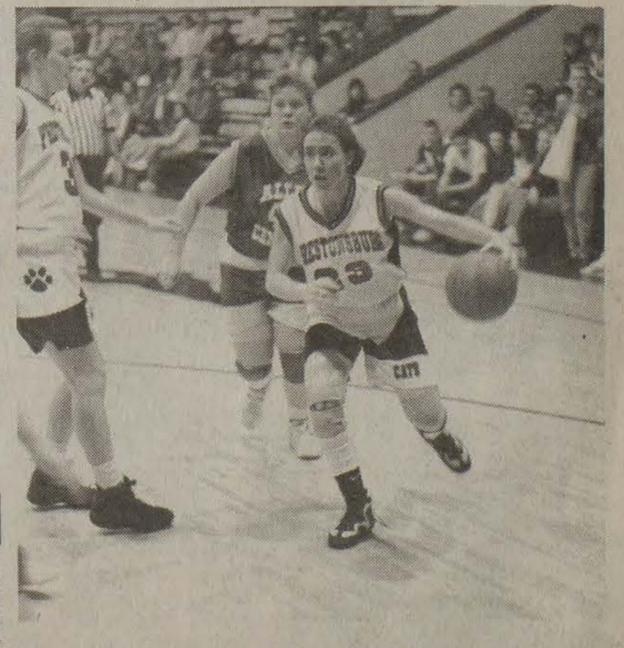
The Floyd County Babe Ruth League will hold divisions for 13, 14 and 15-year-olds. If enough players are available, a team of 18-year-olds will start up.

For more information about the meeting or the league, contact Harold Case at 285-9324.



Where's the ball!

Duff's Rodney Bentley and Stumbo's Adam Tackett went after a loose ball as they faced each other Saturday night. Duff edged a very good Stumbo team, 39-37. (photo by Ed Taylor)



Leads in upset!

Jamie Ratcliff, Prestonsburg, scored 21 points to help lead the Lady Blackcats to an 83-68 win over the Allen Central Lady Rebels. With the win, a three-way tie exists for the number one seed in the conference. (photo by Ed Taylor)

CLAY COUNTY (74)

players	fg	3pt	fta-m	tp
Smith	3	2	6-4	16
Garrison	9	2	4-3	27
Asher	1	0	0-0	2
Hoskins	8	1	0-0	19
Rogers	0	0	2-1	1
Jones	1	0	2-1	3
Brumley	1	0	0-0	2
Sizemore	2	0	0-0	4

ALLEN CENTRAL (91)

players	fg	3pt	fta-m	tp
Hall	4	0	3-2	10
Jenkins	7	0	10-9	23
Stumbo	4	2	3-1	15
Newsome	4	3	0-0	17
M. Baker	7	0	1-0	14
J. Baker	3	0	0-0	6

Clay Co.....05 22 16 31 - 74
Allen Central...15 20 14 36 - 85



"Heyyyyyy!"

Prestonsburg's Crystal Layne (24) did the hollering while Jamie Ratcliff (23) went for the block of Allen Central's Misty Scott's (33) shot last Thursday night. Prestonsburg upset the Lady Rebels and forced a three-way tie for the conference lead. (photo by Ed Taylor)

Girls

(Continued from B 1)

to lead the Lady Rebels in that category. Allen Central pulled down 66 rebounds (37 offensive, 29 defensive) in the contest. They had just seven turnovers.

Allen Central (17-5) played a rare Saturday afternoon game at Sheldon Clark and came home with a 59-42 win.

Scott again tossed in 17 points to lead the offensive attack for the Lady Rebs. Mullins added 11 points with Stumbo and Martin scoring eight apiece.

Stumbo had 10 rebounds and Samons pulled down 12.

Samons tossed in seven while seventh-grader Natlie Cooley finished with six points. Cooley got a rare start against the Lady Cardinals. Jennifer Brown scored two points for Allen Central.

Kristen Evans led Sheldon Clark with 12 points. Melissa Crum tossed in 10 Renee Jude added eight.

Allen Central's pressure defense gave the Lady Cardinals problems in the first half, holding them to five first half field goals. Allen Central took a 16-7 first quarter lead and led 33-15 at the half.

The Lady Rebels came up with 21 steals against the Lady Cardinals.

Scott buried a trey in the opening quarter and had her second one in the second stanza when she scored seven points.

Mullins, who went scoreless in the first half, responded in the second half with all 11 of her points. She scored seven in the final period, hitting a three-point basket.

Allen Central will host the Elkhorn

City Lady Cougars tomorrow night and close the season at home against Magoffin County Saturday night.

South Floyd (43)

players	fg	3pt	fta-m	tp
C. Newsome	1	0	9-6	8
C. Tackett	0	1	0-0	3
Compton	6	0	7-3	15
Hamilton	2	0	3-0	4
M. Tackett	1	0	3-2	4
L. Tackett	0	1	4-2	5
Holbrook	1	0	1-0	2
C. Tackett	1	0	1-0	2

Allen Central (73)

players	fg	3pt	fta-m	tp
McKinney	4	0	0-0	8
Mullins	6	0	2-1	13
Stumbo	2	1	2-1	8
Samons	3	0	2-2	8
Martin	4	0	2-1	9
Scott	5	2	3-1	17
Moore	2	0	0-0	4
Cooley	0	0	3-3	3
Conn	0	0	4-1	1
Brown	1	0	1-0	2

South Floyd.....09 12 08 14 - 43
Allen Central.....17 13 25 18 - 73

Sheldon Clark (42)

players	fg	3pt	fta-m	tp
Jude	3	0	5-3	8
Crum	4	0	3-2	10
Evans	5	0	2-2	12
Harless	2	0	4-2	6
Foley	0	1	0-0	3
Hinkle	1	0	0-0	2

Allen Central (59)

players	fg	3pt	fta-m	tp
Mullins	4	1	0-0	11
Stumbo	3	0	4-2	8
Samons	2	0	6-3	7
Martin	3	0	4-2	8
Scott	3	2	4-3	17
Cooley	3	0	0-0	6
Brown	1	0	0-0	2

Sheldon Clark.....07 08 10 17 - 42
Allen Central.....16 17 10 16 - 59

HAP Little League to hold meeting on "The Hill"

The Harold-Allen-Prater Little League will hold an organizational meeting this Sunday, February 26, at the Betsy Layne gym on "The Hill."

This meeting is to elect the board of directors and everyone is invited to attend.

The meeting scheduled to start at 2 p.m.

Newsome

(Continued from B 1)

Jamie Ratcliff. Each hit two in the period as Prestonsburg blitzed the Lady Rebels to lead 33-12 after the first quarter.

It was a stunned Allen Central crowd that looked on as Prestonsburg continued to extend the lead in the second period. The Lady Rebels could only score two field goals in the second stanza and they trailed by 25 points at the half, 49-24.

Memories must have filled the minds of the Prestonsburg coaching staff and players as well as they recalled the first meeting of the two teams.

There, Prestonsburg held a 19-point lead at the half only to see Allen Central rally from the large deficit to pull out the victory.

The game wasn't without a scare from the Lady Blackcats.

With 7:28 left to play in the fourth quarter, a rebound basket by Martin narrowed the lead to 13 points, 63-50, after Allen Central went on a 15-3 run (started in the fourth quarter).

The run began when Ratcliff left the game after picking up her fourth personal foul with 4:42 left in the third stanza.

It was evident the Lady Blackcats missed the leadership of Ratcliff on the court. While she was on the bench, Prestonsburg only got a free throw

from Collins and a basket by Newsome in the last 4:42 of the quarter.

After Allen Central had cut into the lead, Ratcliff returned to the lineup and, after a free throw by Crystal Layne, drilled a long trey that seemed to break the Allen Central momentum.

The Lady Blackcats extended the lead back to 18 points as Allen Central turned the ball over on three straight possessions.

Ratcliff finished with 21 points for Prestonsburg and had eight assists and seven rebounds (unofficially). She hit three, three-point baskets.

Collins added seven points in the win. She pulled down six rebounds.

Amanda Samons, who was 12 of 14 from the free throw line, led Allen Central with 18 points. Martin totaled 12 and Jennifer Mullins, who came on strong in the second half, finished with 15 points. McKinney did not score.

Allen Central (16-5) will entertain Elkhorn City tomorrow night (Thursday) and Magoffin County Saturday night to close out the regular season.

Prestonsburg closes at home against Rowan County Thursday night.

Allen Central

(Continued from B 1)

The Rebels led 17-12 after the first quarter. Hall had the first seven points for the Rebels, hitting a three-pointer with 5:08 left to give Allen Central their first lead at 5-4.

Allen Central never trailed after that and rolled to a 43-34 halftime lead.

It was the outside shooting of Aaron Marcum that kept the Cardinals around. Marcum buried four three-point baskets in scoring 23 points.

Jason Pinson, who finished with 16 points, got the game's only technical foul.

"I really don't know why they

called a technical," he said. "I pushed the ball out and they thought I threw it at Stumbo. But I didn't."

Matt Baker made his first start of the season for the Rebels. The former Shelby Valley player struggled offensively, but was strong on the boards and defense. He pulled down 12 rebounds and had three blocked shots while scoring just two points.

Jenkins finished with 17 points for Allen Central. Hall led all scorers with 32 points before leaving the game. Jason Bevins tossed in six points.

Rob Duncan and Evans each scored nine points for Sheldon Clark as the Cardinals fell to 17-6 on the season.

Allen Central (19-5) will host the Cavaliers of Jenkins Friday night as the regular season comes to a close.

ALLEN CENTRAL (91)

players	fg	3pt	fta-m	tp
Hall	7	4	8-6	32
Jenkins	7	0	5-3	17
Stumbo	12	0	6-6	30
Newsome	0	0	2-1	1
M. Baker	1	0	0-0	2
Bevins	1	0	5-4	6
J. Baker	0	0	3-1	1
Tackett	1	0	1-0	2
Howard	0	1	0-0	3

SHELDON CLARK (69)

players	fg	3pt	fta-m	tp
Pinson	1	0	2-2	4
Davis	3	2	7-4	16
Evans	4	0	2-1	9
Porter	3	0	0-0	6
Duncan	3	0	6-3	9
Lafferty	1	0	0-0	2
Marcum	2	4	7-7	23

Allen Central..... 17 28 24 25 - 91

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No contest!

Stumbo's Adam Tackett (53) found an empty lane to the basket in the semifinals of the grade school tournament at Betsy Layne Saturday night. Duff defeated the Mustangs 39-37 to move into the finals. (photo by Ed Taylor)

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FINDING BASS OFTEN JUST TRIAL AND ERROR

Even the nation's best bass tournament pros admit it: finding bass is often just a matter of trial and error. "There are guidelines to follow in locating bass, but finding the specific place fish are holding, or determining the exact type of lure retrieve the fish want, is usually a matter of elimination, simple trial and error," explains Johnson Outboards Pro Staff

angler Randy Dearman.

"Tournament pros have to work as hard as anyone else when it comes to locating bass.

Most of the time we can locate bass pretty fast, but this is primarily because of all the experiences we've had under all types of conditions."

Dearman says one of the most important aspects of locating bass is determining exactly how bass are relating to cover or structure.

"It's important because you need to put your lure as close to the bass as possible to have the maximum opportunity for a strike," he explains. "Most of the time, bass don't move very far to strike a lure. If you cast four feet away from the fish, you may never get a bite, even though you're fishing the right spot."

Many factors can determine just exactly where a fish positions itself on cover, notes the Johnson pro. Current, rising or falling water levels, and even fishing pressure can move bass.

"For instance," says Dearman, "current nearly always moves bass into the calmer protected water behind cover, so you want to make certain your lure presentation reaches that water. The faster the current, the less likely you'll ever get a strike if you don't fish the protected areas."

"Likewise, rising water nearly always moves bass closer to the shoreline around newly flooded bushes and grasses, but falling water pulls them away from the bank to deeper cover or points."

Dearman says one factor that appears to be more and more important in how bass position themselves around cover is fishing pressure from other anglers.

"Not only does the constant parade of spinner baits or crank baits push bass very tight to cover or structure," he notes, "it also seems to make the fish more reluctant to strike. That's why different lures that have a different vibration pattern or completely different action often work well."

"It's also why we try different retrieves, to make a lure look and act so erratic a bass hits from impulse."

Putting all this together, Dearman concludes, means making a lot of casts to a lot of different places as quickly as possible. It's trial and error at the professional level.

VARIETY OF LURE WORK WITH POPULAR CAROLINA RIGS

What do plastic lizards, worms, grubs, imitation crawfish, and even crankbaits have in common?

All can be used as lures with the popular Carolina rig, according to well-known bass tournament angler David Wharton, a former guide on Sam Rayburn Reservoir in Texas.

"It's easy to get into the habit of using a plastic lizard because it works," explains the Johnson Outboards Pro Staff angler, "but honestly, I think the bass would probably bite a worm just as well."

"I've used lizards, worms, grubs, plastic stick baits, even small, shallow running crankbaits with Carolina rigs, and caught fish on all of them."

The real key to using any of these lures, Wharton says, is putting it in front of the fish where they can see it.

"The major advantage of a Carolina rig is that it allows us to fish slightly deeper water faster," he ex-

plains. "The heavy sinker gets the rig to the bottom in a hurry, and because we can then feel that sinker along the bottom, the retrieve is much easier."

Another advantage the Carolina rig provides is that the lure follows several feet behind the weight. It isn't always floating above the bottom the way many anglers believe, but it does swim, crawl, hop, and dart very erratically because it isn't weighted. When a bass picks it up, it doesn't feel any unnatural weight.

"That's why I don't believe it makes that much difference which type of lure you use," says the Johnson pro.

Adams' second-half burst buries McDowell, 50-22

by Ed Taylor
Sports Editor

Eventually, it had to happen. That is, the Adams Blackcats' explosive offense and stingy defense taking control of a basketball game.

The undefeated Blackcats (23-0) had no trouble with the McDowell Daredevils -- holding McDowell to just eight points in the second half en route to a 50-22 victory in the semifinals of the Floyd County Elementary Tournament at Betsy Layne Thursday night.

The first half was a different story as McDowell stayed close to the Blackcats with a slower tempo than the Blackcats like to play.

Joe Campbell scored eight of his game high 17 points in the first quarter as Adams opened up a 10-5 first quarter lead. Daniel Lafferty, who led the Daredevils with eight points, scored five of those in the first period.

McDowell was one point better than Adams in the second period as they only trailed 18-14 at the half. Darren Newsome scored four points in the period for McDowell, and Ryan Shannon busted a three-pointer.

Adams hit only two of six from the free throw line in the second stanza.

It was a different story after the two teams returned to the court after the half. Adams turned up its full

court pressure in the third period and built a 28-point lead that McDowell could never overcome.

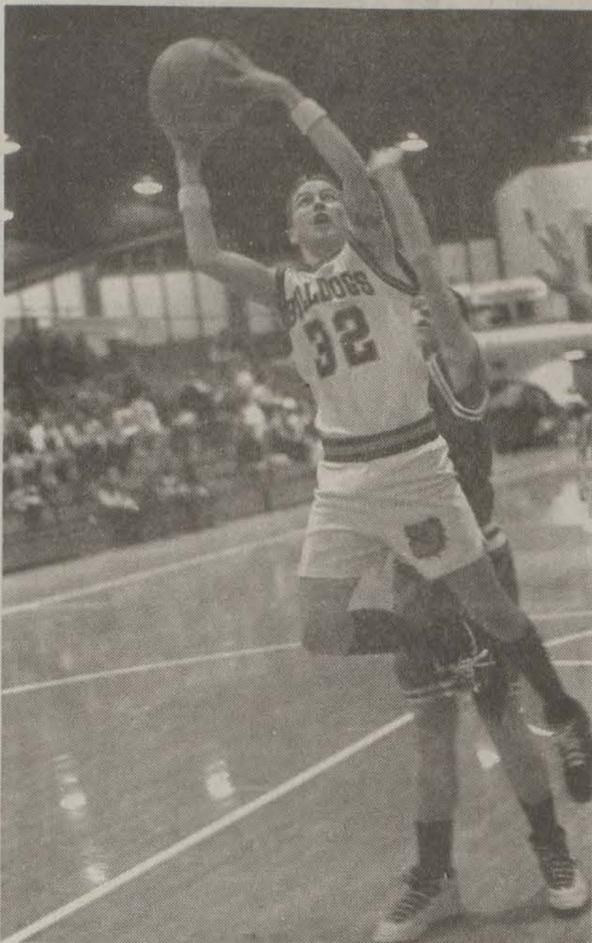
John Ortega, who had one point at the half, scored eight in the third quarter and Campbell pumped in seven with Kalen Harris netting six in the quarter.

Harris, playing a strong inside game, scored 11 points for the game.

Adams went cold from every where in the fourth quarter, getting baskets only from Russ Music and Ryan Hardee. Music had six points in the game.

McDowell got a basket from Kyle Tackett and a field goal from Josh Ward to match the Blackcats.

Lafferty led McDowell with eight points. Shannon finished with six and an ailing Darren Newsome had four points. Ward and Tackett had two each.



Bulldogging it!

Duff Bulldog Gary Hunter scored on this move to the basket against the Allen Eagles in the first round of basketball play at Betsy Layne. Duff, led by Hunter, defeated the Eagles in the Floyd County Tournament. (photo by Ed Taylor)

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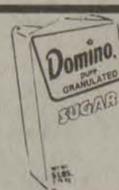
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Rebels

(Continued from B 1)

played with the pain and came up with 14 assists in the game.

Henry Garrison led all scorers with 27 points for Clay County. Darrell Hoskins netted 19 and James Smith finished with 16.

Allen Central held the Tigers to just two field goals in the first quarter -- a three-point basket by Hoskins and a bucket from Steven Asher -- to lead 15-5 after the first quarter.

Garrison started lighting up the scoreboard in the second quarter, scoring 10 points as Clay County trailed 35-27 at the half.

Jenkins had eight points in the second period with Stumbo hitting a

trek for five points in the first half.

But Stumbo took charge in the second half, scoring nine points in the final stanza.

Baskets by Smith and a long jumper by Garrison cut into the Allen Central lead, 36-31 before Hall got his first two points of the game on a short jumper in the middle. Baker then hit a layup to extend the Rebel lead to nine, 40-31.

A 5-2 run by Clay County late in the third period narrowed the lead to four, 47-43, before Jenkins got a rebound basket ahead of the buzzer and gave Allen Central a 49-43 lead.

Hall and Newsome scored quick

baskets to start the fourth period for a 10-point Allen Central lead.

Stopping Garrison became a priority for the Rebels as he burned the nets for 15 points in the fourth quarter. He hit two three-pointers in the frame as the Tigers got to within six points of the Rebels.

But Jenkins and Stumbo found the track to the basket open on some easy breaks as the Rebels pulled out to an 11-point, 77-66, lead on a lay-up by Newsome.

Stumbo scored back-to-back baskets to give Allen Central a 85-72 lead.

Allen Central (20-5) avenged their loss last season to the Tigers in the WYMT Classic.

Jenkins had eight rebounds for Allen Central.

Lady Wildcats move into finals with 43-34 win over McDowell

by Ed Taylor
Sports Editor

Jessica Martin scored 16 points and Dalenda Howard added 13 as the Maytown Lady Wildcats defeated a good McDowell team 43-34 in the semifinal round of the Floyd County Elementary Tournament Saturday night at Betsy Layne.

Sixth-grader Barb Prater netted 10 points for the Lady Wildcats.

Jo Jo Pack led McDowell with 11 points. Beth Tucker scored eight while Karen Strathman had six points.

McDowell, trailing 16-13 at the half, scored the first nine points of the third quarter to take a 22-16 lead. Pack hit a three-pointer to tie the game at 16 and then scored two consecutive layups to give McDowell a 20-16 lead. Strathman's basket made it a 22-16 game.

Maytown pulled to within two points of the Lady Daredevils on a rebound basket by Martin and her layup with 2:18 left to play.

Following a basket by Strathman, Howard hit a three-pointer and Martin's rebound basket gave the lead back to Maytown, 25-24.

But Sonna Tackett scored on a rebound and then laid one off the glass to give McDowell a 28-25 lead after three quarters.

Maytown went on a 12-2 run at the start of the fourth period and built a 37-30 lead with Monica Newsome, scoring six points in the spurt.

McDowell was able to get the lead down to three, 37-34, before Maytown scored the final eight points of the game to win by 12.

Maytown raced out to a 10-0 lead and led 10-1 after the first quarter.

Leading 16-6, Maytown saw the Lady Daredevils come back and score the final seven points of the first quarter to trail 16-13 at the half.

Liz Howard and Susan Scarberry scored two points apiece for Maytown.

Martha Crawford had five points and Newsome finished with four for McDowell.

Clark, Gearheart lead Betsy Layne past Pike Central Lady Hawks

by Ed Taylor
Sports Editor

Misty Clark scored a game high 25 points and senior Melena Gearheart cleaned the boards for 16 rebounds to lead the Betsy Layne Lady Cats past a very good Pike Central Lady Hawks basketball team Saturday night.

Gearheart has pulled down 33 rebounds in her last two games and is one of the most underrated basketball players in the 15th Region.

She continues to play well on both ends of the court. She had two blocked shots and came up with two steals, scoring eight points. Gearheart's strong suit is the way she works the offensive boards.

Clark, after a poor performance against Morgan County, rebounded with 25 points in a great floor game for the point guard.

Clark had six rebounds and had two steals in the game as Betsy Layne improved to 19-4 on the season.

The Lady Hawks owned the 15-12 first quarter lead, but Betsy Layne outscored Pike Central 14-8 in the second quarter to lead 26-23 at the half.

Claudette Gillespie led Pike Central with 21 points, as the only Lady Hawk in double figures. Pam Pinson and Debra Ashley had six points apiece.

Jessica S. Hamilton finished with eight points for Betsy Layne, but she had eight rebounds in a smart floor game for the senior center.

"Jessica played a good game for us," said Betsy Layne coach Bill Newsome. "She made some very good passes and seemed to play with authority."

Penny Tackett scored six points for the Lady Cats. Her six points came from the charity stripe and they

South Floyd

(Continued from B 1)

goal in the third quarter, outscored them 21-2 in the period to break open a close game. The Lady Cougars posted a 53-40 win over South Floyd.

Crystal Newsome led South Floyd with 17 points. Compton added 12 and Missy Tackett scored five.

"We just didn't play well at all in the third period," said South Floyd coach Jimmy Hopkins.

The Lady Raiders, still in the game, turned the ball over eight consecutive times in the third stanza as Elkhorn extended the lead.

"We were just down nine points after all the turnovers," continued Hopkins. "We missed three layups and oodles of free throws."

Newsome buried three three-point baskets for the Lady Raiders. Elkhorn City connected on four treys.

Tonya Belcher led the Lady Cougars with 18 points. Cindi Damron and Holly Sifers scored 12 points apiece. Sifers hit two three-point baskets.

South Floyd travels to Shelby Valley Saturday night to close out the regular season.

The Lady Raiders finished fourth in the Floyd County Conference and will face either Betsy Layne, Prestonsburg or Allen Central in the first round of the 58th District Tournament Monday night.

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Flip-shot!

Jason Bevins (40) of Allen Central went strong to the basket against Sheldon Clark Friday night. Bevins scored six points and pulled down six rebounds in the Rebels' 91-68 win over the Cardinals. (photo by Ed Taylor)

Duff

(Continued from B 1)

With 1:17 on the clock, Hall hit a layup to narrow the Duff lead to one, 36-35.

Bentley found an opening under the basket and scored for Duff to make it a 38-35 game.

In something you only see on television, Parsons flipped up a little short jumper and the ball laid on the basket bracket spinning, running 15 seconds off the clock, before dropping it through to the approval of the crowd. The basket cut the lead back to one, 38-37.

Adam Tackett picked up his fifth personal, sending Hunter to the free throw line where he converted one of the two shots for a 39-37 Duff lead.

When Hunter missed the second attempt, Henson was called for going over the back of Parsons, but the Mustangs were not in the bonus situation yet.

Hall missed a short jumper for Stumbo with Owens pulling down the rebound with six seconds left to play. Stumbo could never get another shot at the basket.

The Bulldogs led by a slim one-point, 11-10 margin after the first quarter. Stumbo had taken a 4-0 lead early, but Duff scored the next five points for a 5-3 lead.

Hall scored on a layup as Stumbo took a 6-5 lead. But the Bulldogs got a basket and free throw from Hunter to lead 8-6.

The score was tied at 8 before Nick Samons' free throw sent the Bulldogs in front 9-8. Stumbo led 10-9 on Hall's basket, but Henson's rebound basket ahead of the buzzer gave Duff the 11-10 first quarter lead.

Duff took their biggest lead in the first half, scoring the first four points

of the second quarter to lead 15-10. Hall scored consecutive baskets and Adam Tackett went underneath for a basket to give Stumbo the lead at 16-15.

Bentley hit a 14-foot jumper and Hunter scored easily as the Bulldogs went in front 19-16. But Jake Carroll hit a 12-foot basket for a 19-18 half-time lead for Duff.

Duff ran out to a 25-20 lead in the third period, but Stumbo stayed close behind the scoring of Tackett and Carroll. The Mustangs trailed 29-28 after three quarters.

Stumbo's final lead came in the fourth period when Carroll drilled a three-pointer to give Stumbo a 31-29 lead. After that, Duff began to put some distance between themselves and the Mustangs.

Stumbo did not attempt a free throw in the game. Duff had five first half fouls and five in the second half.

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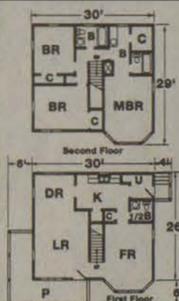
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Betsy Layne junior basketball tournament results are listed

Junior Training League Celtics vs Pistons

The Celtics got eight points from Kim Clark and five points by Prestons Simon to edge a good Pistons team, 15-14, in the opening round of the Betsy Layne junior basketball tournament last week.

Josh Smith scored two points for the victorious Celtics.

Josh Howell and Justin Slone scored four each for the Pistons. Josh Lawson and Lyndsy Frasure had three each.

The Celtics took a 4-0 lead after the first quarter as they held the Pistons scoreless.

But in the second period, the Pistons returned the favor and outscored the Celtics 4-0 to tie the game at 4 at the half. Howell hit four free throws for the Pistons to tie the game.

The Pistons took a 12-8 lead after three quarters with Lawson and Frasure scoring three points each in the period. But the Celtics went on a 6-2 run in the final stanza to edge the Pistons by one point.

Bulls vs Hawks

In another close one, the Bulls nipped the Hawks 17-16 in the second game of the day.

Buddy Conn and Nathan Laferty scored four points each and Jarod Hall tossed in three points to lead the Bulls.

Jason Worrix, Jamie Kirk and Robert Akers scored two points each in the win.

Shawn Hamilton led all scorers with six points for the Hawks. Justin Young and Bradley Senters scored four apiece. Jordan Case had two points.

The Bulls led 10-6 at the half with Conn scoring four points in the first half. A free throw by Hall proved to be the winning margin.

Training League Nuggets vs Pistons

The Pistons got balanced scoring en route to a 45-25 win over the Nuggets in training league play.

A. Newsome tossed in 14 points to lead the Pistons. B. Preston added nine and J. Hamilton scored five.

K. Potter and M. Rogers netted five points each with B. Frazier scoring three points. B. Gibson had two points with B. Rogers scoring one.

J. Tackett shared game scoring honors with 14 points for the Nuggets. J. Kidd had four points.

J. Scarberry, B. Akers and M. Watson scored three each. J. Kidd had one point.

The Pistons led 11-0 after the first quarter and took a 23-7 lead to the locker room at the half.

Hawks vs Bulls

Chris Kidd had a game high 16 points to lead the Hawks past the Bulls in tournament play last week.

Kidd scored 12 of his 16 points in the second period to spark the Hawks to a 27-7 halftime lead.

Wes Howell scored five for the winners. Ben Akers, Shawn Wallen and Matt Blackburn had four points each. Stevie Newsome scored three with Sonny Hoskins tossing in two.

Chase Daniels led the Bulls with 12 points. Shane Mulkey and Chase Hamilton scored eight apiece with Joe Hall finishing with four.

Junior Varsity League

Raptors vs Bulls

The Bulls posted a 34-30 win over the Raptors in the opening game of the junior varsity tournament with D. Knauze scoring 15 points to lead the Bulls.

Game scoring honors went to the Raptors' J. Clark, who finished with 21 points. The Raptors had built a 13-5 first quarter lead behind the scoring of Clark. Clark tossed in 11 first quarter points.

A 9-3 second quarter for the Bulls made it a 16-14 game at the half. Knauze scored seven points in the second period.

The Bulls led 23-18 after three quarters and held off a late rally by the Raptors in the fourth period to win by four.

N. Hamilton added four points for the winners. R. Lewis and B. Roberts scored four apiece. J. Martin added three with J. Compton and T. Westfall scoring two and one points, respectively.

B. Brooks and S. Rose scored two for the Raptors. B. Brooks had three points with C. Keathley and K. Tackett adding one each.

Pistons vs Bulls

Anthony Tackett scored 15 points and Jason Hunter added eight as the Pistons posted a 45-36 win over the Bulls in the second game of the junior varsity tournament.

Daniel Knauze had 15 points to lead the Bulls. J. Martin and R. Lewis added eight apiece in the loss.

The Pistons grabbed a 10-6 first

quarter lead and led 18-13 at the half.

Chad Conway scored eight points for the winners. Jonathan Tackett had six with Casey Brown and Ben Kidd scoring five each. Jason Hunter scored four and Becky Lykens finished with two.

Hornets vs Magic

In a rout, the Hornets won easily over the Magic with R. Johnson scoring 13 points to lead the Hornets to a 39-14 win. C. Gibson and W. Senters each added nine points.

N. Spears scored four points while B. Lawson and D. Tilford had two each.

J. Allen, W. Simons and J. King scored four apiece for the Magic. M. Allen had two points.

It was 10-0 after the first quarter and the Hornets had a 16-4 lead at the half.

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Empty seat!

While the photo doesn't say a lot, the empty seat does. Birchell Duff used to sit in the second tier when he watched the Allen Central Rebels play basketball. Duff passed away last week, leaving a void at the J.E. Campbell Arena, (photo by Ed Taylor)

Betsy Layne weight lifting team places second at Belfry

by Ed Taylor
Sports Editor

The Betsy Layne Bobcats weight lifting team completed their first season on a successful note by placing second overall in the Belfry Championship Benchpress competition recently.

Six teams took part in the meet, including Betsy Layne, Elkhorn City, Pikeville, Belfry, Hazard and Birch. Shawn Keathley pressed 275 pounds in the 229-249 class and took second place. Darren Reynold placed second in the 211-225 class with a press of 245 pounds.

Tim Hunt, in the 181-195 class, placed second with a press of 255 pounds. Matt Rose placed second in the 125 and under class, while Ronnie Kidd took third place in the 125 and under.

Each team was awarded a trophy and individual T-shirts.

Representing Betsy Layne High School were: Tim Hunt, Brad Kimbler, Shawn Keathley, Craig Hamilton, Matt Rose, Charles, Duncan, Darren Reynolds, Brandon Hall, Brandon Case, Paul Kingsley, Ronnie Kidd, Nick Newsome, Nathan Hayes, Jason Bush, Sollie Tackett, Jarrod Newsome, Clifton Boyd and Ray Lyons.

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Roar'n from Rupp

US Victories Aren't the Only sweet Memories of Richie Farmer's Basketball Career...

When Hollywood made a movie about Indiana high school basketball, it was called "Hoosiers." If the filmmakers ever decide to focus on the phenomenon of 'prep hoops' in Kentucky, they'll probably call it "Richie."

Richard Dwight Farmer II played his first Sweet 16 for Clay County in 1984. His state championship highlights include breaking Wah Wah Jones' all-time state tournament points record and scoring a tournament record 51 points in the title game his senior season. He only added to this fame by signing a letter-of-intent to play for the Kentucky Wildcats.

"Richie Farmer is unique -- there has never been anyone else like him," said Earl Cox, the longtime Courier-Journal sportswriter. "He's the only person I've known who became a legend while he was still in high school."

"I think Richie represented hard work and dedication to the game,"

observed Scott Davenport, the head coach at Ballard High School in Jefferson County.

Davenport can testify to this since Farmer led Clay County to the 1987 Sweet 16 championship over Davenport's Bruins. "He wasn't the quickest or couldn't jump the highest, but I think Richie was able to lead his team, spiritually and statistically, to win the state championship," Davenport added.

Not many people know more about Sweet 16 history than Bob White, a writer for the Courier-Journal. White thinks Farmer's 51-point performance in the '87 championship game ranks with Laurel County's Paul Andrews' game-winning shot in the 1982 finals as an unforgettable tournament moment.

"Richie wasn't '6'8", and this made the common man really adopt him as his favorite player," White said. "Richie did an awful lot with (the talent) he had, but his charisma made everyone take notice."

So how did it feel to be a legend in your own time?

"It was something that I never

really did pay attention to," said Farmer, who now works in the insurance business with his father, while also keeping busy in the personal endorsement field. "I just tried to stay focused and take one game at a time. I wanted to get the other guys on the team involved in the game and play winning basketball."

"Sometimes it got to the point where it was a little embarrassing to get so much attention, but I always remembered the most important thing was to go out and win."

Clay County made seemingly annual visits to the state tournament, but the Tigers had very limited success until Farmer came along.

Farmer will never forget his Sweet 16 performances and his continual fear of tripping onto the slightly raised floor at Rupp Arena during a game.

As a freshman, Farmer started at point guard. He made the all-tournament squad, but the Clay County team lost in the championship game to Hopkinsville.

In Farmer's case, familiarity bred adoration. "(The fans) really appreciated how well and how hard he played," retired Clay County coach Bobby Keith said of Farmer's appeal to fans. "The way he led a ball club, enabled them to do things that other teams couldn't have done."

Keith describes Farmer as a "once-in-a-lifetime" athlete, one for whom success was never in doubt.

And Keith's admiration for Farmer is no greater than the respect of the player for his coach.

"I think he's one of the greatest coaches, if not THE greatest high school coach of all-time," said Farmer. "His work ethic is unparalleled."

"I always felt he and Coach Pitino have a lot in common," said Farmer. "Both are great motivators. Coach Keith could make you believe you could run through a wall or that you could play for the New York Knicks."

For Farmer, it's the relationships with teammates and coaches that stand out when he recalls his storied high school career.

"Now, I see that high school basketball was the most fun. On the college level, it's more of a business with the whole country watching," he said. "In high school, it's just about playing team ball, having fun

and winning."

As for his record-setting performance in his high school finale, Farmer says the memory is hazy. "You've heard people talk about being in a zone, I think that night I was in a zone. I never had any idea that I had 51 points."

Farmer gave Sweet 16 fans more than their share of thrills, but Keith says Farmer and his teammates did much more than that for their community.

"A mountain-based school hadn't won the state tournament since 1956. I think the 1987 state crown brought a lot of pride to mountain basketball," Keith said of the Tigers' 1987 Sweet 16 victory. "An underdog finally won, with Richie Farmer at the helm."

For information on tickets to the 1995 Sweet 16 tournament, please call 1-800-664-1195.

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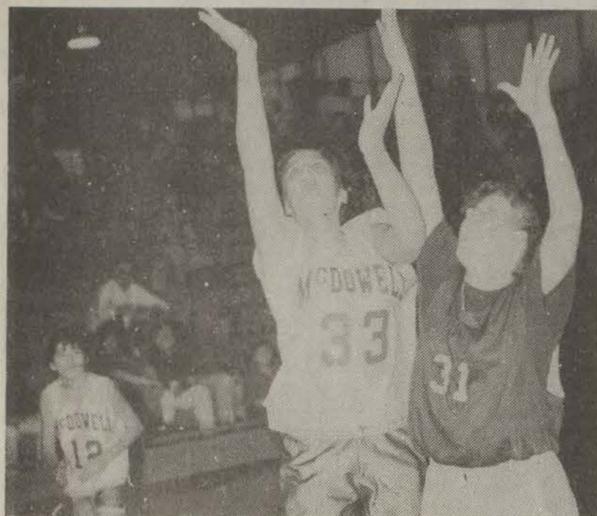
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Battle for the boards!

McDowell's Beth Tucker (33) and Maytown's Jessica Martin (31) went for a rebound in grade school basketball play Saturday night. Maytown posted a 43-34 win over the Lady Daredevils to advance to the championship game. (photo by Ed Taylor)

BASKETBALL HOOPS WEEK TWELVE

This Week's Picks

- Millard @ South Floyd (boys)
- Fleming-Neon @ Allen Central (boys)
- Prestonsburg @ South Floyd (boys)
- Shelby Valley @ Betsy Layne (boys)
- Prestonsburg @ Sheldon Clark (boys)
- Sheldon Clark @ Betsy Layne (girls)
- Elkhorn City @ Allen Central (girls)
- Kentucky @ Alabama
- Vanderbilt @ Mississippi State
- Kentucky @ Vanderbilt
- Alabama @ Florida
- Louisville @ Depaul

This Week's Consensus

- Millard
- Allen Central
- Prestonsburg
- Shelby Valley
- Sheldon Clark
- Betsy Layne
- Allen Central
- Kentucky
- Mississippi State
- Kentucky
- Florida
- Depaul

Kentucky to be tested on the road at Alabama. The rest think the Wildcats will prevail, but Ed says no! Kentucky's anemic outside game is going to be their downfall, plus the lack of intensity on defense. Mississippi State will take Vanderbilt and move a notch closer to the top SEC rankings overall. Locally, Allen Central should have little trouble with Fleming-Neon while Prestonsburg will win over South Floyd. The pollsters have the Betsy Layne Bobcats four game winning streak ending against Shelby Valley. On the girls side, Betsy Layne and Allen Central will post victories in the final week of the regular season.

Ed Taylor 96-29, 768 This Week's Picks South Floyd Allen Central Prestonsburg Betsy Layne Sheldon Clark Betsy Layne Allen Central Alabama Mississippi State Kentucky Florida Depaul	Scott Perry 94-31, 752 This Week's Picks South Floyd Allen Central Prestonsburg Betsy Layne Prestonsburg Betsy Layne Allen Central Kentucky Mississippi State Kentucky Florida Depaul	Mike Burke 92-33, 736 This Week's Picks Millard Allen Central Prestonsburg Shelby Valley Sheldon Clark Betsy Layne Allen Central Kentucky Mississippi State Kentucky Florida Louisville	Becky Crum 91-34, 728 This Week's Picks Millard Allen Central Prestonsburg Shelby Valley Sheldon Clark Betsy Layne Allen Central Kentucky Mississippi State Kentucky Florida Louisville	Jodi Blackburn 87-38, 696 This Week's Picks Millard Allen Central Prestonsburg Shelby Valley Sheldon Clark Betsy Layne Allen Central Kentucky Mississippi State Kentucky Alabama Depaul
Tammy Goble 86-39, 688 This Week's Picks South Floyd Allen Central Prestonsburg Betsy Layne Sheldon Clark Betsy Layne Allen Central Kentucky Mississippi State Kentucky Florida Depaul	Susan Allen 83-42, 664 This Week's Picks Millard Allen Central Prestonsburg Shelby Valley Sheldon Clark Sheldon Clark Allen Central Kentucky Mississippi State Kentucky Florida Depaul	Jenny Ousley 81-44, 648 This Week's Picks Millard Allen Central Prestonsburg Shelby Valley Prestonsburg Betsy Layne Allen Central Kentucky Mississippi State Kentucky Florida Depaul	Kari Shepherd 81-44, 648 This Week's Picks Millard Allen Central Prestonsburg Betsy Layne Sheldon Clark Betsy Layne Allen Central Kentucky Mississippi State Kentucky Florida Louisville	Shawn Hamilton 74-51, 592 This Week's Picks Millard Allen Central Prestonsburg Shelby Valley Sheldon Clark Betsy Layne Allen Central Kentucky Vanderbilt Kentucky Florida Louisville
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Sports in Kentucky

Bob Watkins

LIKE ALI'S, HARRISON'S 'STEP-UP' IS ANOTHER EXAMPLE OF OPPORTUNITY SEIZED

Surprised when Chris Harrison 'surfaced' for UK against Florida last week? If one looks closely at basketball's broad canvas, it is less a novelty than history repeating itself. John Pelphrey, Deron Feldhaus and Richie Farmer were Eddie Sutton tokens, freckle-faced bench warmers...until given a chance to flower.

Traditions of the game in this state tell us again and again something special glows inside a basketball player in Kentucky and comes out magnificently when opportunity comes. Say, a zone defense. This season the names have been Harrison, Darrin Horn at Western Kentucky, Brian Kiser and Tick Rogers at Louisville. But looking back from Harrison, one discovers a long (long) list of those who confounded 'experts,' made coaches look like geniuses, and were discovered by the media herd.

Most interesting and appropriate in Rupp Arena Saturday, Harrison was one of four men present with 'just gimme a chance and I will show you,' credentials.

Muhammad Ali must be mentioned first. Who was more magnificent when opportunity came against menacing Sonny Liston in February 1964? Sitting on UK's bench, the Louisville native remains a world champion whose stature seems still to be growing.

Larry Conley, from Eastern Kentucky (Ashland) did the UK-Florida telecast for Jefferson-Pilot. It has been three decades, but when the season of his life presented itself in 1966, no Rupp's Runt demonstrated more heart, grit or better recognition for step-up time than Conley.

And Vernon Hatton (Lex. Lafayette), whose No. 52 was retired to the Rupp Arena rafters. When his chance came at UK, Hatton was ready. From a momentous half-court shot against Temple in December 1957, to leading the 1958 national champion team in scoring, Hatton knew what step-up meant.

From Ali to Hatton and Conley on to Harrison, step-up performances, woven into the fabric of sports in Kentucky. Each is limited only by opportunity.

WORTH REPEATING

Jeff Sheppard turning to Muhammad Ali on the UK bench and saying to the man who fought Joe Frazier three times. "I got punched in the nose." ...UK assistant coach Jim O'Brien's reply to a question: How come Ali sat in the middle of the bench today?—"Who's going to tell Muhammad Ali where he can sit?" ...Chris Harrison told reporters he has enjoyed every minute of his four years in college.

Bill Walton: "Nobody in the country plays better transition defense than Kentucky, converting from full court trap to half-court man."

RODRICK RHODES

(Another) wonderful game by Kentucky's mercury man. Rod Rhodes against Florida last week. A word to the wise however for Rhodes basher bashers. Before chortling too loud at Rhodes critics about his sparkler against the Gators, review a record that says five times this season Rodrick Mercury has followed a prime-time performance with a disappearing act next time out.

DIS 'N DATA

Last week's top teams in the coach's collegemen's basketball poll lined up like cosmic stars for NCAA seeding purposes—1. Kansas; 2. North Carolina; 3. UCLA; 4. Kentucky. Perfect fit for the Midwest, East, West and Southeast. The next four present some problems however with UConn, UMass, Maryland and Arkansas.

NCAA Tournament drawings are

barely two weeks away and a pair of regional teams look to have played themselves right off the chart. February has not been kind to Louisville (15-11) and Indiana (15-10).

Big Saturday for Vernon Hatton, Kevin Grevey and family of the late Forest "Aggie" Sale, right? Each had his jersey number hoisted into the rafters at Rupp Arena, Nos. 52, 35 and 19...Bigger Sunday for Kenny Perry. The Franklin, Kentucky, native won the Bob Hope Classic, took home \$216 grand.

Is there a better name in sports today than Scientific Mapp (Florida A&M basketball)? Yes, down-hill skier Picabo Street.

SWEET 16 PARTY

Tickets for the Boys State Tournament are hot items this month. Little wonder, from Jenkins, Harlan and Knox Central in the southeast to the Lexington and Louisville area schools, to Breckinridge County and Muhlenberg-North in the west, one is hard pressed to recall a time when Kentucky's high school basketball landscape was more even and interesting than in 1995.

Parity.

"There are a dozen or more teams out there with a real chance to win the State Tournament this year," one high school coach said last week. "The parity is a whole lot like what we're seeing in the college NCAAs."

Tony Hopper, who coached Muhlenberg-North to a Third Region title and Sweet 16 berth last year and has a contender again, recognizes it too and knows why. "The parity we're seeing now started when Kentucky opened up for summer (team) camps. That's given more teams a chance to improve. But if they (KHSAA) close that down you're going to see us go back to a time when the larger schools dominated. I guarantee you a move like that would hurt the parity we're seeing today."

On another front, the Boys Sweet 16 moving to Rupp Arena, Hopper would like to see Lexington officials make sure the floor is shortened to high school length, 84 feet, from the college floor, 94 feet. "I don't think it's right for a high school game to be played on a college floor," he said.

MUHLENBERG-NORTH SETS KENTUCKY PACE

State's winningest high school program...merely turns the page. Central City High's legendary basketball success did not end five years ago when the doors closed. They simply changed fight songs and nicknames from Golden Tide to Stars, moved into new digs at Muhlenberg-North, and continued on as the winningest boys high school program in Kentucky hoops history.

Last Friday the Muhlenberg-North Stars rang up win No. 112 since the 1990-91 season, against 30 losses.

Architect? Tony Hopper (300-112). Third Region coach of the year five times, Hopper is one of the bright minds in a deep pool of skilled high school coaches in Kentucky.

"Having been at Central City all my life (and a graduate) I understand the pride here and the expectations for winning, too," Hopper said, calling to mind memories of teams coached by George Taylor (439 wins from 1925-42) and Delmas Gish (407 wins).

"This year's team has been something of a surprise, considering our graduation losses (seven graduates).

"We've played a hard schedule, too," Hopper said. "But we've played good defense and played well together."

Muhlenberg-North is 23-2 and bidding for a return trip to the Sweet 16 representing the Third Region. Standing at the tournament-time starting line alongside Hopper's team—Apollo, Owensboro, Muhlenberg-South and Breckinridge Co.

PREP MILESTONES

Points. Tim Couch of Leslie County pushed his total to a new school record 2,156 last week, pass-

ing the mark set by his football coach, Mike Whitaker, who had 2,139 points through the 1982 season. On the girls side Kyra Elzy, junior guard at Oldham County, scored her 2,000th point last week, becoming the 47th girl to reach that plateau, according to Sports in Kentucky's Girls Scoring List.

For Dad. Cheers to Beechwood High's Anthony Frommeyer. The sophomore guard is averaging 23 points a game for the Tigers. Frommeyer dedicated the season to his father who died in an auto accident last summer.

The Vols? Get ready for a continuation of the exodus of Kentucky high school players out of state. Craig Ratliff, 6-8 forward at Paintsville High, and rated among the top dozen juniors in the state by Rick Bolus, will sign with Tennessee, according to his coach Bill Mike Runyon.

Ole Miss? The Rebels may be interested in Brian Lyon, 6-5 guard at Paintsville High. "He deserves a look," Lyon's coach said. "Brian can play Div. I."

ALL-KY-BRED TEAM

All-Kentucky-bred Team 1995? Mine would include Darrin Horn (Western Kentucky by way of Lexington Bates Creek) and Jermaine Brown (Georgetown by way of Louisville Fairdale); Brian Johnson (Pikeville from Jenkins) and Brian Kiser (Louisville from Irvine-Estill County), DeJuan Wheat (UofL from Ballard) and Jody Thompson (Pikeville from Feds Creek).

Players of the Year: Darrin Horn. A piece of work on court, Horn knows where he's going, too. On the heels of his black sneakers: *Heaven* on the left one and *Bound* on the right.

READERS (RIGHT) WRITE

C.E. Wardle of Louisville (formerly of Central City): "I am a UofL alumni and (note) occasionally you throw a dry bone Louisville's way. You cater to the Big Blue fans who comprise probably 80 percent of the

state's population. It will be a long time however, before coach Pitino's record equals coach (Denny) Crum's, and his Hall of Fame recognition.

"About your item on small (high school) gyms, in the 1920s and 30s; our gym at Central City was one of them. It had a balcony around the upper level and bleachers (down to) the playing floor. A crisp shot, or diving for a loose ball could get you banged up in a hurry.

"Those were the days of coach George Taylor. (His) Golden Tide was the scourge of that part of Kentucky. And Peck Hickman was a star at Central City and later at Western, before coaching at UofL."

COMMENT: Thank you for writing.

KY. 'SMALL' GYMS

About small (and quaint) high school gyms. Last Saturday night South Hopkins High hosted rival West Hopkins for the last time in a gym that will be lost to consolidation following the current season.

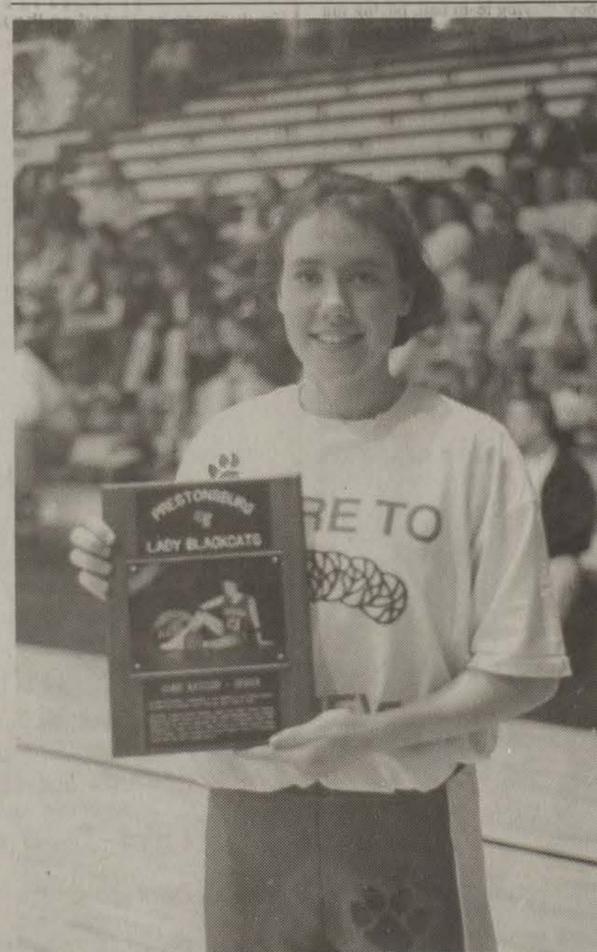
—And, Feds Creek High School in Pike County has a tiny gym. Dimly lit with windows painted over, with the traditional stage at one end, the old home of the Vikings has a special allure. A place that fairly echoes the excitement of mountain basketball.

—Then there is Howevalley in Hardin County. The smallish gym, with balcony and bleachers, looks as well kept today as when the Howevalley Wildcats advanced to the State Tournament...in 1943.

PARTING SHOTS

—Asked how he felt about the Major League Baseball strike, a small-town businessman in Nebraska said, "Yes, I'll be glad when it is settled so we can move on to important things (pause) like the O.J. Simpson trial." And so it goes.

Have a point of view you would like to share? Write to Bob Watkins, Sports in Kentucky, P.O. Box 124, Glendale, KY 42740.



Honored before game!

Prestonsburg's Jamie Ratcliff held a plaque she was presented just before her team played against Allen Central last Thursday night. It was senior night and Ratcliff was the Lady Blackcat's lone senior on the team. (photo by Ed Taylor)

What you see can be done with love you must do; what can only be done with debate must be left alone.

—St. Francis De Sales

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Sluggish Lady Cats edge upset-minded Morgan County

by Ed Taylor
Sports Editor

It wasn't a thing of beauty, but it was a win for the Betsy Layne Lady Cats who edged Morgan County Thursday 39-36 in a sluggish performance for coach Bill Newsome's ballclub.

"It wasn't pretty," he said, "but we got what we went after -- more experience and a win."

Melena Gearheart led the Lady Cats on both ends of the court. Gearheart had a game high 14 points and pulled down 17 rebounds and came away with four steals.

"Melena did everything great," said Coach Newsome. "She's one of those players that is focused an entire game."

Gearheart, affectionately known by her teammates as "Miss Windex," has been cleaning the glass all season.

"Every gym she has played in this year has a clean backboard," said Newsome jokingly. "I really like the way she is playing. Melena brings her thinking hat with her, as well as her playing shoes."

Senior point guard Misty Clark played while under the weather. Clark was thought to have suffered a case of food poisoning.

Clark tossed in just three points in a subpar performance. She also had three rebounds.

"Misty just did not feel like playing tonight," said Newsome. "She tried very hard, but only played a quarter for us."

Center Jessica S. Hamilton saw limited playing time after reinjuring the elbow she hurt the night before against Paintsville. Hamilton had just two points, but did pull down eight rebounds.

Another member of the M.A.S.H. unit is Ashley Tackett, who has played sparingly the past three games because of a knee injury.

Tackett did not start but did play, scoring seven points and grabbing four rebounds.

Penny Tackett added three points and had three rebounds. Jessica A. Hamilton pulled down six boards and scored four points.

In an off night, Jessica Johnson finished with just three points and had just one rebound.

"Jessica tried very hard," said Newsome. "The effort was there, but it was an off night for her."

Lisa Melvin netted two points off the bench. Crystal Gearheart scored one point.

Coach Newsome said that his team needs to be healthy before the "second season" begins next week.

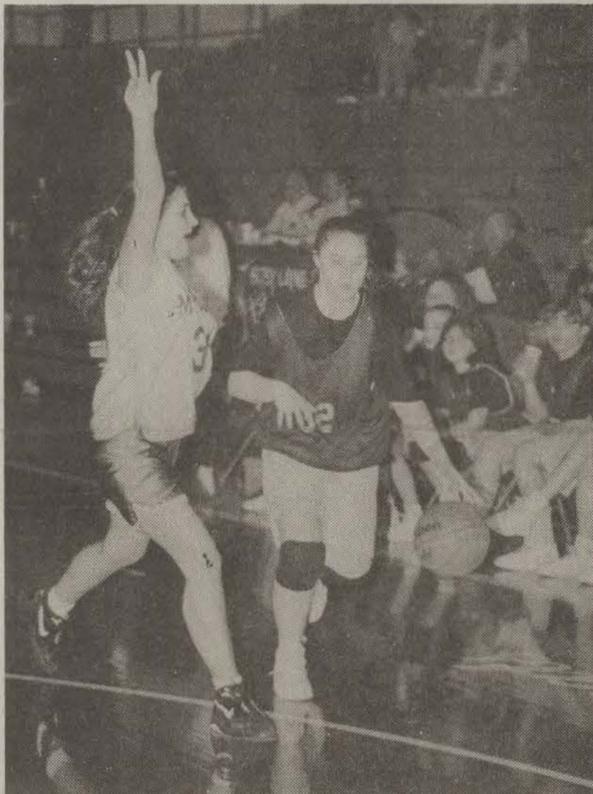
"We need to get everyone well," he said, "before the second season rolls around. If we don't, we could go home early and I sure don't want that to happen because I want to hang around the gym."

Betsy Layne improved to 18-4 on the season and will close out their regular season by hosting Sheldon Clark Thursday night.



Sky walker!

McDowell's Fred Grey (12) went high for a rebound against Martin in the opening round of the Floyd County Grade School Basketball Tournament at Betsy Layne. The Daredevils defeated the Purple Flash to advance to the semifinals. (photo by Ed Taylor)



Howard on the move!

Maytown's Dalenda Howard (32) drove toward the basket against a McDowell defender in the semifinals of the grade school tournament. Howard scored 13 points in the Lady Wildcats' 43-34 win. (photo by Ed Taylor)

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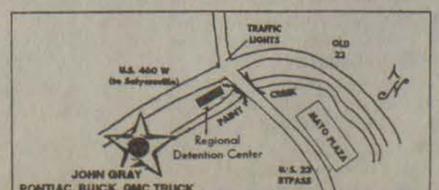
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Congratulations to Sports Fan of the Week (Wednesday, Feb. 15th)
NAOMI SAMONS, of Martin, Ky.

Sponsored by Dairy Queen of Prestonsburg.

Fishing with Scott Patton

The weather has really been nice so far this year and I personally would like to see it stay that way awhile longer. However, since that is probably unrealistic, it's nice to know that it's not long before boat show and seminar season will be here to help keep us motivated. In the meantime, there's still a lot of good fishing out there.

This is a good time of year to catch fish on crankbaits, jerkbaits, and other types of these lures. Most of the fishing will be done on the main lake or the area where the main lake and the first section of a major creek meet.

Hitting the areas where deep water or the main channel hits a steep bank, I'll parallel a crankbait against it or fish the Nichols Rattlin Ripper. I'll cast the Rattlin Ripper out and give it two quick jerks, then pause. I keep repeating this until my retrieve is finished. The crankbait I'll fish with a slow steady retrieve. I will occasionally pause in the retrieve again here and I'll fish it parallel along the bank, also. With both of these lures, you may have to move out horizontally with it. The fish will not be suspended against the wall, but they will be relating to it. Fifteen to twenty yards away from the wall is entirely possible.

The rod I'll choose will work with both of these baits. I'm a big believer in glass rods and I'll use one here again with a St. Croix 6 1/2 to 7' rod. My line will be 10-15 lb., depending on the lake and, of course, the water clarity.

In the fall you will usually encounter falling water as the water level of our lakes drop to prepare for the spring rains. This is a good time of year to find underwater cover such as rock piles, brush, and other types of target areas that hold fish that is usually not seen.

You may want to take a camera and lake map with you while fishing your lakes this fall. You can prepare yourself for the upcoming spring and summer seasons by marking your maps of the visible cover and/or taking photos.

Be sure to fish this cover while you are taking pictures, especially if it has water around it and is near deeper water. I catch a lot of nice fish this time of year while fishing this brush. Fish will usually hang on to their homes as long as possible and I can more easily narrow down where the bass may be.

I like throwing a 1/4 oz Nichols spinnerbait and flipping a jig with a

fire claw attached to it. I'll use a Dittos fireclaw trailer on my jigs year round and have no trouble catching them, while others use a jig and pork combination.

There is one other type of structure that can really pay off in the fall and that is rock or rip rap. The rock can be man-made or natural, but it usually needs to be broken or chunk rock. Fish a crankbait like a Bill Normans Baby N or Little n. Keep the bait in contact with the rock. Keep it deflecting off objects. This is what

will entice the fish to strike.

If the crankbait doesn't catch them, then slow down with a Slugo and work it with different retrieves. This type bait is so real looking it's scary. Fish really love this bait and there have been numerous tournaments won with it. I'll fish the crankbait on a St. Croix glass rod and the Slugo on a St. Croix graphite heavy action rod.

Keep a positive attitude, Keep casting, and Keep FISHING!!!

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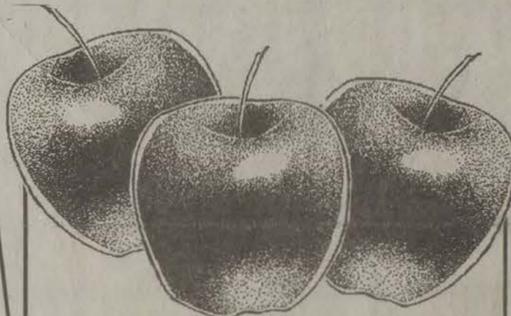
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Auxier holds off Stumbo 44-40 to advance to finals

by Ed Taylor
Sports Editor

Shelly Greathouse scored a game high 20 points as the Auxier Lady Hornets edged a good John M. Stumbo team in the semifinals of the Floyd County Elementary Tournament last Thursday night.

Auxier's defense held the Lady Mustangs to only four field goals in the first half to build a 22-8 halftime lead.

But the Lady Mustangs roared back in the second half as Auxier had some poor shot selections.

The Lady Hornet defense let down, appearing comfortable with a 14-point lead.

Amanda Hall and Akers became more involved in the Stumbo offense in the second half. Hall had seven points in the third period and Akers scored six. Stumbo trailed 30-23 after three quarters.

Auxier could manage just four baskets in the third quarter as Stumbo outscored them 15-8 in the period. Greathouse had four points in the third quarter after scoring seven in the first and six in the second.

Tonya Honeycutt, who didn't get her first basket until the third quarter, finished with nine points for Auxier. She scored six of those in the fourth period. Honeycutt missed all five free throws she attempted in the final quarter.

"Our defense just let us down in the second half," said assistant coach Jerome Greathouse. "We just started throwing up shots. Our shot selection was bad."

Akers led the Lady Mustangs with 15 points. Hall finished with 10 and Kristal Newsome scored nine. Samantha Maynard netted four points and Leslie Hamilton totaled two. Hall had two three-point baskets with Newsome hitting one.

Brandy Wells scored six points for Auxier with Samantha Cross finishing with five. Ramanda Music scored four.

Auxier shot a poor percentage from the charity stripe, hitting only four of 21 attempts. Stumbo connected on three of 11.

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AT LEAST FOR NOW, COLOR ME BLUE

Although I've often said that we here in the mountains have it hands down over folks who live in other parts of the country because we can experience four genuine seasons, I'm afraid that—from time to time—I find myself not really enjoying this one very much. Quite by accident, I think I've discovered why.

I was channel hopping the other day, probably unconsciously hoping to run across another old black and white Bob Steele or Rocky Lane movie, when I came upon a golf match taking place in some sunny, far-off clime. It was undoubtedly being played in Florida or California or Hawaii or some other distant planet.

As I watched some fellow's approach to the green (Green? Is grass really green?) sail through a cerulean blue sky (Blue? Is the sky really blue?), it suddenly occurred to me that—at least at this time of year—Eastern Kentucky is as devoid of color as the old B-westerns I searched for on the TV screen.

Having been an art teacher for years, I know that black and white are not colors. They are neutrals. They are only used to tint or tone a color. The problem is, however, that except for an occasional evergreen that has somehow had the courage to defy Mother Nature's otherwise colorless palette, there's no color in these parts to tint or tone.

Poison Oak

Clyde Pack



Once our hills shed their last coat of brownish orange, they become a somber gray. So does our sky. So does our entire landscape. So does, in fact, my spirit.

Which likely explains why I linger a bit longer than usual on the channel with the golf match. Not to watch the skilled drives and putts of the golfers, but to marvel at the vivid hues in the background.

I often wonder as I look around me and see nothing but drabness, if I'm alone when I ask myself, "What am I doing here? Why am I not in that part of the world

where the sun shines and the birds sing and the flowers grow?"

But, then again, I suppose if everybody who has ever felt that way were to actually act upon their feelings, Florida and California would become so crowded that they'd indeed break off and fall into the ocean, like the doomsayers say they eventually will anyway.

Oh, well! I guess I'll just continue diverting myself with those everyday things with which we all must contend, until such time that the lushness returns to the hills and the sun makes daily (instead of occasional) visits to our neighborhood.

I guess the bottom line is that most of us wouldn't really relocate even if we could. I'm sure than any native Eastern Kentuckian realizes that as dingy and drab as it all is now, the good qualities of living here far outweigh the bad.

Besides, if Roy and Gene and the Durango Kid can ride forever in their black and white celluloid world, I guess I can stand it for another month or so in my real one.

Section C

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Wednesday, February 22, 1994

The Floyd County Times

Lifestyles



Close to HOME

by Joe Adams

TIME, MILES CAN'T SEVER OUR EARLY TIES

The first thing I noticed was my classmate Bob laughing and making faces at me on the back row.

Before I saw him my oral book report in eighth grade had "A" written all over it. After all, I knew the "Dogs of War" inside and out. All I had to do was tell the class how much I enjoyed it. No sweat.

But now my face dripped with it. I stuttered and lost my place. Bob shook me up so much that I said I didn't like my book when I really did. What a disaster for me. What a hoot for him. "That was a good job, Adams," a grinning Bob said to me after class. "You weren't nervous up there were you, buddy?"

He laughed and I laughed, but I silently vowed never to do another oral book report. That promise cost me a "D" one semester in high school English class, and I was in college before I put my public speaking fears behind me.

Early experiences and people leave their marks on you. Bob reminded me of this a while back when I learned an illness had claimed his life.

All of us go to school, make friends and share experiences. We grow up and many of us move away. Years pass and we usually lose contact.

But what we did, said and learned with people back then tend to touch us through the later years of marriage, parenting, work and play.

I last ran into Bob about a dozen years ago at a convenience store back home. I hadn't seen or heard of him since. But he usually surfaced in my head when I thought of school during my early teen years.

Oddly, Bob crossed my mind the very day my father called and mentioned his death. That morning a college basketball score reported on my car radio triggered memories of Bob and me scoring all our junior high school team's points in a winning effort.

I had wondered if he ever thought of those times.

MAKING FRIENDS

I was the new boy transfer from the country school and Bob was the streetwise kid from town when we became classmates in 1975. I liked his confident smile and mischievousness from the start.

Both of us dreamed of athletic glory. We wanted it so much we had repeated eighth grade that year to enhance our eventual changes for a college baseball, basketball or football scholarship.

My dream soured during our first football game when I hurt a knee. I rebounded for basketball season but never fully recovered from the injury. I transferred to another school after my sophomore year and Bob went on to top me in every sport over the long haul.

Sports seemed like the world to us then. But it isn't Bob's cool-headed play or the wins or losses I remember most now.

It's the teen-age boy stuff. Stuff like calling Bob a sissy in gym and having him throw rocks at me; our trash talking about girls; shooting spit wads at each other through straws in geography class; and the time I nearly ripped Bob's fingers off as we wrestled for change left behind at a vending machine.

Then there was the day Bob challenged me to gamble with him.

"Hey, Adams. Flip me for \$5," Bob said.

"No way, man," I said.

"C'mon Adams, let's go for \$5," Bob said, waving a \$5 bill at me.

"Forget it, man."

But he wouldn't let me. After about a half-hour of badgering, I took him on. We flipped Kennedy half dollars. If his coin matched mine, he got \$5 from me. If his coin didn't match mine, I pocketed his \$5 bill.

Our faces stiffened and our hands shook as we braced for what was the biggest wager of our lives at that time. Then we flipped and it was all over but my shouting.

"Yes!!!" I yelled.

"Oh, man," a dazed Bob winced before his head dropped on a desk.

I saved my Kennedy half-dollar used with him that day. But Bob added a great deal more to my life than \$5 and a high school freshman highlight.

I probably couldn't have known that back when we were two teen-age boys and having our fun. And I suspect the Floyd County youths who are making school friends now aren't thinking of long-term impacts either.

But connections don't always end when the classes do.

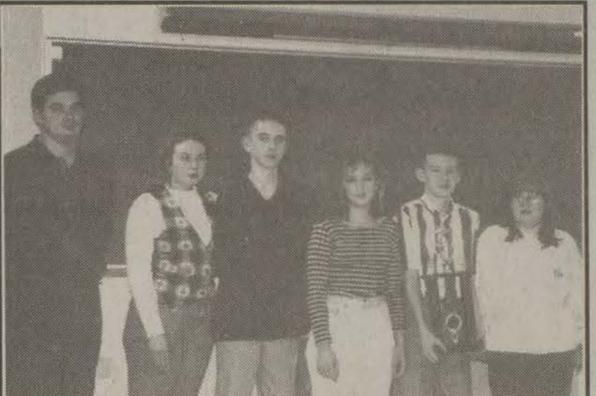
Some stay with you for life.

Joe Adams is an Eastern Kentucky native who writes a family-oriented column. Write him at 4593 Arrow Wind Lane, Jacksonville, Fla. 32258



First place

Southeastern Kentucky Regional Math Bowl winners were sixth, seventh and eighth grade students from the J.D. Adams Middle School. Team members include Saleha Badruddja, Sulma Badruddja, Sheena Brock, Laura Neeley, Cara Stewart and Julie Stewart. The team was coached by Sheila Ortega. Timothy Heywood, an assistant professor of mathematics at Prestonsburg Community College, is shown presenting the first place trophy to the group.



Runners-up

Runner-up in the Southeastern Kentucky Regional Math Bowl was a team from Leslie Middle School. Team members included Brandy Bowling, Michael Bowling, Jonathan Causey, Tabitha Howard and Crystal Wright. The team was coached by Patrick Morgan.

PCC hosts Regional Math Bowl

Prestonsburg Community College hosted the Seventh Annual Southeastern Kentucky Regional Math Bowl on Saturday, January 14.

Participating schools included James A. Duff Elementary School, J.D. Adams Middle School, Leslie Middle School, Loyall Junior High School, Runyon Elementary School, and Sebastian Middle School.

Sixth, seventh and eighth grade students

from the participating schools competed in team problem solving, individual problem solving and a team toss-up bonus competition.

Adams Middle School took top honors in the competition. Competitors included Saleha Badruddja, Sulma Badruddja, Sheena Brock, Laura Neeley, Cara Stewart and Julie Stewart. The team was coached by Sheila Ortega.

Leslie Middle School was the second place

finisher with team members Brandy Bowling, Michael Bowling, Jonathan Causey, Tabitha Howard and Crystal Wright. The team was coached by Patrick Morgan.

Both teams were invited to participate in the state competition which was held in late January.

PCC faculty within the Division of Physical Sciences and Related Technologies helped coordinate and conduct the competition.

Mothers complete requirements for Literacy Volunteers of America

On February 7, four mothers who have children at the Martin Head Start, received certificates of achievement for successfully completing all the requirements for the Literacy Volunteers of America (LVA) program, Reading with Children.

Rita Ousley, Dovalene Dye, and Nancy Cole, all of Martin, and Denise Little of Blue River, received certificates. Eulene Ratliff of Martin, Head Start social worker, made arrangements to have the program.

This is the first group of head start parents to participate in this program. Arrangements are being made to offer the program at additional head start centers.

The participants were pleased with the program, and plan to tell other Martin Head Start parents about the importance of reading with children.

Nancy Cole stated: "My son Robert loved the book Mouse Paint. He experimented with colors and I believe it helped him learn his colors."

Rita Ousley stated, "Since I've been bringing books home from this workshop, Suzanne can hardly wait to see what I have. Last night I had to read Brown Bear five times. Now she can tell the story. I'm going to have to buy that book for her."

Dovalene Dye's son Nathaniel liked the wordless book "Look Look Look."

"He was so proud of himself because he could figure out all the answers," the mother said.

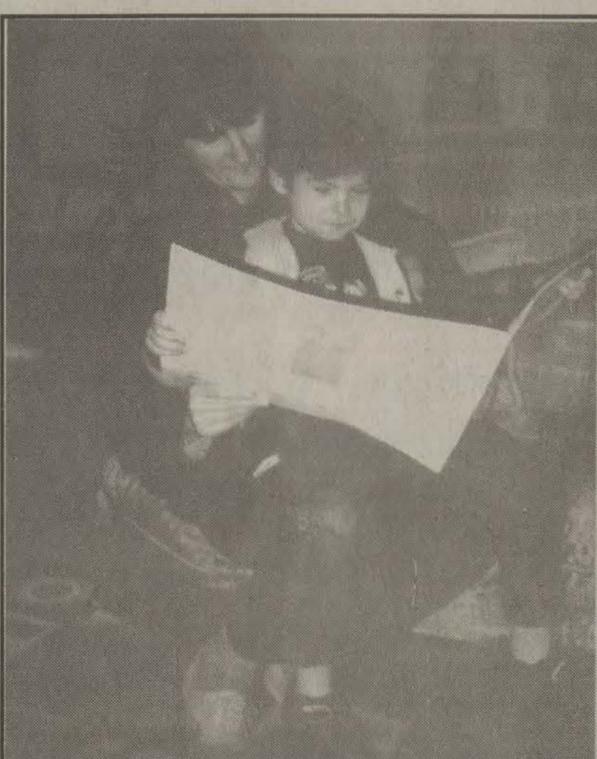
Denise Little agreed on the importance of reading to children. "Every night my husband and I read to my children before they go to

bed. They love books. After we read a story we like to think of activities to go along with the book. This program has helped me do this. I've even made a Big Book for Where the Wild Things Are."

Eulene Ratliff, who has taught head start for many years, said: "I know how important it is to have parents read to their children. I can always tell which children have had this experience. I'm proud of these mothers who have obtained this certificate. I wish all parents of head start children would get involved in this program."

These certificates were awarded through the Floyd County Adult Literacy Council by Vista Volunteer Vivian Whitehead.

According to Whitehead, "The Reading with Children program is an inter-generational approach to education. When parents open a book with their children, they are opening the world to them. They are helping their children think, wonder, learn, and best of all they are enjoying time together as a family." Fifty-four adults in Floyd County have received training in this program.



Mother and son

Nancy Cole listened to her son Robert read from the book Mouse Paint.

For more information about the Reading with Children program, contact Vivian Whitehead at the Floyd County Adult Literacy Council, 886-READ.

Society News

Call David Hereford
886-3057

Fruit tree pruning demonstration

A fruit tree pruning demonstration will be held Friday, February 24, at the Floyd County Extension Office located at 670 South Lake Drive, Prestonsburg.

It will begin at noon with a chili luncheon (free of charge). At 1 p.m., John Sparks, agriculture agent from Lawrence County, and Pat Spicer, agriculture agent for Floyd County, will begin the lesson with a discussion, handouts, question and answer period, etc. Then, the group will travel to the home of John L. and Francis Pitts of Middle Creek Road for a pruning demonstration.

This meeting is free and open to the public. The office is handicapped accessible. They request that you call and register by Thursday, February 23, at 886-2668 or 886-1458.

Pesticide training

With the arrival of the new agriculture agent, Floyd Countians can once again receive their certification to buy restricted chemicals. A training date has not been set, but if you are interested in obtaining your pesticide card, call 886-2668 or 886-1458. If enough interest is shown, they will have a training session soon.

Nimble Thimble Quilters

The Nimble Thimble Quilters will hold their regular workshop on Wednesday, March 1, from 10 a.m. to 2 p.m. at the Floyd County Extension Office.

Those attending will continue with the third block of the Christmas Quilt. Check last newsletter for a list of supplies. Pattern will be available. For more information, call 886-2668.

Homemaker club meetings

Homemaker clubs will meet on their regular meeting dates during March unless otherwise notified.

Song Fest

The Community United Methodist Church, Burke Avenue, Prestonsburg, is sponsoring a Song Fest, Saturday, February 26, at 6 p.m. Several local singers and groups are participating. The public is cordially invited.

At home

Nora Martin of Maple Avenue is recovering nicely at home after spending several days at Highlands Regional Medical Center.

New son

Brett and Virginia "Ginny" Davis of Trimble Branch Road, announce the birth of their son born January 20. He has been named Alexander Martin Davis. Maternal grandparents are Julius and Mary Rose Martin of Prestonsburg. Paternal grandparents are Gene and Norma Davis of Banner.

Called home

Mr. and Mrs. Jim D. Allen and children, Corey and Caitlin, of Lexington, were called home last week due to the death of Mrs. Allen's father, Birchell Duff of Hueysville.

Visits parents

Steve and Kelly Allen and son, Tabor, of Morehead, spent the weekend visiting their parents, Mrs. Randell Allen of Martin and Mr. and Mrs. Winston Ford Jr. of Prestonsburg. Steve and Kelly are students at Morehead State University.

Visits here

Rev. Thomas and Jennifer Valentine of Prestonsburg had as their house guests last weekend, her parents, A.G. and Dee Buckingham of Mt. Washington.

Historical society meets

The Auxier Historical Society met Tuesday night, February 14, at the First United Methodist Church for their regular monthly meeting. Ray Wilcox, president, presided.



Third birthday

Storm Douglas Roop, son of Haley Caudill and Shawn Roop of Prestonsburg, celebrated his third birthday on February 19 at Jan & Ben's Restaurant. He is the grandson of Shirley Caudill of Minnie, Cruse Caudill of Hi Hat, and Tommy and Barbara Roop of Weeksbury. He is the great-grandson of Eddie and Betty Caudill of Hi Hat and Merlin Roop of Weeksbury.

Plans were finalized for the Picture and Memorabilia Exhibit at the Prestonsburg Community College from February 27 to March 3. There will also be a showing of Indian relics and early Auxier scenes painted by local Auxier artist, Robert Castle.

Miscellaneous shower

Jennifer Browning, bride-elect of Ronald Todd Johnson, whose wedding will take place March 4, at the First United Methodist Church in Pikeville at 4:30 p.m., was honored with a miscellaneous shower last

Saturday evening at the Irene Cole Memorial Baptist Church.

The room was decorated in the colors of white and burgundy with white table cloths trimmed with burgundy bows. Hurricane lamps were used as center pieces on each table.

Gifts displayed included electric utensils, dishware, linens, flatware and miscellaneous items.

Miss Browning expressed her appreciation to the hostesses: Sally Allen, Judy Burchell, Rene Castle, Jan Cook, Julia Curtis, Maycel Davis,

Aileen Fitch, Ruth Carol Hunt, Ruth Hughes, Sarah Laven, Judy Music, Norma Neeley, Faye Patton, Janet Rowe and Carolyn Stout. A large group of family and friends attended.

Nothing is so good as it seems beforehand.

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PLUS! Great lawn and garden values through February 25!



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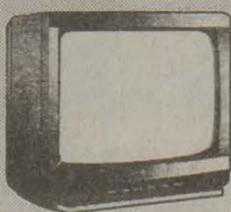
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Farm & Family

Reception for agriculture agent held; extension staff breathes sigh of relief

After more than three years of fielding telephone calls, answering questions and doing work related to the field of agriculture/gardening, the staff of the Floyd County Extension Service can now breathe easier.

The Floyd County Extension Service had been without a full-time agriculture agent since the retirement of Gene Ball more than three years ago. On January 3, the staff relinquished their double-duty to the new county agriculture agent, Pat Spicer.

A reception was given in Spicer's honor on Friday, February 10, at the Floyd County Extension Office in Prestonsburg.

Several people attended and were introduced to her. They were given a tour of the office. Literature from the extension office was available and refreshments prepared by the staff

were served to the group.

Spicer said that she is very pleased with this job and enjoys working with the staff at the extension office and the clientele in Floyd County.

She also stressed the fact that, although Floyd Countians had been without an agriculture agent for such a long time, they had not been short-changed on information.

She expressed amazement at how the staff had kept people informed, maintained records and carried on a number of special programs without an agriculture agent.

In addition to Spicer, the Floyd County Extension Office is staffed by Frances H. Pitts, extension agent for home economics; Charles E. Stamper, extension agent for 4-H/Youth Development; and Betty Gayheart, secretary/office manager.

Gateway Livestock Market

Mt. Sterling, Kentucky
Wednesday, February 15

Cattle and Calf Receipts: 1219. Total receipts for the week: 1823. Cattle weighed at time of sale: (Compared to last week). Slaughter cows steady; slaughter bulls steady to \$1 higher; feeder steers, \$1-\$3 lower; feeder heifers steady.

SLAUGHTER COWS: breaking Utility and Commercial, 3-4, \$38-\$43.50; high Cutter and boning Utility, 1-3, \$42-\$46.75; few high dressing individuals, \$49-\$53.50; Cutter 1-2, \$37-\$42; Canner and low Cutter, \$33-\$37.

SLAUGHTER BULLS: yield grade 1, 1490-1635 lbs. indicating 80-82 carcass boning percent, \$55-\$61; yield grade 1-2, 1150-1990 lbs. indicating 77-79 percent, \$46-\$53.50.

FEEDER STEERS: Medium to Large Frame #1, 300-400 lbs., \$87-\$95; 400-500 lbs., \$79-\$87; couple small packages, 408-420 lbs., \$90-\$91; 500-600 lbs., \$71.50-\$79; individual 510 lbs., \$83.50; 600-700 lbs., \$70-\$73.60; includes package 626 lbs., \$73.60; 700-815 lbs., \$67-\$71.50; includes 21 head 815 lbs., \$69.85; Small Frame #1, 295-400 lbs., \$78-\$85; 400-500 lbs., \$76-\$82; 500-600 lbs., \$70-\$76; Medium Frame #2, 395-500 lbs., \$75-\$82; 500-600 lbs., \$66.50-\$75; 600-700 lbs., \$64-\$68; Large Frame #2; Holsteins, package 325 lbs., \$67 and package 851 lbs., \$50.25.

FEEDER HEIFERS: Medium to Large Frame #1, 235-300 lbs., \$80-\$88; 300-400 lbs., \$76-\$80.50; 400-500 lbs., \$72-\$79; 500-600 lbs., \$66.75-\$72.75; includes 27 head, 512 lbs., \$72.75; 600-700 lbs., \$65-\$69; 700-840 lbs., \$63-\$67; Small Frame #1, 285-400 lbs., \$68-\$75; 400-500 lbs., \$65-\$70; 500-640 lbs., \$59.50-\$65; Medium Frame #2, 300-500 lbs., \$63-\$71; 500-600 lbs., \$57-\$63.

STOCK COWS AND CALVES: Medium and Large Frame #1, indicating 3-8 years of age with 125-275 lb. calves at side, \$600-\$780 per pair. Medium and Small Frame #1-2, indicating 5-10 years of age with 125-250 lb. calves at side, \$450-\$600 per pair.

STOCK COWS: Medium and Large Frame #1, indicating 3-8 years of age and bred 4-8 months, \$525-\$700 per head. Medium and Small Frame #1-2, indicating 3-10 years of age and bred 2-7 months, \$350-\$525 per head.

BABY CALVES: \$52.50-\$155 per head.

Local farmers urged to sign up by March for crop insurance

Tobacco farmers, plus those enrolled in any federal farm program that provides some form of payment, must sign up for crop insurance by March 15 in order to receive program benefits this year.

Those who participate in a federal farm program should contact their local Consolidated Farm Service Agency (formerly ASCS) office for information on the crop insurance program. A new law requires farmers to purchase federal crop insurance in order to receive price supports for their tobacco crop or to receive payments under USDA crop, conservation and lending programs. Farmers must sign up at their local CFSA office.

Agriculture Commissioner Ed Logsdon said farmers need to be aware of how the new law affects their farming operation.

"If you're a tobacco farmer and you don't purchase the insurance, you won't receive price supports on

your crop. If you have corn, wheat and soybeans in the program but fail to get insurance, they won't give you a deficiency payment," Logsdon said. "Obviously, this is something that should be taken seriously."

The cost of the insurance is \$50 for each type of crop insured per county, not to exceed \$200 per county. For burley tobacco, the catastrophic insurance covers a minimum 45 percent of the effective quota, paying at a rate of 60 percent of the price support average. Corn, wheat and soybeans are guaranteed at 50 percent of their yield and at 60 percent of the established value of the crop.

LOVE SHOULDN'T HURT.

If you are a victim of family violence, call someone who can help.

886-6025 (Floyd County)

1-800-649-6605

(Outside Floyd County)



Thin skin

New Floyd County Agriculture Agent Pat Spicer, left in back, showed the molted skin of a tarantula spider which she uses for classroom instruction during the open house. Viewing the exhibit were Frances Pitts, seated left, and Mary Sue Moore, right. (photo by Janice Shepherd)

Music Rollerland



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Upcoming Classes at PCC

The following classes are being offered at PCC beginning in March: CPR, First Aid, HIV/AIDS Update, EMT, various Computer Classes, PC Computer Painting, and Cake Decorating.

For more information, call PCC at **886-3863** and ask for CE/CS.

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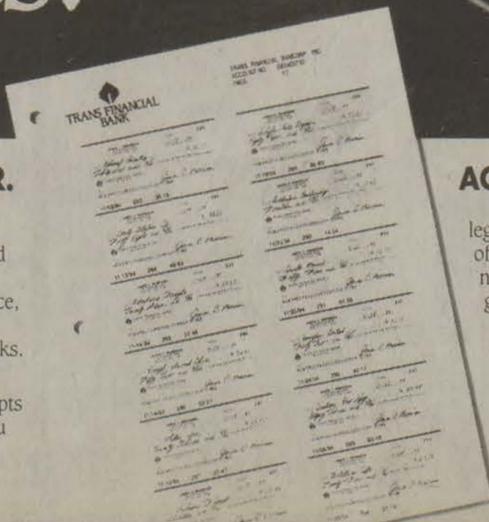
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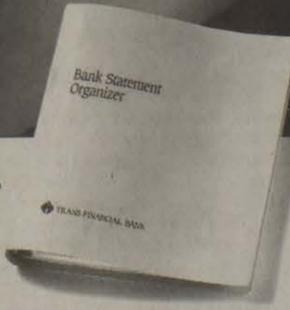
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Births

HIGHLANDS REGIONAL MEDICAL CENTER

January 30: A son, Austin Lee, to Rebecca Mae and Mickie Johnson of Weeksbury.

January 31: A daughter, Katherine Elizabeth, to Mark Edward and Melanie Victoria Greene of East Point.

February 1: A daughter, Deloris Kay Stewart, to April Lynn Bray of Drift; a son, Dakota Lee, to Cindy Caudill and Denny Justice of Hi Hat; a son, Justin Lee Cline, to Janet Sexton of Martin; a daughter, Angeleena Dawn, to Tommy and Janice Staton of Inez; a son, Thomas George, to George Ann and Tom Fitcher of Paintsville; a son, Zakary Allen, to Pamela and Allen Keathley of Pikeville; a son, Zackery Scott, to Rebecca Dawn and James Scott King of Mousie.

February 3: A daughter, Hannah RaShae, to Phillip and Lynn S. Champion of Leburn; a son, Derrick Ellis, to Joanne and Ellis Griffith of Martin; a son, Dustin Shane, to Tammy Marlene and Robert Jay Prater of Prestonsburg.

February 4: A daughter, Bethanie Alyssa, to Linda and Barry Hunt of Prestonsburg; a son, Gary Douglas, to Nettie Stone and Gary Herald of West Prestonsburg; a daughter, Savannah Michelle Francis, to Millard and Debronica Morgan of West Van Lear; a daughter, Courtney Michelle, to Donavon and Regina Dawn Mullins of Pilgrim.

February 5: A son, Austin Dakota, to Elizabeth Ann and Garry Ray Coleman of Regina; a son, Samuel Nathan, to Shandra Lynn and Jefferson Lee Wells of Auxier; a daughter, Ashley Fayeth, to Janice Ann and Jimmy Joe Chatman of Swamp Branch.

February 6: A son, Austin Lee, to Lisa Holbrook of Auxier.

February 6: A son, Jonathan Edward Howard, to Vanessa and James Edward O'Bryan of Prestonsburg.

February 7: A daughter, Rebekah Suzanne, to Rachel Elizabeth Allen of Prestonsburg.

February 7: A son, William Logan, to Donna and William Aaron Burke of Hager Hill.

February 7: A son, Timothy Alexander, to Sherry Lynn and Timothy Lee Samons of Martin.

February 9: A daughter, Majestic Larane, to Thomas Eugene and Glenda Dawn Fairchild of Oil Springs.

February 9: A daughter, Maranda Renee, to Deborah Renee and Kevin Lee Ferguson of Staffordsville.

February 10: A daughter, Regan Paige, to Angela and Twain Meek of Whitehouse; a son, Jeffery Lee, to Tony and Jeffery Slone of Eastern.

February 11: A son, Derek Maliki Smith, to Camilla Arnett of Rousseau.

February 12: A daughter, Jazmin Camille, to Amy Rebecca and Max LaMont Mullins of Harold.

February 19: A daughter, Kaitlin Dawn, to Penny and John Cook of Louisa.

PIKEVILLE METHODIST HOSPITAL

January 24: A son, Dalton Scott, to Lisa Marie Pigg and Darren Lee Little.

January 25: A son, Richard Ryan, to Leshia and Thomas Richard Keene; a daughter, Kodi Leigh, to Brenda Lee and William Francis Tackett.

January 26: A son, Cody Allen, to Joyce Elaine and Allen Ray Gibson; a son, Stephen Timothy King, to Jamie Yvonne and Randle Dale Coleman; a son, Austin Tyler, to Kristina Allen and Billy Ray Thomas.

January 27: A son, Travis Shane, to Pamela Rose and Delmer Eugene Hamilton; a daughter, Kearston Nicole, to Cliffina and Daryl Edward Mullins; a daughter, Allisha Danielle Glynn, to Cheryl Lynn and Danny Lee Keen.

January 29: A son, Cory Brett, to Sue Ann and Donald Lee Kidd.

January 30: A son, Ethan Maxwell, to Janet Lee and Marty Thacker; a son, Kenneth Craten, to Ocie Michelle Skeens; a daughter, Tamra Leigh, to Misty Dawn and Jesse Wayne Rowe; a daughter, Casey LaShae, to Tammy Lynn and Ricky Allen Jackson.

January 31: A son, Cody Brian, to Lamonica Jean Hurley.

February 1: A daughter, Stevee Madyson Morris, to Freta Mae Ferrell; a daughter, Elisha Grace, to Traci Lain and Edward Randell Caudill; a son, Jerrett Lee, to Kimilia Denise and Jerry Lee King.

February 2: A daughter, Jerri-Gail Nicole, to Della Misty Dawn Tackett; a son, Shawn Douglas, to Betty Jo Thacker and Glene Edward Lamb; a son, Paul Andrew, to Tonia Rose and Apul Dean Bevins Jr.

February 3: A daughter, Latisha Rose, to Debra Dee and Gregory Allen Hall; a daughter, Chelsea Leann, to Lori Lee and David Eugene Bowling; a daughter, Mollie Jenae, to Staci

Renee and Jeffrey Carl Damron.

February 4: A daughter, Adda Michelle, to Gaynelle and Jesse Allen Coleman; a son, Johnathan Corey Thomas, to Ruth Ann and Thomas Dale Adkins; a son, Michael Codie Mounds, to Georgzella and Michael Sincell.

February 5: A son, Adam Michael, to Michelle Leigh and Anthony Michael Castle.

February 6: A daughter, Leanna Eugena, to Eileen Michelle and Mark Anthony Moore; a son, Jordan Duran Lee, to Tara Dawn Justice and Ernest Duran Adkins; a daughter, Jeanna

Marie, to Irma Adkins and Dwayne Curtis Hunt.

February 7: A daughter, Heather Lynn, to Frankie Lynn Damron and Jamey Iricks; a son, Jarrod Daniel, to Terri Joan and Arlie Potter Jr.; a daughter, Madison Danielle, to Donna Faye and Paul Gregory Justice; a son, Zhane Arthur, to Karen and Kevin Picklesimer.

February 9: A son, Jonathon Dave Wayne, to Virginia and Richard Ratliff; a son, Bryan Austin, to Vickie Lynn Cantrell.

February 10: A son, Bobby Tyler Lee, to Paula Ruth and Bobby Joe Kidd; a daughter, Brittney Nicole Lowe, to Sherri Bolen; a son, Samuel Heath, to Rallynn and Garry Wayne Newcomb.



Birth announced

Rick L. and Valerie Smith Bartley of Pikeville, announce the birth of their son, Carew Smith Bartley. He was born November 21, at Good Samaritan Hospital, Lexington. He weighed 6 lbs. 12 oz. and was 20 1/2 inches long. His maternal grandparents are Billy M. and Louise Smith of Hindman. His paternal grandparents are Marvin and Jean Bartley of Pikeville.

February 11: A daughter, Tesla Trishann, to Deleria Denise and James W. Bentley; a son, Joshua Bailey Gibson, to Tina Marcella Thacker.

February 14: A daughter, Lakyn Cari, to Stefanie Dawn and David Lee Newcomb.

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THE SAGA OF FLOYD COLLINS

Telegrams of encouragement came from around the nation when Floyd Collins was entrapped in Sand Cave in 1925. Millions of prayers were offered in his behalf because so many people identified with him.

"It's great to know so many people are pullin' for me," Floyd told Courier-Journal reporter Skeets Miller. "I do hope that you write that I appreciate everybody who's praying for me."

Individuals, anxious to help, scraped dirt and rock away from Floyd in the ensuing hours and several jacks were used to try to lift rock away from Floyd's foot. The passageway was so narrow they couldn't get the jack over Floyd's body to put it where it might help.

By Wednesday morning, the beginning of Floyd's fifth day, he headlined newspapers across the country. Prayer services were held from coast to coast.

Skeets Miller became sort of a national hero in the rescue attempts that followed. "That kid has guts," The Chicago Tribune said of the young newspaperman. But Miller knew it was really Floyd Collins and his tenacity for holding onto life who had courage. He wasn't giving up and Miller would make sure everyone knew that in his writings.

"The crowds of curious and sympathetic are continuing to grow," The Louisville Post reported. "Morbid tendencies of the human race are clearly in evidence as throngs mill to and fro. There is an increase of more than 100 percent over that of yesterday. Automobiles bearing license plates of at least 16 different states were quickly counted.

"Hot dogs, sandwiches, and coffee vendors are enjoying a business unprecedented even in this resort of cave attractions. Grounds adjacent to the cave give the appearance of a picnic ground with all its settings.

"Special news correspondents from New York, Chicago, St. Louis, Kansas City, Memphis, Nashville, Knoxville, Birmingham, Cincinnati, Atlanta, Dallas, and elsewhere are at

the scene. Six or eight motion picture companies have cameramen on the scene and others are en route. This doesn't include the hundreds of news photographers taking snapshots and artists drawing sketches.

"No one man had gripped the interest of an entire country as has Floyd Collins, long celebrated as an explorer in his home section, but now known to millions throughout the country."

Attempt after attempt with various jacks failed on Wednesday and there were rock falls along the narrow passageway. The would-be rescuers scampered out with Floyd imploring them to, "Stay with me, oh, please don't leave me." After one such rockfall, Floyd lay trapped worse than ever.

Although the rockfall prevented them from reaching Floyd, they could hear him through the cracks.

"Floyd, Floyd?" Miller yelled. "Floyd, are you there?"

The men attempted to move the rocks blocking their path to Floyd but it sent additional rocks tumbling down upon them and they were forced to stop.

Volunteers came forward to remove the rocks and debris while shoring up the ceiling with pieces of wood. Johnnie Gerald frantically moved forward with chisels and a grease gun. He planned to squirt Floyd's legs with grease and pull him out but then another rockfall fell just ahead.

"Floyd! Floyd!" Gerald yelled. After a long while, Floyd answered "Don't bother me. I've gone home to bed and I'm going to sleep."

Gerald and the other men retreated as the entire passageway seemed to be crumbling behind them. It would be suicide to try to do more. Yet more volunteers came forward, but removing the fallen rocks was like removing apples from a barrel. When they removed one the others would collapse in its place.

After working for hours, a party led by Reverend Roy Hyde departed at 4 a.m. calling out, "Don't give up Floyd, don't give up. We're coming!" The final intelligible words ever heard from Floyd followed. "You're too slow...too slow."

When another day passed and Floyd was still trapped, Kentucky Governor William F. Fields called out the National Guard. They saw their problem as one of engineering rather than one of caving. It was decided to sink a shaft to Floyd's side. Digging began on Thursday afternoon, nearly a week after the trapped man had entered the cave.

Surgeons arrived because it was expected that amputation of Floyd's leg would be required. The doctors worried that Floyd might not survive surgery in his weakened condition. General Denhardt was in charge and forbade anyone from entering the cave. Dissension was widespread as sinking the shaft was long and arduous.

As the weekend set in, a phenomenon occurred. The crowds had increased each day and the weekend brought masses of people that national newspapers estimated at between 20,000 and 40,000. Cars jammed together and the roadways were nearly at a standstill for miles around.

Everywhere people had their minds on Floyd Collins—the man who was buried alive.

A newspaper account read, "The victim of this accident has died a thousand deaths. Fiction had nothing comparable to the horror of this scene which makes everyone quail and shudder. Poe and 'The Pit and the Pendulum'...Conan Doyle and his story of the engineer trapped in a room, the floors and ceilings closing in...neither is comparable to the throes of agony tearing the spirit of Floyd Collins."

Editor's Note: Rescuers reach Floyd Collins next week in Jadon's From the Mountains in the Floyd County Times.

Jadon Gibson is a free-lance writer from Harrogate, Tennessee. His writings, From the Mountains, are both historical and nostalgic in nature. Don't miss a single issue.

When the well's dry,
we know the worth of
water.
—Benjamin Franklin

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County Kettle

COUNTRY HOMESTYLE CHICKEN POT PIE

1 can (10-1/2 oz.) low-sodium chicken broth (or 1-1/4 cup water)
2/3 cup Village Saucerie Country Homestyle
1 lb. boneless, skinless chicken breasts, cut into 1-inch cubes
1 pkg. (10 oz.) frozen mixed vegetables, partially thawed
1 refrigerated ready-to-use pie crust

Preheat oven to 400°F (425°F for metal pie plate). In a 9-inch deep dish pie plate, combine chicken broth and Village Saucerie Country Homestyle. Stir in chicken and frozen vegetables.

Place pie crust over chicken mixture. Fold under edges and flute against rim of pie plate to seal. Cut four 2-inch slits in crust to vent.

Place on cookie sheet. Bake for 45 to 50 minutes, or until crust is golden and chicken is done. Let pie cool 10 minutes before serving. Makes 8 servings.

CHICKEN DINNER CASSEROLE

1 can (14-1/2 oz.) stewed tomatoes
1 cup hot water
3/4 cup Village Saucerie Garlic & Herb
1-1/2 lbs. boneless, skinless chicken breast halves
2 large (7 oz.) red potatoes cut lengthwise into eight pieces
1 can (13-1/2 oz.) mushroom stems and pieces, drained
1-1/2 cup frozen cut green beans, partially thawed*

Preheat oven to 425°F (400°F for glass baking dish). Drain tomatoes, reserving liquid.
In a 13x9x2-inch baking pan, combine liquid from tomatoes, hot water and Village Saucerie Garlic & Herb. Place chicken in sauce; turn to coat well. Add potatoes, mushrooms and green beans; top with stewed tomatoes.

Cover with foil and bake 45 minutes. Remove foil. Bake chicken with sauce and continue baking 5 minutes, or until chicken is done. Makes 8 servings.
*Green pepper strips, broccoli flowerets, peas or other vegetable of choice may be used instead of green beans.

LEMON ROASTED CHICKEN

1 Whole chicken (2-1/4-2-1/2 lbs.)
1/4 cup hot water
2 tsp. instant chicken bouillon

3 Tbsp. Mrs. Dash Lemon Pepper Seasoning Blend
1 Tbsp. dried oregano
Preheat oven to 400°F. Place chicken in roasting pan. Combine hot water and bouillon; pour over chicken. Combine Mrs. Dash Lemon Pepper and oregano. Coat chicken with mixture. Bake (covered with aluminum foil) 50 minutes. Remove foil. Bake. Bake uncovered for 15 minutes or until golden brown and chicken is done.

LITE FETTUCCINE ALFREDO

1-1/3 cups skim milk
2 small cloves garlic, minced
2 tsp. all-purpose flour
2 Tbsp. fat-free cream cheese
1 cup grated Parmesan cheese
1 Tbsp. plus 2 tsp. Molly McButter Natural Butter Flavor Sprinkles
4 cups hot cooked fettuccine
2 tsp. chopped fresh parsley
Freshly ground pepper
In a medium saucepan over high heat, whisk milk, garlic, flour and cream cheese. Bring to a boil, whisking constantly. Reduce heat and simmer for 2 minutes, or until thickened. Add Parmesan, whisk until blended. Remove from heat. Stir in Molly McButter. Pour sauce over hot fettuccine. Garnish with fresh parsley and black pepper. Makes four 1-cup servings.

FAT-FREE

MACARONI AND CHEESE

1-1/4 cup elbow macaroni
1/4 cup skim milk
2 Tbsp. fat-free cream cheese
1/3 cup Molly McButter Cheese Flavor Sprinkles
Cook macaroni as directed on package; omit salt and oil. Drain well; return to pan. Over very low heat, stir in remaining ingredients until well blended. Makes 3 1-cup servings.

LOWFAT FUDGY BROWNIES

4 ounces unsweetened chocolate
1/2 cup prune puree*
3 large egg whites
1 cup sugar
1 teaspoon salt
1 teaspoon vanilla
1/2 cup flour
1/4 cup chopped walnuts
Preheat oven to 350 degrees. Coat an 8-inch square baking pan with vegetable cooking spray. Cut chocolate into 1-inch pieces and place in heatproof bowl. Set over low heat in small skillet containing 1/2 inch simmering water. Stir occasionally just until chocolate is melted. Remove

from heat; set aside. In mixer bowl combine all ingredients except flour and walnuts; beat to blend thoroughly. Mix in flour. Spread batter in prepared pan; sprinkle with walnuts. Bake about 30 minutes until springy to the touch about 2 inches around edges. Cool on rack. Cut into 1-1/2 inch squares. Makes 3 dozen brownies.

*Prune puree: Combine 2/3 cup (4 ounces) pitted prunes and 3 tablespoons water in container of food processor. Pulse on and off until prunes are finely chopped. Makes 1/2 cup.

BEEF BUSTERS

1 1/2 lb. lean ground beef
6 med. potatoes
2 slices bread, moistened
3 T. ketchup
1/4 c. diced onion
1 egg
6 very lg. onions, with insides removed, leaving outershells
2 T. worcestershire sauce
2 T. barbecue sauce
salt and pepper to taste

Add diced onions, egg, bread, worcestershire, ketchup and barbecue sauce to ground beef, mix well. Salt and pepper to taste. Stuff each onion shell well with beef mixture and place halves of stuffed onion shell together on large sheet of heavy duty aluminum foil. Slice one peeled med. potato, paper thin over top and sides of onion. Seal tightly in aluminum foil and bake in 350° degree

oven approx. 1 hour. May also be cooked on grill approx. 40-60 minutes or until meat reaches desired state of doneness.

(Recipe provided by the Floyd County Extension Service)

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Golden Ages

McDOWELL SENIOR CITIZENS CENTER

Activities
Thursday, February 23—Cake decorating, high school Bingo;

Monday, February 27—Diabetics, 1:00;

Tuesday, February 28—Birthday pictures taken; Bingo.

McDowell Senior Citizens Menus

Wednesday, February 21—Fish sandwich, au gratin, green beans, cole slaw, bun, margarine, pudding and 2% milk.

Thursday, February 22—Stuffed chicken, rice, Japanese mixed vegetables, white bread, margarine, peaches and 2% milk.

Friday, February 24—Hot dog w/ chili, coleslaw, oven browned potatoes, bun, margarine, muffin and 2% milk.



King and Queen of Valentine's Day

Bertha Holbrook, 97, and Ashland Gearheart, 87, both seated, were crowned King and Queen of Mountain Manor Nursing Home last Tuesday, Valentine's Day. On hand for the ceremony, from left, were: Helen Lamb, social director, Prestonsburg Mayor Jerry Fannin, and Mary Hughes, activities director of the nursing home. (photo by Polly Ward)

© 1995 BANC ONE CORPORATION. Minimum deposit to open account is \$10,000. Annual percentage yield is effective as of 2/15/95. The Market Index Account interest rate automatically changes to the Regular Savings account interest rate (3.03% APY effective as of 2/1/95) and a monthly service fee of \$10.00 will be assessed when the average daily balance falls below \$10,000. Interest rates can change weekly and are based on IBC/Donoghue's Money Fund average 7-day taxable simple yield. Fees could reduce the earnings on the account.

Business/Real Estate



Customer Appreciation Day

Rhonda Meade postmaster and Rita Stumbo, PMR, at the McDowell Post Office hosted a Customer Appreciation Day so they can show their customers how much they are appreciated. Refreshments were served and door prizes were given out. Mertie Newsome won the fruit basket which was donated by the Pic Pac of McDowell. Ike Combs won the floral arrangement donated by Jimmry Hall of Design.

Kentucky cable association changes name to reflect expanded industry

The cable industry has changed dramatically over the past several years. No longer just television service, cable companies throughout the U.S. have expanded to include music on demand, data transmission, interactive services and even telephone service.

The Kentucky Cable Television Association, is a unanimous decision by its board, voted last month to change the group's name to the Kentucky Cable Telecommunications Association to reflect the ever-expanding focus of the industry.

"New technology and services are being added practically every day, and we felt the name of our association should underscore the current status of the cable industry," said Patsy Judd, executive director of the association.

The Kentucky Cable Telecommu-

nications Association (KCTA) consists of 117 member cable systems, serving more than 90 percent of the cable-subscribers across the state. KCTA was formed to address the needs of cable customers and operators in the commonwealth. The trade association provides educational materials to its member systems and promotes public education regarding the cable television industry.

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NEW LISTING
AUXIER—\$50,000. 3-bedroom, 1-bath home with 1550 sq. ft. of living space with 3 fireplaces.

Dr. Potnis joins medical staff at Pikeville Methodist Hospital

Krishnarao S. Potnis, M.D., obstetrician/gynecologist, will be joining the medical staff at Pikeville Methodist Hospital. He will begin seeing patients February 21, at the Lowe Building located on Hibbard Street, Pikeville.

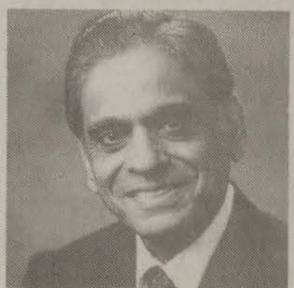
Dr. Potnis is a Fellow of the American College of Obstetrics and Gynecology. He is board certified by the American Board of Obstetrics and Gynecology.

Dr. Potnis completed medical school at the University of Bombay, Seth G. S. Medical College, in Bombay, India. He served a residency in Obstetrics and Gynecology at the State University of New York (SUNY), in Buffalo.

He served as instructor, assistant clinical instructor and assistant pro-

fessor in OB/GYN and Family Medicine at SUNY Buffalo and the University of Mississippi School of Medicine.

Dr. Potnis and his wife, Karen, a



Krishnarao S. Potnis, M.D.,

certified nurse midwife, have been practicing in Martin, since 1987. Their practice specializes in women's health care, including maternity and gynecology services.

Dr. Potnis will be seeing patients on Tuesdays and Fridays in Pikeville. He will continue seeing patients in Martin on Mondays and Thursdays. Dr. Potnis will provide all inpatient services at Pikeville Methodist Hospital. Calls for appointments are being accepted at 285-5157 and 432-6900.



Joins Century 21 AmericanWay Realty

Century 21 American Way Realty of Prestonsburg, recently announced their association with Lynette Fitzer. Fitzer resides at Rolling Acres, Ivel, with her husband Terry and children, Tera, Jillian and Eric.



Award winner

Steven G. Porter of Porter Studio recently competed in the photography competition hosted by the Kentucky Professional Photographers Association. The competition was in connection with the 1995 Kentucky State Convention at the Hyatt Regency in Lexington, on January 27-30. All six of Mr. Porter's photographs received acceptance into the print exhibit. Two of the photographs received a "Blue Ribbon" award, two "red ribbons," one green ribbon and one "gold corner."

Work is what you do so that some time you won't have to do it anymore.

—Alfred Polgar

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ABBOTT CREEK—2-story log home with 4 bedrooms, 2.5 baths, 2 stone fireplaces, cherry front doors, exposed beams, fully-quipped kitchen with distressed chestnut cabinets, hardwood floors in foyer and family room, attic floored and insulated, 3,542± sq. ft. of living space situated on 90± acres with lots of privacy.



PRESTONSBURG—1-1/2 story, well-maintained 4-bedroom, 1-bath with 1,300± sq. ft. of living space. The home has been remodeled in recent years and has been rewired and replumbed. This home has all city amenities and is located in a nice neighborhood. Priced to sell at \$57,500.00 for home and lot. you may purchase an extra lot with this home for \$22,500.00 which is 125'x to river with lots of fruit trees.



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AUXIER—4-bedroom home on approximately one-acre, well-maintained lot. Large storage building, porches, and near Dewey Lake and hospital. \$35,000. H-033-F.

WEEKSBURY—Nice 3-bedroom home with fenced lot. Family room plus play room, carport, and much more. \$30,000. D-001-F.

LAKEVIEW VILLAGE—2-story round house with hot tub, new decks, and much more. B-009-F.

PRESTONSBURG—In town, convenient to school and shopping. 3 bedrooms, large family room and eat-in kitchen. Security system in house and garage.

ALLEN—"Brand new" 3-bedroom cedar home with 2 1/2 baths, full front porch and side deck. Privacy and convenience to U.S. 23. Call for your appointment. H-036-F.

W. GARRETT—Location is the key word for this home. Located just off Rt. 80. May qualify for FHA financing. TH-029-F.

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Deeds will be made by Floyd County Master Commissioner, Earl Martin McGuire. The terms of the personal property are full payment the day of the sale with a good check with a letter of credit from your bank or cash.

James Orbin Childers
Real Estate Broker
Hindman, Kentucky

HINDMAN LAND AUCTION CO.
SELLING AGENT, HINDMAN, KENTUCKY

Col. Phillip Childers
Real Estate Broker & Auctioneer
Hindman, Kentucky
(606) 785-4938

Announcements Day of Sale Take Precedence Over Pre-Printed Advertisements

STEVENS REALTY
Combs Bldg., Suite 1, 99 N. Lake Dr., Prestonsburg
886-1716 or 1-800-488-0793

If you're buying or selling...for fast results, call the team you can trust.

THIS HOME HAS IT ALL! Location, quality, priced! Hardwood floors, cathedral ceilings, Jacuzzi & oak cabinets are just a few of the features in this contemporary home. \$134,000. C-008-F.

PIKEVILLE (CITY LIMITS): Wonderful family home features 4 bedrooms, 3 baths, kitchen and kitchenette, 2 fireplaces, above-ground pool and much more. \$129,900. W-004-P.

LAKEVIEW VILLAGE: Wonderful 3-bedroom, 1.5-bath home with fireplace, Privacy, yet close to town. Lovely setting with a great view. G-001-F.

RT. 1428: Three-bedroom, two-bath home with a brick fireplace and covered patio. Situated on a large lot. \$85,000. C-009-F.

Our Business is Serving You!

Eastern Kentucky's Best

Eleanor S. Stevens, Broker
886-8614

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The Classifieds

886-8506



The Floyd County Times

DEADLINES

Wednesday Paper
Noon Monday
Friday Paper
Wednesday, 5 p.m.

Shopper
Wednesday, 5 p.m.
606-886-8506

RATES

REGULAR CLASSIFIED—\$7.25/wk., 20 words or less; 15¢ for each word over 20. This price includes Wednesday & Friday's Floyd County Times and Monday's Eastern Kentucky Shopper.
UPFRONT CLASSIFIED—\$5.00/wk., 20 words or less; 15¢ for each word over 20. This price includes Wednesday's Floyd County Times.
CALL KARI AT 886-8506 TO PLACE YOUR AD

Miss The DEADLINE ?

Place your ad in our after deadline

UPFRONT CLASSIFIEDS
886-8506

FAX US YOUR AD 886-3603

★ 24-HOURS ★

STYLISTS NEEDED IMMEDIATELY

The Hairloft Salon in the Highlands Plaza, Prestonsburg is seeking energetic stylists to work in elaborate, fun, full service salon. Salary or commission. Paid vacations. Very busy salon. Must be a go-getter. Apply within, or call 606-886-3535.
E.O.E.

The FLOYD COUNTY TIMES does not knowingly accept false or misleading advertisements. Ads which request or require advance payment of fees for services or products should be scrutinized carefully.

For Sale

1993 YAMAHA YFM80 FOUR WHEELER. 2WD. Electric start, shaft drive. Asking \$1,650. Call 377-2137 evenings; or 358-9665 days, ask for Jim.

ANTIQUe AND COLLECTIBLES SALE: Antiques, sports cards, coal scrip, vintage jewelry, and collectibles. Saturday, March 4, 1995, 8 a.m.-4 p.m. First United Methodist Church Family Life Center, Prestonsburg.

CAR BATTERIES from \$19.95. Cash for old batteries. 8D-1400cca \$99.95. The Battery Connection, Paintsville. Call 789-1966.

FOR SALE: Two cemetery plots at Davidson Memorial Gardens. \$1,000. Call 285-3857.

FOR SALE: Complete SoloFlex weight machine. \$500. Call 886-2191.

FOR SALE: Firewood and house coal. Hand-picked, big block coal. Split, seasoned hardwood. Also, do tree cutting and trimming. Free estimates. Call 874-9271.

SAVE 75% ON RECYCLED WORK CLOTHES. Best quality shirts, \$3; pants, \$4. Money back guarantee. We sell the best and ship quick. Add \$4 shipping. Send sizes with check or money order to Suntext Recycling, 2205 N. Kentucky Avenue, Evansville, IN 47711-3917; toll free, 1-800-909-9025.

FOR SALE: Hobart commercial dishwasher with stainless drainboards, 3 phase with 3 phase booster water heater. \$800. Also, used deep dish pizza pans. Assorted sizes. Call 606-299-7186.

FOR SALE: Demetrios designer wedding gown. Size 9. Ivory with lace and beading. Long train, bows on sleeves and back. Custom made headpiece. Very beautiful! Call 886-9276.

GRAVELS FOR SALE: Pick up or delivered. Call 886-6458.

SUNQUEST WOLFF TANNING BEDS New Commercial-Home Tanning Units From \$199 Lamps-Lotions-Accessories Payments as low as \$20. Call today FREE NEW color catalog, 1-800-462-9197.

TRUCK PARTS: Motors: Gas Chevy 366; Ford 330, 361, 391; two speed rear ends; radiators; heads; all kinds of parts. Two school buses of parts, value tools. Want to sell everything. Call 606-886-1195.

Real Estate For Sale

BAD OR NO CREDIT? Gov't homes and properties available. Down payments from \$0. Easy to qualify! For current listing call toll free! 1-805-681-8466, ext. R-1757.

BETTER CALL US! We buy houses and property. Century 21 American Way Realty, 886-9100.

BUILDING AND LOT FOR SALE: Allen. For more information call 606-874-8153.

FARM FOR SALE: Two ponds, two barns. 90+ tillable acres, rest woodland. Located near Cave Run Lake. An investment opportunity for development or farming. Negotiable. Call nights, 606-743-7612.

FOR SALE: Forty-six acre farm, timber and house. Six miles south of Wayland, KY in Knott County on Rt. 7. Call 606-358-9318.

FOR SALE: Land and mobile home. Less than 10 minutes from Prestonsburg. Private lot. Extra space with hookups for another trailer. \$39,900. Call 886-8167.

FOR SALE: Lot with two mobile homes. Natural gas, city water. Chain link fence on over half of property. Have started a 24x40 garage. Approximately 3 miles from Prestonsburg. Call 874-2935.

HOUSE FOR SALE: Beside Clark School. Four bedroom, three bath. 2,400 sq. ft. +/- Hardwood floors and many extras. Call 886-3829.

HOUSE FOR SALE: Wayland Bottom. Three bedroom, 2 1/2 baths. Full basement, chain link fence, large deck. \$28,000. Call 358-4152.

HOUSE FOR SALE: 1 1/2 story. Four bedroom, two bath. Central heat/air. One acre lot. Garden and fruit trees. Little Paint Road, East Point. Five miles from Prestonsburg. \$56,900. Call 606-789-3904 or 606-789-4465.

LEXINGTON FOR SALE: Luxury condo. Downtown (Transylvania University area). Historic building. Two bedroom. Walk to Rupp Arena. \$139,500. Call 606-253-9903. Tours 3/5/95 from 1-3 p.m.

HOUSE FOR SALE: \$45,000. Three bedroom. Cardinal Drive, short walk from Adams Middle School. Call 886-3538, leave message if no answer.

REDUCED!! HOUSE FOR SALE: Three bedroom, two bath. Private location. Ten minutes from Prestonsburg. Call 886-8167 for appointment.

Autos For Sale

1982 OLDS CUTLASS SUPREME. 305 automatic. Asking \$700 or best offer. Call 452-4505.

1984 PONTIAC FIREBIRD. Red. Rebuilt 305, automatic. New paint. New tires and directionals. Tinted windows. Call 358-9583.

1991 CHEVY S-10. White. V-6, four speed. Air. New tires. Nice paint. \$4,500. Call 285-9496.

FOR SALE: 1973 Nova. 350 engine, four speed. New tires, new rims, new exhaust system, tinted windows. Call 606-432-1238 days; or 606-478-9174 evenings.

LOCAL AUTO DEALER GUARANTEES AUTO FINANCING. If you work—you drive!! No co-signers necessary. Low down payment required. Call Mr. Green at 606-437-6282 for more information.

STORE SHELVING FOR SALE

Tyler, Kent and Dixie Craft.
Call
606-738-6674

HITCHCOCK REPAIR SERVICE

Service, Parts & Installation
Refrigerators
Washers
Dryers
Freezers
Microwaves
Dishwashers
Oven-Dry Service on Most Parts Ordered
886-1473

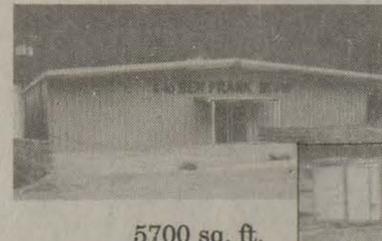
GARRETT AUTO SALES GARRETT, KY 358-4288

1991 GMC SIERRA SLE. V-8, automatic, air. Loaded. Camper top. Runs and looks new. \$8,500.
1989 CHEVY SILVERADO 3/4 TON. V-8, automatic, air, stereo. 5,000 miles on new engine. Runs excellent. \$6,200.
1988 CHEVY PICKUP. 4.3 six cylinder, five speed. Cheyenne package. 88,000 miles. Runs excellent. \$5,000.
1990 PONTIAC GRAND PRIX. V-6, automatic, air, stereo. Loaded. Nice car. \$5,200.
1980 JEEP CJ7. Hardtop, V-8, automatic, air, stereo. Montana jeep. Extra clean. New tires. \$5,000.
1988 DODGE DAKOTA LE PICKUP. Six cylinder, automatic, air, cassette. Loaded. Low miles. Very clean. \$3,800.
1989 MAZDA B2200 PICKUP. Four cylinder, five speed, SWB, new tires and wheels.
1984 CHEVY S-10. V-6, automatic, air. Loaded. Tahoe package. New engine and transmission. Runs excellent. \$3,200.
1988 CHEVY BERETTA. Four cylinder, automatic, air, stereo. Runs excellent. \$2,800.
1987 PONTIAC GRAND AM LE. Four cylinder, automatic, air, stereo. Loaded. Runs great. \$2,800.
1989 FORD TEMPO GL. Automatic, air, stereo. Runs excellent. \$2,800.
1989 DODGE COLT WAGON 4X4. Four cylinder, five speed, air, stereo. Loaded. Runs excellent. \$2,800.
1987 DODGE CARAVAN. Four cylinder, automatic, air, stereo. Very clean. \$2,600.
1987 FORD CROWN VICTORIA. V-8, automatic, air, telephone. Loaded. One owner. \$2,500.
1978 CHEVY 4X4. V-8, automatic, SWB, dual exhaust. Runs excellent. \$1,800.
1983 GMC CONVERSION VAN. V-8, automatic, air, loaded. 88 model engine. \$2,000.
1985 OLDS CALAIS. Four cylinder, five speed, air, stereo. Runs great. \$1,200.
1984 BUICK CENTURY. V-6, automatic, air, stereo. Very dependable. \$1,350.
1983 FORD MUSTANG LX. Four cylinder, automatic, air, stereo. New engine. New tires and wheels. \$1,000.
1981 TOYOTA COROLLA WAGON. Four cylinder, five speed. New clutch. Runs excellent. \$900.
1982 MERCURY LYNX. Four cylinder, automatic. Dependable. Runs excellent. \$450.
1973 CHEVY ROLLBACK. 350, four speed, air, aluminum bed, new winch. No rust. Clean cab. \$4,800. Possible trade.

NOW ACCEPTING APPLICATIONS For 1-and 2-bedroom apartments.

Regency Park Apartments
U.S. 23 (Below Hospital)
886-8318
from 9 a.m.-3 p.m.

For Sale or Lease



5700 sq. ft.
COMMERCIAL BUILDING WITH 3 TRAILERS & BRIDGE located at Wheelwright Jct. off Rt. 122

For more information, Call 452-2755

HELP WANTED ADVERTISING SALES

SPECIAL SECTIONS

The Floyd County Times has an opening for a special person to handle special section advertising sales.

- Sales experience preferred
- Reliable transportation required
- Salary, commission, benefits

APPLY IN PERSON ONLY

No phone calls
Monday-Thursday 8:30 a.m.-5:00 p.m.
Friday 8:30 a.m.-2:00 p.m.
or send resume to:

The Floyd County Times
P.O. Box 391
112 So. Central Ave. Prestonsburg, Ky.
An Equal Opportunity Employer

Middlesboro, across from Wal-Mart
606-248-5012

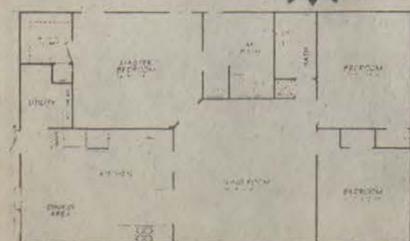
Randall's MOBILE HOME MARKET

Manchester, Manchester Square Shopping Center
606-598-5011

28 Ft. Wide

- No Down Payment with Land
- 5 Year Warranty
- Low Payments
- Let's Make A Deal

Save \$3000⁰⁰ On This Model



4 Units Available

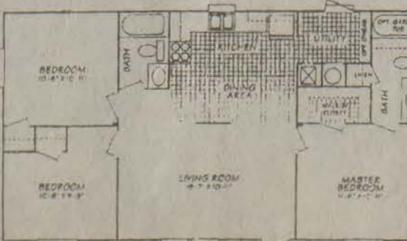
DOUBLEWIDE SALE

We Are Movin'em Out...
Over 30 doublewides to choose from.
Come on in, Check'em Out
Open 7 days a week
8 a.m.-6 p.m.
Sundays, 12 p.m.-5 p.m.

24 Ft. Wide

- 5 Year Warranty
- Pick Your Own Decor
- 5% Down Payment
- Low Payments

Save \$3000⁰⁰ On This Model



10 Units Available

Fields Wallpaper

• Just Arrived •
New Softac Borders
Repositionable and Removable time and time again.
New Spring Patterns Arriving Daily
Allen 874-2904 2 locations to better serve you Pikeville 432-1014

Business Opportunity
THRIVING FINANCE COMPANY FOR SALE
Excellent receivables.
Call 606-738-6674

For Rent
 APARTMENT FOR RENT: One bedroom furnished. Utilities paid. \$375/month. Call 874-9878 or 874-9865 after 5 p.m.

FOR RENT OR LEASE: Approximately 5,000 sq. ft. office space. North Lake Drive, Prestonsburg. Call 886-4001.

FOR RENT: Two bedroom trailer at McDowell. Pay own utilities. \$100 security deposit. Call 377-2507.

TWO BEDROOM MOBILE HOME. New carpet, stove, refrigerator. Good neighborhood. Large yard. Three miles from Prestonsburg. Call 886-9007.

SERVICE TECHNICIAN
 Additional Field Technician needed in the Pikeville/Prestonsburg area. Now available for an individual with Electronics background and Mechanical aptitude. Excellent benefit package included.
 Call Service Manager for an appointment.
VANDYKE, INC.
 P.O. Box 2618
 Ashland, KY 41105-2618
 1-800-826-3755

FOR THE BEST RATES—CALL YATES!
 Yates Cab Service.
 24 hour service.
 Local and long distance transportation. Now accepting Medicaid.
 886-3423.

Available Soon!
 We are presently taking applications for 1-bedroom apartments at Highland Terrace. These apartments are for people who are age 62 or older, or are mobility impaired.
 If you are interested, you may apply at Highland Terrace office between 8:30 a.m. and 12 noon, Monday thru Friday, or call 886-1925 or 886-1819
 E.O.H.

COME JOIN OUR WINNING TEAM
 Colorama is currently hiring for the position of Customer Service Representative.
 Qualifications include: Neat appearance, highly motivated, heavy lifting and excellent communication skills. Good opportunity for advancement. Apply in person at:
COLORAMA
 Glynview Plaza
 Prestonsburg, KY
 Equal Opportunity Employer

APARTMENT FOR RENT: Three bedroom. Central heat/air. Located between PCC and HRMC on Auxier Road. Call 886-1714 for more information.

FOR RENT: Two bedroom apartment; Mountain Parkway; one bedroom apartment in Prestonsburg. Financing available on first month's rent. Ronald Frasure, 886-6900.

FOR RENT: Trailer located near Prestonsburg. \$250/month plus utilities. References and deposit required. Call 886-9672.

TWO BEDROOM FURNISHED TRAILER for rent. \$300/month, utilities paid, \$100 deposit. Call 874-9802.

WILDLIFE/ CONSERVATION JOBS
 Game wardens, security, maintenance, etc. No experience necessary. Now hiring. For info call 219-794-0010, ext. 7619, 8 a.m.-10 p.m., 7 days.

NEED A STONE MASON?
 We do anything in stone—anything. Also, do stucco and all types of chimney construction and repair. Some stone and slate for sale. Call 886-6938.

Petry's
Parts and Service for most major brand appliances
 Open Mon.-Sat.
285-9620

IVEL, KY. IVEL, KY.
Rainbow Homes
 If you need a new 2- or 3-bedroom Mobile Home—**NOW** is the time—We have 8 on special **NOW**
Take your pick at \$16,995⁰⁰
 Delivered, anchored and skirt furnished.
 \$1,000⁰⁰ down
NOT 15 YEARS
 But seven—84 months at only \$289.95 for a limited time only.
IVEL, KY. IVEL, KY.
Rainbow Homes
 Ph. 606-478-4530

FOR RENT: One bedroom apartment, furnished. Also, two bedroom apartment, unfurnished. Call 886-8991.

AVAILABLE SOON
 3-bedroom apartments for low income families. Apply at Cliffside Housing, 8 a.m.-12 noon and 1 p.m.-4:30 p.m., or call **886-1819**

INSTRUCTION LEARN TO DRIVE TRACTOR-TRAILER
 • No Experience needed!
 • DOT Certification.
 • Full or part-time training
 • Placement Dept.
 • Financing available.
ALLIANCE TRACTOR-TRAILER TRAINING CENTERS
 WYTHEVILLE, VA
 Call Toll Free **1-800-334-1203**

FOR RENT: On Riverside. Two bedroom house with stove and refrigerator. \$425/month plus utilities and \$200 deposit. Call 886-3404.

ONE BEDROOM UP-STAIRS APARTMENT. \$235/month plus utilities and \$200 security deposit. George Road, Betsy Layne. Call 606-478-8070.

THREE BEDROOM HOUSE FOR RENT: Central heat/air, stove, refrigerator. Everything new. On new U.S. 23, one mile from Prestonsburg city limits. References and security deposit. Call 886-9007.

TRAILER LOT FOR RENT: Located two miles up Cow Creek in small trailer park. End lot, city water and all other hookups available. Out of flood plain. \$70 per month. 874-2802, J. Davis.

Employment Available

A PROFESSIONAL POSITION LEADING TO MANAGER TRAINING exists now for a man or woman in a local branch of a large international corporation. We offer complete benefits, major medical, dental, exceptional retirement plan and 3 weeks corporate training program. Previous experience not necessary if you are of legal age, career minded, competitively inclined, bondable, ambitious and aggressive. Only those who want to sincerely get ahead need apply. For personal and confidential interview send resume to: Laura Kanavy, 1030 Burlington Lane #3, Frankfort, KY 40601; or fax to 606-223-2034. Apply before February 24, 1995.

ACCOUNTING CLERK POSITION. Immediate opening. Qualifications: Prefer two year accounting degree; previous payroll and accounting experience required; must have computer experience. Benefits. Send resume to: Big Sandy Healthcare, Chief Financial Officer, 1709 Ky Rt. 321, Suite 3, Prestonsburg, Ky 41653. Last day to apply: February 28, 1995.

AVON. BUY OR SELL. Call Jancy at 886-2082; or call Cassie at 886-8737.

DENTAL HYGIENIST: Part or full time. Top person wanted to manage prevention program. Benefits for full time. Send resume to: DAE/FCT, P.O. Box 391, Prestonsburg, Ky 41653.

GENERAL OFFICE CLERK POSITION. Immediate opening. Qualifications: Two years experience with secretarial/accounting functions; computer experience a must. Benefits. Send resume to: Big Sandy Healthcare, 1709 Ky Rt. 321, Suite 3, Prestonsburg, Ky 41653. Last day to apply: February 28, 1995.

IF YOU'RE WORKING MORE THAN 50 HOURS A WEEK for less than \$550-600/weekly...YOU CAN DO BETTER! Schwan's Ice Cream offers full benefits and excellent opportunities for advancement. You must be at least 21 years old and have a good driving record. Interviewing February 25. For appointment call 1-800-336-7569. EOE.

IMMEDIATE OPENING FOR legal secretary/paralegal. Prestonsburg area. Salary and benefits commensurate with experience. Send inquiries to: P.O. Box 771, Prestonsburg, Ky 41653.

LAW ENFORCEMENT JOBS NO EXPERIENCE NECESSARY
 Now hiring. U.S. Customs, Officers, Etc...For info call 219-794-0010, ext. 3301, 9 a.m.-11 p.m. 7 days.

MINE SUPPLY DELIVERY DRIVER: Eastern Kentucky territory. Experience required. Must be able to furnish current D.O.T. certifications. Send confidential resume to P.O. Box 507, Grundy, VA 24614, EEO/M/F/W/H.

Pets And Supplies

GREAT DANE PUPPIES. Blacks. Parents on premises. \$300/up. Call 886-6555.

FOR SALE: One 2 1/2 year old Dalmation; one six month old Dalmation. Both female. Must sell. Call 606-587-2490.

FOR SALE: Tiny, black Pomeranian puppies. Call 358-4864.

FREE PUPPIES. Part German Shepherd. Call 874-9975.

FREE TO GOOD HOME. Short haired mixed breed puppy. Part chow. Ten weeks old. Call 285-3308.

Services

COAL MINE SAFETY CLASS
 Annual retraining; surface and underground; 48 hour new miner training; Mine Foreman retraining. Call 285-0650.

NEED A RIDE?
 Call Martin City Cab 285-0320
 Owners: Bill and Judy Barnett

R.A. TAYLOR CHIMNEY CLEANING SERVICES AND PAINTING COMPANY
 Both services available anytime. Call 886-8453.

DOZER FOR HIRE: Contract or hourly. Call 478-2717.

ECONOMY TREE SERVICE: Tree cutting, topping, removal, dead limbing and cabling. Twenty-one years experience. Licensed, insured and bonded. Bill Rhodes, owner. Dump truck, chipper and winch. Call 1-800-742-4188 toll free for free estimates. (Local 606-353-9276.)

FREE FACIALS ARE BEING GIVEN with any haircut or chemical service. Cosmetologist Angela Gamble is now at Sonja's Beauty Salon at Allen behind Bank Josephine (fifth street). Call for an appointment today! 886-9760 or 874-2720.

UPFRONT & PERSONAL

Miss the deadline? Want to get your ad closer to the front?

Then place your ad in our new **Upfront Classifieds!**

These ads will be featured in the front section of the Wednesday newspaper. The deadline for placing the ad will be Tuesdays at 3 p.m. The cost is **\$5.00** for 20 words (15¢ for each word over 20).

This is a deal that's hard to beat! Call today and use your MC/VISA or stop by our office at 112 South Central Ave., Prestonsburg.

Don't Wait! Call Today!

886-8506, ask for Kari

EMPLOYMENT OPPORTUNITY
Must be energetic, neat in appearance and willing to learn. Persons interested should apply at:
Wright Lumber Company
 MAIN STREET
 MARTIN, KENTUCKY
No phone Calls, Please!

JOB OPPORTUNITY
 Jerry's Restaurant in Prestonsburg is now taking applications. Waitresses, cooks and dishwashers.
 Jerry's offers BC/BS insurance, paid vacations, meals & uniforms.
APPLY IN PERSON ONLY!
 No phone calls, please
 Applications may be obtained Mon.-Fri. 3-4 p.m. only!

Prestonsburg Community College
 One Bert T. Combs Drive
 Prestonsburg, KY 41653
POSITION AVAILABLE
OFFICE ASSISTANT I (Admission Office), Grade 0004
 Responsibilities: Maintaining and filing student records; processing forms such as transcript requests, drop/adds, and enrollment certifications; typing correspondence; performing duties of receptionist; and other duties as assigned. Occasional evening and weekend work may be required.
 Requirements: High school diploma or equivalent plus one year related experience.
 Hourly Rate: \$6.12-\$6.61 (Specific hourly rate, commensurate with qualifications and experience, will be determined by the University of Kentucky Community College System Personnel Office.)
 Testing: Typing test will be administered at 3:00 p.m., Monday, March 6, 1995, Magoffin Building, Room 218.
 Deadline to apply: Completed applications must be received in the Academic Affairs Office by 3:00 p.m. Friday, March 3, 1995.
 Contact: Mary Halbert, Office of Academic Affairs, Johnson Administration Building, Room 109, (606) 886-3863, ext. 208.
 An Equal Opportunity Institution

APPALACHIAN REGIONAL HEALTHCARE
FOOD PRODUCTION SUPERVISORS
 Appalachian Regional Healthcare's ARH Regional Medical Center, Hazard, KY is seeking candidates for Food Production Supervisor openings. Requirements include high school diploma or equivalent with at least 3 years experience in food service including knowledge of therapeutic diets and supervisory manager's program and familiarity with labor/management relations preferred.
 Excellent salary and benefits including fully paid health insurance, 3 weeks paid vacation and 9 paid holidays annually, sick leave and temporary disability benefits, non-contributory retirement plan, etc.
 For additional information, please send resume to or contact: Ron O'Brien, Personnel Manager, ARH Regional Medical Center, 100 Medical Center Drive, Hazard, KY, 606-439-1331, Ext. 6613 or Marilyn Hamblin, ARH Corporate Recruitment Dept., 1220 Harrodsburg Road, Lexington, KY 40533, 1-800-888-7045. EOE/M/F.

HOLIDAY POOLS, INC.
 2973 Piedmont Rd., Huntington (304) 429-4788
 Mon.-Fri. 9:30-5 Sat. 9:30-2

Buy Now for Lower Prices
 Fun for the whole family!
 SPECIAL DISCOUNTS ON ANY SPA IN STOCK LARGE DISPLAY
 Low, Low Discount Prices
 Prices Start At \$1,850
BAQUACIL

OLAN'S METAL BUILDINGS
 HC 36 BOX 50
 HAZARD, KY 41701
 606-439-4866
 Direct buy pole buildings; all steel buildings; carports; buy painted steel roof and siding panels; building insulation; residential and pole barn wood trusses. Olan's carries a full line of wood and metal building accessories. We build to suit your needs.

R&B BULLSEYE REPAIR:
 Most windshields with minor damage can be repaired for a fraction of the cost of a new one. Give us a break and call 874-2933.

SOUTHEAST KY. INVESTIGATIONS INC. Criminal and civil investigations. Payment plan available. Child custody investigations. Call 1-800-505-6178.

TEC 21 SERVICE CENTER
 TV, VCR, stereo, appliance repair. CAMCORDER REPAIR is our specialty. Carry-in service only. U.S. 23 North, Prestonsburg (old Colorama building). 1-800-837-0810 or 886-0724.

TRUCKS FOR HIRE: Will haul dirt and/or rock. On or off road. Call 478-2717.

YARD WORK, HILLSIDE CLEANING, TREE TRIMMING. Also have firewood for sale. Phone 874-9847.

Personal

DATE LINE
 Don't miss your super date!
 Call 1-900-825-6000, ext. 8900.
 \$2.99/minute.
 Procall Co.
 602-954-7420
 Must be 18 years.

Miscellaneous

FEBRUARY SPECIAL!
 New SunQuest Wolff Tanning Bed. 10 sessions for \$20. Mega Mart, Rt. 1428, between Allen and Prestonsburg (just above Worldwide Equipment). Call 874-6635.

KENTUCKY BAPTIST HOMES FOR CHILDREN:
 Foster parents needed. Selected families will receive training, 24 hour support, and a stipend to care for the children. For more information call 478-3200; or send letter of interest to Renita Tackett, P.O. Box 425, Harold, Ky 41635.

VARIETY SHOP VIDEO
 886-0213
 6 p.m.-9:30 p.m. M-F
 1 p.m.-9:30 p.m. Saturday
 Two Wolff beds w/new bulbs.
 10 sessions for \$18.
 Movies \$1.50-\$2.50
 Sega/Super NES game rental.

OIL/GAS PROPERTIES LEASE OR SALE
 EXXO Resources has renewed their drilling program in Appalachia and are seeking additional mineral properties to drill for oil and gas. If you have mineral property with abandoned wells or never been drilled; large acreage or small; own all or part; family heired, part or all; own surface or not; sure of ownership or in doubt—send information to:
 EXXO Resources Co.
 7825 North Dixie Drive
 Dayton, OH 45414
 or
 Field Office
 EXXO Resources Co.
 P.O. Box 3432
 Pikeville, KY 41502

WANT TO BUY TIMBER.
 By boundary or by the thousand. Will reclaim property to owner's specifications. Call 606-886-3313.

WE BUY JUNK CARS, running or not. Call 874-9878.

Mobile Home Sales
 LESS THAN \$218/MONTH!!
 New Fleetwood 16' wide. Five year warranty, glamour bath, delivered and set up. The Affordable Housing Mart, 537 New Circle Road, Lexington; 293-1600 or 800-755-5359.

LESS THAN \$189/MONTH!!
 New three bedroom Fleetwood 14' wide. Five year warranty, glamour bath, delivered and set up. The Affordable Housing Mart, 537 New Circle Road, Lexington; 293-1600 or 800-755-5359.

MOBILE HOME LOANS
 from Green Tree Financial. Sellers/Buyers/Owners. 5% down payment. Refinance/equity loans; land and home loans; realtor calls welcome. Call 1-800-221-8204.

NEW FLEETWOOD 14' WIDE. Five year warranty, delivered and set up all for less than \$153 per month. The Affordable Housing Mart, 537 New Circle Road, Lexington; 293-1600 or 800-755-5359.

NEW FOUR BEDROOM FLEETWOOD. Five year warranty. Room for all the kids! All for less than \$250/month. The Affordable Housing Mart, 537 New Circle Road, Lexington; 293-1600 or 800-755-5359.

Carpentry Work
 ALL TYPES OF CARPENTRY WORK: New homes, remodeling, will build FmHA homes, painting, wallpapering, concrete drives, patios. Call Ricky Yates at 886-3452 or 874-9488. Seventeen years experience. No job too big or too small.

EAST KY GUTTER, SIDING AND ROOFING
 5" and 6" seamless gutters; siding; shingle roofs; replacement windows; decks. Free Estimates. Call James Hall at 285-9512 or 1-800-277-7351.

CARPENTRY WORK ALL TYPES
 New homes from ground up; remodeling or additions; all finish work; drywall; painting (interior, exterior and trim work); all types concrete work—driveways, sidewalks, foundations, etc.; any size pole buildings; garages; decks.
 Over 20 years experience. Will furnish references. Robie Johnson Jr. Call anytime! 886-8896.

Contractors

DOZER, BACKHOE AND DUMP TRUCK. Sand, gravel and fill dirt hauled. Call 606-639-0032; or after 6 p.m. call 606-639-6234 or 606-639-4607 and ask for Keith or Jerry. **MASTER-CARD AND VISA ACCEPTED.**

LAFFERTY'S CONTRACTING:
 Certified electrician in both high and low voltage in the state of KY. House wiring, both new and remodeling, or trailer hook-ups. For free estimates call 874-2259.

New & Used Furniture

ALLEN FURNITURE ALLEN, KY
 Living room suits; daybeds; gun cabinets; bedroom suits; recliners; odd chests; dinette sets; bunk beds; odd beds; loungers; used washers, dryers, refrigerators; and lots more! Call 874-9790.

Heating/Air Conditioning

BLANTON HEATING AND AIR CONDITIONING
 Sales, Service Installation. High efficiency electric and gas units. Financing available. Free estimates. Call 874-2308.

Plumbing

PORTER PLUMBING COMPANY ALLEN, KY
 Commercial, residential and service work. Licensed and insured. Rotor roter service, drain cleaning, etc. CALL US FIRST! 874-2794.

SEE YOUR DOCTOR
Getting Back Out Of Pain

(NAPS)—There could be good news for many people with severe back or leg pain. In certain cases doctors can relieve this problem without surgery by a method many consider better than surgery.



It involves injecting people suffering from herniated discs with a naturally occurring enzyme marketed by Boots Pharmaceuticals and called Chymodiactin (chymopapain). Once injected, the enzyme, which comes from the latex of the papaya plant, breaks down and partially liquefies the jelly-like material in the inner part of the disc. The disc's ability to absorb water is greatly reduced, thus reducing pressure on the nerve root and so relieving pain.

Studies suggest this method of treatment has a low complication rate and is a far safer procedure than standard discectomy, though with the same "rate of return to work at one year."

Recently, the Agency for Health Care Policy and Research determined that chemonucleolysis was proven effective in controlled clinical studies and "an acceptable treatment for patients with herniated discs and nerve root dysfunction." The agency went on to say "No studies to date have shown that any of the newer indirect methods of disc surgery, such as indirect automated percutaneous and percutaneous laser discectomy produce better results than standard discectomy or Chymopapain in appropriate patients."

The agency was established by Congress to improve the quality, appropriateness and effectiveness of health care and to improve access to health care service. Its guidelines, developed by multi-disciplinary panels of health professionals and consumers, are based on systematic reviews of relevant scientific evidence as well as professional judgement.

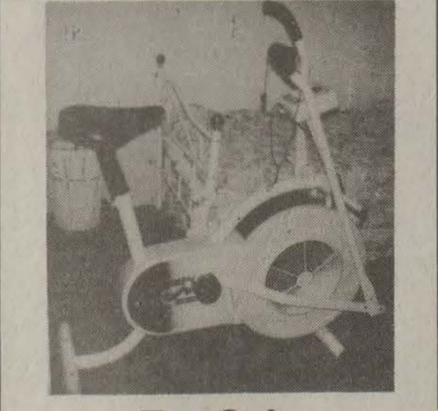
If you have back or leg pain, you should see your doctor who is best able to decide what's the opti-



"S Rozhdestvom Kristovym" means "Merry Christmas" in Russian.

Being young is beautiful, but being old is comfortable.
 —Ebner-Eschenbach

Youth is a continual intoxication; it is the fever of reason.
 —La Rochefoucauld



For Sale
Life Style Exercise Bike
 Pulse Monitor, Digital Readout \$175.00
 Call 298-7893 after 6 p.m., or leave a message.

NOTICE (OF FILING OF SETTLEMENT)

I, Frank Derossett, Jr., Clerk of the Floyd District Court, do hereby certify that the following settlements of estates have been filed in my office. Anyone desiring to take exception to said settlement must do so on or before March 31st, 1995, at 10:00 a.m.

Settlement	Case Number	Estate of:	Fiduciary	Date Filed
Final	93-P-00370	Mary Barnett	Robert James Barnett	01-20-95
Annual	91-P-00320	Christy Crum	Lorieth Conn	01-20-95
Final	94-P-00113	Glays Jones Frasure	Margie Potter	01-20-95
Final	94-P-00315	Andrew Jackson Snyder	Myreda Snyder	02-03-95
Final	92-P-00109	Patricia Lou Salisbury	Franklin D. Salisbury	02-07-95
Final	93-P-00145	Phillip D. Tipton	Glenda Tipton	02-07-95
Final	92-P-00139	Fred G. Robinson	Helene R. Goodman	02-09-95
Final	95-P-00005	Darrell Little	Bill Little	02-15-95

A safe alternative to surgery when it comes to treating herniated discs—a frequent cause of back and leg pain—was recently rated more effective than other minimally invasive treatment for herniated discs by the government's health care agency.

People with leg and back pain caused by a herniated or slipped disc can call The International Intradiscal Therapy Society at 1-800-426-4868 for information about alternative surgical procedures.

PUBLIC MEETING

February 28, 1995
 7 p.m.

Attention Residents of Allen, New Allen and Dwale

A meeting will be held at the Fellowship Hall, Christ United Methodist Church on Tuesday night, February 28th, 7 p.m., for residents of Allen, New Allen, and Dwale. The purpose of this meeting is to obtain "sign-ups" for the Sewer Project. All residents are urged to attend—this is your opportunity to review the plans to see where the sewer lines will be located in your area. The Project Engineer will be available to entertain your questions early in the meeting.

Staff will be present to assist you with the easement and user agreement forms. Both property owner and spouse are urged to attend. The deed to your property will be required for the completion of the easement form so please bring your deed to the meeting. Listed below are the household income limits to qualify for a free tap-on and 50 ft. of free service line:

- 1 person household - yearly gross income - below \$13,900
- 2 person household - yearly gross income - below \$15,850
- 3 person household - yearly gross income - below \$17,850
- 4 person household - yearly gross income - below \$19,850
- 5 person household - yearly gross income - below \$21,450
- 6 person household - yearly gross income - below \$23,000
- 7 person household - yearly gross income - below \$24,600
- 8 person household - yearly gross income - below \$26,200

Please call Bill Parsons at (606) 874-2953 if you have any questions regarding the purpose of this meeting.

(NOTICE OF APPOINTMENT)

I, Frank DeRossett, Jr., Clerk of the Floyd District Court, do hereby certify that the following persons have been appointed fiduciaries by the District Court. All persons indebted to an estate should settle with the fiduciary within six (6) months from the date of appointment.

Date of Appt.	Case Number	Estate of	Fiduciary-Address	Attorney-Address
01-19-95	95-P-00003	Floyd Dotson, Jr. 125 Auxier Road Auxier, KY 41602	Cathy Maynard 163 Chapman Fork Road Majestic, KY	William Pospiffill P.O. Box 1410 Pikeville, KY
01-19-95	95-P-00028	Elizabeth Vaughn H.C. 72, Box 228 East Point, KY 41216	Mary Setser H.C. 72, Box 228 East Point, KY 41216	Larry D. Brown P.O. Box 550 Prestonsburg, KY
01-20-95	95-P-00030	Harold Crum Box 1065 Martin, KY 41649	Mary Crum Box 1065 Martin, KY 41649	B. D. Nunnerly P.O. Box 511 Prestonsburg, KY
01-20-95	95-P-00031	Marion Akers H.C. 74, Box 310 Honaker, KY	Otis Akers Honaker, KY	B. D. Nunnerly P.O. Box 511 Prestonsburg, KY 41653
01-20-95	95-P-00029	Pearl Hensley Mingo County W. Virginia	Andrew J. Taylor Mingo County W. Virginia	Lynette E. Muncy P.O. Box 414 Inez, KY 41224
01-20-95	88-P-064	J. B. Case H.C. 74, Box 120 Honaker, KY 41639	Lois Adkins H.C. 74, Box 130 Honaker, KY 41639	Gregory A. Isaac P.O. Drawer 189 Prestonsburg, KY
01-23-95	95-P-00032	Daniel Crum Box 165 Martin, KY 41649	Rufus Crum Box 165 Martin, KY	Robert Bishop Box 311 Prestonsburg, KY
01-24-95	95-P-00033	Josephine Osborne Box 146 Dwale, KY 41621	Sheri Prince Box 53 Dwale, KY 41621	Jim Hammond P.O. Box 311 Prestonsburg, KY 41653
1-25-95	95-P-00034	Mattison L. Hale H.C. 73, Box 150 Harold, KY 41635	Joyceleen Crider Hale H.C. 73, Box 150 Harold, KY 41635	Gregory D. Stumbo 461 North Lake Dr. Prestonsburg, KY 41653
1-25-95	95-P-00035	Luca Hamilton 53 Weddington Emma, KY 41653	Danny H. & Scott R. Hamilton Box 458, Allen, KY 41601 229 Central Ave., Prestonsburg, KY	John Mann P.O. Box 1090 Prestonsburg, KY
1-26-95	95-P-00038	Floyd Buchanan Moles 2726 Sigmon Dairy Rd. Newton, N.C. 28658	Lothar D. Alley 2712 Sigmon Dairy Rd. Newton, N.C. 28658	Robert C. Bishop P.O. Box 311 Prestonsburg, KY 41653
01-26-95	95-P-00036	Billy R. Justice Box 264 Stanville, KY 41659	Cinda L. Justice Box 264 Stanville, KY 41659	Robert Bishop P.O. Box 311 Prestonsburg, KY
01-26-95	95-P-00039	Haris Slone Box 73 Bypro, KY 41612	Shelvie Jean Boyd Box 16 Melvin, KY 41650	Robert Bishop P.O. Box 311 Prestonsburg, KY
01-30-95	95-P-00040	Maynard Hall Gen. Del. Bevinsville, KY 41606	Maynard Hall, Jr. 317 W. Prairie St. Warsaw, IN	Robert Bishop P.O. Box 311 Prestonsburg, KY
	95-P-00041	Name Change	Name Change	
	95-P-00042	Name Change	Name Change	
02-03-95	95-P-00043	Doris Kidd Box 331 Harold, KY	Brenda Johnson Box 035 Teaberry, KY	No Attorney
02-03-95	95-P-046	Jamie Lee Tackett 1488 KY RT. 1086 Wayland, KY	Carolyn Slone 1488 KY RT. 1086 Wayland, KY	J. Anderson
02-06-94	95-P-00047	Carlos Crager P.O. Box 176 Hueysville, KY	Deborah Crager P.O. Box 114 Hueysville, KY	Timothy Parker P.O. Box 927 Prestonsburg, KY
02-09-95	95-P-00048	Vinon Shepherd 88 Baldwin St. West Prestonsburg	Joe W. Shepherd Box 54 West Prestonsburg	Robert Shepherd
02-09-95	95-P-0049	Aulda Wireman Shepherd Box 214 David, KY	Owen Shepherd Box 214 David, KY	
02-09-95	95-P-00050	John Shepherd Box 214 David, KY	Owen Shepherd Box 214 David, KY	
02-10-95	95-P-00051	Bradley D. Hall 13680 Hwy. 39 Somerset, KY 42501	Tammy S. Hall 13680 Hwy. 39 Somerset, KY 42501	Greg Isaac P.O. Box 189 Prestonsburg, KY
02-10-95	95-P-00052	Kristena M. Hall 13680 Hwy. 39 Somerset, KY 42501	Tammy Hall 13680 Hwy. 39 Somerset, KY 42501	Greg Isaac P.O. Drawer 189 Prestonsburg, KY
02-13-95	95-P-00053	Timothy Conn P.O. Box 1304 Martin, KY 41649	Alma S. Akers P.O. Box 1304 Martin, KY 41649	
02-95	95-P-00054	Terry Wetzel Jr. P.O. Box 546 Betsy Layne, KY	Terry Wetzel P.O. Box 546 Betsy Layne, KY	
02-13-95	95-P-00055	James Jim Vanderpool Garrett, KY	Hershell J. Hall Box 193 McDowell, KY 41647	
02-13-95	95-P-00056	Petition to Dispense		
02-13-95	95-P-00057	Petition to Dispense		
2-15-95	95-P-00058	Petition to Dispense		
02-15-95	95-P-00059	Delilah Wartix Honcutt 66 Honeycutt Drived Prestonsburg, KY 41653	Gene Honeycutt 3213 KY RT. 321 Prestonsburg, KY 41653 Ishmael Honeycutt Box 159 Tabares, Florida	Robert Bishop P.O. Box 311 Prestonsburg, KY 41653
02-15-95	95-P-00060	Clyde Allen Box 517 Martin, KY 41649	Tina Allen 300 Broadway Hazard, KY	William Francis P.O. Box 700 Prestonsburg, KY
02-15-95	95-00061	Green Stephens 1120 Bull Creek Prestonsburg, KY	Delilia Stephens 1120 Bull Creek Prestonsburg, KY 41653	
02-16-95	95-P-00063	George Everidge Box 203 Eastern, KY 41622	Judelle Conley Lexington, KY	David Barber P.O. Box 511 Prestonsburg, KY
02-17-95	95-P-064	Orland Little P.O. Box 423 Weeksbury, KY	Rosemary Isaac P.O. Box 153 Wheelwright, KY	Greg Isaac

VISIT THE LARGEST PANELING CENTER in Eastern Kentucky at Goble Lumber. Over 80 different prefinished panels in stock and as low as \$3.99 per panel. Call Goble Lumber, 874-9281.

Want To Buy

WANT TO BUY TIMBER:
 By the thousand, by percentage, or will trade dozer work for timber. Call 874-0696.

Archer Park

is now accepting applications for the positions of lifeguards, ticket office, grill, and maintenance workers. All applications must be made in person at the office at Archer Park between the hours of 2 p.m.-4 p.m. Lifeguards must bring their certification cards and driver's license.

NOTICE OF INTENTION TO MINE

Pursuant to Application Number 836-5220 Renewal

In accordance with KRS 350.055, notice is hereby given that, FCDC Coal, Inc., 452 Town Mountain Road, Pikeville, Kentucky 41501, has applied for renewal of a permit for an underground coal mining operation located 0.75 miles North of Dana in Floyd County. The proposed operation will disturb 6.69 surface acres and will underlie 1029.33 acres, and the total area within the permit boundary will be 1036.02 acres.

The proposed operation is approximately 3.2 miles South from U.S. 23's junction with County Road 1426 and located 0.00 miles West of Prater Creek. The latitude is 37° 33' 51". The longitude is 82° 41' 40".

The proposed operation is located on the Harold U.S.G.S. 7 1/2 minute quadrangle map. The surface area to be disturbed is owned by Turner Elkhorn Mining Company.

The operation will underlie land owned by Sophie & Fiongo Crum, Garner Adkins, Donald P. & George Ann Adkins, Norman & Mae Martin, Herman Conn, James Johnson, Bailey Crum, Mexico Spears, Jim & Gertrude Sammons, Mousie Dingus, Allan Conn, Fred Presley, Brice Conn Estate, Kenneth Spears, Emmin & Cynthia Akers, Jr., John D. & Emadel A. Boyd, James & Bertha Williams, George Newsome, Turner Elkhorn Mining Company, Jimmy Akers, Harry & Ruth Crum, Richard Sammons, Edward & Doris Robinson, Bennie Boyd, Edward Newsome, Earnest Boyd, David Akers, John Hall, Jocie Hall, and Beverly & Joy Mullins.

The application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, Kentucky 41653. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601.

W-2/22, 3/1, 3/8, 3/15

ORDINANCE NO. 1-95

AN ORDINANCE OF THE CITY OF PRESTONSBURG, KENTUCKY AMENDING ORDINANCE NO. 13-94 RELATING TO THE CODE OF ETHICAL

CONDUCT APPLICABLE TO THE OFFICERS AND EMPLOYEES OF THE CITY AND CITY AGENCIES

WHEREAS, the city council of the City of Prestonsburg, Kentucky, adopted Ordinance No. 13-94 as required by KRS 65.003 regarding the establishment of a Code of Ethics for the City Officers and Employees; and

WHEREAS, Section 20 of the foregoing Ordinance dealt with the creation of a Board of Ethics setting forth the requirements of membership to that board; and

WHEREAS, the city council of the City of Prestonsburg is now desirous of amending the foregoing requirements so as to delete a portion thereof as hereinafter set forth concerning political party affiliation;

NOW, THEREFORE, BE IT HEREBY ORDAINED BY THE CITY COUNCIL OF THE CITY OF PRESTONSBURG, KENTUCKY, as follows:

Section 1: Section 20, subsection (B), of Ordinance No. 13-94 is hereby amended to reflect the following:

(B) The Board of Ethics shall consist of five (5) members who shall be appointed by the executive authority of the city, subject to the approval of the legislative body. The initial members of the Board of Ethics shall be appointed within sixty (60) days of the effective date of this Ordinance. No member of the Board of Ethics shall hold any elected or appointed office, whether paid or unpaid, or any position of employment with the city or any city agency. The members shall serve for a term of three (3) years; except that with respect to the members initially appointed, one (1) member shall be appointed for a term of one (1) year, two (2) members shall be appointed for a term of three (3) years. Each member of the Board of Ethics shall have been a resident of the City for at least one (1) year prior to the date of the appointment and shall reside in the city throughout the term of office. The members of the Board of Ethics shall be chosen by virtue of their known and consistent reputation for integrity and their knowledge of local government affairs. The members may be re-appointed for any number of consecutive terms.

Section 2: If any provision of this ordinance is deemed by court of competent jurisdiction to be unenforceable or unconstitutional, it shall not affect the remaining provisions of this ordinance which shall remain in full force and effect.

Section 3: All ordinances or any parts thereof in conflict with the provisions of this Ordinance are hereby expressly repealed to the extent of such conflict.

Section 4: This ordinance shall take full force and effect immediately upon adoption and publication as required by law.

SO ADOPTED, this the 13th day of February, 1995. Jerry S. Fannin, Mayor

Attest: Sue Webb, City Clerk

W-2/22

FLOYD COUNTY BOARD OF EDUCATION STEPHEN W. TOWLER, SUPERINTENDENT

69 ARNOLD AVENUE PRESTONSBURG, KENTUCKY EMPLOYEE PROMOTIONAL PROGRAM VACANCY

POSTING NOTICE

February 20, 1995 March 6, 1995 at 12:01 a.m. DATE CLOSED

DATE OPEN Official Title of Position: School Bus Driver Job Location: Allen Central area

Salary Range: \$36.20 per day

Contact Person: Earl D. Ousley, Director of Transportation

Brief Job Description: Certification as required by the Kentucky Department of Education. Applicant must have high school diploma or GED. Applicant must have the Commercial Drivers License (CDL).

Additional Job Requirements: none

Applicant must submit an updated, signed application to the Superintendent of the Floyd County Board of Education no later than March 6, 1995 to be considered for an interview.

*Applicant will be notified for an interview as soon as arrangements have been completed.

The Floyd County Board of Education does not discriminate on the basis of race, color, national origin, age, religion, marital status, sex, or handicap in employment, educational programs, or activities as set forth in Title IX & VI, and in Section 504.

W-22, F-2/24

NOTICE OF INTENTION TO MINE

Pursuant to Application Number (836-5220), Operator Change

In accordance with 405 KAR 8:010, notice is hereby given that FCDC Coal, Inc., 452 Town Mountain Road, Pikeville, KY 41501, intends to revise Permit Number (836-5220) to change the operator. The operator presently approved in the permit is:

FCDC Coal, Inc., 452 Town Mountain Road, Pikeville, KY 41501.

The new operator will be: Diablo Coal Co., 154 College St., Box 1409, Pikeville, KY 41501.

The operation is located 0.75 miles North of Dana in Floyd County. The operation is approximately 3.2 miles South from U.S. 23's junction with CR 1426 and located 0.0 West of Prater Creek. The operation is located on the Harold U.S.G.S. 7 1/2 minute quadrangle map at:

Latitude 37° 33' 51"; longitude 82° 41' 40".

The application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, KY 41653.

Written comments or objections must be filed with the Director, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, KY 40601.

All comments or objections must be received within fifteen (15) days of today's date. W-2/22

PUBLIC NOTICE OF BLASTING SCHEDULE PERMIT #836-0241

Notice is hereby given that Pen Coal Corporation, Rt. 1, McComas Road, P.O. Box 193, Dunlow, W.V. 25511, (304) 385-4606, intends to conduct blasting activities on the following surface mine operation, Permit No. 836-0241. The blasting area will be limited to the Haddix Coal Seam elevation and above.

The permit is located 0.75 miles west of Colliver in Floyd County, Kentucky and approximately 1.5 mile north of Route 80 junction with Route 122 and located along Jarrell Fork.

Blasting will be conducted between sunrise and sunset during February 22, 1995 and February 22, 1996, in all cases during daylight hours, except that no blasting will be conducted on Sundays. Public access to the area prior to blasting will be controlled by blocking all access roads to the area and an inspection of the area will be made for persons already in the vicinity.

The pre-blast audible warning shall sound three (3) minutes prior to blast. A warning signal audible to a range of one-half (1/2) mile from the blast site will be given—three (3) short signals of five (5) seconds duration with five (5) seconds between each signal. The "All Clear" signal shall consist of one (1) long warning signal of twenty (20) seconds duration. W-2/22

PUBLIC NOTICE

There will be a meeting of Prestonsburg Youth Baseball, Inc. for the purpose of organizing the 1995 season. This meeting will be Monday, February 27, at 7:00 p.m. at Prestonsburg Municipal Building. All current coaches and anyone interested in coaching are urged to attend. W-2/22, F-2/24

NOTICE OF APPLICATION FOR EXEMPTION FROM 401 KAR 63.005

In accordance with KRS 224.10-270, CSX Transportation, Inc. will request an exemption from the requirements of 401 KAR 63.005, to the extent such regulation applies to the use of rail heating ropes for maintenance of welded or jointed rail. Rail heating ropes are used for certain track repairs, particularly in the cold weather months when rail pulls apart upon contraction. These repairs are essential to avoid derailments which might be caused by broken rail. Only modest emissions occur from the use of these rail heating ropes and it does not have a measurable impact on the quality of ambient air. Literal compliance with 401 KAR 63.005 would prohibit use of this railroad maintenance device and thus produce serious hardship without equal or greater benefit to the public. Alternatives are not practicable or efficient. These ropes are an integral part of railroad maintenance and have never, to CSXT's knowledge, presented a fire or environmental hazard of the nature contemplated by the regulation.

For further information, please call or write: Karen Kister Burr, Counsel, CSX Transportation, Inc., 500 Water Street (J150), Jacksonville, FL 32202; Phone: (904) 359-1225.

W-2/22

NOTICE OF PERMIT CONFERENCE

Pursuant to Application No. 636-0242

In accordance with the provisions of 405 KAR 8:010 Section 11, notice is hereby given that a permit conference is scheduled for Friday, March 3, 1995, at 9:00 a.m. at the Grayson Regional Office of the Department for Surface Mining Reclamation and Enforcement, 620 West Main Street, Grayson, Kentucky, concerning the above surface mining renewal application, filed by Wolverine Mining Corporation, 170 Tollage Creek Road, Pikeville, KY 41501.

The operation is approximately 0.1 miles East from the junction of Jake Fork County Road and Poe Branch County Road and located on Salt Lick Branch of the Licking River. The latitude is 37° 39' 29". The longitude is 82° 57' 14". The surface area is owned by F. H. Holbrook, Beverly Williams, Orville Fletcher, Fallen Fitzpatrick, J. Howard Heirs, Hatcher Allen et. al., Bert Spradlin, Floyd Dunn, Green Holbrook Heirs, Cora Miller Heirs, Richard England, Minerva Miller, Amos Miller, and Hie Risner et. al. The operation is located on the Lyton USGS 7 1/2 minute quadrangle map.

The application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Grayson Regional Office, 620 West Main Street, Grayson, KY 41143. Any person whose interests are or may be adversely affected by the issuance of the proposed permit may present information relevant to the permit, in oral or written form, at the time of the conference. W-2/15, 2/22

PUBLIC NOTICE

Pursuant to 405 KAR 8:010, Section 16(5), the following is a summary of permitting decisions made by the Department for Surface Mining Reclamation and Enforcement, Division of Permits with respect to applications to conduct surface coal mining and reclamation operations in Floyd county.

Buck Coal, Inc., 436-5181, issued 95/01/23; B & H Elkhorn Coal, 836-5178, issued 95/01/31; B & H Elkhorn Coal, 836-5247, issued 95/01/24; Koch Victory, 836-5284, issued 95/01/30; Progress Land Corp., 836-5308, issued 95/01/31;

Progress Land Corp., 836-8032, issued 95/01/31 and Joseph Mining Co., 836-8034, issued 95/01/06. W-2/22

NOTICE OF BOND RELEASE

In accordance with KRS 350.093, notice is hereby given that Kentucky May Coal Company, Inc., 572 Village Lane, Hazard, Kentucky 41701, has applied for Phase I Bond Release on Permit Number 836-5268 which was last issued on June 15, 1993. The application covers an area of approximately 424.36 acres located 2.50 miles east of Drift, Kentucky and approximately 2.50 miles west from State Rte. 979 junction with Frasure Branch Road.

The permit area is approximately 2.50 miles west from State Rte. 979 junction with Frasure Branch Road and 2.50 miles east of Drift, Kentucky being on Lower Wolfpen Branch of Mud Creek. The latitude is 37 degrees, 28 minutes, 48 seconds. The longitude is 82 degrees, 42 minutes, 17 seconds.

The bond now in effect for Permit Number 836-5268 is a surety of \$64,100.00. Approximately 60 percent of the original bond amount of \$46,100.00 is included in the application for release.

Reclamation work performed includes: backfilling, final grading, seeding and mulching completed in the fall of 1994. All disturbed areas have been seeded as to provide adequate vegetative growth for plant species and provide appropriate conditions for the surrounding wildlife.

Written comments, objections, and requests for a public hearing or informal conference must be filed with the Director, Division of Field Services, #2 Hudson Hollow, Frankfort, Kentucky 40601, by April 1, 1995.

A public hearing on the application has been scheduled for April 11, 1995 at 9:00 a.m. at the Prestonsburg Regional Office of the Department for Surface Mining Reclamation and Enforcement, 2705 South Lake Drive, Prestonsburg, Kentucky 41653-1445. The hearing will be cancelled if no request for a hearing or informal conference is received by April 7, 1995.

W-2/15, 2/22, 3/1, 3/8

NOTICE OF PERMIT CONFERENCE

Pursuant to Application No. 636-0242

In accordance with the provisions of 405 KAR 8:010 Section 11, notice is hereby given that a permit conference is scheduled for Friday, March 3, 1995, at 9:00 a.m. at the Grayson Regional Office of the Department for Surface Mining Reclamation and Enforcement, 620 West Main Street, Grayson, Kentucky, concerning the above surface mining renewal application, filed by Wolverine Mining Corporation, 170 Tollage Creek Road, Pikeville, KY 41501.

The operation is approximately 0.1 miles East from the junction of Jake Fork County Road and Poe Branch County Road and located on Salt Lick Branch of the Licking River. The latitude is 37° 39' 29". The longitude is 82° 57' 14". The surface area is owned by F. H. Holbrook, Beverly Williams, Orville Fletcher, Fallen Fitzpatrick, J. Howard Heirs, Hatcher Allen et. al., Bert Spradlin, Floyd Dunn, Green Holbrook Heirs, Cora Miller Heirs, Richard England, Minerva Miller, Amos Miller, and Hie Risner et. al. The operation is located on the Lyton USGS 7 1/2 minute quadrangle map.

The application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Grayson Regional Office, 620 West Main Street, Grayson, KY 41143. Any person whose interests are or may be adversely affected by the issuance of the proposed permit may present information relevant to the permit, in oral or written form, at the time of the conference. W-2/15, 2/22

NOTICE

The City of Prestonsburg will be accepting sealed bids on a F350 4x4 Chas/Cab until February 24, 1995, 4:00 p.m. Bids will be opened February 24, 1995 at 4:30 p.m. City Municipal Building.

Specs: 137" Wheelbase; color: Cab-Red; Vinyl Bench Seat; Black or Gray Interior; XL trim; 7.31L Turbo Dsl.; Transmission Elec. 4 spd. auto; 16" tires LT-235 BSW A-S; Dual Rear Wheels; 410 RFC Axle; 204 Payload (Pkg. 1); Air Conditioner; Standard Duell DSL fuel tanks. F-2/17, W-2/22

COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT CIVIL ACTION NO.: 94-CI-00403

Pikeville National Bank and Trust Company...Plaintiffs VS. NOTICE OF SALE

Randell Adkins, A/K/A Randall Adkins, Avonelle E. Adkins, and Floyd County, Kentucky...Defendants By virtue of an Order of Sale of the Floyd Circuit Court rendered at the December 5, 1994 Term, in the above styled cause, I shall proceed to offer for sale at the Court-house door in Prestonsburg, Kentucky, to the highest and best bidder, at public auction, on the March 2, 1995 at 10:00 o'clock a.m., same being a day of the regular term of the Floyd Circuit Court, on a credit of thirty (30) days at the rate of 12% per annum, the following described property-wit:

TRACT NO. I: A certain tract or parcel of land lying in Floyd County, Kentucky, on Branham's Creek, more particularly bounded and described as follows: Beginning at the intersection of Branham's Creek Highway and a ten feet wide driveway and running with the driveway 70 feet to marked stone; thence to the right a distance of 55 feet to a marked stone; thence to the right again running 70 feet to the said highway; thence along said highway a distance of 55 feet to the beginning.

And being the same property conveyed to Randall Adkins and Avonelle Adkins, his wife, by deed bearing date of April 27, 1989, from Randall Adkins, which is duly recorded in Deed Book 328, Page 301, Floyd County Court Clerk's Office. TRACT NO. II: A certain tract or parcel of land lying in Floyd County, Kentucky, at Galveston, more particularly bounded and described as follows: Beginning at the County road and a marked stone; thence running in a westerly direction a distance of 64 feet to a marked stone; thence running with the yard fence a distance of 102 feet to the branch a distance of 64 feet; thence running in a straight line to the point of beginning.

Being the same property conveyed to Randall Adkins and Avonelle Adkins, his wife by deed bearing date of August 11, 1989, from Darryl Adkins, Single, which is duly recorded in Deed Book 330, Page 534, Floyd County Clerk's Office.

The amount of money to be raised by this sale shall include the attorney fee for petitioners, costs of advertising of this sale and the fees and commissions for conducting this sale.

For the purchase price the purchaser must execute bond with approved surety or sureties, bearing legal interest from the day of sale until paid and having the force and effect of a judgment with a lien retained upon said property as a further security. Bidders will be prepared to comply with these terms.

Given under my hand, this 10th day of February, 1995. EARL MARTIN MCGUIRE Master Commissioner Floyd Circuit Court P.O. Box 1257 Prestonsburg, Kentucky 41653 Telephone No.: (606) 886-8140 Fax No.: (606) 886-9755

W-2/15, 2/22, 3/1

NOTICE OF INTENTION TO MINE

Pursuant to Application

Number 836-5221, Renewal

In accordance with the provisions of KRS 350.055, notice is hereby given that Coal-Mac, Inc., P.O. Box 3428, Pikeville, Kentucky 41502 has applied for renewal of a permit for an underground coal mining operation located 2.0 miles Southeast of Drift in Floyd County. The proposed operation will disturb 26.45 surface acres and will underlie 3125.26 acres, and the total area within the permit boundary will be 3151.71 acres.

The proposed operation is approximately 1.25 miles Southeast from KY 122 junction with Simpson Martin Branch Road and is located 2.0 miles East of Left Beaver Creek. The latitude is 37° 28' 37". The longitude is 82° 43' 07".

The proposed operation is located on the McDowell and Harold U.S.G.S. 7 1/2 quadrangle maps. The surface area to be disturbed is owned by Ella Martin, Bill Martin, Ruby Martin, and Cassie Martin. The operation will underlie land owned by May Akers, Casey Newsome Heirs, Carlie Wells, Sola Williams, Elk Horn Coal Corporation, Rudolph Parsons, Susie & Lewis Knot, Jr., Raymond Turner Heirs, Ella Martin, Bill Martin, Ruby Martin, Cassie Martin, Clayborn Bailey, Kentucky Coal Co., Audrey Parsons, Lester Parsons, May Beverly Estate, Willa Fay Dennison, Lizzie Hayes, James R. & Mary Stone, Arthur Mitchell, Rowland Moore, Grover Moore Estate, Vernon & Pamela Stumbo, Lawrence Tackett, Todd William & Vonda Gayheart, John C. Huff, Delta Brown, Cleveland Tackett, Lee Tackett, Bill Evans, Freel, Jr. & Girlie May Tackett, George Newsome, George Meade, Robert Meade, Bobby McCoy, Elzie Adkins, Leon Greer, Violet Spurlock, Ivan & Ethel Carrol, Tommy Burke, Dennis & Anna Huff, Maxie Lawson, Danny & Patty Lawson, Myrtle Salisbury, Vannie Kidd, and Ermit & Velma Lawson.

The application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, Kentucky 41653-1455. This hearing will be canceled if no request for a hearing or informal conference is received by March 31, 1995.

A public hearing on the application has been scheduled for Tuesday, April 4, 1995 at 3:00 p.m. at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, Kentucky 41653-1455. This hearing will be canceled if no request for a hearing or informal conference is received by March 31, 1995.

W-2/8, 2/15, 2/22, 3/1

NOTICE OF BOND RELEASE

In accordance with the provisions of KRS 350.093, notice is hereby given that Koch Victory, a Division of The C. Reiss Coal Company, P.O. Box 417, Oakwood, Virginia 24631, has applied for Phase I bond release on Permit Number 836-5283 which was last issued on June 16, 1993. The application covers an area of approximately 6.58 acres located 0.50 miles south of Dinwood Sta. in Floyd County.

The permit area is approximately 0.50 miles south from KY 80's junction with KY Route 122 and located 0.05 miles east of Right Fork of Beaver Creek. The latitude is 37° 33' 02". The longitude is 82° 45' 46".

The bond now in effect for this permit is a surety bond in the amount of twenty three thousand seven hundred dollars (\$23,700.00). Approximately sixty percent (60%) of the original bond amount of \$23,700 is included in this application for release.

Reclamation work performed includes: backfilling, final grading, seeding and mulching.

Written comments, objections, and requests for a public hearing or informal conference must be filed with the Director, Division of Field Services, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601, by March 31, 1995.

A public hearing on the application has been scheduled for Tuesday, April 4, 1995 at 1:00 p.m. at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, Kentucky 41653-1455. This hearing will be canceled if no request for a hearing or informal conference is received by March 31, 1995.

W-2/8, 2/15, 2/22, 3/1

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W-2/8, 2/15, 2/22, 3/1

NOTICE OF BOND RELEASE

In accordance with the provisions of KRS 350.093, notice is hereby given that Koch Victory, a Division of The C. Reiss Coal Company, P.O. Box 417, Oakwood, Virginia 24631, has applied for Phase I bond release on Permit Number 836-5285 which was last issued on August 22, 1994. The application covers an area of approximately 5.39 acres located 3.00 miles east of Craynor in Floyd County.

The permit area is approximately 2.00 miles southwest from State Route 979's junction with Hamilton Branch Road and located 0.10 miles south of Left Fork of Hood's Fork. The latitude is 37° 26' 36". The longitude is 82° 41' 15".

The bond now in effect for this permit is a surety bond in the amount of twenty seven thousand two hundred dollars (\$27,200.00). Approximately sixty percent (60%) of the original bond amount of \$27,200 is included in this application for release.

Reclamation work performed includes: backfilling, final grading, seeding and mulching.

Written comments, objections, and requests for a public hearing or informal conference must be filed with the Director, Division of Field Services, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601, by March 31, 1995.

A public hearing on the application has been scheduled for Tuesday, April 4, 1995 at 3:00 p.m. at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, Kentucky 41653-1455. This hearing will be canceled if no request for a hearing or informal conference is received by March 31, 1995.

W-2/8, 2/15, 2/22, 3/1

NOTICE OF BOND RELEASE

In accordance with the provisions of KRS 350.093, notice is hereby given that Koch Victory, a Division of The C. Reiss Coal Company, P.O. Box 417, Oakwood, Virginia 24631, has applied for Phase I bond release on Permit Number 836-5283 which was last issued on June 16, 1993. The application covers an area of approximately 6.58 acres located 0.50 miles south of Dinwood Sta. in Floyd County.

The permit area is approximately 0.50 miles south from KY 80's junction with KY Route 122 and located 0.05 miles east of Right Fork of Beaver Creek. The latitude is 37° 33' 02". The longitude is 82° 45' 46".

The bond now in effect for this permit is a surety bond in the amount of twenty three thousand seven hundred dollars (\$23,700.00). Approximately sixty percent (60%) of the original bond amount of \$23,700 is included in this application for release.

Reclamation work performed includes: backfilling, final grading, seeding and mulching.

Written comments, objections, and requests for a public hearing or informal conference must be filed with the Director, Division of Field Services, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601, by March 31, 1995.

A public hearing on the application has been scheduled for Tuesday, April 4, 1995 at 1:00 p.m. at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, Kentucky 41653-1455. This hearing will be canceled if no request for a hearing or informal conference is received by March 31, 1995.

W-2/8, 2/15, 2/22, 3/1

PUBLIC NOTICE

Church Housing Association of Prestonsburg, Inc., d/b/a Cliffside and Highland Heights, does not discriminate in admission or access to or treatment or employment in subsidized housing on account of race, color, religion, national origin, sex, age, handicap, or familial status.

Telephone (606) 886-1819 (Cliffside) 606-886-0608 (Highland Heights) TDD# 1-800-247-2510 (for Hearing Impaired)

Sunshine
Lines
 by
 Beverly
 Carroll

HUD and HOPE
 Senior citizens, have you heard about the Demonstration Program sponsored by Housing and Urban Development (HUD) that could benefit at least 25 older residents of our five-county area? It is possible that more than 25 people could be positively affected by this program if one qualifies and one's mate is still living with him or her.

This project, officially called the HOPE Demonstration Grant Program, a part of Kentucky Housing Corporation, is intended to demonstrate that, "with appropriate services and housing, elderly persons age 62 and older can remain independent longer and thus be able to avoid an early nursing home placement."

I understand this to mean, basically, that if you are finding it increasingly difficult to maintain your independence — your routine activities of daily living such as reduced ability to feed, bathe, or dress yourself; increased difficulty doing your own housekeeping, cooking, laundry and shopping, etc. — you may very well be a candidate for this program. For you who qualify and are accepted, you will move into a modern apartment much like the units you may have visited or have friends living in at Senior Citizen Center complexes. In addition, those who qualify for these units will be provided professional assistance in caring for themselves and their apartments, so that they can live independently longer and, therefore, prolong the necessity of prematurely going into a nursing home. These services are not entirely free but are based on one's income as is customary with HUD-approved placements.

Eligibility for this program is determined by the HomeCare team at the Big Sandy Area Development District. Some criteria for eligibility are: an applicant must be living in substandard housing; must be living at or below the poverty level; and must be in need of assistance for six months or longer with general daily living activities similar to those mentioned earlier in this article.

As your Benefits Counseling Coordinator for the Kentucky Benefits Counseling Program for Senior Citizens in this five-county area, I feel this is a very worthwhile program. And, though I highly endorse this endeavor, I do fear that once you share this information with your senior citizen friends, the need will far outweigh the resources available to meet that need. I know, right now in Eastern Kentucky, there are more than 25 older people who could benefit from this HOPE Demonstration Program. As I write, I can be grateful knowing that 25 people will benefit from this program now. I can only be hopeful that the needs of senior citizens who qualify, but whose needs will not be met at present, will demonstrate to HUD and the Kentucky Housing Corporation the importance of making more units available in the future.

If you feel that you or someone you know qualifies for this project please call Ms. Bonnie Hale or Ms. Betsy Carroll at the Big Sandy Area Development District HomeCare Department. They will be happy to answer any questions you may have, to provide more details about the program, and to explain how one should go about making application for one of these 25 units. For more information, call (606) 886-2374 or toll-free 1-800-737-2374.

Senior citizens, do remember that the Kentucky Benefits Counseling Program is here for you free of charge. We tell you about benefits that are available; make referrals; work with you through red tape and roadblocks, and assist you in every way that we can.

Call us today if we can be of service.



One-year-old twins
 Sabrina and Savannah Collins celebrated their birthdays on February 17th. They are the daughters of Angie Collins of McDowell and the late Larry Collins.

5 days only!
Wednesday through Sunday

Take an additional

30-50% OFF
 all red-line clearance merchandise

savings of **45-75%**

Here are just a few of the savings...

Take an additional

50% OFF

- MISSES FALL SWEATER
- MISSES FALL JOG SETS
- MISSES FLEECE
- MISSES SELECTED ALFRED DUNNER AND CRICKET LAWE
- ASSORTED JUNIOR, MISSES, PETITE, PLUS-SIZE DRESSES
- PLUS-SIZE KNIT & WOVEN TOPS
- PLUS-SIZE SWEATERS
- PLUS-SIZE COORDINATES & RELATED SEPARATES
- PLUS-SIZE ACTIVEWEAR
- PETITE COORDINATES & RELATED SEPARATES
- PETITE KNIT & WOVEN TOPS
- PETITE SWEATERS
- PETITE ACTIVEWEAR
- JUNIOR SYNARI CORDUROY SHORTS
- JUNIOR SWEATSHIRTS
- JUNIOR LONG-SLEEVED SWEATERS
- JUNIOR RELATED SEPARATES & ACTIVEWEAR WITH .96 ENDINGS
- BY 62 EAST, AJ BRANDON, MY MICHELLE, BRITLAND, BUM, BYER & MR. NOAH
- JUNIOR SILK JOG SETS
- ALL CHILDREN'S RED-LINE DRESS AND CASUAL FOOTWEAR
- ENTIRE STOCK RED-LINE INTIMATE APPAREL
- ENTIRE STOCK RED-LINE JEWELRY

- LADIES' RED-LINED WARM WEIGHT JACKETS & DRESS COATS
- ENTIRE STOCK RED-LINED LADIES' BELTS & SCARVES
- MEN'S RED-LINE COATS/JACKETS.
- MEN'S FLEECE BY RUSSELL, NIKE, REEBOK & MORE
- MEN'S NYLON SETS & SEPARATES BY NIKE, REEBOK, CHEROKEE & STAGE II
- YOUNG MEN'S MICHAEL GERALD & DUCKHEAD SWEATERS
- BOYS' FLEECE BY RUSSELL, NIKE, REEBOK, CHEROKEE, DUCKHEAD, TUCANO, PRO STAR, TEAM EDITION
- BOYS' 8-20 MICHAEL GERALD SWEATERS
- BOYS' 8-20 OUTERWEAR
- MEN'S SWEATERS
- MEN'S SELECTED DOCKERS PANTS
- MEN'S ADOLFO PANTS
- MEN'S FLANNEL BY VAN HEUSEN & OTHERS
- MEN'S LONG-SLEEVED KNIT SHIRTS
- MEN'S DOCKERS WOVEN AND KNIT SHIRTS
- CLEARANCE TIES
- CHILDREN'S OUTERWEAR
- CHILDREN'S FLEECE SETS
- GIRLS 4-14 TURTLENECKS
- RED-LINE TABLECLOTHS, PLACEMATS & NAPKINS
- RED-LINE SHEETS AND FLANNEL SHEET SETS

Take an additional

40% OFF

- MISSES LONG-SLEEVED WOVEN AND FLANNEL SHIRTS
- SELECTED JUNIOR, MISSES, PETITE & PLUS-SIZE DRESSES REG. 29.99-59.99
- PLUS-SIZE TWILL & GABARDINE PANTS
- PLUS-SIZE GABARDINE SKIRTS
- PETITE ASSORTED PANTS & SKIRTS
- ALL JUNIOR KNIT PANTS
- ALL JUNIOR SHIRTS
- JUNIOR ESPRIT RELATED SEPARATES

- JUNIOR HAMWEAR RELATED SEPARATES
- JUNIOR MICKEY ACTIVEWEAR
- ENTIRE STOCK LADIES WINTER COLD WEATHER GLOVES AND SCARVES
- ALL RED-LINED LEATHER HANDBAGS
- ALL WOMEN'S DRESS, CASUAL AND BOOTIES FOOTWEAR
- MEN'S CLEARANCE DRESS SHIRTS
- BOYS 8-20 LONG-SLEEVED WOVEN AND KNIT SHIRTS
- YOUNG MEN'S LONG-SLEEVED WOVEN AND KNIT SHIRTS

Take an additional

30% OFF

- MISSES TURTLENECKS
- MISSES LONG-SLEEVED KNIT TOPS
- MISSES EMBELLISHED SETS
- MISSES RED-LINE PANTS & STIRRUPS
- MISSES SELECTED VILLAGER, TRES PAQUETTE, JASON MAXWELL
- PLUS-SIZE SILK SHIRTS
- PLUS-SIZE STIRRUPS
- PLUS-SIZE NAUTICAL LOOKS
- PETITE NAUTICAL LOOKS
- SELECTED JUNIOR, MISSES, PETITE, PLUS-SIZE DRESSES REG. 19.99-49.99
- JUNIOR REDLINE PANTS, SKIRTS & SHORTS
- BY 62 EAST, AJ BRANDON, MY MICHELLE & CAPACITY
- JUNIOR VESTS
- JUNIOR LONG-SLEEVED KNIT TOPS, TURTLENECKS, BODY SUITS, LOGO T'S & THERMALS
- JUNIOR ACTIVEWEAR - REEBOK & CAPACITY
- BUSTER BROWN NAUTICAL TODDLER, 4-6X, 4-7

- GIRLS 4-14 LEGGINGS
- ALL MEN'S DRESS AND CASUAL FOOTWEAR
- ALL ATHLETIC FOOTWEAR
- LADIES' RED-LINE WARM ALL WEATHER RAINWEAR
- ENTIRE STOCK BACKPACKS AND BOOKBAGS
- MEN'S SELECTED HAGGAR SPORTCOATS
- MEN'S SELECTED LEATHER JACKETS
- MEN'S AIGNER LONG-SLEEVED DRESS SHIRTS
- MEN'S LONG-SLEEVED WOVEN SHIRTS BY VAN HEUSEN AND OTHERS
- BOYS 8-20 PAJAMAS
- RED-LINE MERCHANDISE. IN GIFT DEPT.
- RED-LINE EMBELLISHED TOWELS
- RED-LINE QUILTS AND SHAMS
- RED-LINE COOKWARE, PANTRYWARE, GLASSWARE AND GADGETS
- RED-LINE FIGURINES, PORCELAIN & CRYSTAL

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