

Wednesday

May 17, 1995

Prime Times

Crime and the elderly Inside

Hammers pound, rails go up during Repair Affair Lifestyles

551 12/31/99 LEWIS BINDERY 190 LANDOR DR ATHENS GA 30606 Inside

The Floyd County Times

Prestonsburg, Kentucky 41653 Speaking of and for Floyd County USPS-2027-0000 Volume LXVIII, No. 39 50¢

WHAT'S UP?

A Charitable Opening

Sam 'N Tonio's new location in Prestonsburg opened Monday with a ribbon-cutting ceremony and a special event, a fund-raiser for the Children's Miracle Network.



Owners Jack and Nora Absher have regularly sponsored the annual charity drive, which helps fund the UK Children's Hospital.

The two-day benefit also assisted two local schools. See story on page A 10

Hutchison To Replace Greene On PCC Board

Bob M. Hutchison of Staffordsville was appointed Monday to serve on the Prestonsburg Community College Advisory Board.

Hutchison was appointed by Governor Brereton C. Jones to fill the expired term of Daniel Green of David. Governor Jones also reappointed O.T. Dorton to serve as a member of the board.

A co-owner of the Prestonsburg McDonald's Restaurant, Hutchison also serves as a member of the Johnson County Board of Education.

Dorton, a retired Paintsville banker, currently serves as chairman of the PCC Advisory Board.

Up, Up, And Away



Prestonsburg Elementary School students had a fun-filled opportunity to learn about our environment Friday with a host of educational activities focusing on clean air and water.

Friday's program, which included a hot-air balloon demonstration, helped commemorate Environment Day in Kentucky.

Testing The Waters

David School student Shawn Lantz has taken a liking to a project involving the study of water quality, but he isn't liking what he's finding in tests of the Big Sandy River near Prestonsburg.



See story on page A 7

County To Seek Help For Storm Damages

Floyd County officials have asked Governor Brereton Jones for an emergency declaration in the county due to flash flooding over the weekend.



Heavy rains caused flash flooding in many areas of the county and numerous roads, bridges and culverts were severely damaged or washed out.

Floyd Judge-Executive Bob Meyer estimated that the cost of repairing damages throughout the county could be approximately \$250,000.

Areas receiving the most damage were the Conley Fork of Spurlock; Caney Fork in Salt Lick; Open Fork/Beech Grove near David; Spurlock, Fisher Hollow, Abner Mountain and in the Melvin area; Prater Creek; and Little Mud Creek. County road foreman Mike Jarrell surveyed damage in the county on Monday. Jarrell said it was reported that a silt pond broke at Alum Lick near David. The roadway in the Alum Lick area was (See Damages, page two)

Sex crime victims no longer silent

by Janice Shepherd Managing Editor

The number of cases of sexual assault in the Big Sandy region appears to be growing, but that is because more women are coming forward to reveal the abuse they endured as children, a clinical director at Mountain Comprehensive Care Center said Thursday.

Fonetta Elam, Rape Victims Services clinical director at the center, said the incidences of reporting abuse is increasing because society

is slowly changing the way it looks at abuse.

"We have a lot of adult survivors of childhood sexual abuse. For years, it was taboo to talk about rape or sexual abuse. It's okay to talk about it now," Elam said.

Now, Elam said, litigation such as the O.J. Simpson trial is "bringing abuse cases to light," and abused women realize they are not alone in their suffering.

"We get a lot of calls after (programs about sexual abuse) air on TV. That triggers thoughts of (the victims') own experiences," she

explained.

Reports released in April by the state Department of Human Resources indicated that Mountain Comprehensive Care served 1,360 victims of abuse in 1994; of those cases, 419 involved sexual abuse by a family member or friend. In Louisville, 842 victims were counseled and in Lexington, 385 victims of sexual abuse received counseling help in 1994.

"For years, it was taboo to talk about rape or sexual abuse. It's okay to talk about it now," Elam said.

(See Victims, page two)



V.I.P. family

Prestonsburg Mayor Jerry Fannin presented keys to the city to the newest additions to the Sanders family. The quadruplets of Sue and Steve Sanders were honored Saturday by Appalachian Research and Defense Fund. More about the quads' celebration appears inside today's edition. (photo by Lisa Burchett)

Primary vote is less than a week away

by Susan Allen Staff Writer

With less than a week before the May primary election, some Floyd County voters have already cast their ballots for the next gubernatorial hopefuls and other candidates for statewide offices.

Absentee votes can be cast in Floyd County Clerk Carla Boyd's office until May 22, the day before the primary election. The absentee poll opened in the clerk's office last week, but those wanting paper absentee ballots—invalids or handicapped persons—must have requested the ballots from the county clerk by May 12.

There are no local races to be decided in the May election, but in the November election, the offices of judge-executive and district three magistrate will be on ballot.

Candidates for state office appearing on the May ballot are:

Governor and Lieutenant Governor- Democrats, John A. "Eck" Rose and Denise Harper Angel; Bob Babbage and Tommy Thompson; Gatewood Galbraith and Jerry W. Hammond; Steven "Butch" Maynard and Bonnie Lou Maynard; and Paul E. Patton and Stephen

Primary Sample Ballot Section C. page 10

(See Primary, page two)

Wheelwright seeing red over reddog, but postpones plan to cut county off

by Susan Allen Staff Writer

Wheelwright City Commissioners relented on implementing an order passed at Monday's meeting barring any removal of reddog in city by county workers because of major road damage after heavy weekend rains.

Commissioner David Boyd said Tuesday that city officials had been contacted by a magistrate after Monday's meeting asking commissioners to make

reddog available to county workers to place on damaged roads.

Boyd said that because road damage throughout the county was extensive after flash flooding this past weekend, and officials are asking the governor to declare an emergency, commissioners agreed to temporarily open the reddog reserve to the county.

At Monday's meeting, commissioners voted 3-2 to close access to the reddog supply and to ask the fiscal court to reclaim the site. Mayor David Marlee

Sammons and commissioner Allen Thompson.

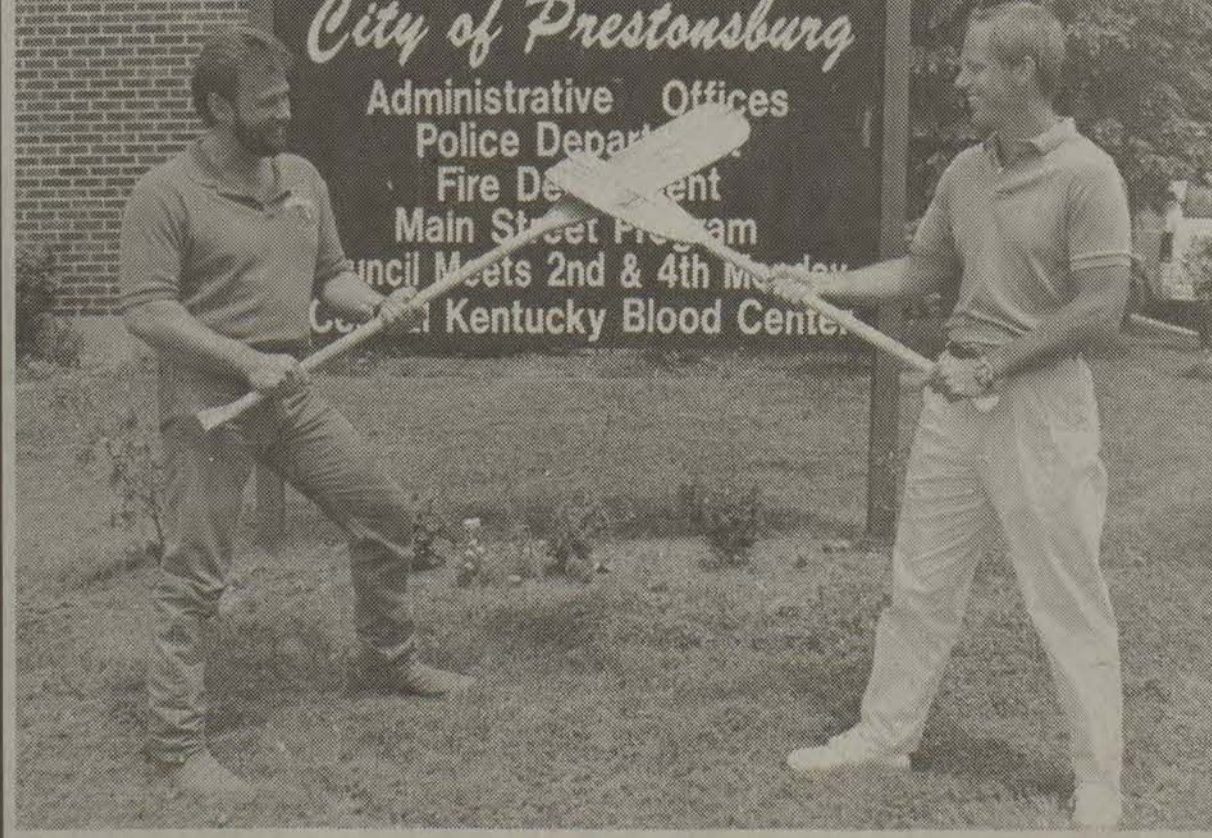
Boyd and commissioners David Hall and Andy Akers said residents living near the reddog stockpile have complained about the amount of dust generated while it is being loaded and from the dust kicked up from the debris on the road.

The mayor asked commissioners to postpone the closure until a meeting could be held with Judge-Executive Bob Meyer and Sheriff Paul Hunt

City attorney Tim Parker reminded commissioners that an agreement had been signed between city and county officials allowing the county unlimited access to the reddog supply. Parker added that commissioners may be in violation of that contract.

Akers said that the area is dangerous because of a large overhang created by the removal of the road material and that small children play in that area.

(See Wheelwright, page two)



Paddling rivalry

Prestonsburg Mayor Jerry Fannin, left, and Paintsville Mayor Robin Cooper, right, crossed oars Monday in preparation for Saturday's Great Levisa Cup Race down the Big Sandy. The winner earns a year's worth of bragging rights while the loser is up a creek without a paddle. (See story inside, photo by Scott Perry)

Board won't appeal ruling on Tackett

by Susan Allen Staff Writer

Floyd County's Board of Education will not appeal a court decision relating to the demotion of a former middle school principal.

At the May 9 school board meeting, the board voted to authorize attorney Phil Damron to negotiate a settlement in a lawsuit filed by Thomas Tackett.

Tackett, who was principal at Adams Middle School, sued the board after he was demoted to a homebound teacher in 1992 by interim superintendent Eldon Smith.

Last November, former Floyd Circuit Judge Paul Burchett ruled that Smith had not complied with the statutory requirements for demoting Tackett. Burchett ordered that Tackett be reinstated to his position as an administrator in the school system. The judge said that (See Tackett, page three)

Spring Break Cancelled for '96 See story inside



Flood waters wash out access road

Flash flooding from weekend rains in Floyd County damaged many roads, bridges and culverts throughout the county. An access road at Boyd Branch at Prater was completely washed out. It will take several months to repair some areas of the county, road foreman Mike Jarrell said Monday. (photo by Susan Allen)

Victims

(Continued from page one)

Although those statistics appear to make Prestonsburg seem a center of rape crimes, the numbers are misleading. In the metropolitan areas of Lexington and Louisville, various foundations and charities also operate rape centers, in addition to the state-sponsored Rape Victims Services Programs, according to Kim Saylor Brannock, information officer with the state

Cabinet for Human Resources' Office of Communications. The April report listed only the number of victims aided by the state rape crisis centers, she explained.

Another reason the Prestonsburg figures are high, according to Elam, is that Mountain Comprehensive Care in Prestonsburg serves the five-county Big Sandy area. Mountain Comprehensive Care has

rape crisis offices in Salyersville, South Williamson, Inez, Paintsville and Pikeville.

Elam said sexual abuse is a big problem in the region and thinks there are a lot more cases that haven't been reported. One way to help victims end their suffering is for the public to stop blaming the victim, Elam said.

She became very vocal and very angry when she discussed the public's perception of a rape victim.

"This is one of the crimes where the victim gets blamed for it. Would we ask a man why he was out walking late at night? It's a double standard," she said.

"We keep talking about the 'dirty old men' syndrome, but it's usually someone (the victims) know," she said.

Statistics from Mountain Comprehensive Care's abuse center indicates that 80 percent of all rapes are acquaintance rapes.

Elam said Mountain Comprehensive Care counselors are seeing a lot of post traumatic stress disorders, the same disorder seen in soldiers who fought in the Vietnam War.

"People have dreams about abuse, nightmares ... flashbacks — all of a sudden flashes in intrusive thoughts, thoughts they don't want to remember and try to forget," she said.

Elam encourages victims to seek help at the crisis center. The crisis center is open 24 hours and offers a toll-free number, 1-800-422-1060. Help is available by also calling 886-8572 in Prestonsburg; 432-3143 in Pikeville; 789-3518 in Paintsville; 298-7902 in Inez; 349-3115 in Salyersville; and 237-9871 in South Williamson.

This article is the first in a series about sexual abuse in the Big Sandy.

Wheelwright

(Continued from page one)

Meyer and Thompson were to have attended Monday's meeting, Sammons said, but they were unable to do so.

Taylor said he was not in favor of the move because the city needed the money generated from the sale of reddog.

After commissioners voted to deny the county access, the board said they would meet with Meyer and Thompson to discuss a resolution. Commissioners were adamant that the meeting take place at Wheelwright City Hall.

In other action Monday:

Commissioners voted to proceed with building a little league baseball field on the request of coach Charlie Williams. Williams said that that city's little league charter is the oldest in Eastern Kentucky and they are in danger of losing it because they have not been able to play any games this season. Officials had asked the county for assistance in fixing the field, but because the property is owned by the city, the county cannot legally work on the project. Mayor Sammons said that the city will accept donations for work on

the field. Williams said that the warden at the Otter Creek Correctional Facility said that he could provide prison labor for the project and that he would make a \$200 donation to get the work underway.

Commissioners voted to sell parcels near the reddog stockpile of property for parking to residents living across the roadway. The lots will be offered at fair market value, which was set at \$350. No other city residents will be allowed to purchase the lots. Commissioners agreed to offer the sale deal to Raymond Ferrell, who lives elsewhere in the city limits.

Commissioners agreed to look at the possibility of using tree sap as a means to control dust on the road leading to the prison. Akers said that the Environmental Protection Agency had approved the use of sap for that purpose.

Parker reported that it is virtually impossible to identify the city's boundaries without having a survey performed. Commissioners had asked the city attorney to research the issue because of citizen complaints relating to police protection. Commissioners voted to hire Fred Salisbury as city surveyor and to pay him an undetermined retainer.

Kentucky Post trauma team

There will be a Protocol Orientation Meeting for all those persons interested in participating in or seeking membership on the Kentucky Post Trauma Response Team.

The meeting will be held on Thursday, May 18, from 10 a.m. until noon, at the Big Sandy Area Development District Conference Room located at 100 Resource Road at Cliff.

Registration for Kindergarten and Headstart

Will be Monday, June 5, 1995, at Prestonsburg Elementary, 8 a.m. to 2:30 p.m. A Social Security card and Birth Certificate will be required at registration; also, physical exam, T.B. skin test, and immunization papers if you have them. Thank you.

Mrs. Gwen Harmon, Principal.



Sam an Tonio's RIBS, NACHOS & MORE

TEX-MEX GRILL

Beer & Wine
Sangria, Margaritas, Pina Coladas, Strawberry Dacqui, Rum Runners

Hours:
Mon.-Thurs. 11 am-10:30 pm
Fri.-Sat. 11 am - 11:30 pm
Sunday 12 - 8 pm



"Baby back ribs which are superior in every way to anything in Lexington's rib houses."

"Not even in San Antonio, Texas, is there a restaurant like Sam an Tonio's...certainly there's not another restaurant like it in Kentucky."

• Pikeville, Ky.
• Betsy Layne

Prestonsburg
Across from P.C.C.
886-3600

• Ashland, Ky.
At the twin bridges.

Damages

(Continued from page one)

severely damaged and a bridge to a church had partially washed out.

Jarrell directed road workers to compile a list of roads, culverts and bridges damaged in their districts to submit to the governor's office.

"We have to have that information in order to seek the emergency declaration," Jarrell explained, "in order to get state and federal relief (to help pay for repairs). We have

already had some citizens asking for forms for federal disaster assistance, but we must first get the emergency declaration."

The owner of KEA-HAM Construction at Ivel donated equipment and workers in the Boyd Branch area at Prater worked to remove mudslides and clean culverts, Jarrell said.

"We want them to know we appreciate them," Jarrell said. "They worked Sunday night and Tuesday at no charge to the county."

Meyer said Tuesday afternoon that he had not been notified if the governor has declared Floyd County to be in a state of emergency.

With the county officials keeping a close eye on the budget, the damage caused by the flash flooding could take some time to be repaired.

Meyer said that all available county workers and equipment are being used to get roadways open and passable. Once the roads are open, repairs will be made on a priority basis, Meyer said.

State officials were assisting the Beaver Elkhorn Water District Monday morning in repairing broken waterlines in the Left Beaver area. Beaver Elkhorn officials said Monday that they hoped to have service restored by Monday evening.

Primary

(Continued from page one)

L. Henry.

Republicans- Robert E. "Bob" Gable and S.W. Palmer-Ball; Tommy Klein and Tommy Klein; and Larry Forgy and Tom Handy.

Attorney General- Democratic candidate Ben Chandler is unopposed on the Democratic ticket and his name will not appear on the May ballot.

Republicans- William "Will T." Scott and Eurie Hayes Smith III.

Secretary of State- Democrats, Carol Palmore, George W. Wilson, Don Blevins, John Y. Brown III, Ed Logsdon and Frances Jones Mills.

Republicans- Steve Crabtree and Charles Merle Hellebusch.

Auditor of Public Accounts- Democrats, Ed Hatchett, Jim Wayne and Jesse S. Hall.

Republicans- Don Bell and Tom Buford.

State Treasurer- Democrats, Larry J. O'Bryan, Pamela Carroll Farmer, John Kennedy Hamilton, James V. "Jim" Marcum and Barbara Mahaffey Nash.

Republicans- John Glascock and James H. Lambert.

Commissioner of Agriculture- Democrats, Glen Holbrook and Billy Ray Smith.

Railroad Commissioner- Democrats, Albert "Cotton" Rosenbalm, Jimmy "Gabe" Turner, J.E. Combs and Kenneth A. Wendel.

Barter's Vodka

1/2 Gallon \$8.99 each All taxes paid

J & J Liquors
Betsy Layne • 478-2477

Herald, Varney announce engagement and wedding



Mr. and Mrs. Larry D. Herald of Paintsville announce the engagement and forthcoming marriage of their daughter, Betsy Michelle, to William Roger Varney Jr., son of Mr. and Mrs. William Roger Varney Sr. of Belfry.

The wedding will be held Saturday, May 20, at 6:30 p.m. in the First United Methodist Church, Paintsville, with Rev. Wayne Sparks officiating the open church ceremony.

Herald, a graduate of Paintsville High School, is the granddaughter of Mr. and Mrs. William D. Herald of Prestonsburg and Mr. and Mrs. Morris Conley of Salyersville. She will graduate from Morehead State University in May.

Varney is a graduate of Belfry High School and will also graduate from Morehead in May.

The couple will reside in Lexington.

Highlights Hair and Tanning



1916 Ky. Rt. 321, Prestonsburg, Ky.
(Beside Christina's Flowers & Gifts)

Call for appointment. Walk-ins welcome.

886-6266

Perms \$29.99

Prices good thru May 31st

Highlights by Foil Weaving

Gift Certificates available

New Wolff Tanning bed, 3 months \$50.00

(Call for appointments)

Featuring:

- California Tanning lotion.
- Matrix Essential Line.
- VaVoom
- Biolage
- Joico
- Rusk
- Logics

Gina Caudill, Owner and Stylist

MARTINS

New Arrivals Daily!



Ladies' J Hook
Sportswear
20% off



Ladies' Plaza
South

Dresses

New Arrivals
Reg. \$90.00

\$69.99

Now All dresses are 20% off



Liz Claiborne
Handbags
New Spring Arrivals
Value Priced!

Just Arrived—New Group
Liz & Co. Knit Shorts and Tops
Perfect this summer!

Value priced at **25% off**

White Diamonds
Gift Set
With
Free Lotion and
Bath Gel

**New
Cologne
Arrivals!**

Liz Clairborne
Cologne
With
Body Creme
and Powder

Ladies' Realities Cologne
With Body Lotion
and Perfume Cologne
As An Extra Bonus

Ladies' Sunflower Cologne
With An Extra Bonus
of Bath Gel

Elizabeth Arden's
Red Door
Cologne
With A Free Bonus of
Body Lotion

Liz Clairborne
Vivid
Cologne
With A Free
Body Creme

Ladies'
Chloe
Cologne
With Special Bonus
of Perfume

GLYNVIEW PLAZA, PRESTONSBURG • 886-8497

Upfront Classifieds

MISS THE DEADLINE?

Place your ad in the Upfront Classifieds.

UPFRONT CLASSIFIED—\$5.00/week, 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.

MOBILE HOMES FOR SALE

FOR SALE: Brown/cream 12x65 trailer. Good shape. Call 874-9783 evenings.

YARD SALES

HUGE YARD AND PORCH SALE Rain Or Shine May 16-21

2 miles up Stephens Branch at Martin (above coal tippie). Girls' clothes, newborn to adult, bikes, toys, household items, waterbed, everything!

SERVICES

EXCAVATION: Small dozer, loader, dump truck and roll back for hire. Call 874-0391 or 285-9900 day or night.

TACKETT APPLIANCE REPAIR. Twenty-five years experience. Mack Milford Tackett, owner. Repair name brand appliances; buy or sell used appliances; also do electrical work. Call 478-8545 or 874-2064.

EMPLOYMENT AVAILABLE

ASSISTANT PRINCIPAL

Floyd County Schools. Betsy Layne High School, Betsy Layne SBDM School, Appropriate KY certification required. Send letter of application, resume and certification credentials to: SBDM Chairperson, Betsy Layne High School, P.O. Box 437, Betsy Layne, Kentucky 41605.

Tackett

(Continued from page one)

Tackett could not be reinstated at Adams Middle School because there was currently a principal under contract there.

The judge also ruled that Tackett receive back pay from the time of his demotion to his reinstatement.

After Burchett's ruling, then school board attorney Cliff Latta recommended that the board appeal the decision.

Board members apparently did not take Latta's advice because Damron said Tuesday that the decision had not been sent to the court of appeals.

After discussing the case in closed session Tuesday, chairman Ray Brackett said that it was in the best interest of the school system to settle the case. The board directed Damron to negotiate the terms of an agreement.

FOR RENT

FOR RENT: Near College. Unique unfurnished one bedroom apartment in Neeley's Mill. References, lease and security deposit required. 886-3565.

HOUSE FOR RENT: Three bedroom, one bath. Located at Allen. Unfurnished. Storage building, garden spot. Deposit required. Call 874-2219.

TRAILER FOR RENT: Salt Lick. Five miles from Garrett on Rt. 7. \$200/month. Call 358-4524.

TWO BEDROOM TRAILER. Two baths. Front and back porch, carport, outbuilding. Eastern. Deposit required. \$300/month. References required. Serious inquiries only. Call 358-4208.

FOR RENT IN PRESTONSBURG: 1992 doublewide. All electric. Three bedroom, one ceiling fan, two bath (one is large with round tub, skylight and wall mirror), kitchen/dining room combination with bar divider, lots of cabinets. Front and back porches. Washer/Dryer hookup. \$400/month plus deposit and lease. You pay utilities. Call 886-8077.

FOUND

FOUND: Small, white male dog wearing collar with chain still attached. Found in Hunter area. Call 377-3427 days only. Ask for Fretia or Dr. Brenner.

FOR SALE

FOR SALE: 1989 Yamaha 350 Warrior. Runs and looks good. \$2,200. Call 886-9527.

USED AUTO PARTS: Riley's Branch. 351 Windsor; 351 modified; Pontiac Phoenix, motor and transmission; Pontiac 2000, motor and transmission; Chevy automatic and standard transmissions; Ford automatic and standard transmissions; Toyota motors and transmission; new and used Chevy brake disc; Jeep and Chevy Luv parts. Call 452-2167 or 452-4825.

AUTOS FOR SALE

FOR SALE: 1985 Pontiac Bonneville. Good clean car with low mileage. Call 358-9827 after 4 p.m.

REAL ESTATE FOR SALE

REDUCED!!
Home beside Clark School. Four bedroom, three bath. 2,400 sq. ft. Newly redecorated. \$134,500. Make me an offer! Call 886-3829.

Barter's Vodka

1/2 Gallon \$8.99 each All taxes paid
J & J Liquors
Betsy Layne • 478-2477

Spring break not included in Floyd County school schedule

by Susan Allen
Staff Writer

Floyd County students will be going back to school earlier this fall and they could be getting out of school sooner next year because the 1995-96 school calendar does not include a week off for spring break.

At the May 9 school board meeting, board members declined to accept a recommendation by superintendent Steve Towler on next year's school schedule and voted instead to accept the recommendation of the district's calendar committee.

The first day of classes for students will be August 18 and if no days are missed during the year, school will be out by May 9.

Towler's recommendation called for classes beginning August 21 and classes dismissing by May 12.

Towler told the board that the calendar committee's recommendation did not provide for a week of spring break and that he felt families traditionally planned vacations during that time.

Board members apparently disagreed and chairman Ray Brackett said that the decision has been made enough in advance for plans to be altered.

The calendar adopted by the board calls for no classes on the following days:

- September 4, Labor Day;
- October 6, E.K.E.A.;
- November 7, Election Day;
- November 23 & 24, Thanksgiving;

- December 20 through January 1, Christmas and New Year's break;
- January 15, Martin Luther King Jr. Day;
- February 19, President's Day;
- April 5, F.C.E.A.; and
- April 11 & 12, K.E.A..

Left Beaver Rescue to hold open house

The Left Beaver Rescue Squad will hold an open house today (Wednesday) and Thursday in conjunction with National Emergency Medical Services Week, which has been designated for May 14-20.

Today, an open house will be held at station one at Price and Thursday's event will be held at station two at McDowell.

The squad will offer hot dogs and refreshments to those attending the open house, Danny Gullett, EMS director for the Left Beaver Squad, said Tuesday.

EMS week is to emphasize the significant role that career and volunteer emergency services technicians play in saving lives.

"The men and women in this field deserve to be recognized and honored for their heroic efforts, and EMS Week is an opportunity to say thanks," Gullett said.

Watson's

Sidewalk Clearance Sale, This Wednesday

Saturday take our additional 50% off the lowest ticketed price on all items on the sidewalk. Fantastic Savings on all departments.

Watson's

Pikeville

*Sorry no holds or layaway on sidewalk sale

Stephens Family Reunion

Memorial Day Weekend

Sunday, May 28, 1995

12:00 noon—Archer Park

Prestonsburg, Ky.

For more information call Bob Stephens, 614-875-2749

TAX-FREE INCOME

WITH MONTHLY OR SEMIANNUAL PAYMENTS

ADVANTAGE CAPITAL, member SIPC

Local Financial Professional: Wayne Wilson Darnall CFS

1-800-437-4714

Insured Tax-Exempt Bonds, Unit Trusts, Mutual Funds, Money Market Funds, and all other investment instruments.

A&B Autoglass for professional window tinting.

Bring in this coupon and receive
20% off
Sunroof installation!

A&B Autoglass

Auxier Road • 886-0184

Let's keep it simple.

Pikeville National Bank's
Home Equity Line Account

The Home Equity Line Account is a convenient way to have cash available when you need it. We keep it simple at Pikeville National Bank. You write yourself a loan using the equity you have in your home as collateral.



Pikeville National's rates are very competitive and a minimum of paper work (with no fine print!) makes your Home Equity Line Account available to you in a timely manner.

Keep it simple. Call for more information or stop by Pikeville National Bank and Trust Company for your Home Equity Line Account.

Pikeville National
Bank and Trust Company

Member FDIC



In Pikeville:
Main Office
Main Street Branch
Town & Country Branch
Weddington Plaza Branch
Elkhorn City Branch

Virgie Branch
Phelps Branch
Marrowbone Branch
Mouthcard Branch
Knott County Branch

Floyd County Branch
Tug Valley
In Lexington:
155 E. Main Street Branch
901 Beaumont Ctr. Pkwy.

Salesman of the Month 2 months running!



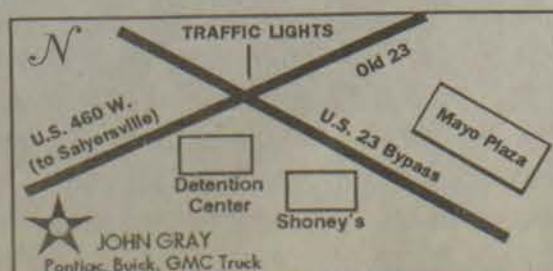
George Quillen and Marvin Ousley

JOHN GRAY
PONTIAC-BUICK-GMC TRUCK, INC.
PAINTSVILLE, KY.

Local 297-4066

Toll Free 1-800-346-4066

George Quillen would like to thank all his friends and customers and invite you to come and see him at John Gray Pontiac, Buick, GMC Truck, Inc.



Viewpoint

Wednesday, May 17, 1995



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

USPS202-700
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

Draft Bob?

by Scott Perry

Nothing against the Democratic nominee, who we haven't met, or the Republican nominee, who hasn't been named, but we're getting kinda spoiled by Bob Meyer, who isn't going to be around much longer.

As the interim and appointed judge-executive for Floyd County, Meyer has wasted little time adopting a common sense approach to government that has a lot of people talking and a lot of people wishing he'd been chosen to run for the unexpired term.

Of course there's been a lot of grumbling about Meyer's proposals, particularly his suggested budget, but that is to be expected when you make changes in a county that is unaccustomed to anything but business as usual.

The taxpayers, on the other hand, appear ready for a change and so do some longtime county employees, who recognize Meyer's leadership style as necessary in these trying times.

But Meyer, a registered Demo-

crat, has expressed no interest in soiling his reputation or hands in a Floyd County political mudbath and he has rejected all pleas that he become a candidate for the county's top job.

That should not deter us from trying to change his mind.

Perhaps we should just draft him.

The Democrats could, of course, make the switch and invite him to be their nominee.

Or, enough supporters might convince Meyer to register as a write-in candidate.

Heck, maybe the Republicans could even select him as their nominee.

We've seen nothing in the election laws that says they absolutely have to pick a member of their party to run.

Perhaps a Draft Bob effort is a waste of time, but the show of support would be a powerful signal to others...those elected and those who hope to be...that we like his style.

And, we'd like to keep it around even if he's gone.

Letters to the editor

Letters To The Editor

Letters to the Editor are welcomed by the *Floyd County Times*. In accordance with our editorial page policy, all letters must include the signature, address and telephone number of the author. Letters must be received no later than 10 a.m. Tuesday for publication in Wednesday's issue and 10 a.m. Thursday for Friday's issue. Letters may be sent to Editor, The *Floyd County Times*, P.O. Box 391, Prestonsburg, KY 41653. Letters may be edited for clarity and length.

Floyd County taxpayer expresses frustration

Editor:
After 13-1/2 years of listening to other people, I feel that now it's your turn to listen to me.

I have never had the luxury of being a stay-at-home-mother to any of my six children. I have always had to work to help support my family.

I started work in 1956 at a salary of \$185.00 per month, at a local bank. I have always strived to better our way of life by working diligently and faithfully in whatever capacity I could.

I have always been an advocate for the handicapped (my youngest son is multi-handicapped) here in Floyd County. Slowly but surely the school system is changing for the better in this area.

When I began work here, 1982, in the county judge's office, I was making \$15,000 a year (which was \$6,000 less than the lady working here before me).

Since that time, I have had the cost-of-living pay increases every county employee has had. Yes, I have worked up to \$28,000 a year through hard work and dedication.

I am not an elected official but I am "on duty" 24 hours a day, I listen to you at the grocery, in Wal-Mart, at the beauty shop and on my home telephone every day.

The main idea here is, I am just like you. I pay taxes. My home property assessment doubled, plus \$10,000 this year. My 1987 car has quit running. I still am entitled to the same cost-of-living pay increase as any other county employee. Just because I work in the system does not mean that I am not subject to the same respect and consideration as anyone else.

I've lived with discrimination and prejudice for over 19 years and that's hard. I'm used to people talking behind my back. That's not to say I appreciate it, but I do hear about it.

In this new proposed county budget, six employees' salaries were cut (mine was one), some were eliminated, some stayed the same and others received the 2.7 percent cost-of-living raise. Do you think this is fair? There are other areas where the same monies can be saved besides employee salaries.

I have always been very receptive to complaints about county government. I know what it's like to live in a "holler." I know what it's like to be

a divorced mother with four small children. I know what it's like to have a handicapped child. I know what it's like to be a working mother with six children.

I know what it's like to have children in college, children in high school and one in a handicapped unit. I know what it's like to not have fresh, clean drinking water. I know what it's like to have cervical cancer. I know because I've been there. I am a survivor. I am a Floyd County taxpayer, just like you!

Delores F. Dingus
Martin

We can make a difference!

Editor:

As we know election time is about here and the ones that vote, let's put our thinking caps on. We know the ones that have been in office and what they have done—nothing.

Did you see all the names in the paper that was for the same old gang that has been on the payroll for years?

What have they done for the poor people in Floyd County? They have only feathered their own nest.

Sorry to say I couldn't believe some of the names that was on the list that was for the same old fat cats. They have had their chance to do something for us, but they think we will be crazy enough to vote for them again.

I believe there is enough honest, God fearing people in Kentucky to vote that bunch out. Let's try and see if we can make a difference.

What did you Christian people think about the judge not wanting prayer at the court meetings? Isn't that something? That's where they need a prayer meeting every day.

I was talking to a nice guy at Hazard about their garbage. He said, they had their own and they pay ten dollars a month and senior citizens pay five dollars a month. Why can't we have that in Floyd County?

We need someone that cares about our old people. We have too many people on the payroll that do nothing. The ones that sit on their butts ought to work for their pay. The state ought to make them clean out the drain pipes. I think every one up Left Beaver is stopped up. All they need is a shovel, but they might get their hands dirty.

Let's forget about what pa and ma

was and vote for something different. We need help and we're not going to get it from the same old fat cats that we have now. They have gotten too big for their britches.

The only difference between me and them is that they can steal and get by with it and I can't, but the old saying is every dog has his day and I long to see it. Watch how you vote!

P.S. Speaking of 911, that makes me sick. I don't want it and I'm not going to pay another dime for it. If I need help I will call the state police or if I'm sick I have friends and that's good enough for me.

Nora Martin
Printer

Thanks participants in abuse prevention

Editor:

The Department for Social Services would like to thank all of Floyd County for their support and participation in April's Child Abuse Prevention campaign. A special thanks goes out to the following people and businesses for contributing materials or time to help STOP CHILD ABUSE!

County Judge Executive Bob Meyer, Mayor Jerry Fannin, Greg Crum, Bill Hall, Kathy Blair, Detective Jim Stephens, Gary Vickers, Danny Gullett, Donna Turner, Connie Brahmam, Rebial Reynolds, Michael Goins-WYMT, Janie Beverly, Prestonsburg Community College, McDonald's, Subway, Appalachian Regional Hospital, Jenny Wiley Florists, Add-A-Touch Florist, Jan's Florists, The Bottom Drawer, Christine's Florists, Lowe's Sporting Goods, Scott-Gross Co. Inc., and Christian Appalachian Project.

Rose Meek
Family Service Officer Supervisor
Cabinet for Human Resources

Got Something to Say?

Say it in a Letter to The Editor

Coffee Break

by Scott Perry

If the Lord's willing and the creeks don't, um, go dry, the first maybe annual Great Levisa Cup Race will be launched this Saturday morning in Prestonsburg.

Survivors will cross the finish line sometime later in Paintsville.

While there has been considerable, but relatively friendly gnashing of teeth among competitors prior to the boat race, we're convinced that actions speak louder than words.

Our boat, which we've christened the Titanic, Too, is a sure-fire, guaranteed winner in the Chamber of Commerce Division because, well, as far as we know it's the only entry in that division.

The cowardly bums from

other Chambers have declined to accept our challenge to race, no doubt because they know we'll use any means available, including treachery, to win.

So far, there are about 40 boatloads scheduled to make the river race a flotilla to remember.

Damn the torpedoes, full speed ahead.

Arrrrh!

The second most important event in the coming week is the primary election, which has all the excitement of a grass-growing contest.

Despite its ho-humness, the election beckons your participation because, after all, you're paying for most of it.

This gubernatorial race is the first to be financially subsidized with taxpayer funding, so it's only proper that you should go to the polls next Tuesday...if for nothing else but to protect your investment.

Remember, too, that whoever wins the Governor's Mansion this go around gets to try for a successive term.

Add a little variety to your life next Tuesday.

Go vote.

Speaking of variety, a group known as The Circle of Friends of the Freedom Tax Amendment is promoting an idea that would do away with city, state and federal income taxes.

The group proposes to re-

place those sources of governmental revenues with a national sales tax equalling 20 cents on the dollar.

The idea is to tax consumption, not income, and certain items like food and medicine would be exempt.

It's an interesting concept that merits further review.

Especially if it could, in fact, make April 15 less of an annual nightmare.

Stay tuned for more info.

The U.S. Supreme Court's ruling this week that cities can't use zoning laws to prohibit the development of group homes for disabled folks in residential neighborhoods isn't so bad, it's what the law includes under

the definition of "disabled" that has a lot of people upset.

The 1988 federal Fair Housing Act bars discrimination against people with mental or physical disabilities. The law considers alcoholics and drug addicts to be disabled.

Regardless of what the law says, the odds are that the majority of people addicted to drugs or alcohol stay addicted.

Group homes established for their treatment are necessary, we imagine, but locating them in residential neighborhoods is not.

Seems to us that "fair housing" is a two-way street.

As it is now, though, the law that attempts to prevent discrimination only reinforces it.

FLOYD COUNTIANS FOR PAUL PATTON

Anyone who has cared to notice, of late, would agree that Floyd County politics has become increasingly rough and divided. However, regardless of which of the many sides of the many local issues any of us may be on, there is one cause under which we can unite for the common good of Floyd County, **PAUL PATTON FOR GOVERNOR**. He is one of us.

This neighbor from Pike County has driven our roads, walked our creeks, hollows and mountains, and crawled in our coal mines. As a county judge-executive, he has worked and lingered long in our courthouses, earnestly wrestling with the problems that uniquely hinder our entire region from obtaining the jobs, services and quality of life we deserve. He knows our peculiar problems like no other candidate. More importantly, he, alone, has a heartfelt burden to lead Eastern Kentucky to a better future, to give us an equal seat at the table of prosperity so many other Kentuckians have long enjoyed. Paul Patton is the best choice for all of Kentucky, but he is the only choice for Eastern Kentucky. We, the undersigned, are only **A FEW OF THE MANY** who urge you to not let this opportunity pass us by—it may never come again. **VOTE FOR AND ELECT PAUL PATTON FOR GOVERNOR OF KENTUCKY.**

THESE EASTERN KENTUCKIANS SUPPORT PAUL PATTON FOR GOVERNOR:

Dr. Grady Stumbo, physician
Burl Wells Spurlock, banker
Denzil Ray Hall, coal mine operator
Ben J. Spradlin, banker
Mrs. John M. Stumbo, widow of Judge-Executive John M. Stumbo
Lois Combs Weinberg, daughter of late Governor Bert T. Combs
Ann Latta, former Mayor of Prestonsburg
Jerry Fannin, Mayor of Prestonsburg
Dr. Don Chaffins, physician
John Earl Hunt, Floyd County Commonwealth's Attorney
Gregory D. Stumbo, Kentucky State Representative
Arnold Turner, Jr., attorney
Eric D. Hall, attorney
Chris Waugh, county employee
Dr. Charles F. Arnett, physician
Dr. Mary A. Hall, physician
Terry Dotson, President, Worldwide Equipment
Carla Robinson Boyd, Floyd County Court Clerk
Frank DeRossett, Jr., Floyd Circuit Court Clerk
Lovel Hall, Floyd County Property Valuation Administrator
Roger Webb, Floyd County Jailer

Paul Hunt Thompson, Floyd County Sheriff
Ben Hale, businessman, son of late Sheriff Henry C. Hale
Estill Branham, President, Auxier Road Gas Company
Bobby Rowe, attorney
Beth Rowe, businesswoman
Joe Weddington, businessman
Yvonne Stumbo Jones, former Judge-Executive
Mrs. Henry Stumbo, widow of former Judge-Executive Henry Stumbo
Delano May, businessman
David May, businessman
Benny Ray Bailey, State Senator
Ermal Tackett, Floyd County Magistrate
Gerald DeRossett, Floyd County Magistrate
Tommy Adams, former Floyd County Magistrate
Eddie Caudill, former Floyd County Magistrate
Ernie Moore, retired Kentucky state employee
Adrian Hall, retired school teacher/educator
Gary Hopkins, public school teacher
Dr. Robert Marshall, dentist
Ursal Ray Wilcox, former Floyd County Magistrate

UNION AND ORGANIZATIONAL ENDORSEMENTS

In addition to the thousands of Eastern Kentuckians who agree with us, the follow statewide organizations have openly endorsed Paul Patton for governor:

Kentucky Education Association
United Auto Workers
Fraternal Order of Police
Lexington Herald-Leader

A.F.L.-C.I.O.
Teamsters Union
Kentucky Professional Firefighters
United Mine Workers of America

This advertisement was paid for by:

CHARLES D. JOHNSON, GREG STUMBO, BENJAMIN HALE, JULIUS C. MARTIN, DAVID BARBER, MARGARET HUNT, AND CENDA HALL

Planning board issues report

by Susan Allen
Staff Writer

A decision to search for sites for baseball fields at South Floyd High School and in the Betsy Layne area by the Floyd Board of Education may have to include a site for Prestonsburg High School students.

Local Planning Committee member Gary Hopkins told board members at the May 9 board meeting that if that is their plan, they must also include a field for Prestonsburg High School.

Hopkins said that under the committee's five-year building plan, the board must simultaneously proceed with developing athletic fields for South Floyd and Prestonsburg.

Board member Brent Clark began the discussion by saying that the board could use rent monies paid for mobile units at Betsy Layne Elementary to pay for the cost of a baseball field in that area.

When a new 21-classroom addition at Betsy Layne is open, mobile rental units on the campus can be eliminated, thus producing a \$60,000 savings to the board, Clark explained.

"We can pay for it with rent money," Clark said.

Board chairman Ray Brackett suggested that the board also looking for an athletic site for South Floyd.

Board attorney Phil Damron told Clark that the board could not premise the order to search for sites by saying the property would be paid for from savings on the rental units.

"The money will come out of the general fund," Damron said. "You can't say you will use the rent money to buy it because those monies will be going back into the general fund."

Clark said that he wanted to show that no general fund monies would be used and that the funds would come from the rental savings.

Brackett made a motion to begin the search for two sites and board member Eddie Patton quickly seconded it. Board member Phyllis Honshell voted against it.

In response to Hopkins' comments, Damron asked that he be allowed to review the district's building plan before a decision is made on a field for Prestonsburg.

In other action Tuesday:

The board decided to postpone advertising for a bank depository until a new state approved computer financing system is in place at the central office. The current depository contract was extended until September.

Middle Creek resident Derrick Hicks addressed the board about the lack of a parent representative from educational district one on the Local Planning Committee. Hicks, who is in favor of the board building a new Prestonsburg High School, said that he wanted to see documentation that a new high school project was canceled by state officials. Hicks said his request was in response to an article in The Floyd County Times about the project.

Floyd County Administrator Association president Pete Grigsby Jr. asked the board to purchase a portable handicapped access ramp to be used for graduation exercises at

several schools. The board agreed and voted to buy a portable ramp.

Board member Ray Wilcox commented that he had been contacted about the kitchen equipment in a handicapped unit at Adams Middle School. Wilcox said the appliances could not be used by special needs students. Superintendent Steve Towler said that the unit was built to accommodate adults and that Greg Adams, the district's maintenance director, had made some adjustments in the unit. Towler said he did not know why the unit was furnished for adults. A report on the issue is expected at the June board meeting.

A report on the distribution of reward monies for improved state test scores showed that the certified staffs of Betsy Layne High School, Duff Elementary and Harold Elementary were given bonuses with the rewards. Auxier Elementary gave 92 percent of the money to certified staff and eight percent to the classified staff. One district custodian said that all of the classified staff in the school system applauded Auxier's division of those funds.

Board members tabled proposals on revised high school graduation requirements and the student code of conduct until those proposals could be reviewed further.

The board approved a policy requiring students to choose which school they will attend at the beginning of the school year and which makes changing schools more difficult. On the request of board member Phyllis Honshell the transportation issue of the policy was not part of the policy and that issue will be further studied.

The board approved the submission of an application for extended school services for the coming school year. Patton voted against it, saying the application was not valid because it noted the services were part of a district transformation plan. Patton said that since the transformation plan was not complete, the application was false.

Administrator Susan Compton gave a report on revisions in the district's Chapter I program and requested approval to submit the grant application. Compton said the program is moving away from providing social services and is concentrating more on educational issues. Also, the board agreed to create a new position in the department and voted for employees in that division to be employed for 240 days per year.

The firm of Wallen and Cornett was awarded a two-year contract for auditing services in the district at a total cost of \$31,900.

Personnel actions: retirements-Charles G. Patton, Chapter I social worker; and Marsella C. Bradley, business teacher at Allen Central High School.

Leaves of absence-Rodney Kern, itinerant teacher at Melvin/Osborne.

Classified hirings-Robert Bailey, maintenance technician; Teresa Hicks, library aide at South Floyd High School; and Ramona Stewart, Duff Head Start aide.

Dr. Timothy R. Wagner

Orthopaedic Surgeon

is now practicing at the

Orthopedic Center

229 U.S. 23 South • Paintsville (formerly Town & Country Building)

Evaluation and treatment, including surgery, for general orthopaedic problems

Dr. Wagner is affiliated with Paul B. Hall Regional Medical Center, certified by the American Board of Orthopaedic Surgery and a fellow of the American Academy of Orthopaedic Surgery.

For appointments, call 789-3316

BUY 1 GET 1 FREE! TODAY ONLY!

MISSES

MISSES JUMPERS. Choose from selected styles and patterns. Now 19.99 to 29.99.....**BUY 1 GET 1 FREE**

FASHION TEE'S. 100% cotton tee's are the fashion basic for spring. Select from an assortment of great colors. Reg. to 28.00**BUY 1 GET 1 FREE**

FASHION SHORTS. These shorts are a terrific coordinate for your fashion tee's. In assorted styles and colors. Reg. to 38.00**BUY 1 GET 1 FREE**

SILK BLOUSES. A great layering piece to dress up your summer wardrobe. Choose from our huge selection of colors. Reg. 28.00**BUY 1 GET 1 FREE**

KNIT ROMPERS. Select from many styles and colors in easy care knit fabrics. Reg. 40.00.....**BUY 1 GET 1 FREE**

MISSES SUITS

SELECT GROUP OF SUITS. Quality suits at incredible savings! Select from styles and colors to fit your look! Reg. to 159.00**BUY 1 GET 1 FREE**

JUNIORS

PRINTED SHIRTS. Select from florals, westerns and more. Reg. 18.00**BUY 1 GET 1 FREE**

TEXTURED KNIT TOPS. Our most popular styles of thermals and rib knits. Reg. 18.00.....**BUY 1 GET 1 FREE**

FASHION SHORTS. Colorful plaid and twill shorts from Paimetto's. Reg. to 26.00**BUY 1 GET 1 FREE**

ACCESSORIES

LADIES FASHION SCARVES. Dress up your wardrobe with our huge selection of scarves in fashion solids and prints. Reg. to 20.00.....**BUY 1 GET 1 FREE**

WALLETS-ON-A-STRING. The hottest accessory of the year at savings! Reg. 14.99.....**BUY 1 GET 1 FREE**

SHOES

LADIES CRESTED MOCS. Get two pairs of shoes for the price of one! Soft leather crested mocs by Bellini. Now 24.99.....**BUY 1 GET 1 FREE**

LADIES STRAPPY SANDALS. Hot looking summer sandals from Connie and Rhythm Steps. In assorted styles. Now 17.99**BUY 1 GET 1 FREE**

MEN'S SPORTSWEAR

WOVEN MADRAS SHIRTS. Plaids and stripes in comfortable 100% cotton. Reg. 26.00**BUY 1 GET 1 FREE**

GOLF EMBROIDERED KNITS. 100% cotton pique with golf embroidery. Reg. 25.00**BUY 1 GET 1 FREE**

KNIT HENLEYS. 100% cotton jersey with 3-button placket. Reg. 20.00**BUY 1 GET 1 FREE**

TWILL SHORTS. 100% cotton shorts with pleated front. Reg. 26.00**BUY 1 GET 1 FREE**

MEN'S SUITS

SELECTED SUITS. Quality and style at great savings! Reg. 350.00**BUY 1 GET 1 FREE**

SELECTED SILK SPORTCOATS. Choose from a great selection. Reg. 195.00**BUY 1 GET 1 FREE**

MEN'S FURNISHINGS

SHORT SLEEVE DRESS SHIRTS. Solids and stripes in pinpoint and oxford cloth blends. Button-down collars. Reg. 25.00**BUY 1 GET 1 FREE**

DESIGNER TIES. 100% silk in your choice of geometric, contemporary and updated traditional styles. Reg. 25.00-32.50**BUY 1 GET 1 FREE**

YOUNG MEN'S

TEE'S & TANKS. All-cotton 1-pocket tee's, sleeveless tee's and tank tops. Reg. 11.50-12.00**BUY 1 GET 1 FREE**

FASHION BASIC KNITS. Textured and jersey cotton henleys. Reg. 18.00-20.00.....**BUY 1 GET 1 FREE**

WOVEN SPORTSHIRTS. Short sleeve plaids, stripes, twills and more. Reg. 25.00-28.00**BUY 1 GET 1 FREE**

PLAID SHORTS. Draw-string pull-ons, flannels and more. Reg. 20.00**BUY 1 GET 1 FREE**

BOYS

PRINTED PIQUE POLO SHIRTS. In a huge assortment of patterns and plaids. Sizes 4/7-8/16. Reg. 18.00-20.00**BUY 1 GET 1 FREE**

SHORT SLEEVE JERSEY HENLEYS. The perfect solid color basic for summer. Sizes 4/7-8/16. Reg. 12.00-16.00**BUY 1 GET 1 FREE**

PLAID SHORTS. Active style shorts with comfortable draw-string waist. Reg. 16.00**BUY 1 GET 1 FREE**

GIRLS

HENLEY TOPS. Select from thermal and ribbed knit styles. Sizes 7-14. Reg. 16.00**BUY 1 GET 1 FREE**

PRINTED TEE'S. Choose from a great selection of prints. Sizes 4-6X. Reg. 14.00**BUY 1 GET 1 FREE**

To exchange vows



Mr. Ernest Fannin Jr. and Mrs. Lynn Fannin of Prestonsburg announce the engagement of their son, Christopher Neal Fannin to Sonya Denise Stephens, daughter of Cledis Stephens of Hueysville, and Gertrude Moore of Prestonsburg. The wedding is going to be held at the Hueysville Church of Christ, on May 20th, 1995, at 7:00 p.m. Everyone welcome.

LOVE SHOULDN'T HURT.

If you are a victim of family violence, call someone who can help.

886-6025 (Floyd Co.)

1-800-649-6605

(Outside Floyd Co.)

I, Lovel Hall, as your PVA know how unfair the Revenue Cabinet has been with the valuation of motor vehicles. Help me elect Paul Patton who is committed to, and I quote "As Governor, I will end the practice of assessing the value of automobiles and pick-up trucks based on the NADA's "retail value." Rather, I will instruct the revenue Cabinet to base the assessments on the NADA's "trade-in value."

Lovel Hall
Floyd County PVA

dawahares

WEDDINGTON PLAZA



Taking a dip

Shawn Lantz took a sample of water from the Big Sandy River at the boat ramp at River Park in Prestonsburg to test for pollutants. Assisting the David School student was Mike Deyton, a science teacher at the school. The ph level at the site was 6; seven is a normal level. (photo by Janice Shepherd)

Water testing shows river pollutants

by Janice Shepherd
Managing Editor

Shawn Lantz, a student at David School, has been testing the water of the Big Sandy River and he doesn't like what he's finding.

Lantz said he found high levels of ammonia that could indicate a high content of urine in the river and also high levels of silica when he tested the river at a West Prestonsburg site.

A high level of silica is produced when the water contains a heavy content of human waste or decaying things, explained Arner Whitaker, an instructor at the school who has been assisting Lantz with testing of the river.

Lantz said the West Prestonsburg testing site also showed a strong content of nitrate, possibly produced from industries in the area.

A water sample taken from the river near Allen produced a "stinky yellow-orange" color when tested for ammonia, Whitaker said. Chemicals

added to the water were supposed to produce a yellow color, he said.

At Auxier, the silica level was also high and also contained a strong content of nitrate from industry, Whitaker said.

Lantz, a son of Vinson Justice and Gwen Justice of West Prestonsburg, began testing the river after he expressed an interest in water pollution to his science teacher, Mike Deyton,

who ordered the testing kit for his student.

Lantz plans to continue testing the river to track down the bad spots, because pollution of the river "affects our future and our children's future."

"If I can get something done, it will help the economy. You can't eat what you catch, and you can't hardly catch anything anymore," he said.

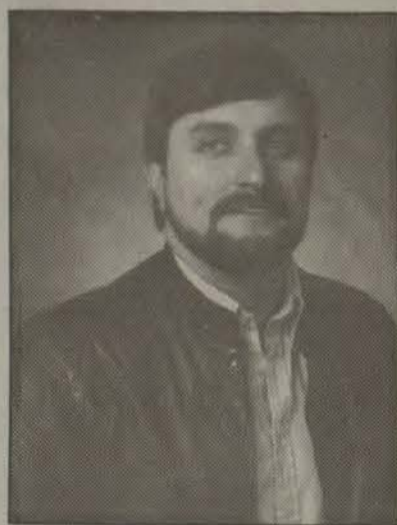
Education board seeking new commissioner

The Kentucky Board of Education is now seeking candidates for the position of Kentucky Commissioner of Education, Search Committee chair Helen Mountjoy announced recently.

Interested persons should mail a letter of interest and a vita or resume as soon as possible to David McCarthy at Spencer Stuart, 2005 Market St., Suite 2350, Philadelphia, Pennsylvania 19103.

McCarthy is a member of the executive recruitment firm Spencer Stuart, which the board hired to assist in the nationwide recruitment effort. An advertisement will appear in state and national publications soon.

The board has set no deadline for applications or for employing a commissioner to succeed Kentucky's first appointed education commissioner, Thomas C. Boysen, who announced his resignation effective June 30.



Jackie Edford OWENS Magistrate District 2

TO THE PEOPLE OF DISTRICT 2

We have received a lot of rain in a short time. With as much water that was already in the ground from the rains that we have had in the past weeks, it didn't take **MUCH RAIN** to cause "**MAJOR PROBLEMS**" — and we got "**A lot of rain** and we got it **HARD AND FAST.**" It caused a **TREMENDOUS** amount of **DAMAGE** to roads, bridges, culverts, and also caused several major slips.

People, our **FIRST PRIORITY** is to get the roads opened so that people can get out to work, get out to the doctor, to get their medicine, and to the grocery store. **IT WILL TAKE MONTHS** to repair the damage that has been done to these hollows and roads. We will try to get everybody moving first, and then it will take months and could take up to as much as a year to get **ALL OF THESE DAMAGES REPAIRED.**

P.S.—I want ALL of the county workers who are looking at having their "**INSURANCE**" cut in this next year's budget to know one thing. I know what it would be like for you all to have to come up with **NEARLY \$200** every month. Like you know and I know—Most insurance premiums just get **higher** and **higher** and you'll just have to pay **more** and **more.** **I DON'T BELIEVE** in cutting it off the working man and woman's backs. I showed them in the budget last Wednesday night where \$350,000 was that wasn't designated for anything. **I WANT EVERYBODY TO KNOW** who works in the **JAIL,** the **SHERIFF'S DEPARTMENT,** the **COUNTY ATTORNEY'S** office, **COUNTY ROAD CREW, JUDGE'S OFFICE STAFF,** and anyone else that is covered by the **COUNTY INSURANCE COVERAGE**—that **I WILL NOT VOTE** for any **BUDGET** that requires **you people** to pay **anything** on your insurance premiums.

Paid for by Jackie Edford Owens, Magistrate District 2.

POLLING PLACES

May 23, 1995

PRIMARY ELECTION

#1 COURTHOUSE/TRIMBLE BRANCH	COURTHOUSE
#3 DEPOT	CHRISTIAN APPALACHIAN PROJECT
#4 RICHMOND	HEADSTART BUILDING
#5 CLIFF	PRESTONSBURG HIGH SCHOOL FOYER
#6 PORTER	VFW CLUB BLDG.
#7 AUXIER	AUXIER GRADE SCHOOL GYM
#8 MIDDLE CREEK/JACK ALLEN	DAVID VOLUNTEER FIRE DEPT.
#9 COW CREEK	ALLEN ELEMENTARY SCHOOL
#10 MOUTH OF BEAVER	ALLEN CITY HALL
#11 JIM BANKS	GUYAN MACHINERY
#12 ROUGH & TOUGH	CLARK ELEMENTARY SCHOOL
#13 JOHN POSSUM	MARTIN GRADE SCHOOL GYM
#14 MAYTOWN	MAYTOWN FIRE DEPT.
#15 BOSCO	LOWELL CONLEY'S TOM'S STORAGE BLDG.
#16 GARRETT/ROCK FORK	T & S TOBACCO MART (Across from Rest.)
#17 LACKEY/WAYLAND	WAYLAND SENIOR CITIZEN BLDG.
#19 MARTIN	MARTIN GRADE SCHOOL GYM
#20 HALBERT	JOHN HALBERT'S BLDG.
#21 DRIFT	DRIFT HEADSTART BLDG.
#22 JOHN ANT/FRASURES CREEK	LEFT BEAVER FIRE STATION #2
#23 GEARHEART	LEFT BEAVER RESCUE SQUAD
#24 CLEAR CREEK	BUDDY SMITH'S BLDG.
#25 JACKS CREEK	OSBORNE ELEMENTARY SCHOOL
#26 LEE HALL	WHEELWRIGHT SENIOR CITIZEN BLDG.
#27 MELVIN	SOUTHEAST VOLUNTEER FIRE DEPT.
#28 ANTIOCH	BLDG. NEXT TO TEABERRY POST OFFICE
#29 TICKEY	MUD CREEK FIRE DEPT.
#30 TOLER	TOLER CREEK FIRE DPET.
#31 MOUTH OF MUD	HAROLD GRADE SCHOOL BLDG.
#32 LITTLE MUD	SPRUCE PINE COMMUNITY CENTER
#33 IVEL	
#34 BETSY LAYNE	BETSY LAYNE SENIOR CITIZENS BLDG.
#35 ABBOTT	BONANZA FREWILL BAPTIST CHURCH
#38 WEEKSBURY	WEEKSBURY COMMUNITY CENTER
#39 PRATER CREEK	PRATER GRADE SCHOOL BLDG.
#40 BRANHAMS CREEK	TOMMY & SANDY'S GROCERY
#41 BEECH GROVE	ALLEN CENTRAL HIGH SCHOOL GYM
#42 HEAD OF MUD	RAY HAMILTON'S BLDG.
#43 ARKANSAS	MICKEY MCKINNEY'S BLDG.
#44 ALLEN-DWALE	ALLEN FIRE DEPT.
#45 CLIFF (2)	BIG SANDY ADD BLDG.

ELECTION OFFICERS

May 23, 1995

PRIMARY ELECTION

All Election Officers **must** attend one of the Election Officer Training Schools offered. The schools will be held on **Friday, May 19th at 2:00 p.m. and 5:30 p.m. in the Circuit Courtroom, Second Floor, Courthouse.**

For further information you may call the County Clerk's office at 886-3816 or 1-800-481-2009

#1 COURTHOUSE / TRIMBLE BRANCH Abby Grant Orville Cooley	Shirley Wallen Eva Collins	#24 CLEAR CREEK Sharon Stegall Melinda Gayheart	Estil Stegall Brenda Faye Newsome
#3 DEPOT Donna Yates William Marsillett	Gertrude Elliott Matilda Marsillett	#25 JACKS CREEK Marsha L. Hall Lucille Gayheart	Virginia Smallwood Christina Tackett
#4 RICHMOND Ben Ferguson Robert Wallace	Frank Heinze Mike McCormick	#26 LEE HALL Hubert Farmer Christy Lynn Bryant	Fred Salisbury Ricky Dean Bryant
#5 CLIFF Linda Bailey Lloyd Edwards	Charles E. Neeley Jamie Yates	#27 MELVIN Dorothy Hamilton Shirley Mullins	Deleese Puckett
#6 PORTER Charles Slone Lucy Waddle	Roy L. Compton Patty Collins	#28 ANTIOCH Toby Newsome Clifford Hamilton	Abilene Hamilton Darvene Hamilton
#7 AUXIER Sharon White Gary Lily	Ruth H. Goble Eula N. Ferguson	#29 TICKEY Marsha Williams David Givens	Hannah Newsome Greg Friend
#8 MIDDLE CREEK/JACK ALLEN Lou Jean Tussey Jackie Howard	William Martin Vernon Slone	#30 TOLER Loene Lawson Anna Mullins	Willovene McKinney Collene Meade
#9 COW CREEK Margaret Blackburn Deborah Lynn Goble	Mike Jarrell Arthur Newton Lewis	#31 MOUTH OF MUD Addie Bea Hall Hershel W. Conn	George Edd Clark Mona Kay Mitchell
#10 MOUTH OF BEAVER Jerry B. Combs Gretchen Lafferty	Kathryn Fields Martha J. Porter	#32 LITTLE MUD Bonnie Lou Kidd Madeline Clark	Sharlette Akers Roy Hunter
#11 JIM BANKS Lula Hatfield Jacqueline Branham	Minnie Warrix Vervie Ellis	#33 IVEL Brock Stewart Carolyn Clark	Thomas Ratliff Fred R. Cottrell, Jr.
#12 ROUGH & TOUGH Jency Allen Mary Bates	Charles Richmond Scott Lora Walls	#34 BETSY LAYNE Anna L. Hayes Sandra D. Hunter	Mirinda Newsome Susan Hunter
#13 JOHN POSSUM Krinka K. Flannery Bailey Rabon Flannery	Brian Click Kristi Raye Flannery	#35 ABBOTT Deborah Ann Prater Velvia Prater	Betty Hackney Deborah L. Luster
#14 MAYTOWN T. A. Combs Wanda Brown	Duna Combs	#38 WEEKSBURY Ruth M. Little I. B. Johnson	Gaza Litafik Ray Dempsey
#15 BOSCO Teresa Warrix Ricky Hancock	Vicky Ousley	#39 PRATER CREEK Diane Conn James Alan Williams	Cassandra Conn Donna Williams
#16 GARRETT/ROCK FORK Linda Barger Darleen Rowe	Aileen Howard Joyce Allen	#40 BRANHAMS CREEK Hazel Shepherd Barbara Newman	Delmer Keathley Sandra Hall
#17 LACKEY/WAYLAND Beulah Collins Tim Martin	Adam Collins Jimmy Cox	#41 BEECH GROVE Velvia Isaac Avean M. Green	Pam Wiley
#19 MARTIN Hallie Barnett Hazel Robinson	Wanda Symon LeMayne Dingus	#42 HEAD OF MUD Ray Hamilton John T. Handshoe	Richard Henson
#20 HALBERT Roland Jones Wesley Meade	James D. Allen Shirley Ann McKinney	#43 ARKANSAS Sparkle Conn John B. Samons	Mona Napier Bradley Akers
#21 DRIFT Brenda Youmans Shirley Reed	Thelma Samons Brenda Cook	#44 ALLEN-DWALE Delores Bradley Raymond Goble	Brenda Goble Kermit Howard
#22 JOHN ANT/FRASURES CREEK Vickie Kendrick Melissa Castle	Bessie Elliott	#45 CLIFF (2) Charlotte Keathley Ronna Yeager	Janet Tackett Tamatha K. Tackett
#23 GEARHEART E. H. Fugate Atha Johnson	Felicia Johnson Birbage Howell		

Obituaries

Grover Cleveland "Cleve" Shepherd

Grover Cleveland "Cleve" Shepherd, 82, of Left Fork of Abbott Creek, Prestonsburg, died Thursday, May 11, 1995, at Highlands Regional Medical Center, following an extended illness.

Born February 18, 1913 in Magoffin County, he was the son of the late Leck and Dora Howard Shepherd. He was a disabled coal miner, last working for Princess Elkhorn Coal Company, David. He was a member and deacon of the Bonanza Freewill Baptist Church.

Survivors include his wife, Martha Thomas Shepherd; one son, James Russell Shepherd of Prestonsburg; two granddaughters and three great-grandchildren.

Funeral services were Sunday, May 14, at 2 p.m., at the Carter Funeral Home with Rev. Dave Garrett and Jeff Conn officiating.

Burial was in Davidson Memorial Gardens at Ivel, under the direction of Carter Funeral Home.

Serving as pallbearers were John Cornette, Raymond Howell, David Robinson, Jeff Conn, Mike Derossett and Evert Windland.



Deanna Denise Cooley

Deanna Denise Cooley, 28, of Dwale, died Friday, May 12, 1995, at Our Lady of the Way Hospital, Martin, following a sudden illness.

Born May 5, 1967 in Lenoir, North Carolina, she was the daughter of Ernest and Valerie Hurley Cooley. She was a student at Morehead State University.

Funeral services were Sunday, May 14, at 2 p.m., at the Nelson-Frazier Funeral Home with Rev. Kenneth LeMaster officiating.

Burial was in the Hall Cemetery at Allen, under the direction of Nelson-Frazier Funeral Home.

Serving as pallbearers were Tammy Davis, Tanya Noble, Michelle Ratliff, LaDonna Griffey, Monica Hamilton, Tammie Goble, Brandi Alicia, Gloria "Glo" Mullins, Ashlee Stumbo and Christy Hicks.

Pallbearers listed for Webb funeral

Serving as pallbearers for the funeral of Rhonda Louise Webb were Richard Webb, Elmer Rice, Roy Webb, Ronnie Moore, Phillip Moore and Clarence Miller.

Pallbearers listed for Orsborn service

Serving as pallbearers for the funeral of James Orsborn were Billy Stratton, Jim Compton, Ted Thompson, Ray Adkins, Thurman Lafferty and Keith Orsborn.

Jesse Jack Osborne

Jesse Jack Osborne, 59, of Hi Hat, died Monday, May 15, 1995, at Saint Joseph Hospital, Lexington, following a short illness.

Born November 18, 1935 in Martin, he was the son of the late Perry and Mary Skeans Osborne. He was a CSX Railroad clerk and attended the Light House Temple at Wheelwright, and the Church of God of Prophecy at Hi Hat. He served in the U.S. Air Force.

Survivors include his wife, Maudie Caudill Osborne; two sons, Jesse Franklin Osborne and Christopher Brent Osborne, both of Hi Hat; one daughter, Cynthia Maria Osborne of Hi Hat; one brother, James "Pedo" Osborne of Martin; and three sisters, Pauline Noblett of Vacaville, California, Donna Jean Osborn of West Sacramento, California, and Ruth Preston of Colorado Springs, Colorado.

Funeral services will be Thursday, May 18, at 1 p.m., at the Church of God of Prophecy at Hi Hat, with the clergymen Gregory D. Hand, Roy Cosby, Ralph Hall, Glen Hayes and Don Fraley Jr. officiating.

Burial will be in the Newman Cemetery at Hi Hat, under the direction of Hall Funeral Home, Martin.

Melda Hicks

Melda Hicks, 80, of Garrett, died Thursday, May 11, 1995, at the McDowell Appalachian Regional Hospital, following a short illness.

Born August 5, 1914 at Mousie, she was the daughter of the late Enoch and Poca Wicker Hicks. She was a member of the Stone Coal Church of Old Regular Baptists.

Survivors include two brothers, Lace Hicks of Eastern and Archie Hicks of Hillsdale, Michigan; and two sisters, Lonnie Snedigar of Garrett and Wilma Hunter of Topmost.

Funeral services were Sunday, May 14, at 10 a.m., at the Stone Coal Church of Old Regular Baptists at Garrett with the elders of the Old Regular Baptist Church officiating.

Burial was in the Scott Cemetery at Garrett, under the direction of Hall Funeral Home.

John R. Stanley

John R. Stanley, 84, of Ft. Lauderdale, Florida, died Tuesday, May 9, 1995, at his residence.

Born May 20, 1910 in Prestonsburg, he was the son of the late Robert E. and May Langley Stanley. He was a graduate of Murray State College with a BS degree. He was a school teacher and principal and in sales with a photography company. He served in the U.S. Army during World War II.

Survivors include two sisters, Ruth S. Roberts of Lake Wales, Florida, and Sylvia S. Stevens of Ft. Lauderdale, Florida.

Funeral services were Friday, May 12, at 10 a.m., at the Lake Wales Funeral Home Chapel, with Rev. Bill Stevens officiating.

Burial was in the Florida National Cemetery under the direction of Lake Wales Funeral Home, Lake Wales, Florida.

Betty Louise Patton

Betty Louise Patton, 53, of East Point, formerly of Bland, Virginia, died Saturday, May 13, 1995, at Highlands Regional Medical Center, Prestonsburg, following an extended illness.

Born September 10, 1941 in Bland, Virginia, she was the daughter of Louanna Birdie Saunders French Underwood of Virginia and the late Mitchell McKinney French.

Survivors include her husband, Carl Thomas Patton; two sons, John Hubert Patton of East Point and Carl Thomas Patton Jr. of LaGrange; one daughter, Annie Mae Manns of East Point; three brothers, Wallace French, McKinley French and John French, all of Bland, Virginia; three sisters, Shirley Conley and Edna Conley, both of Bland, Virginia, and Thelma Sutphin of Ashburn, Virginia; and ten grandchildren.

Funeral services were Monday, May 15, at 11 a.m., at A. Vest and Son Funeral Home Chapel in White Gate, Virginia, with Rev. Arnold Clark officiating.

Burial was in the French Cemetery in Bland, Virginia, under the direction of Nelson-Frazier Funeral Home and the A. Vest and Son Funeral Home in White Gate, Virginia.

Rudell Wicker

Rudell Wicker, 77, of David died Sunday, May 14, 1995, at the Highlands Regional Medical Center.

Born October 29, 1917 at Wayland, he was a son of the late James Buck Wicker and Bessie Smith Wicker Cooley. He was a mining engineer for Princess Elkhorn Coal and for Massey Coal Services.

He is survived by his wife, Joann Ward Wicker; three sons, Larry Wicker and David Wicker, both of Prestonsburg, Ronnie Wicker of Auxier; one daughter, Deanna Burchett of Galion, Ohio; two brothers, Jimmy Wicker and Sherril Wicker, both of David; two sisters, Lucille Farquer of Dayton, Ohio, and Virginia M. Wilson of Tampa, Florida; 11 grandchildren and six great-grandchildren.

Funeral services were Tuesday, May 16, at 11 a.m., at the Floyd Funeral Home Chapel with the Rev. Stephen Whitaker officiating. Burial was in Davidson Memorial Gardens at Ivel.

Serving as pallbearers were L.T.R. Cavins, Mike Burchett, Kenny Burchett, Frank Wicker, Neil Wicker and Stephen Burchett.

Stella Smith

Stella Smith, 81, of Borger, Texas, died April 14, 1995, in Amarillo, Texas.

Born March 24, 1914 in Goodloe, she was the daughter of the late Lincoln and Dora Gibson. She was preceded in death by her husband, William Smith.

Survivors include two sons, Billy James Smith of Borger, Texas, and Bobby Ray Smith of Indian Springs, Nevada; three brothers, Herbert Gibson of Kettering, Ohio, and Arvel Jack Gibson and James Ellis Gibson, both of Prestonsburg; four sisters, Julia Ousley of Martin, Thelma Gibson of Prestonsburg, Joann Castle of Auxier, and Bobbie Jean Gibson of Fayetteville, North Carolina; three grandchildren and one great-grandchild.

Funeral services were April 18, at 11 a.m., at St. John's Catholic Church, with Msgr. Norbert Kuehler officiating.

Burial was in the Westlawn Cemetery, under the direction of Brown Funeral Home in Texas.

Card of Thanks

The family of Mae Evans Conley 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 spoke comforting words. We are especially grateful to the Rev. Larry Pierce for his comforting words; the sheriff's department for their assistance; and the Hall Funeral Home for their kind and professional service.

THE FAMILY OF
MAE EVANS CONLEY

Card of Thanks

The family of Chatty N. Hall 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. Rodney Mosley for his 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 CHATTY N. HALL

Card of Thanks

We would like to express our appreciation to those who showed us kindness and love during the time of illness and death of our father and grandfather, James A. George. Thank-you to all the neighbors and friends who shared their condolences with gifts of flowers, food, and words; a special thanks to the personnel who were so attentive and wonderful in their care of Dad at the Pikeville Methodist Hospital; a special acknowledgment to Chief Eddie Clark and the Betsy Layne Fire Department for the Fireman's Tribute they paid at the funeral; and thank-you to the staff of Hall Funeral Home for their service to the family.

THE FAMILY OF JAMES A. GEORGE

Card of Thanks

The family of Dallis Sue Isaacs Hall would like to extend our deepest appreciation and heartfelt thanks for the thoughtfulness and kindness of friends, relatives, and neighbors during her lengthy illness and recent death. Thanks to everyone who sent prayers, food, flowers, sympathy cards, and comforting words. We are very grateful to the many physicians and other health professionals who worked with her over the years; the Old Regular Baptist Church ministers; and Hall Funeral Home for their assistance and support. We also extend a special thanks to those who donated in her memory to the Pikeville Methodist Hospital Cancer Center.

She is not dead—she is just asleep in the arms of Jesus until He comes back and wakes her up.

HAROLD HALL AND FAMILY

ZION DELIVERANCE CHURCH

WAYLAND, KENTUCKY

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

Card of Thanks

We would like to take this opportunity to express with greatest appreciation the love, kindness and thoughtfulness shown to our family in our time of sorrow, by those who came, called, sent food or flowers, or spoke comforting words. A special thank-you to Dr. Ruben; McDowell ARH nursing staff; Home Health; Dr. Alcorido and Dr. Bhagrath; the United Baptist ministers; Hall Funeral Home for their kind and efficient service; the Floyd County Sheriff's Department; and to all those who prepared food at the First Baptist Church of McDowell.

THE FAMILY OF VERDIE STUMBO



NELSON-FRAZIER FUNERAL HOME
Phone: 285-5155
Owned and Operated By:
Roger Nelson and Glenn Frazier



Floyd Funeral Home
Prestonsburg, Kentucky 41653
(606) 874-2121
Larry Burke, Manager
Traci Burke, Funeral Director - Embalmer
Reasonable, Reliable, and Courteous Service since 1952
Pre-need burial insurance available.

It's good to know it's all taken care of...



When a death occurs, many decisions have to be made for a funeral and burial. And they're all part of a seemingly endless number of things that need attention. Rather than leaving these decisions to your family, you can take care of them ahead of time with Forethought funeral planning.

Then, when the time comes, a single call to the funeral home should be all that's needed to put the process in motion.

Call or write to us today to learn more

Z803-01

©Forethought

FORE THOUGHT
LIFE INSURANCE COMPANY
Funeral Planning for Those You Love

Please provide me information about Forethought® funeral planning. I understand there is no obligation.

Hall Funeral Home
Martin, Ky.
285-9261

Name _____
Address _____
City _____ State _____ Zip _____
Phone Number _____

Merion Bros. Monument Co.



• Granite • Bronze • Mausoleums
• Vases • Custom Designs

One of the area's most selected

Discover, Visa and MasterCard accepted.

Located 2 miles from Martin on Rt. 122
Martin-McDowell Highway

Phone: 285-9961 Outside Floyd County 1-800-675-9961

NOW OPEN...

All Faith Christian Book Store

We offer spiritual books, tapes and t-shirts.
We can fulfill any gift need.
Soon to come—family-oriented videos.

Located at Blue River
Next door to Post Office
Open: Monday and Tuesday, 10-6
Wednesday, 10-4
Thursday and Friday, 10-6
1/2 day Saturday, 10-2

886-8289

Festival continues tradition of music



Christel Sexton



Brandy Lee Compton



Heather Dawn Pack



Teddi Leigh Pack

The Floyd County Music Festival has brought the talents of Floyd County band and choral students to the public eye for the past 66 years.

When Jesse Elliott left Indiana and came to Betsy Layne High School as a music teacher, he raised his baton and the sound of music issued from Eastern Kentucky schools. He established the first band in Eastern Kentucky at Betsy Layne High School.

Elliott traveled from school to school in Eastern Kentucky taking his expertise and love of music into the classrooms and transferring it into the hearts of his students. Many band and choral teachers in the area today were former pupils of Elliott, including Billie Jean Osborne, founder of the Kentucky Opry and the Opry Junior Pros.

Elliott became known as the Father of Music in Eastern Kentucky and established the Floyd County Music Festival in 1929, Osborne said. Although he retired from Mullins High School as a band director, Elliott kept his hand on the musical strings in Floyd County until 1972, when a heart attack less than 48 hours after he assisted Osborne with a band camp,

caused his death.

Through the years, the festival continued. When Elliott was called to duty during World War II, Carlos Haywood, who started a choral program at Betsy Layne High School, kept the festival alive until Elliott returned. Later, Kathryn Frazier, who was a director of the Patsy Teenagers at David, also became an important member of the festival.

Today, Billie Jean Osborne heads the festival, assisted by Elizabeth Frazier, choral instructor at Prestonsburg High School and a daughter of Kathryn Frazier, and Rebecca Haywood, choral director at Prestonsburg Elementary and daughter of Carlos Haywood.

Osborne tells her students that "in sports, it's fight, fight; but when it comes to music, they make harmony."

To become part of the music festival, band and choral students must audition for a spot in one of four categories: Floyd County Junior High Band or Chorus and Senior High Band or Chorus. Students then compete to become part of the All-State band or chorus.

In 1945, Elliott added a new addition to the festival, the selection of a band or choral student as a reigning

queen of the festival.

Representatives this year are Christel Sexton, Allen Central; Brandy Lee Compton, Betsy Layne; Heather Dawn Pack, Prestonsburg; and Teddi Leigh Pack, South Floyd.

Sexton is the daughter of Ronnie and Connie Sexton of Wayland. She is a member of the marching band, concert band and chorus at Allen Central High School.

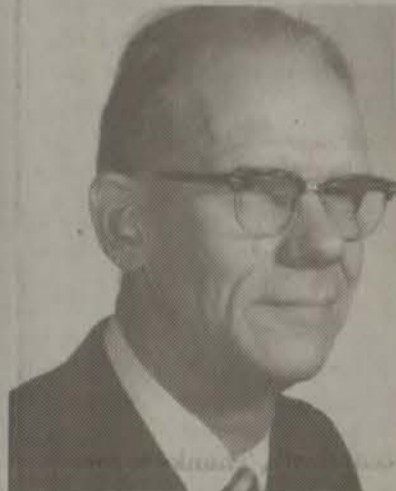
Compton is the daughter of Teresa O'Brien Bentley and Jimmy Compton. She is the field commander of the Betsy Layne High School Marching Band and is a member of the Varsity Singers.

Teddi Leigh Pack is a senior at South Floyd High School. She is a member of the band and chorus. She is the daughter of Johnny and Peggy Pack.

Heather Dawn Pack, a senior at Prestonsburg High School, is the daughter of Don and Janet Pack, both of Prestonsburg. She is a four-year member of the school's honor choir.

Another integral part of the music festival that has been added in recent years is the performance of the Kentucky Junior Pro All-Stars.

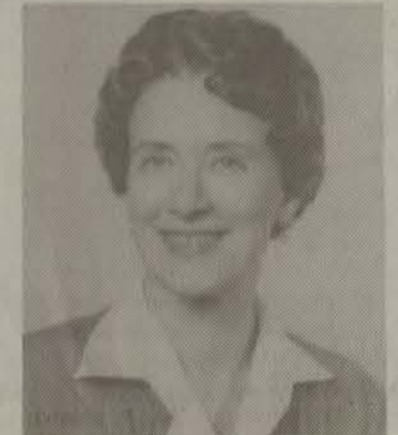
The Music Festival concert will be held Thursday, May 18, at Pres-



Jesse Elliott



Carlos Haywood



Kathryn Frazier

Grads
Perm Sale

Just in time for the prom and graduation day.
All perms at a special price.





Makeovers available
Hair Gallery • 886-9140

3 DAYS ONLY!
Thursday
Friday
Saturday

**USE THIS
SUPER
COUPON
AND SAVE!**

Watson's

20% OFF

**ANY SINGLE
REGULAR OR
CLEARANCE
PRICED ITEM**

(Wise Buys, temporary reductions, Denim, not included. Not applicable with other discounts or coupons. No reproductions of coupon accepted.)

**Good Thursday, Friday and
Saturday May 18, 19 & 20 only**

In Time For Graduation
**6 MONTHS
SAME AS CASH!**









**Mike's
B&W
TV**

Audio Video TV & Appliance

On U.S. 23 N.,
Prestonsburg, Ky.

HOURS:
Monday-Saturday 9:00-5:00

PHONE: 886-9682

Watson's

GREAT BRANDS. GREAT PRICES.

ALL LOCATIONS

Sam an Tonio's grand opening to benefit UK Children's Hospital

The new Sam an Tonio's Restaurant in Prestonsburg opened its doors to business Monday in a grand opening ceremony that benefited two local schools and the Children's Miracle Network.

A ribbon cutting at 4 p.m. Monday marked the opening of the restaurant and a two-day V.I.P. fundraising program earmarking 50 percent of the proceeds Monday and Tuesday to the beneficiaries.

On Monday, the beneficiaries were The David School and the Children's Miracle Network. On Tuesday, the beneficiaries were Our Lady of the

Mountains School and the Children's Miracle Network.

Sam an Tonio's owners, Nora and Jack Absber, have held numerous fund-raisers at their restaurants and sponsored food booths at area festivals — all benefiting the University of Kentucky Children's Hospital through the Children's Miracle Network.

Through their various fund-raising efforts, the Absbers have contributed more than \$45,000 to the UK Children's Hospital, Mary Margaret Colliver, with the university's Office of Affairs, said Monday.

The Children's Miracle Network Telethon is unique among national fund-raisers. All money raised in Kentucky stays in Kentucky to benefit the UK Children's Hospital.

UK Hospital has participated in the telethon for the last seven years and is the only hospital in Kentucky involved in this annual event. Last year's telethon raised a record-breaking \$501,000, bringing the seven year total to \$2.2 million.

The 1995 Children's Miracle Network Telethon, the world's largest television fund-raiser, will be broadcast live from Disneyland and Lexington for 21 hours beginning at 9 p.m., Saturday, June 3 and ending at 6 p.m., Sunday, June 4.

Telethon co-hosts are Barbara Bailey and Bill Bryant, WKYT-TV, Channel 27 (Lexington) and Tony Turner, WYMT-TV, Channel 57 (Hazard). UK women's basketball coach Bernadette Locke-Mattox and Vince Mattox are this year's honorary chairpersons.

During the telethon's local segments, many of UK's young patients will be featured. They are referred to as "miracle children" because they have faced incredible odds and often life-threatening situations.

The telethon will also focus on the love and care provided to children by UK's team of health professionals, and highlight the special programs available for Kentucky's children.

The national portion of the telethon will feature advocacy programs that spell out issues troubling children and their parents, and offer specific help on addressing such problems.

"Raising Kids in the Nineties" will focus on parenting skills and current theories on rearing children. Another advocacy program, "Ace Hardware's Home Safety Show," will demonstrate how to make homes safer for children.

Many television, recording and

sports celebrities will contribute to the 21-hour extravaganza. Stars appearing include: Marie Osmond, John Schneider, Merlin Olsen, Mary Hart, Marilyn McCoo, Bo Jackson, Bob Hope, and Mary Lou Retton.

As part of the weekend festivities, ChildFest '95 will be held on Sunday, June 4 from noon to 5 p.m. at Fayette Mall in Lexington.

The event will be a day of fun and free activities for children of all ages including games, face painting, dance, gymnastics, karate exhibitions, puppet shows, and a children's health fair. The winner from the "Klasy Kid Portrait Contest" will also be announced.

This annual event benefits the UK Children's Hospital.

For further information about participating in the Children's Miracle Network Telethon or to make a gift to the UK Children's Hospital Fund, write to: UK Children's Hospital Fund, P.O. Box 417, Lexington, Ky. 40585-9989 or call (606) 259-1115.



Jay Music, age 62 of Parkersburg, W.Va. formerly of Prestonsburg, Ky. passed away Thursday, May 11, 1995 at the Miami Valley Hospital in Dayton, Ohio. A son of Minnie Music of Prestonsburg, Ky. and the late L. J. Music. A self-employed mechanic. A veteran, having served in the U.S. Army. He was born on June 13, 1932 at German, Ky. He is survived by one son and four daughters: Mr. Jay K. Music of Prestonsburg, Ky., Mrs. Edna Grace Ingram of Dayton, Ohio, Mrs. Molly Lou Mattison of Huntington, W.Va., Teresa Lynn Stratton of Prestonsburg, Ky., Miss Rosemary Music of Germany. There are three brothers and one sister who survive: Mr. Wilford Music of Parkersburg, W.Va., Mr. Sam Henry Music of Westland, Michigan, Mr. John D. Music of Prestonsburg, Ky., Mrs. Mildred R. Compton of Prestonsburg, Ky. Six grandchildren and four great-grandchildren. Funeral services were conducted Monday, May 15, 1995 at 11:00 a.m. from the Floyd Funeral Home Chapel, Prestonsburg, Ky. Ministers were Rev. Tim Blair, Rev. Jimmy Arnett. Burial was in the Harris Cemetery at Corn Fork, Prestonsburg, Ky. All arrangements under the direction of Floyd Funeral Home, Prestonsburg, Ky. Active Pallbearers: Lloyd Harless, J.R. Compton, Zing Goble, Henry Jarvis, Terry L. Sellards, John Jarvis, Robert Harless.

Community Calendar

Historical society president to be AARP meeting speaker

Jim Daniels, president of Floyd County Historical and Genealogical Society, will be the guest speaker at the dinner meeting of Jenny Wiley Chapter No. 3528, American Association of Retired Persons (AARP), which will be held in the cafeteria of Highlands Regional Medical Center, Friday, May 19.

The dinner will begin at 5:30 and the program will follow. All members are urged to attend.

Prestonsburg Elementary resource activities

- May 17: Magician, Kal Kotter.
- May 26: School picnic.

Clark Elementary Resource Center activities

- May 17-19, kindergarten registration.
- May 17, advisory council meeting at 4:30 p.m. at the center.
- May 22-26, computer classes from 12:50 to 1:50 p.m. Call the center at 886-0815 to register.
- Center hours are from 8 a.m. to 4 p.m. Evening appointments are available.

McDowell Resource Center activities

- A parenting class will be held May 18, at 12:30, in the center. The topic will be "Parenting Styles."
- The Ident-A-Child program will be held May 19. Parents can purchase an I.D. card with their child's thumbprint and picture.
- Child-care orientation training will be held at Allen Elementary Family Resource Center May 20, beginning at 8:30 a.m.

Nursing Home Week May 14-20

The theme for Nursing Home Week at Riverview Manor Nursing Home is "Caring For Life."

- May 17: Volunteer luncheon at 11:30 a.m.; Riverview Olympics at 2 p.m.
- May 18: Health care luncheon at 11:30; Rebecca L. Howard singing at 2 p.m.
- May 19: "Employee Appreciation Day": cook-out on patio. Everyone wear jeans.
- May 20: family and residents picnic on patio at 12 p.m. Comedy by Munroe Birdshot.

In celebration of National Nursing Home Week, Mountain Manor offers these special events:

- May 17: Chicken and dumplings luncheon open to the public.
- May 18: Costume contest at 11 a.m. Special pinning at 2 p.m.
- May 19: Old-Fashioned Day; quilt show at 11 a.m.

Maytown Resource Center activities

- Visual impairment programs for 4th and 5th grades on May 16.
- May 17: Nutrition program for primary grades.
- May 18: free scoliosis screening provided by Dr. Phillip Simpson for those students with parental permission.
- May 22: Spring fling for parents, student and community from 6-9 p.m. at the school. KERA bus exhibit from 6-8 p.m. Free food, entertainment and games.
- GED classes every Monday from 8:30-2:30 p.m.
- Fluoride mouthwash program every Thursday for K-6 grades.
- A nurse from the health department will be upstairs over the Maytown Fire Department every Friday. Call the center at 285-0321 for a list of services available or for an appointment. WIC checkups and vouchers are available. The services are available to anyone in the community.

All parents/community are invited to attend the programs at school with students. For more information, call the center at 285-0321.

Big Sandy Senior Games

The Big Sandy Senior Games will be held at the Dewey Dam spillway, Prestonsburg, on May 19. Sporting events are for senior citizens in the five-county area. For more information, call (606) 886-2711.

Duff activities

- May 12-26, attendance parties will be given to all eligible students.
- Kindergarten registration began on May 15 from 8-3.
- Advisory council meeting May 18, at 3:15 p.m. at the center.
- Joy Moore, health department nurse, will provide well-child exams, headstart, 5th grade physicals, WIC physicals and issuance of vouchers, TB skin tests and pap tests.
- Appalshop will perform on May 30.

Harold-Prater Resource Center schedule

- May 17: Prater Elementary—Lola Brashear will do a presentation on self-esteem for 5th-8th grade students beginning at 9 a.m.
- May 19: Harold Elementary—Pikeville Methodist Hospital will have a CPR class for the 8th grade students at 8 a.m.
- May 19-26—Pikeville Methodist Hospital will do a community CPR class from 1-4 p.m. at the center. The classes are free. Call the center at 478-4701 or 452-4701 to register.
- May 22—The East Kentucky Child Care Coalition will have a workshop, "Fun Activities for Child Care Providers," from 6:30-8:30 p.m. at Prater Elementary. Call the center to register.
- May 22—Advisory council meeting at 1 p.m. at the center.
- May 22, 24-26, 30 and 31—Prater Elementary will have kindergarten registration from 12-2 p.m. Call Prater Elementary at 478-9919 for more information.

Stephens/Stevens family reunion

All descendants of the Stephens/Stevens families that came from North Carolina and Virginia to Pike and Floyd counties will reunite in a family reunion on Memorial Day weekend, Sunday, May 28, at noon, at Archer Park, Prestonsburg.

If you have additional history, bring it with you. Everyone is welcome. For more information, contact Bob Stephens, 2695 Drumlins Lane, Grove City, Ohio 43123, or call (614) 875-2749.

Local tourism industry generating jobs

by Janice Shepherd
Managing Editor

Floyd County's tourism industry is paying off in jobs, Fred James, Prestonsburg tourism director, reported at a meeting of the Prestonsburg Tourism Commission Wednesday morning.

James said a report released recently by the state indicated tourism expenditures were up and more jobs had been created in the area. The tourism industry generated 703 jobs in 1994, an increase from 659 jobs in 1993, James said. Tourism expenditures in Floyd County amounted to \$27,697,439 for 1994. In 1993, \$24,940,718 were spent.

Floyd County, ranked 33 of the 120 Kentucky counties in tourism expenditures, is part of the Eastern Highlands-North Region state tourism division. Eastern Highlands is ranked fourth, James said.

In the state, tourism spending soared to \$7.1 billion last year. The increase marks the 14th straight year of spending growth for Kentucky tourism.

James said Governor Brereton Jones had announced the figures this week during National Tourism Week. In his announcement, Jones pointed out that the state's advertising campaign had been a contributing factor for tourism growth in 1994. For every dollar spent in advertising, the state's economy received \$13.82 from travelers who visited Kentucky, Jones said.

"That's good news for the Commonwealth," James said.

Tourism officials predict that the travel industry, now considered the second largest industry in the nation, will become the number one industry by the year 2,000.

In a related matter, James expressed concern about the lack of communication between tourism regions and said he has asked for a joint meeting between the tourism regions of Eastern Highlands North and South. Locally, Prestonsburg, Paintsville, and Pikeville tourism commissions have combined efforts to successfully promote tourism in the tri-county area, James said.

He invited the commissioners to attend a meeting of the Eastern Highlands Tourism Region at Blaine Friday to showcase the artistic heritage of the region. The meeting is open to the public.

In other business at the Prestonsburg Tourism Commission meeting:

- James briefly discussed the ongoing efforts to build a championship golf course in Prestonsburg. He explained that Congressman Hal Rogers had postponed a meeting in Washington, D.C. regarding the golf course project due to the death of Congressman Rogers' wife.
- The commissioners set May 31 as the date for a planning session for next year's tourism projects.
- The commission approved a motion to require applicants for grants to acknowledge on their advertising

that events are promoted by the Prestonsburg Tourism Commission. Grant requests for next year's projects must be received in the tourism office by May 29.

Montana Estrada, with the Jenny Wiley Theatre, introduced Bob Bogdanoff as interim general manager of the theatre. Bogdanoff has been art director of the theatre for the last two years. Bogdanoff announced that Lee Meriweather, star of the series Barnaby Jones and a former Miss America, will be the guest star at the opening of the theatre.

James asked commissioners to consider purchasing a scanner to prepare brochures for printing. Commissioners delayed the request until the new budget is developed.

At the end of the meeting, commissioners went into executive session to discuss personnel. No action was taken when the executive session ended.

FLOYD COUNTY CATHOLICS
WELCOME YOU
ST. MARTHA CHURCH
Water Gap
Masses: 5 p.m., Sat.; 11 a.m. Sunday
Inquiry: Monday 7 p.m.
Religious Education Classes:
Sunday, 9:45-10:45 a.m.
If anyone needs a ride for any of the services, please call St. Martha's Catholic Church
Pastor: Father David Powers
Phone 874-9526

Active Pallbearers: Lloyd Harless, J.R. Compton, Zing Goble, Henry Jarvis, Terry L. Sellards, John Jarvis, Robert Harless.

Paid Obituary

GOSPEL SINGING
at
Free United Baptist Church
West Prestonsburg
Saturday, May 20—7:00 p.m.
Singers
• The Rudds • Goble Roberts
• The Revelations
Pastor, Willis Adkins
Everyone Welcome

Card of Thanks

The family of James Orsborne 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 spoke comforting words. We deeply appreciate you all. A special thanks to the Clergymen Tim McClanahan and James Harmon for their comforting words; the sheriff's department for their assistance in traffic control; and the Hall Funeral Home for their efficient service.

THE FAMILY OF JAMES ORSBORNE

In Memory of Roxie Ratcliff
(Mother and Granny)
August 20, 1911 - May 16, 1990

It's been five long years since you went away,
When Jesus called you home to stay.
Oh, how we miss your voice and your smile,
And most of all, the love that you had so much of.

Being in God's family, we'll meet again to live together, forever, someday.
But until that day comes, Granny, we'll keep pressing on; and wait on Jesus to say to us—Come on home.

You are always on our minds, and our love will endure forever.

Sadly missed by your Children and Grandchildren

Gospel Singing
COW CREEK FREEWILL BAPTIST
Saturday, May 20, at 7 p.m.

FEATURED SINGERS:
The Jackson Family from Hurley, Va. and The Revelations from Clintwood, Va.

Pastor, Nathan Lafferty
Everyone Welcome!

MEMORIAL FLOWERS

Bush Flowers Reg. \$1.99—\$1.00
Bush Flowers Reg. \$2.99—\$1.99
Bush Flowers Reg. \$5.99—\$4.99
Bush Flowers Reg. \$9.99—\$7.99

16" Script Wreath, Mother & Father Reg. \$18.99—\$11.99

20% to 30% off
Sprays - Wreaths

20" Cross with 7 flowers Reg. \$3.99—\$2.99
6-Flower Cross— 20" Vase—18" Spray \$1.99

E.P. Grigsby Store
285-3025 • Martin, KY
Open: Monday - Saturday—9-6
Sunday—12 Noon - 6 p.m.

Largest Selection of Memorial Flowers In Eastern Kentucky At Very Low Prices!

Quads become VIPs in Prestonsburg

For most Kentuckians, the term "greatest two minutes" brings to mind thoughts of the Kentucky Derby. For Sue and Steven Sanders of Blue River, the "greatest two minutes" to them was the time it took for their family to grow miraculously by four—three girls and one boy. Allison Marie, Kathryn Rose, James Arthur and Mary Elaine were delivered by doctors at the University of Kentucky Hospital last October 11 to the Sanders.

This past Saturday was also a special day for the Sanders family. The seven-month-old quads were guests at a shower held in their honor at the Appalard office in Prestonsburg

where Steven Sanders works as directing attorney. Although originally planned as a picnic to honor the babies, the shower was brought inside by Saturday's heavy precipitation.

About 25 co-workers and family friends celebrated the occasion with cake and other refreshments. They also contributed money toward the purchase of a gym playset for the children. The quads were also recognized as V.I.P.'s by Prestonsburg Mayor Jerry Fannin, who gave the four infants keys to the city and certificates.

The presentation and shower were delayed until May because of the quadruplets medical problems. The

babies were born just eight weeks short of full term and because of their premature births, they could not go out in cold weather or risk being around a lot of people.

Early during Sue Sanders' pregnancy, the couple learned she was carrying quadruplets.

"We were really excited at first," said Sue Sanders. "The doctor told us from the start that there can be a lot of complications with multiple births. But, we decided from the beginning to take the pregnancy day by day, otherwise we could be counsumed by worry and be overwhelmed."

Committed to doing all they could to make sure their babies were born healthy, the Sanders moved to Lexington to be close to the UK hospital, where Sue Sanders' pregnancy could be closely monitored. They knew UK Hospital could provide the highest level of care for the babies. Sue Sanders turned to the medical staff for support and care. They worked together as partners. It meant weeks of bedrest, following doctors' orders

precisely. There were several hospitalizations to hold off premature labor.

"If you're not following your doctors' advice...and bedrest...babies can be born much earlier than our's," said Sue Sanders.

As UK Hospital prepared for the big event, doctors and nurses were on "quad call." Four separate medical teams, one for each baby, would be there anticipating any complications that very premature births can bring.

On the day Sue Sanders reached a milestone for the babies' development—32 weeks—came the long-awaited word. She was in labor. The "quad call" quickly brought the medical teams together. The babies were born just eight weeks short of full term.

Still, UK neonatologist, Dr. Nirmala Desai, knew there were no guarantees. "With any babies born that early, we consider them critical. They must make the transition from the mother's womb and learn to live outside."

The Sanders' joy and excitement

were shared by the entire medical team, as in quick succession the quads arrived.

"It was such an emotional experience, there's no way really to tell somebody," said Steve Sanders. "It was just a matter of minutes, and you could hear the babies cry. They all started out alive, which is overwhelming. There were many wet eyes in the operating room."

"Rather than whisk them up to the Neonatal Intensive Care Unit, I was able to see the babies just for a short while," said Sue Sanders. "Then, they got more of an in-depth assessment."

James Arthur had to be put on a respirator and his condition was serious at first. But with continuous monitoring in the Neonatal Intensive Care Unit, the babies became stronger with each day. As they developed feeding skills, the babies began gaining weight, and in just four weeks, started going home, one by one.

"They have done remarkably well," said Dr. Desai. "It's really a miracle that all four babies are so healthy."



Receives GED diploma

Jobs Opportunity and Basic Skills Program (JOBS) participant, Sallie G. Mullins, (center), received her GED diploma in March. Her GED education was through the South Floyd Adult Learning Center and Mitzi Crisp, from David School, was her instructor. She is pictured receiving a JOBS certificate from Frank Salyers, JOBS coordinator and Imelda Wirht, JOBS case manager.

PLAZA CINEMAS
PIKEVILLE, KY. 606-432-1505

ALL SHOWS \$1.00

<p style="text-align: center;">CINEMA I</p> <p style="text-align: center;">STARTS FRIDAY</p> <div style="text-align: center; border: 1px solid black; padding: 5px;"> <p style="font-size: 2em;">"Hide-Away"</p> <p>MON.-THURS.: 7:00, 9:15 FRI.-SAT.: 4:30, 7:00, 9:15 SUN.: 2:30, 4:30, 7:00, 9:15</p> </div>	<p style="text-align: center;">CINEMA II</p> <p style="text-align: center;">HELD OVER</p> <div style="text-align: center; border: 1px solid black; padding: 5px;"> <p style="font-size: 1.2em;">"Tall Tales"</p> <p>MON.-THURS.: 7:00 ONLY FRI.-SAT.: 4:30, 7:00; SUN.: 2:30, 4:30, 7:00</p> <p style="font-size: 1.2em;">"THE YEAR'S WILDEST RIDE!" <i>Sharon Stone will blow you away!</i></p> <p>SHARON STONE GENE HACKMAN</p> <p style="font-size: 1.2em;">THE QUICK AND THE DEAD</p> <p>ALL SHOWS, 9:15</p> </div>
---	---

STRAND TWIN

Absher Enterprises PRESTONSBURG, KY. • 606-886-2696

Regular Prices: Adults, \$5.00; Children, 11 & Under, \$3.00

<p style="font-weight: bold;">STRAND I</p> <p>Starts Friday, May 19</p> <p>SHOWTIMES: 7:00 Nightly & Sunday Matinee</p>	<p style="font-weight: bold;">RE-OPEN FRIDAY</p> <p>SHOWTIMES: 7:00 & 9:30</p>	<p style="font-weight: bold;">STRAND II</p> <p>Starts Friday, May 19</p> <p>SHOWTIMES: Nightly at 9:30 only</p>
---	--	---

SUNDAY MATINEE, ALL SEATS \$3.00—Open 1:00, start 1:30, over 3:30

CAREER CHANGE OPPORTUNITY

Evening classes now available
4:30-8:30 p.m.
Prestonsburg Barber College.
886-9373
221 N. Lake Drive, Prestonsburg, KY.

Riverfall 10 Pikeville

94 Pike Street Pikeville, Ky
606-432-2957

Bargain Matinees Until 6p.m. \$3.00

Tickets may be purchased in advance for any show on the date of purchase

<p>CINEMA 1 "R"</p> <p style="text-align: center;"><i>Village of The Damned</i> Mon.-Sun. 7:15, 9:15; Fri. Matinee 4:20 Sat.-Sun. 2:20, 4:20</p>	<p>CINEMA 2 "PG-13"</p> <p style="text-align: center;"><i>A Goofy Movie "G"</i> <i>Tommy Boy</i> Mon.-Sun. 7:00 <i>PG-13</i> Fri. Matinee 4:00 Mon.-Sun. 9:00 Sat.-Sun. 2:00 Sat.-Sun. 4:00</p>
<p>CINEMA 3 "PG-13"</p> <p style="text-align: center;"><i>French Kiss</i> Mon.-Sun. 7:15, 9:15; Fri. Matinee 4:20 Sat.-Sun. 2:15, 4:20</p>	<p>CINEMA 4 "PG-13"</p> <p style="text-align: center;"><i>Top Dog</i> Mon.-Sun. 7:05, 9:05; Fri. Matinee 4:05 Sat.-Sun. 2:15, 4:05</p>
<p>CINEMA 5 "R"</p> <p style="text-align: center;"><i>Bad Boys</i> Mon.-Sun. 7:10, 9:20; Fri. Matinee 4:25 Sat.-Sun. 2:05, 4:25</p>	<p>CINEMA 6 "PG-13"</p> <p style="text-align: center;"><i>Starts Friday</i> <i>Forget Paris</i> Mon.-Sun. 7:10, 9:10; Fri. Matinee 4:10 Sat.-Sun. 2:10, 4:10</p>
<p>CINEMA 7 "R"</p> <p style="text-align: center;"><i>Starts Friday</i> <i>Die-Hard with a Vengeance</i> Mon.-Sun. 7:00, 9:25; Fri. Matinee 4:25 Sat.-Sun. 2:00, 4:25</p>	<p>CINEMA 8 "R"</p> <p style="text-align: center;"><i>Crimson Tide</i> Mon.-Sun. 7:05, 9:15; Fri. Matinee 4:15 Sat.-Sun. 2:05, 4:15</p>
<p>CINEMA 9 "PG"</p> <p style="text-align: center;"><i>While You Were Sleeping</i> Mon.-Sun. 7:10, 9:10; Fri. Matinee 4:10 Sat.-Sun. 2:10, 4:10</p>	<p>CINEMA 10 "PG-13"</p> <p style="text-align: center;"><i>Jury Duty</i> Mon.-Sun. 7:20, 9:25; Fri. Matinee 4:20 Sat.-Sun. 2:20, 4:20</p>

Eck Rose. Governor.

"I don't make promises I can't keep."
-Eck Rose

High Paying Jobs. Training for our future.

"I never understood this business of making millions of dollars worth of promises, just to get elected. I never understood it...so I've never done it. I just get results.

A new vision for high paying jobs

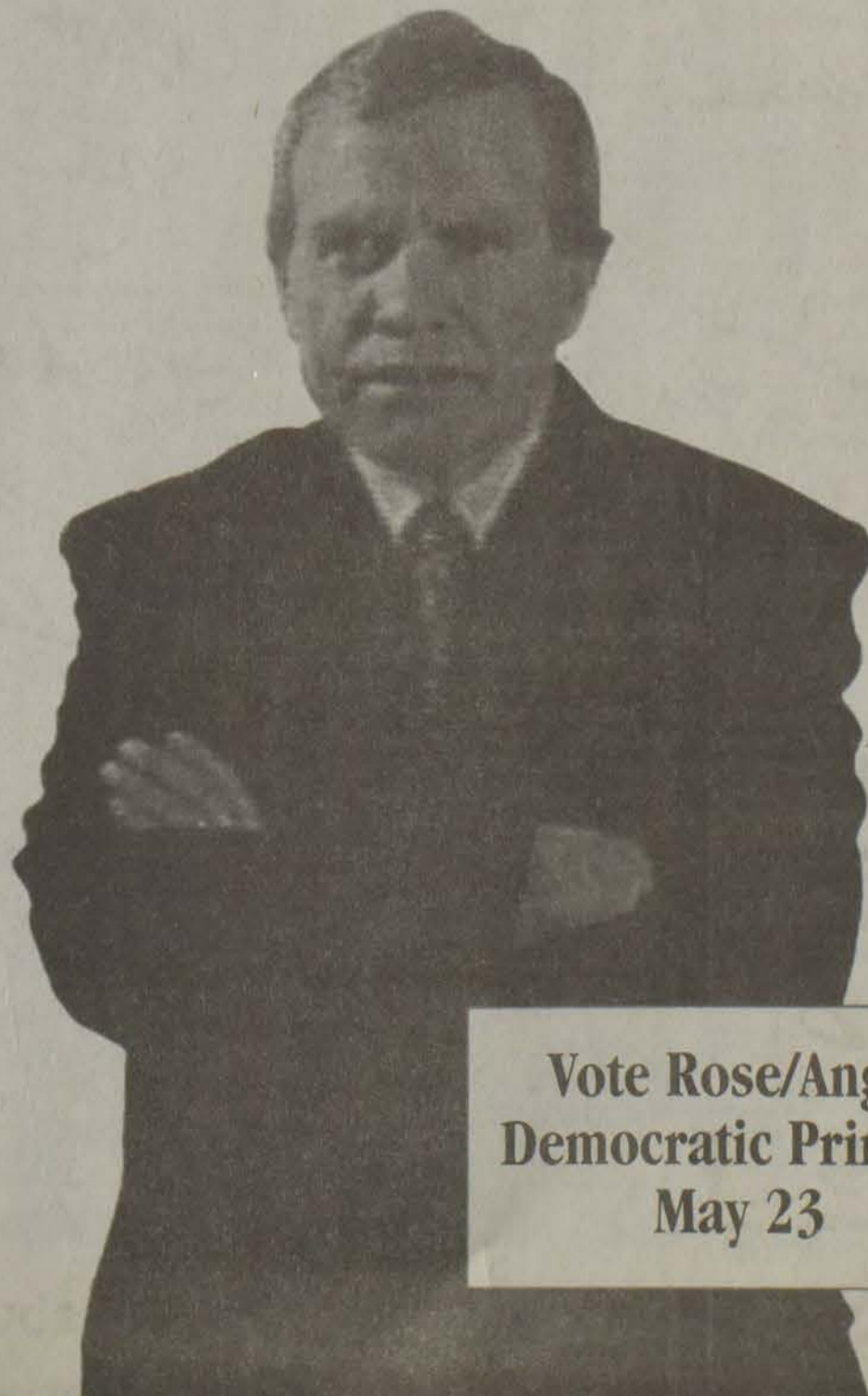
After all, promises won't improve our children's education. Promises won't train them for better jobs or wages either. Only strong leadership can do that. Leadership that means recruiting high-paying jobs — no more of the minimum wage jobs we've seen for years. Leadership that fights to reform Kentucky's education system top-to-bottom for generations to come. Leadership that means re-training our workers today for the jobs of tomorrow.

That's the kind of leadership — and the kind of results — I've always stood for. And whether it's standing up for farmers by fighting the multi-million dollar tobacco tax, or cutting government waste and pork barrel spending, I've often stood alone... but I've always stood for Kentucky.

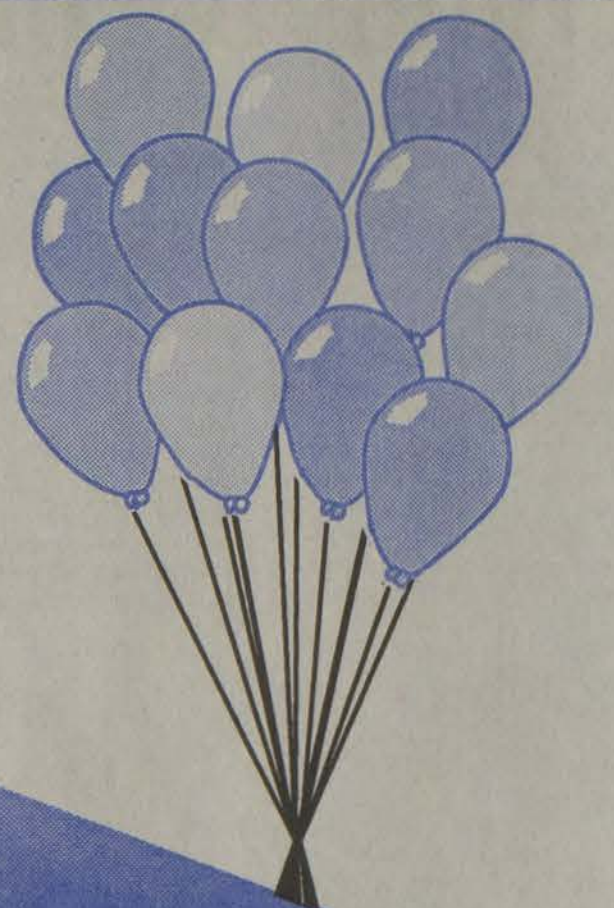
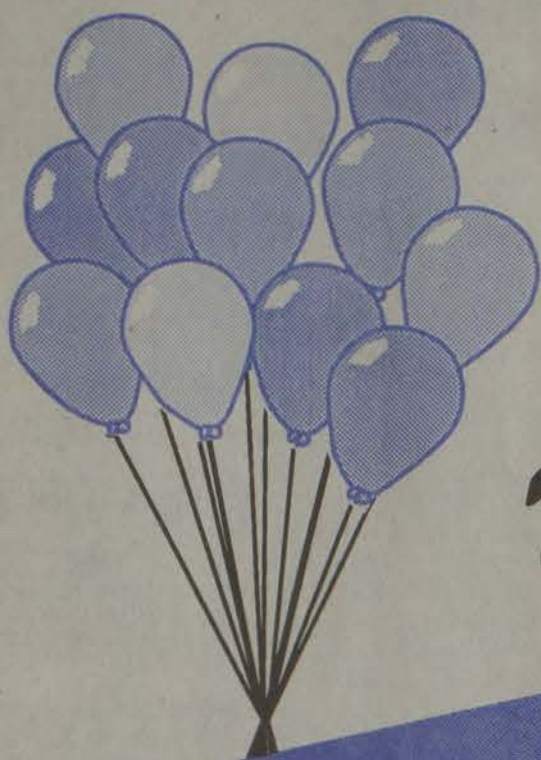
As governor, I'll continue to fight to improve our educational system. And I'll work overtime to increase worker re-training and invest in our state's small and medium size businesses so Kentucky can expand its workforce, increase its wages, and provide more education and professional opportunities for the next generation.

Leadership...Guaranteed

My daddy told me a long time ago, it's not what you promise, that counts...it's what you deliver. I'm Eck Rose. I've spent my whole career bringing home results and protecting our way of life. As governor, I'll do the same thing for your family. And that's not a promise...that's a guarantee.



Vote Rose/Angel
Democratic Primary
May 23



*Our Family
Invites
Your Family To*

Open House

We're celebrating spring with an Open House. There will be balloons for the kids and refreshments for everyone. And we will guarantee you won't find a fairer deal in town on any car on the lot.

Your Chevrolet, Buick, Oldsmobile, Cadillac, Pontiac, and Geo dealer.

Eric Oudney *Cheryl Hughes* *Larry Meade* *Scottie Burchett* *Karla Stumbo* *Dean* *Rich Mullins*
Lee Cabett *Teresa Ditty* *Chin Carter* *Jim Conley* *Estee La Carte*
L. Spaw *Michael Short* *Raymond* *Paul P. Hughes*
Velvet Martin *Shirley Ann Casam* *Ralph A. Roof* *Billy Holman*
Roy Duncan *Sammy* *Norma Wright* *Michael Prater* *Alan*
Executive Samson *Dudley Nichol* *Scottie Burchett* *Chris Wright* *Shawn Walker*
Alan Blair *Larry D. Hoff* *Danny Smith* *Donnie Bush* *Whitney*
Sammy *Larry Stone* *Jeffery S. Martin* *Gay Calhoun* *Whitney*

Eastern Kentucky's Motor Mall

		MUSIC
		CARTER
		HUGHES

Help yourself to complimentary refreshments, register to win hourly door prizes and on Friday at 5:00 p.m., join us as we give away a 25-inch RCA color TV, and on Saturday, a total of \$500.00 in cash.
 (Must be present on Friday and Saturday to win)

South Lake Drive, Prestonsburg • Phone: 886-9181 • 800-844-9181

Allen Central's Jenkins named to All-Star team

by Ed Taylor
Sports Editor

Ahhhh. Summertime. Time to enjoy the great outdoors, fish, hunt, mow the lawn (oops sorry!), play some golf, softball, a little baseball. Just a great time to be alive.

But for Allen Central's junior-to-be Thomas Jenkins, his summer months will be filled with a bouncing basketball as he will be traveling with the Kentucky Junior All-Stars.

The 6-3 Jenkins has been touted as one of the top players to come out of the Allen Central program. Many

think that he is definitely a Division 1 player-to-be.

He averaged just over 17 points per game as a sophomore and pulled down 11 rebounds per game. As a freshman, he was named to the state All-Tournament team after leading the Rebels to Freedom Hall in '94.

College coaches from around the nation began to pick up his name and had considerable interest in the Rebel.

Jenkins will play on the Junior East team coached by Dixie Heights Donnie McFarland. The team includes Pikeville's Doug Powers, Belfry's Barry Crum and Paintsville's

Lee Clemons from the 15th Region.

The junior All-Star team, along with the senior squad, will play at Sheldon Clark High School on June 9 with tipoff set for 6:30 p.m. for the junior all-stars. The senior all-stars will perform at 8 p.m.

The team will leave for Bullitt East High school on June 10 for a game. The prestigious Hoop Stars Camp will run from June 25-29.

At Louisville's Broadbent Arena, the team will take part in the prep festival games on July 8-9.

On Tuesday, July 11, the team will report to the Louisville airport

for a flight to Las Vegas. After spending the night in Las Vegas, the team will drive to Los Angeles for the Great Western Shootout (July 12-14) at Oceanview High School in Huntington Beach.

After some free time in Los Angeles sightseeing, the team will motor back to Las Vegas for the National Invitational High School Tourney July 16-22. The team will return home July 23.

Allen Central will look for Jenkins to be the go-to player for them next

(See Jenkins, B 3)

Clark tosses 4-hitter in Betsy Layne win

by Ed Taylor
Sports Editor

About the only one who wasn't too excited about the Betsy Layne Lady Cats 27-3 win over South Floyd Monday evening at the Allen Park was "Roscoe" the team mascot.

Other than "Roscoe" the Betsy

Johnson collects 4 RBIs in 27-3 rout

Layne fans were pleased with what their team accomplished in the five inning affair.

The game, which was supposed to have a hour and fifteen minute time limit, was a marathon deal despite the

mercy rule.

Shanna Clark hurled five strong innings of four-hit, fast pitch softball. Jessica Johnson collected four hits, three doubles and drove in three runs for the Lady Cats as they opened the

first game of the women's 58th District Softball Tournament.

Clark fanned six batters in picking up the win. She walked eight in the game.

Clark collected three hits for Betsy Layne and had four RBIs. First baseman Melena Gearheart quietly went about her business and had three hits and four runs batted in.

Crystal Newsome had half of the Lady Raiders' hits - two - as they collected four for the game. Jessica Frazier and Amanda Stone had the other two hits.

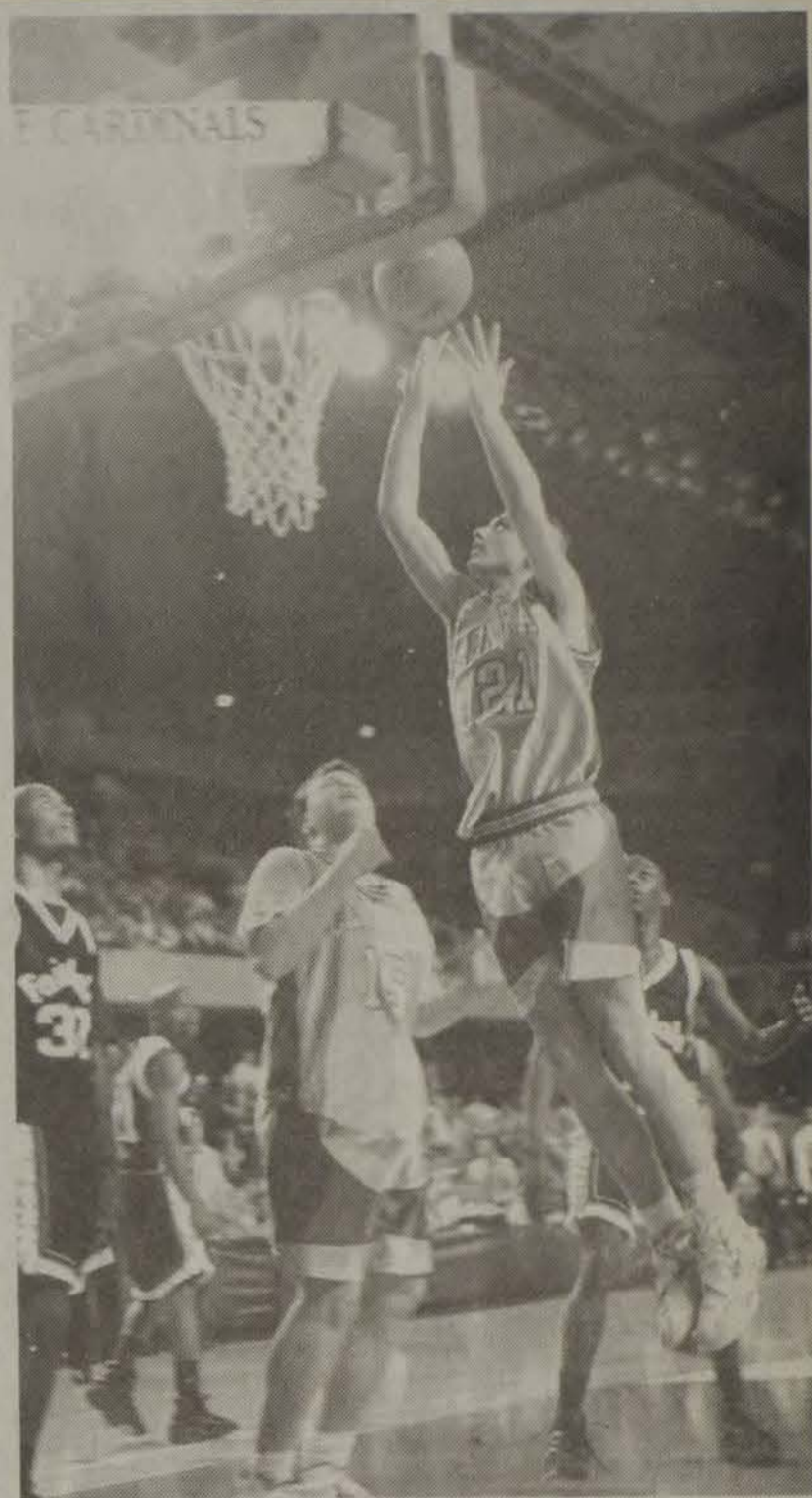
Newsome suffered the loss on the mound for South Floyd. Of the 27 runs scored against her, only 12 were earned. The Lady Raiders committed 15 errors in the game and had several mistakes on the base paths as well.

Newsome walked eight batters and struck out one.

Betsy Layne sent nine batters to the plate in the first two innings and paraded 11 plateward in inning three.

The Lady Cats grabbed a 4-0 lead in the top of the first with Johnson

(See Clark, B 2)



Named to All-Star team!

Allen Central's Thomas Jenkins was recently named to the Kentucky Junior East All-Star team. He will be busy this summer in a trip to the West Coast, as well attending Rick Pitino's basketball camp. Jenkins will return to lead the Rebels this winter. (photo by Ed Taylor)



Wrong side of the bag!

South Floyd first baseman Amanda Slone (1) was on the wrong side of the bag for the throw as Betsy Layne's Bridget Brooke was safe at first in girls district softball Monday at Allen Park. The Lady Cats posted a 27-3 first game win. (photo by Ed Taylor)

Compton wins discus, shot put as South Floyd places second

by Ed Taylor
Sports Editor

In a final warmup just before the track and field regionals at Boyd County this weekend, Keith Smallwood's Lady Raiders went through their final regular season meet having to face, 2A and 3A schools.

Twelve teams gathered on the hill at the Bob Amos Park in Pikeville, pushing to get enough meets in to qualify for the regionals.

Class AAA Johnson Central scored 96 points to take first place in the meet with South Floyd's 78 points good enough for second place.

Allen Central placed third overall with 74 points and Pikeville was fourth with 63. Betsy Layne took fifth place with 60 points.

"It was a good meet," said Coach Smallwood. "One of the better ones that we have had this year. Usually there are five or six teams at the Pikeville meets, but 12 showed up last Thursday."

"That was good because of the competition we faced," said Smallwood.

Tiffany Compton took first place in the women's discus and shot put events. Compton's toss of 86 feet, 11 inches won her first place. She was measured at 32 feet in the shot put for first place.

Lori Tackett placed second in the discus at 85 feet, 7 inches. She took fifth place in the shot at 24 feet.

Coach Smallwood said that he used the events as a time to experiment, meaning he ran some in events they were not accustomed to.

"We still finished second," he said. Amanda Reynolds took third place in the women's high jump, clearing the bar at 4 feet, 6 inches.

Tonda Floyd was a fourth-place finisher in the women's long jump, beating Reynolds by a half-inch. Floyd had a jump of 11 feet, 10 and half inches. Reynolds was measured at 11 feet, 10 inches.

Jada Hall placed fourth in the women's 100-meter run. Hall had a time of 13.80. Seventh grader Lindsey Hall ran in the event, but did not place.

The foursome of Olivia Stewart, Jessica Reed, Melody Reed and Stacia Stanley placed fourth in the 3200-

meter relays. They had a time of 13:47.00.

Floyd ran a 6:40 for fourth place in the mile run. The team of Cassie Hall, Jada Hall, Lori Tackett and Misty Berger took third place in the 400-meter relays. The foursome was clocked at 1:00.00.

Tara Newman placed fourth in the 400-meter run at 1:08. Miranda Ous-

ley was fifth at 1:10.

Floyd took fifth place overall in the women's 800-meter run. In the 200-meter race, Jada Hall finished third at 30.07.

"That was a good time for her," said Coach Smallwood.

Jenny Meade took fifth place in the women's mile run (32:00). Sarah

(See Compton, B 2)



Successful bunt!

South Floyd's Crystal Newsome showed bunt and then laid down a slow roller up the third base line for a base hit. Newsome had two hits in the game, but her team dropped a 27-3 decision to the Betsy Layne Lady Cats in district softball play Monday. (photo by Ed Taylor)

Tandem of Reid and Kack dominate Pikeville track meet

by Ed Taylor
Sports Editor

Like the rabbit powered by batteries, Nikki Reid and Petra Kack just keep going and going and going.

The dynamic duo carry the state meet hopes of Betsy Layne as they approach the regionals this weekend. Last week at Pikeville all they did was finish first in all three events they took part in.

Kack, a foreign exchange student, in unbelievable fashion won the grueling 3200-meter run (13:40), captured the 1600-meter run (5:58), and breezed in the 800-meter race (2:42).

Reid, as expected, won all three of her events and with ease. She took first place in the 100-meter run (13.67), placed first in the 200 meters (28.7) and headed the pack in winning the 400 meters (1:03.6).

While the women were outstanding, the men had their first place finishers as well.

Chris Hicks placed first in the men's 400-meter run with a time of 55.17. The Betsy Layne mile relay team took home first place. The foursome of Tim Nunnemaker, Ray Lyon, Chris Hicks and Sollie Tackett posted a time of 4:03 to win the event.

The same four ran the men's 400-meter relays and took second place with a time of 48.6.

Lyon ran a 25.6 in the men's 200-meter race, good for third place. Nunnemaker had a busy day but a successful day placing second in the 100 (12.02) and 200-meter (25.4) races. He took third place in the men's long jump, being measured at 17 feet, 3 inches.

Betsy Layne competed in a tri-meet against Prestonsburg and Fleming-Neon this past Friday.

Reid took first place in the women's 100, 200 and 400-meter runs. The Bobcats men's 1600-meter relay team placed, first as did their 400-meter relay foursome.

Nunnemaker had a time of 12.03 in winning the men's 100-meter race. He placed first in the 200 meters at 25.19 and in the long jump was measured at 17 feet, 6 inches for first place.

Lyon had a second and third place finish in the men's 100 meters and

200-meter run. Hicks won the 400 meters with a time of 57.48. Sollie Tackett finished first in the 400 meters with a time of 1:01. Matt Rose took home first place in the men's 800-meter run.

In the field events, Bubba Combs was measured at 99 feet, 4 inches for second place in the discus. Rodney Hamilton took third place in the shot put with a throw of 37 feet, 1 inch.

Betsy Layne will be heading to Breathitt County for the regional preliminaries Thursday. The finals will be held on Saturday.

Davis' power too much for Garrett Cubs' coach

When Martin Cardinals' catcher Timmy Davis hit his second home run of the game over the left field fence, Garrett Cubs' coach Dave Conley had seen enough.

The sixth-inning solo blast gave the Cardinals a 12-2 lead in the fourth inning and Coach Conley pulled his team and headed home.

Davis, who was a perfect three-for-three at the plate, homered with two on in the second inning when the Cardinals scored five times. He had hit four home runs in his last two games.

The Cardinals took a 4-0 lead in the first inning as Davis singled home a run. Dwight McKinney had a two-run double in the frame. Charles

McGlothen had an RBI single.

Garrett got back-to-back singles by Josh Bentley and Eric Conley to start their half of the first. But Bentley was tagged out trying to go all the way to third.

The Cardinals made it 9-0 after the second inning. A walk to Josh Bailey, a one-out walk to Rossi Samons and a base on balls to Josh Yates loaded the bases for the Cardinals in the third. Bailey and Sammons scored on an error at first base off the bat of Brandon Click.

Jeremy Hayes then roped a double and he rode home on Davis' first home run of the game.



"I should be home!"

The Pee Wee Leagues—the starting place for a great baseball career. But this Martin Pee Wee catcher just doesn't know if she wants to pursue a career in the sport. Ten teams comprise the Martin league this season. (photo by Ed Taylor)

Clark

(Continued from B 1)

doubling home two runs and Clark getting an RBI double. South Floyd had four first-inning errors.

The Lady Raiders took advantage of some early control problems by Clark and three errors by catcher Jessica Johnson to score three times for a 4-3 game. Newsome had the lone hit for South Floyd in the inning. All three runs were unearned.

After the first, South Floyd could not generate any offense at all against Clark. They did put runners on base in the second and third innings, but Johnson threw out Stone at third base in the second inning in a steal attempt and got Frazier the same way in the third.

Betsy Layne scored seven times in the fourth inning with Ashley Bartley, who had a good defensive game at shortstop, doubling home two runs. Johnson batted twice in the inning, singling the first time and doubling home a run the second at

Betsy Layne 27 South Floyd 3

Betsy Layne				South Floyd					
players	ab	r	h	rbi	players	ab	r	h	rbi
Robinette	4	5	2	0	Allen	1	1	0	0
Bartley	5	3	2	2	Turner	1	0	0	0
Johnson	5	4	4	3	ChTackett	2	1	0	0
Clark	4	4	3	4	Frazier	1	1	1	0
Boyd	3	4	1	0	Hamilton	1	0	0	0
C. Gearheart	1	0	0	0	Holbrook	2	0	0	0
M. Gearheart	5	2	3	4	Newsome	2	0	2	0
CrGearheart	2	0	0	0	L. Tackett	2	0	0	0
M. Hall	0	1	0	0	ChrTackett	2	0	0	0
Brooke	4	1	0	0	Stone	1	0	1	0
Newman	0	1	0	0	Moore	1	0	0	0
Clark	3	1	0	0	Isaac	0	0	0	0
Akers	1	1	1	1	Allen	0	0	0	0
					Lakins	0	0	0	0
					Tackett	0	0	0	0

at Allen Park R H E

Betsy Layne	4	5	7	5
South Floyd	3	0	0	3

LOB-Betsy Layne 5, South Floyd 6 2B-Robinette, Bartley (2), Johnson (3), Akers

Pitching Summary

players	ip	r	h	bb	so
Betsy Layne	5	3	4	8	6
Clark	wp				
South Floyd					
Newsome	ip	5	2	15	11

Compton

(Continued from B 1)

Stone placed sixth.

There was a controversy over the running of the 3200-meter race.

"We feel, that is Allen Central and us, that our runners were made to run farther than they needed to," said Smallwood. "Betsy Layne won the event and their runner lapped everyone else. But the Johnson Central coach was keeping count of the laps and there was a big dispute over the number of laps ran."

The South Floyd women's 1600-meter relay team placed third with a time of 5:50. The foursome included Tara Newman, Miranda Ousley, Jennifer Holbrook and Candida Hamilton.

"There was a lot of talent there," said Smallwood. "It was a very good meet. We had a lot of kids who ran but didn't place; but they got some good experience."

South Floyd will be at Boyd County Thursday and Saturday for the regional meets. The preliminaries will be held Thursday beginning at 5 p.m. The finals will be conducted Saturday beginning at 8:30 a.m.

"It's going to be hard on our kids having to go there Thursday night, then return Saturday morning and run at 8:30 a.m.," said Smallwood.

"The bus trip Saturday morning could be rough on us."

South Floyd girls are the defending regional champions.

Barter's Vodka

1/2 Gallon \$8.99 each All taxes paid

J & J Liquors
Betsy Layne • 478-2477

Water lovers can have fun without the alcohol

As you are packing your bathing suit and suntan lotion for a trip to the lake this summer, don't forget to take along common sense and some important safety rules about alcohol.

When the summer comes, many Kentuckians can't wait to cruise the state's waterways. But mixing water sports with alcohol can ruin the trip and even end in tragedy.

"People often do not realize the adverse effect drinking alcohol can have on them. That's true whether they're on land or water. People who wouldn't think of drinking alcohol and driving a vehicle will drive a boat or participate in water activities that can be just as dangerous," said Mike Townsend, director of the Division of Substance Abuse in the Department for Mental Health and Mental Retardation Services.

"Alcohol consumption affects a person's balance, judgment and physical abilities, which can lead to problems such as falling overboard, behaving recklessly and having a slower reaction time."

Drinking alcohol impairs a person's vision, making it difficult to judge depth perception, the speed and distance of other objects, and peripheral vision. All these abilities are needed when operating a boat or jet ski or water skiing.

"Contrary to the beer commercials, drinking alcohol in hot, sunny weather is not a thirst quencher. In fact, consuming alcohol can make you dehydrate faster, raise your blood pressure and increase your chances of hypoglycemia (low blood sugar), heat prostration or heat stroke," Townsend said.

"In addition, if a man and a woman of the same weight drink amount of alcohol, it will have a greater effect on the woman," he said.

Also remember that combining medication with alcohol is dangerous. Being in the sun for long periods of time can intensify those effects.

According to the Boat/U.S. Foundation, more than half of all boating fatalities in the United States involve alcohol. Many of those deaths were preventable.

Drinking alcohol while participating in water sports has some dangers that may not be widely known. For example, the effects of wind, motion and glare while riding in a boat for a long time can cause "boater's hypno-

sis," which slows a person's reaction time almost as much as alcohol, according to the Boat/US Foundation. Alcohol intensifies the effects of a "boater's hypnosis" making boating, and particularly driving a boat, unsafe.

Alcohol also can cause people to become disoriented in the water. A sober person who is swimming or falls into water can become disoriented about which direction is up when water enters the ear. When this happens to a drunk person, the confusion is intensified and may cause the person to swim down instead of up to the air.

Consuming alcohol also can make a person feel warm, causing a drinker to stay too long in cold water, and possibly produce hypothermia.

"Not using alcohol while participating in water sports is the best decision," Townsend said.

"However, if you decide to drink alcohol, consume only one drink or less per hour. Also, always eat before drinking, sip the drink and remember that alcohol consumption on a boat or in the water can reduce your ability to function properly," he said.

"If you overindulge, do not operate a boat or participate in other water activities. Remember that you are not only endangering yourself, but also the passengers in your boat and other people in the water."

Stumbo Elementary School will be hosting Kindergarten registration on Monday, May 22; Wednesday, May 24; and Thursday, May 25.

Dave's Wheel Alignment Service

U.S. 23 North Travis Br. Rd. • 886-0590

Dr. Timothy R. Wagner
Orthopaedic Surgeon
is now practicing at the
Orthopedic Center
229 U.S. 23 South • Paintsville (formerly Town & Country Building)

Evaluation and treatment, including surgery, for general orthopaedic problems

Dr. Wagner is affiliated with Paul B. Hall Regional Medical Center, certified by the American Board of Orthopaedic Surgery and a fellow of the American Academy of Orthopaedic Surgery.

For appointments, call 789-3316

For The Best In Paving

Roads • Parking Lots • Sealing

Highland Paving Co.

452-2078 Call any time: 452-2059
1-800-520-1814

\$18 Million Found For Taxpayers

ASK
Frances Jones Mills

DEAR MS. MILLS: I have read that you have used taxpayers' money to take a lot of out-of-state trips to treasury conferences. Are these trips worth it to the taxpayers?
- Concerned, Kentucky

DEAR CONCERNED: Saving taxpayers' money is the primary responsibility of any elected state official. Conferences on Unclaimed Properties has helped my office work better with Kentucky businesses and corporations to locate over \$18 million in unclaimed properties. Items such as forgotten checking and savings accounts, unclaimed payroll checks, and unclaimed stocks and bonds belonging to Kentucky citizens. By enacting legislation that helped businesses and corporations report unclaimed properties,

over \$6 million was returned to the rightful owners. A portion of the Unclaimed Property monies can be used to fund low-interest loans to small businesses and farmers. The question is, can I do a better job by sitting in Frankfort, or by traveling to other states exploring what they are doing to improve their state's economy. I have chosen the latter course. *Quite a return on your tax dollars, don't you think?*

Frances Jones Mills
Paid for by Frances Jones Mills for Secretary of State, Deanna Nansy, Treasurer, Frankfort.

The Floyd County Head Start/KERA Preschool will begin accepting applications Tuesday, May 23, for four (4) year old children who will be four (4) by October 1st, 1995. A special needs child becomes eligible on their third (3rd) birthday regardless of income.

Applications can be made at any Head Start Center beginning at 8:00 a.m.-3:00 p.m. The following is a list of centers in your area:

CENTER	TEACHER	PHONE
ALLEN	TERESA CAMPBELL	874-2165
BETSY LAYNE	CINDA ALLEN	478-4686
	ALFREDA BYRD	
CLARK	GENEVA WARD	886-8944
DRIFT	NORMA HOUSTON	377-1137
	LYNN SLONE	
	JUDY STUMBO	
DUFF	LUCRETIA DUNCAN	358-4528
	PAT FITZPATRICK	
MARTIN	TONJA LITTLE	285-9546
	JAMIE SLONE	
MELVIN	LINDA JUSTICE	452-2397
OSBORNE	RUTH HUFF	452-2307
PRESTONSBURG	TERRY JOHNSON	886-8145
	PAT NEWSOME	
	NEVA TACKETT	
STUMBO	ANNA HAMILTON	587-2911
	BILLIE ISAACS	

In order for the application to be complete the parent needs to bring the following:
*PROOF OF INCOME (this includes all income)
W-2 forms, paycheck stubs, award letters
*CHILD'S BIRTH CERTIFICATE
*UPDATED SHOT RECORD INCLUDING HIB AND TB SKIN TEST
*CHILD'S MEDICAL CARD NUMBER
*CHILD'S SOCIAL SECURITY NUMBER
*FOOD STAMP NUMBER

Federal poverty guidelines vary according to the size of the family and the income:

One family member	7,470	Five family member	17,710
Two family member	10,030	Six family member	20,270
Three family member	12,590	Seven family member	22,830
Four family member	15,150		

For more information, contact Vivian McGarey, Early Childhood Coordinator of the Floyd County Head Start or Kimberly S. Crisp, Social Services Coordinator at 886-1986.

TURNED DOWN ELSEWHERE?

We can help. Our staff has the edge to overcome bankruptcy, slow credit or even no credit.

Commonly Asked Questions:
DOWN PAYMENT?
Industrywide among the lowest percentage available.
CAN I TRADE IN A VEHICLE?
Yes, bring in your title registration.
LENDER RATES?
Interest rates based on year of vehicle financed, the length of the loan and prior credit history.
WHAT VEHICLES ARE AVAILABLE UNDER YOUR PROGRAMS?
Nothing is excluded under our programs, and we always stock a fine selection of new and used.

What should I bring with me?

1. PROOF OF INCOME
Recent pay check stubs, W-2 statements, income tax return, V.A. compensation statement, social security benefits, retirement income statement, child support benefits
2. LEGAL DOCUMENTS
Bankruptcy papers with court list of creditors and discharge notice, divorce decree, separation agreement, judgement, suits and collection notices
3. IDENTIFICATION
Driver's license, social security card
4. REFERENCES
Last telephone bill, gas and electric bills, addresses of friends and relatives
5. DOWNPAYMENT
Cash, cashier's check, title to trade

JOHN GRAY
PONTIAC-BUICK-GMC TRUCK, INC.
PAINTSVILLE, KY.

Local 297-4066
Toll Free 1-800-346-4066

TRAFFIC LIGHTS
U.S. 460 W. (to Salyersville)
U.S. 23 Bypass
Meyo Plaza
Shoney's
JOHN GRAY
Pontiac, Buick, GMC Truck

Betsy Layne scores two in seventh for 3-2 win over Millard

by Ed Taylor
Sports Editor

The 1995 high school baseball season completed their final week of the regular schedule and the Betsy Layne Bobcats ended theirs in style in what was their final home game.

Senior Derrick Newsome drilled a Brett Meade fastball to centerfield to drive in catcher Shawn Rose with the winning run as the Bobcats posted a 3-2 win over a fine Millard Mustang team.

The win improved the Bobcats to 19-6 on the year heading into district tournament play (tonight).

Newsome collected half of Betsy Layne's hits with a single in the third inning before his game winning RBI in the seventh.

Newsome picked up the win, working the final two innings. Chad Case started for the Bobcats and went the first five innings.

The Mustangs held a 2-1 lead going into the bottom of the seventh, having scored a run in the top of the inning to break a 1-1 game.

Meade, who relieved Lane Bartley in the bottom of the fifth with one out, issued a lead-off walk to right fielder Matt Kidd. Case laid down a sacrifice bunt, moving Kidd to second base.

Kidd scored the tying run when Rose's bouncer to third was misplayed for an error. Meade got Brent Akers to bounce back to the mound for the second out with Rose reaching second safely.

Meade went as far as he could go in the count, going full before delivering the pitch that Newsome ripped to centerfield, scoring Rose.

It was a pitcher's duel in the early going as neither team could mount any offense in the first two innings.

Millard threatened in the first with a leadoff double by Mark Smith. Case got Bartley on a fly ball to left before fanning Brett Meade. Clevinger reached first on an infield hit with Smith moving to third. But some shaky base running by Clevinger killed the threat when Rose gunned him down at second base in a steal attempt.

The Mustangs did take a 1-0 lead in the third against Case. Shellie Tackett drew a one-out walk from Case and he scored on Bartley's RBI single. Case then got Meade and Clevinger on strikes to end the inning.

Millard left the bases loaded in the top of the fourth inning against the Bobcat pitcher. After Chad Adkins fanned, Ricky Adkins reached on a rightfielder's error. Daniel Ray was safe on a fielder's choice play and Josh Carr singled. But Case got Tackett to end the inning on a grounder to shortstop.

Betsy Layne tied the game at 1 in the bottom half of the fifth inning. Brad Kidd, who was hit by a pitch, scored the tying run on an RBI single by Rose to left field.

It was 2-1 after the Mustangs batted in the top half of the seventh. The run came after Newsome retired the first two batters. Tackett skied to right and Smith fanned. But Bartley roped a doubled down the left field line and scored when Meade's grounder got under the glove at shortstop. The run was unearned.

Millard collected seven hits in the contest with Smith and Bartley collecting two each.

Meade was the losing pitcher, working two and two-thirds innings. He allowed two runs on just one hit.

Bartley allowed one run while scattering four Betsy Layne hits. Bartley

struck out 11 batters and walked one but he hit two.

Newsome allowed the one run in the seventh on one hit. He fanned two and did not walk a batter.

Case made the right pitch when he had two and gave up just the one run on six hits. He struck out seven batters and walked three.

Millard stranded eight base runners while Betsy Layne left six men on base. The Bobcats committed three errors while Millard had one miscue.

Betsy Layne (19-6) will face Prestonsburg in the second round of the 58th District tournament at Turner Field in Drift Thursday evening at 5:15 p.m.

Betsy Layne 3				Millard 2					
players	ab	r	h	rbi	players	ab	r	h	rbi
Smith ss	3	0	2	0	Akers cf	3	0	0	0
Bartley p	3	1	2	1	Newsome 2b	4	0	2	1
Meade c	4	0	1	0	Keathley 3b	2	0	0	0
Clevinger cf	4	0	1	0	Castle ss	0	0	0	0
C. Adkins 1b	4	0	1	0	Jones dh	3	0	0	0
R. Adkins 3b	3	0	0	0	Meade lf	3	0	1	0
Ray rf	3	0	0	0	Collins 1b	3	0	0	0
Carr 2b	3	0	1	0	B. Kidd rf	1	1	0	0
Tackett lf	2	1	0	0	M. Kidd rf	0	1	0	0
					Case p	3	0	0	0
					Rose c	3	1	1	1

Millard.....0010001-271
Betsy Layne...0000102-343
LOB - Millard 6, Betsy Layne 8 2B - Smith, Bartley SAC - Case

Pitching Summary

Millard	ip	r	h	bb	so
Millard	4:13	1	3	1	11
Meade p	2:23	2	1	1	1



Swinging a hot bat!

Prestonsburg A's second baseman Joey Willis has been on a streak of late. Last Thursday he singled up the middle against the Indians. Willis had six hits in two games prior to Thursday's game. (photo by Ed Taylor)

Barter's Vodka
1/2 Gallon \$8.99 each All taxes paid
J & J Liquors
Betsy Layne • 478-2177

Protect yourself and your children from violence. Call someone who can help. 886-6025 (Floyd County) 1-800-649-6605 (Outside Floyd Co.)

DON'T MISS OUR PRESENTATION ON RCA'S DIGITAL SATELLITE SYSTEM!
Thursday, May 18th, 7-9 pm • In our Electric Express Department •

- Learn all about the system... programming options, installation and much more!
- Question and answer session with DSS experts!
- Free Gift just for attending!
- Refreshments

RCA DSS
18" Dish, Receiver & Remote Control
Get Yours Today For Only... **\$49** per month or \$799
Only 18" Wide

Now Available At...
Heilig-Meyers FURNITURE Village Plaza
Prestonsburg • 886-8668

It's Like Owning Your Own Video Store...
Just imagine! With RCA's Digital Satellite System, you'll have access to over 175 channels 24 hours a day. We're talking up to 5,000 programs a month. Plus, you can customize your package to your own viewing tastes. Head to Heilig-Meyers today, where you'll find this fantastic system and trained sales people to talk you through this important buying decision.
Installation kit sold separately. Professional installation available for an additional fee.

WRIGHT LUMBER CO.

PRICES GOOD THROUGH SATURDAY, MAY 27TH

THREE LOCATIONS:

MARTIN, KY • 285-3368
ZEBULON ROAD, PIKEVILLE, KY • 631-1240
GRAND VUE PLAZA, HAZARD, KY • 436-2350

Delivery Available

LUMBER

SIZE	8'	10'	12'	14'	16'
2X4 CONST.	1.97	2.49	2.99	3.49	3.99
2X6 CONST.	2.97	3.89	4.69	5.39	5.89

Construction Studs	\$1.79	4'x8' Pressure Treated Lattice	\$6.36
1x12 Sheathing	Ft. 43¢	1x8 Bevel Cedar Siding	Ft. 45¢
1x3—8' Furring Strip	Ea. 79¢	7/16 Wafer Board	\$8.49

PLUMBING

40-Gallon Electric Water Heater	\$129.95
50-Gallon Electric Water Heater	\$139.95
40-Gallon Gas Water Heater	\$129.95
White Fiberglass Tub & Shower Unit	\$159.97
White Commode	\$59.97
1/2-H.P. Submersible Pump	\$149.97

DOORS

2/8 & 3/0 6-Panel Metal Clad	\$89.50
2/8 & 3/0 9-Lite Metal Clad	\$119.50
2/8 & 3/0 Mill Finish Storm Door	\$49.50
Lauan Pre-Hung Door with Casing (all sizes)	\$49.99
6/0 Wood Patio Door	\$319.00
Wood Screen Doors	\$34.97

INSULATION

R11 x 15", 88.12'	\$12.87	R30 x 16", 53.33'	\$21.97
R11 x 23", 135.12'	\$19.87	R30 x 24", 80.00'	\$29.97
R19 x 15", 48.96'	\$10.97	1/2" Blackboard	\$3.97
R19 x 23", 75.07'	\$17.97	1/2" Foam (Foil both sides)	\$4.33

ELECTRICAL

250' Roll 12-2 with ground	\$28.88
200-Amp Trailer Disconnect	\$77.00
200-Amp 30-Circuit Breaker Box & Lid	\$77.00
2"x10' Rigid Conduit	\$18.99
2"x3" Plastic Wall Box	19¢

MISCELLANEOUS

8cc 50-Lb. Box	\$12.97
16cc 50-Lb. Box	\$12.97
Roofing Tacks	\$22.97
White Vinyl Siding (Double 4)	Per Sq. \$33.88

Jenkins

(Continued from B 1)

season after losing three top players.

Jenkins' hard play all the time on the floor has drawn the praises of opposing coaches.

He is known for his quickness in going to the basket and his excellent jumping ability.

It is no secret that Jenkins has set his sights on playing for the Big Blue at UK.

After all his travels have been completed in July, Jenkins has been invited to participate in Rick Pitino's Big Blue Basketball Camp in August.

Jenkins, a wide receiver for the football Rebels, will drop football this fall to concentrate on basketball.

The mind of man is like a clock that is always running down, and requires to be as constantly wound up.

—William Hazlitt

Bluegrass State Games entry deadlines

by Ed Taylor
Sports Editor

I believe in the Games!
I believe that the Bluegrass State Games is an excellent place for all athletes to compete on their own level and I really don't believe anyone comes home a loser.

The Games afford the serious-minded athletes, as well as those who don't take it as seriously, a chance to demonstrate what they are capable of doing or just a chance to enjoy competing in an Olympic-type atmosphere.

Twenty-five events will make up the 1995 Bluegrass State Games that will be held July 28-30 in Lexington and beyond. The earliest deadline for entering is June 23 and the latest is July 7.

Here are this year's events and entry deadlines:

- Equestrian (Dressage/Combined Test), June 23.
- Soccer (youth divisions), June 23.
- Softball (adult/youth divisions), June 23.
- Tennis, June 23
- Gymnastics, July 1
- Soccer (adult divisions), July 1
- Volleyball, July 1
- Archery, July 7
- Basketball, July 7
- Bowling, July 7
- Canoeing/Kayaking, July 7
- Chess, July 7
- Croquet, July 7
- Cycling, July 7
- Diving, July 7
- Equestrian (hunter/saddle seat division), July 7
- Fencing, July 7
- Golf, July 7
- Horseshoes, July 7
- Karate, July 7
- Power Tumbling, July 7
- Racquetball, July 7
- Shooting, July 7
- Swimming, July 7
- Table Tennis, July 7
- Track and Field, July 7
- Wrestling, July 7
- Valvoline Athlete Assistance Program...

Financial assistance is available to those who would like to get in on some "Serious Fun" this summer in the Bluegrass State Games.

Those who feel they need financial help can apply for an individual sports scholarship.

The Valvoline Company, the Games' Founding Partner, through the Valvoline Athlete Assistance Program will afford young people who wish to participate in the Games but cannot pay the entry fee the opportunity to compete with other amateur athletes from across the state.

"The Bluegrass State Games is open to everyone and we would like for everyone who is interested in good spirited competition to be able to participate in this exciting event," said Carl Frey, Bluegrass State Games' chairman of the board. "It's great for Valvoline to provide the means for everyone to be included in the Games. Promoting all of our athletes is what the Bluegrass State Games is all about."

As a participant in the Bluegrass State Games, the scholarship recipients will receive free BGSJ t-shirts, enjoy a free picnic with their families, attend the opening ceremonies at UK's Commonwealth Stadium, and compete for gold, silver and bronze medals during the weekend.

To apply for assistance, a written request must be submitted explaining why the athlete should receive a scholarship.

Send the letter, athlete's name, address, phone number and entry form no later than June 23 to: Valvoline

Mud Creek Pee Wee White Sox mercy Reds 17-0

by Ed Taylor
Sports Editor

Ryan Mitchell and Blake Frasure collected two hits each as the Mud Creek Pee Wee White Sox mercied the Reds 17-0 in league play last week.

Mitchell had a double and single in the game with Frasure collecting two singles.

Kriston Sparks had a first inning triple and Shane McKinney doubled in the second inning. Jack Slone had a second inning single.

Kevin Bray had the only extra base hit for the Reds with a third inning single. Ervin Vance had the other Reds' hit, a third inning single.

The White Sox scored five runs in the first inning, four in the second and seven in the third.

The Mud Creek Pee Wee teams play all their games behind the John M. Stumbo Elementary School.

The Reds will play the Cubs in tonight's first game. The White Sox will face the Braves in game two tonight.

Athlete Assistance Program, P.O. Box 1463, Lexington, KY 40591-1463.

Applicants will be advised of the decision either by telephone or in writing no later than July 7.

What's new in 1995!

This year the Bluegrass State Games is proud to include the exciting sport of power tumbling as one of its 25 different sports competitions. Power tumbling differs from gymnastics in that the only equipment used is a trampoline, a double mini-trampoline and the floor.

League qualifications for the 1995

Bowling Competition have been eliminated. Any amateur bowler who is interested in the Games need only to register before July 7.

The canoeing division will include two separate stock races (500m and 1,000m) for Cub Scouts and Boy Scouts.

The wrestling competition will be a single day tournament, with medals being awarded as they are earned.

Some other changes in the sporting events:

• Croquet (9-wicket/grass) will now compete at Kirklevington Park in Lexington.

• Archery has gone to a new format with the V-round and animal round divisions being held at the Bluegrass Sportsman's League in Wilmore.

• Shooting has added two new events, skeet and sporting clays, in the trap division.

• Swimming added a 56-65 and 66 and over divisions; and a female juniors (12 and under) division was added in Volleyball.

Games booklets with registration forms may be picked up at the Floyd County Times' offices between the hours of 8 a.m. and 5 p.m.

Barter's Vodka

1/2 Gallon **\$8.99** each
All taxes paid

J & J Liquors
Betsy Layne • 478-2477

**YOU AND YOUR CHILDREN
HAVE A RIGHT TO BE SAFE.**
Call someone who can help.
886-6025 (Floyd County)
1-800-649-6605 (Outside Floyd Co.)

COMPUTERS PLUS.....

"We're Committed
To Serving You!"

SALES • SERVICE • TRAINING

- IBM ADVANCED PRODUCTS DEALER
- IBM WARRANTY SERVICE AUTHORIZED
- CERTIFIED NETWORK ENGINEER (CNE)
- SOFTWARE TRAINING CLASSES
- COMPUTER ACCESSORIES & OFFICE SUPPLIES

TOLL-FREE DIAL
1-800-272-8326

789-1100

241 COLLEGE ST., PAINTSVILLE

COPYRIGHT 1995 - THE KROGER CO. ITEMS AND PRICES GOOD SUNDAY, MAY 14 THROUGH SATURDAY MAY 20, 1995 IN PIKEVILLE.

WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NONE SOLD TO DEALERS.



**Always Good. Always Fresh.
Always Kroger.**
Your Total Value Food Store!



**PRICE
BREAK!**

JUMBO 9-SIZE TEXAS

Cantaloupes
2/\$3



Lesser Quantities
**Porterhouse
or
T-Bone Steaks**
Pound
\$3.99



U.S.D.A. INSPECTED SELECT
PORTERHOUSE OR

T-Bone Steaks
\$2.99
Lb.

When purchased as a
Whole Beef Short Loin
16-20-Lb. Avg.
(approximately
12-18-Steaks)

U.S. GRADE A (4-7-LB.)
**Fresh Kroger
Turkey Breast**
Pound
99¢
Save 70¢
Pound

ASSORTED VARIETIES
**Big K
Soft Drinks**
12-Pack 12-oz. Cans
2/\$3
Save at least
50¢
Up to four
12-Pks. at
this price

PREMIUM CALIFORNIA
**Red, Ripe
Strawberries**
1/2 Flat
\$4.99
Equal to
\$1.67 per quart
Save 32¢/Qt.

**Buy One
Get One
Free Sale!**
Save at least
\$2.149

**Lay's
Potato Chips**
6-oz.
**Buy One
Get One
Free!**
Save \$1.39

FROZEN CORN, PEAS, BROCCOLI, OR MIXED VEGETABLES
**Green Giant
Vegetables**
16 oz.
**Buy One
Get One
Free!**
Save at least
\$1.19

FROZEN
**Kroger
Fudge Bars**.....12-Ct. **Save \$2.39**
**Buy One
Get One
Free!**

FROZEN
**Kroger
Lemonade**.....12-oz. **Save 89¢**
**Buy One
Get One
Free!**

IN-STORE BAKED
ASSORTED VARIETIES
**Jumbo Deli
Cookies**.....Dozen **Save \$3.99**
**Buy One
Get One
Free!**

RECLOSEABLE
**Kroger
Freezer Bags**.....20-Ct. **Save \$1.39**
**Buy One
Get One
Free!**

**Kroger
Pretzels**.....9-oz. **Save \$1.39**
**Buy One
Get One
Free!**

DELI
**Butter
Pretzels**.....8-oz. **Save \$1.69**
**Buy One
Get One
Free!**

**Armour Meat
Hot Dogs**.....1-Lb. **Save \$1.99**
**Buy One
Get One
Free!**

KROGER
**Rotisserie
Chicken Spices**.....3.12-oz. **Save \$2.69**
**Buy One
Get One
Free!**

ASSORTED
**Deli Cake
Donuts**.....Dozen **Save \$2.49**
**Buy One
Get One
Free!**

**WE ARE COMMITTED
TO SERVING YOU**

If you have suggestions, comments
or questions please contact your
store manager or call

1-800-853-3033

DOUBLE mfrs' **COUPONS**
..... up to 50¢ See store for details!



Sports in Kentucky

Bob Watkins

A poll on UK play-by-play man...how many votes would Marty Brennaman get?

Just wondering 'n things. If Lexington media mogul Jim Host took a poll of those who count, the fans, on who the radio play-by-play voice for University of Kentucky football and basketball ought to be, how many votes would Marty Brennaman? At least two. But forget it, you don't get a vote. What made you think this job is about popularity. Since the basketball recruiting season ended officially last weekend, how good was Pitino's haul? According to Bob Gibbons, second in the nation behind Michigan. But Van Coleman rated UK second in the SEC behind Arkansas. Hmm. UK signed the nation's best recruit in Ron Mercer who can play three positions; number two rated point guard Wayne Turner, and Coleman points out UK didn't sign a quality big man...Anybody notice the big name missing from the float list for NBA coaching vacancies this spring? Rick Pitino.

Anybody else want to beat up on CBS golf analyst Ben Wright? How about Gary Moeller and Dennis Erickson? ...Since USA Today gave Wright and CBS Sports a 3-column, 16-inch hole in its sports section to say he didn't say those things about women's golf and lesbianism, what happened to Jimmy 'The Greek' Snyder's equal space? Anyone else hear Howard Cosell howling?...

Why would a sports writer congratulate (in print) a television announcer, NBC's Tom Hammond, for passing up working an NBA playoff game to attend his son's graduation from Duke University? That's a choice?

BEST DEFINITION: ATHLETES' ACTIONS

With varying degrees of eloquence and enthusiasm, we try to define the right and wrong in competitive sports. Frequently one need only let athletes speak for themselves. Consider the following, then guess who said what. "Yes, I cared what fans thought about me and I tried very hard to please them. But I don't think that makes me a hot dog. I never did anything in a basketball game to draw attention to myself at the expense of my team."

And.... "What I do doesn't hurt anybody. If the coach can't accept the way I am, that's not my problem. I have to be satisfied with myself. I can't worry about satisfying him."

Your choices: Dennis Rodman and Dan Issel.

BASEBALL: 'LOST THE MEANING'

Baseball fans are still turned off in record numbers and players seem as sullen and/or blasé as before the strike. Popularity of NFL and NBA games is cooling. Where have professional athletes gone wrong?

Vivian Fliman, a Cincinnati-based clinical psychologist, has, I think, put her finger squarely on how our sports stars have "lost the meaning."

"Team participation is important," Dr. Fliman says, "because children begin to develop an understanding that you have to put individual needs aside for the good of the team; they learn to serve the community better. Sharing is a hard thing for children to learn."

Culturally, too many athletes arrive at the professional level today as 'gotta save myself' survivors of the inner-city or products of suburban

climes where they were pampered, preened and programmed.

Arriving at The Show, what do they have in common? Saddled with produce-or-you're-gone job pressure and insecurity, athletes are forced to believe fulfillment comes in a pay envelope. Or, in the case of many, in a pay truck.

The headlong rush to get all you can leaves little time, opportunity or inclination for concern with John and Jane Public taking their kids to the ballpark hoping for an autograph. Fans see it.

DIS 'N DATA

Baseball. Word was Shelbyville's Lee Tinsley would never hit major league pitching. But Tinsley hit safely in his first 13 games for the East Division leading Boston Red Sox. At the weekend he was batting .418 and been moved to leadoff spot after starting the season hitting ninth in the order.

Kentucky's winningest coaches. Somerset High baseball coach Charlie Taylor, in his 26th year, is the state's winningest high school coach -- 700-154. According to KHSAA figures, the state's all-time winningest baseball coach is Don Richardson at Madison Central, 961. "That's according to the National High School Record Book," says Brooks Downing of the KHSAA.

The 600 Club includes: Paintsville's Charlie Adkins, 625-231 record in 26 years; Owensboro's Jack Hicks, 606-198 in 22; and Ron Myers, in his 26th season at Elizabethtown is 6-5-241 as of last week.

College basketball: ABC-Television released its schedule of 1995-96 college games last week. The probable preseason number one ranked Kentucky Wildcats are scheduled only once, same as last season and same game, at Vanderbilt, January 21. Meanwhile, Temple at Louisville will be aired Sunday, February 12; Louisville at UMass the following Sunday; and UofL hosts national champions UCLA on March 5.

Scuttlebutt: ESPN is considering telecasting one of Kentucky's tour games in Italy in August (probably city pro teams in Trieste or Siena, August 17 or 19). And a Kentucky-Providence meeting may be in the works.

NBA basketball. The NBA draft is two weeks away and the list of underclassmen has grown to 13, including high schooler Kevin Garnett who one scout projects (gulp) as a "seventh or eighth pick in the first round". Really! That would put the high school kid in the same sentence with Joe Smith, Jerry Stackhouse, Mario Bennett, Corliss Williamson and, yep, Rod Rhodes...not to mention seniors Ed O' Bannon, Shawn Respert and Randolph Childress.

READERS (RIGHT) WRITE

Jack Smith of Lexington (Madisonville High graduate 1954): "Was reading the high school scoring lists and, for those of us who are a little older, it's good to see that so many terrific players haven't been completely forgotten. (For example) A lot of people say that Travis Ford or Frank Ramsey is the greatest player to ever play at Madisonville. Not true. Jim Mitchell was the best. No doubt about it."

COMMENT: Smith asked if Kenny Kuhn (Male) and Hugh Durham (Eastern) belonged in the 2,000 points club; as well as Sonny Allen (Breckinridge Training), Cliff Hagan, Logan Gipe and Dwayne Morrison (Owensboro)?

In response to Bill Jones of Clarksville, Tenn. who would like to

see Dick Vitale off the air...

JBorah@aol.com (Providence College fan): "He's my favorite. Granted Vitale is loud, can grate on your nerves and has never criticized a coach, but he knows more about the game than anyone. No other announcer is even close. I think he's entertaining."

Rating college hoops teevee announcers? Borah says: 1. Vitale 2. Clark Kellogg. "A list of those that I dislike is much longer. 1. Al McGuire - hasn't followed the game for 15 years; 2. Bill Raftery - if he says 'steppin' up' one more time; 3. Mike Patrick - hammers on same themes throughout a game; 4. Dick Stockton - how did he score with (wife) Leslie Visser; 5. Bill Walton - annoying."

Borah concludes: "Look forward to Providence possibly playing UK next season. It's been rumored here for awhile."

Bob Sharpe from near Union in Boone County (telephoned) about the 'Kentucky's smallest basketball gymnasiums' item. "I played for Kavanaugh (1938-41) and the smallest gym I can remember playing in was at Danville High School. There was a stairway and balcony that jutted out into a corner of the playing

floor. The overhang was so severe it was not possible to take a shot at the basket from the corner."

DERBY NUMBERS DOWN AGAIN

Putting a little sunlight on the biggest scam in sports, the Kentucky Derby, ABC released ratings figures from its coverage of the Derby last week. Viewing audience for the '95 race hit a new low, a 6.0 rating, 20 percent down from last year. The Run for the Roses has declined 34 percent since 1990.

Reminded me of question last month from a visitor from Britain. "The Darby lasts, what, two minutes? Why is it so big here?" It isn't, I said.

PARTING SHOT

Scottie Pippen's suggestion to parents who bought Michael Jordan's number 45 for the kids at \$39.95 a copy, after which Jordan changed back to 23: "Tell them to dig a little deeper."

Footnote: Last Christmas Jordan's North Carolina sold for \$90.

And so it goes. Have a point of view? Write to Bob Watkins, Sports in Ky, P.O. Box 124, Glendale, Kentucky 42740.

Indians turn back Cubs in high scoring affair, 14-10

by Ed Taylor
Sports Editor

Runs were a plenty but the hits few as the Prestonsburg Indians edged the Prestonsburg Cubs 14-10 at Archer Park last Saturday in a makeup Little League game.

While their were 24 runs scored in the game both teams combined for only seven hits. The Indians collected four with the Cubs totaling three.

Shawn Newsome picked up the win for the Indians with Ronnie Dotson suffering the setback.

Dotson experienced some wildness in the initial inning when the Indians scored six times without a hit after their team had taken a 1-0 lead.

Dotson got Matt Turner to ground to second for the first out, but walked Adam Dixon and Newsome consecutively. Ryan Martin reached on a catcher's interference call, loading the bases.

Dotson then hit Jenkins with a pitch, walked Josh Caudill and Burgess to force home three runs.

Morgan drew a walk with Jenkins scoring. Caudill and Burgess scored on wild pitches.

The Cubs scored their run on a hit batsman and bases loaded walk to Jeff Turner.

Coach Rick Hughes Cubs tied the game at 6 with five runs in the second inning. Caudill was hit with a pitch with one out and Newsome then plunked Dotson with a pitch, his second, before issuing consecutive walks to John Hunt, Chris Stephens and Jeff Sosebee.

Rudy Pennington brought home a run with a fielder's choice play and Jason Hughes' walk scored the final run.

The Indians took a 9-6 lead with three in the bottom of the second on Burgesses' two-run single.

Four runs crossed the plate for the Cubs in the fourth to give them a 10-9 lead. Stephens had a three-run double in the inning.

It was in the fifth when the Indians put the game in the win column. Two

Competitive Classics Auto Sales

Now offers financing for people who have had repos, bad credit, no credit, or prior bankruptcy.

Come by and talk to our sales reps.

Low Down
Payment!

886-9878

Low monthly
Payment!

Hock Shop/Pawn Shop/Traders World

Mother's Ring \$50.00	NEW Bearcat Scanner 16-channel \$130.00
7-Diamond Cluster \$25.00	Super Nintendo Tapes \$25.00
1-ct. Solitaire Must See!	Tennis Bracelet \$99.00

606-886-2367 • Downtown Only Location

Jenny Wiley Video

South Lake Drive
886-1032

Little Caesars

Prestonsburg Village
886-8215

FREE! VIDEO RENTAL
WITH RENTAL OF TWO

You Get 2 PIZZAS +

LITTLE CAESARS PLEASERS **ONE TOPPING PIZZA**

JENNY WILEY VIDEO

\$9.98

WE CATER SCHOOL PARTIES!
FOR PROMPT DELIVERY, CALL EARLY.

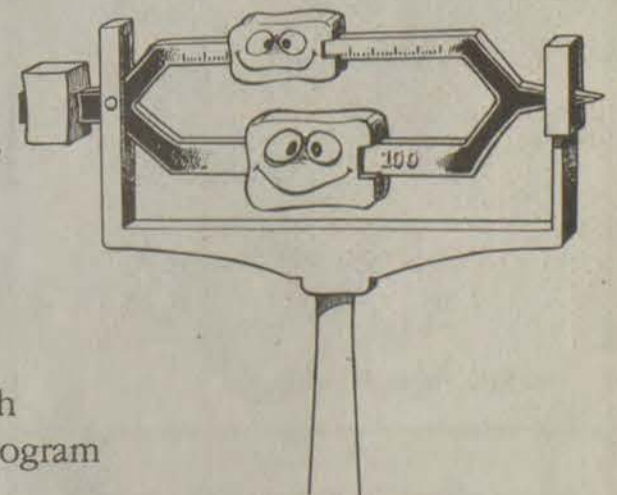
Some restrictions apply, check with store for details.

Why Weight?

Take it from 138 men and women who lost a total of 2,199 pounds, the Lifestyle Weight Management Center works! It's more than just a diet. It teaches the skills and habits needed to maintain a medically sound weight.

A new way to live; not just a way to lose.

- medical screening/supervision available
- lifestyle and exercise education
- personal weight loss coach
- long-term maintenance program



Orientation classes held every Tuesday at 5 p.m. at Pikeville Methodist Hospital. To find out more, call:

Pikeville Methodist Hospital

Lifestyles Weight Management Center

an HMR Program

911 S. Bypass Rd., Pikeville KY 41501
(606) 437-3563



Re-Elect J. E. Combs For Railroad Commissioner

J. E. Combs kept his word, but he has not finished the job. Eight years ago, J. E. Combs of Hazard was elected Kentucky Railroad Commissioner on a platform to work to abolish the office of Railroad Commissioner—an office that has no duties, but costs tax payers almost 100,000 dollars a year. Two years ago, J. E. Combs got an amendment on the ballot to abolish the office but it failed by a narrow margin, due to containing several other subjects.

Let's Put Eastern Kentucky First

— VOTE —

Paul Patton Governor / J. E. Combs, Railroad Commissioner

Paid for by J. E. Combs, Your Last Railroad Commissioner, 220 Lovern St., Hazard, Ky.

NASCAR Connection

by Ben Trout



Ben Trout
NASCAR Columnist

lowed by a 10-lap shootout, make up the race's distance. Fans will vote during the day's pre-race festivities whether or not to invert the field for the final 10-lap shootout. The last three years the fans have, in fact, voted to reverse the running order for the final 10 circuits.

More importantly, a cash prize of \$200,000 is awarded to the winner in this no-points race. That's the kicker! No need to hang back and just try to finish well to protect or salvage points—none are awarded.

If history proves itself, you can bet your paycheck that you'll see some of the best racing of the season on Saturday night.

Classic finishes are a patented feature of The Winston Select. We all remember Dale Earnhardt's pass in the grass as he edged out Bill Elliott in 1990. Or how about Davey Allison's slide across the line in his 1992 duel with Kyle Petty.

Both fans and drivers have learned to expect the unexpected when the lights kick on at Charlotte. In 1992, Charlotte Motor Speedway became the first superspeedway to run a night race.

Even the drivers will tell you that there's just something about racing at night. It definitely brings out the animal.

Aggressiveness will be at peak level as NASCAR's best will take

their shot at \$200,000.

Drivers already qualified for the 1995 Winston Select are: Geoff Bodine, Dale Earnhardt, Bill Elliott, Jeff Gordon, Ernie Irvan, Dale Jarrett, Terry Labonte, Sterling Marlin, Mark Martin, Ricky Rudd, Jimmy Spencer, Rusty Wallace and Darrell Waltrip.

Car owners Junior Johnson and Joe Gibbs will also have their respective drivers competing in The Winston Select via their team victories last year. Brett Bodine and Elton Sawyer will pilot the Johnson cars, while Bobby Labonte will compete in the Gibbs ride.

Strap yourself in and hold on tight. It doesn't get any better than this.

The 'Select' one of NASCAR's best

Imagine this: At least twenty of the world's greatest stock car drivers battling it out for a winner's purse of \$200,000 under the lights at Charlotte Motor Speedway.

That's exactly what will take place this Saturday night in the 11th annual renewal of The Winston Select. In comparison with the history of NASCAR Winston Cup racing, this event is an infant, only 11 years old.

However young it may be, in a relatively short time-span, The Winston Select has firmly established itself as one of the premier events on the NASCAR Winston Cup Series tour.

Think of this race as NASCAR's version of the all-star game. Who makes up the all-star team?

- Those drivers and car owners who won races in the 1994 calendar year right up through the Save Mart 300 last week.

- Present and former Winston Cup champions who are in regular competition.

- Winners of The Winston Select within the preceding five years.

- And finally, as many top finishers from the Winston Select Open that are needed to bring the field total to at least twenty.

The Winston Select Open is a companion race which runs the same evening as The Winston Select.

NASCAR Winston Cup competitors who are not eligible for The Winston Select comprise the Winston Select Open field. The winner of The Winston Select Open is guaranteed a spot in The Select.

This is not your typical Winston Cup race. A total of 70 laps, broken down into two 30-lap segments fol-

Number of Bluegrass State Games events increase by two

by Ed Taylor
Sports Editor

The very popular Bluegrass State Games just keep finding ways to make the events more interesting each year.

The staff at the BGS is currently busy getting everything ready for the 11th annual events that last year attracted over 19,000 athletes. The games will run July 28-30.

This year the staff of over 750 volunteers is gearing for an even larger turnout with the games being played at 45 different sites and in seven counties.

Floyd Countians is one of the 119 Kentucky counties that becomes more involved in the games each year.

This year, the county is expected to send even more competitors than in previous years with the addition of power tumbling as one of the events.

Also new this year will be the stock race canoeing divisions for Cub Scouts and Boy Scouts.

The games will officially open in Frankfort's Old Capitol during the seniors' Pacesetters event. Afterwards, a torch will be lit at the Old Capitol steps and begin its journey to Lexington where a team of runners will carry the torch into Commonwealth Stadium for the lighting of the Olympic torch.

Track and field has been the biggest event for Floyd Countians as well as archery, swimming, softball, karate and, recently, three-on-three basketball.

Local residents of the county not only participate, but cheer others in different events.

If you love the excitement of competition and want to just see how good you are in any of the 25 different events, then you will want to pick up an entry form and games booklet (Floyd County Times office) and register early for the upcoming games.

ELECTRIC MOBILITY

Enjoy new FUN and FREEDOM on a Chauffeur Scooter!



Get the independence you want with a Chauffeur Electric Scooter!

The Chauffeur lets you shop, run errands and visit friends without depending on others!

Your Chauffeur is easy-to-use, lightweight and completely portable. It comes with a convenient on-board battery charger.

To see or test ride a Chauffeur electric scooter, call or visit your Authorized Electric Mobility Dealer:

Insurance billing available to those who qualify.

Vanhoose Medical Equipment & Repair Service

1-800-371-9073 or 606-886-9649

CARPET, TILE AND HARDWOOD

Call us for all your floor covering needs.

90 DAYS SAME AS CASH!

Visa-MasterCard Accepted.

Mon.-Fri., 8-5; Saturday, 9-2

Martin Carpet

Martin, KY • 285-0042



Whether your wedding theme is Western or Victorian, traditional or contemporary, our wide range of wedding invitations and accessories will suit your style...and your budget!

- Invitations • Announcements
- Bridal Books • Napkins
- Accessories

State Wide Press, Prestonsburg
(606) 886-6177

R/C HOBBIES

We sell radio-controlled airplanes, boats, cars, helicopters, plastic models, model railroad equipment and supplies, and model rockets.

501 Jefferson Ave.
Suite 173
Paintsville, Ky.
(606) 789-7090

M-Thurs., 9 a.m.-7 p.m.
Fri., 9 a.m.-9 p.m.
Sat., 10 a.m.-5 p.m.
Closed Sundays

WALLPAPER • BORDERS • FRAMED PRINTS •

...AND YOU THOUGHT WE JUST SOLD WALLPAPER!

WAVERLY \$19.99 double-roll!
In-Stock! Best Sellers!
Coordinating Borders \$9.99/spool!
Waverly Fabrics—\$10.99/yard!

Wallpaper for Less

NAME BRANDS! NO SECONDS!
WEDDINGTON SQUARE SHOPPING CENTER
(Down from TCBY) 433-0335

WOOD BLINDS • VERTICALS • MINI-BLINDS

PLACEMENTS • NAPKINS • CHAIR PADS •

PRICES GOOD WEDNESDAY, MAY 17th thru SUNDAY, MAY 21st

SHOP

&

SAVE

at

Velocity

MARKET

Betsy Layne, Ky.
478-9218

Prices effective Wednesday, May 17th thru Sunday, May 21st while supplies last. None sold to dealers.

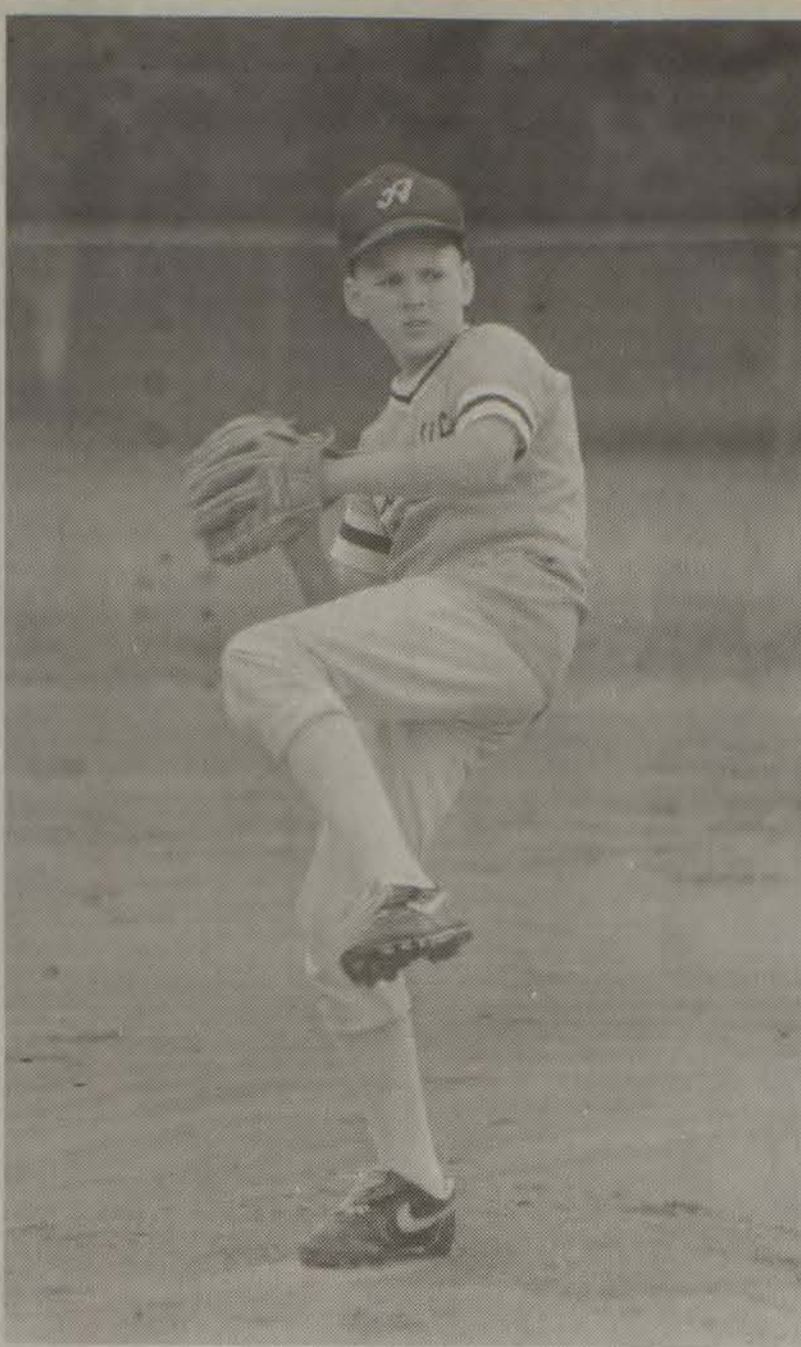
We gladly accept Federal Food Stamps. We reserve the right to limit quantities. Not responsible for typographical errors.

<p>12-Pack Coke \$2.99</p>	<p>FAMILY SIZE Ultra Tide \$5.99</p>	<p>32-OZ. KRAFT Mayonnaise \$1.89</p>	<p>4-PACK PILLSBURY Biscuits 89¢</p>
<p>BROUGHTON Orange Juice 1/2-Gal. 99¢</p>	<p>T.V. BRAND Apple Juice 64-Oz. 99¢</p>	<p>WAMPLER LONG ACRE WHOLE Cut-up Fryers Lb. 59¢</p>	<p>QUARTER Pork Loin Chops Lb. \$1.49</p>
<p>THORN APPLE VALLEY 12-OZ. Wieners 69¢</p>	<p>BONELESS Rib-Eye Steak Lb. \$4.39</p>	<p>LAY'S Potato Chips 6-Oz. 69¢</p>	<p>ROSE ACRE GRADE A Large Eggs 2 Dozen \$1</p>



Making tracks!

The Prestonsburg Girls' Softball League was in action Friday night at Archer Park as this Cubs' base runner rounded second and headed to third. Four teams make up the new league. (photo by Ed Taylor)



The pitch!

Baseball is a game of inches and this Prestonsburg A's pitcher was just inches off the plate as he faced the Prestonsburg Yankees last Thursday night in Little League play at Archer Park. The Yanks pulled out the win over the A's. (photo by Ed Taylor)

\$1.99

Jerry's Husky

Two large buttermilk pancakes served with maple syrup, two eggs and choice of bacon or seasoned sausage patties.

Spring Sale

Carpet on Sale starting at **\$8.95*** yd.

Padding and Installation included.
National Advertised brands

- * Ceramic Tile starting \$1.69 sq. ft.
- Ceramic Tile
- Vinyl Floors
- Hardwood Floors

20% off does not include Sale items. Bring in this ad and receive 20% off.

Quality Carpet 886-9040

999 S. Lake Dr. Mon.-Fri., 9 a.m.-5 p.m.
Prestonsburg, Ky. Saturday, 9 a.m.-3 p.m.

Kentucky Afield

WILDLIFE AREA DEDICATION

The R.F. Tarter Wildlife Management Area (WMA) was dedicated on May 11 at 2:30 p.m. Kentucky Department of Fish and Wildlife Resources (KDFWR) Commissioner C. Tom Bennett and several Commission members will attend the ceremony. This event was open to the public.

The 1170-acre WMA was bought from the Tarter Gate Company located in Dunville. It will be open for public use—no special permits are required.

To reach Tarter WMA: in north-east Adair Co., from Hwy 206, take Dunville Rd. 2.6 miles, turn right on Damron Creek Road and travel 2.4 miles to WMA. In northern Russell Co., from Hwy 127, travel 3.8 miles on Damron Creek Road to WMA.

For more information, contact wildlife biologist Brian Gray at (502) 465-5284.

BIRDS ON THE MOVE

The birds of prey exhibits housed at the Game Farm in Frankfort have been moved. The eagles will be off exhibit at the back of the farm until the aviary behind the Salato Wildlife Education Center is built. The red-tailed hawks, barred owls, and great horned owls (two of each) have been transferred to Southwestern High School in Somerset, KY for rehabilitation. Teacher Frances Carter and her environmental science class will work with the birds, and after four weeks of rehabilitation, will release all of the birds into the wild.

FALCON TO BECOME PAPA

The first known reproduction by a Kentucky-released peregrine falcon was reported on March 17, 1995. This success results from the Kentucky Department of Fish and Wildlife Resources' (KDFWR) participa-

tion in a national recovery plan to help remove peregrine falcons from the endangered species list.

Male 7/♂ (♂ denotes a sideways character) was released in Lexington on June 26, 1993. John Castrale, nongame biologist with the Indiana Division of Fish & Wildlife, reported seeing 7/♂ in Indianapolis, IN, on March 23, 1994. The falcon was present from at least February and on through the summer. In January 1995, 7/♂ was reported to have paired up with 28W, a female from Kenosha, WI.

On March 17, 1995, 28W was sitting on eggs in the nest it shares with 7/♂. This is the first known reproduction of a Kentucky-released peregrine falcon. Other released falcons may also have reproduced by now. However, documenting reproduction is very difficult because there is no way to know where other birds have wandered. Peregrines follow other birds' migrations.

1994 ENVIRONMENTAL STATUS REPORT

Ever wonder how Kentucky fares environmentally? The answer can be found in the Environmental Quality Commission's (EQC) recent publication the State of Kentucky's Environment: 1994 Status Report, an update to the Commission's first report released in 1992. In 1990 the Kentucky Legislature directed the EQC to assess environmental conditions and report these findings every two years.

This year the Commission compiled the most recent information from government agencies, industry groups, universities, and other sources to identify trends in water and air quality, waste management, toxic

releases, agriculture, forestry, wildlife, resource extraction, and energy.

Also included with the report is the Kentucky Environmental Profile which provides interesting facts reflecting progress Kentucky has made in protecting environment quality while also expanding the economy.

The State of Kentucky's Environment can be ordered by contacting the EQC at 14 Reilly Road, Frankfort, KY 40601, (502) 564-2150, ext. 160. Limited copies are "first-come, first-serve" basis.

THE CARDINAL FACTS

With the return of warm sunny days, fragrant flowers, and buzzing insects comes the return of our feathered friends the birds. Perhaps one of the most colorful of these creatures is the Cardinal, Kentucky's State Bird since 1926.

Only the male Cardinal sports the brilliant red associated with this bird. He is completely red except a patch of black that covers his throat and extends around his bill and back to his eyes. While the female wears a reddish color on her wings, crest and tail, most of her body is brown. A coral-colored beak and a red crest adorn the head of both the male and the female Cardinal.

Unlike many other songbirds, the Cardinal establishes a home and does not leave—not even in the winter. That is why the Cardinal's song can be heard year-round. These birds build their homes in dense thickets, vine tangles, and shrubby sites near open areas. Cardinals help humans by eating a variety of insects, in addition to wild fruits and seeds. Favorite foods include sunflower, squash and melon seeds. So if you would like to attract these colorful birds to your yard, toss some cantaloupe seeds near your shrubbery.

BULLFROG SEASON OPENS MAY 19

The return of spring also means Bullfrog season is just around the corner. This year's season opens noon, May 19 and runs through midnight, October 31. Since most frog hunting is done at night, the "day" for bullfrog season is from noon to noon. The daily limit is 15; possession, 30.

Remember, a hunting or fishing license is required to take bullfrogs. If frogs are taken by gun or bow and arrow, a hunting license is needed. If taken by pole and line, a fishing license is needed. Either a hunting or fishing license is valid if the frogs are taken with a gig or by hand.

Henry and Nanny Moore Family Reunion

at Stumbo Park Convention Center
May 27th-28th.
Please bring a covered dish.

BROWNING

BPS Pump Shotgun

The convenience of bottom ejection and thumb safety.

- Bottom ejection.
- Bottom loading and thumb-operated tang safety make the BPS perfect for right or left-handed shooters.
- 12 ga. models now have the advantage of Invector-Plus choke system and back-bored barrels.
- Sturdy double action-bars eliminate twisting or binding for smoother pumping.
- Receiver engraved with game scenes.

\$449⁹⁵

Mert's Guns & Ammo
Old Route 80
Allen, Ky. • 874-9997

Our Expert Service Will Go To Your Head

We Renew Cylinder Heads The Right Way.

- We use the best parts.
- We do the best work.
- We do it fast.
- We guarantee it!

Goff Automotive Machine Shop
163 Upper Raccoon Road
437-9456

Complete engine and head service

CHILDBIRTH CLASSES FOR COUPLES

For class registration and information, call 886-7438 or 886-7480

AT HIGHLANDS REGIONAL MEDICAL CENTER

When Seconds Count

In a medical emergency, seconds can mean the difference between life and death. Being unprepared for an emergency can waste precious time. During National Emergency Medical Services (EMS) Week, May 14-20, make sure your family is prepared for an emergency.

Teach your family the phone numbers for the police, fire department, and emergency medical services, and keep these numbers posted by every telephone in your house. Learn how to recognize the signs of a medical emergency, and know when to call for help.

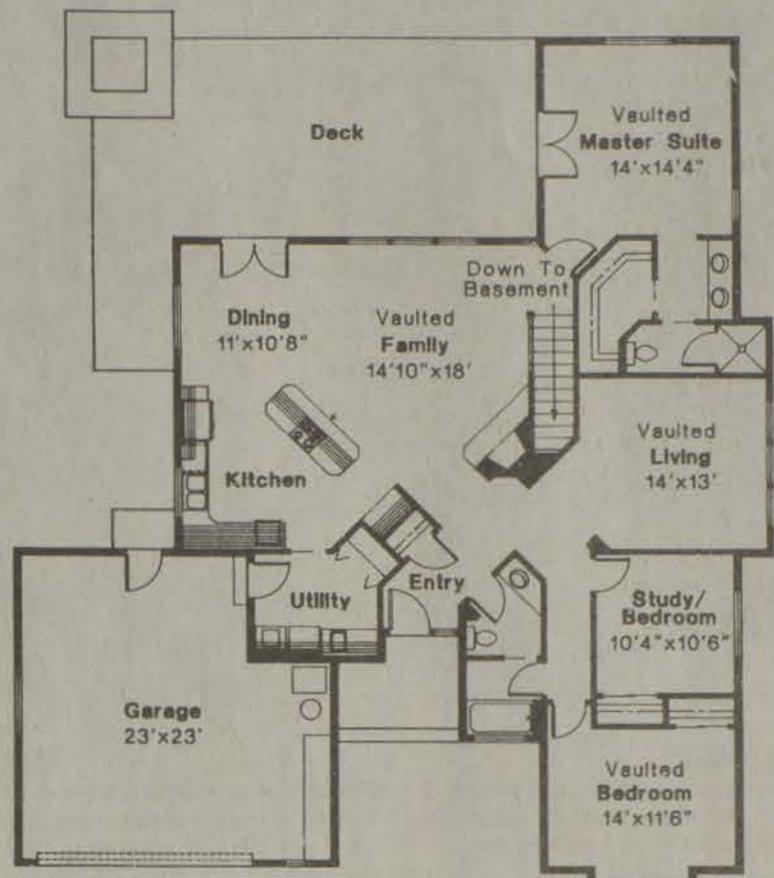
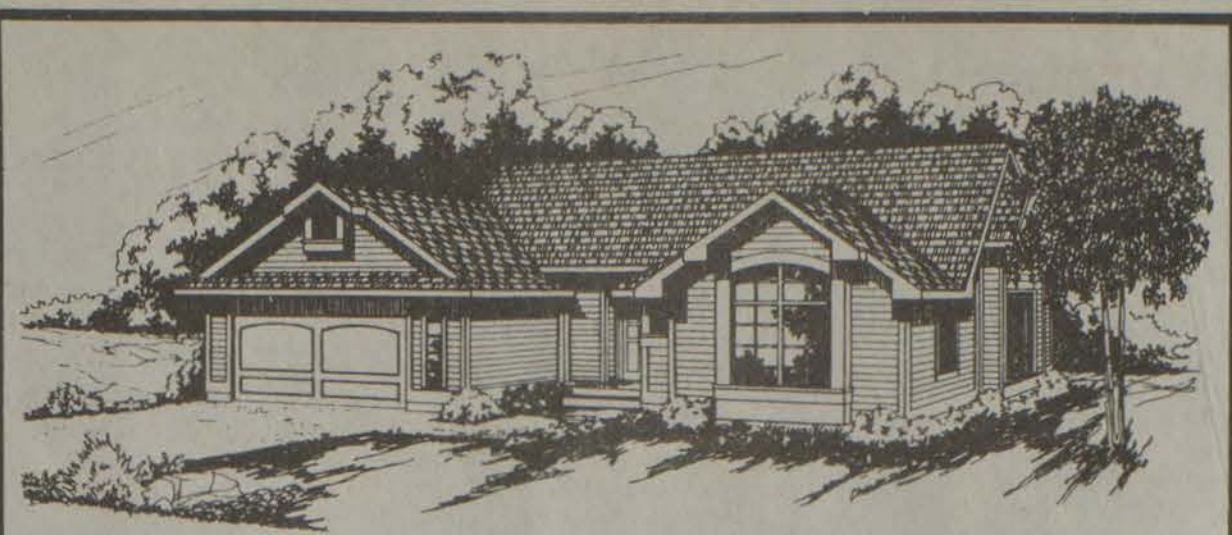
Ask your doctor about your family's needs in a medical emergency, and keep medical records handy and up-to-date. This EMS Week, take a CPR course, check your smoke detector batteries, update your first-aid kit and keep it easily accessible. Remember, preparing for an emergency can save more than just time, it can save a life.

For more information about local EMS Week events, contact your local hospital emergency department, ambulance corps, or fire station.

SPONSORED BY

OUR LADY OF THE WAY HOSPITAL

There's
No Place
Like
A New
Home



The Austin #10-051	
Living Area	1844 sq.ft.
Outside Dimensions	56'6" x 64'

AKZO NOBEL
sikkens
For All Your Wood Finishing Needs

Sikkens offers a complete line of professional interior and exterior Wood Finishing Products, designed to protect, enhance and preserve the natural beauty of your wood.

HINDMAN PROMART HOME CENTER
ROUTE 160
HINDMAN, KENTUCKY
785-3151

FANNIN'S PLUMBING HEATING & ELECTRIC

432 Main Street
Paintsville
789-3696
Hours: M.-F., 8-5

Owners:
Garry Fannin & Southie Fannin

Compact single-story home packed with features

By Associated Designs

Interesting rooflines, with gables at the front and left side, add street appeal to the Austin, a compact single-story home packed with features not often found in small homes.

Vaulted ceilings, for instance, and not just in the living room. You'll also find them in the front bedroom, the master suite and the skylit dining room/family room. Plant shelves in the high-ceilinged entry form arched entrances to the living room and family room.

Just inside the entry is a uniquely designed two-section, dual-access bathroom. With the pocket door to the tub section closed, it looks like a small powder room. But with the door opened, it becomes a full bathroom that serves the two front bedrooms.

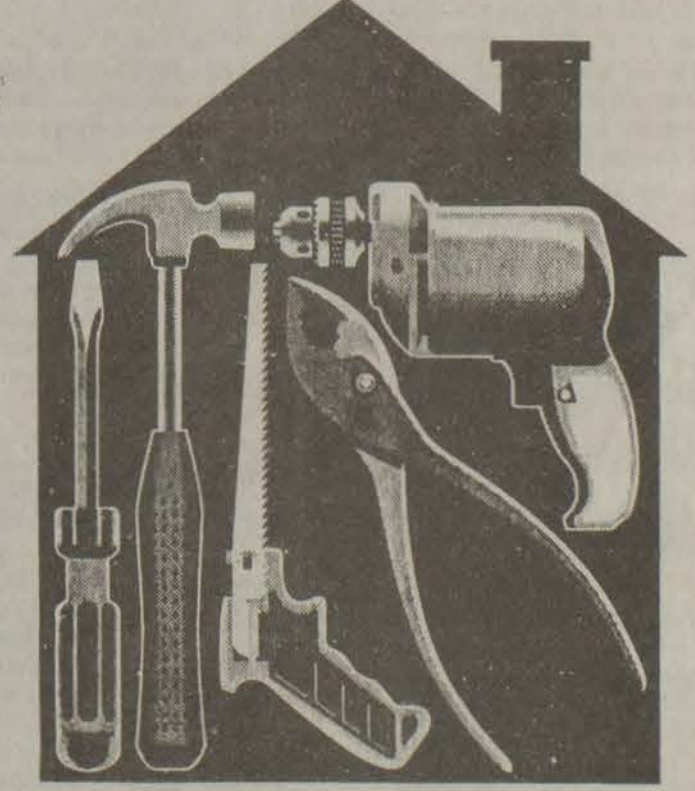
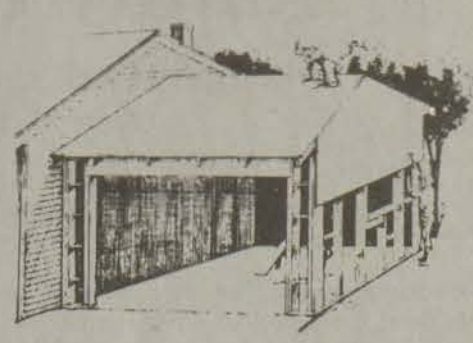
The kitchen is large. Contemporary amenities include: a pantry, a desk, an appliance center, built-in oven and microwave, and plenty of counter and cupboard space.

The cooktop is built into a long combination work island/eating bar. The adjacent utility room, directly accessible from both the kitchen and the garage, has a counter for folding clothes.

A dual vanity, a walk-in closet and an oversized shower are among the luxury features in the Austin's owners' suite. French doors open onto a wide deck that has a planter box in the far corner. If the home is built without a basement, the walk-in closet would be enlarged and the living room gain some space as well.

For a review plan, including scaled floor plans, elevations, section and artist's conception, send \$15 to Associated Designs, 1100 Jacobs Dr., Eugene, Ore. 97402.

Please specify the Austin 10-051 and include a return address when ordering. A catalog featuring over 170 home plans is available for \$12. For more information call (800) 634-0123.



Shop The Annual Posture Quilt Imperial Bedding Sale!

Twin Size 2 pc.	\$239.99	Queen Size Set 2 pc.	\$369.99
Full Size Set 2 pc.	\$299.99	King Size Set 3 pc.	\$399.99

Heilig-Meyers FURNITURE
Prestonsburg Village, 886-8668

Prestonsburg Village, Hwy. 23
Prestonsburg, KY 41653
(606) 886-8668

WRIGHT LUMBER COMPANY

Dealers In: Lumber - Hardware - Plumbing & Electrical Supplies

(606) 285-3368
Box 296, Martin, Ky. 41649

(606) 436-2350
Grandview Plaza, Hazard, Ky. 41701

(606) 631-1240
Zebulon Road, Pikeville, Ky. 41501

Bases-loaded walk to Harris gives Indians win over Rangers

by Ed Taylor
Sports Editor

Ryan Martin hurled six strong innings, allowing the Prestonsburg Rangers only four hits as the Prestonsburg Indians posted a 5-4 win in Little League play at Archer Park last Thursday.

Martin, in picking up the win, went the distance for the Indians, allowing four runs on four hits. He struck out nine batters while walking five.

The Rangers got a good outing from Zack Bradshaw and Matt Setser, but lost another close one.

Bradshaw hurled the first three innings for the Rangers. Setser came on in the fourth to get the other three.

Bradshaw gave up four runs, three in the third, on five hits. He walked four and fanned five. Setser, who suffered the loss, gave up the one run on one hit. He walked five and struck out three.

Setser experienced some wildness in the top of the sixth inning when he issued a bases-loaded walk to Harris to force home the go-ahead run, which gave the Indians a 5-4 lead.

The Rangers were unable to score in the bottom of the inning in dropping the 5-4 decision.

The Indians took a 1-0 first inning lead after two were out. Bradshaw

retired the first two before the Indians collected three consecutive hits to score a run. Wes Jenkins' single gave the Indians the lead.

The Rangers took their first and only lead in the second inning at 2-1. Josh Meade opened the Rangers' second with a sharp base hit and moved to second when Jeff Allen worked Martin for a walk. Both runners moved a base on a passed ball.

Bradshaw attempted to pick Meade off third base and the errant throw permitted him to score. Bart Barnett's RBI single scored Allen with the second run for a 2-1 Ranger lead.

The Indians paraded nine batters to the plate in the third inning in scoring three times for a 4-3 lead. Martin led the parade of batters when he singled to right field. Jenkins followed with an infield single and both runners scored on Josh Caudill's single. Caudill scored the third run when Adam Dixon singled up the middle.

The Rangers answered in their half of the third. Josh Slone singled, stole second and third before scoring on a passed ball.

Matt Setser relieved Bradshaw in the fourth inning and set the Indians down in order in the fourth, but had to work out of a bases-loaded jam in the fifth.

It was a 4-4 game after the Rang-

ers batted in the bottom of the fifth inning. Slone singled to start the Rangers' fifth. He eventually scored when Jeff Allen walked with the bases loaded.

Trailing 5-4 in the bottom of the sixth, the Rangers couldn't get to Martin as he set them down in order for the complete game victory.

Jenkins had two hits for the victorious Indians. Caudill picked up two runs batted in.

The Rangers will meet the Yankees in a 5:30 p.m. first pitch start tomorrow at Archer Park. The Indians will square off against the A's in game two Thursday.

Indians 5, Rangers 4

Rangers				Indians					
players	ab	r	h	rbi	players	ab	r	h	rbi
Setser	4	0	0	0	Turner	4	0	0	0
Slone	3	2	1	0	Dixon	4	0	1	1
Wallen	3	0	1	0	Newsome	4	1	1	0
Meade	3	1	1	0	Martin	4	1	1	0
Shepherd	3	0	0	0	Jenkins	4	2	2	1
Allen	3	1	0	0	Caudill	3	1	1	2
Meadows	1	0	0	0	Hurt	1	0	0	0
Crisler	2	0	0	0	Burgess	4	0	0	0
Bradshaw	3	0	0	0	Morgan	3	0	0	0
Barnett	3	0	1	1	Harris	1	0	0	1
					Allen	1	0	0	0
					Wicher	3	0	0	0

at Archer Park R H E
 Indians.....103 001 - 5 4 0
 Rangers.....021 010 - 4 6 0
 LOB - Rangers 4, Indians 12 WP - Martin LP - Setser

Barters Vodka

1/2 Gallon \$899 each All taxes paid

J & J Liquors
Betsy Layne • 478-2477

The FIX-UP Experts

EVERYTHING IN STOCK
10% OFF

ALL DOORS And WINDOWS
20% OFF



Vinyl Skirting Kit
for 14x70's - \$299.00
32 in average

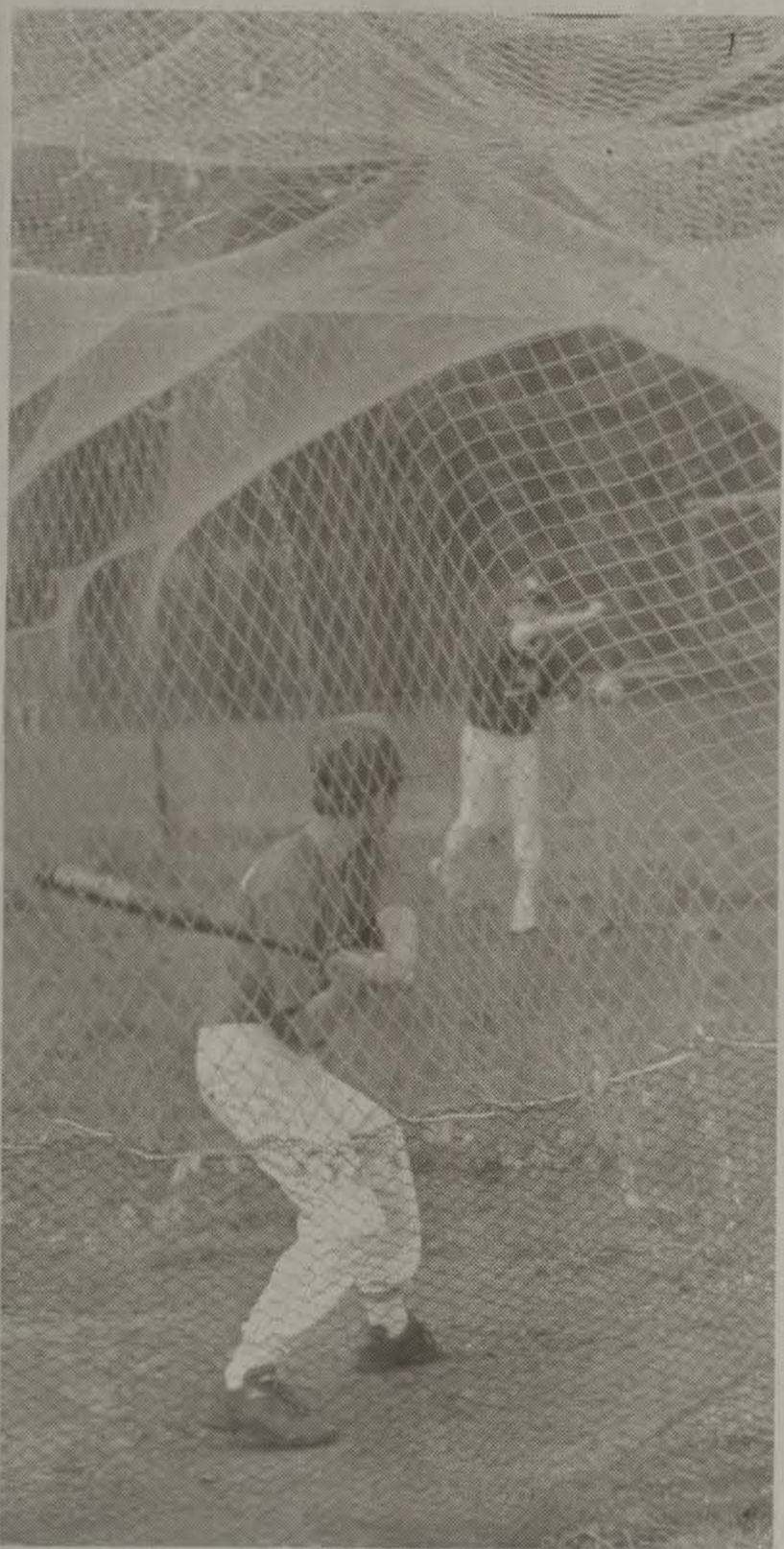
Mobile Homes Parts
and Service

606-478-1500

Located in the Hylton Plaza beside of Hylton Homes.

Sale ends
May 31

The first crossword puzzle in an American newspaper appeared in the New York Sunday World in 1913.



Batting tunnel!

Two Harold-Allen-Prater Little Leaguers took advantage of the batting tunnel at the Allen Park while awaiting the start of their game. The tunnel was brought back after a short absence. The park is crowded every day with baseball teams and fans. (photo by Ed Taylor)



For Memorial Day Flowers
Kenny's Florist
 Kenny Webb, owner/designer, Pug Reffitt, manager.
 Located off Rt. 80 on Rt. 122, across from
 Long John Silver's • Martin, Kentucky
285-3474



GREAT GIFTS FOR GRADS

*2.9%
Fixed rate
on new
'95 Camry
and
Corolla



'94 Toyota T-100
Auto. 4x2
only 4,000 miles
\$14,995

'91 Chevy
Caprice
Payment Leader!!!
\$5,995

All pre-owned
vehicles are safety
inspected and
serviced prior to sale
CARTER-HUGHES
TOYOTA
10-point test

'94 Toyota
4x4
\$13,995



'94 Celica
"Loaded"
automatic
\$14,995



'94 Corolla
"Loaded"
Gold Pkg.
\$12,995
Stock#14242-A



'94 Nissan
Altima
\$13,995

CARTER HUGHES TOYOTA

South Lake Drive, Prestonsburg • 886-3861 • 1-800-489-3861
*2.9% financing based on 24-month loan financing

You and your children have a
right to be safe

Call someone who can help. . .

886-6025 (Floyd County) 1-800-649-6605 (Outside Floyd County)

Games on Tap

Prestonsburg Little League

Thursday, May 18
5:30 - Rangers vs Yankees
7:00 - A's vs Indians
Friday, May 19
5:30 - Cubs vs Braves
7:00 - Mets vs Reds

Harold-Allen-Prater

Wednesday, May 17
Dodgers vs Cubs
Thursday, May 18
Indians vs Astros

Beaver Creek Little League

Wednesday, May 17
Pirates vs Reds
Cardinals vs Jaguars
Thursday, May 18
Orioles vs Dodgers
Marlins vs Astros

Floyd Co. Babe Ruth

Friday, May 19
Ivel vs Garrett
McDowell vs Betsy Layne

Prestonsburg Senior League

Friday, May 19
Tigers at Paintsville
Expos at Pikeville
Pikeville VIP at Cubs
Paintsville Astros at Reds

Prestonsburg Senior Girls Softball

Wednesday, May 17
Reds vs Expos
Cubs vs Tigers
Friday, May 19
Tigers vs Reds
Expos vs Cubs

Mudcreek Pee Wee League

Wednesday, May 17
Reds vs Cubs
Braves vs White Sox

SUPPORT

FLOYD COUNTY

YOUTH

BASEBALL/SOFTBALL

TEAMS

Stephens, Sosebee homer in Cubs' 8-3 win over Reds

by Ed Taylor
Sports Editor

Jeff Sosebee hit a three-run home run in the third inning and Chris Stephen had a three-run shot in the fourth to send the Prestonsburg Cubs past the Prestonsburg Reds 8-3 in Little League play at Archer Park last Friday.

Sosebee picked up the win from the mound in going the distance. He struck out 11 batters in securing the victory.

Sosebee gave up the three runs while limiting the Reds to just three hits in the game.

The Cubs grabbed a 3-0 lead with three runs in the third inning on Sosebee's three-run home run. John Earl Hunt had doubled with one out in the inning and Stephens drew a walk. Sosebee sent both runners home.

The Reds tied the game at 3 with a three-run third. Slone opened the Reds' half with a triple and scored on a fielder's choice play off the bat of Blackburn. Harmon doubled to score Blackburn and he stole second and later scored on a wild pitch.

The Cubs roared back in the fourth with four runs on Stephens' three-run

home run. Ronnie Dotson and Hunt drew back-to-back walks before Stephens unloaded the bases with his round tripper. Sosebee walked following the four-bagger and he scored on Rudy Pennington's double to give the Cubs a 7-3 lead.

The Cubs added their final run in the sixth inning when Stephens led off the inning with a single, stole second and scored on Sosebee's double.

Sosebee had four runs batted in for the Cubs. Stephens accounted for three RBIs.

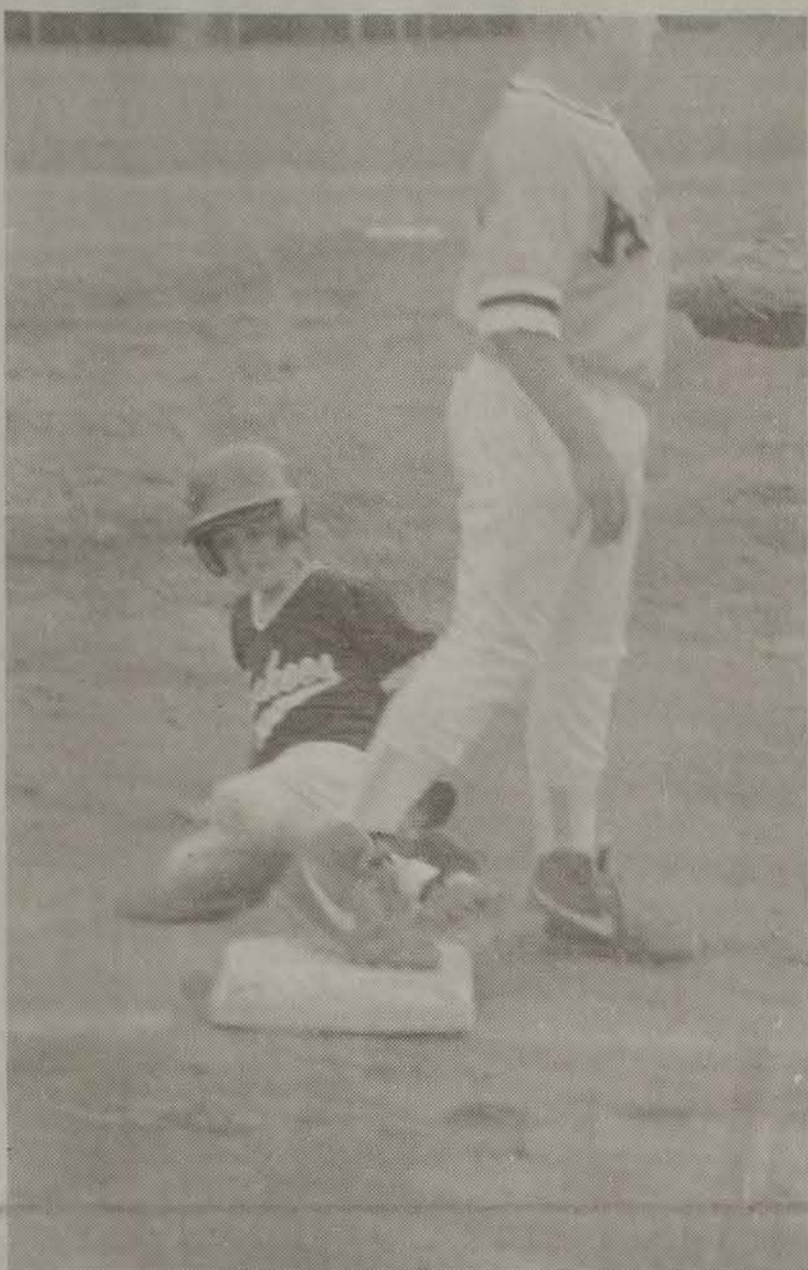
Harmon, Sturgill, M. Slone and J. Slone had the four hits for the Reds. M. Slone had a third inning triple for the only extra base hit.

The Reds had the base runners, but stranded two runners in the first inning against Sosebee and two in the second. Sosebee got them in order in the fourth. In the fifth, the Reds stranded two and one in the sixth.

Barter's Vodka

1/2 Gallon \$8.99 each All taxes paid

J & J Liquors
Betsy Layne • 478-2477



No contest!

It wasn't even close as this Prestonsburg Yankee slid safely into third base against the Prestonsburg A's last Thursday night at Archer Park. The Yankees posted a win over the A's at Archer Park in defense of their league title. (photo by Ed Taylor)

No Waiting — 4 Wolff Tanning Beds

PROM SPECIAL

This week only or while supplies last.
Receive Body Drench shower gel and body scrub kit free with tanning sessions
12 sessions \$25.00

Jenny Wiley Video and Tanning

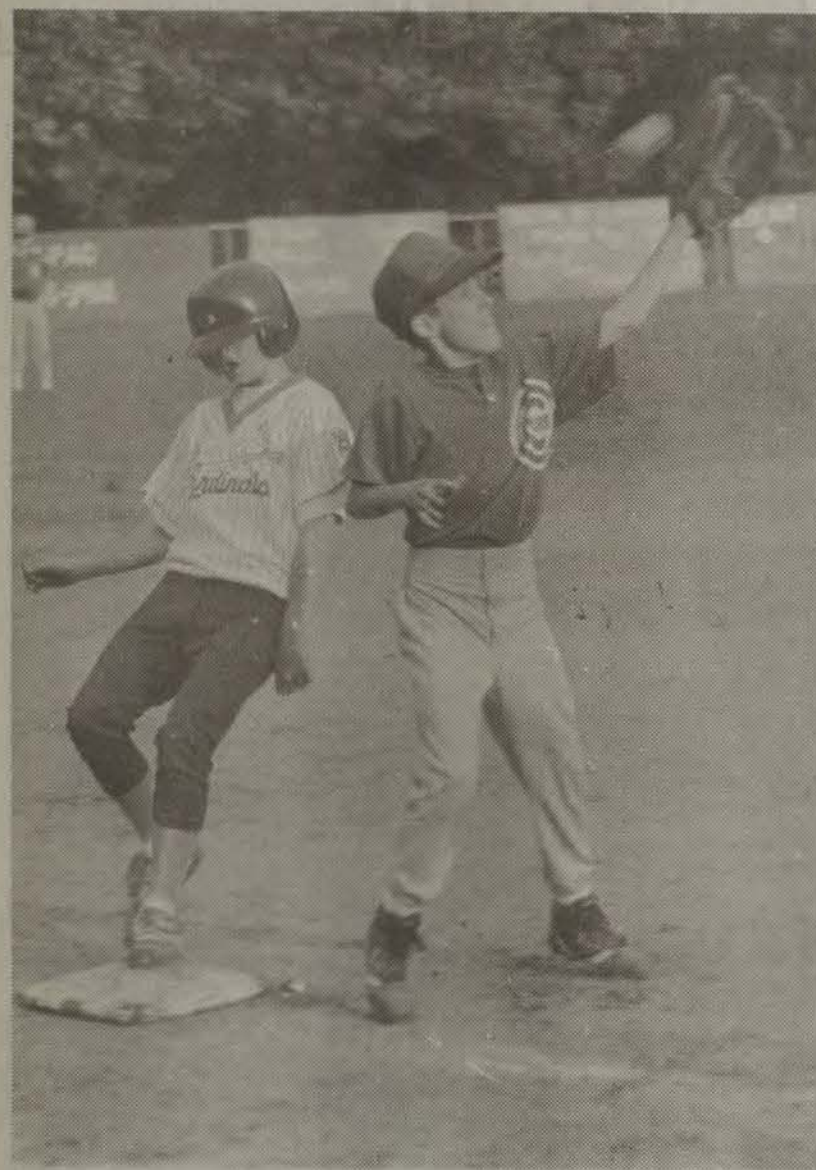
S. Lake Drive • 886-1032 • 8 a.m.-11 p.m., Mon.-Fri.

T&T VARIETY

is announcing their new store hours.

Monday-Saturday, 10-5
Sunday, 12-3

Town and Country Building
Suite 3, Paintsville, Kentucky
789-1177



Bad throw!

This throw from the Garrett Cubs' catcher escaped the third baseman and the Martin Cardinal runner was safe at third base. He did realize the mistake and scored on the error. Martin won 12-2. (photo by Ed Taylor)

NOW OPEN!

Physicians After-Hours Clinic

Located on Auxier Road
Across from Highlands
Regional

Open: Monday thru Friday
6 p.m.-9 p.m.

Call 886-6011



A COMPLETE LINE OF
TRUCK ACCESSORIES

- Bedliners
- Bedmats
- Slider windows
- Running boards
- Push & brush guards and many more.
- Bug deflectors
- Tailgate guards
- Vent shades
- Tonneau covers
- Collision lights

TRUCK CAPS
GALORE!
By King of Caps
LEER

See Them All at:

B & B Customs

N. Mayo Trail, Pikeville, Kentucky
Monday - Friday, 8-6; Saturday, 8-4
Sunday, Closed

432-5494



Pet Paradise

"YOUR COMPLETE PET STORE"

- Fresh/Salt Fish • Registered Kittens
- Dog Grooming • AKC Puppies

151 South Mayo Trail
Pikeville, Ky. 41501
(606) 432-0511

Paintsville, Ky.
(606) 789-6335

Introductory Special

PRESTONSBURG COMPUTER WORKS



Authorized Konica Dealer
Sales and Service
Factory-trained Technicians.
886-2402



Thru May 31, 1995, lease the
Konica 4145

with General M. Agreement and get a brand new
PCW486 SX/33 Mhz. Computer, color monitor
(4 MB RAM), (420 MB HD) DOS and Windows

For only **\$495.00**

*36 months lease to include computer.

5 hot, hot New Beds with double facial tanners

12 sessions \$25.00

or single sessions \$3.00

New central air and intercom in tanning rooms.
Make appointment early for Prom tan!
ASSORTMENT OF LOTIONS

Walk-ins Welcome
but
Appointments Recommended

Open Monday-Saturday, 9-10
Closed Sunday

Get Your Summer Tan Started!

Sun-E-Bunz

Across from Archer Clinic, Prestonsburg
886-6578

After You've Made The Rounds, We'll Still Be Here! Adkins-Slone Used Car Reduction Sale

- 1991 Pontiac Grand Am Sedan—auto., air, clean car\$5,950
- 1994 Toyota Pickup—one owner, 5-spd., low miles\$8,450
- 1989 Bronco II—6 cyl., 5-spd., air, cass., one owner.....\$4,950
- 1989 Ford Ranger S/Cab 4x4—6 cyl., 5-spd., air,
(needs paint).....\$6,950
- 1989 Ford Taurus GL—auto., 6 cyl., air,
new car trade\$4,450
- 1993 Oldsmobile Achieva SL—auto., air, one-owner\$8,950
- 1992 Ford Crown Victoria—(new car trade),
clean car\$8,950
- 1993 Eagle Talon—one owner, 5-spd., air, cass.\$8,950
- 1992 Ford Tempo GL—4 cyl., auto., full power\$6,950
- 1993 Ford Escort Sedan—auto., air, AM-FM cass.\$7,450
- 1995 Dodge Neon—auto., air, cass., blue,
one owner\$10,500
- 1988 Mercury Cougar—new car trade, 6 cyl., auto\$4,500
- 1988 Plymouth Voyager LE—good miles,
vacation ready.....\$5,700
- 1992 Pontiac Grand AM SE—sedan, auto.,
fully equipped.....\$8,950
- 1993 Ford Escort GT—5-spd., air, AM-FM cass.\$9,950
- 1993 Ford Probe GT—5-spd., sunroof, low miles,
one owner\$12,950
- 1993 Ford Thunderbird LX's—(3 in stock), low as\$9,950
- 1988 Ford Bronco 4x4—V-8, auto., 1/tow\$5,950
- 1992 Ford F-250 XLT—4x4, diesel, 5-spd.....\$13,950
- 1993 Ford Explorer—Eddie Bauer,
one owner, leather\$18,950
- 1992 Ford Explorer—Eddie Bauer, one owner,
leather\$17,450
- 1994 Jeep Grand Cherokee Laredo—V-8, leather\$24,950

Large Selection of New & Used Cars And Trucks To Choose From

Owners: Marian Adkins, Sales Dept.: JR. Hignite,
Craig Slone, Dan Adkins Jim Bentley, Ed Roberts

ADKIN S LONE

FORD-CHRYSLER-PLYMOUTH DODGE-JEEP-EAGLE
I-64 AT THE GRAYSON EXIT 1-800-737-5414 OR 1-474-5414

Bassin' with the Pros

CRANKBAITS EXCELLENT FOR LATE SPRING, EARLY SUMMER BASS

If it's spring, then it's time for spinnerbaits. "Not necessarily," cautions vet-

Willis' three hits give A's 12-2 win over Prestonsburg Cubs

by Ed Taylor
Sports Editor

Joey Willis banged out three hits in three plate appearances for the Prestonsburg A's. And the Prestonsburg Cubs could only collect one hit against the A's pitching in a 12-2 A's mercy win in Little League baseball at Archer Park Monday night.

Willis singled in the first, doubled in the second and singled again in the fifth inning. He stole two bases and had two RBIs.

The Cubs lone hit came in the third inning when Chris Stephens led off with a double, stole third and scored on a fielder's choice play.

The A's led 4-0 in the first, added four in the second, one in each of the third and fourth innings before finishing with two in the fifth.

Fitzpatrick tripled in the second for the A's, driving in two runs.

The two fifth-inning runs for the A's gave them a 10-run lead, calling for the mercy rule. Both runs scored on an error, making them unearned.

eran bass tournament professional Guy Eaker. "This is a good time to fish crankbaits, too. In fact, it may be a better time to fish crankbaits, because the bass probably haven't seen very many of them in recent weeks."

Eaker, a member of the Evinrude Outboards Pro Staff, has even designed a number of spinnerbaits over the years, but when he looks for a different type of lure action, his first choice is a crankbait.

"The most important aspect of fishing crankbaits is to make certain the lure either digs into the bottom, or at least hits the cover you're fishing on each cast," he says.

"This gives the lure an irregular movement that helps attract bass and bring reflex strikes."

Because crankbaits are designed to reach specific depths, Eaker recommends buying several different lures so all water between the surface and about 20 feet can be fished effectively.

"One technique that has become popular among tournament pros is to use the deep diving crankbaits in shallow water," explains Eaker. "For example, we'll use a lure designed to

reach a depth of perhaps 15 or 16 feet in water only about five feet deep.

"The reason we do this is because we can fish these crankbaits very slowly. They get to the bottom in just a couple of turns of the reel handle, and then we just inch them along."

The Evinrude pro also points out that the deeper diving lures can be fished more effectively through brush and cover than crankbaits specifically designed for shallow water.

"The deep running lures generally have longer bills on them," explains Eaker, "and this is what helps deflect the lure over limbs and branches. Of course, you'll still snag from time to time, but you'll also catch more bass doing this than you ever thought you would."

This time of year, Eaker believes one of the most effective places to fish crankbaits is over the edges of small ditches and channels leading from deep water to shallow. Bass coming shallow to spawn or leaving the shallow spawning beds to return to deeper water use channels like this as their migration routes.

"I like to position my boat in the channel itself and make casts up on

the shallow banks, then bring the crankbait down over the edge of the channel," he says.

"Don't cast straight across the channel, but nearly parallel to it. The most productive area will usually be right where the breakline into deeper water occurs, so by casting along this edge you can keep your lure in the strike zone longer."

SPRING SQUIRREL HUNTING REMINDERS

Kentucky's 1995 spring squirrel hunting season is June 1-14 on all wildlife management areas (WMAs) owned or managed by the Kentucky Department of Fish and Wildlife Resources.

Last spring only four WMAs were open to squirrel hunting on an experimental basis.

Limits, legal hunting equipment and other laws governing squirrel hunting in Kentucky remain the same as those required for the fall season.

Need more information? Contact the fish and wildlife department's I&E division in Frankfort at (502) 564-4336, weekdays from 8:00 a.m. to 4:30 p.m. (Eastern).

Turner's Automotive Services Center

Rt. 122, Minnie, Kentucky
ASE CERTIFIED MECHANIC ON DUTY
For appointments call: 377-1040

COMPUTER SERVICES:

- Wheel Alignment
- Engine Analyzing
- Tire Balancing
- Mount and balance steel and aluminum wheels
- Full brake service
- Custom exhausts
- General service



TIRES:

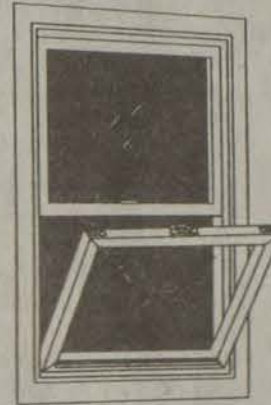
Goodyear, Grand Prix, Monarch, Regal, B.F. Goodrich, etc.



Allen Turner • Tim Howard

High-Yield Investment.

The Simonton Collection™ Series 7000 vinyl replacement windows are designed for maximum thermal efficiency that saves energy dollars year after year.



- Standard Low E²/Argon-Filled Glass for higher R values
- Multiple high-performance weatherseals for superior performance
- Exclusive Lap-Lok™ meeting rail design for extra protection against air infiltration
- Simonton Sill™ for optimum water drainage
- More internal cells for added "dead air" insulation

Simonton windows have even more built-in features that add beauty, comfort, and value to your home. Call today for more information:



Lo-Mor Supply
Vinyl Siding Factory Outlet
New Rt. 680, Minnie, Kentucky
(606) 377-0502 • (606) 377-0115

Public Invited

Dedication of the New River Park.
Saturday, May 20th.

Music starts at 4:30
Dedication 6:00

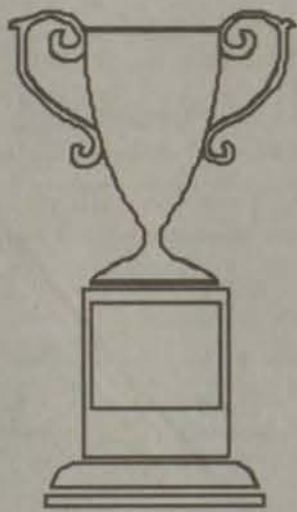
Main Street Merchants—Free drawing followed by
Ky. Opry Jr. Pros River Park Concert
(Behind Billy Ray's Restaurant)

A mainstreet project enhancing non-point
source pollution education information.



Come on down to Maytown Elementary's "Spring Fling" celebration this Monday, May 22 from 6 until 9 p.m.

First Annual Levisa Cup Boat Races...



Win trophies and cash prizes.

• May 20 - 10:00 a.m.

• Prestonsburg to Paintsville.

• To enter, call 886-1341 or 789-1469

• Register to win 12-ft. aluminum jonboat at all Prestonsburg restaurants.

• Register with Mainstreet retail merchants to win various outdoor recreation equipment.

Boat race is a Mainstreet, River and Streams grant, joint Prestonsburg and Paintsville Tourism-funded project to enhance our river and to promote recreation.

Participating Retail Merchants:

- | | |
|-----------------------|------------------------|
| Earl Castle's Jewelry | Hall of Frames |
| Glass Slipper | Cobbler Shop |
| Bookworm | Billy Ray's Restaurant |
| Hopson's Jewelry | Lad 'n Lassie |
| Variety Store | Wallpaper World |
| Ritchie Hallmark | Sears |
| Little Rascals | Ray Howard Furniture |
| C & R Office Supply | Statewide Press |
| The Coachman | Cooley Apothecary |
| Peggy Lou Shoppe | Jenny Wiley Florist |
| Trends & Traditions | Arrowood's |
| The Hock Shop | New Creation |
| Rose's Restaurant | |

Enjoy The Floyd County Music Festival

Prestonsburg, Kentucky
May 18-20

Thursday, May 18—All-County Band, All-County Concert, 7:00 p.m. at Prestonsburg High School, Visual Arts Display

Friday, May 19—Senior Citizens' Games at Dewey Dam



Saturday, May 20—10:00 a.m. Levisa Cup Boat Race (All boats, just for fun, welcome. U.S. Coast Guard rules enforced.)

4:30 Kentucky Opry Jr. Pro's Concert

6:00 Dedication of River Park

6:30 Drawings for 12-ft. Aluminum jonboat, lantern, propane heaters, coolers, life jackets, rods and reels, Thermos bottle, sleeping bags, air bed, Coleman stove, 3 gas grills, Bear bow, tackle box.

7:00 Continuation of Concert.

Annual Public Warehouse Sell Out!

FINAL 2 DAYS!!

YES! It's the final hours of their Total Public Sell Out of all Warehouse Inventory!

THACKER FURNITURE & APPLIANCE

PHONE: 432-2508
LOCATED 7 MILES SOUTH OF PIKEVILLE ON U.S. 460 AT THE MOUTH OF UPPER CHLOE

\$500,000 SELECTION REMAINS!

QUEEN ANNE TABLES!
Available in either cherry or oak wood. Includes oval cocktail, 1 square end and 1 round end.
Reg.: \$349.95. **NOW: \$148**

REG.: \$339.95 — 19" COLOR TV WITH REMOTE CONTROL! **NOW: \$268**
REG.: \$289.95 — 2 HEAD VCR! **NOW: \$222**

EVERYTHING'S REDUCED!

A SELL OUT TO THE BARE WALLS!

2-POSITION RECLINER!
This 2-position recliner is available in green, black, blue or wine synthetic leather. Reg.: \$269.95. **NOW: \$98**

ROCKER/RECLINER!
Has tufted back. Available in black or mauve synthetic leather. Reg.: \$329.95. **NOW: \$138**

EVERY SOFA AND SLEEPER REDUCED!

BOOKCASE BEDROOM SUITE!
V.B. Williams pine bedroom suite. Includes dresser with shelf mirror, door chest and bookcase headboard. Reg.: \$1,099.95. **NOW: \$444**

BLACK LACQUER BEDROOM SUITE!
Includes dresser, round mirror, chest, mirrored headboard. Reg.: \$959.95. **NOW: \$298**

EVERY BEDROOM REDUCED!

REG.: \$899.95 — WHITE WESTINGHOUSE HEAVY DUTY AUTOMATIC WASHER! **NOW: \$478**
REG.: \$799.95 — WHITE WESTINGHOUSE HEAVY DUTY AUTOMATIC DRYER! **NOW: \$358**

REG.: \$849.95 — AM/FM STEREO! 3 changer CD; auto dual cassette with 3-way speaker system! **NOW: \$488**

EVERY DINING ROOM REDUCED!

7-PC. CONTEMPORARY LIGHT OAK TABLE & CHAIRS!
Has large rectangular table and 6 padded bottom chairs. Very formal. Reg.: \$1,464.95. **NOW: \$488**

LARGE CONTEMPORARY LIGHT OAK CHINA!
Matches table above. Has glass doors, lighted top with glass shelves. Reg.: \$1,349.95. **NOW: \$444**

EVERY RECLINER AND CHAIR REDUCED!

ENTERTAINMENT CENTER!
Available in cherry, black, pine and oak. Will accommodate a 27" television, VCR and tapes. Reg.: \$219.95. **NOW: \$98**

3-PC. SYNTHETIC LEATHER DEN GROUP!
Available in black synthetic leather. Includes wide flat arms sofa, loveseat and chair. All with wrinkled effect light seat and back. Reg.: \$1,076.95. **NOW: \$444**

GUARANTEED LOWEST PRICES ANYWHERE! IF YOU FIND ANY ITEM PURCHASED ON SALE FROM THACKER FURNITURE WITHIN 6 MONTHS OF YOUR PURCHASE AT OUR STORE OR ANYWHERE ELSE AT LESS MONEY, JUST BRING US ADVERTISED PROOF AND WE WILL ISSUE YOU A 5% IN-STORE CREDIT OF THE TOTAL PURCHASE, PLUS IN-STORE CREDIT FOR THE DIFFERENCE IN PRICE.

Clearing Out The Entire Warehouse For Faster Delivery And Improved Services! Buy Now! Save!

Hurry! It ends Friday night at 10 pm!
Intended To Be Perhaps The Most Incredible Few Hours Of Savings In Area History!

*Shop their Sensational Public Warehouse Sell Out Prices...
...THROUGH THEIR SHOWROOMS!*

TWO MORE DAYS ONLY!
THURSDAY! 11 AM TO 8 PM!
FRIDAY! 10 AM TO 10 PM!

SAVINGS CLEARLY TAGGED UP TO 80% OFF!

YES! FAMOUS NAME BRAND MERCHANDISE WILL BE PRICED FOR YOUR QUICK AND EASY SELECTION! HURRY! SPECIAL CREDIT OFFER!

• NO DOWN PAYMENT! • NO PAYMENT UNTIL MAY 1996!
• NO INTEREST UNTIL MAY 1996!
(OF COURSE THACKER FURNITURE WILL PAY THE SALES TAX FOR YOU)
VISA — MASTERCARD — DISCOVER

The final Countdown has begun! Their fantastic Annual Public Warehouse Sell Out ends soon! Every remaining item in the store is clearly tagged to assure a complete warehouse sell out! Quantities are limited, so hurry for best selection! All sales are final! No item will be held back as they will sell all warehouse inventory to the bare walls! Special credit is available even at these sell out prices! Don't be the one to miss it!

FINAL 2 DAYS! HURRY!
DOORS THURSDAY! 11 AM TO 8 PM!
OPEN: FRIDAY! 10 AM TO 10 PM!

THACKER FURNITURE & APPLIANCE
PHONE: 432-2508

LOCATED 7 MILES SOUTH OF PIKEVILLE ON U.S. 460 AT THE MOUTH OF UPPER CHLOE

MAJOR SAVINGS CLEARLY TAGGED UP TO 70% OFF!

FIRM II BODY CONTROL! 252 COIL CONSTRUCTION WITH 1/2 INCH FOAM TOPPER WITH MATCHING FOUNDATION.
REG.: \$244.95, TWIN SET, NOW, EACH PC.....\$44
REG.: \$272.95, FULL SET, NOW, EACH PC.....\$58
REG.: \$356.95 — QUEEN SET, NOW, EACH PC.....\$68
5-PC. COUNTRY DINETTE!
Available in blue or white. Has round table and 4 solid wood chairs.
Reg.: \$479.95. **NOW: \$222**

EVERY LIVING ROOM SUITE REDUCED!

5-PC. ROUND PEDESTAL DINETTE!
Has round top with pedestal and 5 Windsor back chairs. Available in pine.
Reg.: \$439.95. **NOW: \$222**

4 DRAWER PINE CHEST!
Beautiful 4 drawer pine chest with brass pulls.
Reg.: \$109.95. **NOW: \$38**

EVERYTHING'S REDUCED!

NOTHING WILL BE HELD BACK!

3-PC. LIVING ROOM TABLES!
Straight lines, contemporary. Available in black or oak. Reg.: \$349.95. **NOW: \$122**

TWIN SIZE BRASS BED!
Includes head, foot and special frame for extra support.
Reg.: \$399.95. **NOW: \$244**

EVERY TABLE AND LAMP REDUCED!

LOOSE PILLOW BACK SECTIONAL!
Beautiful sectional with Southwest look. Available in cream with teal, cream and mauve pillows. This one is out of this world. Reg.: \$1,069.95. **NOW: \$444**

VELVET SWIVAL ROCKER!
Beautiful tufted back swival rocker available in blue, brown, and mauve action velvets.
Reg.: \$279.95. **NOW: \$98**

EVERY DINETTE SET REDUCED!

LOVESEATS!
Available in assorted velvet covers. Many different styles and colors to choose from.
Reg.: \$499.95-\$649.95. **NOW: \$48**

LIVING ROOM CHAIRS!
Available in many different styles and colors.
Reg.: \$399.95 to \$499.95. **NOW: \$38**

EVERY MATTRESS SET REDUCED!

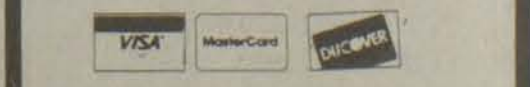
3-PC. LIVING ROOM SUITE!
Large, overstuffed. Includes sofa, loveseat and chair. All with large rolled arms. Available in brown or blue velvet. Reg.: \$899.95. **NOW: \$288**

QUEEN SIZE SLEEPER!
Has innerspring mattress, finger touch control, TV headrest. Available in blaze. Reg.: \$719.95. **NOW: \$222**

COME PREPARED TO BUY TOMORROW!

SPECIAL CREDIT OFFER!

• NO DOWN PAYMENT!
• NO PAYMENT UNTIL MAY 1996
• NO INTEREST UNTIL MAY 1996
(OF COURSE THACKER FURNITURE WILL PAY THE SALES TAX FOR YOU).
BANK CARDS WELCOME!



Roses are red, violets are blue, just hang up if they call you

"As sure as grass grows around a stump, you are my darling sugar lump."

Does that bring back memories, or what?

Remember how we used to think we were so clever when we'd write those little verses on the pages of our friends' yearbooks?

I'd really forgotten about all that silliness that went along with being in high school until I read an article in a magazine the other day that was all about the art of yearbook signing.

I'll have to admit, however, that I was a tad disappointed when I realized that some of the things we wrote weren't really as original as I'd first thought. Many of the verses in the article had been submitted from folks from as far away as Pennsylvania, Ohio, Texas and California. Yet, some of them were the same lines that my own friends had scribbled on the pages of my yearbook nearly forty years ago.

Original or not, though, reading the article brought back a bunch of memories of those days when I was a student at Meade Memorial High

School. Lines like those scrawled completely around the edge of one page reading, "when you are old and live in the hedges, remember it was me who wrote 'round the edges.'"

How many of these do you remember?

• "When Cupid shoots his arrow, I hope he Mrs. you."

Poison Oak



Clyde Pack

• "My love for you will never fail...as long as a pig has a curly tail."

• "If I were a head of lettuce, I'd cut myself in two. I'd give a leaf to every-

one, but save the heart for you."

• "Can't write, too dumb; inspiration won't come. Bad ink, no pen; that's all, amen."

• "My love for you will always shine, like bed-bugs dipped in turpentine."

• "I eat my peas with honey, I've done it all my life. It makes my peas taste funny, but it keeps them on my knife."

• "Remember Grant, remember Lee. The heck with them, remember me."

Since there must be a blue million of these little verses floating around out there, I thought it might be fun to devote another column of some that you remember. Mail 'em in, and if we get enough response, we'll print them. And, we'll also print the names of those who submitted them.

Poison Oak, Box 873, Paintsville, KY 41240.

SPEAKING OF magazine articles, the lead story in the latest issue of AARP Bulletin regards yet another scam being perpetrated on old people.

This one is really bizarre. It seems that "older citizens" are enticed into giving away their money to con men posing as bank officials.

Here's how it works: These impostors call up and say they're from the bank and there's some sort of problem with the victim's account. Then they convince the victim to help in catching a dishonest bank employee who may be tampering with the victim's money.

To make a long story short, the victim ends up withdrawing large amounts of cash and turning it over to the impostor, under the impression, of

(See Poison Oak, C 6)

Section

C

Society	C 2
Farm and Family	C 4
Sunshine Lines	C 5
Health Matters	C 5
Dental Health	C 6
Business/Real Estate	C 7
Classifieds/Legals	C 8-11
County Kettle	C 12

Wednesday, May 17, 1995

The Floyd County Times

Lifestyles

Hammers pound, rails go up during Repair Affair in Floyd

What can eat 120 doughnuts for breakfast, swing 30 paintbrushes until noon and cut 1,800 board feet of lumber by the end of the day?

The more than 50 volunteers who participated in Repair Affair this past Saturday did that and more — despite the deluge of rain that began at midday and lasted until late afternoon.

Although some work remains to be done this week, the volunteer group was able to complete most repairs planned at five homes in Floyd County.

Through Repair Affair, volunteers raise funds to purchase materials to repair homes of elderly, disabled and low-income families and individuals. Volunteers also provide free labor the day of the event.

The Prestonsburg Rotary Club and Mountain Housing Opportunities Corporation have joined forces this year to hold two events — the first of which was Saturday. The second is scheduled in September.

"For our first event things went really well, especially considering the weather," said Repair Affair Chairman Trent Nairn. "We can't say enough to thank the volunteers who worked Saturday and tried so hard to get all the work done."

Rotary provided volunteers and event planning, while Mountain Housing provided financial management. The groups received a \$2,000 grant from Kentucky Housing Corporation to help with materials costs. Other organizations provided the event mainstay — volunteer labor. In addition to individual volunteers, others participating were Rotary members and staff of Big Sandy Area Development District, Carl D. Perkins Job Corps Center students and staff, and employees of the Otter Creek Correctional Facility. Volunteers received hats and t-shirts, and breakfast and lunch were provided.

Homes were repaired at Spewing Camp, Frasure's Creek, Martin and Weeksbury.

At Emma Moore's home in Spewing Camp, Otter Creek staff shored up a porch and replaced the decking and railing, built two new gates, and braced other porch areas. The rain hampered completion of the job, and volunteers will return to paint the porch floor and rails.

At Gertie DeBord's home on Frasure's Creek, volunteers built a new back porch, and repaired the front porch, including floor supports, decking and ceiling. A handrail was repainted, the front porch ceiling repainted, and most of the front and back porches were painted. Volunteers will return this week to com-

plete painting, build a handrail on the new stairs, and patch a portion of the roof.

Nearly a third of the Repair Affair volunteers Ted Salisbury's home in Martin, and were able two-thirds of the planned work before the end. Volunteers sheetrocked the ceiling and put up paneling in one bedroom, put panel wainscoting in the dining room, installed a new front exterior door, scraped the exterior of the house and painted the front, cut weeds and did general "spring cleaning." Volunteers will return soon to put new trim in the paneled room, finish scraping and painting the exterior of the house, install guttering, install new crawl space doors, and paint the porch floor and dining room walls.

Several other volunteers built a wheelchair ramp to the back door of Eugene Akers' home in Martin, and returned Monday night to install rails and clean some of the vinyl siding.

In Weeksbury, volunteers at Opal Hatfield's, volunteers built a handrail on the front porch, re-wired electrical outlets, sheetrocked walls and replaced subflooring in the bathroom, insulated the attic and painted some exterior trim. They will return to re-tile the bathroom floor and paint the walls, built a dummy wall to conceal bathtub faucets, and paint the remainder of the exterior trim.

The crew leader at Spewing Camp was J.B. Shelton. Otter Creek Correctional Facility staff and other volunteers were Danny Tackett, David Johnson, George Hale, David Carroll, Michael Cooper, Kim Triplett, Robin Fannin, John Carrell and Jewel Hobson.

The crew leader at Weeksbury was Lenzie Hale of The Service Connection. Volunteers were Dodie Webb of The Service Connection, and The Rev. Richard Wyzkiewicz, Brian Oakes, Michael Heasley and Michael Dougherty of Devon Preparatory School in Pennsylvania.

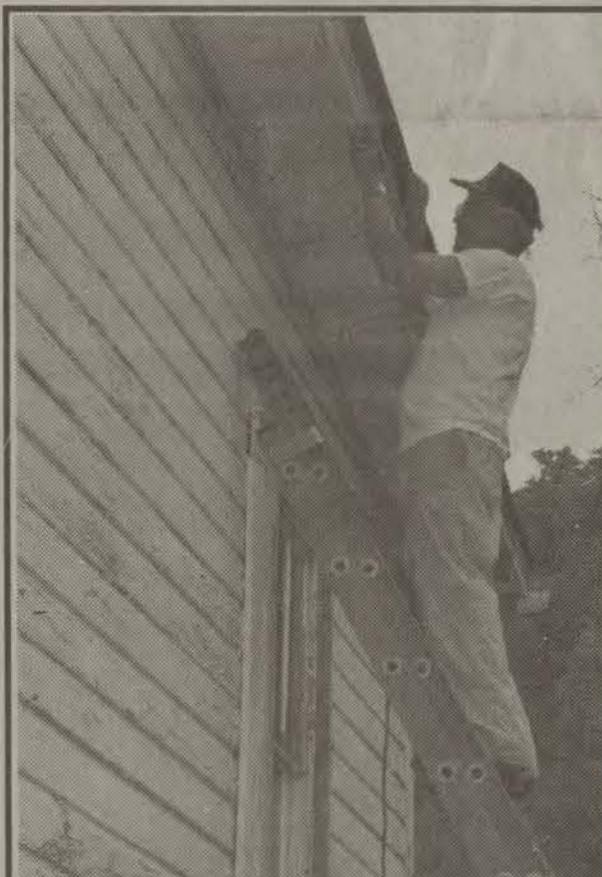
Volunteers at Eugene Akers' home in Martin were Dennis Conley, Dennie Moore, Jose F. Estrada, Roy D. Picklesimer, Lonnie Love, James Peterson, Denton Conev and Archelaus Johnson of Job Corps; and Sally Picklesimer of Hospice of Big Sandy.

Volunteering at Frasure's Creek were Brent McCormick, crew leader; Anne Chaney and Margaret Holbrook of Big Sandy ADD; Henry Mayo,

Jason Mayo, Billy M. Elkins, Todd Clark and Allen Bolling.

Volunteering at Ted Salisbury's home in Martin were Floyd County Judge-Executive Bob Meyer, crew leader; Rotary Club members Mike Vance, Ken Epperson, Frank Carlton, Dr. Steve Towler and Clark Allison; Roger Recktenwald, Stephanie Stumbo-

(See Repair Affair, C 5)



Project of hope

Willis Newsome scrapes paint from the eave of a Floyd County home. He was one of 50 Repair Affair volunteers who donated their labor Saturday.



Access to a future

Roy Picklesimer and students from the Carl D. Perkins Job Corps Center build a deck and handicap ramp for Eugene Akers in Martin. They were among 50 Repair Affair volunteers working in the Martin and Left Beaver Creek areas of the county on Saturday. Although most work was completed, heavy rain kept volunteers from finishing exterior painting. Anyone interested in helping volunteers complete the work this week may call 886-2374, extension 307.



Getting down to basics

Stacy Marshall touches up paint of the soffit of Ted Salisbury's home as part of Saturday's Repair Affair. Another event is scheduled in September.

FROM THE MOUNTAINS by Judon Gibson



The Infamous Hillsville Courthouse Tragedy conclusion

Floyd Allen was distraught, half crying and half praying, as he limped to the death chamber where he was to be electrocuted on March 28, 1913.

He, along with his son, Claude, received the death penalty for their part in the Hillsville Courthouse shootout which left several court officials dead and 32 fatherless children. Claude was also awaiting the electric chair once the state was finished with his father.

There had been dramatics, resulting in a six-hour delay, brought on by the legal maneuverings by the Allen's attorneys at a time when the governor was absent from the state. Lieutenant Governor Ellison called for an opinion from the Attorney General giving a ray of hope to the doomed men. The Attorney General asked the prison superintendent to delay the execution until later in the day.

"Just after sunrise the Allens practically collapsed when informed of the half-day respite," the Roanoke Times reported.

Any hope the Allens had was short-lived as the governor was reached in Philadelphia and he quickly returned to Virginia. Governor Mann was incensed that efforts were made to take advantage of his absence after he had refused clemency time and again.

"When Governor Mann returned to Virginia soil, he was again in his official capacity, and represented the final authority in the case," the Roanoke Times wrote.

The governor's secretary handed out his statement. "I repeat that after the most careful examination of the evidence in this case, I have not the slightest doubt of the guilt of Floyd Allen and Claude Allen and I will not interfere. The law must take its course."

Claude Allen had maintained his composure over the previous months. On his final day however he was noticeably moved by the hopeless and devastated appearance of his father in the cell across the hallway. Claude trembled as he gasped for breath.

Two ministers had visited the Allens regularly in recent weeks and were with the father and son individually when the prison superintendent arrived and proceeded to read the death warrant as required by Virginia law.

Floyd gave Claude a tearful farewell and proceeded with the prison guards to the death chamber.

"Ohhh," he moaned in anticipation as he sat in the chair and the straps and electrodes were fastened to his body. The current was turned on at 1:22 p.m. and four minutes later he was pronounced dead by an attending surgeon. His body was hastily removed to ready the chamber for his son. The prison officials tested the chair while the guards went to escort Claude Allen back to the chamber.

"A trifle pale, Claude marched with measured stride, his head held high, his wonderful nerve with him to the end," Roanoke Times reported the following day. "As he took his seat, he moved his arms to assist the guards who were adjusting the straps, and like his father, he went silently and unafraid."

The bodies of Floyd and Claude Allen were taken to Blyle's Funeral Home for preparation for burial before being turned over to Victor Allen.

Word passed like wildfire and soon thousands of people formed huge lines as they waited to view the bodies. Victor Allen was stunned by the strangers gawking at the corpses of his father and brother. He lodged a complaint with Police Chief Werner.

The following news article appeared in the Richmond paper.

"Blyle's undertaking establishment was a mecca for thousands of morbidly curious men, women and children this afternoon and tonight," the paper reported. "Vast crowds gazed on the grim features of Floyd Allen and the gentler countenance of Claude, both expressionless in death. The throngs became so dense that a special force of police had to be sent to the scene to maintain order.

"A crowd estimated at 15,000 visited where the bodies were being prepared for burial. Some of the women who visited carried little babies in their arms who prattled and one laughed in childish glee, all unconscious of the grim presence of Death in its most hideous and awful form. Later the school children came in great numbers with school books under their arms. Tonight there was no letup as young women and their escorts, attired for the theatre, visited the funeral home and viewed the bodies.

"Early in the evening it became necessary for the police to stretch ropes around the establishment. Later the public was admitted after the police departed without the knowledge of Victor Allen.

"There was no letup until 11 o'clock when Allen started out for his distant home in Carroll County with the bodies of his father and brother."

They returned to Mt. Airy, North Carolina, by Southern Railway where they were met by family

(See Mountains, C 6)

Society News

Call David Hereford
886-3057

DAR chapter meets

John Graham Chapter met Monday, April 24, at May Lodge for a luncheon-business meeting with chaplain, Eleanor Horn presiding. Ms. Horn led the DAR Rituals. Fannie Rannels gave the invocation for lunch. Karen Ousley, treasurer, reported and secretary Frances Brackett read an invitation from Pine Mountain Chapter to attend the marking and dedication of graves honoring Revolutionary soldier, Stephen Caudill, Sarah Adams Caudill, his wife and Elizabeth Caudill Brown, his daughter, Saturday, May 13, at 11:00 a.m., at the Watty Caudill Cemetery at Whitesburg.

John Graham Chapter will present a JROTC medal each year to the outstanding cadet at Allen Central High School starting the 1995-96 school year. Discussion was held concerning the 75th anniversary of John Graham Chapter in June.

Sixth District Director Brackett reported on the 99th DAR State Conference held at Marriott Griffin Gate Resort, Lexington, in March. Ms. Brackett, along with Mrs. Charles Korzenborn, Fifth District director, Fort Mitchell, and regents of Fifth and Sixth district were hostesses to the conference. State Regent, Mrs. Thomas R. Ross, Ashland, along with her nine officers were presented Kentucky state brass plaques by the group. National and state officers from Washington, D.C., Louisiana, Mississippi, Tennessee, Virginia, Wisconsin, Texas and Kentucky were given the autobiography of Verna Mae Stone and her Verna Mae Stone doll which are sold by Hindman Settlement School. Ray Landers, administrator of Kate Duncan Smith DAR School was guest, as was honorary president general Mrs. Walter H. King of Tennessee.

Angela Merritt Eichenbrenner, John Graham junior member of Florida served as page to Virginia State Regent, Mrs. Robert S. Lipes and to Mrs. Brackett. John Graham Chapter received recognition for Anna Mayo Allen of Lexington being named as oldest DAR member in Kentucky, received the Kentucky Silver Award and a certificate naming the Chapter as having the best news coverage in Kentucky.

A white rose was placed for deceased members at the memorial service: Pauline A. Burchett, Opal S. May, Mae Spears Kendrick and Annie Harman Stumbo.

Virginia Goble stated that applications for the February 28th Living Memorial Scholarship had been delivered to eligible Prestonsburg High seniors. Norma Stepp announced that the memorial service to honor deceased Floyd County teachers had been changed from the Josie D. Harkins Schoolhouse to the Wilkinson-Stumbo Convention Center to be held June 8, at 1:00 p.m., Dorothy Osborne reported that the Samuel May House project had been awarded a \$200,000 grant toward restoring the oldest brick house on the Big Sandy River.

The next meeting will be held Saturday, May 20, at noon, a joint session with Big Sandy Chapter, Sons of the American Revolution, May Lodge, with Dr. Larry Leslie, president presiding.

Surprise birthday

Tom Hereford III was surprised with a birthday party at the home of his son and daughter-in-law, Tom and Pam Hereford on the Abbott Road last week. Ice cream and cake was served to Tom and Mary Jo Hereford, Tom and Pam Hereford, and China and Chelsey.

Orsborn-Carter wedding

Beverly Allyson Orsborn and Jay Christopher Carter will be married Saturday, May 27 at 6:30 p.m. The wedding will be at the Pleasant View Methodist Church, Pleasant View. Beverly is the daughter of Mr. and Mrs. James Orsborn of Auxier. Jay is the son of Mr. & Mrs. Bobby Carter of Williamsburg.

Moore-Scott wedding

Stephanie Dawn Moore will wed Leslie Byron Scott on May 20, at the First Assembly of God Church in Martin.

Stephanie is the daughter of Freddie and Charolette Moore of Garrett and Leslie is the son of Harold and Donna Scott, also of Garrett.

Baby shower

Rosemary Armstrong was honored with a baby shower Thursday, May 11 at the Community United Methodist Church. Many friends and family attended, showering her with baby gifts. Hostesses for the evening were Susie McCoy, Lamar Lewis, Carol Holland, Ernestine Collins, Phyllis Joseph, Margarite Fannin, Sue Thompson, Shirley Blanton, Lynn Boyd, Rene Castle, Tracy Freeman and Christina Simpson.

Rosemary is the daughter of Mary McCoy of Prestonsburg and the late Charles McCoy.

Family visits

Robert and Jane Wallace of Riverside Drive had as their guests this last week their son, Dr. Gabriel

Wallace and wife Elnora, their daughter and husband Mike and Pamela Jane Nelson and son Jonathan of Huntsville, Alabama; Jeffery and Elaine Wallace and son James of Ft. Payne, Alabama, and Zella Faye Wells of Paintsville.

Allen-Stone wedding

Stacey Lynn Allen and Keith Stone will be married on May 20 at the Maxwell Street Presbyterian Church in Lexington. Stone is the son of Betty and Gold Stone of Abbott Road.

Citizen of the Year

Congratulations to Raymond Bradbury of Prestonsburg. He was named Private Citizen of the Year by the East Kentucky Leadership Conference at their annual conference in Williamsburg.

Visits here

Joyce and John Stephens of Lexington visited her mother, Kathleen Parker of Prestonsburg, on Mother's Day. Joining them for dinner were Elizabeth Burchett, Sidney and Polly Parker and Melissa Ward, Ashley and Elizabeth of Pikeville.

SEARS PRESTONSBURG • 606-886-3903

(Across from the Floyd County Courthouse)

JIM BLACKBURN, OWNER & OPERATOR

Sale starts May 18 at your local Sears of Prestonsburg

SEARS

Home Appliances and Home Electronics

onsale

Thursday, May 18-Monday, May 22

ALL home appliances including sewing machines and floor care
Save 5-20%

ALL televisions (excludes DSS)
\$10-\$200 off

ALL rack & tabletop stereos (excludes Bose products)
\$5-\$90 off

ALL camcorders
\$30-\$100 off

ALL 4-head VCRs
\$10-\$50 off

ALL TV/VCR combos
\$25-\$50 off

Above savings off regular prices. Each of these advertised items is readily available for sale as advertised. Most larger items inventoried in warehouses. Allow reasonable time for delivery. *Not all product lines have all savings ranges.



99.99 Sears low price
Craftsman 5.0-HP, 16-gal. wet/dry vac features caster foot storage and handy accessories. Also converts to a blower!



149.99 Sears low price
Craftsman 1/2-HP garage door opener with two 3-function transmitters—one standard and one compact. Infrared reversing sensor.



399.99 Special purchase While quantities last
Kenmore SST™ water softener with installation kit. 22,900-grain total capacity, solid state timer and very efficient vacation setting.



149.99 Without tank Sears low price
Kenmore gas grill with 600-sq. in. total cooking area, dual retracting warming rack and easy-to-clean porcelain coated grid.



199.99 Sears low price
4.5-HP, 22-in. lawn mower. Hi-wheel design is ideal for rough and hilly terrain. Eager-I engine, vac edge deck and folding handle.



299.99 Sears low price
5.5-HP, 22-in. power-propelled rear bag mower. Hi-wheel design, vac edge deck, front wheel transmission drive.



1399.99 Through May 20 Reg. 1599.99
Save \$200
14-HP, 38-in. lawn tractor with Kohler OHV engine. Mulch, discharge or bag (tagger extra).



2199.99 Through May 27 Reg. 2499.99
Save \$300
18-HP, 44-in. garden tractor with Kohler Magnum engine and 6-speed transaxle.

Your locally owned and operated Sears Authorized Retail Dealer Store.
Gas grills and tractors require some assembly.



YOU CAN COUNT ON SEARS FOR SATISFACTION GUARANTEED OR YOUR MONEY BACK

Items at most larger stores. Outlet stores excluded. Some major appliances, electronics are special order at smaller stores. Reductions from regular prices unless otherwise stated. Items not described as reduced or as special purchases are at reg. price. Special purchases are not reduced, and are limited in quantity. Prices do not include delivery, unless specified. Environmental surcharges extra. © 1995 Sears, Roebuck and Co.

32 East Court Street, Prestonsburg, Ky. 41653
(Across from the Floyd County Courthouse)
606-886-3903
9:00-6:00 Monday-Saturday
1:00-6:00, Sunday
Jim R. Blackburn, Manager

Cochran named coordinator of local bike-a-thon

St. Jude Children's Research Hospital announced recently that Teresa Cochran has agreed to be the coordinator of the St. Jude Children's Research Hospital Bike-A-Thon in Prestonsburg on June 17.

St. Jude Children's Research Hospital was founded by entertainer, Danny Thomas. The institution opened its doors to the public in 1962 to combat catastrophic diseases which afflict our children. St. Jude Hospital is non-sectarian, non-discriminatory, and covers all costs of care beyond those reimbursed by insurance.

At St. Jude, scientists and physicians are working side-by-side seeking not only a better means of treatment, but also the causes, cures, and prevention of these terrible killers.

All findings and information gained at the hospital are shared freely with doctors and hospitals all over the world. Thanks to St. Jude Hospital, children who have leukemia, Hodgkin's disease, sickle-cell anemia, and other child-killing diseases now have a better chance to live.

The Bike-A-Thon program this year is dedicated to nine-year-old Shauna Richters. Shauna was diagnosed with Wilms' tumor, a malignant growth on her left kidney, in December 1990. Surgery successfully removed the tumor, and Shauna returns to St. Jude Hospital every six months for check-ups. She celebrated her last chemotherapy treatment with a present she had eagerly looked forward to: a new bike. Shana is a living example of the successful research, patient care, and educational programs made possible by the Bike-A-Thon campaign at this internationally recognized hospital.

In Kentucky, 376 children and their families have gone to St. Jude Hospital and received total medical care for a catastrophic illness. Thousands of others have benefited from the research findings that have developed better and more successful treatment methods.



Trophy winner

Tiffany Leann Moore, 8, daughter of Stanley and Ronda Moore of Columbus, Ohio, won first runner-up in beauty at the All American Boy and Girl Pageant.



50th anniversary celebration

In celebration of their 50th wedding anniversary and their 40 years in business at Woods Grocery near Allen, Sophronia and Bill Woods Jr. will be honored on Saturday, May 20, at Woods Grocery. Refreshments will be served from 1 to 4, but family members ask that friends drop by anytime during the day to join in the celebration.

Let's fix asthma is theme of allergy awareness month

Let's Fix Asthma and Allergies! is the Allergy and Asthma Network • Mothers of Asthmatics, Inc. (AAN•MA) theme for the 1995 National Asthma and Allergy Awareness Month celebrated during May. AAN•MA will mark the occasion by participating in over 130 events nationwide.

The goal is to raise public awareness about asthma and other allergic conditions, as well as reach families affected by these diseases with the information that will help them breathe easier.

Little known facts:

- 13.7 people die of asthma every day, a tragic statistic when the vast majority of asthma deaths are preventable.

- There are two main parts to asthma. The noisy part, bronchospasm, is the telltale coughing, wheezing, choking associated with asthma. The quiet part, inflammation, is poorly understood and undertreated, in part because patients can't feel, hear, or see the quiet part of asthma.

- There are two main classes of asthma medications. Noisy medicines, bronchodilators, treat the noisy part of asthma. You can feel them working. Breathing is eased and the heart is beating faster. The person may even feel jittery. Quiet medicines, anti-inflammatory inhalers, treat the quiet part of asthma. You can't feel them working.

- The adult male has enough air tubing in his chest to cover the area of a tennis court. At the end of that tubing are billions of tiny air sacs that channel fresh air into, and take

used air out of, the blood stream.

- Many people with chronic, difficult to control asthma have undiagnosed sinus disease.

- More than 33 million Americans suffer from chronic sinusitis.

- More than 22 million Americans suffer from allergic rhinitis (hay fever).

- An estimated 12 million Americans suffer from asthma, including approximately three million children under the age of 18.

- Asthma was the underlying cause of more than 5,000 deaths in the U.S. in 1990. The asthma death rate for African-Americans is more than twice as high as it is for other segments of the population.

- Asthma and allergies are among the nation's most common and expensive health problems, accounting for one of every nine visits to physicians.

When buying a new car, operating instructions and an owner's manual are included. When newly diagnosed with asthma, most patients are left bewildered and confused.

AAN•MA is a grassroots, non-profit membership organization offering patients an eight page monthly newsletter, The MA Report; discounts on prescription medications, medical devices, and allergy products, and a toll free hot line answered by caring and knowledgeable people who share patient concerns.

To receive AAN•MA membership information, a sample of The MA Report, and a listing of resources, call (800) 878-4403.

Society

Homemakers meet

Prestonsburg Day Homemakers Club met May 9 at the Floyd County Extension office. President Beverly Hackworth presided. Devotionals were given by Eleanor Horn entitled "Mothers." Mary Sue Moore gave the secretary and treasurer's report. Get-well cards were sent to Lucy Regan and Julia Curtis. "Happy Birthday" cards were sent to Jane Wallace and Ann Alley. The group voted to make contributions to the Floyd County Rescue Squad, Children's Memorial Fund and to sponsor a child at the 4-H Camp. Francis Pitts gave a program on "Management of Your Finances and Records."

Eva Collins was the hostess. The next regular meeting will be September 12, with Myrtle Allen and Fanny Runnels as hostesses.

The Homemaker's Camp will be May 31, June 1 and 2. The quilting meeting will be at the regular time.

Thanks were extended to the Floyd County Times for their excellent publicity.

Members present were Dorothy Osborne, Myrtle Allen, Ann Alley, Eva Collins, Sara Laven, Eleanor Horn, Mildred Branham, Thelma Thomas, Francis Pitts, Dorothy Stover, Minnie Warrick, Mary Sue Moore, Nancy Webb, Jane Wallace, Ann Compton, Fanny Runnels and Beverly Hackworth.

Visits daughter

Tom and Mary Jo Hereford, Abbott Road, spent a few days with their daughter, Mary Callihan, in Atlanta, Georgia. While there they were entertained by Rufus and Estelle Cooper and Scott. Mary is a student at Mercer University School of Pharmacy. They stopped in Kingsport, Tennessee, en route home and visited with Tom's brother and family, Dr. John Robert and Cheri Hereford and children John and Lauren.

Weekend guests

David and Peggy Hereford, Ford Street, had as their guest Mother's Day weekend their son, David and daughter Laura and son-in-law Ronnie Goble of Lexington, Dr. John and Cheri Hereford, John Robert and Lauren of Kingsport, Tennessee. They were joined by Tom and Mary Jo Hereford, Tom and Pam Hereford, China and Chelsey and Oliver and Deloris Webb for a cook-out Friday night. Sunday the group celebrated Mother's Day at May Lodge, Jenny Wiley State Park where they were joined by Don and Maxine Goble and Donnie.

Visits parents

Kay Ann Wilborn of Shelbyville spent Mother's Day with her parents Katherine and Chalmer Frazier of Prestonsburg.

An expert is one who knows more and more about less and less.

—Nicholas Murray Butler



Do you have a place for me?

Kentucky Baptist Homes for Children is seeking foster parents in the Big Sandy area. Training, ongoing professional support, and a stipend are provided.

Call Renita Tackett for more information
(606) 478-3200

Kentucky Baptist Homes for Children



RITE AID

LIQUOR DEPARTMENT

PRICES EFFECTIVE MAY 22 THRU MAY 27, 1995



Early Times Kentucky Whisky
1.75 LITER

13⁹⁹



Kessler American Blended Whisky
1.75 LITER

12⁹⁹



Jim Beam Kentucky Bourbon Whiskey
4 YEAR OLD
80 PROOF-750 ML

6⁹⁹



Seagram's Extra Dry Gin
1.75 LITER

13⁹⁹



Tropical Freezes
READY MADE FROZEN DRINKS-3 PACK

4²⁹



Bartles & Jaymes Cooler
4 PACK

2⁹⁹

Franzia or Peter Vella Bag in Box Wines
CHABLIS, BLUSH, BURGUNDY, RHINE OR WHITE GRENACHE
5 LITER
Sutter Home Wine
CABERNET OR CHARDONNAY
1.5 LITER

7⁹⁹



Celebrate Spring With a Memorial Day Picnic!

Heaven Hill Vodka
80 PROOF-1.75 LITER

7⁸⁹

Ron Bacardi Limon
CITRUS RUM-80 PROOF-750 ML

9⁴⁹

Smirnoff Vodka
80 PROOF-750 ML

6⁶⁹

Old Fitzgerald Kentucky Bourbon Whiskey
86 PROOF-1.75 LITER

15⁴⁹

AVAILABLE AT THESE RITE AID PHARMACIES

PRESTONSBURG, KY

• **GLYN VIEW PLAZA**
(500 W. MOUNTAIN PARKWAY)

• **HIGHLAND PLAZA SHOP. CTR., UNIVERSITY DR.**

QUANTITY RIGHTS RESERVED. ALL ITEMS MAY NOT BE AVAILABLE IN ALL STORES. BEVERAGE PRICES ARE FOR NON-REFRIGERATED PRODUCTS ONLY.



August wedding planned

Mr. and Mrs. Paul Robinson of Prestonsburg announce the engagement and forthcoming marriage of their daughter, Lesia Jean, to Kevin Yeager. The son of Mr. and Mrs. Russell Yeager of North Huntington, Pennsylvania. Yeager is employed as the vice president for finance at Consolidated Health Systems in Prestonsburg. An August 12th wedding is planned.



Working Together...

Things are always easier when people work together. And nobody knows that better than your hometown bank, The Bank Josephine.

For more than a century, we've been working with folks around here. Whether it was a loan to get a business up and running, a safe and secure investment plan for retirement, or help buying that dream house, we've been there to help.

When you need a financial partner, The Bank Josephine is here to work with you to reach your goals. Hometown service from hometown people — that's The Bank Josephine.



The Bank Josephine

A Floyd County Tradition Since 1891

First Ave. & Court Street • North Lake Drive
Allen • Garrett • Harold • Left Beaver
Prestonsburg, Kentucky • (606) 886-4000
Member FDIC

Farm & Family

Potatoes may fight off fungus

by Linda Cooke
Potatoes—the favorite food of millions, young and old—may get a new natural resistance to a virulent strain of late blight that ruined many farmers' crops last year.

Whenever the growing season is excessively wet, both potatoes and tomatoes can be hit by *Phytophthora infestans*, a fungus that causes late blight, according to Agricultural Research Service plant physiologist John P. Helgeson of the U.S. Department of Agriculture. Late blight was responsible for the Irish potato famine in 1845-48.

Helgeson and other researchers at the ARS Disease Resistance Laboratory in Madison, Wis., have been searching for potatoes that have a built-in defense against late blight. They developed experimental potato lines that resist damage by a virulent strain of late blight.

"In field tests, we found that many of these plants survived the new strain of late blight and lived even without being treated with fungicides," says Helgeson.

By early last August in these tests, late blight had killed six commercial varieties planted in control plots alongside the experimental lines. Helgeson's potatoes were still green and healthy, with fewer than 10 percent of their leaves damaged. Now, the resistant lines will go to plant breeders to develop commercial varieties over the next few years.

"Getting late blight resistance in potatoes could save potato growers millions of dollars each year," says Helgeson.

In Wisconsin alone, nearly 100 percent of about 72,000 acres of commercially grown potatoes are treated with a fungicide, not once, but four to 12 times a year. The cost of these treatments ranges between \$2 million to \$6 million just for chemicals. (Agricultural Research Service, U.S. Department of Agriculture)



Taffeta cloth is so-called from the Persian word *taftah*, meaning "twisted" or "woven."



A garden of perennials

The landscape of Bonnie and Kenneth Mullins on South Highland Avenue was chosen as Yard of the Month for May by Prestonsburg Woman's Club. The Mullins' yard is a composed of flowering perennials that the couple bought at various nurseries and have gotten from swaps with neighbors. "We swap and trade," said Bonnie, seated on her garden bench. The yard contains roses, irises, and unusual specimens such as wild columbine and cora bells. "It's a garden that you can tell has been worked with love and sort of reminds me of an old-fashioned garden," said Betty Popp of the Woman's Club. (photo by Polly Ward)

Enjoy fruits of labor with edible landscaping

Gardeners can enjoy the fruits of their labors by adding edible trees and plants to traditional ornamentals in a landscape design.

"Fruits extend the blooming season and add color and shape to a landscape," said Jerry Brown, extension horticulturist with the University of Kentucky College of Agriculture. "Using fruits enables gardeners to produce food in limited space."

Vegetables also offer many possibilities in a landscape design, according to Win Dunwell, extension horticulturist.

"Vegetables provide variety of foliage and flowers, and the fruits are ornamental," Dunwell said. "They also provide variety of growth habits. For instance, peppers are bushy and low growing while others such as tomatoes and peas grow taller and might require some training. Vegetables can be interspersed with traditional ornamentals, or grouped in a small area."

Many fruit trees and plants bloom over an extended period of time. These include pear, cherry, peach, and apple trees and blueberries, strawberries and blackberries.

"Fruits can add variety of shape to the landscape," he said. "For instance, use an apple tree for a globe shape, peach for a low oval appearance, or

pear for an upright shape. Another way to add variety is to plant different species side by side. Be sure to select fruits with growth habits that fit dimensions of the location. And remember that a small tree or bush will grow bigger over the years.

"Planting fruit trees or plants in the landscape is a good way to produce food since many homeowners have limited space and a miniature orchard is not aesthetically attractive. We're seeing more varieties with disease and pest resistance. More dwarf varieties also are available."

Fruit trees and plants can be used in a variety of ways in the home landscape, according to Brown. Use strawberries as a ground cover or border, or blueberry bushes as shrubs. Shade a patio with a grape arbor, or train pear trees or brambles such as blackberries and raspberries on a fence. Dwarf fruit trees make a nice visual barrier. A bramble hedge will cut down on traffic through the yard.

Brown advised against using trees that drop fruit, such as peach or apple, in areas with a lot of foot traffic, such as near a sidewalk or home front entrance.

He also cautioned gardeners about pesticide use on both fruits and traditional ornamentals.

"Be sure fruits don't receive pesticide drift from ornamentals that would not be appropriate for the fruit crop," he said. "Pay close attention to the harvest interval if you use pesticides on fruits."

Vegetables, unlike most fruit trees and plants, usually grow only one season. However, many vegetable types make an attractive addition to the overall landscape design, according to Dunwell.

"Tomatoes are an excellent choice because they have good green foliage, pretty yellow flowers and the red or orange fruit is quite ornamental," he said. "Although tomatoes require some training, you can grow them on a trellis or prune off lower branches forcing plants to grow very tall and cover a wall or fence."

Pepper plants are another prospect. Various cultivars produce red, yellow or green fruit. Ornamental peppers and the hot types provide further choices in plant and fruit size and fruit color.

"You can plant eggplant that has the common purple fruit, or the variety with fruit resembling a white egg," Dunwell said. "Early planted peas produce a show of white flowers early in the flowering season. Add various leafy vegetables as ornamental groundcovers, based on foliage type and color. Sunflowers are another possibility. Tall stalks have large flowers with seed for bird as well as

human food."

In fact, Dunwell said, a formal garden in France is based entirely on vegetables. It contains peas, cole crops like broccoli, cauliflower, cabbage and kale, and numerous other vegetable crops that make the garden attractive throughout the year.

County Extension offices have publications on fruit and vegetable production. However, offices are not equipped to design landscapes.

WMMT Benefit Dance Party
featuring
The Astounding MOJO FILTER KINGS
The hottest homegrown music this side of Little Richard & the Red Hot Chili Peppers
Saturday, May 20, 7:30pm
"The Pines"
Jenny Wiley State Park
Singles \$15 Couples \$25
Tickets & Information 606-633-0108
WMMT 88.7 FM

CASTLE'S
JEWELRY & GIFTS
Is now Open In West Liberty

541 Main Street West Liberty, Ky. 743-3541	315 Mayo Plaza Paintsville, Ky. 789-7572	4565 N. Mayo Trail Pikeville, Ky. 437-5694
--	--	--

Hours: 9:00 a.m. till 5:00 p.m.

bridal registry

WE HAVE:

- Bridal Gift Registry
- Pfaltzgraff • Lenox
- Royal Daulton
- Gorham • Spode
- Wedgwood
- Royal Albert • Nikko
- Johnson Brother
- Waterford Crystal
- Lead Crystal
- Oneida • Gorham Silver
- Wallace
- International • Yamazaki

SOME COMMON SENSE WAYS TO DETECT A GAS LEAK.

Even with a system as safe and secure as your natural gas service, a leak could occur. That's why you and your family should learn some basic safety rules.

In cities, towns, or suburban areas.

Your gas company adds a special scent to the otherwise odorless natural gas that's delivered to your home. If you detect this odor:

- Don't use matches or operate electrical switches, equipment or appliances.
- Leave your home, business or building and call the gas company from another site.
- Don't return until a gas company representative arrives.

In parks or rural areas.

Outside some cities and towns, a natural gas leak may not be detectable by scent. In these areas, you may hear a blowing or hissing sound or see dirt blowing into the air; water bubbling or being blown into the air at a puddle, pond, creek or river; brown patches in vegetation on or near a gas line; or fire coming from the ground or burning above it.

If this happens:

- Leave the area and warn others to stay away.
- Call the gas company and the police and fire departments.
- Don't try to extinguish a gas fire or operate any pipeline valves.

Chances are you'll never experience a natural gas leak. But, if you do, follow your senses.

COLUMBIA GAS

Look to us for ideas and the energy to make them work.

Gateway Livestock Market
Mt. Sterling, Kentucky
Wednesday, May 10

Cattle and Calf Receipts: 500. Total receipts for the week: 1093. Cattle weighed at time of sale: (Compared to last week) Slaughter cows and bulls steady; feeder steers and heifers, \$2-\$3 lower. Feeder quality not nearly as attractive as last week's offerings.

SLAUGHTER COWS: breaking Utility and Commercial, 3-4, \$36-\$40; high Cutter and boning Utility, 1-3, \$38-\$42.75; Cutter 1-2, \$36-\$38; Canner and low Cutter, \$30-\$36.

SLAUGHTER BULLS: yield grade 1-2, 1315-1935 lbs. indicating 76-79 carcass boning percent, \$43.25-\$48.

FEEDER STEERS: Medium to Large Frame No. 1 285-300 lbs., \$85-\$90; 300-400 lbs., \$76.50-\$85; includes package 360 lbs., \$85; 400-500 lbs., \$74-\$78; 500-600 lbs., \$68.50-\$74; few 615-735 lbs., \$62-\$66; 800-945 lbs., \$52.50-\$54.50; Small Frame No. 1, 300-400 lbs., \$73-\$78; 400-500 lbs., \$67-\$74; 500-600 lbs., \$62-\$68; Medium Frame No. 2, 385-500 lbs., \$65-\$74; 500-600 lbs., \$60-\$66; 745-980 lbs., \$50-\$54.

FEEDER HEIFERS: Medium to large frame No. 1, 350-400 lbs., \$68-\$72; 400-500 lbs., \$63-\$68; 500-600 lbs., \$60-\$65.50; includes 7 head 587 lbs., \$65.50; 600-700 lbs., \$55-\$60; few 700-855 lbs., \$51.25-\$55; Small Frame No. 1, 375-500 lbs., \$57.50-\$63; 500-600 lbs., \$55-\$58; Medium Frame No. 2, 300-500 lbs., \$55-\$63; 500-650 lbs., \$50-\$55.

STOCK COWS AND CALVES: Medium and Large Frame No. 1, indicating 3-8 years of age with 125-375 lb. calves at side, \$550-\$760 per pair. Medium and Small Frame No. 1-2, indicating 5-10 years of age with 95-250 lb. calves at side, \$330-\$460 per pair.

STOCK COWS: Few Medium and Small Frame No. 1-2; indicating 3-10 years of age and bred 2-8 months, \$350-\$540 per head.

STOCK BULLS: \$580-\$730 per head.

BABY CALVES: \$70-\$170 per head.

LOTTO K KENTUCKY

TODAY'S JACKPOTS

POWER BALL

\$5.2 Million

KENTUCKY LOTTERY

\$40 Million

Sunshine Lines



by Beverly Carroll

Senior citizens, last week the Kentucky Benefits Counseling Program for Senior Citizens held their annual statewide conference in Lexington. State leaders, ADD representatives associated with aging issues, directing attorneys of various legal services offices throughout the state, benefits counseling coordinators, and volunteers throughout Kentucky met for this day and one-half seminar.

The four basic purposes of these yearly seminars are to:

- Learn what new benefits might be available, or will soon become available to senior citizens, and receive updates regarding previously established benefits;

- Identify problems associated with receiving benefits for our senior citizens and determine solutions to working through red tape;

- Network and exchange benefits information with other personnel in regard to aging issues; and, last but not least,

- Honor one volunteer from all volunteers throughout the entire state as the No. 1 Kentucky Volunteer Benefits Counselor of the Year.

(Read on. You just might know who received this high recognition this year. Here's a hint: He's right here at home in Eastern Kentucky.)

With all the talk of governmental cutbacks, there were no new benefits that surfaced for senior citizens at this conference. Therefore, what was of paramount concern in regard to senior citizen issues and benefits, is the fact that many programs will either suffer from seriously decreased

funding or be eliminated completely. It appears that Medicare is especially vulnerable right now. So many of you depend on Medicare. At the time of this writing, it appears that the proposed changes in your present

Medicare coverage are drastic. The coverage now available may be severely curtailed. Certain aspects of the coverage could be eliminated completely. Deductibles may increase. These changes will affect more than Medicare. It will also adversely affect programs related to Medicare.

At the conference, networking was one of the highlights. Counselors and caregivers wanted to make sure that they were aware of all federal, state or private benefits. If someone learned of a benefit that was available to senior citizens, that information was made available to all. By networking and exchanging information in this way, all senior citizens throughout the state could be made aware of these benefits.

The highlight of the convention, beyond the learning experience, was the presentation of the Kentucky Benefits Counseling Volunteer of the Year award. This award is presented to the outstanding volunteer chosen from all who volunteer for this program throughout the state. There are over 300 trained volunteer benefits counselors serving our senior citizens statewide in this capacity. Our very own Den Hunter was chosen as this year's recipient of this prestigious award. Den has donated many hours on behalf of senior citizens, working through the Kentucky Benefits Counseling Program throughout the Big Sandy region. All of us at Legal Services in Prestonsburg know how deserving this man is. We are grateful for Den's accomplishments on your behalf and are pleased that he was so honored.

For more information about the Kentucky Benefits Counseling Program serving senior citizens in Floyd, Johnson, Magoffin, Martin, and Pike counties, call 886-3876 or toll-free, 1-800-556-3876. We are here for you.

Health Matters

by Christopher Fleming

EXERCISE CAN'T ALWAYS COUNTERACT YOUR DIET

Dietary fat, especially saturated fat, contributes to several risk factors of coronary heart disease: hypertension, spontaneous blood clotting, elevated low-density cholesterol levels, diabetes mellitus, and obesity.

Because exercise helps counteract several of these negative effects, many fitness buffs believe that you can eat whatever you want if you exercise enough. The cardiac-related deaths of many endurance athletes tell us otherwise. In addition to its association with cardiovascular disease, a high-fat diet is related to many other diseases such as colon cancer, prostate cancer, uterine cancer, breast cancer, gall bladder disease, and a weakened immune system.

Exercise can't cure the problems of a poor diet. An example is cholesterol. The "bad" blood cholesterol (LDL) is not directly affected by exercise, however a high fat diet increases the production of LDL. Exercise raised the "good" cholesterol (HDL) which can help reduce the LDL levels. Prevention is the best cure; thus a diet low in saturated fat lowers LDL levels.

A diet high in fat causes the body to store excess calories as fat more efficiently. The process of converting dietary fat to body fat requires only 3 calories per 100 calories of fat consumed. As if this isn't easy enough, fat storage is accelerated when you consume fat and simple sugars at the same meal—combining a cola with fries for example. Sugar triggers the release of insulin, and insulin activates fat-cell enzymes, which promote the passage of fat in the bloodstream into fat cells. Exercise burns calories, but it won't necessarily prevent fat from going into storage, and once stored, fat can be very difficult to remove. If you doubt this, ask dedicated male joggers with thick love handles or female joggers with ballooning thighs.

A diet low in fat and high in complex carbohydrates may also help maintain optimal weight. A shift to complex carbohydrates (vegetables, legumes, grains) can reduce fat storage, even when you don't reduce your calories. This fat loss is only modest (1 to 4 lbs.) but, when combined with exercise, results can be dramatic. There are three reasons. First, carbohydrates can be stored as glycogen, and this prevents the conversion of carbohydrates to fat. Unfortunately, glycogen storage capacity is limited, but the body can expand storage capacity in those who regularly consume large amounts of complex carbohydrates and also exercise. Second, when maximum glycogen storage capacity is reached, the body increases its metabolic rate to burn off excess carbohydrates. And, finally, when storage capacity and

increased metabolism prove inadequate to handle the carbohydrate load, the body will convert carbohydrates to fat. The conversion process is costly, however, requiring 23 calories of every 100 consumed. These three factors ensure that less body fat results from diets high in complex carbohydrates than a diet equally high in calories from fat.

Remember, even with a diet high in complex carbohydrates, you can gain body fat if you consume more calories than you use. So calories do count. The bottom line: If optional health and a slender physique are your goals, a low-fat, high-carbohydrate diet, coupled with exercise, will accomplish more than exercise alone.

Tip of the Week: Diets should include at least 6 to 11 servings of bread, cereals, rice, pasta and grains daily.

Christopher G. Fleming is the Project Health Coordinator 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.



Fourth birthday

Laken Lynn Moore, daughter of Stanley and Ronda Moore of Columbus, Ohio, celebrated her fourth birthday April 27 with a party April 28 at Marc's Funtime Pizza Palace, with family and friends. She is the granddaughter of Jean Johnson of Columbus, and Levi Johnson Jr. of Weeksbury, and Linda Moore of Martin, and great-granddaughter of Arthur Lee Rollins of Lower Burton.



Volunteer of the Year

Den Hunter of Floyd County was named Kentucky Benefits Counseling volunteer of the year in during a conference of the Kentucky Benefits Counseling Program last week in Lexington. Hunter is a volunteer with the program through the Prestonsburg office at Appalred. (photo by Polly Ward)

Repair Affair

(Continued from C 1)

Marshall, Denise Clark and Bonnie Hale of Big Sandy ADD; Stacy Marshall, Trail Farler and Gavin Hale.

Also attending were Betty Banton of Louisville, state-wide Repair Affair coordinator for Kentucky Housing Corporation, and her mother, Dorothy Payne.

Businesses and individuals donating materials or funding for the event included Layne's Hardware, Lo-Mor Hardware, Wright Lumber, RAM Technologies, Foodland in Prestonsburg, F.S. VanHoose and Company Inc., McCormick Construction,

Sandy ADD Homecare Program, Music-Carter-Hughes, Davidson Memorial Gardens, John's Clubhouse, McDowell Appalachian Regional Hospital, Coca-Cola Bottling Co. in Louisa, Dairy Queen in Martin, Stover Ice Co. at Auxier, Pic-Pac in Prestonsburg, SuperAmerica in Martin, Rebel Lanes, Dr. Mary A. Hall, Anne Chaney, Sharon Hall, Ed and Del Borden, and Dodie Webb.

Groups or individuals who would like to make donations, volunteer or participate in the September event may call Anne Chaney, 886-2374, extension 307, for more information.

HIGHLANDS CLINIC

BRINGING MANY OF LEXINGTON'S FINEST SPECIALISTS CLOSER TO YOU

HIGH RISK PRENATAL CLINIC

University of Kentucky's Department of Obstetrics and Gynecology

John Read, M.D., Berry Campbell, M.D., Douglas Milligan, M.D., and Todd Fontenot, M.D. At the Medical Center.

Appointments — 886-7471 or 886-7511
physician referral required

U.S. 23 North,
Prestonsburg

Proper steps can lessen trauma of children's injuries

Summer is a time for vacations, sporting activities—and injuries. A few tips can help parents better cope with injuries and maybe save a trip to the emergency room, says University of Louisville surgeon Edmond Hooker.

For instance, Hooker says parents should immediately cover cuts. This helps stop bleeding and shields the child from the sight of blood. If a limb is injured, compare it to the other one. If there is abnormal swelling or discoloration, take the child to the hospital.

Most important, parents should make sure any sitters have the child's complete medical history.

YOU AND YOUR CHILDREN HAVE A RIGHT TO BE SAFE.

Call someone who can help.
886-6025 (Floyd County)
1-800-649-6605
(Outside Floyd County)

You're Headed for an Instant Win!



Recent Area Winners:

- Don Riley, Harold — \$3,000 LUCKY PAIRS
- Nathan Shelton, Martin — \$1,000 LOTTO KY
- Sylvia Elliott, Harold — \$1,000 LOTTO KY
- Faye Stanley, Pikeville — \$1,000 LOTTO KY
- Odella Baisden, Prestonsburg — \$2,600 PICK 4
- Jim Curnutte, Prestonsburg — \$1,000 LOTTO KY
- Timothy Higgs, Martin — \$800 PICK 3
- Inez Kinney, Pikeville — \$1,000 LOTTO KY
- Timothy Stamper, Salyersville — \$1,000 LOTTO KY
- Andrew Yates, Pikeville — \$2,600 PICK 4
- Rita Arnett, Salyersville — \$1,000 DYNAMITE DOLLARS

Kentucky Lottery Scratch-Off Tickets Pay Out An Average \$3.4 Million Each Week! So Stop By Your Favorite Lottery Retailer Today — You Could Be Headed For An Instant Win!

McDowell Professional Pharmacy
For all of your pharmaceutical needs. We accept almost all insurances.
Owned and operated by Steve and Alicia Dawson.
Located on Route 122
McDowell, Kentucky
377-1088

Let no one who loves be called altogether unhappy. Even love unreturned has its rainbow.
—James M. Barrie

THE **INFILTRATOR**®
TURN YOUR INTO
HAVING SEPTIC TANK DRAINAGE PROBLEMS?? LET US INTRODUCE YOU TO THE INFILTRATOR CHAMBER LEACH FIELD SYSTEM.
NO GRAVELS TO BUY
TAKES 45% LESS THAN GRAVELESS PIPE
HAULED IN ONE PICKUP LOAD
FAST AND EASY (TWO-MAN INSTALLATION)
REDUCED LABOR AND MACHINE COST
FOR MORE INFORMATION, CALL (606-358-9251)
EASTCO SUPPLY, INC.
EASTERN, KY.
ACROSS FROM DUFF ELEMENTARY SCHOOL

Spring Sale!
See our large selection of Berbers, Plushes and Sculptured
COMMERCIAL CARPET
Starting at **\$295** sq. yd.
Over 65,000 yds. in stock, ready for immediate installation.
Kentucky Carpet
Allen, Ky.
DUPONT APPROVED MasterStore 874-2855 or 874-2859



Depoy, Stephens will wed

Yvette Lynn DePoy and Tony Stephens of Allen, will exchange vows on Saturday, May 27, at 6:30 p.m. at the First Baptist Church of Allen. Their parents are Mr. and Mrs. Meredith DePoy and Mr. and Mrs. Clarence Stephens of Allen. The gracious custom of an open wedding will be observed.

Newsome-White announce engagement



Suzi Newsome and Mark White

Suzi Newsome of Prestonsburg and Mark White of Morehead announce their engagement and forthcoming marriage, June 3 at 2:30 p.m., at the First Baptist Church of McDowell.

The bride-to-be is the daughter of Mrs. Bonnie P. Newsome of McDowell and the late Otis "Pudder"

Newsome. She is employed by Paul B. Hall Regional Medical Center.

The prospective groom is the son of Mrs. Martha Dunaway of Morehead and is employed by Denham-Blythe Construction Company.

The gracious custom of open ceremony will be observed.



Weaving friendship

Bonita Porter added some color to her basket Wednesday during a basket-making workshop at the Floyd County Extension Service. Frances Pitts, Floyd County Extension agent, said another workshop will be held if enough interest is shown in additional workshops. (photo by Janice Shepherd)

Mountains (Continued from C 1)

members and transported by wagon to the Fancy Gap section of Carroll County where they had lived.

The Roanoke Times editorialized a couple days later about, "Two strong and handsome Virginians were killed yesterday, by decree of the courts, and by the order of the State which they told their allegiance to and love for in their last words.

"It is horrible to have men of this kind led into a little dark room, strapped into a heavy chair and killed instantly by the turning upon them of a deadly current of electricity. These two fine and brave men were killed justly in the interests of society, for the protection of the people and the vindication of the law. It is necessary that our people know they must obey and respect the law and the courts, revere human life, submit their quarrels and accusations against them to juries and judges and accept their

verdicts and decisions.

"The Allens were brave men and they were good men, yet they disregarded and trampled the laws of the State. It was proven that the Allens began the shooting. Four dead men lay in that room to prove that the shooting was in earnest. Webb was killed with a toothpick in his mouth, from which he had just dropped his hand. Men do not go into battle picking their teeth.

"It is hard to have brave men killed by the law but it would be harder to have good, useful men shot down in the performance of their duties and those who killed them left living as heroes.

"Governor Mann was right and will be commended by all the thinking people of the State of Virginia."

Copyright 1995 Gibson Productions

*Jadon Gibson, a native of Floyd County, is a free lance writer from Harrogate, Tn.



Printing the message

Khrya Varney and students from the McDowell Elementary School decorated brown grocery bags donated by the McDowell P/c Pac for Child Abuse Awareness Day. Miss Varney is the art teacher at McDowell. The bags were decorated with Child Abuse Awareness messages and art work.



Dental Health Today

by Michael K. McKinney, D.M.D.

Why a root canal?

Years ago, a badly infected tooth was doomed to be pulled. Today, that's a last resort. Root canal treatment consists of: 1) the removal of the infected pulp that lies within the root canals of the tooth, and 2) the sealing of the root ends to prohibit any further infection.

The pulp is the tooth's center core of soft tissue (nerves, blood vessels and fibers). When the dentist removes a "nerve" from a tooth, he really removes pulpal tissue that contains the nerve.

Removing the pulp from the tooth does not produce a "dead" tooth. It

will be very much alive and function-

ing because it has a source of blood and nerve supply from the surrounding tissues that hold it in place. The tooth will have no sense of feeling because the nerve has been removed, but the tooth itself will be fine. Your dentist will probably recommend that the tooth will need a crown soon after root canal treatment for strength and support. It should last as long as your other teeth and could even be eventually used as an anchor for a bridge or a partial denture.

Prepared as a public service to promote better dental health. From the office of: Michael K. McKinney, D.M.D., Jct. of Hwy. 122 & Rt. 680, Minnie, Ky. PHONE: (606) 377-0170

Poison

(Continued from C 1)

course, that it will be redeposited as soon as the dishonest bank employee was caught.

The article said that a man in Norfolk, Virginia, gave away \$40,000 and a woman in Winston-Salem, North Carolina, lost \$28,000 by simply handing it over to the crooks.

It's really hard for me to believe that anybody, regardless of how old they are, would be so gullible as to fall for such a scheme, but, I guess it happens. Looks like P.T. Barnum was right; There's a sucker born every minute.

Why Wait...

in 9 months you could become a professional Barber Stylist

ENROLL NOW.

Prestonsburg Barber College
886-9373

If you're looking for a bargain...
Look no further!!!

LACKEY DISCOUNT CO.

Sells NEARLY EVERYTHING and all at WHOLESALE PRICES to the public.

Furniture, tools, electronics, household items, exercise equipment. You name it! We probably carry it at PRICES YOU REALLY WON'T BELIEVE!

Visit our 4 great locations

Lackey 358-4977 Harold 478-4977 Prestonsburg 886-7974 Salyersville 349-1253

HIGHLANDS CLINIC

BRINGING MANY OF LEXINGTON'S FINEST SPECIALISTS CLOSER TO YOU

at the Medical Center
PRESTONSBURG
886-7511

at the Medical Offices - 520 N. Mayo Trail
PAINTSVILLE
789-3384

CARDIOTHORACIC SURGERY*
Dr. M. Clive Robinson

EAR, NOSE & THROAT
Dr. Greg Hazelett* Dr. Richard Haydon

GYNECOLOGIC ONCOLOGY*
Dr. Paul DePriest

HIGH RISK PRENATAL CLINIC*
Dr. John Read Dr. Berry Campbell
Dr. Douglas Milligan Dr. Todd Fontenot

NEUROSURGERY*
Dr. Robert J. Dempsey

ONCOLOGY*
Dr. Donald Fleming

ONCOLOGY/GASTROENTEROLOGY/HEMATOLOGY*
Dr. William John

ONCOLOGY SURGERY
Dr. Daniel Edward Kenady

Dr. David A. Sloan Dr. Patrick McGrath

OPHTHALMOLOGY*
Dr. Charles Wheeler Dr. Kay Hazelett

Dr. William Wood - Retina Diseases & Surgery

Dr. R. Isernhagen - Retina Diseases & Surgery

Dr. Eric Holz - Retina Diseases & Surgery

Dr. W. Offutt - Cornea & Ophthalmic Surgery

Dr. David Garrett - Glaucoma Surgery

Dr. Kenneth Weaver

ORTHOPEDICS*
Dr. John Vaughan

UROLOGY
Dr. Fred Hadley Dr. W.C. Thorndyke

VASCULAR SURGERY*
Dr. Gordon Hyde Dr. Timothy Nypaver

Dr. Thomas Schwarcz Dr. Eric D. Endean

CARDIOTHORACIC SURGERY*
Dr. Siby Saha

COSMETIC/RECONSTRUCTIVE SURGERY
Dr. Henry G. Wells

DERMATOLOGY
Dr. Ronald Hall

ENDOCRINOLOGY*
Dr. Kenneth B. Ain Dr. Gordon Guthrie

Dr. Dennis Karounos Dr. Ralph Miller

Dr. Jackson Smith Dr. Bernard Ngai

INTERNAL MEDICINE*
Dr. John Furcolow Dr. Anthony Stumbo

NEUROLOGY*
Dr. Kevin Nelson

NEUROLOGY/MEMORY DISORDERS
Dr. William Markesbery & Dr. Myron Sandifer

ORTHOPEDICS
Dr. Herbert Kaufer Dr. Chris Stephens

Dr. Ronald Burgess Dr. Luis Bolano

Dr. David Caborn Dr. Darren Johnson

Dr. Lisa DeGnore Dr. David Eithier

Dr. Paul Nicholls Dr. John Gorczyca

PAIN MANAGEMENT
Dr. John Tarrant Dr. James Templin

REHABILITATIVE MEDICINE
Dr. Richard Salcido Dr. James Atchison

Dr. Robert Rickerson

RHEUMATOLOGY*
Dr. John Furcolow Dr. Mark Caruso

Dr. Richard Gill Dr. Andrew Ruthberg

VASCULAR & GENERAL SURGERY*
Dr. Michael Daugherty Dr. Thomas Greenlee

Dr. William Newton Dr. Edwin Nighbert

Dr. John Stewart

*Physician Referral Required

THE PIARIST SCHOOL

A small, private, college-preparatory high school in Floyd County.

- Tuition free
- Transportation available
- Solid academic program taught within a Christian atmosphere

An entrance Test for 1995-1996
9th and 10th graders will be given on:
Saturday, May 20th at 8:30 a.m.

For more information, please contact:

Rev. Thomas Carroll, Sch. P.
The Piarist School
Hwy. 80, Box 870, Martin, Ky. 41649
(606) 285-3950



Pietas et Litterae
in Montibus



Everybody Needs
A Little KFC!



Prices good through May 31st.

8 pc. KFC® Full Meal

- 8 pcs. KFC® Original, Crispy or Whole Rotisserie Chicken
- 1 pt. Mashed Potatoes • 1/2 Pt. Gravy
- 1 pt. Cole Slaw • 4 Biscuits
- Light/Dark Combination

Includes **FREE** Chocolatey, Chippity Creme Cake!

\$12.99

Mega Lunch Deals

YOUR CHOICE OF 4 **\$2.99** EACH



OFFERS GOOD AT THESE LOCATIONS:

- Grayson • Ashland • Russell • Prestonsburg • Pikeville
- Hazard • Jackson • Burlington, O. • Gallipolis, O.



Business/Real Estate

Addington Resources, Inc. reports first quarter earnings of \$1.9 million

Addington Resources, Inc. (NASDAQ National Market: ADDR) recently reported earnings of \$1.9 million, or 12 cents per share, for the first quarter of 1995.

That represents a 32 percent decline from earnings of \$2.9 million, or 18 cents per share, in the first three months of fiscal 1994. Revenues in the 1995 period were \$36.8 million versus \$39.6 million in the year earlier period.

Pre-tax earnings for Addington Environmental, which owns or operates 10 landfills, seven collection companies and seven transfer stations in four states, more than doubled \$2.2 million compared with \$1.0 million in 1994's first quarter. Revenues grew 59 percent to \$10.9 million.

Waste shipments to Addington

Environmental landfills expanded by 38 percent to 321,000 tons, reflecting higher waste volumes at existing landfills and the addition of four new landfill operations.

Direct coal mining operations, including the company's four Eastern Kentucky mines, provided \$21.3 million in revenues and \$3.3 million in pre-tax income in 1995's first quarter. In the year-earlier quarter, direct coal revenues were \$3.1 million and pre-tax net income was \$2.9 million. Figures for 1994 reflect two weeks of revenues and income from mining operations sold to the Pittston Minerals Group in mid-January 1994, as well as revenues and income from the four existing mines. Addington Resources sold 726,000 tons of coal during the first quarter of 1995, down from 1.2 million tons during the year-

earlier quarter.

The company's contract highwall mining operations lost \$3.3 million before taxes in 1995—compared with a \$44,000 pre-tax loss in the first quarter of 1994. Taylor said the company lost \$2.5 million on one contract mining job where the company encountered poor geological conditions, and lost approximately \$800,000 on other jobs where production was halted for poor weather and unfavorable geological conditions.

Revenues and income from licensing the manufacture and use of Addington-developed highwall mining equipment rose to \$698,000 from \$428,000 a year earlier.

Gallup poll: Small business odds of being sued strong, confidence in legal system low

If you own a small business, you have an excellent chance of getting slapped with a liability lawsuit in the next five years. On the other hand, those who fear being sued by a small firm should have little concern, according to a Gallup Organization survey of more than 800 entrepreneurs released recently by the National Federation of Independent Business, the nation's largest small-business group.

Small-firm owners believe their odds of getting sued in the next five years are abundant. The bigger the business, the survey showed, the greater the chance: under 10 employees—28 percent, 10-19 employees—40 percent, 20-49 employees—45 percent, 50-249 employees—56 percent.

Key findings in the survey related that during the past five years 12 percent of those responding had been sued and another 12 percent had been threatened with court action. Overall, fewer than 2 percent of small-business owners said they had initiated liability suits in the past five years.

Firm size plays a role too. Half (50 percent) of the respondents who owned firms with 50 to 249 employees had been sued, but only 5 percent of those had sued someone.

"Small-business owners have great concerns that our legal system is no longer based on evenly balanced scales," NFIB President Jack Faris said. "Their chances of being victims of lawsuit abuse grow each day that Congress delays legal reform."

The Gallup/NFIB survey asked entrepreneurs if they believed the scales of justice are balanced in liability cases. More than two-thirds (67 percent) responded "no," while only 23 percent said "yes." Of the former group, nine-out-of-10 said they believe today's legal system is skewed to favor plaintiffs. Only 6 percent gave defendants the edge.

"Legal blackmail prevails in our courts today," Faris said. "Most small businesses, even when completely innocent, choose to settle out of court rather than engage in the brutally expensive effort it takes to clear their

name. The system is designed by lawyers for the benefit of lawyers. Justice is rare."

More than three-fourths (76 percent) said they were much more concerned about protecting themselves from being sued than suing, while 11 percent said prevailing in a lawsuit was a greater worry.

The survey was designed to compare the roles of small-business owners as defendants and plaintiffs, but so few firms initiate suits that sufficient plaintiff data was unavailable.

Lawsuit abuse, an issue before the U.S. Senate for action, has long been a key concern of Main Street businesses. NFIB Foundation research has ranked the cost and availability of liability insurance among the top five concerns of small businesses for more than a decade.

Is there hope? In an unusual twist for the private sector, which most often faults congressional lawmakers for the bulk of small-business problems, a majority—72 percent—see legal reform as one of the top ways Congress can help to ease their fears.

NFIB, which represents more than 600,000 small and independent firms in all 50 states, has mobilized a nationwide grassroots campaign to ensure passage of a legal reform bill.

Mike Kirk recognized for outstanding sales

Mike Kirk of Clayton Homes, Harold, was honored as one of the Top 20 Sales Representatives of 1994 for CMH Homes, Inc.

Kirk ranked No. 13 among the Top 20 Sales Representatives recognized during the 1995 Awards Banquet, sponsored by CMH Homes, a division of Clayton Homes Inc. The Top 20 Sales Representatives make up 4 percent of the CMH sales team.

Kirk's award was presented by Jim Clayton, chief executive officer and founder of Clayton Homes Inc., the nation's largest retailer of manufactured homes. Last June, Clayton was named the Southeast's Top Entrepreneur and was inducted into the Horatio Alger Association of Distinguished Americans in 1991.

Homeowners are sold on me



Brenda Sturgill—285-9803

Spring is here, so why not make a move to a new home? As a full-time agent, I can help you find a new home. Example: Older home located on 10 acres. Many potential uses. May be subdivided as bldg. sites or use as farm.

Call Brenda Sturgill—your full-time agent! 285-9803 American Way Realty

Whatever you have, spend less.
—Samuel Johnson

Wilderness Heights

Prime Building Lots For Sale
With Restrictions

1/4 mile up Mara Creek Road, Stanville, Ky.

Day Phone: 478-5000 Evening Phone: 478-4450

Private living equidistant from Pikeville or Prestonsburg. Reasonably priced. Above flood stage. All utilities available, including city water. Over 75 lots



ALLIED AUCTION & REALTY
886-9500
354 North Lake Drive
Prestonsburg, Ky. 41653

STALLARD MARTIN
Broker-Auctioneer 886-0021

Specializing in
• Sales,
• Auctions,
• Appraisals.

SALES ASSOCIATES:
WAYNE JOHNSON—478-5143
DOUG WIREMAN—788-5918
BETTY MARTIN—886-0021
GARNETTA WIREMAN—788-5918
KENIS E. WILLIAMS—835-2338

STEPHENS BRANCH—REDUCED TO \$199,000. DON'T TOUCH A THING, IT'S PERFECT THE WAY IT IS. A beautiful 4-bedroom, 2-1/2-bath home, featuring living room with fireplace, family room w/Buck stove, formal dining room, a 2-car attached garage and a 2-car detached garage. Situated on 2 acres, m/l, with lots of privacy and five minutes from downtown Prestonsburg.

AUXIER—\$37,900. JUST A LITTLE PEEK and you will be sold on this 2-story home with 3 bedrooms and complete fenced-in lot. Must see to appreciate.

STATE ROAD FORK—\$79,900. LIKE NEW!!! YOU WON'T BE DISAPPOINTED IN THIS 3-bedroom, 2-bath home with living rm., large kitchen and dining rm. combination, family rm., back porch, carport, plenty of storage in the two nice utility buildings, pine wood-siding and central heat and air.

LANCER—LUXURY IN EVERY CORNER. 3 bedrooms, 1-3/4 baths with a kitchen that anyone could appreciate, an extra-large living rm., formal dining rm., family rm., three covered porches that feature over 500 sq. ft. and utility building that features over 1100 sq. ft. Situated on a 120x170 lot.

NEW LISTING: MARTIN—COMMERCIAL PROPERTY, LOCATED ON RT. 80, NEAR MARTIN. Approximately 1.5 acres, with approximately 180 feet road front. For further details, call Allied Auction and Realty at 886-9500.

HOUSE FOR SALE

Copperas Lick, Abbott Creek
3 bedrooms, 2 baths, hardwood floors, fireplace, central heat/air. Large patio with arbor, screened-in back porch, two-car garage. 4+ acres. Priced in low 100's. Serious inquiries only.

Call 886-3359 for appointment

ERA MOORE REALTY

789-4594 • 1-800-769-4594

OPEN HOUSE! — SATURDAY, MAY 20 — 1 p.m.-3 p.m.

PRESTONSBURG (Copperas Lick)—3.5 miles up Rt. 1427 (Abbott Creek)—REDUCED, \$117,500! Contemporary style home with 3 bedrooms, 2 1/2 baths. Hardwood floors give a beautiful look to dining room, foyer and kitchen/family room combination.

Century 21
American Way Realty
226 S. Loke Drive, Prestonsburg
Independently Owned And Operated.

DOROTHY HARRIS, Broker
886-9100
1-800-264-9165
REALTOR ASSOCIATES: AFTER 5:00 P.M.

Ellen Holbrook 874-9558 Joyce Allen 886-2523
Lynette Fitzer 874-9564 Brenda Sturgill 285-9803
Linda Starrett 874-0044 Lillian Baldrige 886-8459

NEW LISTING
IVEL—This "Doll House" is conveniently located just off U.S. 23. Ranch-style has 3 bedrooms and a family room. D-005-F.

REDUCED
PRESTONSBURG—"Picture-Perfect" 3-level rustic contemporary. Large family room with free-standing stove. Near schools and shopping. B-024-F.

PRESTONSBURG—21-unit motel, restaurant and 4-bedroom house. Paved parking on corner lot. Could easily be converted into apartments, offices or medical clinic. R-009-F.

BUCK'S BRANCH—2-bedroom house with garden area. S-002-F.

PRESTONSBURG—3-bedroom home on corner lot near grade school. Good price, great location. E-002-F.

COW CREEK—3-5 bedrooms, large kitchen, hardwood floors, pool. FREE GAS. S-029-F.

ARKANSAS CREEK—Small farm with older home. Could be subdivided. M-015-F.

BRANHAM'S CREEK—3-bedroom brick, convenient to Prestonsburg and Pikeville. K-001-F.

MAYS BRANCH—Well-maintained 3-bdrm., 2-story cedar. 2-car attached garage. R-010-F.

SPURLOCK—50 acres, m/l, 3 miles off Rt. 114. Many potential uses. P-002-F.

McDOWELL—2-story older home. 4 or 5 bedrooms, 2 baths, on 4 acres, m/l. S-027-F.

SALT LICK—27 acres, 2 or 3 house sites. 4.6 miles from Garrett. S-031-F.

BENCHMARK REALTY, INC.

H.C. 71 Box 192, Prestonsburg, Ky. 41653

SALES ASSOCIATES:
Hansel Cooley, Sr. 874-2088
Lorena Wallen 886-2818
Ron Cooley 886-8626
Hansel Cooley, Jr. 886-9220
Sarah Frances Cooley 874-2088

Morris Hylton Jr., Broker
Prestonsburg Office
606-886-2048

Ivel Office
606-874-9033

ROLLING ACRES (IVEL)—4 bedrooms, 3 baths, fully-equipped kitchen, central air, electric heat, underground utilities, fireplace, nice basement, located in a great neighborhood. The home is situated on a 100' x 100' lot. Call Hansel or Frances for details.

PRESTONSBURG (HAPPY HOLLOW)—2 or 3 bedrooms, 1-bath, 912± sq. ft. with a new heater, new stove, and a new hot water tank. Great home for first-time buyers!

PRESTONSBURG—COMMERCIAL PROPERTY—7± acres with city water available. Located next to Prestonsburg Village.

FRASURES CREEK—Remodeled 10± year old, 3-bedroom, 1-bath home with 1,040± sq. ft. of living space. All appliances are practically new and do stay with the home. New carpet and new paint. Call Hansel Jr. for details.

U.S. 23 SOUTH—(COMMERCIAL PROPERTY FOR SALE)—Located on highly traveled U.S. 23 at the intersection of Route 80 and Route 23. Consists of 960± sq. ft. with 5 rooms and 1 bath. Offers city water with blacktop drive and approx. 10-car parking.

NEW U.S. 23 NORTH—3± acres, triple net lease. Will give 30-year lease. Call Hansel for further information.

BOLEN BRANCH (ROCKFORD)—Commercial building with a 2-bedroom, 1-bath fixer-upper. The building has 1,200± sq. ft.

ALLEN (TRIPLE NET LEASE)—Commercial building with 6,400± sq. ft. Block foundation, metal exterior walls and a metal roof.

MOUNTAIN PARKWAY—9± acres, perfect for mobile home.

BUCKS BRANCH, ROUTE 122—3.3± acres

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.

SOLD

PRESTONSBURG: Elegant home overlooking Prestonsburg, with 6 bedrooms, 3.5 baths. Features 3 fireplaces, fully-equipped kitchen, with hot and cold bar, excellent for entertaining. 2-car garage plus studio apartment. This home has endless amenities. C-009-F.

PRESTONSBURG: 3-bedroom, 2-bath home with a nice garden spot. S-006-F.

PIKEVILLE (CITY LIMITS): Wonderful family home features four bedrooms, three baths, kitchen and kitchenette, two fireplaces, above-ground pool, and much more. \$129,900. W-004-P.

ABBOTT: Well-maintained home, 3 bedrooms, 2.5 baths, large family room with fireplace, and 2-car garage. H-001-F.

Our Business is Serving You!

Eastern Kentucky's Best

Eleanor S. Stevens, Broker
886-8614

Curly Hill, Realtor
886-3193

ACTION Auction & Realty

886-3700
The Best Sellers

VAN LEAR - A little dough will do you. This lovely 3 bedroom home is reasonably priced. A neat kitchen & a fireplace in the LR. \$55,000 (40723) Marcie Estep, 789-1943.

WILSON CREEK - Approx. 18 acres total with 3 - 4 acres useable. Your only limited to your own imagination! \$35,500 (40539) Sharon Bradford.

MARTIN - Spring is here and this 3 bedroom home is waiting for a new owner. Private lot with a garden spot for vegetables or flowers. \$59,500 (40676) Marcie Estep, 789-1943.

MARTIN - A lot for a little describes this beautifully designed home on approx. 2 acres. 4 bedrooms, 2 1/2 baths, FR, library. \$135,900 (40696) Sharon Bradford.

MARTIN - Have your spot in the country. 3 bedroom home on about 10 acres with barn. \$44,500 (40675) Sharon Bradford.

EASTERN - This 3 BR, 2 bath home has a nice open floor plan. Barn and a deck with a built-in grill. \$78,500 (40066) Marcie Estep, 789-1943.

EASTERN - 3 bedroom home with nice open floor plan. Deck with built-in grill, garage/workshop, barn. \$75,000 (40066) Marcie Estep, 789-1943.

ABBOTT CREEK - 3 bedroom, 2 bath home with hardwood floors, large FR with fireplace. \$96,500 (40597) Jo Bentley, 886-8032.

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 ★

BLASTER NEEDED:

Must be certified with valid blasting license.

Send resume to:
P.O. Box 2605
Pikeville, Ky. 41501

Open Position

The Carl D. Perkins Job Corps Center in Prestonsburg, Kentucky, has an opening for a health occupations instructor (Nurse's Aide program). Instructor must be a registered nurse, and will instruct young adults (ages 16-21). Salary range \$21,112-\$26,390 (based on experience). If interested, please call 606-886-1037, Ext. 16.

Perkins Job Corps is an EOE.

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

1980 CORVETTE, 1984 Chevy Dually truck; furniture and appliances; windows; doors; lots of cabinets; porch sets. Call 285-3004. No refunds. Daylight only.

1986 KAWASAKI KX 80. Very good condition. Runs great. Lots of new parts. \$700. Call 886-1634.

1989 GLASSPORT RUNABOUT. 120 HP Mercruiser V/O. Tilt. Low hours. Asking \$4,500. Make offer. Also, antique cherry bedroom suit, curved drawers. Call 874-9094 evenings; or 886-3014, ext. 226 days.

ANTIQUES & MORE: Open Thursday, 1-5; Friday, 11-9; Saturday, 9-5; Sunday, 12-5. New dealers with more merchandise weekly. Located on Rt. 40, Staffordsville. Call 606-297-2599.

BAHAMA CRUISE: Five days/four nights. Underbooked! Must sell! \$279/couple. Limited tickets. 407-831-4700 ext. 4402. M-Sat., 9 a.m.-10 p.m.

CAR BATTERIES from \$19.95. Cash for old batteries. 8D-1400cca \$99.95. The Battery Connection, Paintsville. Call 789-1966.

CLEAN UP SALE ON TRADE-IN MERCHANDISE!! Refrigerators, \$75; gas or electric ranges, \$75/up; dishwashers, \$50; color TVs, \$40; riding mowers, \$200; sofas, \$25-\$100; loveseat, \$35; chair, \$25; headboards, \$10-25; cordless phones, \$15-\$40; scanners, \$35. Frasure's Furniture and Radio Shack, Prestonsburg.

FOR SALE: 1990 Kawasaki four wheeler, 2WD. Also, ladies' Schwinn 10-speed bicycle. Call 285-9516.

FOR SALE: 2 1/2 ton heat pump, three years old, asking \$1,300 o.b.o.; also, sewage lift station and container, \$200; two bicycles; one hospital bed. Call 452-4479.

FOR SALE: 386 color VGA computer, \$650; Canon copier, \$300; overhead projector, \$100; color TV, \$85. Call 886-2367.

FOR SALE: Pro-Form crosswalk treadmill. Works upper and lower body. Also, Firm Flex, works all muscles. Call 886-6565.

FOR SALE: 1992 Viking pop up camper w/roll out canopy, icebox, cooktop, sink, ten gallon water tank. Used 6 times. Also, one 200 amp weather-proof breaker box, \$50. Call 874-2215.

FOR SALE: Red, metal bunk beds and bunkie boards, \$150 firm. Also, one ladies' 10-speed blue bicycle, \$50 firm. Call 886-3786 days or 886-8810 evenings.

FOR SALE: Good used washer and electric dryer. White. Call 285-9254.

FOR SALE: Like new Kenmore refrigerator, used Kenmore electric range, heavy duty Whirlpool washer, heavy duty electric Kenmore dryer. Call 606-874-0024.

GAME CHICKENS FOR SALE: Call 285-3618 from 12 noon to 9 p.m.

GRAVEL FOR SALE: Any size gravel. Minimum load 40 ton. Reasonable rates. Call 886-6665 anytime.

GRAVELS FOR SALE: Pick up or delivered. Call 886-6458.

KILL ROACHES! Buy ENFORCER OverNite® Roach Spray or OverNite® Pest Control Concentrate. Makes 2 gallons. Kills roaches overnight or your money back; GUARANTEED! Available at Tackett's Variety and Hardware, Hwy 979, Grethel.

SAVE 75% ON WORK CLOTHES! Very best quality. Good, clean, recycled. Money back guarantee. Free brochure. Toll free. 1-800-909-9025.

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.

Real Estate For Sale

76 ACRES HILLSIDE. Private gravel road and house seat. \$20,000. Call 606-285-9350.

BAD OR NO CREDIT? Gov't homes and properties available. Down payments from \$0. Easy to qualify! For current listing call toll free! 1-800-378-4901, ext. H-1757.

BETTER CALL US! We buy personal estates, houses and property. Century 21 American Way Realty, 886-9100.

D O W N T O W N PRESTONSBURG. 111 South Highland Avenue. Three bedrooms, LR, DR, kitchen, one bath. Screened back porch. Large fenced backyard. Large closets, attic and storage basement. \$61,900. Call 886-8584.

FOR SALE: Sixty-one acre farm, house and timber. Six miles south of Wayland, KY in Knott County on Rt. 7. Phone 606-358-9318.

HOUSE FOR SALE: Stone Coal, Garrett. Three bedroom, one bath. Remodeled. 10x16 storage/work shed. Large lot. Nice, quiet neighborhood. Call 358-2104 after 6 p.m.

HOUSE FOR SALE: Three bedrooms, bath, large living room w/fireplace, kitchen, dining room, utility room. Nice neighborhood. Located on Mare Creek at Stanville. Recently remodeled. Call 606-478-3701.

HOUSE FOR SALE: Wayland Bottom. Three bedroom, 2 1/2 baths. Full basement, chain link fence, large deck. \$28,000. Call 358-4152.

MORGAN COUNTY FARM FOR SALE: 40 acres land for sale, about 8 acres of bottom land. Good building lots. In good neighborhood. Blacktop road. Located in eastern part of county, four miles from new elementary school, 15 minutes from Paint Creek Lake, 25 minutes from Cave Run Lake. For more information call 606-522-4225.

PROPERTY FOR SALE: On Middle Creek Road. 2-3 acre flat land. Has city water, gas available. \$25,000. \$1,000 down on land contract. Call 216-223-1540.

TWO STORY HOUSE FOR SALE: Four bedroom, one bath. Extended living room, large kitchen and dining room combined, utility room, new central heat/air, half basement, front porch covered in Sierra stone. Also, back deck and lots of storage space. Located in West Garrett. Serious inquiries only. Call 606-358-4241 or 606-358-2340.

Autos For Sale

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.

1979 FORD F-150 4X4. Looks and runs good. \$1,800. Call 874-9518 or 886-9012.

FOR SALE: 1991 Camaro RS. V-8. 43,000 miles. New 16" tires, Pioneer stereo, T-tops, alarm, tinted windows, maroon exterior, gray interior. Very clean and extra sharp. \$11,000 firm. Serious calls only between 6 and 9 p.m., 886-3371.

FOR SALE: 1979 Ford F-100. Customized. Brown in color. Will accept best offer. Call 886-3729 after 4 p.m.

FOR SALE: 1986 Isuzu Trooper II 4x4. Also, 12x16 workbuilding. Call 606-478-5420.

FOR SALE: 1993 Honda Civic DX. Bought new March 1994. Low mileage. 55 mpg. \$8,000. Call 606-478-8406.

FOR SALE: 1978 four door, 9 passenger Chevrolet Caprice wagon. 54,000 actual miles. PS, PB, PW. Good mechanical condition. \$1,795. 1984 Chevy Impala. Four door. \$750. Call Mountain Christian Academy, Martin, at 606-285-5141.

FOR SALE: 1985 Chevy S-10 Blazer 4x4. V-6 engine, five speed, a/c, AM/FM radio, PS, new tires. Very clean. \$4,200. Call Doug at 285-9121.

FOR SALE: 1980 Buick Skylark. Real good work car. Answers to the name of "Ollie." Looks good too! \$600. Call 886-6938.

FOR SALE: 1984 Ford Thunderbird. Good tires, body and interior. Red in color. Runs but needs motor. Asking \$800 or best offer. Call 886-2896.

For Sale or Rent

FOR SALE OR RENT: New 14x60 mobile home. Five minutes from Prestonsburg. Two bedrooms, one large bath. Price negotiable. Central air/heat with heat pump. Call 886-8167.

FOR SALE OR RENT: Three bedroom, two bath ranch style house. Five minutes from Prestonsburg. Private lot. Price negotiable. Call 886-8167.

*** It makes all the difference whether you hear an insect in the bedroom or in the garden. —Robert Lynd

For Rent

APARTMENT FOR RENT: Three bedroom. Central heat/air. Located between PCC and Highlands Regional on Auxier Road. Call Dr. Gopal at 886-1714 for information.

APARTMENT FOR RENT: One bedroom. \$250/month. \$50 deposit. HUD approved. Call 874-9344 or 874-8119 after 5 p.m.

ATTRACTIVE ONE BEDROOM furnished apartment. Apply at Radiology Management Services, next Highlands Regional Medical Center.

FOR RENT AT MCDOWELL: One bedroom furnished apartment. \$200/month plus utilities and security deposit. Call 377-6881.

FOR RENT IN PRESTONSBURG. One bedroom apartment. Central heat/air. \$275/month plus utilities and \$150 deposit. Call 886-3404.

FOR RENT OR LEASE: Approximately 5,000 sq. ft. office space. North Lake Drive, Prestonsburg. Call 886-4001.

EAST KY. SINGLES

LOOKING FOR THAT CERTAIN SOMEONE IN LIFE THEN TRY -DATELINE- CALL AND LEAVE SHORT PROFILE OF YOURSELF (NO NAME NUMBER OR ADDRESS) YOU WILL BE ASSIGNED A PRIVATE VOICE MAIL #. THEN BROWSE THRU AVAILABLE PROFILES. 1-900-884-9206 ext. 1729 \$2.99 min. MUST BE 18yrs+ PROCALL Co. (602) 964-7420

AUCTION

Sunday, May 21, 1995
1:30 p.m.

Between Paintsville and Prestonsburg on Rt. 1428 at East Point (beside post office)
This auction contains the contents of a building that has been stored for many years. It has many antiques and lots of useable merchandise.

Antiques include: spinning wheel, early pie safe, primitive trunk, back bar from old fountain, antique beds and chests, Hoosier style kitchen cabinet, early quilting loom, oak desk and chair, Victorian couch and chair, oak ice box, harvest table, butcherblock, old Coca-Cola cooler, old leaded glass door from old house. Lots of glassware including fiesta, blue willow, etc. Oil lamps, lanterns, coal mining hats, carbide lamps, etc. Early toys including several tin windups, cast iron, including skillets, axes, tools, etc., old milk cans, picture frames, costume jewelry, and lots more. Also lots of gas powered engines and parts from fix-it shop, including 10 h.p. hit & miss engine, several other gas powered engines, several lawn mowers and tillers, riding lawn mower, a new hot water heater, equipment from beauty shop including hair dryers, sink, etc., washer and dryer, plumbing and architectural items, heater, fan, tools, etc.

This sale has a lot of merchandise in it that has been stored for many years. This is only a partial listing. The terms: Cash or check with I.D. 10% buyers premium.

Sale is conducted by
CASTLE AUCTION SERVICE
Quentin Castle, Principal
Jim Gambill, Apprentice
In case of rain, sale will be Saturday, May 27

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!



Video, DJ and Photography Service
606-478-1527

Let us make your wedding, prom or other special occasion a time to remember! We have a large selection of packages and prices to fit your budget.

Call today!

Bolen Appliance Service
Selling like-new Washers, Dryers, Stoves and Refrigerators
Now with 4, 7, or 12 month warranty on all appliances. New & Used Parts & Service.
No one does it better!
Call: **358-9617**

FOR RENT: New one bedroom apartments at Hueysville (18 miles from Prestonsburg). Very nice. \$275/month plus deposit and electric. Call 886-9478.

FOR RENT: Nice one bedroom efficiency apartment. Furnished. All utilities paid. Wayland area. \$250/month. Call 358-4465.

FOR RENT: One bedroom house. Furnished or unfurnished. Located at McDowell. Call 377-2520.

FOR RENT: One bedroom apartment, \$250/month. Two bedroom mobile home, \$275/month. Ronald Frasure, 886-6900.

FOR RENT: Small furnished apartment near Jenny Wiley Lake. Utilities partially paid. Very clean and private. Call 886-3941.

FOR RENT: Two bedroom, 1 1/2 bath townhouse; also, two 1-bedroom apartments at Briarwood. One furnished, one unfurnished. Call 886-8991.

HOUSE FOR RENT: Two bedroom. Located behind Our Lady of the Way in Martin. \$300/month plus utilities. Security deposit and references required. Call 285-9977

HOUSE FOR RENT: 20 acres. \$250/month. Head of Ned's Fork at Frasure's Creek. Call 377-2203 anytime.

NEW TWO BEDROOM MOBILE HOME. Total electric. Heat pump. Maytown area. \$300/month plus utilities, \$150 deposit. Call 285-0716 after 5 p.m.

ONE BEDROOM APARTMENT FOR RENT. Convenient location. Central heat/air. Deposit and references required. Call 886-3197.

ONE BEDROOM APARTMENT FOR RENT. Utilities paid. \$350/month. Four miles west of Prestonsburg on Mountain Parkway. Call 886-6061; or 886-1368 after 5 p.m.

TRAILER FOR RENT: Two bedroom. Air conditioned. On private lot at Garrett on Rt. 80. Call 358-9351 after 5 p.m.

TRAILER FOR RENT: Two bedroom. Near Prestonsburg. \$350/month. Call 886-3829.

TWO BEDROOM HOUSE FOR RENT in Prestonsburg. \$350/month plus utilities and \$150 deposit. Call 886-3404.

TWO THREE BEDROOM HOMES FOR RENT. One located at Martin, the other at Middle Creek. Call 874-8967.

Employment Available

4 OR 5 DAY WORK WEEK Schwan's Sales is looking for ambitious, hard-working individuals seeking a career opportunity in Route Sales that can offer earnings of up to \$40,000+ per year. Excellent benefits and we promote from within! No investment required and no layoffs! Must be at least 21 and have a good driving/employment record. MUST BE WILLING TO RELOCATE TO THE BURLINGTON/FLORENCE, KY AREA. Interested? Call 1-800-247-1543 or send resume to: Schwan's Sales Enterprises, Attn: Joe Forrest, 3167 Custer Drive, Suite 301, Lexington, KY 40517. EOE.

AVON. BUY OR SELL. Call Jancy at 886-2082.

FLOYD COUNTY: The Lexington Herald-Leader has a morning newspaper route available in the Harold/Weeksbury area. Route takes about 4 hours daily with approximately \$950 income monthly. Dependable transportation and ability to be bonded is required. Call 1-800-999-8881.

HELP WANTED: Experienced Service Manager. Pay based on experience. Apply in person or send resume to: John Gray Pontiac Buick GMC, 1004 Third Street, P.O. Box 1689, Paintsville, KY 41240. No phone calls please.

HELP WANTED: Men/Women earn \$480 weekly assembling circuit boards/electronic components at home. Experience unnecessary, will train. Immediate openings in your local area. Call 1-602-680-4647, ext. 2892F.

VETERANS Jobs/Training (CDL/Mine Safety) 886-3582 (Collect)
Volunteers of America Kentucky

LAW ENFORCEMENT JOBS NO EXPERIENCE NECESSARY
Now hiring. U.S. Customs, Officers, Etc... For info call 1-219-794-0010, ext. 3301, 8 a.m.-10 p.m. 7 days.

LICENSED HAIRDRESSER NEEDED immediately. Call Hair Gallery at 886-9074, ask for Paula.

WANTED: 10 people who need to lose weight and make money. Call 1-800-349-8191.

MAJOR TELEPHONE COMPANY. Now hiring. Technicians, installers, Acct/Service reps., operators. No experience necessary. To apply call 1-219-755-0033, ext. F22 9 a.m. to 9 p.m., 7 days.

NOW TAKING APPLICATIONS for full time work. Computer experience helpful. Send resume to Castle's Jewelry and Gifts, 4565 N. Mayo Trail, Pikeville, KY 41501.

NURSING ASSISTANTS NEEDED: We're looking for some special people to care for some very special people. If you are interested in receiving training at no expense, please contact us at: Salyersville Health Care Center, P.O. Box 819, Hwy. 460, Salyersville, KY 41465; phone 606-349-6181. Equal Opportunity Employer.

POSTAL JOBS \$12.26/hour to start, plus benefits. Carriers, sorters, clerks, maintenance. For application and exam information call 1-800-819-5916, ext. 91. 9 a.m.-9 p.m. 7 days.

WANTED: Opportunities available for LPN's in a Long Term Care setting. If you are interested in working with special people in a caring atmosphere, please call 606-349-6181 for an appointment.

Pets And Supplies

FOR SALE: AKC Doberman pups. Red, \$250; fawns, \$300. Call 606-478-4038.

FOR SALE: AKC registered Siberian Husky puppies. First shots and wormed. Call 452-2775 after 3 p.m.

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. We accept Medicaid. Long or short trips. 285-0320
Owners: Bill and Judy Barnett

R.A. TAYLOR CHIMNEY CLEANING SERVICES and PAINTING COMPANY
Both services available anytime. Call 886-8453.

DITCH WITCH FOR HIRE: We dig gas lines, water lines, sewer lines, etc. Call 606-478-9969.

DRIVER EDUCATION: Get your driver's training in two weeks. Be ready for the test and maybe a savings on insurance premiums. Check with your agent. Female and male instructors. Call PCC at 606-886-3863 and ask for CE/CS.

DOZER AND BACKHOE WORK. Specializing in building sites. Will work Floyd and surrounding counties. Call Martin Excavating, 60-377-6210.

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.)

FOR THE BEST RATES—CALL YATES! Yates Cab Service. 24 hour service. Local and long distance transportation. Now accepting Medicaid. 886-3423.

GOBLE'S MARINE AND REPAIR 886-3313
New and used motors; new and used outboards for sale or trade; remanufactured power heads and lower units for all outboards with six month warranty. Will rebuild your motor w/six month warranty. Also buy used or blown up engines.

HOME REPAIRS OR IMPROVEMENTS: Roofing, painting, plumbing, etc. Very reasonable rates. Call Jimmy King at 886-6301.

JOHN'S CONSTRUCTION COMPANY 606-297-4268
Topsoil, gravel, backhoe work and excavation. Call Today!

MAY TREE SERVICE: Tree cutting and topping; hillside clearing. 31 years experience. Insured. Free estimates. Call 606-353-7834 or toll free, 1-800-453-7834.

MITCHELL'S ELECTRONICS
We repair TVs, VCRs, Camcorders, microwaves. Free estimates 90 day guarantee. Call us at 478-9300. Located at Stanville.

NEED A STONE MASON? We do anything in stone—anything. Chimneys are our specialty. Also do stucco. Call 886-6938.

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 bam wood trusses. Olan's carries a full line of wood and metal building accessories. We build to suit your needs.

POWER BLAST!!! High pressure washing for mobile homes, houses, heavy equipment, etc. Free estimates. Phone 606-631-1078.

YARD WORK, HILLSIDE CLEANING, TREE TRIMMING. Also have firewood for sale. Phone 874-9847.

RAISE OR LEVEL HOUSES OR MOBILE HOMES. Also, will lay block or pour concrete. Call Johnny Stone at 606-447-2240.

THORNBERRY'S PAVING AND EXCAVATING
Blacktop and gravel, dozer, backhoe, dump truck work. Reasonable rates, contract or hourly. Call 1-800-575-3172 toll free for free estimates. (Local 606-452-4817.)

TREE CUTTING AND TRIMMING, topping, bush removal, etc. Large or small jobs. Free estimates. Call 874-9271.

Personal

REDUCE: Burn off fat while you sleep. Take OPAL. Available at Reid's Pharmacy, 127 Main Street, Martin.

Miscellaneous

VARIETY SHOP VIDEO 886-0213
11 a.m.-9:30 p.m. Monday-Saturday Two Wolf beds w/new bulbs. 10 sessions for \$20. Movies \$1.50-\$2.50 Sega/Super NES game rental.

VISIT THE LARGEST PANELING CENTER in Eastern Kentucky at Goble Lumber. Over 80 different prefinished panels in stock and as low as \$4.95 per panel. Call Goble Lumber, 874-9281.

For Lease

FOR LEASE: Two story building. Retail outlet on first floor. Two apartments on second floor. Downtown Prestonsburg. Lease required. Wright Brothers Jewelry, 70 West Court Street, Prestonsburg; 886-8721.

Business Opportunity

AUTO PARTS STORE FOR SALE. Complete stock of auto parts. 30% off jobber price. Call 285-9380.

FOR SALE: Established salon. Elkhorn City. Has tanning bed. Aveda cosmetics and skin care, Matrix hair care and two stations. Ideal for chain salon. Call 754-7646 or 835-4929.

Want To Buy

WANT TO BUY TIMBER: By the thousand, by percentage, or will trade dozer work for timber. Call 874-0696.

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 days; or 874-9865 evenings.

Rummage Or Yard Sales

5-FAMILY CARPORT SALE
Rain or Shine!
Wed. & Thurs., May 17th & 18th
Household items, baby things, car seats, rocking horse, bicycle and other things. Baby, children and adult clothes all in excellent condition.
Home of Ed Ousley
2nd brick house on right, 1 1/2 miles on David Rd. (Rt. 404)

Mobile Home Sales

NEW FLEETWOOD 16' WIDE w/5 year warranty, two bedrooms, two baths, delivered and set up—all for less than \$195/month. The Affordable Housing Mart, 537 New Circle Road, Lexington; 293-1600 or 800-755-5359.

1994 KENTUCKIAN 14x56. Two bedroom, two bath. Glamour tub in master bedroom. Central heat/air. Deck included. Call 606-623-2163.

1994 KENTUCKIAN 14X60. Two bedroom, two bath. Can stay on lot or be moved. Asking for payoff only. Call 606-478-8694.

NEW FLEETWOOD DOUBLEWIDE w/5 year warranty, drywall in living areas, plush carpet, three bedrooms, two baths, 1280 sq. ft., delivered and set up—all for less than \$269/month. The Affordable Housing Mart, 537 New Circle Road, Lexington; 293-1600 or 800-755-5359.

FOR SALE: 1990 Fleetwood doublewide home. Excellent condition. Call ED TAYLOR at 886-8506 or 886-1237.

FOR SALE: 1973 mobile home. Partially furnished. Phone 886-3729 after 4 p.m.

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 w/5 year warranty, delivered and set up—all for less than \$148/month. The Affordable Housing Mart, 537 New Circle Road, Lexington; 293-1600 or 800-755-5359.

THE \$99 PROGRAM: Initial monthly payments as low as \$99 on singlewides and as low as \$199 on multi-section homes. The Affordable Housing Mart, 537 New Circle Road, Lexington; 293-1600 or 800-755-5359.

NEW FOUR BEDROOM FLEETWOOD w/5 year warranty, room for all the kids, delivered and set up for less than \$232/month. The Affordable Housing Mart, 537 New Circle Road, Lexington; 293-1600 or 800-755-5359.

Roofing

ROOFING SPECIALIST Residential Only R.C. Contracting 20 Years Experience Free Estimates Call 886-3423 or 874-9488.

Carpentry Work

COMPLETE BUILDING AND REMODELING 886-8293
Roofing, vinyl siding, painting, concrete, block and carpentry work. Call Johnnie Ray Boyd or L.D. Johnson. References furnished. 20 years experience.

CARPENTRY WORK: New homes and remodeling. Will build FrnHA homes. Call Ricky Yates at 886-3452 or 874-9488. 20 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. We now accept MC and VISA. Free Estimates. Call James Hall at 285-9512 or 1-800-277-7351.

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.

ROSE'S USED FURNITURE: Pioneer stereo; stoves, refrigerators, washers, dryers with 30 day warranty. We also have a large truck load of furniture coming in May 16. Come on by! Located at Goble Roberts. Call for directions. 886-8085 or 886-3463 after 5 and Sundays. See you there!

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

INSTRUCTION LEARN TO DRIVE TRACTOR-TRAILER
* No Experience needed
* DOT Certification
* Full or part-time training
* Placement Dept.
* Financing available
* CDL Training
ALLIANCE TRACTOR-TRAILER TRAINING CENTERS WYTHEVILLE, VA Call Toll Free 1-800-334-1203

Rainbow HOMES

IVEL, KY 606-478-4530
Look what \$16,995 will get you!

A new 14' wide, 2 or 3 BR with Skirting. Delivered, blocked, leveled and anchored. Tax and title fees not included.

RAINBOW HOMES IVEL, KY 1/2 way between Prestonsburg and Pikeville on the 4 Lane on the Hill 606-478-4530

Available Soon
Three and four-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

HITCHCOCK REPAIR SERVICE
Service, Parts & Installation
• Refrigerators
• Washers
• Dryers
• Freezers
• Air Conditioners
• Microwaves
• Dishwashers
One-Day Service on Most Parts Ordered
886-1473

EARN YOUR TRUE POTENTIAL
One of the fastest growing telecommunications companies in America offers terrific career opportunity for aggressive self-starters. Be your own boss with flexible hours.
Call 606-889-0208 or 886-0008
INDEPENDENT REPRESENTATIVE EXCEL 3 TELECOMMUNICATIONS

ATTENTION MANUFACTURED HOME SHOPPERS!!!
Everything you're looking for in a manufactured housing dealer is at the SOUTH WILLIAMSON RAINBOW HOMES
*A HUGE INVENTORY OF QUALITY HOMES featuring EXTRA INSULATION for extra comfort!
*Courteous, knowledgeable sales associates!
*Fast and easy financing with PAYMENT PLANS TO SUIT YOUR NEEDS!
*BOTTOM LINE PRICING-NO REASONABLE OFFER REFUSED!
*NO HIGH PRESSURE SALES TECHNIQUES, just friendly assistance!
*DEPENDABLE SERVICE after the sale because you shouldn't have to settle for anything less!
We realize buying a home is a big decision. We're here to help. BEFORE YOU MAKE ONE OF THE MOST IMPORTANT DECISIONS OF YOUR LIFE, BE SURE TO CHECK US OUT!
RAINBOW HOMES SOUTH WILLIAMSON, KY (606) 237-5999

Unlimited Systems
Electronics Security Service
Specializing in loss preventions and home entertainment
"FREE ESTIMATES"
Burglar, Fire, Access Control, CCTV with cash resistor monitoring, satellites, surround sound, phone, central vacuums systems, and lots more.
Commercial and residential Full 24-hour monitoring Phone 606-377-6161

U.S. Chamber of Commerce
HELP PROMOTE AMERICAN BUSINESS
At the U.S. Chamber of Commerce, we want to make sure American industry leads the world. As the nation's largest business lobbying organization, we've already established a network of over 215,000 companies, and are now looking for career minded sales professionals to support our drive for new members in EASTERN AND SOUTHERN KENTUCKY.
This rewarding and demanding position includes:
* Complete training in the field;
* Excellent benefits package including life insurance, health insurance, retirement plan, and vacation bonus;
* High earnings potential, based on commission and bonuses.
For immediate consideration, please send your resume/letter to: Mr. Bob Schmidt, District Manager, U.S. Chamber of Commerce, 904 Riverview Drive, Fairmont, WV 26554.
(The U.S. Chamber is not a government agency.) EDE M.F.

FREE MERCHANDISE with any pool purchase SWIMMING POOLS
6" top rail, 20 mil vinyl liner, sand filter, 1 h.p. motor, filter sand, vacuum system, test kit, non corrosive safety ladder, thru wall skimmer, thru wall inlet and directional aim flow. Plus 50 year warranty
24' Round \$1,295⁰⁰
16X32 Oval \$1,995⁰⁰
All Sizes in Stock
HOLIDAY POOLS, INC. Mon.-Fri. 9:30-5 2973 Piedmont Rd., Huntington (304)429-4788 Sat. 9:30-2

House for Sale
Willis Conley property at Eastern, Kentucky. Approximately 6 acres, brick house, 3-car garage, adjoining Allen Central High School.
Call: 358-4231

Heating/Air Conditioning

BLANTON HEATING AND AIR CONDITIONING
Sales, Service Installation.
High efficiency electric and gas units.
Financing for up to 60 months with no money down on approved credit.
Free estimates.
Call 874-2308.

Plumbing

PORTER PLUMBING COMPANY ALLEN, KY
Commercial, residential and service work.
Licensed and insured.
Rotor roofer service, drain cleaning, etc.
CALL US FIRST!
874-2794.

Fending Off Fleas

(NAPS)—Fleas will literally jump at the chance to attach themselves to your family pet, and will happily hitch a ride indoors. Once inside your house, these small, hardy pests will set up residence and rapidly multiply.



Fleas have sucking mouthparts that are used to feed on the blood of mammals such as rodents, family pets, and even humans. While feeding, fleas produce a secretion that causes skin irritation and discomfort. It has been estimated that as many as one in three visits to the local neighborhood veterinarian are due to flea-related problems. In addition to irritating skin, fleas can also cause tapeworm infestations, behavioral changes, and in young or very old animals, anemia.

But you can battle back against flea attacks if you take the proper steps. Outside the house, apply a proven product such as SEVIN® brand carbaryl insecticide to shrubs, woody areas, around entranceways, and to areas where your pet sleeps or rests. Inside your home, wash your pet's blankets and other bedding material in hot, soapy water. Be sure to vacuum your carpets and upholstered furniture regularly, paying special attention to crevices and corners near baseboards, where fleas love to hide. Immediately dispose of the vacuum bag so that it will not become a breeding ground for fleas in your closet.

To perceive things in the germ is intelligence.
—Lao-tse

Ingenious Ideas Dept.

(NAPS)—Drivers of older cars will still be able to keep cool after the supply of R12, their current CFC refrigerant, runs out. These vehicles will need to be converted to ozone-friendly R134a. And this will be possible thanks to development of new lubricants which are compatible with R134a.



The lubricant, first developed by Union Carbide, is a polyalkylene glycol (PAG). It's already being used in new cars coming off the line.

These PAGs are also being marketed by Valvoline Car Care Products, a division of Ashland Inc., under the Pyroil trademark for older cars that will have to be retrofitted with R134a when the supply of R12 runs out. This way car owners can keep their cool indefinitely.

DO IT & DIET

A Healthy Diet Can Add Inches

(NAPS)—Although dieting is usually the best way to lose those extra inches, size gain is not always caused by weight gain.

There are several other reasons why some people feel, at times, like they should shop for new clothes.

Women retain varying amounts of water due to hormonal fluctuation. Or perhaps you can't buckle your belt at the usual notch because you get uncomfortably bloated due to intestinal gas.

As Americans change to a healthier way of eating, intestinal gas is a problem that's becoming far more common.

More and more people are switching to healthy, high-fiber foods, like beans, broccoli, cauliflower, cabbage and fresh foods. These foods can make people feel bloated because they are not completely digested and bacteria feeding on the undigested remains causes flatulence.

Nutritionists say you shouldn't deprive yourself of these foods because they are healthy, and help prevent diseases like colon cancer and diverticulitis.

To reduce flatulence, try soaking beans before cooking. Cut back temporarily on all gas-producing foods. Once you become accustomed to a lower level, increase your intake again gradually. Or use a gas adsorbent like activated charcoal, available in tablets and capsules such as CharcoCaps.

For more than 100 years,



Not fitting into your favorite clothes does not always require a diet. Some temporary size gain is caused by hormonal fluctuation or changes in diet.

activated charcoal has been used as an anti-gas, anti-bloat agent. Researchers believe that charcoal adsorbs gas in the digestive tract.

A study published in the American Journal of Gastroenterology showed that taking activated charcoal after a gas producing meal significantly reduced flatulence. Another study in the Annals of Internal Medicine showed activated charcoal to be superior to another alternative in reducing intestinal dis-

POWER OF THE PRESS

Classified Information



According to one recent study, the newspaper is the main source of information on real estate, job market and automotive trends. Newspaper ads were considered most helpful in dealer selection by 43 percent of respondents. The runner-up, television, was so credited by only 27 percent.

Art is the imposing of a pattern on experience, and our aesthetic enjoyment in recognition of the pattern.
—Alfred North Whitehead

ADAMS MIDDLE SCHOOL PARENT ELECTION

Adams Middle School Site Based Decision Making Council will hold an election on May 30th, 1995 from 6-8 p.m. in our school library to elect two parent representatives to the council for the 1995-1996 school year. Any parent who will have a child in the school for the '95-'96 school year is eligible to vote. An interested parent may nominate themselves or have someone else nominate them. Nominations must be in writing. Applications for nominations are available at the school in the office. They must be returned to the PTA through the school's office by 4 p.m. on May 24, 1995. For more information or any questions, call Mary Neeley, PTA President, at 886-8088, or Janice Allen, Principal, AMS, at 886-2671. W-5/3, 5/10, 5/17

INVITATION TO BID:

The Floyd County Board of Education requests "sealed bids" for Student and Yearbook Pictures for the 1995-96 school year. Bid specifications can be obtained from the Yearbook Coordinator, Floyd County Schools, 69 North Arnold Avenue, Prestonsburg, Ky., 41653, Telephone (606) 886-2354, ext. 122.

Bids must be mailed or delivered to Yearbook Coordinator, Floyd County Board of Education, Prestonsburg, Ky., prior to time bids are opened. All Bids must be marked "Sealed Bid—Student Picture Package." Bids will be opened at the Central Office Conference Room on Tuesday, June 6, 1995 at 2:00 p.m.

The Floyd County Board of Education reserves the right to reject any and all bids. W-5/17, 5/24, 5/31

NOTICE OF BOND RELEASE

In accordance with KRS 350.093, notice is hereby given that Branham and Baker Coal Company, Inc., 148 South Lake Drive, Prestonsburg, Kentucky 41653, has applied for Phase I bond release on Increments 6 and 16, Permit Number 836-0179 which was last issued on 12/27/94.

94. The application covers an area of approximately 41 acres located 1.5 miles Northeast of Hippo in Floyd County.

The permit area is approximately 2.0 miles Southeast from Rt. 850 junction with Pitts Fork Road and located 0.2 miles East of Pitts Fork. The latitude is 37 degrees 32' 43". The longitude is 82 degrees, 50' 30".

The bond now in effect for the Increments 6 and 16 is \$114,600.00. Approximately 60% of the original bond amount of \$114,600.00 is included in the application for release.

Reclamation work performed includes: grading, and seeding.

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 7/7/95.

A public hearing on the application has been scheduled for 10:00 a.m., July 11, 1995 at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, Kentucky 41653. The hearing will be cancelled if no request for a hearing or informal conference is received by 7/7/95. W-5/17, 5/24, 5/31, 6/7

INVITATION TO BID:

The Floyd County Board of Education requests "proposals" for Student and Athletic Insurance for the school year 1995-96.

Proposals must be mailed or delivered to James M. Osborne, Chief of Operations, Floyd County Board of Education, Prestonsburg, Ky., prior to time proposals are opened. Proposals will be opened at the Central Office Conference Room at 2:00 p.m. on Tuesday, June 6, 1995.

The Floyd County Board of Education reserves the right to reject any and all bids. W-5/17, 5/24, 5/31

ADVERTISEMENT TO BID

TO WHOM IT MAY CONCERN:
Kentucky River Community Care, 115 Rockwood Lane, Daniel Boone Parkway, Hazard, Kentucky 41701, phone number (606) 436-5761, is now accepting bids for the following:

DENTAL SERVICE: The new Caney Creek Rehabilitation Complex, located near Hindman will require Dental service for eighty (80) residents on a as need basis.

VISION SERVICE: The new Caney Creek Rehabilitation Complex, eighty (80)

bed facility will require vision service for eighty (80) residents on a as need basis.

LAB SERVICE: The new Caney Creek Rehabilitation Complex, located near Hindman will require Lab Service for routine lab test, some weekly for (80) eighty residents. Will require a flexible pick-up and reportable schedule.

ALL THE ABOVE ADVERTISEMENT OF BID MUST BE SUBMITTED BY MAY 26, 1995, 4:00 P.M. TO CANEY CREEK REHABILITATION COMPLEX, H.C. 70, BOX 622, PIPPA PASSES, KENTUCKY 41844.

Kentucky River Community Care reserves the right to reject any and all bids. Respectfully Submitted, W-5/17, 5/24

NOTICE OF BOND RELEASE

In accordance with KRS 350.093, notice is hereby given that Branham and Baker Coal Company, Inc., 148 South Lake Drive, Prestonsburg, Kentucky 41653, has applied for Phase I bond release on Increments 2 and 3, Permit Number 836-5106 which was last issued on 6/2/94. The application covers an area of approximately 60 acres located 1 miles South-

east of Pyramid in Floyd County.

The permit area is approximately 0.75 miles Southeast from Ky. Rt. 850 junction with Pitts Fork Road and located North of Left Fork of Middle Creek. The latitude is 37 degrees, 33' 50". The longitude is 82 degrees, 51' 36".

The bond now in effect for the Increments 2 and 3 is \$166,800.00. Approximately 60% of the original bond amount of \$166,800.00 is included in the application for release.

Reclamation work performed includes: grading, and seeding.

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 7/7/95.

A public hearing on the application has been scheduled for 9:00 a.m., July 11, 1995 at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, Kentucky 41653. The hearing will be cancelled if no request for a hearing or informal conference is received by 7/7/95. W-5/17, 5/24, 5/31, 6/7

SAMPLE BALLOT

PRIMARY ELECTION

FLOYD COUNTY, KENTUCKY

MAY 23, 1995



DEMOCRATIC PARTY

GOVERNOR AND LEUTENANT GOVERNOR
5th CONGRESSIONAL DISTRICT
VOTE FOR ONE

10 JOHN A. "ECK" ROSE
DENISE HARPER ANGEL

12 BOB BABBAGE
TOMMY THOMPSON

14 GATEWOOD GALBRAITH
JERRY W. HAMMOND

16 STEVEN "BUTCH" MAYNARD
BONNIE LOU MAYNARD

18 PAUL E. PATTON
STEPHEN L. HENRY

SECRETARY OF STATE
5th CONGRESSIONAL DISTRICT
VOTE FOR ONE

21 CAROL PALMORE
GEORGE W. WILSON

23 DON BLEVINS
JOHN Y. BROWN III.

25 ED LOGSDON
FRANCES JONES MILLS

AUDITOR OF PUBLIC ACCOUNTS
5th CONGRESSIONAL DISTRICT
VOTE FOR ONE

28 ED HATCHETT
JIM WAYNE

30 JESSE S. HALL

PUBLIC SALE

Date and time of public sale: May 25, 1995 at 11:00.
Type of Collateral: 1981 East Trailer S/N 1EIDIP288-BGJ04750; 1979 Mack Tractor, S/N, R612ST3002; 1982 Mack Tractor, S/N, 1MAN179C9CA079140; 1981 Chevy service truck with welder and compressor.

Contract Date: 10/06/92
Location: First Commonwealth Bank Parking Lot, 169 North Arnold Ave., Prestonsburg, Ky. 41653.

For further info: Call Mike Haney, 886-2321.
F-5/12, W-5/17, 5/24

This is a facsimile of the ballot that will appear in all forty-one precincts of Floyd County for the May 23rd, 1995 Primary Election.

Carla "Robinson" Boyd
Clerk of Floyd County

STATE TREASURER
5th CONGRESSIONAL DISTRICT
VOTE FOR ONE

LARRY J. O'BRYAN 42
PAMELA CARROLL FARMER 43

JOHN KENNERY HAMILTON 44
JAMES V. "JIM" MARCUM 45

BARBARA MAHAFFEY KASH 46

COMMISSIONER OF AGRICULTURE
5th CONGRESSIONAL DISTRICT
VOTE FOR ONE

GLEN HOLBROOK 48
BILLY RAY SMITH 49

RAILROAD COMMISSIONER
3rd RAILROAD DISTRICT
VOTE FOR ONE

ALBERT "BOB" ROSENBAUM 51
JIMMY "DUB" TURNER 52

JE COMBS 53
KENNETH A. WENDEL 54



REPUBLICAN PARTY

GOVERNOR AND LEUTENANT GOVERNOR
5th CONGRESSIONAL DISTRICT
VOTE FOR ONE

74 ROBERT E. "BOB" GABLE
S.W. PALMER-BALL

76 TOMMY KLEIN
TOMMY KLEIN

78 LARRY FORGY
TOM HANDY

SECRETARY OF STATE
5th CONGRESSIONAL DISTRICT
VOTE FOR ONE

81 STEVE CRABTREE
CHARLES MERLE HELLEBUSCH

84 WILLIAM "WILL T." SCOTT
EURIE HAYES SMITH III.

AUDITOR OF PUBLIC ACCOUNTS
5th CONGRESSIONAL DISTRICT
VOTE FOR ONE

87 DON BELL
TOM BUFORD

STATE TREASURER
5th CONGRESSIONAL DISTRICT
VOTE FOR ONE

90 JOHN GLASCOCK
JAMES H. LAMBERT

91

INVITATION TO BID:

The Floyd County Board of Education requests "sealed bids" on Audio-Visual Equipment, Classroom Furniture, Concession Items, Copier Supplies, Printing, Office Supplies and Office Furniture.

Copies of bid forms and detailed specifications may be obtained from Gary Parsons, Director of Finance, Floyd County Board of Education, 69 N. Arnold Avenue, Prestonsburg, Ky. 41653, 606-886-2354, ext. #120.

Bids must be mailed or delivered to Gary Parsons, Director of Finance, Floyd County Board of Education, 69 N. Arnold Avenue, Prestonsburg, Ky. 41653 prior to time bids are opened. Bids will be opened at the Central Office Conference Room on Tuesday, June 6, 1995 at 2:00 p.m.

W-5/17, 5/24, 5/31

NOTICE TO UNKNOWN DEFENDANT

Pursuant to a Warning Order, Floyd Circuit Court, C.A. No. 94-CI-00564, I have been appointed as a warning order attorney to notify an unknown defendant of a pending action in Floyd Circuit Court filed between Mary Rose and Charles Hale involving an automobile accident on or about October 22, 1992. The unknown defendant is warned to appear and answer the Complaint of the third party plaintiff, Charles E. Hale, not later than 50 days from the date of this notice. The unknown defendant should contact the Floyd Circuit Court for further information regarding this claim.

THOMAS W. MOAK
STUMBO, BOWLING & BARBER
P.O. Box 511
Prestonsburg, KY. 41653
606-886-1515
W-5/17, 5/24, 5/31

NOTICE OF BOND SALE

The Floyd County (Kentucky) School District Finance Corporation, will until 11:00 a.m., E.D.S.T., on May 24, 1995, receive in the office of Dr. Robert E. Tarvin, Executive Director, Kentucky School Facilities Construction Commission, Room 267, Capitol Annex, Frankfort, Kentucky 40601, competitive bids for its \$5,370,000 School Building Revenue Bonds, Series of 1995, dated May 1, 1995; maturing May 1, 1996 through 2015.

Bids must be on Official Bid Form contained in the Preliminary Official Statement deemed near final under SEC Rule 15c2-12(b)(1) available from Ross, Sinclair & Associates, Inc., Lexington, Kentucky.

Sale on tax-exempt basis, subject to approving legal opinion of Henry M. Reed III, Bond Counsel. The Bonds are "bank eligible" and Term Bonds are permitted.

Floyd County School District
Finance Corporation
By s/Dr. Stephen W. Towler
Secretary
W-5/17

REQUEST FOR PROPOSALS INVITATION TO BID INSURANCE

The Floyd County Fiscal Court will receive proposals until 4:00 p.m. on June 15, 1995, for General Liability, Law Enforcement, Errors and Omissions, Auto Liability, Real Property, Boiler and ADA Coverage for Floyd Fiscal Court and its related agencies. All bidders shall use the bid form provided by the Fiscal Court.

All sealed bids will be opened and read publicly at the Fiscal Court meeting held on June 16, 1995, at 10:00 a.m. A bid package with specs may be obtained at the Office of the County Judge/Executive, during normal business hours, Mondays thru Fridays.

The Fiscal Court reserves the right to reject any and all bids and to waive informalities. F-5/12, W-6/7

PUBLIC NOTICE

The Board of Directors of the Appalachian Research and Defense Fund of Ky., Inc. will hold a regular quarterly meeting on Saturday, May 20, at the Natural Bridge State Park Lodge beginning at 11:00 a.m. The meetings are open to the public. W-5/17

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 95/04/17; Wolverine Mining, 836-0068, issued 95/04/11; DFM, Inc., 836-0227, issued 95/04/25; Costain Coal, Inc., 836-5052, issued 95/04/27 and FCDC Coal, Inc., 836-9010, issued 95/04/27. W-5/17

NOTICE OF INTENTION TO MINE

Pursuant to Application Number 636-5023, Major Revision No. 2

In accordance with the provisions of KRS 350.070, notice is hereby given that Douglas Coal Corporation, Route 1, Box 7, McDowell, Kentucky 41647 has applied for a major revision to an existing underground mining and reclamation operation located 1.6 miles north of Ligon in Floyd County. The major revision will delete 1.27 acres of surface disturbance making a total of 561.84 acres within the revised permit boundary.

The proposed major revision area is approximately 0.25 miles west from KY 979's junction with Buckhorn Branch Road and located 0.01 miles north of Buckhorn Branch. The latitude is 37° 23' 32". The longitude is 82° 40' 13".

The proposed major revision is located on the McDowell U.S.G.S. 7 1/2 minute quadrangle map. The surface area to be affected by the major revision is owned by Denzil Hall.

The major revision has been filed for public inspection at the Department of Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, Kentucky 41653-1455. Written comments, objections, or requests for a permit conference must be filed with the Director of the Division of Permits, #2 Hudson Hollow Complex, U.S. 127 South, Frankfort, Kentucky 40601.

5/17, 5/24, 5/31, 6/7

INVITATION TO BID:

The Floyd County Board of Education requests "Sealed Bids" for Instructional Materials and Supplies. Bids will be received in the Central Office, Attention: Gary K. Frazier, North Arnold Avenue, Prestonsburg, Ky. 41653 until 2:00 p.m., Tuesday, June 6, 1995. All bids must be received by the time designated in the bid invitation and none will be considered thereafter.

At the time stated above, all bids which are in order, properly signed, etc., shall be opened and read aloud. Any interested parties may attend. No immediate decisions shall be rendered concerning the proposals submitted.

Bid items shall include all instructional materials and supplies as listed in the company catalog. Each bidder must submit a copy of their latest catalog with their bid.

The bid will be awarded to one or more bidders based on comparison of fifty (50) items as listed in the catalog provided with the bid, including discount. The bid price shall include delivery to the individual Floyd County Schools, packaged and/or identified by individual purchase order.

Bid prices shall remain in effect from the date of acceptance of this bid through June 30, 1996, and these prices shall be the same for all reorders during that time period. W-5/17, 5/24, 5/31

EXTEND INVITATION TO BID:

The Floyd County Board of Education is extending the bid date of accepting "sealed bids" on Fleet, Property, General Liability and Errors and Omissions insurance coverage in accordance with the detailed specifications and general conditions of this bid.

Copies of bid forms and detailed specifications and general conditions of this bid may be obtained from the office of James M. Osborne, Chief of Operations, Floyd County Board of Education, 69 North Arnold Avenue, Prestonsburg, Ky. 41653, telephone 606-886-2354, ext. #122.

Bids must be mailed or delivered to James M. Osborne, Chief of Operations, Floyd County Board of Education, Prestonsburg, Ky., prior to time bids are opened. Bids will be opened at the Central Office Conference Room on Monday, June 19, 1995 at 2:00 p.m. W-5/17

NOTICE OF BOND RELEASE

In accordance with KRS 350.093, notice is hereby given that Branham and Baker Coal Company, Inc., 148 South Lake Drive, Prestonsburg, Kentucky 41653, has applied for Phase II bond release on Increments 4 and 7, Permit Number 877-0171 which was last issued on 9/22/93. The application covers an area of approximately 32 acres located 2 miles South of David in Floyd County.

The permit area is approximately 2 miles South from Rt. 404 junction with Rt. 850 and located 1 mile West of Rt. 850. The latitude is 37 degrees, 33' and 54". The longitude is 86 degrees, 53' and 09".

The bond now in effect for the Increments 4 and 7 is \$38,400.00. Approximately 25% of the original bond amount of \$112,400.00 is included in the application for release.

Reclamation work performed includes: grading, seeding and tree planting.

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 6/23/95.

A public hearing on the application has been scheduled for 2:00 a.m., June 27, 1995 at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, Kentucky 41653. The hearing will be cancelled if no request for a hearing or informal conference is received by 6/23/95. W-5/3, 5/10, 5/17, 5/24

ADVERTISEMENT TO BID:

TO WHOM IT MAY CONCERN:
Kentucky River Community Care, Inc., 115 Rockwood Lane, Daniel Boone Parkway, Hazard, Kentucky 41701, phone number (606) 436-5761, is extending the date previously set for the following bid along with additional services needed.

LAUNDRY VENDORS:
The new Caney Creek Rehabilitation Complex, located near Hindman requires a laundry vendor. The selected vendor must be able to provide service for an eighty (80) bed facility. This will include bed linen, bedspreads, quilts, drapes and cubicle curtains, washcloths and towels. It will be necessary to provide sanitizing and pick-up and delivery service, in a timely fashion. In addition to the above services, the selected vendor should be able to provide repair service to damaged items. All bids must be submitted by Friday, May 26th, 1995, 4:00 p.m. to Caney Creek Rehabilitation Complex, H.C. 79, Box 622, Pippa Passes, Ky. 41844. Selected Vendor must be able to produce proof of Performance Bond.

Kentucky River Community Care, Inc., reserves the right to reject any and all bids. Respectfully submitted. W-5/17, 5/24

ADVERTISEMENT TO BID:

TO WHOM IT MAY CONCERN:

Kentucky River Community Care, 115 Rockwood Lane, Daniel Boone Parkway, Hazard, Kentucky 41701, phone number (606) 436-5761, is now accepting bids for the following:
SNACK MACHINE VENDOR AND CIGARETTE MACHINE VENDORS:

The new Caney Creek Rehabilitation Complex, located near Hindman requires a Snack and Cigarette machine vendor. The prospective vendor should be able to provide: a variety of snacks, including fat free varieties. There will also be a need for a cigarette machine to include a variety of brands. The prospective vendor must be able to provide a vending machine with a variety of dell item. The prospective vendor will be responsible for providing all vending machines, stocking and maintenance.

All the above advertisement of Bid must be submitted by May 26, 1995, 4:00 p.m. to Caney Creek Rehabilitation Complex, H.C. 70, Box 622, Pippa Passes, Kentucky 41844.

Kentucky River Community Care reserves the right to reject any and all Bids. Respectfully Submitted, W-5/17, 5/24

NOTICE OF BOND RELEASE PHASE III

In accordance with the provisions of 405KAR 10:040, notice is hereby given that Coal Mac, Inc., P.O. Box 3428, Pikeville, Ky. 41502, intends to apply for a bond release on Permit Number 836-5093 which was last issued on 4-29-86. The application covers an area of approximately 3.43 acres located 1.3 miles southeast of Honaker in Floyd County.

The permit is approximately .45 miles south from Ky. Rt. 2030's junction with Frog Branch Road and located .01 miles east of Frog Branch. The latitude is 37° 31' 09". The longitude is 82° 39' 43".

The total bond now in effect is a surety bond for \$5,700.00 of which 100% is to be released which would constitute a phase III release.

Reclamation work thus far performed includes: backfilling, final grading, seeding, mulching completed in December 1989. Results achieved include initial growth of vegetation as per the revegetation plan.

Written comments, objections, requests for a public hearing must be filed with the Director of the Division of Field Services, #2 Hudson Hollow, U.S. 127 South, Frankfort, Ky. 40601, by date 30 days from the last advertisement, which should be June 30, 1995.

A public hearing has been scheduled for July 5, 1995 at the Department of Surface Mining Reclamation Office, 2705 South Lake Drive, Prestonsburg, Ky., at 4:00 p.m.

The Hearing will be canceled if the Department does not receive any public request within the time frame stated above. W-5/10, 5/17, 5/24, 5/31

COMMONWEALTH OF KENTUCKY, TRANSPORTATION CABINET, DEPARTMENT OF HIGHWAYS, NOTICE TO CONTRACTORS. Sealed bids will be received by the Department of Highways in the Division of Contract Procurement and/or the Auditorium located on the 1st Floor of the State Office Building, Frankfort, Kentucky, until 10:00 a.m., EASTERN DAYLIGHT TIME on the 26 day of MAY, 1995, at which time bids will be publicly opened and read for the improvement of: **FEGR 95 0000015, BELL-LESLIE-HARLAN-FLOYD COUNTIES** Guardrail on Various Roads. SEE PROPOSAL FOR ADDITIONAL INFORMATION. Bid proposals for all projects will be available until 9:00 a.m., EASTERN DAYLIGHT TIME, FRIDAY, MAY 26, 1995, at the Division of Contract Procurement. Bid proposals for all projects will be available at a cost of \$10 each and remittance pay-

able to the State Treasurer of Kentucky must accompany request for proposals (NON-REFUNDABLE). BID PROPOSALS ARE ISSUED ONLY TO PREQUALIFIED CONTRACTORS. Specimen proposals for all projects will be available to all interested parties at a cost of \$10 each (NON-REFUNDABLE). Specimen proposals cannot be used for bidding. W-5/17

NOTICE OF BOND RELEASE PHASE III

In accordance with the provisions of 405KAR 10:040, notice is hereby given that Coal Mac, Inc., P.O. Box 3428, Pikeville, Ky. 41502, intends to apply for a bond release on Permit Number 836-5232 which was last issued on 7-25-84. The application covers an area of approximately 3.64 acres located 1 miles east of Honaker in Floyd County.

The permit is approximately 1 miles west from St. Rt. 1426's junction with Tanyard Branch Road and located 1 miles north of Mud Creek. The latitude is 37° 32' 03". The longitude is 82° 40' 01".

The total bond now in effect is a surety bond for \$1,800.00 of which 10% is to be released which would constitute a phase III release.

Reclamation work thus far performed includes: backfilling, final grading, seeding, mulching completed in January 1990. Results achieved include initial growth of vegetation as per the revegetation plan.

Written comments, objections, requests for a public hearing must be filed with the Director of the Division of Field Services, #2 Hudson Hollow, U.S. 127 South, Frankfort, Ky. 40601, by date 30 days from the last advertisement, which should be June 30, 1995.

A public hearing has been scheduled for July 5, 1995 at the Department of Surface Mining Reclamation Office, 2705 South Lake Drive, Prestonsburg, Ky. at 4:00 p.m.

The Hearing will be cancelled if the Department does not receive any public request within the time frame stated above.

This is the final advertisement of the application: all comments, objections and/or requests for a permit public hearing must be received within thirty (30) days of today's date. W-5/10, 5/17, 5/24, 5/31

COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT CIVIL ACTION NO.: 91-CI-038

Pikeville National Bank and Trust Company.....Plaintiffs VS. NOTICE OF SALE Berman Newman and Teresa Newman.....Defendants

By virtue of a Default Judgment of the Floyd Circuit Court rendered at the April 15, 1994 Term, in the above styled cause, I shall proceed to offer for sale at the Courthouse door in Prestonsburg, Kentucky, to the highest and best bidder, at public auction, on the 25th day of May, 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 to-wit:

TRACT NO. I:
Being all of that property more particularly described in Deed Book 223, Page 187, of the Floyd County Clerk's Office.

Being the same property conveyed to the Grantor herein by Oliver Meade and Connie Meade, his wife, by deed dated the 25th day of September, 1975, and duly recorded in Deed Book 223, Page 187, of the Floyd County Clerk's Office.

TRACT NO. II:
Being all of the property more particularly described in Deed Book 231, Page 379, of the Floyd County Clerk's Office.

Being the same property conveyed to the Grantor and the Grantee herein by George Newman and Flora Newman, his wife, by deed dated the 23rd day of June, 1977, and duly recorded in Deed Book 231, Page 379,

of the Floyd County Court Clerk's Office.

The amount of money to be raised by this sale shall be \$23,667.33 interest at the rate of 10.25% per annum from December 1, 1993 until the date of this Judgment; thereafter, from the date hereof at the rate of 12% per annum until paid, including 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 5th day of May, 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-5/10, 5/17, 5/24

PUBLIC NOTICE

In accordance with the Family Education Rights and Privacy Act, written policies and procedures have been developed which describe the Floyd County School District's (FCSD) requirements regarding the confidentiality of personally identifiable information. Stated in this notice is a summary of your rights under the Act. These rights are passed on to the student at age eighteen. For the purpose of this notice, the student 18 years or older will be referred to as "eligible" students. Parents, guardians, and eligible students may review and inspect all education records relating to that student by making a request to the Principal of the school where that student attends.

The FCSD will presume that the parent has the authority to review and inspect records relating to their children unless the district has been advised in writing that the parent does not have legal authority under applicable state law governing such matters as guardianship, separation, and divorce.

Personally identifiable information is not released to another party unless there is written authorization from the parent or eligible student, or there is a "Legitimate Educational Interest" as defined in the policies and procedures for confidentiality. A current list of employees' names and positions who have access to personally identifiable information is on file in each school. The FCSD has described in its policies and procedures the conditions under which personally identifiable information is released to another person without written parental consent.

"Directory Information" is information contained in an educational record which would not generally be considered harmful or an invasion of privacy if disclosed. This information may be released to news media, athletic organizations, scholarship or college entrance committees, or official organizations whose need for data is connected with student help activities. "Directory Information" includes, but is not limited to the student's name, address, telephone listing, date and place of birth, major field of study, participation in officially recognized activities and sports, weight and height of members of athletic teams, dates of attendance, degrees and awards received, and the most recent previous educational agency or institution attended. The parent, guardian, or eligible student currently enrolled, may request all or part of the directory information be withheld. The request must be in writing to the Principal of your child's school, within 30 calendar days after this notification has been distributed. The written request what information may not be classified as directory information.

In accordance with federal regulation concerning the release of educational records, it is the policy of this school district to forward education records on request to a school in which a student seeks or intends to enroll. Parents may obtain upon request a copy of the records transferred. The Floyd County Schools keeps child and youth records in a secure computer system and in locked files in each school and central office. Any parent or guardian of a student, or any eligible student, may challenge the content or accuracy of any material or entries in the student's educational records on the grounds that it is inaccurate, misleading, or otherwise in violation of the privacy or other rights of the student. Requests to amend the records are submitted to the principal of your child's school. For students who have been determined eligible for programs for children and youth with disabilities, educational records will be destroyed at the request of the parent when they are no longer needed to provide educational programs and services. The FCSD will destroy the educational records of a child or youth without a parent's request after the records have been maintained for a minimum period of seven years and are no longer needed to provide educational programs and services. Parents are advised that data contained in the records may be later needed for Social Security purposes. The FCSD retains for an indefinite period of time, a record of the student's name, address, telephone number, grades, attendance record, classes attended, grades completed, and year completed. Children and youth determined eligible for special education include those children and youth with disabilities who have hearing impairments, vision impairments, emotional and behavior disorders, both deafness and blindness, health impairments, specific learning disabilities, mental disabilities, multiple disabilities, speech and language impairments, physical disabilities, autism, or traumatic brain injuries, and who because of these impairments need specially designed instruction and related services. The Floyd County Schools has an ongoing Child Find system, which is designed to find any child or youth, age birth up to 22 years, who may have a disability and need special education. This includes children and youth who are not in school or those who are in school but are not receiving the special education they need to have an appropriate public education. The Floyd County Schools will make sure any child or youth who has a disability, regardless of how severe the disability, is provided an appropriate public education at no cost to the parents of the child or youth. Parents, relatives, public and private agency employees, and concerned citizens are urged to help the Floyd County Schools find any infant, toddler, child, or youth who may have a disability and need special education and related services. The district needs to know the name and age, or date of birth of the child or youth; the name, address, and phone of the parent or guardian; the possible disability; and other information to determine if special education is needed. Letters and phone calls are some of the ways Floyd County Schools collect the information needed. The information the school district collects will be used to contact the parents of the child or youth and find out if the child or youth needs to be evaluated or referred for special education services. If you know of a child or youth who lives in Floyd County, who may have a disability, and is not receiving needed services bring, telephone, or send the information to: Brenda Fish Director of Special Education Floyd County Schools 34 A Richmond Plaza Prestonsburg, Ky. 41653 (606) 886-3014 Extension 222 Child Find activities will continue throughout the school year. As part of these

efforts, Floyd County Schools will use screening information, student records, and basic assessment information it collects on all children and youth in the district to help locate those children and youth who have a disability and need special education.

Any information the district collects through Child Find is maintained confidentially. Parents, guardians, or eligible students have the right to file a complaint with the U.S. Department of Education related to perceived failures by the district to comply with confidentiality requirements. The address: Family Policy and Regulations Office, U.S. Department of Education, Washington, D.C., 20202. Written policies and procedures have been developed which describe the district's requirements regarding the confidentiality of personally identifiable information and Child Find activities. There are copies in the Principal's office of each school, and at the Board of Education office. Copies describing these policies and procedures may be obtained by contacting: Maurice Allen Director of Pupil Personnel

Floyd County Schools 69 North Arnold Avenue Prestonsburg, Ky. 41653 (606) 886-2354, Extension 104 The district office is open Monday through Friday, from 8:00 a.m. to 4:00 p.m. If you know of someone who may need this notice translated to another language, given orally, or delivered in some other manner, please contact the Director of Pupil Personnel or the Director of Special Education at the address or phone number listed above for the district office. F-5/5, W-5/10, 5/17, 5/24, 5/31

NOTICE OF INTENTION TO MINE
Pursuant to Application Number 836-0257

In accordance with KRS 350.055, notice is hereby given that Locust Grove, Inc., P.O. Box 958, Hazard, Kentucky 41702-0958, has filed an application for a permit for a surface coal mining and reclamation operation affecting 274.1 acres located 1.5 miles east of Wayland in Floyd and Knott Counties.

The proposed operation is approximately 2.0 miles east from Route 1086's junction with Route 7 and located at the headwaters of Steele Creek and Doty Branch. The latitude is 37° 25' 50". The longitude is 82° 46' 00".

The proposed operation is located on the Wayland and McDowell U.S.G.S. 7 1/2 minute quadrangle maps. The operation will use the mountaintop removal and contour methods of surface mining. The surface area is owned by Caleb S. Dean, Walter & Gertrude Stumbo, Kathryn Youman, Mary Maggard, Mountaineer Land Co., William P. Slone Heirs, Cora Hall Heirs, Sharon Fugate, Richard Anderson, Melvin Anderson Heirs, Mary T. Combs Heirs, Benny Ray Bailey, Wordin Collins Heirs, E'khorn Coal Co., Nicky Stumbo, Virginia Slone, Ray and Vernon Kelly Slone, Marie and Walker Stumbo, James M. Hall, W. C. Turner Heirs and Millard Beverly Heirs. The operation will affect an area within 100 feet of the right-of-way of public road Doty Branch Road. The operation will not involve relocation or closure of the public road.

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 41653-1397. Written comments, objections, or requests for permit conference must be filed with the Director of the Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky, 40601.

This is the final advertisement of this application; all comments, objections or requests for a hearing or conference must be received within 30 days of today's date. 1t.

County Kettle

PISTACHIO ECLAIRS

1 cup water
1/2 cup butter or margarine
1 cup all-purpose flour
1/4 teaspoon salt
4 eggs
1 (3.4-ounce) package pistachio-flavored instant pudding mix
1 cup milk
1 1/3 cups whipping cream, whipped
Chocolate Glaze
Combine water and butter in a medium saucepan; bring to a boil. Add flour and salt all at once, stirring vigorously with a wooden spoon over medium-high heat until mixture leaves sides of pan and forms a smooth ball. Remove from heat, and cool 4 to 5 minutes.

Add eggs, one at a time, beating thoroughly, with a wooden spoon after each addition; then beat until dough is smooth.

Drop dough by level one-fourth cupfuls 2 inches apart on greased baking sheets. Shape each eclair into a 5-x 1-inch rectangle. (Or spoon dough into a pastry bag, and pipe into rectangles on sheets.)

Bake at 375° for 35 minutes or until browned. Cut a 2-inch slit in the side of each eclair, and bake an additional 10 minutes. Cool on wire racks.

Filling:
Combine pudding mix and milk in a bowl. Beat at low speed with an electric mixer until smooth and thickened (about 2 minutes). Fold in whipped cream; refrigerate.

Cut off top of each eclair; pull out and discard soft dough inside. Spoon about 1/2 cup filling into bottom halves, and cover with top halves. Drizzle or pipe Chocolate Glaze on top of each eclair.

Chocolate Glaze:
1/2 cup semisweet chocolate morsels

1 tablespoon butter or margarine
1 1/2 teaspoons light corn syrup
1 1/2 teaspoons milk
Combine all ingredients in a 1-cup glass measure. Microwave at Medium (50% power) 1 to 2 minutes or until morsels and butter melt, stirring after 1 minute.

STEAK ON TWIRLS

10 slices bacon
2 (3/4-pound) top round steaks
1/2 teaspoon garlic powder
Dash of freshly ground pepper
2 tablespoons chopped fresh parsley

Place bacon on a rack in a 12-x 8-x 2-inch baking dish; cover with paper towels. Microwave at high 4 to 5 minutes or until bacon is partially cooked. Drain bacon; set aside.

Place steaks between two sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness, using a meat mallet or rolling pin. Sprinkle 1/4 teaspoon garlic powder, dash of pepper, and 1 tablespoon parsley over each steak. Arrange 5 slices bacon lengthwise over steak. Starting at narrow end, roll up steak; secure with wooden picks at 1-inch intervals. Cut into 1-inch slices.

Grill, covered, over hot coals (400 to 500°) for 4 to 5 minutes on each degree of doneness.

SUMMER BREW

2 (12-ounce) cans frozen cranberry juice concentrate, thawed and undiluted
2 (33.8-ounce) bottle ginger ale, chilled
Combine all ingredients when ready to serve. Serve over crushed ice.

OVEN FISH

2 pounds catfish or fish fillets
1 egg, beaten
1/2 cup Italian-seasoned breadcrumbs
1/4 cup butter or margarine, melted
2 tablespoons lemon juice
Dip fillets into egg; lightly coat with breadcrumbs. Arrange fish in a single-layer on a well-greased, shallow baking pan. Combine butter and lemon juice; drizzle over fish. Bake at 450° for 15 to 18 minutes or until fish flakes easily when tested with a fork.

NO-BAKE BANANA PUDDING

2 (3.4 ounce) package vanilla instant pudding mix
1 (8-ounce) carton sour cream
3 1/2 cups milk
Vanilla wafers
3 large bananas
1 (8-ounce) carton frozen whipped topping, thawed
Combine first 3 ingredients in a large bowl; beat at low speed of an electric mixer 2 minutes or until thickened. Line bottom and sides of a 3-quart bowl with vanilla wafers. Slice one banana, and layer over wafers. Spoon one-third of pudding mixture over bananas. Repeat layers of vanilla wafers, bananas, and pudding twice; chill. Spread whipped topping over custard.

CHEWY SQUARES

1 cup butter or margarine, softened
1/2 cup sugar
1/2 cup firmly packed brown sugar
2 eggs
1 teaspoon vanilla extract
1 1/4 cups all-purpose flour
1 teaspoon baking soda
1 1/2 cups quick-cooking oats, uncooked
1 (12-ounce) package semisweet chocolate morsels
1 cup chopped pecans

Cream butter; gradually add sugars, beating well at medium speed of an electric mixer. Add eggs and vanilla; beat well.

Combine flour and soda; add to creamed mixture, and mix well. Stir in oats, chocolate morsels, and pecans. Spread mixture into a greased 13-x 9-x 2-inch pan. Bake at 375° for 25 minutes. Cool and cut into squares.

TERIYAKI CHICKEN

1 (8-ounce) can crushed pineapple, undrained

1/4 cup teriyaki sauce
2 tablespoons lemon juice
2 tablespoons red wine vinegar
2 cloves garlic, minced
1 tablespoon olive oil
1/4 teaspoon mesquite liquid smoke
6 chicken breast halves, skinned and boned
Combine first 7 ingredients; place in a shallow container or a heavy-duty zip-top plastic bag. Add chicken; cover or seal, and chill 1 to 2 hours, turning occasionally. Remove

chicken from marinade. Grill, covered, over medium coals (300° to 400°) for 4 to 5 minutes on each side.

STRAWBERRY CUPS

1 (16-ounce) package frozen whole unsweetened strawberries, thawed
1 (8-ounce) can unsweetened crushed pineapple, drained
1 (8-ounce) carton low-fat strawberry-flavored yogurt
1 large banana, diced
1/4 cup finely chopped pecans

2 tablespoons sifted powdered sugar
Place thawed strawberries in container of a food processor or electric blender; process until smooth. Spoon strawberry puree into a large bowl; add remaining ingredients, and stir mixture well.
Spoon 1/3 cup strawberry mixture into each of 12 paper-lined muffin pans. Place in freezer until frozen. Remove from freezer 10 minutes before serving.

LOWE'S KNOWS

LOW PRICES!

Home Improvement Warehouse



YOUR CHOICE
\$343
Assorted Treated Post Tops
*Resists insects and decay #04215,21;07971-3,5,7



Treated Decking
*Treated to resist termites and decay
*Weather to a beautiful gray
*Rounded edges for a better look

1/2" x 6" x 6'	\$371
1/2" x 6" x 10'	\$413
1/2" x 6" x 12'	\$467



Double-Hung Insulated Glass Wood Tilt Window
*24" x 36" *Preservative-treated frame
*Energy-saving weatherstripping *Tilt in for easy cleaning *Sash locks and inside etop applied #78750

\$82



Single-Hung Solid Vinyl Window Unit
*24" x 30" *Maintenance-free insulated glass *Pre-punched removable nailing fin *Tilt-in sash for easy cleaning #28057

\$86



\$229
2" x 4" x 8'
Pressure Treated Lumber
Resists Termites And Decay!

8'	10'	12'	
2" x 4"	\$229	\$357	\$427
2" x 6"	\$377	\$512	\$619
2" x 8"	\$577	\$666	\$894
2" x 10"	\$799	\$839	\$1296
2" x 12"	N/A	N/A	\$2160
4" x 4"	\$449	\$757	\$967



\$1774
1 1/2" x 4' x 8' BC Pine Plywood
*One side sanded smooth for paint or stain *For exterior and structural use #12231

\$927
3/4" x 4' x 8' OSB
*Building code approved for roof, wall or subfloor
*Recommended for covered use #12212



\$549 Bundle
20-Year WARRANTY
Delivery Available On Our Fleet Of Trucks

20-Year Shingles
*35% sq. ft. per bundle *Class A fire and wind rating *Fiberglass mat for added weather protection, longer life and greater fire resistance

INTERIOR DOOR UNITS



\$6121
24" Moulded Interior Door Unit
*Pre-hung pine frame

30"	\$64.46
32"	\$66.26
36"	\$68.16

\$6426
24" Interior Lauan Door Unit
*Pre-hung in a pine frame with brass-plated hinges

28"	\$66.12
30"	\$66.12
32"	\$66.88
36"	\$68.14

MOULDING

3/4" x 8' Pine Outside Corner	\$320
1/2" x 8' Pine Quarter Round	\$312
1/2" x 8' Pine Cove	\$296
3/4" x 8' Pine Screen	\$152
3/4" x 8' Oak Screen	\$372
2" x 8' Paint Grade Pine Brick	\$632
2 1/2" x 7' Paint Grade Pine Casing	\$539
2 1/4" x 8' Pine Casing	\$616
2 1/4" x 7' Oak Casing	\$686

SHUTTERS



\$1594
39" Vinyl Shutters
*Choose black, white or blue #08644,67,89



\$1994
39" Vinyl Raised Panel Shutters
*Available in black or white #08655,78



\$768
250' Roll Drywall Joint Tape #11749

\$497
1/2" x 4' x 8' Drywall
*Use to finish walls or ceilings
*Non-warping *Crack resistant
*Easy to paint #11750

\$797
12 lb. Drywall Joint Compound
*Ready mixed *Repairs cracks and holes in plaster and wallboard #12164



\$3898
Power Attic Roof Vent
*For attic up to 1,700 sq. ft. *Thermotatically controlled *Low profile *25" diameter *Reduces attic temperature to prolong the life of your roof
*Constructed of weather-resistant plastic #30995



\$3497
Gable Mount Power Attic Vent
*For attic up to 1,800 sq. ft. *15" fan *Automatic, adjustable thermostat *No need to cut a hole in your roof for installation #30987



\$197 6-Pack
2 x 2 All-Purpose Gardening Stake #04052



\$796 Each
Used Railroad Crosstie
*Durable *Use for lawn accents *Adds rustic look to landscaping *Approximately 8' long #04675



\$154
3' x 50' Roll Black Poly Mulch Film #16907

*We guarantee our everyday competitive prices. If you find a lower everyday or advertised price on an identical stock item at any local retail competitor that has the item in stock we'll beat their price by 10% when you buy from us. Just bring us the competitor's current ad or we'll call to verify the item's price that you have found. Cash/charge card and carry purchases only. Competitor's checkout, special order, discontinued, clearance liquidation, non-owner and one-house order quantities for cash and carry contractors. Current in-store price. If lower, competitor's lowest advertised price. Price guarantee honored at all Lowe's retail locations. Labor charges for product installation are excluded from our price guarantee offer in our stores with an installed Sales Program. Visit store for complete details.
Prices May Vary After 5/18/95. If There Are Market Variations.
See Store For Details Regarding Product Warranties.
We Reserve The Right To Limit Quantities.

Pikeville
 100 Cassidy Boulevard — Pikeville, Kentucky 41501
 (606) 433-0020
 Mon.-Sat. 7 AM-9 PM • Sunday 10 AM-6 PM



Priming Times

News to use for the over-50 set

Wednesday
May 17, 1995



Home Security Survey

One of the biggest worries shared by older people is that they might be victims of crime. Actually, the rates of the three most serious crimes, murder, rape, and assault—are very low among the elderly. But crimes that do affect the elderly include purse snatching, fraud, theft of checks from the mail, vandalism, and harassment.

The impact of crime is greatest on the old because they often have limited budgets, frequently live in inner-city neighborhoods where crimes are more common, and may be injured more easily in the course of a crime.

Physical handicaps, such as a vision of hearing loss, can make the old easy prey. With diminished strength older people are less able to defend themselves or escape from threatening situations.

bank examiner and request that you withdraw, and temporarily turn over to him or her, money from your bank account. The swindler convinces you that this is all part of a "test" the bank is conducting to uncover a dishonest bank employee. Don't withdraw money from your bank at the suggestion of a stranger.

Consumer fraud

This is too often successful among the elderly, although people of all ages are victims. The following are common schemes you should watch for:

- Health insurance policies that appear to pay gaps in Medicare coverage—but don't. Check the policy with your state insurance commission, a lawyer, or the Better Business Bureau

Crime and the elderly

Sometimes the fear of crime can be as harmful as crime itself. Fear is useful if it encourages appropriate protection. But experiencing needless fear over a long period of time can be harmful to one's physical and mental health.

Crime prevention

At home the best crime prevention measure is to lock doors and windows. Almost half of all home and apartment burglaries occur because someone did not "lock-up". In addition, these tips may be useful:

Use common sense. When answering the door, look through the peephole or ask the visitor to identify himself or herself before you unlock it.

Mark valuable property by engraving it with your driver's license of state identification number (available from your State Motor Vehicle Administration). Keep photographs of hard-to-engage items. Make a list of the valuables in your home and keep it in a safe deposit box at the bank.

Install good security equipment so your locks, doors, and windows cannot be broken easily. Many police departments have staff they can send out to evaluate your present equipment and make recommendations.

On the street

Prevention means staying alert at all times, even in your own neighborhood. Walk with a friend when you go out, and be aware of places where crime can occur, such as dark parking lots or alleys. Here are suggestions for reducing your risks on the street.

Avoid dressing in a showy manner. Leave good or flashy jewelry and furs in a safe place.

Carry little cash and hand it over without question if you are attacked. If possible, do not carry a purse. Put your money and credit cards or wallet in an inside pocket.

Have monthly pension or Social Security checks sent directly to your bank for deposit.

Con games

These are attempts to swindle someone out of money, property, or other valuables. The con artist may, for example, pose as a

before spending any money.

- Glasses or hearing aids sold at bargain rates by unlicensed salespersons. Ask your doctor's advice if you need to purchase a low-cost appliance.

- Products advertised as miracle cures. This is known as "health quackery". Each year millions of dollars are spent on products and devices advertised as cures for arthritis, cancer, baldness, and insomnia. Don't buy any product advertised to treat a condition that medical science has not yet found a cure for.

Contributions to charity

Make sure the money goes to a legitimate charity.

Investment opportunities that sound too good to be true, usually are.

If you are asked to withdraw a large sum from your bank account, first talk over your plans with a bank representative.

Home repair frauds

Do not agree to let someone who is "just driving by" work on your home. Shop around before you spend money on home improvements.

Door-to-door salespeople who use various types of pressure to get you to buy. If you have any doubts about whether or not you want the item, ask the person to come back another day. This will also give you time to call the Better Business Bureau to check out an unfamiliar company.

What you can do

Police estimates that more than half of all crimes go unreported. Victims should not be embarrassed or frightened about calling the police. Reporting crime can let police know where problems are in your neighborhood and will encourage better protection in the future.

This article was submitted by Pamela Hazelett, R.N. Geriatric Services McDowell ARH. For information on age related issues please call Geriatric Services 377-3407.

- DOORS:**
1. Does door have 180° peep hole?
 2. Are locks that can be opened from inside at least 40 inches from glass?
 3. Are entrance doors solid core?
 4. Do they have dead bolt locks?
 5. If hinge pins are outside, are they nonremovable?
 6. Does door securely fit door jamb?
 7. Is door jamb tightly fastened?
 8. Is strike plate securely fastened to door jamb?
 9. Does bolt extend sufficiently into strike plate?
 10. Have locks been re-keyed since you moved in?

- WINDOWS:**
11. Have double hung windows been pinned?
 12. Do metal windows have auxiliary locks?
 13. Can windows left open for ventilation be secured?
 14. Do basement windows have auxiliary locks?
 15. Do curtains or drapes fully cover window?
 16. Is window air conditioner secured from inside?

- GARAGE:**
17. Does door close tightly?
 18. Does overhead door have a track padlock?
 19. Is padlock of high quality?
 20. Is hasp of high quality, installed without screws showing?
 21. Do you keep overhead door closed and locked when not in use?
 22. Do you remove vehicle keys when garage is locked?
 23. Can garage light be turned on from inside home?

- EXTERIOR:**
24. Do you belong to a NEIGHBORHOOD WATCH Program?
 25. Are shrubs cut below window level?
 26. Are tree limbs cut above window level?
 27. Is residence number visible from street?
 28. Can mailbox be locked?
 29. Is front door well lit?
 30. Is back door well lit?
 31. Are bicycles, mowers, ladders kept inside?
 32. Have you engraved property and put up stickers?

- VACATIONS:**
33. Do you stop deliveries?
 34. Do you notify police?
 35. Do you notify neighbors?
 36. Do you set light timers?
 37. Is your yard taken care of?
 38. Do you arrange for hand bills to be picked up?

- ADDITIONAL CRIME CHECKS:**
39. If you need a non-lethal weapon for self-protection, do you have a safe, chemical device?
 40. If you have a gun, is it kept secured?
 41. Do you keep most of your cash in the bank?
 42. Do you keep a list of all valuable property, credit cards and serial numbers?
 43. Do you keep this list in a safe place?
 44. Do you avoid displaying valuables to strangers?
 45. Have you memorized the telephone number of your police?

Smart Moves

BUSINESS SENSE

DIVERSIFICATION EQUALS SUCCESSFUL BOND INVESTING

by: Linton Wells II
Dean Witter Reynolds, Inc.

Yields on U.S. Treasury securities are up significantly from the lows of 1993. If you were to invest in a 30-year treasury bond today, for instance, you would enjoy a yield of 7.20%. But for investors who don't want to "lock in" their money for the long term, consider the following:

* A two-year treasury note at 6.22%* recently provided 86% of the yield available on a 30-year treasury bond.

* A five-year treasury note at 6.55%* recently provided 91% of the yield available on a 30-year treasury bond.

* A ten-year treasury note at 6.87%* recently provided 95% of the yield available on a 30-year treasury bond.

Long term? Short term? What's the best course of action for today's fixed income investor?

One disadvantage of investing all your assets in long-term bonds is that, should an unexpected financial need arise, you might not get all of your principal back (depending on market conditions) when you liquidate the bonds in the secondary market prior to maturity.

History tells us that if you hold only short-term securities, even if they are purchased at attractive rates, you frequently expose your maturing principal to "reinvestment risk." This is the term used to describe the possibility that, when your short-term securities mature, they will have to be reinvested at a lower rate.

A ladder approach...

To attain liquidity not readily available through long-term bonds and to minimize the reinvestment risk inherent in short-term securities, consider diversifying maturi-

ties. One simple, effective way to do this is to employ a ladder portfolio strategy. This approach involves investing in funds with a variety of maturities so that a portion is always earning longer-term rates. As each segment of your ladder matures, you will have the opportunity to reinvest the proceeds to take advantage of the prevailing interest-rate environment.

If you would like more information, please call or write Linton Wells II, Dean Witter Reynolds Inc., 1200 Bath Avenue, Suite 280, Ashland, Ky. 41101, 800/890-8833.

* Yields quoted as of (5/2/95) are for illustrative purposes only and may not reflect current dates.

Information and data in this report were obtained from sources considered reliable. Their accuracy or completeness is not guaranteed and the giving of the same is not to be deemed a solicitation on Dean Witter's part with respect to the purchase or sale of securities or commodities.

Tax tip

by Debra Englander

If you're among the 13 million people who file or pay taxes late every year, you pay dearly. The IRS imposes a late-filing penalty of 5 percent per month on the balance due, on top of interest on the money owed.

You can get an extension until August 15 to complete your return but still must pay by the due date. To request an extension, use Form 4868, "Application for Automatic Extension of Time to File U.S. Individual Tax Return." The form requires your name, address, Social Security number, amount of taxes already paid and an estimate of your tax liability for the year.

Pay your projected balance due

when you send in the application. If the total paid by the regular due date is less than 90 percent of your actual 1994 tax, you'll be charged a late-payment penalty.

If you don't have the money when you file for an extension, you can propose to pay your taxes in installments. Says Don Roberts, an IRS representative, "When you file for an installment agreement [Form 9465], you propose to the IRS how much per month and on what day of the month you'll make the payment." If your plan is reasonable—with the average payoff time being

18 months—the IRS will notify you within 30 days if it accepts your terms. The interest rate on money owed the IRS is now 9 percent, but the rate fluctuates quarterly with the government's short-term interest rate.

(This article first appeared in Mature Outlook Magazine, which is a benefit of the Mature Outlook organization. For information on joining, call 1-800-336-6330.) Copyright 1995, Mature Outlook Magazine Distributed by United Feature Syndicate, Inc.

Married couples who love each other, tell each other a thousand things without talking.

—Chinese Proverb

One of the greatest gifts you'll ever give your family may be your funeral.



It's something no one likes to think about. But sooner or later, we all have to face it. Including you.

And when it happens, the loved ones you leave behind will have to face a lot of decisions about your funeral. Everything from your favorite flowers to friends that should be notified. All at a time when these details should be the last things on their mind.

But you can do something now to help make this time a little easier for them.

Because you care...

That's why we're offering a special book we call "Requests," which you can fill in now to help guide your family in making these choices, secure in the knowledge they're doing what you would have wanted.

It's our gift to you, and it's available free.

There is no cost, and there's no obligation.

Except to those you love.

For your free copy of "Requests," just call or write:

CARTER FUNERAL HOME

Prestonsburg, Ky. • 886-2774

CAREGIVING CLASSES

Many Floyd countians are faced each day with the many challenges of providing care for an elderly relative or friend.

Big Sandy Area Development District's Aging Services Network and Our Lady of the Way Hospital Health Education Department provides a series of classes to address some of the primary concerns that caregivers face each day. The series of six classes meet two hours a session each Tuesday, beginning April 25, and concluding May 30.

The focus of the series is to enhance the well being of caregivers as well as the person for whom they provide care. Classes will include basic knowledge of resources available in the community and how to access those resources.

For more information about these classes, call (606) 285-5181 and ask for Kim Blocker, Community Education, Health Educator at Our Lady of the Way.

THE OMBUDSMAN PROGRAM

If you have a concern regarding a long-term care facility in the Big Sandy Area or if you have a problem or question about long term care costs, or Medicaid-Medicare, they're available to help. If you or your organization would like to volunteer your services to improve the quality of life for nursing home residents, contact the Ombudsman program.

For more information about the local Ombudsman Program... Write: Long Term Care Ombudsman Program, Mary Anne Hall, Big Sandy Area Development District, 100 Resource Drive, Prestonsburg, Ky. 41653; or call: 606-886-2374 or 800-737-2723.

HIGH BLOOD PRESSURE

Prevent

SPONSORED BY
OUR LADY OF THE WAY HOSPITAL



INTRODUCING A NEW HIGH BLOOD PRESSURE INFORMATION LINE FROM THE NATIONAL HEART, LUNG, AND BLOOD INSTITUTE (NHLBI).

1-800-575-WELL GIVES RECORDED MESSAGES ABOUT HOW TO PREVENT AND TREAT HIGH BLOOD PRESSURE.

High Blood Pressure Can Be Prevented

The following four lifestyle steps can reduce your risk of developing high blood pressure:



For more information on preventing high blood pressure, call 1-800-575-WELL

The new information line is part of a nationwide campaign to help Americans prevent high blood pressure, the main cause of stroke and a major contributor to heart disease and kidney failure.

Even a slightly elevated blood pressure can be dangerous. But recent studies show that the four lifestyle steps to the left can help you stay healthy and prevent high blood pressure.

Keep yourself and others from becoming one of the millions of Americans who suffer from high blood pressure. Find out more about high blood pressure.

Call 1-800-575-WELL.

Or write the NHLBI Information Center, P.O. Box 30105, Bethesda, MD 20824-0105.



National Heart, Lung, and Blood Institute
National High Blood Pressure Education Program

Experience The Tranquility of Our New Avalon



Stress management is a concern for anyone who has a busy schedule. The new Avalon is a step closer to stress management simply by the way it's built. The Avalon is built with comfort in mind. It is packed with a state of the art stereo, seats with built-in springs for the smoothest ride possible and, of course, roominess. Along with comfort, tranquility and luxury, the Avalon also has high performance. Of course, it also has the quality that is known in all Toyotas.

CARTER TOYOTA HUGHES

South Lake Drive, Prestonsburg
886-3861 • 1-800-489-3861

SALES HOURS:
M.-F.-W. & F., 8-6
Thurs., 8:00-8:00
Sat., 8:00-5:00

SERVICE HOURS:
M.-T.W. & F., 8:00-6:00
Thurs., 8-8
Closed Saturday

PARTS:
M.-T.W. & F., 7:30-6:00
Thurs., 7:30-8:00
Sat., 9:00-1:00

A GARDEN TO ASTONISH YOUR NEIGHBORS

by Margaret Haapoja

Although greenhouses often carry up to 250 different types of annual flowers, the top three sellers are impatiens, geraniums and petunias. Impatiens in particular are growing in popularity, and Anne Hanchek, director of educational programs at the University of Minnesota Landscape Arboretum in Chanhassen, Minn., expects that trend to increase dramatically in the next few years due to an explosion in New Guinea cultivars. More sun-loving than standard impatiens, New Guineas have the added bonus of variegated foliage, and their huge flowers come in a multitude of opalescent shades.

BACK TO YOUR ROOTS

To infuse new interest into your garden, dare to go beyond the "big three." Europeans have grown and bred indigenous North American plants as ornamentals for years, but the U.S. gardening public is just beginning to appreciate these natives. A perfect example is the current craze for sunflowers, which are now available in several colors and in heights from 1 to 8 feet. Contemporary introductions include "Valentine," "Teddy Bear" and "Sunspot."

"People don't think about how many plants we already are growing in gardens—such as marigolds and zinnias—that have their origins in North America," says Hanchek. She sees a renewed interest in liatris,

godetia, salvias, gaillardias and phlox, all of them North American natives. "People are looking for something different," she says.

A pretty pot plant with papery blossoms, godetia (or clarkia) is a member of the sundrop family from California. Popular with florists, single stems of godetia sell for a high price on the international flower market. Cool nights produce brighter flower colors on this plant, which prefers hot, dry weather and well-drained soil.

Another favorite cut flower, lisianthus (or eustoma) is native to central and southern U.S. prairies. First

grown in Europe in 1835, lisianthus was adopted by the Japanese and hybridized. The "Lisa" and "Heidi" series were introduced in 1982; "Mermaid" is a newer dwarf series. Also known as prairie gentian or prairie rose, lisianthus has single or double flowers that come in white, pink, blue and purple.

INVIGORATING IMPORTS

Hardly a new annual, having been around for 2,000 years, flowering kale or cabbage is a European import, but many of the newer varieties are Japanese introductions. These plants thrive in northern climates and continue their display into the fall season. Wonderful in

containers, they also serve well as borders or edging. Three types of decorative leaves are available: fringed, feathered, or round and wavy. Ornamental kale and cabbage prefer moist soil, cool temperatures and full sun.

Pansies are just one of the several old-fashioned flowers enjoying a resurgence in popularity. Hanchek notes a trend toward more subtle color combinations as exemplified in the "Watercolors" series. She attributes the increased demand for small-flowered pansies, often called violas, to the present-day interest in nostalgia, romance and Victoriana.

Long in demand as a dried plant, gomphrena (or globe amaranth) is increasingly fashionable as an annual flower. Although most varieties are 30 inches tall, the "Buddy" series, at 8 inches, serves as a good edging plant. Gomphrena tolerates poor soil and dry conditions. Two other colorful cultivars are "Strawberry Fields," a bright red, and "Woodcreek," a deep purple.

Nothing adds splashes of long-lasting color to your garden like annual flowers. Broaden your horticultural horizons by experimenting with some of these unusual varieties. Whether native Americans or international travelers, everlastings or old-fashioned blooms, they'll make your garden the envy of the neighborhood.

(This article first appeared in *Mature Outlook Magazine*, which is a benefit of the *Mature Outlook* organization. For information on joining, call 1-800-336-6330.)

HOME Inside & Out

PLEASURE OF FOOD NEEDN'T FADE WITH AGE

The agenda developed for a May 1995 White House Conference on Aging highlights many issues facing older Americans. But one issue that many nutrition experts believe doesn't get the attention it deserves is ensuring good nutrition.

While the major nutritional problem facing older Americans is often over consumption, malnutrition also is a serious risk. Approximately one in four older consumers is undernourished. The American Academy of Family Physicians, The American Dietetic Association and the National Council on Aging, Inc. have addressed

this problem by developing a nutrition screening initiative to help identify those at risk and intervene when necessary.

According to Dr. Susan Schiffman of Duke University Medical Center, one of the contributors to poor nutrition is a diminished ability to taste and smell. The importance of those senses to the pleasure of food is often taken for granted. Flavor not only enhances the palatability of food, it also plays a role in stimulating proper digestion.

A decline in the ability to taste and smell is one of

the many changes people must cope with as they get older. To seniors, ordinarily seasoned foods may taste bland. With age, the tongue's taste buds become less sensitive and the nerves in the nose that register aromas need extra stimulation to detect mouthwatering smells.

Schiffman says that decline in taste and smell acuity begins around age 60 and is more pronounced by age 70. This decline, whether due to disease, drug treatments or normal aging, reduces the pleasure of eating and can contribute to the poor nutritional status of older individuals.

As food becomes less appealing, older consumers eat less, lose weight and their physical condition may decline. But Schiffman's research has shed light on strategies to enhance mature appetites.

THE FIFTH TASTE

According to Schiffman, scientists once believed there were only four taste sensations—sweet, salty, sour and bitter. However, research suggests there are many more tastes, such as that of glutamate.

"This taste has been described by Westerners as savory, meaty and broth-like, and is known as 'umami' to the Japanese," Schiffman explains. "Adding glutamate to blended table food has helped improve appetite. The amino acid L-glutamate and its sodium salt—monosodium glutamate, convey the savory sensory property to food."

Glutamate is an amino acid that occurs naturally in protein-containing foods such as meat, fish, milk and many vegetables.

STRATEGIES FOR CHANGE

A key to getting older people to eat more is to make their food taste and smell "better" or more intense.

Flavor amplification, using food essences and taste enhancers such as MSG can stimulate aging taste buds and olfactory nerve endings, amplifying the desired tastes and aromas.

Studies at Duke and other nutrition centers indicate that the addition of flavor intensifiers to ordinary meals can significantly increase the pleasure of food for most older people. When that happens, weight increase and an improvement in general health usually follows.

"The addition of flavor enhancers to food for the elderly during and after preparation can counteract chemosensory losses, increase appetite and reverse the effects of anorexia," Schiffman says.

As the population ages, addressing problems such as nutrition will become more critical. Schiffman outlines this strategy and gives more information on nutrition screening in presentations to health professionals, titled "Better Eating for Better Aging." For information write to International Food Information Council, 1100 Connecticut Ave., N.W., Suite 430, Washington, D.C. 20036.

MORE FRUITS AND VEGGIES

by Kimber Mitchell

Having trouble finding the fresh fruit you want during the early spring months? You can get some of the benefits of fresh fruits and vegetables by eating their frozen, low-sodium canned and dried counterparts, says Kay Loughrey, director of the Five-a-Day media campaign at the National Cancer Institute.

She offers the following ideas for spicing up frozen fruits and vegetables during these early spring days:

—Mix fruit with vegetables for added flavor. Try

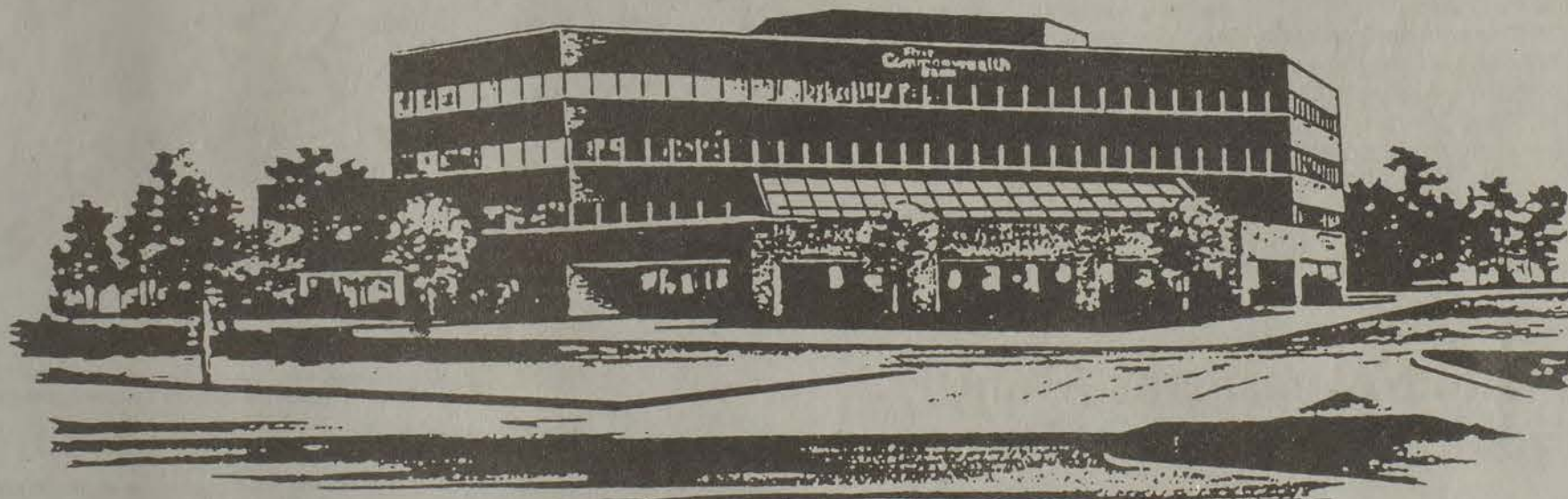
sliced apples and vegetables in a cold rice salad or sweet potatoes baked with cubed pears or canned pineapple.

—Prepare a low-fat vegetable soup. Cook any kind of vegetable until tender and puree in a blender or food processor with low-sodium chicken broth. Stir in your favorite seasonings and add low-fat plain yogurt or low-fat milk.

—Add frozen or fresh fruit to a fruit-flavored, low-fat yogurt shake for a fast and healthful breakfast or afternoon snack. It's filling but contains few calories.

Community Banks At Work

Meeting your financial needs now and into the 21st Century.



Community Banks play an important role in small town America. Whether it's on Court Street or out on the Back Roads, in the schools or in local businesses, community banks are the backbone for job creation, economic growth and development.

Your local community bank puts money back to work in the local economy, helping make dreams come true.

Locally Owned And Proud
For Over 90 Years

First Commonwealth Bank

Member FDIC

Prestonsburg • Martin • Betsy Layne

Wheelwright Senior Citizen Center gets a new look, inside and outside

by Polly Ward
Times Feature Writer

The Wheelwright Senior Citizens Center has been a quiet center of activity for senior adults in Wheelwright and surrounding communities for about two decades. It provides a variety of programs for residents it serves in Melvin, Hi Hat, Price, Abner Mountain, Weeksbury, Burton, Branham Hollow and the general Wheelwright area.

To keep pace with the times, the center building has had a face-lift in recent weeks—a refurbishing on the inside and outside which was desperately needed, said center director Lois Curry.

The exterior walls were recently covered with light gray siding to give the outside of the small building located in the center of town a new look.

The interior, too, has been given a fresh look with a new coat of paint and new bathrooms. Last week, wallpaper was added to the walls. New carpet will add the finishing touch.

But much about the building remains the same. The center still has the same black vinyl couch and chairs that were donated from another center 15 years ago. The couch has a rip in one cushion, pointing out the fact that the furniture has seen its better days. Curry, who has been director for 14 years, said the center "really needs" new furniture. She would also like rocking chairs and an outside deck for the center.

"I would really like to have new furniture and a deck but we didn't have money to do that," Curry said. "We don't have a place to sit outside. Seniors have to sit or stand on the street to smoke a cigarette. Other than that, we don't want anything elaborate."

The center is paying for the siding, paint, wallpaper and carpet out of money the seniors have earned from fund-raisers. "We are paying for the work out of center income," Curry said. "The income is from donations, quilt sales, and dinners."

"We are run by the government. We get a budget for transportation and food," she added. "But we don't get anything extra."

Last week, the seniors were working on craft items that they sold for Mother's Day gifts. The money earned from their creations will help pay for the carpet.



Celebrating National Older Americans Month

The directors of the senior citizens centers in Floyd County watched as Judge-Executive Bob Meyer signed a proclamation last week declaring May as Older Americans Month. Directors from left, seated, are: Patsy Evans, Prestonsburg center; Allyson Barton, Betsy Layne center; and Judge Meyer. Standing from left: Lois Curry, Wheelwright center; Sharon Anderson, Wayland center; Edna Blackburn, Martin center; Doug Lawson of Big Sandy ADD; and Ellen Mae Brown, McDowell center.

Curry believes the center is a definite asset to the community. "The center means a lot to the seniors," she said.

Melvin resident, Hershel Fouts, agreed. He visits the center five days a week, and is involved in its programs. "It's a good thing to have a center to go to," he said. "We can go, sit and talk, and walk around and associate with people."

The center provides home delivered meals to 29 residents in its service area. It also provides congregate meals for approximately 20 older adults who come to the center during the weekday.

The center also offers other activities, such as quilting, and other arts and crafts projects. Special trips are not unusual, either. Recently, several senior adults traveled by van to Camp Nathaniel at Emmalena in Knott County. Last week, five women from the center attended a special program for women at Camp Shawnee.

The Wheelwright center also promotes health through a walking program and preventive education. Recently a group attended a diabetic workshop at Our Lady of the Way Hospital at Martin. Health specialists, such as nurses, often come to the center to check seniors' blood pres-

ures and to speak about different topics.

Several adults also engage in a walking program. "Six or seven seniors go on the (center) bus to South Floyd High School three times a week to walk in the winter," Curry said.

In warmer months, the group walks around the town. Most are walking in preparation for the Senior Games that will be held May 19 at the Corps Downstream Recreation Area near the Dewey Dam spillway, Curry said.

Last year, adults were participants in the Wheelwright Senior Games which was sponsored by the city. The games included competition in horseshoes, softball and other athletic events, with trophies awarded to the top finishers. In addition, about 15 adults are involved in the State Bluegrass Games Pacesetters walking program, the director added.

Senior adults have also been reaching out to the community, specifically through intergenerational activities that involve children. "We go to Osborne Grade School twice a month to read to children or tell them stories," the director said.

And volunteers from South Floyd High School have been helping out at the center. Last

fall, six volunteers raked leaves and helped clean up around the building. "Once, four of the students went with me to deliver home-delivered meals," Curry added.

The director said that she is still determined to have a deck built on the back of the center—as soon as the center can raise money for the materials and find the labor to build it. But, she is taking one step at a time.

"When we get the carpet down and the wallpaper up, we'll be fine for awhile," she said.



QUALITY WORKMANSHIP • QUALITY PRODUCTS • TERRIFIC SERVICE

Rest easy on a hand crafted quality mattress and box spring from Heilig Meyers. We custom make mattresses to fit your individual needs. DELIVERY AVAILABLE.



Prestonsburg Village
Prestonsburg
886-8668

Reach Out

How would you like a means of marketing your products or services to the fastest growing segment of Floyd County's population?

NOW YOU CAN!

The Floyd County Times' new monthly magazine, "Prime Times," does just that. It's news and information just for the over-50 set.

Prime
Times

Census figures suggest that our area is aging and the over-50 population is the largest of any age group.

Advertising in our new magazine will reach those folks and bring new customers into your business.

You have something they need and we have a special way to let them know about it. Let's get together today!

Publication dates: Third Wednesday (monthly)

Circulation: 10,000 households

Space is limited, reserve yours today:

Call: *Becky Crum*

The Floyd County Times
886-8506



PEACE OF MIND

Grief can make decisions difficult. Pre-arrangement assures that your last wishes are carried out, and makes a painful time easier for your loved ones.

Hall Funeral Home, in Martin, is Eastern Kentucky's leading funeral service and takes pride in offering the families we serve not only the area's most modern and spacious funeral home, but, the most up-to-date funeral related services:

FOR EXAMPLE:

- A variety of pre-funeral planning services, from "Guaranteed" issue insurance products, with monthly payments, to single payment plans, both designed to help control funeral cost and assure funding at the time of need.
- A tasteful video "Tribute" Program to a life lived. This is a video presentation that uses photographs placed on a video tape medium with selected background music. Unique and lasting.
- Offering of the "Forethought Alert Card," a free emergency information service designed to speak for people when they can't speak for themselves.
- Providing a "24-Hour Obituary Line" of recorded funeral announcements; just dial 285-3333, 24 hours a day and receive obituary information.
- Monument service, sales, installation and lettering, including bronze plaques.

These are but a few on the many services offered by

HALL FUNERAL HOME
MARTIN, KY.

We encourage you to stop by and see why we say:
Hall Funeral Home, Eastern Kentucky's leading funeral service, is a name you can trust.

May is National Older Americans Month; commitment to quality of life for elderly

As it has been since 1963, May has been designated National Older Americans Month.

Gov. Brereton C. Jones has proclaimed the event to be an opportunity to "salute the contributions of older Kentuckians, while renewing our commitment to improve the quality of life for Kentucky's elderly citizens."

"The quality of life for many older Kentuckians is enhanced through the services of our 270 senior citizens centers across the state and other programs for the aging," said Peggy Wallace, commissioner of the state's Department for Social Services.

Most of the state's senior citizens centers will celebrate Older Americans Month with special events throughout May. Gold ribbons will be worn and displayed during May to pay tribute to the "golden years" of the more than 626,800 Kentuckians over age 60, and Jack Williams, director of DSS's Division of Aging Services.

Senior citizens centers offer much more than social activities, Williams said. They also advocate for seniors and provide needed services that include health screening and exercise programs, nutrition programs that provide lunch five days a week, counseling and infor-

mation and referral to meet other needs.

Other programs that "enhance quality of life" include adult day centers. They serve as supervised senior centers to those who are frail or mentally or physically disabled. Alzheimer's respite day care programs give temporary relief to the regular caregivers of seniors with mental dementia diseases.

State and regional offices of the Long Term Care Ombudsman advocate for nursing home residents and their families. Ombudsman offices also investigate any problems and complaints regarding nursing homes.

One of the most comprehensive programs for the aging, Williams said, is the Homecare program. Homecare provides support services, including meals, household chores, personal care and minor home repairs, that allow the elderly to live independently at home.

The program serves more than 14,000 Kentuckians over age 60. Approximately 60 percent of those seniors live alone, 90 percent are over age 75 and nearly 100 of them are age 100 or older.

When Older Americans Month was first established, there were only 17 million Americans age 65 or older. Today there are nearly 33

million older Americans and their population in Kentucky and the country as a whole is aging rapidly, Williams said. National census figures estimate one of every four Americans in the year 2030 will be over age 60.

Williams said DSS offers its services through a statewide network of local, private and public agencies. In every county, older citizens are connected to the network by one of Kentucky's 15 Area Agencies on Aging. Most programs are authorized and funded by the Older Americans Act; this year is the 30th anniversary of the act.

The theme of 1995's Older American Month is "Aging: Generations of Experience" and was chosen to complement the mission of the May 2-5 White House Conference on Aging in Washington, D.C., Williams said. The conference agenda will emphasize the interdependence of generations. More than 30 delegates from Kentucky will attend.

For more information on programs or volunteer opportunities, call your local senior citizens center or Area Agency on Aging. Eldercare Locator offers nationwide information at 1-800-677-1116. Call the Long Term Care Ombudsman at 1-800-372-2991

Health Watch

DOCTORS' ROUNDS

IT'S BAAAAACK: TB

by Juan Ortiz, M.D.
Contributing Writer

Tuberculosis (TB) is a chronic infection that has affected mankind since before the Bible. Evidence for bone infection has been documented in skeletons discovered from ancient Egypt. In the 1700's and 1800's TB infection was so rampant that it was referred to as the "White Plague". In 1900, the mortality from TB in the U.S. was 202 for every 100,000. When I started med school in 1982, the rate had dropped to less than 10 per 100,000. The main reason for the decline in infection was the use of powerful antibiotics and improved living conditions in conjunction with patient awareness regarding possible transmission of the organism.

In the 1980's it was thought that TB could be wiped off the planet by 2010. A U. S. task force was established to plan for the eradication of TB in this country. Unfortunately, the opposite has occurred and TB has made an incredible comeback in America and worldwide. It is estimated that 10 million Americans are now infected with TB. There are many reasons for new TB infections.

The most important reason for TB outbreaks is massive population increases, especially in the inner cities. Overcrowding allows for the infecting bug, Mycobacterium tuberculosis, to spread easier. It is

estimated that cough droplets contain millions of organisms that travel very easily through the air. Unfortunately, these bugs are so small and light that they are not cleared by our nasal passages and they continue on to our lungs where they set up house and re-infect other people around us.

Another reason for massive TB outbreaks include resistance to antibiotics. It has been found that many individuals have drug-resistant bugs causing their infection. Instead of being killed off by common anti-TB meds, these strains require prolonged courses of antibiotics, using up to five different medications at one time. Of course, compliance with multiple medications becomes a problem for some patients and their TB infection recurs.

Worldwide travel and immigration brings new infections to different regions. Many third world nations have a high rate of infectious diseases and airline travel makes it easy to transfer bugs, including TB to the U.S.

The 1980's brought the tragic HIV infection. Patients with AIDS are more susceptible to TB because of their weakened immune response. There are millions of

other patients who are also immune compromised due to illnesses, chemotherapy, or common meds like steroids. They are at risk for TB infection.

Infections with TB primarily

affect the lungs, but the chest cavity can be affected. Other sites of infection include lymph nodes, the outside lining of the heart, kidneys, bladder, prostate, uterus, ovaries, bones, joints, intestines, brain and spinal cord.

Lung infections show themselves in different ways. Sometimes symptoms are subtle, with weight loss, anorexia, fatigue, low grade fevers and night sweats. Sometimes excessive sputum and bloody sputum are found. Many people have chest wall pain, especially with deep breaths. TB has been called the "the great mimicker" because it mimics other diseases so well.

The diagnosis is made by skin tests along with cultures of TB. Chest x-ray may be helpful.

Treatment includes the need to protect others from infection. Streptomycin, isoniazid (INH), rifampin (RMP), ethambutol (EMB), Pyrazinamide (PZH) and others are the drugs commonly used for therapy. Due to the risk of death, these meds are given for 6 to 9 months to kill the bug. These meds are given in different regimens to limit resistance. These drugs may cause side-effects but close monitoring of patients limits the danger.

All infected patients need to be followed closely for reinfection, even years after therapy. Follow-up cultures are recommended to prove the bug was killed.

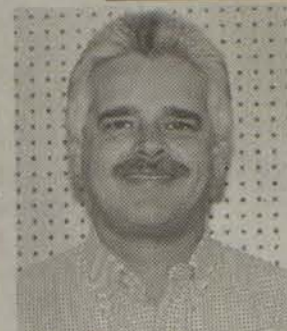
Through my internship, residency, and fellowship in a large subur-

ban hospital, I had no patients with documented TB infection. It would be hard for a training physician in a large urban or suburban program in a crowded metropolitan region, especially a port city, to have no TB patients throughout 5 years of intense hospital work presently.

In the early 1980's it was thought that this killer disease was under control and would be gone by the early 21st century. Instead, this disease is rampant in other countries and growing quickly in the U.S. Prevention of infection among the poor and in urban areas should be stressed. Compliance with medications is absolutely needed. Early diagnosis may limit the spread of this infectious disease.

If you have questions you would like answered regarding a medical topic, please do not hesitate to send your questions to Juan Ortiz, M.D., in care of the Floyd County Times, P.O. Box 391, Prestonsburg, Ky. 41653.

BREATHING EASIER



R. Stanley Scales
Pharmacist

**Martin
Prescription
Center**
285-3274

Asthma: Know the "Triggers" of Attacks and Be Prepared

Ten million Americans suffer from asthma. That means that you or someone you know may have been diagnosed with this breathing disorder.

The first step in managing asthma is to identify the "triggers." People who suffer from asthma may notice that whenever they are around a cat or a dog they have difficulty breathing. Their flare-ups—signaled by wheezing, coughing and a tightening sensation in the chest—may be triggered by an allergy to animal dander. Allergies to pollen or dust may also cause an asthma attack. In these cases, treating the allergy may lessen the severity and frequency of the flare-ups. For example, if dust reduces your ability to breathe, filters that reduce dust can be installed in your home or office. Plastic covers for your mattress and pillows also may help.

Sometimes stress can lead to an asthma attack. Some illnesses, such as pneumonia or bronchitis, can cause a temporary asthmatic condition that usually disappears as soon as the illness is treated. Certain foods and cigarette smoke may also spark an attack.

If your physician has prescribed medication that must be inhaled, your pharmacist can teach you how to use the inhaler properly. Your pharmacist will also tell you how often to use your inhaler. Some are used every day

and others are used only when you are having difficulty breathing. Most likely, your pharmacist will have a brochure or other information about asthma that you can take home with you.

Whenever you pick up a refill prescription, your pharmacist will probably ask you how helpful the medication has been or if you have had any side effects, such as dry mouth. You may want to keep a diary of asthma attacks so you can chart the management of your illness. A diary may also reveal triggers of which you may not be aware.

If your asthma is unpredictable, as it is for most people, your pharmacist may suggest that you purchase more than one inhaler so you will always have access to the medication, whether you are at home, work or school. Having more than one inhaler will also prevent an emergency room visit should you run out of medication when the pharmacy is closed.

It is extremely important that all of your health care providers know that you have asthma. Some medications used to treat other illnesses may cause an asthma attack; others may interact with the medication in the inhaler, causing it to over- or under-medicate you.

And remember, with the proper treatment and the care and guidance of your physician and pharmacist, asthma is manageable.



**Let Our Caring Staff
Keep You Smiling
Your Whole Life Long!**

Martin Minix, D.M.D. Family Dentistry

123 N. Lake Dr., Prestonsburg • 886-0808

Medical Adviser

ESTROGEN LOSS CAUSES MANY SENIOR PROBLEMS

by M.R. Hiller

Q: I am 76 years old and am having a number of gynecological problems—uterine prolapse, urinary incontinence and sexual concerns. Are these problems typical of aging? What are my options?—Ester P., Baltimore

A: These are broad questions commonly asked by older women. We'll just address the effects of normal aging on women's reproductive and pelvic organs and on incontinence.

Researchers have found that normal aging causes many of a woman's pelvic and reproductive organs, muscles and sphincters to atrophy. They include the ovaries (which produced eggs in the woman's fertile years), the uterus, the urethra (the tube that carries urine from the bladder outside the body), the vulva (the folds of skin at the outlet of the vagina) and the pelvic muscles.

This atrophy can make a woman lose control of urination. And it can reduce the structural integrity of the pelvic organs, letting them sink down in what is called pelvic relaxation or prolapse. Additionally, the vagina shortens, the barrel of the vagina constricts in sexually inactive women, and during sexual arousal, the vaginal walls lubricate slowly, if at all.

These changes are primarily due to natural loss of the hormone estrogen. Some studies have found that estrogen replacement therapy can significantly slow many of these effects.

More than half the U.S. women who are 75 and older experience the common gynecological disorders listed above, and treatments aren't always simple, reports Dr. James Kvale, chief of geriatrics at St. Elizabeth Hospital Medical Center in Youngstown, Ohio.

"Management of gynecological problems in women aged 75 and over can be challenging. Appropriate examination and evaluation differs from that for younger women, and these patients are often poor surgical candidates," Kvale wrote in the April 1993 issue of Postgraduate Medicine.

Urinary incontinence is a general term referring to the involuntary leakage of urine. It's divided into stress, urge or mixed incontinence: —Stress incontinence refers to

the leakage of urine caused by the weakness of muscles around the neck of the bladder and around the vagina. It occurs when the woman's abdomen tightens, as when she coughs, strains or even simply walks.

—Urge incontinence refers to an uncontrollable urge to urinate and is often associated with nerve damage or infection.

A recent Swedish journal article analyzed the pelvic muscles of incontinent women and determined that whether the incontinence was stress, urge or mixed, all patients had defects in the muscles around the vagina and urethra.

But many other factors also can cause urinary incontinence: infection, inflammations, excessive urine production, medication, delirium, restricted mobility and impacted stools. It's essential to determine the precise cause. A wrong diagnosis can lead to unnecessary surgery.

Conservative treatments for incontinence include exercise, biofeedback, and changes in behavior and medication. In a few cases, where the angle at which the urethra meets the bladder is abnormal, surgery may be the only option.

Collagen injections may help a few of these cases.

In other instances, experts say it's essential to try pelvic muscle exercises before any surgery is considered. A series of studies has concluded that motivated women who consistently exercise pelvic muscles can reduce or eliminate their incontinence. Studies also show that patients got better results when they participated in intensive, supervised programs instead of unsupervised home programs.

Drug treatment aims at improving the function of the detrusor muscles and the effectiveness of the sphincter.

Electrical stimulation—applying low voltage to activate pelvic-floor muscles—is not a lasting solution. Its effects stop soon after the series of treatment ends.

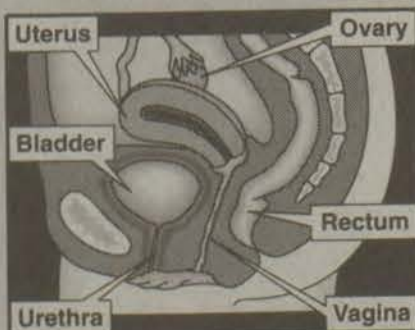
Topical estrogen creams applied to the tissues surrounding the opening of the urethra may improve muscle tone and blood supply to the sphincter.

Patients not wishing or able to have surgery may use adult diapers.

The Medical Adviser is produced by the Palo Alto Medical Foundation.

The roots of incontinence

Among the reversible causes of urinary incontinence are:
Delirium (confused state): In the delirious patient, incontinence is usually an associated symptom that will lessen the chance of a correct diagnosis.
Urinary tract infection: The pain associated with urinating or urge to urinate that occurs with an infection may prevent an older person from reaching the toilet in time.
Inflammation of the urethra or vagina caused by atrophying tissue: This may produce pain on urinating, pain during intercourse, a sense of urgency to urinate or incontinence.
Medications: Many drugs can cause incontinence. Sedatives do so by causing confusion or impairing mobility; diuretics by increasing frequency of urination or triggering urgency; anticholinergic agents (taken for digestive tract spasm) by causing urine to be retained until it overflows; alpha-adrenergics (taken to treat high blood pressure) by decreasing the sphincter tone; and calcium antagonists (taken by heart patients) by reducing muscle contraction.
Severe depression: May be associated.
Excessive urine production: Can be caused by excessive fluid intake; endocrine conditions such as diabetes or hyperglycemia; congestive heart failure; lower-extremity vein insufficiency; drug-induced ankle edema; and low albumin states.
Restricted mobility: Inability or unwillingness to use toilet facilities.
Stool impaction: This and constipation can lead to urge or overflow incontinence.



Who's counting: Since 1990, 895 medical articles have been published on urinary incontinence.

KEVIN BOYD — MEDICAL INFORMATION SERVICE DISTRIBUTED BY UNITED FEATURE SYNDICATE

Every Wednesday is Senior Citizen Day

at
Your Hometown, Friendly Store!

Every Wednesday,
all day long,
Seniors, 55 and older,
receive a

**5% discount
on all purchases.**

• Offer good on all items—
excluding tobacco
products



**That's
My
Store!**

PIC • PAC

WE RESERVE THE RIGHT TO LIMIT QUANTITIES AND CORRECT PRINTING ERRORS.

MARTIN PIC-PAC
7 a.m.-10 p.m. Mon.-Sat.
9 a.m.-9 p.m. Sunday
Old Route 80,
Martin, KY

PRESTONSBURG PIC-PAC
7 a.m.-11 p.m. Mon.-Sat.
9 a.m.-9 p.m. Sunday
75 North Lake Drive
Prestonsburg, KY

STANVILLE PIC-PAC
7:30am-10pm Mon.-Sat.
8:30am-9:30pm Sunday
U.S. Highway 23
Stanville, KY

McDOWELL PIC-PAC
7:30am-10pm Mon.-Sat.
8:30am-9:30pm Sunday
Old Route 80,
Martin, KY

SCHNAUZER DOGGED BY TOOTH DECAY

by Mike Capuzzo

DEAR MIKE: I enjoy your column and your, shall we say, "unique" sense of humor. I am writing about periodontal disease in pets, since I recently went through some traumatic times with my 5-year-old miniature schnauzer. Since I normally brush my dog's teeth every week or so, I was concerned when I noticed "doggie bad breath" when I was grooming him. Upon closer inspection, I found his front tooth loose and took him to the vet. I was a little miffed when the vet informed me that the tooth needed to be pulled and plaque removed under anesthesia. Hadn't I been brushing daily? she inquired. Since I'm the only neurotic pet owner I know that brushes my dog's teeth at all, I decided to check at the University of Pennsylvania animal clinic for a second opinion, and indeed they have a "doggie dentist" specializing in periodontal disease in pets. After taking X-rays, the doctor determined that four of the front teeth and one rear tooth should be pulled. My dog is worth it, but it wasn't cheap. The procedure was great and I felt extremely comfortable knowing the (doggie dentist) was taking care of my "baby." He also mentioned that some breeds are more prone to this than others and that some major health complications can arise if this goes untreated. I think if more pet owners knew about the health risks involved, they'd all be brushing. My dog is doing great but so far my cat won't let me near him with the toothbrush.—Donna Leahy, Churchtown, Pa.

inspired Wild Things to, uh, brush up on an important national issue. Yes, vets and cat and dog owners everywhere are becoming more aware of the need for regular checkups. Periodontal disease is the leading woe in dog mouths (and affects cats, too) and takes a huge bite out of pet owners' disposable income. Here's what pet people need to know: have your vet inspect your pet's teeth during the annual check-up. Equally important, get into a preventive dental routine. We're not fabricating any of this. No, don't rush out and buy doggie and kitty toothbrushes and toothpaste and expect Rover or Ultra Finicky to just say "Ahhh." You'll probably get bit. Work up slowly, over weeks, getting your pet used to having your hand in their mouth as a part of the grooming routine. Then, on the big day, dip a wash cloth in warm water or a 3 percent hydrogen peroxide solution and scrub the teeth. Repeat at least once a week. Rub off the dark tartar stains that build up to form plaque, which can lead to periodontal disease. Work out those trapped food particles that lead to gingivitis, which causes mushy, receding gums and—

Yuck!—drop-dead doggie breath. Dry food is better for cat and dog teeth than wet food. Chewing hard nylon bones and occasional milkbone treats help canine teeth. If you like to say "Aaahhh," pet store toothbrushes and pastes or child toothbrushes can be effective. So can baking soda and water, if Ultra Finicky will take the taste.

DEAR MIKE: We have an extremely well-behaved indoor-outdoor cat about 8 years old.

She was about a year old when she wandered into our life. Whoever had her before took good care of her—she had been spayed and trained to good indoor manners. We want to take "Kitty" with us in our RV for extended trips, but she hasn't the foggiest idea what the cat box is for. We have refused to let her out for extended times (once for 24-plus hours) but she just waits us out. We were afraid to go any longer in fear of doing some harm. Do you have any ideas as to how we can teach her what it's all about? Any help will be appreciated.—Howard & Sonja Moore, Riverside, Calif.

DEAR HOWARD & SONJA: To reacquaint Kitty with the litter box, simply use behavior conditioning as pioneered by B.F. Skinner, who did some of his best work with boxes. Simply confine Kitty to a small room with a clean litter box, says Rachel Lamb of the Humane Society of the United States. We don't recommend heavily deodorized litter as the strong smell may discourage her. Worry not—she WILL use the box eventually; she WILL NOT explode. Praise her good behavior, and reward her with treats. And kudos to you for taking Kitty on the RV. Some RVers simply give away their pets. Get Kitty used to an outdoors leash and harness before the trip; if she gets out in unfamiliar surroundings, she'll bolt. And fit her with an ID tag with a relative's permanent address. Happy trails!

Send your animal and pet questions to Mike Capuzzo, "Wild Things," P.O. Box 376, Moorestown, NJ 08057.



Chauncey fondly remembered a time when no one would have dared lay a finger on his precious canines

DEAR DONNA: You've

Dr. Roger W. May General Medicine

Now located in Martin
Accepting new patients

Open, Monday - Friday
Accepts most insurance as well as
Visa, MasterCard and Discover
(606) 285-3361

Lighten Up

THE SOLO PERFORMANCE

by Stephanie A. Shaw

Think of your life as a ballroom dance and ask yourself what beat you choose to dance to. Is it a polka, swing or waltz?

Unfortunately, according to Edith McCall, some people will hit retirement age and start thinking that all the music sounds like a dirge. Or, worse, they might find themselves without a dance partner and they "choose to be wallflowers, sitting out the rest of the opportunities for adventure that life offers."

McCall, 83, has lived alone for most of the past 33 years. In her latest book, "Sometimes We Dance Alone" (1994, Brett Books), she writes about how she has made those years the best of her life and how others can do the same. McCall takes a practical, down-to-earth, as well as spiritual look at aging, particularly aging alone.

An educator, author and lecturer, McCall has earned a master's degree in education from the University of Chicago. Over the

years, she has written both fiction and nonfiction for young readers, as well as textbooks—and the spunky woman is the award-winning author of 50 books and coauthor of some 30 more.

McCall was divorced at 50, remarried and then was widowed after three years.

She says that she has found joy and fulfillment through work, travel, hobbies and a daily search for experiences that nourish her mind and soul.

"We have a choice in how we use our time and energies, even if—or perhaps especially if—we are dancing alone," says McCall.

Sometimes We Dance Alone costs \$16.95 and is available at bookstores or by calling 1-800/888-4741.

FINDING THE BEAT

Edith McCall has sage advice for people who want to make the most of their lives alone:

—Find things of interest that will keep your mind and spirit

active.

—Try to break out of old ruts. Take advantage of every opportunity to break past patterns, whether it's with a voyage, a day trip, a class, a hobby—any activity that takes you beyond your familiar routine.

—Don't be afraid to take a chance and don't let fear of the unknown stop you from experiencing wonderful, life-enriching adventures.

—Your idea of adventure can be anything—from mountain climbing to finding a rare antique to learning to speak a foreign language or use a computer.

—Avoid self-pity and look to the future rather than dwell on the past. Make plans and have the faith and self-confidence to follow any persistent desire to fulfillment.

(This article first appeared in *Mature Outlook Magazine*, which is a benefit of the *Mature Outlook* organization. For information on joining, call 1-800-336-6330.)

COMMON COURTESY

by Steve Steubner

When driving a slow-moving recreational vehicle or motor home on twisting two-lane roads in the mountains, it's not only courteous to pull over in turnouts (widened areas)—in many states, it's also the law.

Geoff Sundstrom of the American Automobile Association (AAA) says that most states have laws governing slower vehicles that hold up or impede traffic. North Carolina, Colorado and Idaho—all mountainous states with narrow, two-lane highways—require that

slow-moving vehicles either pull over to the right into turnouts or use passing lanes when they are available.

Tony Rasnake, a trooper with the Colorado State Patrol, says if slow-moving RVs do not pull over to let faster traffic go by, the drivers following the RV often get anxious. "They'll try to pass on a dangerous curve or something, and that's where you get head-on collisions."

Other times, drivers of slow-moving RVs just refuse to budge. "Frequently people simply do not realize the traffic hazard they cause by not letting other drivers pass,"

says Bill Overton of the Idaho Department of Law Enforcement.

If recreational vehicle drivers have questions about local regulations governing slow-moving vehicles, they should check with the state police. An annual Digest of Motor Laws from AAA lists the phone numbers of state police offices in each state. Copies sell for \$8.95; call your local AAA club to order.

(This article first appeared in *Mature Outlook Magazine*, which is a benefit of the *Mature Outlook* organization. For information on joining, call 1-800-336-6330.)

Take Charge of Your Health

Help your doctor keep you well.

Monitor your blood pressure

at home with Omron products.



OMRON.

MAY IS NATIONAL HIGH BLOOD PRESSURE MONTH

OMRON.

AUTOMATIC INFLATION!

- Measures blood pressure and pulse.
- Easy-to-apply contoured cuff.
- Adjustable inflation control.
- Large digital display.

Regency SERIES



CME INC.

490 South Lake Dr.
Prestonsburg
886-9267
1-800-273-6331

Mayo Professional Park
536 South Mayo Trail, Pikeville
(606) 432-0055
1-800-660-0246

COOLEY MEDICAL EQUIPMENT INC.

One of America's most famous steam engines operates on the Great Smoky Mountains railway

by Arthur Wills
Travel Writer

Somehow or other, that steam locomotive looked familiar when I saw it on a recent trip to Dillsboro, North Carolina. Sure enough, it was Engine No. 1702, and I had seen it in the movie "This Property Is Condemned." The movie was a Tennessee Williams screenplay from Paramount that starred Robert Redford, Natalie Wood, and Charles Bronson. I was told that originally Engine No. 1702 was a workhorse for the Armed Services during World War II and later made its way into film. Now it's a workhorse for the very popular Great Smoky Mountains Railway, which operates round trip scenic excursions on the North Carolina side of the Great Smoky Mountains.

A CHAT WITH THE PRESIDENT

Malcolm MacNeill, President of the Railway, told me that this is their seventh year, and the Railway is now one of the major attractions in the mountains. They offer a variety of interesting half-day round trips with seating available in open cars for viewing, coaches, club cars, and even cabooses for private parties. And fares are modest, from \$16 adult and \$7 child. I stayed

over to ride their four major excursions.

THE TUCKASEGEE RIVER EXCURSION

On the Tuckasegee River excursion we departed Dillsboro, passed through the 836-foot-long Cowee Mountain Tunnel, and arrived at Bryson City in Swain County, a county containing over 40 percent of the National Park. I enjoyed seeing the town and did a bit of shopping.

Many of the Dillsboro departures offer an on-board gourmet luncheon in their handsomely restored club-dining cars. Since seating is limited, arrangements for luncheon must be made prior to departure.

THE NANTAHALA GORGE EXCURSION

On this excursion we departed Bryson City and crossed Fontana Lake on a trestle 794-foot-long and 100-feet above the water. Our destination was the spectacular Nantahala Gorge, which is known as the "Whitewater Adventure Capital of eastern America," and truly is.

An option on the morning trips from Bryson City is

the "Raft 'n' Rail Excursion." Rail passengers may join a rafting party at the gorge and take a 7-mile guide-assisted journey on the river with a picnic lunch and return to Bryson City by bus.

THE RED MARBLE GAP EXCURSION

This trip departed Andrews to the Nantahala Gorge which is its turnaround site. From the tiny town of Topton to the town of Nantahala the grade is 4 percent, the second steepest rail grade in eastern America.

I was told that in the early years, freight trains usually needed two engines in the front and a pusher engine in the rear. The passage through the Red Marble Gap was an opportunity to see mountain scenes previously viewed only by hikers on the Appalachian Trail: rhododendron, flame azalea, mountain laurel, ferns, galax, wildflowers, waterfalls, and a railroad tunnel picked out of a mountain mostly by hand.

THE TWILIGHT DINNER EXPRESS

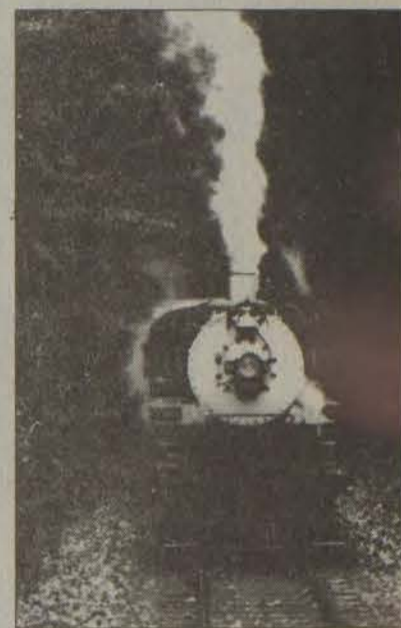
This Saturday evening trip departed Dillsboro at 7 p.m., made a 20-mile round trip to Whitler with no lay-

over, and returned at 9:30 p.m. Both the dining and club-dining cars have been beautifully appointed with a sense of yesteryear. The dinner was a gourmet feast of continental cuisine prepared by the renowned chef and teacher Jerri Broyles of the Frog and Owl Cafe. It was a seated dinner, with a vast array of delicious delicacies handsomely presented and well worth its modest price.

HISTORY REVISITED

My visit was truly history revisited. I took four trips and enjoyed each one. The Railway has built a 5,000-square-foot historic railway museum at Dillsboro. I saw

four shows on a video screen, a collection of model railroads in operation, and displays of rail-roading memorabilia from the mid-1800s up to the early 1900s. Well, I've about run out of space, so why don't you call the Railway and ask for their free 36-page, full color excursion booklet. Their number is 1-800-872-4681 ext. 65.



WORK AND PLAY

by Chloe Young

Looking for a low-cost way to see more of the United States? Consider signing on for a stint with one of the concessionaires operating in national parks across the country.

That's what Wray Ricciardi, 70, of Sapphire, N.C., did. "Last year I worked at Mammoth Hot Springs at Yellowstone as a cashier in the dining room," says Ricciardi. "I lived upstairs with about 20 mature professional ladies, and it was a great group. I had a good summer at Yellowstone, and I intend to go back as long as I can."

Concessionaires hire from five to 2,500 workers in each national park. Lodging for the employees usually is dormitory style, with rooms available for married couples. Most parks also have some hookups available for RVs and trailers.

The length of an employment agreement varies. Preference may be given to applicants who are able to work a complete season (which ranges from three to seven months). Many people move around, working one park in the summer and another in the winter. Others return to the same park year after year.

For additional information, two books—"Jobs in Paradise" (Harper, 1990) and "National Parks Trade Journal" (Taverly-Churchill, 1991)—list parks and resorts, the types of jobs available, seasons and addresses.

From February through April each year, jobs are advertised in outdoor magazines such as Backpacker and Sierra. Or request information and an application by writing directly to a park, addressing your inquiry to Concessionaire Personnel, Park Name, State, Zip. It's a good idea to apply to several parks to compare types of jobs, wages, housing and other provisions.

(This article first appeared in Mature Outlook Magazine, which is a benefit of the Mature Outlook organization. For information on joining, call 1-800-336-6330.)

FOOD-BUYING CLUBS

by Mary Harding

"What I really like about a food-buying club is that you not only get good-quality food at a lower price, but you have a social group," says Nancy Starr, a member of Living Lightly, a club in Highland Park, Ill. "It creates community spirit."

Food-buying clubs work like this: On a regular basis (usually monthly), members pool their food orders. The collective order then is placed with a food warehouse at wholesale prices. The warehouses minimize the expense of fancy packaging, often emphasizing natural foods and environmentally friendly products.

Later, the food is delivered in bulk to one location. Club members unload the food and divide it into individual member parcels. Members then are billed for their purchases.

Cooperatives are nonprofit and democratically controlled. Money that is left over is returned to members after expenses are paid.

Ordering, unloading, billing, collecting payments and keeping records can be labor intensive. That's why some food co-ops have turned to paid employees to handle the coordination, says Starr.

Starr's Living Lightly group wants to remain small, and members still do all the work. She estimates members spend about four hours per month on cooperative work.

Some clubs are created to purchase organically grown or health foods that are unavailable in supermarkets. Many of the 4,000 clubs in the United States are formed simply to cut down on costs. With a cooperative, you can save as much as 49 percent on your food bills, says Leta Mach, director of communications for the National Cooperative Business Association (NCBA). Canned, bottled and boxed goods, along with other nonperishables, are the most commonly carried items. Many clubs purchase produce and perishables as well.

The NCBA offers a variety of informational sources for interested individuals. Call 1-800-636-6222 for a listing and prices.

(This article first appeared in Mature Outlook Magazine, which is a benefit of the Mature Outlook organization. For information on joining, call 1-800-336-6330.)

Highways & Byways

Golden entertainment at Renfro Valley

May is a month of gold at Renfro Valley near Mt. Vernon.

Country music's longest-running family show — Kitty Wells, Johnny Wright and Bobby Wright — will perform two shows on Saturday, May 20, at Renfro Valley.

Kitty Wells is known as the "Queen of Country Music." A regular member of the Grand Ole Opry, she was elected to the Country Music Hall of Fame in 1976 and won the Grammy Award for Lifetime Achievement in 1991. Among her 46 albums and 23 number one records was the 1952 hit "It Wasn't God who Made Honky Tonk Angels," which made her the first female to reach number one on the country charts.

Kitty's husband, Johnny Wright, was once a member of the famous "Johnny & Jack" team, stars of the now-legendary "Louisiana Hayride." His song "Hello Vietnam" was featured in the movie "Full Metal

Jacket."

In addition to his musical talent, Kitty and Johnny's son Bobby Wright was a regular on the TV series

This nationally known country music center began in 1939 with John Lair's network radio broadcasts. Today you'll see stage shows featuring traditional country music at the Barn Dance, country gospel at the Mountain Gospel Jubilee, contemporary country at Jamboree, and the country's brightest stars in concert.

"McHale's Navy." Bobby brings to the stage a repertoire ranging from soft ballads to hard country.

Kitty Wells, Johnny Wright, Bobby Wright and the Tennessee Mountain Boys will perform two shows in Renfro Valley's New Barn Saturday, May 20, at 7 p.m. and 9 p.m. Tickets may be obtained by calling, toll-free, 1-800-765-7464.

On May 13, the tradition of Southern Gospel music rang through Renfro Valley when the Gold City Quartet appeared in concert.

Gold City, which was founded 14 years ago in Georgia, delivers contemporary sounds with a solid core of down-home gospel. The group won a Dove Award in 1993 with the single "There Rose a Lamb."

Renfro Valley, Kentucky's Country Music Capital, is located on U.S. Highway 25, near Mt. Vernon. The popular entertainment complex, which includes two restaurants, lodging, an RV Campground, miniature golf, two state-of-the-art show barn theatres and a quaint shopping village is just off I-75 at exit 62.

Older Americans Month highlights progress and the needs of today's elderly

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. There was no Medicare. No Older Americans Act. No Administration on Aging (AoA). More than 35 percent of older Americans lived in poverty.

Today, the situation is vastly different. There are now almost 33 million older Americans—representing one in eight Americans—and a wide array of programs to serve their needs. And Social Security's role becomes increasingly important in working closely with other agencies to meet the continuing needs of older Americans.

In 1940, an American could expect to spend seven percent of his or her adult life in retirement. Today that figure is 26 percent, and a long retirement has become commonplace. The highest growing segment of the population are people 85 and above.

Nearly 60 percent of the elderly depend on Social Security for over half of their income, and almost one-third rely on it for their sole income.

Older Americans Month this year will be celebrating the 30th anniversary of the Older Americans Act, Medicare, Medicaid, and the Foster Grandparents Program as well as the 60th Anniversary of Social Security.

The Older Americans Act established the U. S. Administration on Aging, which presides over a host of programs nationwide ranging from research projects to job training for low income older people. AoA relies on a network of 57 State Units on Aging, 670 Area Agencies on Aging, 228 Native American and Native Hawaiian tribal organizations, 5,000 senior centers and more than 25,000 local groups, to provide a huge array of services. The services include in-home services to help older people stay in their homes as long as possible, senior center programs, nutrition programs, legal assistance, and advocacy.

However, despite the improved conditions, many of today's elderly remain at economic risk throughout their retirement. The greatest risk continue to affect women and arise most often from the death of a spouse and from uncovered medical long-term care expenses. While the proportion of elderly working full time has declined over the years, many elderly (49 percent of men over age 65) continue to work part time. Long-term care is a problem—5 percent of people over 65 live in nursing homes, and as the number of older people skyrockets, that rate of institutionalization will become completely unaffordable. About 85 percent of older people have diet-related health conditions and from 2 1/2 to almost 5 million older people may suffer from hunger and food insecurity. Crime and violence find the elderly among the most vulnerable and as many as 1 1/2 million older Americans may be affected. Even with the vastly improved health of the elderly as a group, the number of older people with disabilities is growing as their numbers increase. All of these developments are the focus of initiatives developed by the Administration on Aging as they attempt to meet the needs of the elderly.

Call your local Senior Citizens Center and ask about their services for seniors.

The Performance and Luxury of the DeVille



The desire for style and comfort does not always mean the sacrifice of dependability. In the DeVille Concours the world of performance and the world of luxury come together. The DeVille has all the comforts of automatic door locks, child safety locks, electronic climate control, and much more. The DeVille also has high quality performance like speed-sensitive steering, full-range traction control and anti-lock brakes. When looking for luxury and performance...

*The DeVille
is the one.*

Eastern Kentucky's Motor Mall



South Lake Drive,
Prestonsburg

Phone: 886-9181
1-800-844-9181

Senior citizens take advantage of Prestonsburg wellness center

Everyone hopes to live to a ripe old age.

And everyone hopes to feel good enough in old age to enjoy it.

That's the goal of the Seniors Program begun earlier this year at the Wellness Center on the PCC campus, according to Patsy Evans, director of the Prestonsburg Senior Citizens Center, and Chris Fleming, director of Project Health at PCC.

Two dozen seniors signed up for the program when it was begun shortly before spring break. They

spend an hour each Monday, Wednesday and Friday morning, stepping, stretching and sweating. And most of them now consider it the highlight of their day.

For instance, the day Mrs. Evans was interviewed, she was scheduled to leave for a vacation in the Smokies later in the day, but didn't want to leave until she had put in her time at the Wellness Center. "I look forward to this because of the fellowship, as well as the exercise," she said.

Participants in the program, which is free to them under a state program for seniors, spend about 45 minutes each morning on one or more of the machines in the Wellness Center or working with free weights. Then, weather permitting, everyone goes outside to stroll around the Riverwalk for about the last 15 minutes.

Before they began participating in the PCC wellness program, Mrs. Evans said, most of the seniors at the city center, did aerobics at the center and walked around Archer Park, where the center is located.

Mrs. Evans, who said she has arthritis in her knees, said the wellness program at the college has "done wonders" for her.

Others who feel they have reaped the benefits of a regular wellness program include Maxine Rose and Irma McKenzie.

Mrs. Rose, 83, said, "Just getting up and coming down here helps a lot."

"I can do a lot of things now I was afraid to do when I started," she said. "I walked about half a mile this morning. I hadn't been doing that."

Mrs. McKenzie, 79, said the exercise she gets has helped improve her range of movement in a stiff neck.

"It's taken the pain out of my head," she said. "I didn't believe I could do it without medication, but it works."

Fleming, who supervises the seniors in the program, said he doesn't guarantee such dramatic results for everyone who participates.

"The program goal is a practical approach to healthcare to prevent a significant decrease in strength that will affect the quality of life of the participants," Fleming said.

"The social interaction is as important as the physical exertion," he added. "One of the most significant health issues in the aging population is loss of muscle mass due to inactivity."

For that reason, he said, weight training for senior citizens, as well as other forms of exercise that work the major muscle groups, is becoming commonplace.

BRIEF HOSPITAL STAY IS OFTEN BEST

by M.R. Hiller

Q: My husband is scheduled to have surgery next month for localized prostate cancer. Ten years ago his uncle had similar surgery and stayed in the hospital nearly two weeks, and seemed to need every day. They are telling my husband that if all goes as planned, he will be sent home after four or maybe five days. Why is insurance going to pay for only five days? Our doctor says that is the guideline (although he doesn't really care for guidelines). Are they jeopardizing his health?—M.T., Dallas

A: Studies are continually being performed to determine the minimum essential amount of hospital time needed for each medical situation, largely to reduce costs. Experts say that these reductions seem to be good for patients, as long as doctors' judgments aren't supplanted by blind insistence on adherence to guidelines.

Hospitals should not be thought of as a safe haven. Studies show that problems caused by procedures performed or mistakes made, called iatrogenic errors, occur an average of once every 24 hours a patient spends in a hospital. Other risks include delays in a patient's physical and mental efforts towards independent living, and a high rate of contagious diseases.

All of these problems are very real. According to studies, iatrogenic diseases or errors occur in 3 to 15 percent of all hospitalized patients; the results vary by institution. Nearly half of those result from drug interactions, adverse reactions to drugs or dosage problems, and about 15 percent of them are caused by negligence.

Infections also pose a significant problem. The most frequent problem, occurring in 4 to 20 percent of hospital populations, is bacterial infections. They've even been assigned a name: nosocomial infections. Certain strains of antibiotic-resistant staphylococcus infections are of particular concern.

The chances of significant illness, even death, depend on the underlying health of a patient and what procedures are being performed. For example, an infection in an immunocompromised patient can be disastrous. And when tubes such as catheters, intravenous lines or endoscopes are introduced, infections can enter the body through unsterile equipment.

Studies find that about a quarter of the time, the health-care provider's contaminated hands are the source of infection.

There are other good reasons to avoid overlong hospital stays. Immobility causes emaciation: Every day spent in bed makes unused muscles atrophy about 1 percent. The biggest concern, especially in older people, is that prolonged bed rest (defined in some situations as one extra day) can make a patient lose the strength and confidence needed to walk.

This can be disastrous. Losing the ability to walk can lead to losing the ability to use the bathroom alone. Statistics show this can provoke a tremendous downward spiral in health. For example, if this leads to catheterization, studies show that the risk of death in that year triples.

More than 1,000 medical-practice guidelines have been developed by physicians' groups, institutions, insurance companies and government agencies in an attempt to standardize hospital stays.

The studies that produce such guidelines try to identify the factors that influence the length of stay. They also find out the health of the patient immediately upon release and for a period of time afterward. If patients are readmitted for complications related to the original problem, this may indicate that the original release was too early or that home instructions were inadequate.

Problems occur when there is a wrong diagnosis, or when the diagnosis and severity change during hospitalization. Then a physician may encounter difficulty in lengthening the patient's stay beyond what was originally predicted.

A California study attempted to learn how often physicians arbitrarily fail to comply with guidelines. Dr. A. Ellrodt, professor of medicine at Cedars-Sinai Medical Center in Los Angeles, examined the care of 230 patients who were having chest pain and diagnosed as low-risk for heart attack.

According to guidelines, these patients should have left the hospital within three days.

Seventy-nine patients did not. In only 13 of these, the study found, did physicians refuse to adhere to guidelines without a just reason.

Of the remaining 66, 33 were originally classified incorrectly, seven were changed from low-risk to high-risk during the hospital stay, 15 were sicker than originally believed and 11 were kept too long due to health-care inefficiency.

Ellrodt concluded that "in measuring and attempting to improve physician compliance with a length-of-stay guideline, physician refusal accounts for a small percentage... of noncompliance." Ellrodt's study was published in the February 1995 issue of *Annals of Internal Medicine*.

In a study that directly addresses prostate surgery, Dr. M.R. Licht, a urologist at the Cleveland Clinic Foundation in Ohio, assessed the impact of shortened hospital stays among patients having radical retropubic prostatectomy—removal of the prostate gland—for localized prostate cancer.

Licht compared 171 consecutive patients between 1989 and 1993 and 101 patients after 1993 who had the identical procedure. Several tactics were used to shorten the length of stay in the later group: Patients did some preoperative preparations at home, were admitted directly to the operating room on the day of surgery, walked sooner and farther after surgery, started eating sooner, were given oral pain medication sooner, and had pelvic drains removed sooner.

The results showed that the average length of stay was reduced from eight days in the earlier group to five days in the post-1993 group. Complications and long-term results were the same for both groups, while there was a 32 percent decrease in hospital costs. Licht's study was published in the November 1994 issue of *Urology*.



Strength training

Irma McKenzie, left, works out on one of the machines at the Wellness Center at Prestonsburg Community College as Patsy Evans, director of the Prestonsburg Senior Citizens Center, looks on.

At Pikeville National Bank look what being 55+ does for you....

FREE \$10,000 Accidental Death Insurance Policy Upon Completion of Forms

(\$5,000 if over age 70; additional coverage at nominal rates)

No Monthly Maintenance Fee on Regular Checking Account

Membership I.D. Card With Your Picture

Cashier's Checks, Money Orders

(without issue fee, limit five per month)

FREE \$10 Savings Account For Each Newborn Grandchild

Travel Discounts

Discounts From Participating Merchants and Restaurants

Seminars Conducted By Professionals In the Following:

Social Security
Trusts
Medicare

Wills/Estate Planning
Investments
Organization



Stop by Pikeville National Bank today! Make the best years of your life even better!

Join the

PNB 55+ CLUB™

Pikeville National®
Bank and Trust Company

Member FDIC