

Desolate

for the occasional Bedouin Arabs during their goat and camel herds across the desert in search of sparse vegetation.

Service in the Sinai is uncommon duty for McGue and his comrades in the 101st, one of the Army's premier airborne combat units. When these highly trained infantrymen arrive in the Sinai, they become peacekeepers—not war-

rriors. Making the transition brings whole new challenges.

"This isn't combat, but this mission still gives a chance to use some of our skills," McGue said. "We still have to be very alert and focused. I am attached to the infantry to support them, just as I would be if we went to war. Training here will help us improve our high state of readiness."

The Sinai holds historical, economic and political significance, being the land bridge between Africa and southwest Asia. In biblical times, Moses is said to have led his people out of Egypt and into freedom in Israel, roaming the swirling sands and barren landscapes of the Sinai for 40 years. On Mount Sinai, he presented the Ten Commandments. At the Gulf of

Aqaba, he saw the Red Sea parted by the hand of God, clearing the way for his people to make the final trek into Israel.

The desolate wasteland of the Sinai, along with the boredom that isolation brings, are just some of the challenges McGue and his fellow soldiers face.

"It is lonely out here, which makes it even harder to be away from my family. Luckily, I'll only be gone for six months," he said. "I just got married in June. It was hard to say good-bye for the first time. But I'm getting a lot of support from the Army and my family. I get to call home often, and even see my wife Jennifer by satellite in the video teleconference center. That's wonderful, and it boosts my morale very quickly."

Each day McGue spends in the desert brings him one day closer to home and renewing the life he left behind. The common creature comforts taken for granted in the states become increasingly desirable after a few weeks in the Sinai. Family and friends seem more important, too.

"I miss the little things in life, like watching a movie or playing a board game with my wife, or the friends and family who are always around. I miss the small things that people look over and ignore," said McGue. "When I get back in January, I hope to take a little vacation with my wife and spend some time with her and the family before we leave for Germany."

The ending for McGue and his fellow soldiers in the Sinai will be a lot different from the fate of the desperadoes of TV westerns past. After six months, McGue will return to Fort Campbell and the "real" world he left behind.

Go west!

Partners, looking for an alternative to Halloween? Go west, young people—West Prestonsburg, that is — to Hallelujah Time at Faith Deliverance Tabernacle, October 31, from 6-8 p.m. Food, carnival, prizes, games. Also seeking donations, toys, prizes.

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Ouster

mal request to the state board for state management of the school system if the Floyd County board opposes Cody's recommendation.

Since the Floyd board is likely to oppose a state takeover, Cody said it would be improper to discuss the audit findings.

"Since that hearing may occur, may likely occur, in all fairness, I don't think it's appropriate for us to go into any detail of the management audit of the Floyd County schools without their presence in a hearing, probably represented by council. I want you to know that I'm recommending that."

Other factors in Cody's decision to seek the ouster of Davis and the board are that the district is projecting a \$320,000 deficit for the end of the 1996-97 school year, the third year the system has ended with a deficit; and because the Floyd board apparently violated the district's state-approved deficit reduction plan.

Hearings on the removal charges could be within 45 days if locals contest the action. The hearing is expected to be scheduled after state officials have received documentation that board members and Davis have received the written charges.

The hearing requesting a com-

plete takeover of the system is expected to be set within 30 days.

State Board Chairman Joe Kelly wanted to know if the takeover would be "a fully state-managed process as opposed to the mutually agreed to process," like the state had with Letcher County officials. Under that arrangement, the state agreed to work with Letcher school officials on a year-to-year basis.

Cody said that would not be the case in Floyd County.

"That's not under consideration at this point and time, on mutually agreeable," Cody said. "Because, in Letcher County, one Letcher County requested it and two, the expectation was that they would remain in office. That's not my intent here."

Under state law, the state board can vote to place a system under complete state management if the commissioner can prove:

- a pattern exists of a "significant lack of efficiency and effectiveness in the governance or administration of the school district;

- a pattern of a "significant lack of efficiency and effectiveness in the governance or administration of the school district continues to exist," and

- that state management is needed to correct a district's prolonged problems.

State board members are refrained from commenting on the situation until after hearings are held.

The education department's attorney, Kevin Noland, said after the meeting that the process to fill the board seat vacated by Ray Brackett, who resigned September 26, will continue on schedule. Cody has 90 days to make the appointment.

Theft

ley said Tuesday that the majority of the property taken from Speaks' home has been recovered from Magoffin and Johnson counties, but the guns have not been found.

According to Prestonsburg sergeant Anthony Castle, Allen

allegedly broke into the Prestonsburg city garage at Cliffside on September 24 and stole a 1986 Chevy truck and various tools valued at approximately \$13,000.

Although Sgt. Castle alleges Allen burglarized the city garage, court records indicate he is only charged with receiving stolen property because he allegedly "took control" of the stolen truck.

The city's truck was recovered after the Johnson County Sheriff's Department apparently caught Allen burglarizing a Johnson County residence.

Allen evaded his arrest in Johnson County after an apparent struggle with Sheriff Don McFaddin. He also escaped from Prestonsburg and Floyd County authorities last week when he "hit the hills and ran."

Allen was served Tuesday at the Floyd County Adult Detention Center with a warrant on the Johnson County burglary.

Preliminary hearings for James Allen's felony charges are scheduled for 2:30 p.m. today (Wednesday).

Loudly

Ward said she had questioned Webb about the condition of her husband, but did not create a disturbance.

"I wanted to know what happened to my husband," she said. "I told (Webb) I would not go until she answered my questions."

Ward said Webb told her to "come with me and I'll show you" what happened to her husband, and then she was arrested.

"She later told me that my husband had attacked a couple of the guards," Ward said. "(Jail officials) told me that I could not disrupt the system."

According to a September 22 incident report at the jail, Ward's husband, Russell Ward, was complaining that "his head was killing

him" and when a deputy jailer opened the cell, Russell Ward attacked the deputy jailer "for no apparent reason."

The report also says that Russell Ward was taken out of the general population cell and placed in a small holding cell to calm him down. The report does not indicate if Russell Ward's head had been injured.

"Any person would get upset if they saw their husband being mistreated," Ward said, adding that she was released from custody the next day after she agreed not to come back to the jail.

"No one will be allowed to come into this jail and harass any of the employees," Kaye Webb said.

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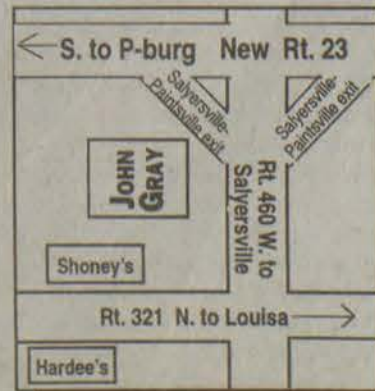
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YARD SALES

THREE FAMILY YARD SALE: Thursday-Friday, October 9-10, from 9a-5p. 114 Old Middle Creek Road, Edith Stumbo residence. Exercise machine, clothes dryer, clothes, some furniture, bed, what nots, much more.

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AmeriCorps kicks off fourth year as Kentucky swears in new members

The Kentucky Community Service Commission (KCSC) is launching a new year of community service, October 7-10, by hosting a 3-day training for 300+ of AmeriCorps *USA and AmeriCorps* VISTA Members and project staff, at the DoubleTree on Hurstborne Lane in Louisville.

A motivational Opening Plenary which focuses on Kentucky's part in the national service movement begins at 10:00 a.m., Tuesday, October 7. The training sessions will focus on Communications and Listening Skills, Leadership, Public Relations and the Media, Conflict Management, Diversity, and many more. To conclude the training, Members will host an Amateur Talent Show on Thursday, October 9, at 7:30 p.m.

Lieutenant Governor Stephen L. Henry will swear in new members of the AmeriCorps national service program as ceremonies kick off at 10:00 a.m. October 10, on the Capitol front steps. The 350 members taking the oath to "get things done for Kentucky" represent AmeriCorps members who will serve community programs throughout Kentucky in the year coming.

Kentucky's AmeriCorps members will serve at Student Service Consortium, Richmond; Appalachian Self-Sufficiency Program, Prestonsburg; Lexington Works, Lexington; MSU Corps, Morehead; Kentucky Reads, Franklin; Tri-City Link, Leitchfield; Senior Connections, Owensboro; KSU Reading/Service Learning Consortium, Frankfort; and Youth Opportunities Unlimited, Bowling Green. Last year, KCSC AmeriCorps Members provided

Rogers completes course in aviation

Navy Airman Recruit David Rogers, son of Garnett Rogers of Akers Branch, Harold, recently completed the Basic Aviation Machinist's Mate Jet Engine Course.

During the course at the Naval Air Technical Training Center, Naval Air Station Memphis, Millington, Tennessee, students receive introductory instructions on the characteristics and operating principles of jet engines. Studies include engine lubrication, ignition and fuel systems, procedures for refueling and defueling aircraft for removal and installation of aircraft engines and the operation of aircraft ground handling equipment.

The 1994 graduate of Boyd County High School at Ashland, joined the Navy in April 1997.

FOR SALE: Entire baseball card collection. Call 874-0565.

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LEGALS

INVITATION TO BID

The City of Wayland is accepting bids on two 1985 Ford Crown Victorias. The vehicles may be

seen at Wayland City Hall on Wednesdays between 10 a.m. and 12 p.m. or by appointment. Call Commissioner Robinson at 606-358-2316 after 5 p.m. for more information.

Sealed bids may be delivered or mailed to The City of Wayland, P.O. Box 293, Wayland, KY 41666 and must be clearly marked "Cruiser Bid."

Bids will be opened Wednesday, October 22, at noon, at City Hall.

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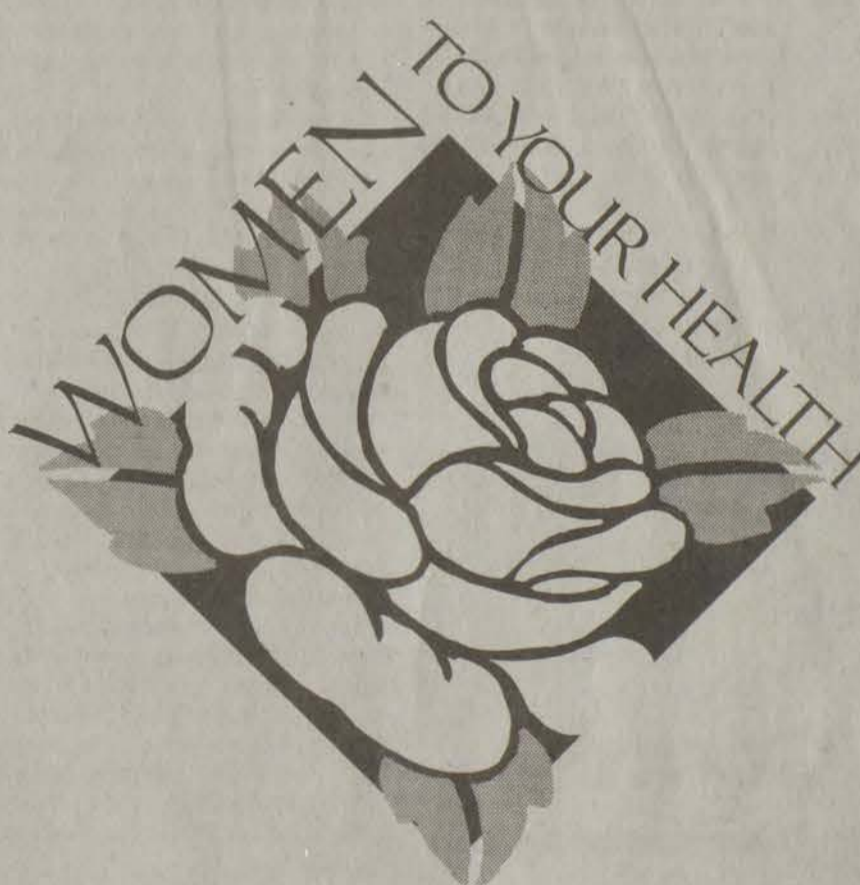
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Extension service holds picnic for volunteers

by Rita Brock
Contributing Writer

The Floyd County Extension Service held a Recognition Event at the Pleasant Home Baptist

Church September 14. A picnic was in honor of the many hours of dedication the volunteers have put into the program. This is the first time in many years that a recognition event of this type has been

hosted. "Fifty-five attended the event," said Chuck Stamper, 4-H Youth Educator. The Floyd County Extension won events in four areas; also the

people who are here have volunteered hours and days for us. This is to start the new year. If anyone is interested in volunteering, please feel free to call me." The leaders in different areas are: Pat Spicer, CEA/agriculture; Theresa Scott; CEA/Home Economics agent; Nyoka Slone; children/youth and families coordinator; and Vernon Nunemaker; Extension Council vice chairman. Some of the volunteers include Louise Mayton, council member. Mayton said she has been involved in 4-H for eight years now. "I enjoy working with the children, that is what it is all about. The children learn leadership can accomplish whatever they set out to do. Mr. Stamper is wonderful with the youth in our program," she said. Also, Robbie Mayton has been with the program for eight years now.

serves as chairman of Extension Council.

Martin said, "This is great, I like working with the kids."



4-H Day

Youth and adults participated in the fun and games at the Pleasant Home Baptist Church's park during the Floyd County 4-H Recognition Day.

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Announcement
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Health education program wins national award

What do the Tooth Fairy, a six-foot-tall shaggy dog, and assorted hand puppets have in common? They are all teaching tools in an award-winning health education program for school children in Eastern Kentucky that reached over 28,000 students in the past year. The Hazard based Southeast Health Education Training Center (SE HETC) received the 1997 "Award of Excellence" at the AHEC National Workshop, held recently in San Antonio. Described as an "out-

standing community-based project illustrating commitment to the health of the community," the SE HETC provides health education programs to school children in nine Southeastern Kentucky counties. The award was accepted by Sarah Hughes, local project director and Michael Byrne, University of Louisville project director.

Funded by a federal grant, the SE HETC began providing health education in the schools in 1991. Since that time, over 90,000 chil-

ren have learned about nutrition, proper hygiene, dental care, AIDS prevention, the dangers of tobacco use, accident prevention, and other health topics. The shaggy dog is part of the hygiene unit, and the hand puppets are used in teaching nutrition.

The school programs are developed and presented by long-time Hazard resident and former elementary school teacher Jody Baker, working with teachers, parents, and educators. Baker also provides training to family resource center staff members, teachers and volunteers who wish to develop their own school programs.

According to Baker, the high rates of heart disease, diabetes, smoking, and unhealthy lifestyles in Eastern Kentucky spurred the development of the program. "If we can teach these children how to stay healthy at a young age, we can improve the health status of Eastern Kentuckians and see disease rates drop." Children are given materials

that they are encouraged to take home and share with parents and brothers and sisters, so the program reaches entire families. Baker receives many reports of parents and grandparents who stopped smoking after the children attended programs on the dangers of smoking.

One of the most popular programs for younger school children is the Tooth Fairy presentation. The Tooth Fairy, with a long white dress, filmy wings, and magic wand, teaches the children the proper way to brush, floss and care for their teeth.

The school programs are available in Breathitt, Clay, Floyd, Knott, Leslie, Letcher, Magoffin, Perry and Owsley counties. Schools outside these counties may be assisted in developing their own health education programs, and materials can be shared. For more information, or to request a program, call Ms. Baker at (606) 439-6789.

Citizens National Corp. completes acquisition of the Bank Josephine

Dennis T. Dorton, president and CEO of Citizens National Bank announced October 1, that Citizens National Corporation has completed its acquisition of Josephine Bancshares Inc., the parent holding company for the Bank Josephine of Floyd County.

President Dorton stated, "The associations we already share with Floyd County are many, and we look forward to working with the Bank Josephine organization and in placing the strength of Citizens National Corporation behind it. With this acquisition, Citizens National Corporation will have assets of over \$260,000,000. We are also committed to maintaining and enhancing the image of the Bank

Josephine in the Floyd County area and in serving the financial needs of the people of Floyd County."

Dorton went on to say, "Citizens National Corporation prides itself in being a full service community banking franchise. Our corporation has a long and distinguished history of community involvement, and I look forward to carrying out this tradition in the many communities that we now serve in Floyd County."

The transaction was completed on Tuesday, September 30. Dennis T. Dorton will serve as the president and CEO of both Citizens National Bank of Paintsville and The Bank Josephine of Floyd County.

Citizens National Corporation, through its subsidiary, Citizens National Bank, operates four full service banking offices in Paintsville. At June 30, 1997, Citizens National Bank had total assets of \$156.6 million.

The Bank Josephine operates six full service banking offices in Floyd County. At June 30, 1997, the Bank Josephine had total assets of \$105.2 million.



SE HETC staff display national award. From left, Jody Baker, Sarah Hughes, Charlene McGrath, and Michael Byrne, project director for the University of Louisville.

Still time to register for festival races

There is still time to register for the Jenny Wiley Derby Turtle Trots in Prestonsburg on October 11, and the Red, White and Blue Derby in Martin, on October 18.

All business sponsors receive a poster with the name and number of their turtle and the races in which it is registered.

The site of the Jenny Wiley Pioneer Festival Derby has been changed to Dr. Minix's parking lot on South Lake Drive across from the Prestonsburg Grade School. Race time is 1 p.m., on Saturday, October 11.

Floyd woman wins \$3,000 on lucky joker

Samantha Hammar of Floyd County won \$3,000 on September 9 by playing Kentucky Lottery's \$1 scratch-off ticket "Lucky Joker!" Samantha purchased her winning ticket at Happy Mart #42 in Prestonsburg.

Academy/training school reunion

The Pikeville College Academy/Training School reunion, an all-class reunion for alumni, teachers and friends of the college academy and training school, will be held October 24-25.

Registration begins October 24, at noon.

For more information, call (606) 437-4051 and ask for Chrissie.

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Reunion reflects ten states

The 1997 Layne Reunion was held Sunday, August 31, at the Tom's Creek Baptist Church at Ivel. Many family members are the descendants of Moses "Sant" Layne and his wife, Serena Clark.

All family members attending are descendants of pioneer settlers James Shannon Layne and his wife, Katy Hager. Members of the Layne family have been meeting on the Sunday of Labor Day weekend for many years. Family members from ten different states attended this year.

During this year's gathering, Wanda Hicks Fletcher opened the reunion with a prayer. A covered dish dinner was served. After dinner entertainment included the following: Alexandria Hansford, two-year-old daughter of Byron and Pam Hansford, sang, "I'll be a Follower of God"; Kristin Boyd, daughter of David and Susan Boyd, sang, "Jesus Put the Song in My Heart"; Tiny Stratton Butts, Bonita Hinchman Porter, Lois Conn Cicero, Juanita Zepke, Joe Hinchman, and others joined Douglas Layne Hicks and Bertram Layne as they played musical instruments and sang several family favorite hymns.

After entertainment, the master-of-ceremonies, Joe Hinchman, congratulated Charles and Ruth Layne of Phoenix, Arizona on their wedding anniversary. Charles is a descendant of James Shannon Layne (1836-1918) of Floyd County. Gifts were awarded to the oldest man, 94-year-old Ralph Wilhelm, and oldest woman, 84-year-old Della Layne Stratton; and youngest child, Ashlynn Hinkle. The door prize went to Dawn Boyd. Charles and Ruth Layne of Phoenix, Arizona, traveled the farthest. The family of L. D. Layne had the most members (twenty-eight) present.

Family members and guests present were the following: Della Layne Stratton; Ricie and Pat Hinchman Derossett; Misty, Dawn, and Selena Boyd; David and Norma Hinchman; Joe and Mary Hinchman; Ralph Wilhelm; Larry G. Conn; Ruth S. Hall; Tiny Butts;



Kristin Boyd



A. Hansford

Millie Stratton Gibson; Kathleen Ratliff.

Dolores Layne Hicks; Billy Stratton; Charles and Ruth Layne; Joe and Lois Conn Cicero; Juanita Conn Zepke; William, Tillie, and James Hinchman; David, Susan, Ashley, and Kristin Boyd; John B. Damron; Doris J. Scalf.

Junior Hall, Curtis Clark, Kevin J. Hinchman; Stephanie Webb; James, Debbie, and Michael Warrick; Tannis Layne Adkins; Glenna Layne Salmons; Bea Conn; Betty and Katrina Montgomery; Anthony Albright; Florene Wallen; George and Helen Smith; John E. Walker; Jimmie George; Mr. and Mrs. Bobby Ray Damron's family; Claude Damron; Hazel Damron George; Bobby Adkins; Trenton Payne; Deanna Patrick; Porsha LaSha Payne; Ceclia Stratton; Edward Stratton; Betty Conn Solomon; Mark Solomon; Audrey Conn; Gary and Betty Farmer; Melvin and Wanda Hicks Fletcher; Sergeant Major and Mrs. Harry T. Conn; John and Linda Hinkle and children, Jonathan and Ashlynn. Mack Tackett; Clive Tackett; Tommy, John, and Susie Sparkman; Gene Hall; Pam and Alexandria Hansford; Magdalene Scalf; Gale and Omega Thompson; Nelson, Gailenne and Stasha Randolph; T. J. and Goldie Layne Hall; Mary Gassand; Patty Neeley; Bertram Layne; Bonita Hinchman Porter; and Loretta Steffey Harvel.

Reichenbach appointed chief district engineer

Transportation Secretary James Codell announces the appointment of long-time Cabinet employee Charles W. Reichenbach to the position of Chief District Engineer in Pikeville.

Reichenbach, 51, of Prestonsburg, has served the Cabinet for more than 28 years in various engineering positions. Most recently, as branch manager for Preconstruction in the Pikeville District Office, he was responsible for supervising and coordinating the highway design, right-of-way and utility relocation phases of all highway projects in the area. Reichenbach has also worked within the construction branch of the office, where he helped coordinate and inspect highway and bridge

construction projects throughout the district, in the maintenance branch, where he coordinated and advised maintenance crew and bridge inspector activities; and in the bridge maintenance section in Frankfort, where he was in charge of the bridge maintenance and inspection program for the state.

Reichenbach obtained his civil engineering degree from the University of Kentucky in 1969, and his Professional Engineering License in 1975.

He served in the U.S. Army between 1969 and 1971. Reichenbach replaces long-time Cabinet employee Denton Bilitier, who recently retired after more than 47 years of service, 13 as Chief District Engineer in Pikeville.

Newman, Slone to appear in Morehead performance

Two Floyd County residents will appear in Morehead State University theatre students' production of "The Madwoman of Chaillot," Thursday through Saturday, October 16-18, on the campus.

The students are:

- Melanie R. Newman, the daughter of Gary and Betty Newman of Grethel, who will portray Therese and the third lady. She is a freshman theatre major.

- Shawn D. Slone, the son of Paul and Carol Slone of Prestonsburg, who will portray the

broker and second president in the production. A senior history and theatre major, he is a member of the MSU Players.

Showtime for the presentations, which will be held in Button Auditorium, is 8 p.m.

Tickets are available at the door at \$6 for adults, \$2 for senior citizens and high school students, and free to MSU students with valid I.D. card.

Additional information and tickets are available by calling MSU's Theatre Box Office at (606) 783-2170.

Jobless rates drop in majority of Kentucky counties; Floyd County holds steady throughout year

Unemployment rates dropped in 63 counties from July 1997 to August 1997; increased in 46 counties, and stayed the same in 11, according to the Department for Employment Services in the Cabinet for Workforce Development.

From August 1996, to August 1997, jobless rates fell in 61 counties; went up in 52 counties, and stayed the same in seven.

The county with the lowest rate was Oldham, with a 1.9 percent, and the highest unemployment rate was found in Adair County, with a 17.1 percent rating.

The Big Sandy Region has pretty

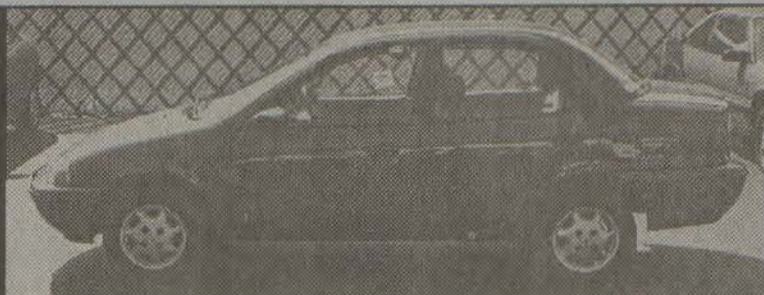
much held steady in the last year, with Floyd County having a rate of 9.1 percent for August '97, dropping only nine-tenths of a percent from the same time last year.

The highest rate in our area was Magoffin County, with a 10.4 percent rate for this past August. Pike County took the lowest rate honors of the area at 7.6 percent.

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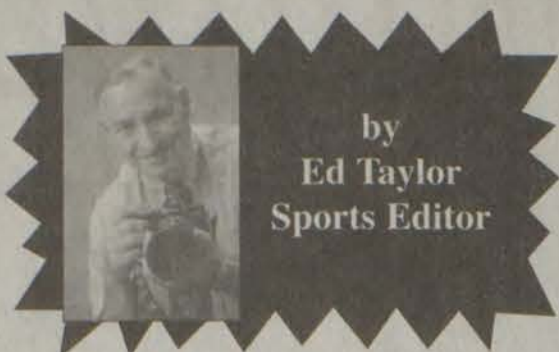
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by Ed Taylor Sports Editor

SPORTS

Friday, October 10 Allen Central at Phelps 7:30 p.m.

Breathitt County extends streak to 36 in 48-22 win over Prestonsburg

by Ed Taylor Sports Editor Coach Mike Holcomb watched as his top-ranked Breathitt County Bobcats had an easy time on the road with the Prestonsburg Blackcats this past Friday night...

fell to Bell County in the state playoffs three years ago. Prestonsburg had worked on their game of rushing the quarterback but that did not seem to upset junior quarterback Kyle Moore as he completed 12 passes for 254 yards...

times for 94 yards, a touchdown and conversion run. Dennis Lafferty scored the third touchdown for the Blackcats in the final quarter on a 3-yard run. Prestonsburg's defense was no match for the quickness of Breathitt County who displayed an awesome, explosive offense...

ond quarter) Chapman scampered into the end zone for the score and a 21-0 lead at the 11:50 mark. The Bobcats raced out to a 42-0 half-time lead. Prestonsburg, on their first possession of the third period, moved the football deep into Breathitt County territory...

Basketball officials' meetings to begin

The assigning secretary in the 15th Region, Ancie Casey, can be contacted for information regarding persons interested in becoming a basketball official. Any new officials can register at either meeting, but the meeting slated for the 16th is mandatory for all coaches and officials at Pikeville High School at 7 p.m.

Championship pro wrestling Oct. 31

(CPW) will return to the Ashland Armory on Friday, October 31, for Halloween Scream IV. The matches start at 8 p.m., after trick or treat in Ashland. Some proceeds will be donated to the Glen Thomas Fund. Thomas and other family members lost their home due to a fire. CPW official, William Smith contacted local professional wrestler Bobby Blaze Smedley and manager Scotty Ace to see if a pro-wrestling show could be put together to help Thomas and his family.

CPW agreed to have a fund-raiser tied in with their annual Halloween Scream IV show. The card will have five pro matches, featuring Blaze going against Killer Kurt in the main event. Also 400 lb. Cousin Sambo, The Batten Twins, and Tommy Gibson will be on the program. Scotty Ace will be joining forces with Blaze to help raise money for this noteworthy cause.

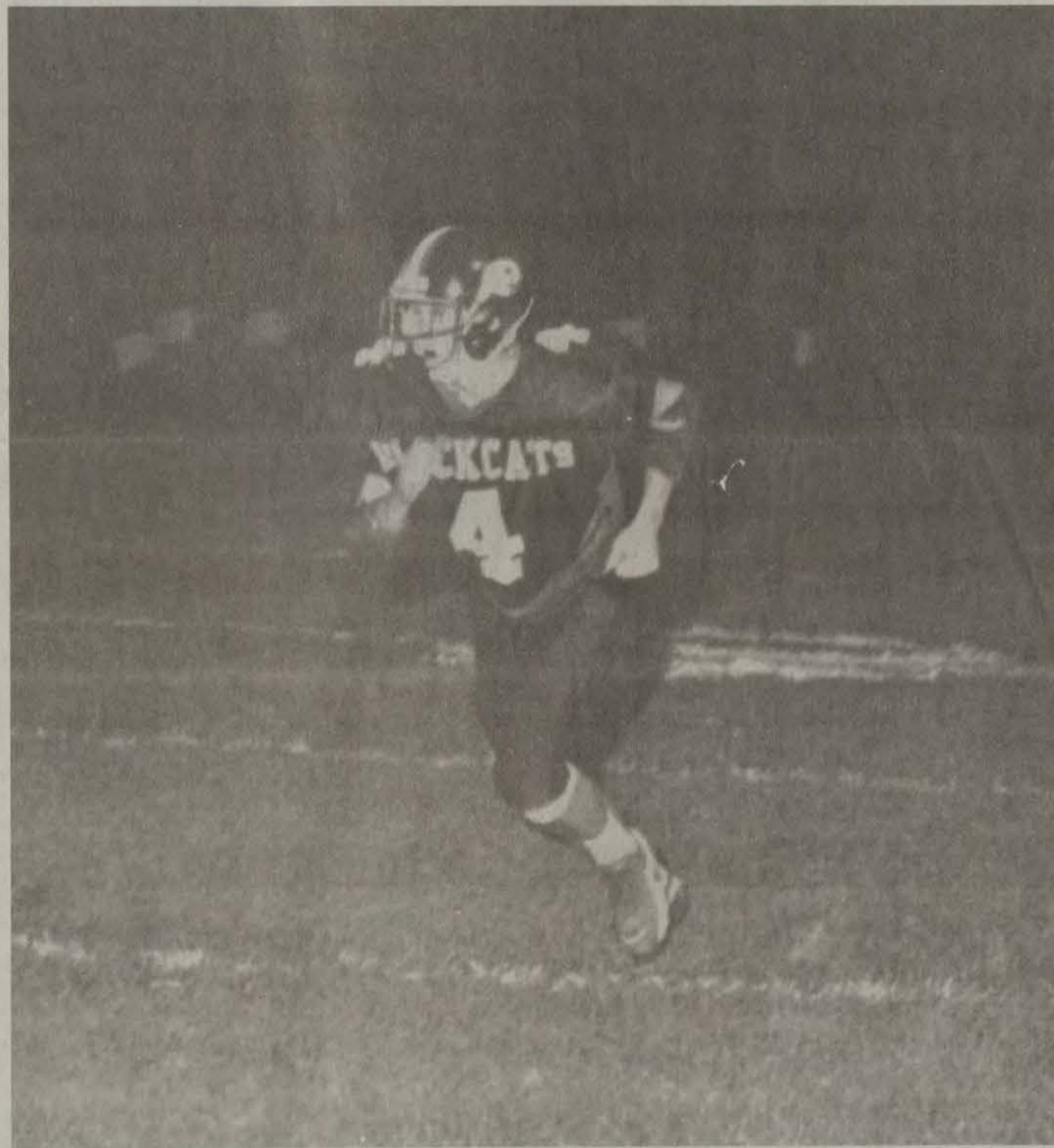
There will be a costume party for all children under 14 with prizes going to all winners. There will also be free candy at the door for kids in costume. Concessions will also be available.

Ringside seats are \$8 in advance and general admission seating tickets are \$6. Children in costume under 14 will pay \$5. All seats will be \$2 more at the door.

Dewey Lake to host annual open house

The Corps of Engineers at Dewey Lake will host its annual open house Saturday, October 18, from noon to 3 p.m., at the office near the dam. They will be offering live animal programs that include birds of prey and reptiles, dam tours, and water safety information. Refreshments will be available. The animal programs will begin at 12:30 p.m. and 2:30 p.m. while the dam tours are scheduled for 1:15 p.m. and 2 p.m.

For more information on the Open House, contact Shirila Wells at Dewey Lake at 606-789-4521 or 606-886-6709.



Prestonsburg Blackcat No. 4, Brooke Stumbo, made a run for the ball Friday night. Prestonsburg fell to Breathitt County 48-22.. (Photo by Ed Taylor)

Riverside Speedway now open

by Ed Taylor Sports Editor

The Riverside Go-Kart Speedway had to put off their inaugural opening two weeks ago because of the down-pour that took place, but when racing time rolled around Saturday, September 27, at the new Dwale track, it was nothing but blue skies and very comfortable temperatures as over 20 karts made their way to the new facility and enjoyed a day of racing.

Eight karts participated in the Junior Sportsman Class, with Jabah Ross taking the checkered flag in his number 3 kart, and the first to visit the winner's circle. Second place went to Matt Setser in his number 1 racer while Shannon Prater finished third.

Race fans were treated to karts running over 50 miles per hour in the 250 Class. Ron Cantrell drove his number 10 kart across the finish line and onto the victory lane.

Jason Cantrell, his son, took first place in the Stock Apprentice Class. He also drove a number 10 kart.

In the single pull (ages 6-10) Donald Setser was the fastest in his number 6 kart in taking first place ahead of Patrick Setser (#24) and Seth Setser (#118).

Racing at the Dwale track continues Saturday afternoons with the gates opening at 1 p.m., and the green flag scheduled to drop at 2 p.m.

The weekend racing event was sponsored by East Kentucky Truss, FEE, Inc., Abbott Engineering, and May Metal.

Pikeville College adds two basketball assistants to staff

Pikeville College basketball coaches Roy Cutright and Bill Watson announced the addition of assistant coaches for the 1997-98 season. Also, they are releasing the pairings for the 1997 Rax Invitational Tournaments, and a new member of the Lady Bears team.

Robert Staggs, a graduate of Pikeville College, has been hired as the assistant women's basketball coach. Staggs, 35, will be in his seventh season as an assistant coach at Pikeville College, where he has coached baseball and men's basketball, as well as being an assistant coach in women's basketball under former coaches Cutright and Randy Roberts. Staggs is a 1991 graduate with a Bachelor's Degree in business management.

"We're very excited about Robert joining our team," said first-year Lady Bear coach Watson. "He's familiar with my system after working in the men's program the last couple of years, and will be a great addition to our staff."

James Mercer, a former head coach at Phelps and Belfry high schools, is a new assistant coach to Cutright with the men's

program. Mercer, a current teacher at Phelps High School, is a graduate of Morehead State University. He was an assistant coach at Phelps for six seasons before becoming the girls' head coach at Belfry High School. After three seasons with the Lady Pirates, he coached at the boys at Phelps for three seasons.

"We couldn't be more excited, not only for us, but for James," said Cutright. "He's an outstanding person, and brings a tremendous amount of knowledge and a deep passion for the game. He had a year



of sitting in the stands and watching our system last year, and will offer us a great deal, not only in game situations, but also in practices. We will be a better team because of his presence."

Mercer will join his son, Matt, who is a sophomore this season.

Ivana Koprivica is walking on as a member of the Lady Bears. The 5-6 guard played at Pikeville High School under coach Maria Shockey last year. "Ivana was interested in playing when she came back, and we're glad to give her that opportunity," said Watson.

The 1997 Rax Invitational Tournaments will be held November 14-15. In the women's draw, action begins at 2 p.m. on the 14th, when Urbana (Ohio) University plays Alice Lloyd College. At 6 p.m., Pikeville College will play Ohio University-Eastern. In the men's bracket, Cumberland College plays College of West Virginia at 4 p.m., while the Bears plays Sue Bennett College at 8 p.m.

On the 15th, the Lady Bears will play at 6 p.m. and the Bears at 8 p.m., regardless of Friday's outcome.



Prestonsburg High School band students marched through Sam'n Tonios Restaurant before the Sam'n Tonios Jenny Wiley Pioneer Festival Bowl. (Photo by Rita Brock)

1997 Red, White & Blue

Martin, Kentucky

October 13-18

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Various Groups
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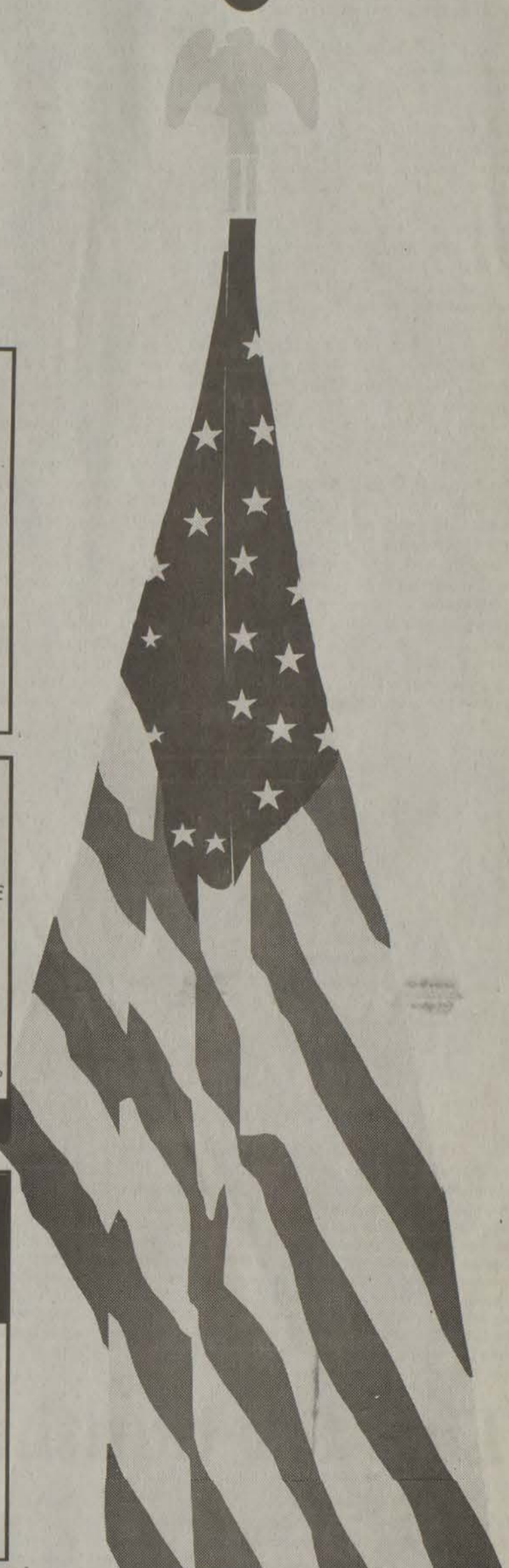
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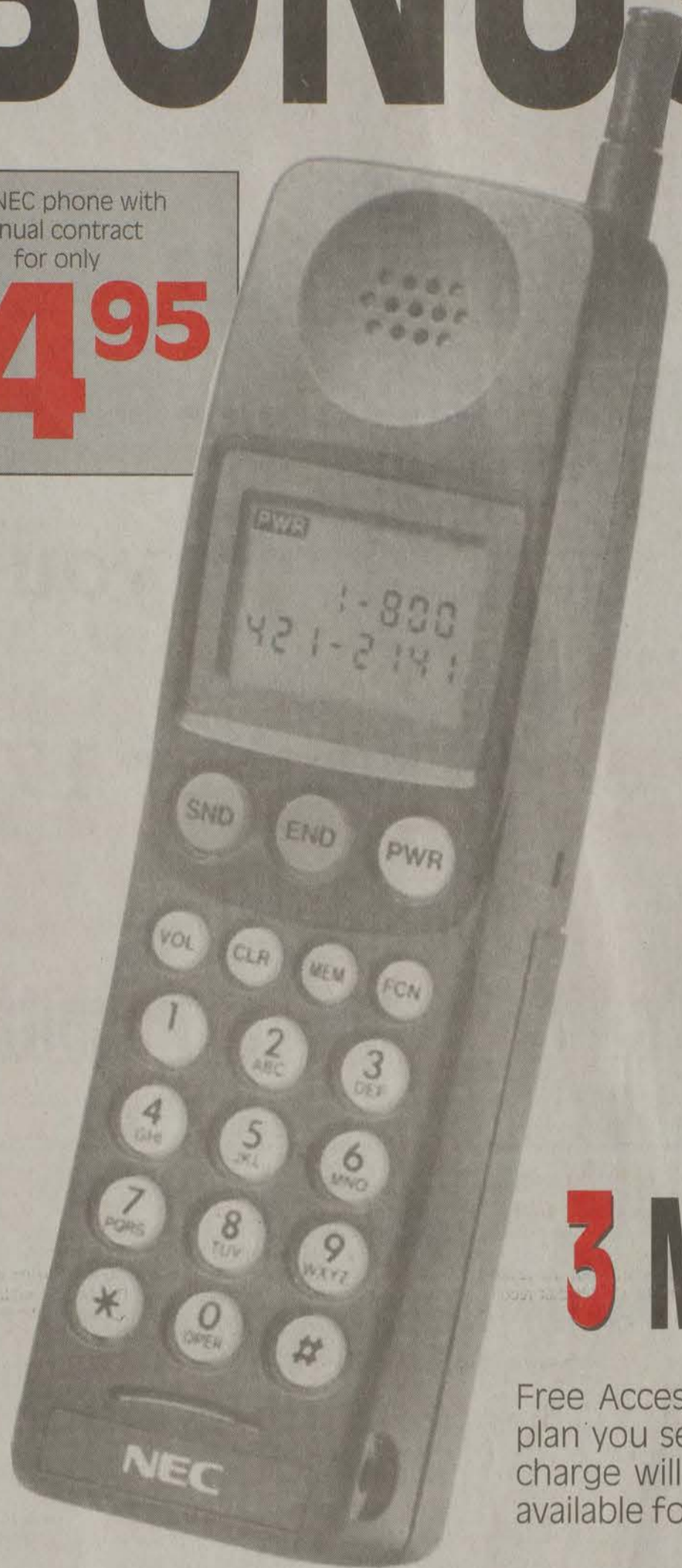
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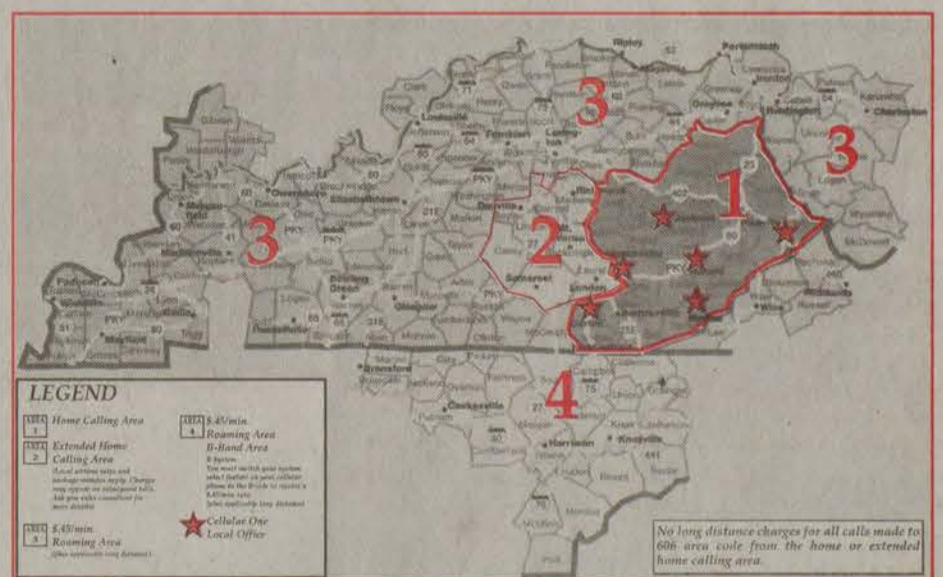
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Lifestyles

A degree of protective innocence

We're only in the first full week of October, the leaves are still mostly green, and they're already selling Christmas albums on TV.

Poison Oak



Clyde Pack

However, regardless of how strange it is to hear "O Little Town of Bethlehem" at this time of year, as quickly as time seems to pass

anymore, I guess it's only fitting and proper. I'm afraid that before we turn around twice we'll be coloring eggs for Easter, planning our Memorial Day picnic, and buying sparklers for the Fourth of July.

Seriously, sometimes I feel as if I'm on one of those out-of-control carousel things and life is merely a blur as, hanging on with just one hand that's slowly but surely losing its grip, I whiz by.

Oh for the good old days when life was played in slow motion. When days were really 24-hours long; when Christmases (and birthdays) came about once every five or six years instead of every month or so; when summers lasted forever and life was a tad more predictable; when all we had to worry about was whether or not we'd be able to round up enough boys in one spot for a baseball game; be able to gather enough pop bottles for a whole case to trade at the company store for an RC, nickel cake, and a chilly imp; or, whether or not we'd be able to catch a ride into town for the Saturday matinees.

Of course, just as it is today, with our youth came a certain degree of protective innocence. It was the responsibility of the grownups to be concerned about paying the rent, buying the groceries, and supplying us with a new notebook, paper and pencils when school started. It was up to them to worry about the war, about older brothers and sisters who were fighting it, and the health of FDR.

As children we only existed on the fringe of reality, hearing bits and pieces of the conversations about UMWA President John L. Lewis, company lay-offs, fatal accidents at the mines, and the names of widows and orphans who needed special help from church funds.

Unfortunately, with age comes responsibility, and speed is apparently the name of the game. Whether we like it or not, it's our time to be it. We've become the responsible parties. And, perhaps without really meaning to, we've adopted the modern philosophy that it must happen now, and if we're forced to stand in line for more than five minutes at the grocery store, if the phone rings more than three times before the party we're calling answers, if the red light stays red a second longer than we think it should, we're tore up like a train wreck.

Obviously, what makes those days of yore so appealing is the simple fact that we had our youth then, and even though we weren't smart enough to know how to use it, we still had tons of time to do whatever it was we wanted to do.

We're smarter now, though, so hurry and order your Christmas albums.

McDowell High School holds second reunion

by Willie Elliott
Contributing Writer

During the week prior to Labor Day weekend, the sign on the marquee in front of McDowell Elementary read, "Welcome Back to Daredevil Country."

The sign was in anticipation of the many alumni, teachers, and friends of McDowell High School who would be part of the second reunion since McDowell and Wheelwright consolidated in the fall of 1993. They came from California, Texas, Delaware, Colorado and other parts of the United States (even the District of Columbia was represented by Geri Grigsby).

This reunion, as well as the one held three years ago, was organized and directed by the Drift Women's Club. Much credit must go to Principal Kenneth Osborne and his staff at McDowell Elementary. Many of the faculty members at McDowell Elementary are graduates of McDowell High School and were more than glad to help with many of the tasks that must be done before an activity of this magnitude can be accomplished.

Activities such as line dancing, watching videos from the previous reunion and card playing were scheduled for Friday evening, but most people used this time to meet new and old friends and reminisce about their days at McDowell. More than one person



Geraldine Ward reminisced with friends during the reunion breakfast on Monday morning.

General Hospital; Kelly Dingus, 83, of Martin, Thursday at Riverview Manor Nursing Home; Lola Irene Cordle Martin, 64, of Ludlow, Monday at St. Elizabeth Hospital in Covington; and Ethel Martin, 79, of Dema, Tuesday at Pikeville Methodist Hospital.

Twenty Years Ago (October 5, 1977)

Five murder bills and a reckless homicide charge featured the list of 60 indictments filed Monday afternoon by the grand jury at its adjournment...Two construction contracts for the new KY 80 will be among the state Transportation Department's list of projects going up for bid during the October 20 bid letting at Frankfort...A Paintsville man was killed, and his sister critically injured in the collision, Tuesday morning, of two cars and a gasoline tanker in front of the Plantation Motel, on US 23 about three miles north of here...Now that the Home Rule Act has been ruled unconstitutional, the ordinance enacted by the Floyd Fiscal Court requiring coal trucks to be covered while on highways of the county is of no effect, Assistant Atty. Gen. Charles Runyon said...The final report of the grand jury to Circuit Judge Hollie Conley recom-



Former McDowell students took to the dance floor Saturday night.

was overheard saying something like, "But it used to be bigger than this."

On Saturday people began to arrive early so they could have time to have individual conversations with friends before the eleven o'clock general meeting in Grigsby Fieldhouse. This was also a good time for people to visit the various food and merchandise booths. Both Tommy Adams and Johnny Branson were at the reunion. I mention this only because one time the three of us ended up at the same place in Long Binh, Vietnam. Three little frightened fellows from McDowell doing our part to save the world from communism.

During the general meeting, various personnel were introduced. Hugo Miller was the only principal who was able to attend, but Everett Hall proudly accepted the Kentucky Colonel award for his son Bob Hall, who is recovering from cancer at his home in Monticello. The Kentucky Colonel citations were delivered to the other principals. Then the teachers, coaches, athletes, cheerleaders, majorettes, valedictorians, band members and other groups were introduced. During this session, Steve Smith rightly asked, "How can we have a McDowell reunion and not mention Mrs. Francis Turner?" Mrs. Turner, we hope you are feeling better. After this, the individual classes had an opportunity to meet and talk and carry on about how Mrs. Moore and Mrs. Turner said their class was the most special. We all know the class of '62 has that title.

Saturday night was reserved for a dance that would be for all ages. The committee had worked hard to see that the music would span the time to



Ruby Akers, president of the Kentucky Federation of Women's Clubs and the Drift Women's Club, and Kenneth Osborne, principal, kept events flowing smoothly during the reunion.

cover all graduates. Tapes were ordered and songs selected for the DJ to play during the night. The dance was well attended and everyone had a good time listening to music from the '30 and '40's all the way up to present day selections.

On Sunday the various church denominations in the McDowell community came together for a memorial service to honor those graduates who have died. Each deceased graduate was named and a rose was presented to a family member. Clinton

Moore (Deaner), an Old Regular Baptist minister, sang a special song entitled "The Letter" for this occasion. The trio of Joan Chaffins, Libbi Hall, and Trish Lawson from the First Baptist Church also provided music. At the end of the service, a group of alumni presented Ruby Akers with a locket to show their appreciation for all Ruby has done toward having the reunions. Ruby wants to let everyone how much she appreciates that gesture.

On Monday the group has what I like to call the "warm and fuzzy" portion on the reunion. It is called The Farewell Breakfast. For both reunions this has

(See Reunion, page four)

Ten years ago (October 7, 1987)

The streets of Prestonsburg were gearing up for the sixth annual Jenny Wiley Festival...The housing project at Warco had an unauthorized resident on the premises in the form of a copperhead, complete with two legs...The Older Workers Program, designed to get people 55 years and older on the job as persons of this age have been found to be more reliable, experienced, and willing to work...Then-governor Martha Layne-Collins attended the opening of the newly-finished bridge at Goble-Roberts, October 5...Mountain Comprehensive Care's director, Steve Schenk, announced the availability of 32 new housing units scheduled to be built using a \$1.3 million grant from Housing and Urban Development, (HUD)...A parent-teacher conference was set for working parents who are interested in discussing their children with teachers but cannot make it during daytime hours...A 21-year-old Miners Branch man, Gregory Campbell, was a victim of an accidental shooting October 1...There died: Maude Duff Chaffins, 69, of Lackey, Saturday at her home; Simone Castle, 40, of Printer, Saturday at her home; Ruth M. Francis, 75, of Prestonsburg, Monday at her home; Birchie Moore Parsons, 70, of Jackson, Ohio, formerly of Price, Sunday at Riverside Methodist Hospital in Ohio; Beatrice Johnson, 65, of Wheelwright, Friday at the residence of her daughter; Freddie Compton, 47, of Prestonsburg, Friday at his home; Shelley Johnson, 76, of Wyandotte, Michigan, formerly of Melvin, Thursday at Wyandotte

mended that more police protection be provided for the entire county, with emphasis on the Right Beaver area...There died: Naomi Austin Daniels, 74, of Wheelwright, Monday, at Our Lady of the Way Hospital; John D. Ousley, 63, formerly of Floyd County, September 20, at his home near Plymouth, Ohio; Durcilla (Dee Dee) Pack, 23, of Drift, Sunday, at UK Medical Center; Lum Clark, 75, of Auxier, Monday, at Highlands Regional Medical Center; Maudie Hicks Slone, 82, of Prestonsburg, last Friday, at Mountain Manor Nursing Home; Robert L. Jones, 60, of Betsy Layne, September 30, at the Methodist Hospital in Pikeville; Rosanna Thornsby, 89, of Topmost, September 26, at Highlands Regional Medical Center; Thomas B. Sexton, 76, formerly of Wayland, September 24, in Eagle Point, Oregon; Bennie Adams, 82, of Middle Creek, Sunday, at his home; Phoebe Baisden Hamilton, 33, of Columbus, Ohio, in Doctors West Hospital, there.

Our Yesterdays

(Items taken from The Floyd County Times, 10, 20, 30, 40, 50 and 60 years ago.)

Thirty Years Ago (October 5, 1967) Congressman Carl D. Perkins last Thursday announced in Washington the approval by the Department of Housing and Urban Development of a \$517,987 loan for

the construction of 32 low-rent homes at Martin...Announcement was made Monday that the Department of Labor is extending the Neighborhood Youth Corps program in the Floyd County schools for another year...On decisions made at a meeting scheduled at Frankfort next Tuesday with Hill-Burton fund representatives will depend on the construction of an adequate and modern hospital facility in Prestonsburg, it was said here this week...Born: to Mr. and Mrs. James Snipes, of Plymouth, Michigan, a daughter, Debra Marlene, September 24...There died: W. B. (Bill) Williams, 54, of Lancer, Tuesday at the Prestonsburg General Hospital; W. M. (Bill) Hall, 79, of Harold, September 21 at the Methodist Hospital, Pikeville; Aquilla Harmon, 58, formerly of Floyd County, Tuesday in a Paintsville Hospital; Mrs. Lona Belle Jones, 67, Wednesday at her home at Grethel; Mrs. Lula Collins, 64, Floyd County native, Friday in a Dayton, Ohio, Hospital.

Forty Years Ago (October 3, 1957)

The dedication of the new \$120,000 Floyd County Health Center will be held here Saturday...The Floyd County Fair was ready today (Thursday) to begin with every indication of one of the county's best agriculture, school and industrial exhibits to be staged since World War II...Deputy Sheriff's A. J. Reed and Al Patton seized a large quantity of illegal booze Monday in a raid on the Miners' Club at Hunter...Five Floyd mine

(See Yesterdays, page four)

BIRTHDAYS



Mud Creek birthdays

Delmer (Bob) Tackett, Christy Johnson, Lizzie Hamilton and Ocie Alley, (not pictured) Carol Wakeland and Shannon Hall celebrated birthdays along with family members and friends at the Mud Creek Senior Citizens Center. Carol Wakeland, Christy Johnson and Shannon Hall are volunteers at the center. A potluck lunch was served. The birthday cake was donated by the Community Trust Bank. Birthday celebrations are on the last Friday of each month for seniors who have birthdays in that month.



13th birthday

Shaun Michael Shelton celebrated his 13th birthday at the home of his grandparents, Fred and Brenda Shelton, of Martin. Shaun received many gifts from his family. He is the son of Regina Salisbury of Hunter. Shaun is also the great-grandson of the late Hershel Lester and Hazel Lester, also the late Fred Sr. and Lizzie Shelton.



11th birthday

Daniel Bryan Russell Salisbury celebrated his 11th birthday with his father, Danny Salisbury, of Hunter. Bryan received many gifts from his family. He is the grandson of Ervin and Bernice Salisbury of Eastern.

Reunion

(Continued from page one)

involved a smaller group, but each person at the breakfast is asked to talk about something special about the McDowell High School experience. Some tell sad stories, some tell funny stories, but we all seem to relate to each story. I tell them that I have gone far in life — from the head of Frasure's Creek to the head of Royal Hollow, but I remind them that I could have done worse.

Anyone belonging to the McDowell High School family in any way should mark their calendars for the Labor Day Weekend in the year 2000. That is when the next reunion will be held. In the meantime, write to Ruby and the Women's Club and let them know where you are and something about your life. You can send you comments to Ruby Akers, Drift, Ky.



Blue and Gold is still the favorite color of McDowell's Daredevil ballplayers.

NEW ARRIVALS

HIGHLANDS REGIONAL MEDICAL CENTER

September 24: A daughter, Emily Brooke Rebekah, to Nora and Kevin Houston of Van Lear.

September 25: A daughter, Harley Jade, to Tina Johnson of Hi Hat.

September 26: A son, Bryce James Dylan, to Melissa Jane Mullins of Martin; a daughter, Britney Gabrielle Pennington, to Penny Kaye Neeley of

Prestonsburg; a daughter, Jahlyn Elizabeth Rose Collins, to Stephanie Lynn Watkins of Salyersville; a daughter, Kathleen Paige Williams, to Angela Ratliff of Paintsville.

September 27: A daughter, Angel Faye, to Andrea and George Thornsbury of Prestonsburg.

September 28: A daughter, Tevin Nalik, to Kristie Lou Hall of Wheelwright.

September 29: A son, Mickey Lee, to Tonya Yvonne and Mickey Gayheart of McDowell; a son, Jared Lee, to Lonnie Lea and Richard Lee Hilton of Salyersville.



Birth announced

Pfc. Rodney Morgan and Brandi Michelle Morgan of Clarksville, Tennessee, announce the birth of their daughter, Alyssa Cheyenne, at 1:43 p.m., September 12, at the Colonel Blanchfield Army Hospital in Fort Campbell. She weighed 8 pounds, 3 ounces, and was 20 1/2 inches long. Her paternal grandparents are Rodney "Moe" Morgan and Sarah Morgan of Garden Village. Her maternal grandparents are Mitchell and Billie SESCO of Lower Johns Creek, and Allen and Deloris Tackett of Robinson Creek. Alyssa's uncle is Randy Morgan and her aunts are Alisha and Kari Tackett.



Birth announced

David and Shonna Moore of Wayland, announce the birth of their daughter, Taylor Madison Moore, at Highlands Regional Medical Center on June 27, at 4:44 a.m. She weighed 7 lbs., 10 ozs., and was 20 1/2 inches long. Taylor Madison is the granddaughter of Kenneth and Marie Elkins of Melvin; James and Michelle Hall of Garrett, and Ray and Betty Moore of Wayland. She is the great-granddaughter of the late Dewey Hall Jr.; Mary Evelyn Hall of Wayland, and Ethel and Erma Lee Hicks of Goble-Roberts.



Birth announced

Christie and Dustin Hoover of Martin, announce the birth of their son, David Aaron Hoover, on July 6, at Highlands Regional Hospital. Aaron is the grandson of Joetta Shepherd of Wayland, and the late Ray Shepherd; Valedia Turner of Maytown, and David Hoover of Hippo.



Olive Rose Hall directed the choir of former McDowell chorus members.

HUD grants over \$12.7 million for housing assistance in Kentucky

The U.S. Department of Housing and Urban Development (HUD) has awarded over \$12.7 million to 37 housing authorities in Kentucky.

Among the housing authorities receiving funding, Prestonsburg is slated to glean \$550,000.

U.S. Senator Wendell Ford says the funds will be used for various property repairs and improvements through HUD's Public Housing Modernization Program.

"I'm pleased we will be receiving these needed funds to help provide adequate housing for many Kentucky families," Ford said. "This is great news for those working so hard on the local level to help meet the housing needs, and I'm certain these will be funds put to good use."

Among other Kentucky housing authorities that will be receiving funding, neighboring Salyersville will get \$280,000.



"I've stolen second base."

Yesterdays

(Continued from page one)

rescue teams were in Louisville this week to compete for National Safety Day honors after having recently scored wins in the competition at the Big Sandy-Elkhorn Mining Institute's Safety Day at Pikeville...Married: Miss Ola Jane Haywood, of Wayland, and Mr. Alex Slone, of Wayland, Saturday, August 31...There died: Roxie Abrams, 56, of Drift, September 25 at the Beaver Valley Hospital; Mrs. Stella Hughes Compton, 49, formerly of this county, Tuesday in Charleston, W. Va.; Mrs. Laura Prater Spradlin, 73, Thursday at her home at Bonanza.

Fifty Years Ago (October 2, 1947)

Grand jury this week expressed futility due to the lack of cooperation from citizens with only "one or two" indictments for liquor-selling possible from evidence produced..."Porky" the porcupine, a pet of Victor Conley, of Martin, has been offered to, and accepted by the Cincinnati Zoo...The home of Arthur J. Archer was destroyed by fire here Wednesday...GI parties have been painting and beautifying the recently acquired American Legion clubhouse at East Point, readying it for operation...Married: Miss Jean Salisbury and Mr. Howard Clay, recently at Allen...Born: to Mr. and Mrs. Don Boyd, of Allen, a daughter, Kay, Sept. 22...There died: Major W. E. Sutton, 28, of

Maytown, outstanding wartime flier, in a wreck in California; Wayne Johnson, 20, of Risner, in a car accident near Caney; Mrs. Virgie Crum, 58, recently on Arkansas Creek; Mrs. Mary Hall Fouts, 80, formerly of this county, recently in Pike County.

Sixty Years Ago (September 30, 1937)

The slayer of Robert D. Callihan, 65, of Garrett, confessed last week ending a statewide search...Roosevelt Elswick, Wallace Sword and Bill Bingham were slain over the past week as local shootings continue to increase. Elswick and Sword were slain on Garbage Hollow, near Wheelwright while Bingham was killed Friday at Garrett...The 19-year-old slayer of Sol Warrix was sentenced to life imprisonment this week by a Floyd County jury...Competing before thousands of persons gathered at Pikeville last Saturday for the Safety Field Day contests staged in the ball park, Inland Steel Company's Wheelwright team was judged the winner of the mine rescue contest...F. L. Heinze was appointed as director of the Red Cross in this county...Born: to Mr. and Mrs. Boyd Turner, twin boys...There died: Mitchell Hicks, 26, in a slatefall at a Garrett mine; Annabelle Hereford, of Cliff, Saturday, from injuries suffered in a car wreck six months ago.

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- 24"69⁹⁷
- 30"79⁹⁷

KOUNTY KETTLE

TURKEY AND SPINACH LASAGNA WITH RED PEPPER

10-oz. package frozen chopped spinach, thawed and squeezed dry
15-oz. reduced-fat ricotta cheese

1 tsp. dried basil
1 c. chopped onion
2 minced garlic cloves
1/2 lb. ground turkey breast
3 Tbsp. flour
2 c. 1% milk
1-1/4 c. shredded low-fat mozzarella

In a bowl, combine the spinach with the ricotta and basil. Set aside. Generously coat a medium non-stick skillet with cooking spray and set over medium heat. Add the onion, garlic, and turkey, breaking up the meat with a wooden spoon until it is cooked all the way through and the onions are soft. Set aside.

In a small bowl, whisk the flour with 1/2 cup of the milk. Heat the remaining milk in a medium saucepan until it steams. Whisk in the flour mixture, stirring constantly, and cook until the sauce boils gently for 1 minute before removing from the heat. Mix in the mozzarella and salt and season with pepper.

Assemble the lasagna: Cover the bottom of an 8 x 12-1/2 inch lasagna pan with a third of the white sauce. Arrange 3 lasagna noodles to cover the sauce, leaving spaces between the strips of pasta to allow for it to expand as it cooks. Spread the turkey mixture over the pasta. Top with the red peppers and the second layer of noodles. Spread the spinach mixture over the pasta. Top with a third of the white sauce and the remaining noodles. Spread the top layer with the remaining white sauce and sprinkle with the Parmesan. Cover the pan with foil and bake the lasagna for 30 minutes. Uncover, and bake an additional 10 minutes. Remove the pan from the oven and let sit 10 minutes before serving.

CAULIFLOWER SALAD

1 medium cauliflower, about 2 lbs.
1 Red Delicious, Gala, or Crispin apple, peeled, cored and cut in 3/4" dice
2 white scallions, chopped, about 1/2 cup
1/4 red onion, thinly sliced
3 Tbsp. coarsely chopped dill
1 Tbsp. lemon juice
1 Tbs. olive oil
1/2 tsp. salt
freshly ground pepper

Boil a large pot of water. Prepare the cauliflower by breaking off or cutting away the leaves (if any) with a sharp knife. Cut the florets from the stem of the cauliflower and then cut the large florets vertically into bite-size pieces. Boil the florets until they are tender-crisp, about 5 minutes. Immediately transfer them to a bowl of ice water. When chilled, drain the florets well and place in a large bowl. Toss the cauliflower with the apple, scallions, onions, and dill. Pour over the lemon juice, oil and salt and mix until the florets are coated with the dressing. Season to taste with freshly ground pepper, and serve. This salad keeps well in the refrigerator for 1-2 days.

For a free brochure with recipes write the American Institute for Cancer Research, P.O. Box 97167, Washington, D.C. 20090-7167.

TUNA SALAD WRAP

1-6.5 oz. can water-packed white tuna
1 small carrot, shredded
1/4 c. finely chopped celery
1/4 c. finely chopped green pepper
1 Tbs. fat-free mayonnaise
2-8" flour tortillas
2 Tbs. fat-free cream cheese
1/2 c. shredded reduced-fat Cheddar cheese
1/2 c. shredded green leaf lettuce

In a small bowl, combine the tuna, carrot, celery, green pepper, and mayonnaise. Spread a tablespoon of the cream cheese in a vertical strip, to cover the center third of a tortilla. Spread half the tuna salad firmly over the cream cheese, starting 2 inches below the top and ending 2 inches above the bottom of each tortilla. Cover with half the lettuce and blanket of sprouts.

To prepare the wrap, fold the

bottom of the tortilla up, cover the top of the filling. Fold in the two sides a quarter-inch. Roll the tortilla up, holding the side folds in. Be sure to roll the wrap tightly and firmly as possible to ensure the package stays closed. Surround the wrap in plastic wrap and refrigerated until you are ready to serve or pack it.

Repeat with the second half of the filling ingredients, using the second tortilla.

EASY TURKEY SKILLET DINNER

2/3 lb. ground turkey (uncooked)
2 Tbs. minced green onion
1/2 tsp. each dried oregano and basil

2 c. cooked white kidney beans (cannellini)
2 medium tomatoes, cut into 1/2" slices
Grated peel of 1/2 lemon
3 Tbs. lemon juice
2 Tbs. tomato paste mixed with 1/4 c. water
2 tsp. sugar
1/4 tsp. sugar

Thoroughly combine the turkey, a tablespoon of green onion, oregano and basil. Shape into 12 meatballs (approximately 1-inch). In a large, non-stick skillet, sprayed with cooking spray, brown meat on all sides over medium-high heat for 10 minutes. Pour off the fat. Add the remaining ingredients, including a tablespoon of green onion. Bring the mixture to a boil. Cook, covered, over low heat for 20 minutes, or until vegetables are tender and meatballs are cooked through, stirring occasionally.

SWEET POTATO BISCUITS

1-1/2 c. mashed cooked sweet potatoes
2 Tbs. butter, melted
1/2 c. evaporated skim milk
1-1/4 c. self-rising flour
1 Tbs. sugar
1/4 tsp. ground cinnamon

Preheat the oven to 400 degrees. Coat a cookie sheet with cooking spray. In a large bowl, blend sweet potatoes with melted butter and evaporated milk. Mix the dry ingredients in another bowl, then combine with the potato mixture, and mix well. On a floured surface, roll dough out to a 1/2-inch thickness, and cut with a 3-inch round cutter. Place biscuits on cookie sheet, about a inch apart, and bake for 20 to 25 minutes. Serve while still warm.

APPLE CHERRY FRUIT SPREAD

3 Jonagold apples (or Golden Delicious), peeled, cored and coarsely chopped
1/2 c. dried cherries
1/2 c. orange juice
1 cinnamon stick
1/2 tsp. grated lemon zest

In a medium saucepan, combine apples, cherries, fruit juice and cinnamon stick. Cover and bring to simmer over medium heat for 15 minutes, stirring frequently. Uncover and reduce the heat to low, cooking 15-20 minutes longer, or until apples are very soft but retain their shape. Remove the cinnamon stick and add lemon zest to the apple mixture.

In a blender or food processor, puree the apple mixture until a chunky spread forms. Chill before serving, and store any leftovers in the refrigerator.

APPLE-SMOTHERED PORK MEDALLIONS

1 Tbs. unsalted sweet butter
1 small onion, thinly sliced
1 Golden Delicious apple, peeled, cored and thinly sliced
3/4 c. sweet or hard apple cider
1 Tbs. apple cider vinegar
4 pork medallions, well-trimmed about 4 oz. each



"If I try to stop him from taking a week off alone, he threatens to take early retirement."

Nutmeg
1/2 tsp. salt

Freshly ground pepper, to taste

In a medium, non-stick skillet, melt the butter over medium-high heat. Saute the onions and apple in the butter until they just start to brown, 4-5 minutes. Add the cider and vinegar. Cook until the liquid has thickened and just coats the bottom of the pan. Transfer the apple mixture to a bowl and set aside. Do not wipe out the pan.

In the same pan, sear the pieces of pork over medium high heat just until each side is white. Reduce the heat to medium. Return the apple mixture to the pan, spreading it over the meat. Add a generous dash of nutmeg, the salt, and freshly ground pepper to taste. Cook until the pork is white all the way through, about 4-5 minutes. Take care not to overcook the meat, or it will be dry and hard. Serve immediately, accompanied by white or wild rice and steamed green beans, or some other green vegetable.

SWEET AND TANGY BARBECUED CHICKEN

1/2 cup prepared chili sauce
1/4 cup firmly packed brown sugar
1/4 cup RealLemon® Lemon Juice from concentrate

1 tablespoon Lea & Perrins® Worcestershire Sauce

1 teaspoon Maile® Mustard

1 pound skinned, boneless chicken breast halves

In small bowl, combine all ingredients except chicken; mix well. Grill or broil chicken until fully cooked basting frequently with mixture. Refrigerate leftover chicken. Serves 4.

For more chicken recipes, send your name and address (include \$1.00 for Postage & Handling) to: Free Recipe Booklet Offer, P.O. Box 8729, Clinton, IA 52736-8729.

DOUBLE CORN PANCAKES

4 kid-sized servings (about 16 small cakes)

1/4 cup yellow cornmeal
1/4 cup all-purpose flour
1/2 teaspoon baking powder
1/2 teaspoon salt, optional
2 tablespoons cooking oil
3 eggs
1 tablespoon milk

1 can (7 to 8.75 oz.) whole kernel corn, drained
Applesauce or maple syrup

In a medium-sized bowl, stir together the cornmeal, flour, baking powder and salt. Add the oil, eggs and milk. Stir until all ingredients are well blended. Stir in the

corn.

Place a very lightly greased 10- to 12-inch omelet pan or skillet over medium heat. Sprinkle a few drops of water into the pan. If the drops "dance" and sizzle in the pan, it's ready for cooking. Spoon tablespoons of the corn mixture into the hot pan. Leave a little

space between each spoonful. Cook until the cakes are lightly browned on the bottom. With a pancake turner, turn the cakes over and brown the other side.

With a pancake turner, lift the cakes onto plates. Serve with applesauce or syrup.

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<p>Shelled English Walnuts</p> <h2 style="text-align: center;">\$3.99</h2> <p style="text-align: center;">Pound</p> <p style="text-align: right; font-size: small;">Save \$1.00/lb.</p>	<p>Pinto Beans or Kroger Kidney Beans</p> <h2 style="text-align: center;">3/\$1</h2> <p style="text-align: center;">15 - 15.5-oz.</p> <p style="text-align: right; font-size: small;">Save 40¢ on 3</p>	<p>Assorted Varieties, Kroger Deluxe Ice Cream</p> <h2 style="text-align: center;">\$1.99</h2> <p style="text-align: center;">1/2-Gallon</p> <p style="text-align: right; font-size: small;">Save \$1.30</p>	<p>Tamarack Farms Apple Cider</p> <h2 style="text-align: center;">\$2.99</h2> <p style="text-align: center;">Gallon</p>
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<p>Acorn, Spaghetti or Butternut</p> <h2 style="text-align: center;">Fall Squash</h2> <p style="text-align: center;">Pound</p> <h1 style="text-align: center;">59¢</h1> <p style="text-align: center;">YAMS OR White Sweet Potatoes..... lb.</p> <p style="text-align: right; font-size: small;">59¢</p>	<p>4-lb. Kroger</p> <h2 style="text-align: center;">Pinto Beans</h2> <p style="text-align: center;">Buy One - Get One FREE</p> <p style="text-align: center;">ASSORTED VARIETIES BANQUET FROZEN Boneless Chicken..... 10.5- 13.5-oz.</p> <p style="text-align: right; font-size: small;">2/\$5</p>	<p>In The Deli/Bakery</p> <h2 style="text-align: center;">Pumpkin Pies</h2> <p style="text-align: center;">8-inch</p> <h1 style="text-align: center;">\$2.99</h1> <p style="text-align: center;">ASSORTED VARIETIES HUNGRY MAN Swanson Dinners..... 14.1- 18-oz.-oz.</p> <p style="text-align: right; font-size: small;">2/\$4</p>	<p>In The Deli/Bakery Shoppe</p> <h2 style="text-align: center;">Nut Breads</h2> <p style="text-align: center;">15 - 18-oz.</p> <h1 style="text-align: center;">\$2.99</h1> <p style="text-align: center;">5-CT. SWEET ROLLS OR PILLSBURY Grands! Biscuits..... 8-ct.</p> <p style="text-align: right; font-size: small;">25% Off</p>
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<p>Assorted Varieties Kroger</p> <h2 style="text-align: center;">Orange Juice</h2> <p style="text-align: center;">1/2-Gallon</p> <h1 style="text-align: center;">99¢</h1> <p style="text-align: right; font-size: small;">Save at least 60¢</p>	<p>Eastern Grown Red, Gold or</p> <h2 style="text-align: center;">Rome Apples</h2> <p style="text-align: center;">5-lb. Bag</p> <h1 style="text-align: center;">\$1.99</h1> <p style="text-align: right; font-size: small;">Save at least \$1.00</p>	<p>U.S.D.A. Select Porterhouse or</p> <h2 style="text-align: center;">T-Bone Steak</h2> <p style="text-align: center;">Pound</p> <h1 style="text-align: center;">\$3.88</h1> <p style="text-align: right; font-size: small;">Save at least \$2.37/lb.</p>	<p style="font-size: x-small;">KROGER COUPON PLU 320</p> <p style="font-size: x-small;">Kroger 2%, 1%, 1/2%, 3.25%, Skim, Fat Free Plus, Buttermilk or Chocolate</p> <h2 style="text-align: center;">Gallon Milk-</h2> <h1 style="text-align: center;">2/\$3</h1> <p style="font-size: x-small;">*Limit two gallons per customer with \$15.00 additional purchase. *Offer good through October 11th, 1997</p>
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AG NEWS

Fall, important time for lawn care

by Patricia G. Spicer
Floyd County Cooperative
Extension Service
Agent for Agricultural and
Natural Resources

growth of new tillers, or grass plants. You can chop up leaves with a mower but it's best to remove them, because accumulation of chopped leaves on the crown hurts new plant and stem development.

The calendar has no effect on when to stop mowing grass, keep mowing as long as grass is growing. Shorter grass maintains its greenness. Mow shorter in the fall than in the summer; grass should be no more than two inches tall going into the winter. Grass that is too tall tends to flop over and smother itself out. This can cause losses of up to half the grass density. Mowing grass shorter and fertilizing in the fall produces a more lush lawn.

Short grass allows more light penetration and this, plus a high-nitrogen fertilizer, produces new

plants that thicken up the lawn. It also produces growth and greens up several weeks earlier in the spring.

Applying a high-nitrogen fertilizer in the fall promotes root growth that increases lawn density without excessive top growth. Conversely, fertilizing in the spring decreases root growth while increasing top growth. This makes a lawn more susceptible to drought stress and means it has to be mowed more often. Spring fertilization also encourages diseases and growth of crabgrass and summer annual weeds.

In the fall, apply fertilizer at the rate of one to one and a half pounds of actual nitrogen per 1,000 square feet. The percent nitrogen is the first number in the analysis on the fertilizer bag. To get one pound of actual

nitrogen using ammonium nitrate (33-0-0), apply three pounds per 1,000 square feet. Three pounds of 33 percent nitrogen equals one pound of actual nitrogen. With a 10-10-10 fertilizer, apply 10 pounds per 1,000 square feet. Divide the amount in half and make two applications between now and the end of December.

If you would like more information on fall lawn care, you can contact Pat Spicer at the Floyd County Extension office at 670 South Lake Drive, Prestonsburg. Our phone number is 606-886-2668. Ask for publications AGR-53, "Lawn Fertilization in Kentucky" and "Weed Control Recommendations for Kentucky Bluegrass and Tall Fescue Lawns and Recreational Turf."



Prestonsburg Yard of the Month

Virginia Howard, of 47 Westminster Street, Prestonsburg, was chosen by the Prestonsburg Woman's Club for the Yard of the Month for September. Virginia spends many hours working in her flowers and vegetables each week.

Ask the CIS

The Cancer Information Service, 1-800-4-CANCER

SECONDHAND TOBACCO SMOKE

Q: My wife smokes. It didn't bother me until we had a baby last year. What are the effects of secondhand smoke on the baby and me?

A: Secondhand smoke, or environmental tobacco smoke (ETS), is a combination of two forms of tobacco smoke. The first is side-stream smoke, which is produced by burning tobacco in a cigarette, pipe, or cigar; the second is main-stream smoke, which is exhaled by the smoker.

When a cigarette is smoked, about half of the smoke is side-stream smoke. This form of smoke contains all the poisonous and cancer-causing chemicals that have been associated with mainstream

smoke.

So far, more than 60 chemical agents have been identified in tobacco smoke that can cause cancer. These include ammonia, formaldehyde, benzene, carbon monoxide, and hydrogen cyanide. Nonsmokers exposed to ETS absorb nicotine and the other chemicals just as smokers do. The greater the level of exposure to ETS, the greater the risk.

Scientists estimated that ETS causes about 3,000 lung cancer deaths each year. Higher exposures cause higher risks. If your spouse smokes in your home, you and your family face a higher risk than that of people whose spouses do not smoke at home. Recent studies have even shown a risk of heart disease associated with ETS.

Many studies have consistently shown that children and infants exposed to ETS have higher rates of respiratory infections, pneumonia, bronchitis, and other infections.

ETS can also worsen existing health problems such as asthma, allergies, pulmonary disease, and bronchitis. Even people who aren't allergic can suffer eye irritation, sore throat, nausea, and hoarseness.

Ask the CIS is produced by the Region 9 Cancer Information Service (CIS), which serves Kentucky, Arkansas, and Tennessee. The CIS is a program of the National Cancer Institute. Call the CIS between 9 a.m. and 4:30 p.m. local time at 1-800-4-CANCER.



Drift Yard of Month

KFWC Drift Woman's Club August Yard of the Month landscape winner has been announced. The award has been presented to Wes and Connie Gearheart of Price. They have been in their home for 13 years. Wes and Connie have completed all of the landscaping themselves, with Connie being the designer and Wes the engineer. Connie is a teacher at McDowell Elementary. Wes is employed at the Department of Mines and Minerals.

Knowing the symptoms of a stroke and timely treatments can save lives

Most Americans do not know the symptoms of stroke. According to a recent Gallup Poll conducted on behalf of the National Stroke Association, one-fifth of Americans over the age of 50 cannot name even one major stroke symptom. This lack of awareness of stroke symptoms contributes to critical delays in treatment.

"Anyone who experiences stroke symptoms or observes symptoms in anyone else, should call 911 or your local emergency services organization immediately," Tony Peeler, director of emergency services at Pikeville Methodist Hospital, said. "The longer stroke is untreated, the more brain cells may die. Therefore, treatment should start as soon as possible."

"It is more critical than ever to obtain immediate medical attention for stroke," Peeler added. "Until recently, no therapy was available to treat stroke; instead, medical efforts focused on rehabilitation of stroke victims who survived. Now a clot-dissolving agent for heart attacks is available to treat acute ischemic stroke and to reduce disability in eligible patients."

The drug, Activase, works by dissolving a blood clot in an artery in the brain, thus restoring blood flow to the brain. "Activase is a wonderful drug, but it must be given within three hours after the onset of symptoms and only to patients who have had a brain scan to rule out hemorrhage or bleeding," Peeler said, adding that the new therapy carries with it a risk of bleeding in the brain and that not all patients will be eligible for Activase therapy. "For example, patients with evidence of active internal bleeding, recent previous stroke, uncontrolled high blood pressure at time of treatment or blood clotting disorders are not appropriate candidates for treatment," Peeler said.

Pikeville Methodist Hospital wants you to know the signs and symptoms of stroke.

The symptoms include:

- Weakness, numbness or paralysis of the face, arm or leg—especially on one side of the body;
- Sudden blurred or decreased vision in one or both eyes;
- Difficulty speaking or understanding simple statements;
- Loss of balance or coordination, especially when combined

with another symptom; and

- Sudden severe or unexplained headache, often described as "the worst headache of your life"

If you or someone you know experience any of these symptoms, call 911 or your local emergency services department immediately. Timely treatment can save lives.



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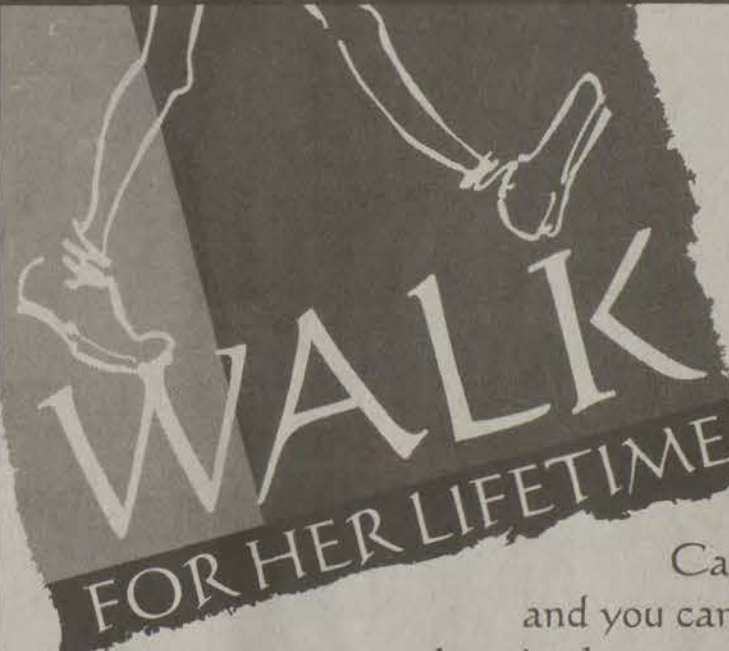
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- Lavalette, WV

We Do Chicken Right.





Fighting breast cancer in central Appalachia

October is Breast Cancer Awareness Month, and you can help fight breast cancer here in the mountains by participating in

WALK FOR HER LIFETIME

All proceeds will be used for ARH's Mobile Mammography program, which will serve 30 eastern Kentucky counties beginning this winter.


Saturday, October 11
10:00 am
Minnie Baseball Park
McDowell
Register at 9:00 am






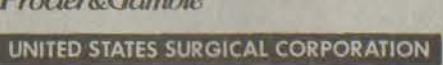







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SUNSHINE LINES



by
Beverly
Carroll

Senior citizens, for the past two weeks Sunshine Lines has addressed the dire public transportation needs of people of all ages in Eastern Kentucky.

It is no secret that senior citizens, the handicapped, and a host of other people find it difficult to shop, to get to medical appointments and to care for personal business matters here in the mountains. Lack of transportation is one of the biggest needs OWEP workers have as they go from welfare to work.

Many of our people feel isolated today, much like our ancestors must have felt during the horse and buggy era. If it were not for the Floyd County Times, radio and television, few people would know what goes on in the outside world or around major Eastern Kentucky cities like Pikeville, Prestonsburg and Paintsville, or even on the other side of their mountain. Most senior citizens and poor people in Appalachia who must "thumb" rides from family, friends, and neighbors seldom get out of the hollows or off the mountains unless it is an absolute necessity. "That's just the way it's always been down here."

That is, until people who were determined to get something done about our transportation woes, got organized and got moving to overcome them. Eastern Kentuckians may never have trolleys winding up and down every hollow, or monorails tunneling through our

mountains from one major metropolis to the next, but we do have Sandy Valley Transportation Services (SVTS).

This growing transportation service, located in the Big Sandy Valley, is a modern fleet of vans and mini-vans that transport approximately 65,000 passengers a year. Many of these are senior citizens. Some of you retired tobacco farmers will remember a once popular cigarette commercial that exclaimed, "You've come a long way Baby." I feel this same slogan accurately summarizes the continued growth of SVTS since it's "birth." It continues to grow toward becoming a public transportation service that will serve the transportation needs of all people in Floyd, Johnson, Magoffin, Martin and Pike counties—young and old alike.

It is a transportation service "we the people" of beautiful Appalachia can already be proud to call ours. In spite of its limited funding, the SVTS's board of directors along with its executive director, have kept focused on its long-term goal of providing public transportation to anyone who needs it in the Big Sandy Valley. SVTS continues to grow by finding more and more ways to serve the transportation needs for senior citizens and others in the mountains.

This week let's focus on one particular program SVTS is currently engaged in. Once complete-

ly organized, this program will be good for all, especially senior citizen parents and grandparents on whom OWEP workers currently rely for transportation to take them from welfare to work.

SVTS is committed to placing one van in each of the five counties in its service area to assist OWEP workers with their transportation problems. Although SVTS will provide the transportation to get these people to work and home again at the end of their work day, to be effective this program must be coordinated with the DSI, potential employers who will utilize OWEP workers and the workers themselves.

SVTS, and public agencies are presently working to identify where the greatest clusters of welfare workers live. Routes are being mapped now to ensure transportation back and forth to work, either from their front doors or from conveniently located pick-up and drop-off locations near their homes. It is SVTS's goal to provide transportation to every OWEP worker who needs it in the Big Sandy Valley. Where there are large clusters of people going to work more than one van will be provided to serve these people.

Some OWEP trainees, interested in becoming transit drivers, will go through an intense driver training program and testing. When successfully completed, some of these student drivers will be considered by SVTS to become their

full-time employees.

Business owners and managers who are willing to become part of the OWEP training program should call the DSI in your county to learn more about it. Your cooperation is needed. There are people in this program with interests and skills to meet your needs. These people could do a good job for you while they are learning a skill that could motivate them beyond their own greatest expectations. One thing for sure is that they won't miss work because of a lack for transportation, except perhaps in extreme winter weather conditions.

Senior citizens, let's look at how you might be able to help SVTS in this matter. This area-wide transportation service and its team of mechanics are looking for:

- donated vans, mini-vans and other operable cars and trucks for poor people to use to get them from home to work and back again;
- donated car, van or truck bodies in good condition where rebuilt motors can be put into them to make them operable and safe;
- donated wrecked vehicles with salvageable parts to be used for major overhauls on other donated vehicles; and,
- good vehicles in serviceable condition where no or few minor repairs are needed.

It is my understanding that your "donation" will be tax-deductible based on the condition and blue-book value of the vehicle when

you sign it over to SVTS. At this time you will no longer be liable for it in any way. Your donated vehicle will be used in some way to make transportation available for poor people coming off of welfare.

SVTS is presently building a storage area for these donated vehicles. This area is where the SVTS mechanics will restore them or dismantle their salvageable engines and parts to be used to keep other vehicles road worthy.

Senior citizens, if you, your children, grandchildren or friends and neighbors have vehicles, running or not, that have potential for use to serve the people of Eastern Kentucky, call Greg Hamlin, SVTS Director at 606-886-1936. What better way for you to help clean up Eastern Kentucky's yards and hollows while making it possible for poor people to have afford-

able transportation? And it won't cost you one red cent! Mr. Hamlin is presently contacting towing services to ask owners if they will donate their time and tow trucks to tow your donated vehicles to the SVTS storage sight.

Sunshine Lines is brought to you as an outreach effort of the Kentucky Benefits Counseling Program for Senior Citizens (KBPC) in the Big Sandy area. For more information about the KBPC or about the DSI office serving your area contact Charles Stone, benefits coordinator at 886-3876 or toll-free at 1-800-556-3876.

For more information about donating vehicles to this program, or if you are a tow truck operator willing to donate some of your time and your service to making a few tows on behalf of this project, contact Greg Hamlin at 606-886-1936.



ANNIVERSARIES



33rd anniversary

Charlotte and Palmer Frasure of Grethel will celebrate their 33rd anniversary on Friday, October 10. They have two children, one grandchild.



50th anniversary

Mr. and Mrs. Delmar Allen of Moreno Valley, California, celebrated their 50th wedding anniversary on September 20. They are former residents of Floyd County.

Honor choir receives outstanding rating

The Prestonsburg High School Honor Choir received an outstanding rating at the Music Maestro Music Festival in New Orleans.

This rating was achieved by only 25 percent of the participating choir.

Gene Davis, superintendent of the Floyd County Schools received a letter of commendation from Music Maestro stating:

"Excellence in performance by your students was most welcome to not only our internationally-respected adjudicators but also to the students and directors from across the United States who had the privilege of hearing and observing your musical organization.

You are to be lauded for the high level of education present within your schools which is very much responsible for the musical achievements of your student musical ensembles."

While in New Orleans the students had the opportunity to tour the city, take a swamp tour, take a jazz cruise on the Natchez and enjoy the local cuisine.

The students were accompanied by Elizabeth Frazier, director;

and Judy Burchell, Sharon Vaughan and Carolyn Stout. They

were also accompanied by Glen Jones, with Little Sandy Tours.



Pictured from left: Elizabeth Frazier, Amanda Ratliff, Laura Neeley, Lesley Wells, Lesley Stout, Bethany Vaughan, Kelly Wells, Rhiannon Hedrick, Lora Crider, Denise Campbell, Tiffany Vaughan, Ginger Hall, Melanie Aiken. Second row: Jeanie Branham, Melissa Dye, Sheena Brock, Kim Slone, Margaret Damron, Greta Hicks, Allison Caudill, Madelyn Schoolcraft, Allison Elliott, Amber Leslie. Third row: Mark McKinney, Tommy Franklin, Wes Fugate, Josh Clay, Jason Blackburn, Jody Hurt. Fourth row: Andy Jarvis, Aaron Damron, Adam Bailey and Neill Hamilton.

Velocity

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BONELESS Chuck Roast \$1²⁹ lb.	
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BONELESS CENTER CUT Pork Chops \$2⁴⁹ lb.	
	BONELESS COUNTRY-STYLE Pork Ribs \$1⁹⁹ lb.

BUSINESS/REAL ESTATE

Winn-Dixie will donate a percentage of sales on celebrity bagger's day

Winn-Dixie will join the American Cancer Society to help 'bag' cancer during its statewide

Celebrity Bagger's Day on Wednesday, October 8. This one-day event will feature local

'celebrities,' including government officials, media personalities, and area business executives, who will don their bagger's aprons and stand duty at the end of the check-out counter. Winn-Dixie will donate a percentage of sales for the day to the American Cancer Society.

"Winn-Dixie is committed to providing ongoing support of the American Cancer Society's efforts through events like Celebrity Bagger's Day," said Tony Robinson, Winn-Dixie's manager. "We thank all the celebrities who have agreed to participate and encourage our customers to help make this event a success."

"The money raised during

Celebrity Bagger's Day supports the American Cancer Society's local programs of education, advocacy and patient and community services, as well as supporting cancer research," according to Teresa Damron-Mullins, area manager for the American Cancer Society. "For the first time in history, overall death rates from cancer have begun a steady decline in the United States."

"Working together, we are making a difference in the fight against cancer."

For further information regarding this event, contact Winn-Dixie at 886-0601 or the American Cancer Society at 437-0020 or 1-800-ACS-2345.

New sales associates join local Century 21 office

Dorothy Harris, owner and broker of Century 21 American Way Realty Inc. recently announced the addition of two new sales associates at the Prestonsburg office.

Debbie Allen attended Tom Lambuth's Career Development Center in Lexington for her pre-licensing qualification courses. Allen and her husband, Wannie, live on Abbott Road with their two children, Wannie Jr. and Desirae. Allen is a life-long resident of Floyd County and knows the area well. She will be working from the Prestonsburg and Paintsville offices.

Shelia Crockett and her husband, Freddie, live on Abbott Road with their son Joe. She is a native of Virginia, but has resided here since 1991. She is a former banker with 15 years experience and enjoys working with the public. Crockett also received her pre-licensing

qualification from the Tom Lambuth's Career Development Center.

"We're excited to add Allen and Crockett to the Century 21 American Way Realty team," Harris said. "The worldwide scope and reputation of the Century 21 systems, combined with the training the company provides, will help our newest associates begin a successful career in real estate." Allen and Crockett will specialize in residential, commercial and industrial properties in Floyd County and the surrounding area.

The Century 21 system, a division of HFS Inc. has a presence in over 16 countries and territories, including approximately 6,000 independently owned and operated franchised broker offices worldwide, being the largest real estate company in the world.



Allen



Crockett

COMMERCE CORNER

by Carla Coburn
Executive Director
Floyd County
Chamber of Commerce

Only one day remaining until the 1997 Fall Classic Golf Tournament.

This Thursday, October 9, will mark the Second Annual Chamber of Commerce golf tournament at Jenny Wiley State Resort Park, a scheduled event of the Jenny Wiley Pioneer Festival. We have several Chamber member businesses scheduled to play in the tournament, and a host of prizes representing our member businesses.

This Saturday, the Chamber of Commerce will host another event of the Jenny Wiley Pioneer Festival for the second time. The Pioneer Bubble Gum Contest, for kids of all ages, will be held on Saturday, October 11, at 11:00 a.m., in the Municipal Parking Lot. We are seeking Chamber contest judges!

In other news, we say goodbye

this week to our treasurer, PD Pelphrey of The Bank Josephine, who will be leaving the Floyd County business community. Our organization will appoint a new treasurer at the October membership meeting.

On the same note, we welcome Dennis Dorton to our business community, who will now be with The Bank Josephine, as well as, Rhonda Powers who is the new manager of Matewan Bank.

We are proud to welcome Reno's of Prestonsburg to our business organization and to Floyd County. According to our membership contact, the restaurant will be up and running by the end of October.

This week we also welcome Appalachian Paging as a member of our organization. It is the second member company for owner Lane Dutton to join our organization. We appreciate your dedication to our Chamber of Commerce!



Carla Coburn

Century 21

Dorothy Harris, Broker
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NEW LISTING

LEVEL—3-bedroom, 1.5-bath brick home on level lot. Convenient to both Pikeville and Prestonsburg. P-101791-F3.

REDUCED! **HOME PROTECTION WARRANTY**

WATER GAP RD.—What a location! Best describes this beauty with over 1900 sq. ft. This home has a master bedroom and sitting room most people only dream of. B-101627-F3.

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ABBOTT CREEK—Enjoy this comfortable A-frame surrounded by nature and privacy. 3 bedrooms, L.R., D.R., 1-1/2 baths, stone fireplace, and lots of decking. H-101252-F3.

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PRESTONSBURG — City conveniences, close to school, church, and shopping. 3 bedrooms, 1.5 baths, lots of closets. Hardwood floors. Charming country cottage. \$65,000. P-101790-F3.

REDUCED! **HOME PROTECTION WARRANTY**

PRESTONSBURG—Location, location, location, describes this 3-bedroom beauty on Arnold Avenue. Walk to schools, churches, and stores. V-101493-F3.

REDUCED! **HOME PROTECTION WARRANTY**

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PRESTONSBURG—Rt. 1428, Lancer Rd. — Investment property includes 2-story brick home, 1-story frame home, store building—mobile home space, large garden space. All located on approximately 1 acre of land, more or less. Priced to sell at \$99,000.00. Call today for an appointment. MLS #101460

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PRESTONSBURG - Plenty of room and close to schools. 3 bedrooms, 3.5 baths, family room. \$152,500 (101119) Call Curly.

PRESTONSBURG - Looking for a business where you can be your own boss that's already established? Rose's Restaurant is for you! \$47,500 (101605) Call Marcle.

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Hansel Cooley, Jr.....889-0427
Lorena Wallen.....886-2818
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Action Auction

10:00 a.m. Thursday
October 9, 1997
North Mayo Trail, Pikeville, KY

OFFICE COMPLEX

This office complex contains approximately 6,000 sq. ft. The first and second floors consist of 2 office suites each. The basement is unfinished and great for storage, but could easily be converted into more office space. The parking lot is paved, providing 22 parking spaces for tenants and customers. Located just off U.S. 23, this complex provides great visibility and high traffic flow.

TERMS: Ten percent down on the day of the sale, balance due within 30 days. Announcements made on the day of the auction take precedence over previous written material or statements made.

(606)432-8181
1-800-926-8025
7104 N. Mayo, Pikeville, KY 41501

Bill Gibson, CAI
Auctioneer-Broker

ASHLEY AUCTION

7 CHOICE BUSINESS AND COMMERCIAL TYPE PROPERTIES
Saturday, 1:00 p.m.—October 11, 1997

We have been instructed to sell at ABSOLUTE AUCTION these 7 choice building sites ideally located for development as professional buildings or business income-producing properties. Located adjacent to the Southeast corner of the Courthouse Complex fronting on Washington Street, Stanton, Ky., bounded on the North by Atkinson Street and on the South by Lyons Street. All Plots have city utilities available. PLOT #1 is a corner fronting Washington Street 40 ft. and running along Atkinson Street 107.13 ft. and being 35 feet across the back. PLOTS #2 and #3 front Washington Street 40 ft. and extend back approximately 108 ft. and are 40 ft. across the back. PLOT #4 is 31.64 ft. across the front and extends back 108 ft. and is 32.28 ft. across the back. PLOTS #5 & #6 front Washington Street 40 ft. and extend back 110.02 ft. and are 40 ft. across the back. PLOT #7 being a corner lot, fronts Washington Street 40 ft. and extends back along Lyons Street 111.24 feet and is 40 ft. across the back.

This is the first time in many years that this type of property has come on the market near the Courthouse square and is ideal for development catering to the business needs of Powell County. There is a big demand for business properties to people wanting to Lease, but very little available. We invite your inspection of these properties. Make your arrangements and be at this auction. Engineer's Surveyed Plats are available. If you are interested in developing or investing for the future, we invite your inspection. Seldom does the public get a chance to buy this type of property in Stanton. It seldom comes on the market and the supply is limited. Each lot will be sold separately, with reservation to offer in combined units or as a whole.

TERMS: \$3,000 down-payment each plot, balance with Deed on or before October 23, 1997, upon passing of Deed. 10% Buyer's Premium added. Complete terms to be announced at Auction time.

For further information, call the Auction Company.
OWNER: Mrs. Louise Ashley

This auction conducted by:

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COMMERCIAL—600± Commercial property. Located on busy US 23 at Water Gap. Includes a 3-B/R, 2-bath house.
STARTER HOUSE AT ABBOTT CREEK—Call for details.

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KENMORE WASHER AND DRYER with warranty. Excellent condition. Call 874-2750.

WOLFF TANNING BEDS Tan At Home Buy DIRECT and SAVE! Commercial/Home Units from \$199 Low Monthly Payments FREE Color Catalog. Call TODAY 1-800-711-0158

AUCTION: HUGE ESTATE SALE. Quality antiques, furniture, appliances in excellent condition. Complete contents of 12-room house, cellar, two outbuildings. KY Rt. 40 West, Oil Springs, Johnson County, Saturday, October 18, 10:21 a.m. Century 21, Jim Gambill, Auctioneer. 789-0021 or 789-5617.

SIDEWALK SALE! October 11-12 Lowe's of Pikeville Drastic reductions on clearance light fixtures and lamps. Hurry while they last!!

LOVESEAT, UPRIGHT FREEZER; full size mattress and boxsprings. \$50 each. All in good condition. Call 358-9694 or 358-5511.

DOUBLE HEATER: 9,000-30,000 BTU. Two each, 20 lb. propane cylinders with gas. Campstove grill included. Telephone 606-886-3924.

FOR SALE: Cobra CB base station; 30 channel hand-held scanner; 10 channel hand-held scanner; Uniden 40-channel CB radio; 100 watt liner for mobile timing light; compression gauge; voice digital multimeter; AC volt amp meter; assorted power mikes for CBs. Call 886-8349.

Antiques & Collectibles

ANTIQUES, ART PRINTS by Don Ensor, Ray Harm and Russell May, AND COLLECTIBLES. 606-886-6065.

Boats For Sale

FOR SALE: 1987 Jon Boat. 9 ft. long, two trolling motors, two chairs, two oars, and battery. \$400. Call 478-2775.

Real Estate For Sale

LAND FOR SALE: Hillside property. Some excavation done. Approximately 19 acres. Located on old Mare Creek Road, Stanville. Call 606-478-4230.

FOR SALE: Lexington condo, off Alumni (near UK). Two bedroom, one bath, fireplace, washer/dryer. \$62,000. Call 606-223-9401.

EXECUTIVE HOME FOR SALE

Abbott/Bonanza Area Lick Fork, Route 1750 Brick, one-story home, three bedrooms, 3 1/2 baths, family room with brick and marble fireplace, den with brick, large living room, separate dining room, large eat in kitchen, 2-level snack-bar, and much more. Sitting on large private lot. Basketball court, 2-car carport, and beautiful stone patios. Great location, 12 minutes from Prestonsburg or Paintsville and 4 miles from new Route 23 four lane. Shown by appointment only. Call 606-789-4676 after 6 p.m.

LOTS FOR SALE: Overlooking Yatesville Lake in Lawrence County. Call 606-673-3385 or 606-673-3585.

FOR SALE: Three bedroom brick home, 1,650 sq. ft. Living room, rec room, two full baths, kitchen, dining room, 30x22 carport, 15x25 deck, outside building, barn. 48 acres. Call 606-447-2265.

FOR SALE: 10 acre baby farm in Lawrence County. Also, 100 acre farm for sale in Lawrence County. Call 606-673-3385 or 606-673-3585.

OFF RT. 321 AT AUXIER: Large lot. City utilities. Convenient to Prestonsburg and Paintsville. \$15,000 firm. Call 886-8670 after 6 p.m.

FOR SALE: New house. Three bedrooms, two baths. 100x200 lot. One mile from city limits of Prestonsburg. Call 886-2818.

OFF RT. 321 AT AUXIER: Two or three bedroom home, two full baths, kitchen, DR, FP, screened back porch, attached storage building on carport, one outbuilding. On large lot with concrete driveway and all city utilities. Convenient to Prestonsburg and Paintsville. \$52,500. Call 886-8670 after 6 p.m.

HOUSE FOR SALE: 2,050 square feet brick with front porch and two car carport, custom kitchen, family room and den with fireplace, living room/dining room combination with fireplace; three bedrooms, 1 3/4 baths, 20x40 in-ground pool, all chain link fenced. Located in Cow Creek area, in Allen school district. Price reduced to \$74,990. Call 874-9492 days; or 874-9054 evenings.

PROPERTY FOR SALE

135 ACRES, more or less, on Twin Branch, adjoining government property at Yatesville Lake in Lawrence County, Kentucky. Roads developed on property, two house seats, on blacktopped road, lots of wooded area. Hunter's paradise. Asking \$60,000.

ALSO 47 ACRES, more or less, off Abbott Creek Road in Floyd County, Kentucky, on Copperas Lick Branch, about six miles from Prestonsburg. Lots of wooded area, one house seat developed. could be more. Asking \$32,000.

Please call 606-265-4573. If no answer, please leave message.

NEED ADVICE ON SELLING YOUR HOME OR LAND?

Call for a no obligation opinion of market value! Lynda Spurlock of Century 21 American Way Realty, 285-9650.

PROPERTY IN HUEYSVILLE AREA: Estate of Charles E. Martin, 5-7 acres +/- . Property includes service station, two houses, car wash and storage building. Point of contact: Pam, 358-2354, after 5 p.m. (caller ID).

FIVE BEDROOM BRICK HOME. Two story. Over 3,000 sq. ft. 1 1/2 baths. Large dining and living room. Forced air heating plus four fireplaces. All oak floors and baseboards. Approximately 1/2 acre fenced yard. Like new roof, storm doors and windows. Large outbuilding. Four rooms carpeted and drapes. Needs paint and minor repairs. Wheelwright. Out of state owners. Will finance with \$7,000 down or sell for cash. Asking \$28,500. Appointment to see, 1-407-952-6956 or 606-633-8759.

LAND FOR SALE: 200 yards from junction of Rt. 680 and 122. Residential or commercial. Call 606-377-2243.

15,000 SQ. FT. LODGE STYLE HOME at Harold. FSBO. Private, scenic, spacious. Possible trade or terms. Call 606-478-8145 or 888-807-9390.

270 CENTRAL AVE BUILT TO LAST, this spacious, light home is in a central but private Prestonsburg location. Four bedrooms, 2 1/2 baths, two fireplaces, hardwood floors throughout. Over 2,300 sq. ft. on main floor. Full basement includes large rec room. Full walk-in attic. Central heat/air. Call 606-886-0934 after 5 p.m.

MUST SELL! Four bedroom home in Auxier. Price negotiable. Call 874-9138 after 4 p.m.

HOUSE FOR SALE: Extra nice, well-maintained. Three bedroom, central heat and air, new carpet, two storage buildings. One acre. City water, paved road, carport, quiet neighborhood. Prater Creek. Call 606-478-5194, 606-679-4207 or 501-268-1770.

PROPERTY FOR SALE OR TRADE: 22 acres +/- located on Jacks Creek in Floyd County. Will accept horses, ATVs, pontoon, etc. in trade. Call 606-348-3684, 8 p.m.-10 p.m. or leave message.

A-FRAME CABIN for sale. Located near Cave Run Lake. Big pond in back. Call 276-1008 before 3 p.m.; or 285-9825 after 5 p.m.

HOUSE FOR SALE: 1,800 sq. ft. Recently renovated. Rt. 122, Drift. Four large bedrooms, two baths, living room, dining room, built-in kitchen. 18x36 in ground pool. Call 377-7752 for appt.

HOUSE FOR SALE: Stone Coal Road, Garrett. Includes three bedroom home with two full baths, two car garage and new heat system. Call 358-2104 or 358-4418 after 6 p.m.

MORTGAGE LOANS 30 year fixed rates. No down payment to qualified buyers. Low rates for first time buyers. Star Financial, Ashland, KY. 1-800-782-7613.

GOV'T FORECLOSED homes for pennies on \$1. Delinquent Tax, Repo's. Your area. Toll free 1-800-218-9000, ext. H-6778 for current listings.

FOUR BEDROOM HOUSE for sale. Good neighborhood. Located at Estill Bottom. Will sell

on land contract. Call 606-285-4789.

1994 RAM 150 long wheel base utility van; also, 1996 F-150 two wheel drive. Call 874-8113.

Mortgage Services

FREE MONEY! Let me show you how to refinance your home and save you thousands on your mortgage--regardless of credit history. Call Community First, 888-421-0811 or 780-0202.

Autos For Sale

FOR SALE OR TRADE: 1988 Dodge Caravan. V-6 automatic, air, tilt, cruise, seats seven. \$3,800. Call 606-789-9324.

1991 CHEVY BERETTA. V-6 automatic. Excellent condition. Call 886-9689 or 886-6300; after 5 p.m. call 886-9019.

Bolen Appliance Service

Selling like-new Washers, Dryers, Stoves and Refrigerators Now all appliances guaranteed for 8 or 12 months. New & Used Parts & Service. No one does it better! Call: 358-9617

Hitchcock Repair Service

Heating, Refrigeration, Laundry, Dishwashers, Ranges and Microwaves Service and Parts 886-1473

APPLICATIONS NOW BEING ACCEPTED

for low and very low income people who are elderly or mobility impaired, at Highland Terrace Apartments in Prestonsburg, from 8:30 a.m. to noon or from 1:00 to 4:00 p.m. Mon. thru Fri. (closed Wednesday afternoons) or call (606) 886-1925. (TDD: 1-800-247-2510).

Highland Terrace does not discriminate in admission or access to, or treatment, or employment in subsidized housing on account of race, color, creed, religion, sex, or national origin, age, familial status or handicap. E.O.E.

NOW ACCEPTING APPLICATIONS For 1, 2 & 3-bedroom apartments.

Regency Park Apartments
U.S. 321 (Below Hospital)
886-8318
from 9 a.m.-3 p.m.

Your Career Rx

Appalachian Regional Healthcare, Inc., a system of 11 not-for-profit hospitals, 26 clinics and 19 home health agencies serving Kentucky, West Virginia and Virginia, is seeking pharmacy professionals for the following positions:

ASSISTANT CORPORATE DIRECTOR, Clinical Services

ASSISTANT CORPORATE DIRECTOR, Administration

at the ARH Central Pharmaceutical Services Division South Williamson, KY

To lead system-wide development and implementation of specific programs to promote pharmaceutical care and improve patient outcomes. Pharm.D. with residency or equivalent work/clinical experience. License/eligibility for reciprocity to KY, WV and VA.

Staff Pharmacists

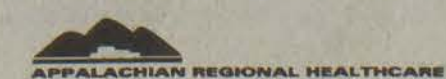
Whitesburg ARH, Whitesburg, KY
ARH Regional Medical Center, Hazard, KY
Middlesboro ARH, Middlesboro, KY
McDowell ARH, McDowell, KY

Will join the pharmacy team at these facilities to provide inpatient and outpatient pharmaceutical services. New graduates are encouraged to apply.

***** RELIEF COVERAGE OPPORTUNITIES *****
Varied schedules and locations for pharmacists interested in providing relief coverage. Earn extra money for the holidays - excellent compensation and expenses paid.

NEW SALARY RANGES. As members of the ARH pharmacy team, you will enjoy a very competitive salary and an excellent benefits package including fully paid health insurance, paid vacation, holidays and sick leave allotments, interviews at ARH expense and relocation allowance. Excellent learning environments as ARH develops programs in clinical pharmacy and HBO&C patient processing system. For additional information, please send resume with salary requirements to: Marilyn Hamblin, ARH Corporate Personnel Division, P.O. Box 8086, Lexington, KY 40533 or FAX to: 606-226-2586 or call 1-800-888-7045 Ext. 532, e-mail: mhamblin@arh.org EOE

VISIT ARH ON THE WEB AT: www.arh.org



Job Opportunity

Jerry's Restaurant in Prestonsburg is now taking applications for waitresses, cooks, and dishwashers.

Jerry's offers BC/BS insurance, paid vacation, meals and uniforms.

Apply in person, only—
No phone calls, please!

Applications may be obtained
Monday-Friday
3:00-4:00 p.m. only

CASH FOR HOMEOWNERS

CREDIT PROBLEMS UNDERSTOOD

FREE APPLICATION BY PHONE	\$10,000 — \$ 38/mo
Debt Consolidation	\$30,000 — \$265/mo
Cash for Any Purpose	\$50,000 — \$442/mo
One-Hour Pre-Approval	\$80,000 — \$707/mo
Fixed Rates Confidential	

CAPITAL SEEKERS, INC. APR 8.75% @ 30 mo (CAC)

CALL NOW! 1-800-669-8957

FOR SALE: 1993 Mercury Sable GS. Four door, automatic, V-6, black/maroon interior. 57,000 miles. Excellent condition. \$7,500. Phone 478-2775.

1993 CHEVY ASTRO VAN. One owner. Excellent condition. Teal in color. Call 606-358-4889.

1986 CHEVY S-10 BLAZER. Two door. Excellent condition. Priced below book. Call 886-9466.

HICKS' AUTO SALES 114 W. MT. PKWY. 886-3451
1995 CHEVROLET MONTE CARLO. Red with black leather, automatic, a/c, CD. 12,000 miles. \$10,800.
1995 CHEVROLET LUMINA LS. Automatic, a/c, AM/FM cassette. 43,000 miles. \$9,000.
1995 CHEVROLET CORSICA. Four cylinder, automatic, power windows and locks, a/c. 44,000 miles. \$5,200.
1994 PONTIAC SUNBIRD. V-6, automatic, a/c, AM/FM cassette. 42,000 miles. \$5,600.
1995 CHEVROLET C1500 CLUB CAB. Fully loaded. 60,000 miles. \$13,300.
1993 CHEVROLET S-10 CLUB CAB. Automatic, air, 80,000 miles. \$5,500.

1973 CHEVY 350 BOX MOVING VAN with aluminum box. Good condition. Automatic. Full of tools; or will sell separate. Call 358-9694.

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SEIZED CARS FROM \$175. Porsches, Cadillacs, Chevys, BMWs, Corvettes. Also Jeeps, 4WD's. Your area. Toll free 1-800-218-9000, ext. A-6778 for current listings.

Mobile Homes For Sale

HINDMAN MOBILE HOMES, HWY. 80, Hazard, KY; 1-800-510-7064. We have doublewide starting at \$190/month with 5% down. We also have land for sale. We finance it all!! Call 378-3143; or outside Perry County call 1-800-510-7064.

1988 CLAYTON 14X70. Two bedroom, 1 1/2 baths. Central air, underpinning. Call 606-789-3965.

WHITE HALL MOBILE HOMES in Hazard invites everyone to stop in during our Fleetwood Millionth Home Celebration and register to win one of four \$50,000 Fleetwood Homes to be given away nationwide. We have a two bedroom home for only \$138 per month; and a three bedroom, two bath doublewide starting at less than \$200 per month. No down payments with a deed. Come see us for all your mobile home needs! White Hall Mobile Homes, located on the new Hazard Bypass. White Hall is your "Home Team."

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.

ALERT!! Crucial information explains how to reduce and save thousands on the purchase of your new mobile home. Trading and finance secrets the dealers absolutely DO NOT want you to know. Guaranteed to save you money. Send \$14.95 + \$1.50 S/H to: M&J Services, P.O. Box 844, Harold, Kentucky 41635.

MOBILE HOME FOR SALE: Two bedroom, total electric in fair condition. Porches and underpinning included. Have two available. Call 886-9007.

TWO BEDROOM TRAILER. Has tip out (makes doublewide). Price includes underpinning, steps. Can be left on lot. Refrigerator and stove included. Call 606-358-9142.

NEED STORAGE? Call A Storage. 9ft.x10ft., \$50/month; 9ft.x20ft., \$80/month. No deposit on 9x10. Jackson Street, located behind Advance Auto Parts. 606-886-8358.

New & Used Furniture

ALLEN FURNITURE ALLEN, KY Living room suits; daybeds; gun cabinets; bedroom suits; recliners; odd chests; dinette sets; bedroom beds; odd beds; loungers; used washers, dryers, refrigerators; and lots more! Call 874-9790.

ROSE'S USED FURNITURE: Camper top; appliances with 30 day exchange; doors; windows; storm doors; bedroom and living room sets; bar and two stools; exercise equipment; dinettes; captain's bed; day bed; bassinets; rockers; what nots; wringer washers; carpet; linoleum; much more. Come on in and say hi and browse. One mile south of Lancer red light across bridge to Goble Roberts, turn left at Sheila's Grocery, sixth building on right. Call 606-886-8085, Monday-Saturday, 9-5; or 606-889-9898 evenings.

Tobacco Products

PARKWAY DISCOUNT TOBACCO: Opening soon. Located at Highlands Plaza to serve you with everyday discount prices on all tobacco products.

Houses For Rent

3 BD HOUSE with farm setting. Large fenced front yard. \$400/month. Call 606-789-9428.

HOUSE FOR RENT: LR, DR, kitchen, three bedrooms, one bath. David area. \$300/month plus deposit. Call 789-5129.

3 BDHOUSE. McDowell. HUD approved. Call 285-9379 or 377-2400.

THREE BEDROOM HOUSE with two baths, living room, family room, kitchen and garage. One block from Downtown Prestonsburg. Call 606-245-6464.

3 BD HOUSE FOR RENT: Great Prestonsburg location. \$350/month. Call 886-9466.

3 BD, 2 BATH HOME with washer/dryer, carport, sauna. lvel. \$450/month. References and deposit required. Call 478-2518 after 6 p.m.

HOUSE FOR RENT: Six rooms, two baths. \$300/month, \$300 deposit. Call 358-4303.

FOR RENT: Small two bedroom trailer. Located near Clark School. \$275/month plus electric. Call 285-9991.

Apartments For Rent

APT FOR RENT: Two bedrooms, large living room. Very clean. Security deposit and references required. call 358-9142.

FOR RENT: 1 BD apartment for rent. Close to PCC and Highlands Regional. \$325/month. Must see to appreciate. Call 886-9291.

FOR RENT: 2 BD apartment in Prestonsburg area. Central heat/air. Call 886-9000 from 8a.m.-5 p.m.

THREE BEDROOM APARTMENT. \$475/month, all utilities paid. Deposit required. Call 285-3628.

ONE BEDROOM FURNISHED APARTMENT. Nicely furnished. All utilities paid. Senior citizens welcome. Near hospital at Martin. Call 285-0650.

APARTMENTS FOR RENT: Nice one bedroom apartments at Hueysville. Call 874-9478 (home) or 886-5187 (beeper).

PARK PLACE APARTMENTS: New 32-unit complex on Middle Creek, 1 and 2 bedroom units with on site laundry and recreation, will be accepting applications beginning October 20 through 24, from 9 a.m. to 4 p.m. A temporary office will be set up at Big Sandy Area Development office, small conference room, 100 Resource Drive, Prestonsburg. To receive an application by mail call 606-784-3400. An Equal Opportunity Housing Provider.

TWO 1-BEDROOM APTS. One furnished, one unfurnished. Also, one 2-bedroom apartment with stove/refrigerator only. Call 886-8991.

HOUSE OR APARTMENT FOR RENT. University Drive. Unfurnished house or furnished one bedroom apartment. A/C, lease and security deposit. 886-3565.

APARTMENTS FOR RENT: 1 one BD and 1 three BD. \$80/week. Water included. Furnished. Call 606-745-1556 or 886-6900.

2 BD APT. All electric. Nice place to live. Rt. 3, Auxier Heights, near Thunder Ridge. Call 886-3552 after 5 p.m.

Mobile Homes For Rent

THREE BEDROOM MOBILE HOME. Large lot. City water. Stove/refrigerator included. \$80 week. Call 606-745-1556 or 886-6900.

LARGE THREE BEDROOM, TWO BATH DOUBLEWIDE on double lot. Fenced front and back yards. \$400/month plus deposit. Quiet farm setting. Central heat/air, fireplace. Call 606-789-9428.

FOR RENT: 14x70 two bedroom trailer. Total electric. Stove and refrigerator, central air. Level lot. David area. Call 886-2720.

THREE BEDROOM TRAILER located at Printer. Call 886-6857.

TWO BEDROOM UNFURNISHED trailer for rent. Spurlock Fork of Middle Creek. References and deposit required. Call 886-2801.

FOR RENT: Two bedroom trailer. All appliances. City water included in rent. \$200/month, \$100 deposit. Call 478-9199, leave message.

Apartment For Rent

FOR RENT: 1993 model two bedroom mobile home. Unfurnished. Heat pump. Langley area. \$300/month plus deposit. Call 285-0716 or 789-8590.

THREE BEDROOM, TWO BATH MOBILE HOME. Total electric, stove and refrigerator furnished. Excellent condition. On new U.S. 23, two miles from Prestonsburg. Call 886-9007.

FURNISHED TRAILER FOR RENT: Two bedroom, two bath. Outside storage building. Eastern, Rt. 80. \$350/month plus utilities. Deposit required. Call 358-4208.

14X70 TWO BEDROOM, TWO BATH MOBILE HOME. Very nice. Cow Creek area. Call 874-9949 or 874-9804.

MOBILE HOME FOR RENT: Three bedroom. Large private lot, Lancer/Water Gap Road. \$350/month plus deposit. Must have references. Available October 5. Call 874-9691.

RENT: 2-bedroom mobile home. Total electric. Stove and refrigerator, new carpet. Between Prestonsburg and Paintsville on old U.S. 23. Also have lots for rent. Call 886-9007.

AKERS TRAILER COURT in New Allen has several trailers for rent. 1 1/2 to 2 bedrooms. Call 874-8978 or 874-8039 after 5 p.m.

Mobile Home Lots For Rent

LARGE PRIVATE TRAILER LOT with farm setting. All hooks available. \$145/month, \$145 deposit. Call 606-789-9428.

Employment Available

AVON: BUY OR SELL. Call Jancy at 886-2082.

POSTAL JOBS Prestonsburg Area \$12.68/hour to start, plus benefits. Carriers, sorters, clerks, maintenance. For an application and exam information call 1-800-819-5916, ext. 385, 9a-9p. 7 days.

Pharmacist Needed

Salary negotiable, insurance. Hours: 8:00 to 5:00 5 days per week. Paid holidays, paid 2-week vacation. Serious inquiries only Call 606-298-5028 or 606-298-0125

POSITION AVAILABLE: Dental Assistant. Experience preferred, but not required. Benefits include vacation, holidays and retirement plan. Salary based on work experience. Send resume to: Dental Assistant, P.O. Box 444, Prestonsburg, KY 41653.

FINANCIAL MANAGER/ASSISTANT TO CFO position available. Will manage general accounting activities such as journal entries, cash, assets, capital leases, depreciation and prepaid schedules, reconciliations, analyzing data, assist with preparation of budgets, cost reports and audits. Regular and special reports prepared. Will be responsible for purchasing of the agency, bidding process, inventories, vendor communications. Other responsibilities will include employee benefit enrollment and changes. Must be experienced in payroll, employment taxes, accounts payable and computer functions. Position requires Bachelor's Degree in accounting with at least 3 years progressively responsible experience in accounting. Experience in health care industry, and managed care knowledge preferred. Familiarity with Federal and State Agency requirements preferred. Must have strong computer skills, experience with Lotus 1-2-3, Word and Excel. Typing and grammar skills required. Deadline: October 15, 1997. Send resume to:

BSHC Attn: CFO 1709 KY Rt. 321, Suite 3 Prestonsburg, KY 41653; or fax to 606-886-8548 #19.

RECEPTIONIST NEEDED FOR DENTAL OFFICE. Job involves computer insurance billing. Send resume to: 301 North Lake Drive, Suite 2, Prestonsburg, Kentucky 41653.

TIRE DRESSING FOR SOMEONE ELSE? Want to own your own catalog order business with the manufacturer making all deliveries to your customers? Low overhead, repeat customer base with \$35,000 potential income working part time. Call 1-888-208-1857, leave message.

SALES POSITION OPEN: Some experience necessary. Must be self-motivated and conscientious. Must be willing to study, learn and demonstrate products. Local travel only, Monday-Friday. Call 874-9492, 8 a.m.-4:30 p.m.

ENGINEERING FIRM needs experienced Transitman. Minimum two (2) year's surface or underground surveying experience. Salary negotiable. Contact AP-Coal Engineering, Inc. at 606-633-4486 to set up an interview.

EARN \$\$\$\$ with AVON. Work your own schedule. Call 1-800-840-4902.

LABORATORY TECHNICIAN NEEDED Primary care clinic has an immediate opening for a Laboratory Technician. Must have earned a Medical Technology degree from an accredited school, one year of laboratory experience in high complexity testing OR have earned an associate degree in laboratory science or Medical Laboratory Technology from an accredited institution and have two years laboratory training in high complexity testing. Comparable salary and excellent benefits. Some travel required. Send resumes to: Personnel Department Big Sandy Health Care, Inc. 1709 KY Route 321, Suite 3 Prestonsburg, KY 41653 or call: 606-886-8546.

ed school, one year of laboratory experience in high complexity testing OR have earned an associate degree in laboratory science or Medical Laboratory Technology from an accredited institution and have two years laboratory training in high complexity testing. Comparable salary and excellent benefits. Some travel required. Send resumes to: Personnel Department Big Sandy Health Care, Inc. 1709 KY Route 321, Suite 3 Prestonsburg, KY 41653 or call: 606-886-8546.

Wanted

WANTED: Someone to carpool with. Live in Wayland, work in Prestonsburg (evening hours). Call 358-9232.

Pets & Supplies

COCKER SPANIEL PUPPIES FOR SALE. Buff color, males and females. Wormed and puppy shots given. \$100. Call 886-0021.

DUE TO DEATH IN FAMILY and will be moving out of town, we have seven cats (all neutered, friendly & affectionate) to give away to good homes who will love and take care of them. If interested please call 606-789-6444.

ABBOTT CREEK KENNELS: Miniature Pinschers. Call 886-3680.

STUD SERVICE: AKC registered chocolate and tan male Cocker Spaniel. Call 886-1428 (office), 606437-8402 (home) or fax 889-0081.

Safety Training

COAL MINE SAFETY and first aid; M.E.T. and C.P.R. training. call 285-0650.

Garage & Yard Sales

YARD SALE: Thursday-Friday, Oct. 9-10, 124 East Graham Street, Prestonsburg. Child's wooden playhouse, lots more!

YARD SALE: Heaters, appliances, cabinets, furniture, windows, doors, slide in camper, lots more. Call for appointment, 452-2663. No refunds.

3 FAMILY YARD SALE: 1 1/2 miles on David Road, Rt. 404. Thursday-Friday, October 9-10. Rain or shine. 9 a.m.-?? Ed Ousley's residence. 886-2163.

Free

FREE PALLETS. Behind Floyd County Times office, 112 South Central Avenue, Prestonsburg.

Social Security Claims Services

TURNED DOWN ON SOCIAL Security/SSI? Free Consultation. 1-800-896-1130. No fee unless we win your case.

Computer Training

AFFORDABLE ON-SITE COMPUTER TRAINING for your home or office. Repairs and consulting available. Call 886-8494 to make your appointment today!

Pressure Cleaning

UNITY SERVICES UNLIMITED Complete pressure cleaning service. Houses, brick, block, or any type siding; mobile homes; any type buildings; concrete sidewalks, driveways, patios; trucks; cars; large equipment; boats; decks; porches. Also, sealants for brick, block, concrete and driveways. We also do general construction. For any and all your cleaning needs call 874-8057, 874-8141 or 874-8656. Free estimates! Yes We Can!!

Tree Service

TREE CUTTING AND TRIMMING, topping, brush removal, land clearing, etc. Large or small jobs. Free estimates. Call 874-9271.

Roofing & Siding

YOUR HOME DESERVES THE VERY BEST--Don't Settle For Less!! Our specialty is vinyl siding and windows for the home! Great prices and quality service. We offer many name brands including Malta, Heartland and Summit Manor. Major credit cards accepted. Call or stop by Lo-Mor Supply, Hwy. 680, McDowell, 606-377-0115; or the Lo-Mor Store, U.S. 23, lvel. 606-478-1920.

Taxi Service

MARTIN CITY CAB Need a ride? Can't drive? We have fast service, friendly drivers serving all Floyd County and surrounding areas. Call 285-0320. Medicaid accepted. Judy Barnett, owner.

Call 886-8506 to place your ad here!

USED FURNITURE We Buy and Sell CASH Furniture Company Across from Kentucky Fried Chicken Next Door To Tattoo Shop South Lake Drive Prestonsburg, Kentucky 41653 JIMBO HOWARD — BUCK CARTER

Diabetic? INSULIN CONTROLLED? STILL PAYING FOR SUPPLIES? WHY? CALL 1-800-678-5733 FOR MORE INFORMATION EXPRESS MED 3592 Corporate Drive Columbus, Ohio 43231

SPAS, SPAS, SPAS! Come see our large display or call today! Includes Hard Top Safety Cover and Chemicals HOLIDAY POOLS INC. 2979 PIEDMONT RD. HUNTINGTON, WV • 429-4788 M-F 9:30-5:00 • 9:30-2:00 SAT. LOTS TO CHOOSE FROM!

Mobile Homes For Rent

THREE BEDROOM MOBILE HOME. Large lot. City water. Stove/refrigerator included. \$80 week. Call 606-745-1556 or 886-6900.

TOP-NOTCH HEALTH CARE In A Down-Home Setting PHYSICAL THERAPIST HOME HEALTH Appalachian Regional Healthcare is seeking candidates for a home health physical therapy opening available in the Pikeville, KY area. Outstanding opportunity to practice in a patient-centered, learning environment. Requirements include Kentucky Physical Therapy licensure/eligibility. ARH offers an excellent salary and an outstanding benefits package which includes fully paid health insurance, paid vacation, holiday and sick leave allotments, etc. ARH Home Health Physical Therapists receive a 20% upgrade for all hours worked in home health services. For additional information, please send resume to or contact: Marilyn Hamblin, ARH Corporate Personnel/Recruitment Division, P.O. Box 8086, Lexington, KY 40533—FAX: 606-226-2586, 1-800-888-7045, Ext. 532 or e-mail: mhamblin@arh.org EOE Visit ARH on the WEB at: www.arh.org APPALACHIAN REGIONAL HEALTHCARE

NOTICE OF INTENTION TO MINE Pursuant to Application Number 898-5936, Renewal

In accordance with KRS 350.055, notice is hereby given that Premier Elkhorn Coal Company, P.O. Box 130, Myra, Kentucky 41549, has applied for a renewal of a permit for an underground coal mining and reclamation operation located 4.7 miles north of Virgie in Pike and Floyd Counties. The proposed operation will disturb 14.2 surface acres and will underlie 2950.0 acres, and the total area within the permit boundary will be 2964.2 acres.

The proposed operation is approximately 0.2 miles southwest from Newsome Branch Road's junction with Robinson Creek Road and located along Newsome Branch of Robinson Creek. The latitude is 37° 22' 03" and the longitude is 82° 38' 04."

The proposed operation is located on the Pikeville, Wheelwright, Dorton and McDowell U.S.G.S. 7 1/2 minute quadrangle maps. The surface area to be disturbed is owned by Ida Hall and ANR Coal Company, LLC. The operation will underlie land owned by Ida Hall, ANR Coal Company, LLC, Anthony & Betty Wright, Ethel Hampton, Daniel & Carol Lyon, Conley & Eartha Bartley, Lonnie & Effa Bentley, Brack & Sue Casebolt, Dora Reynolds Estate, Melburn Newsome, Jerry & Jenny Little, Robert & Joyce Compton, Harold Ed & Pam Jean Gunther, Ray Jones, Arnold & Roxie Reynolds, Henry Coley, et ux., Jeffrey Reynolds, Jenny & Paul Ratliff, William & Loretta Stanley, Randall Bentley, Paul & Vada Faye Newsome, Ellis & Bertha Newsome, Valley Supply Corporation, Dixie Harmon, Sterling Johnson, John D. & Maudie Simpkins, Tammy & Donald Caudill, Paul Dean & Kolene Newsome, Bobby Gene & Mildred Newsome, Elmer Ray Tackett, Lizzie Newsome, McKinley Akers, Denzil Newsome, Auda & Ada Boiden, Delmer & Donna Bolden, Ted Younce, Claudis Tackett, Oscar & Sophronia Osborne, Lester & Barbara Faye Osborne, Dora Roberts, Hurston McPeck, John & Joyce Brown, Robert Blane & Jane Adams, Gayle & Vicky Brown, Russell & Sherry Brown, Ray & Betty Brown, Charlie Flannary, Lloyd Newsome & Cora Smith, Johnson Family Trust, Andy L. Mitchell, Martha Slone Fraley, Turner Elkhorn Coal Company, Florence Newsome, Alexandria Waclaw & Sonny Platkus, Stanslaw Platkus, Bill Hall, Millard & Alyria Hall, Grover & Jacquoline Gillum, Claudette Edwards, Fanny & Bill Adams, Ukie & Ethel Curry, Gomer & Hurlene Blackburn, Leonard & Nellie Roberts, Crit & Pearl Johnson, Hattie Cole, Latrilla Cook Flannary, Delmar & Tyann Castle, Dora Johnson, Roger Puckett, Estille & George Ann Johnson, Garnis & Fayette Ditto, Lonnie Little, Hais Harris, Johnny & Lula Jones, Edna Rice, Susie Smith, Raymond & Helua Jones, Russell & Martha Walker, Liza Bell Bentley, Morris Newsome, Brack & Helen Younce, Darrell & Bonita Newsome, Denzil Newsome, Robert Blane and Jean Adams, and Conley Newsome.

The application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Pikeville Regional Office, 109 Mays Branch Road, Pikeville, Kentucky 41501. Written comments, objections, or requests for a public hearing or informal conference must be filed with the Director, Division of Field Services, #2 Hudson Hollow, Frankfort, Kentucky 41549, by November 14, 1997.

A public hearing on the application has been scheduled for Tuesday, November 11, 1997 at 9:00 a.m. at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, Kentucky 41653-1410. This hearing will be canceled if no request for a hearing or informal conference is received by November 7, 1997.

NOTICE OF BOND RELEASE

In accordance with the provisions of KRS 350.093, notice is hereby given that Branham & Baker Coal Company, Inc., 148 South Lake Drive, Prestonsburg, Kentucky, 41653, has applied for Phase II bond release on Permit Number 836-0162 which was last issued on 3/15/94. The application covers an area of approximately 90 acres located 0.75 mile North of Hippo in Floyd County.

The permit area is approximately 0.75 mile South from Rt. 850 junction with Pitts Fork Road and located on 0.2 mile South of Pitts Fork. The latitude is 37° 33' 03" and the longitude is 82° 51' 30."

The bond now in effect for Increments 1 and 8 is \$113,400. Approximately 25% of the original bond amount of \$264,600 is included in this 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 41549, by 11/14/97.

A public hearing on the application has been scheduled for 9:00 a.m.,

requests for a permit conference must be filed with the Director, 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 permit conference must be received within thirty (30) days of today's date.

NOTICE OF BOND RELEASE

In accordance with the provisions of KRS 350.093, notice is hereby given that Maple Ridge Mining Corporation, P.O. Box 219, Harold, Kentucky 41635, has applied for Phase III bond release on Permit Number 836-5075 which was last issued on July 20, 1995. The application covers an area of approximately 6.08 acres located 1.0 miles southeast of Honaker in Floyd County.

The permit area is approximately 1.2 miles southwest from KY 2030's junction with Frog Branch Road and located 0.5 miles southeast of Spruce Pine School. The latitude is 37° 30' 26" and the longitude is 82° 40' 07."

The bonds now in effect for this permit are certificates of deposits in the amount of three thousand seven hundred dollars (\$3,700.00). Approximately one hundred percent (100%) of the original bond amount of \$20,100 is included in this application for release.

Reclamation work performed includes: backfilling, final grading, seeding, mulching, and trees planted. This is the final advertisement of this application. Written comments, objections and requests for a public hearing or informal conference must be filed with the Director, Division of Field Services, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601, by November 7, 1997.

A public hearing on the application has been scheduled for Tuesday, November 11, 1997 at 9:00 a.m. at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, Kentucky 41653-1410. This hearing will be canceled if no request for a hearing or informal conference is received by November 7, 1997.

NOTICE OF BOND RELEASE

In accordance with the provisions of KRS 350.093, notice is hereby given that Matt/Co., Inc., 432 Meadows Branch, Prestonsburg, Kentucky 41653, has applied for Phase II bond release of permit number 836-5271 which was last issued on August 26, 1997. The application covers an area of approximately 1.70 acres located 0.7 miles north of Dana in Floyd County.

The permit area is approximately 0.25 miles south from KY 1426's junction with Cecil Branch County Road and located 0.50 miles west of Johnson Fork. The latitude is 37° 33' 48" and the longitude is 82° 41' 27."

The bond now in effect is a surety bond for four thousand and nine hundred dollars (\$4,900.00). Approximately twenty-five percent (25%) of the original bond amount of ten thousand dollars (\$10,000.00) is included in this application for release.

Reclamation work performed includes: backfilling, final grading, seeding, and mulching completed in May of 1995. Results thus far achieved include the initial establishment of the approved postmining land use as per the approved permit package.

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 41549, by November 21, 1997.

11/18/97 at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, Kentucky 41653. The hearing will be canceled if no request for a hearing or informal conference is received by 11/14/97.

NOTICE OF INTENTION TO MINE Pursuant to Application No. 836-5340, Renewal

In accordance with the provisions of KRS 350.055, notice is hereby given that Czar Coal Corporation, H.C. 64 Box 915, DeBord, Kentucky 41214, has applied for a renewal of an underground coal mining operation located 2.7 miles south of Odds in Floyd, Martin and Johnson Counties, Kentucky. The proposed operation disturbs 65.30 acres of surface area and will underlie an additional 426.29 acres, for a total of 491.59 acres.

The operation is approximately 2.90 miles southwest from Daniel's Branch Road's junction with KY State Route 3 and located 0.4 mile north of Dick's Creek. The operation is located on the Lancer U.S.G.S. 7 1/2 minute quadrangle map. The latitude is 37° 43' 16" and the longitude is 82° 40' 02."

The surface area to be disturbed is owned by Pocahontas Development Corporation. The operation will underlie land owned by Pocahontas Development Corporation, Sally Turner Heirs, and Harkins Mineral. The application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, Kentucky 41653. Written comments, objections, or requests for a permit conference must be filed with the Director of Permits, No. 2 Hudson Hollow, Frankfort, Kentucky 40601.

NOTICE OF BOND RELEASE

In accordance with KRS 350.093, notice is hereby given that Matt/Co., Inc., 432 Meadows Branch, Prestonsburg, Kentucky 41653, has applied for Phase II bond release of permit number 836-5271 which was last issued on August 26, 1997. The application covers an area of approximately 1.70 acres located 0.7 miles north of Dana in Floyd County.

The permit area is approximately 0.25 miles south from KY 1426's junction with Cecil Branch County Road and located 0.50 miles west of Johnson Fork. The latitude is 37° 33' 48" and the longitude is 82° 41' 27."

The bond now in effect is a surety bond for four thousand and nine hundred dollars (\$4,900.00). Approximately twenty-five percent (25%) of the original bond amount of ten thousand dollars (\$10,000.00) is included in this application for release.

Reclamation work performed includes: backfilling, final grading, seeding, and mulching completed in May of 1995. Results thus far achieved include the initial establishment of the approved postmining land use as per the approved permit package.

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 41549, by November 21, 1997.

application has scheduled for November 24, 1997 at 1:00 p.m. at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office located at 2705 South Lake Drive, Prestonsburg, Kentucky 41653-1410. The hearing shall be canceled if no request for a hearing or informal conference is received by November 21, 1997.

Research Makes "Scents"

(NAPS)—It is well known that a smell can evoke a memory, but can a scent change or enhance your mood? And are certain scents more appropriate for certain people? According to research carried out by Escada Sport, the answer to both questions is yes.

For example, the scent of grapefruit and other citruses is stimulative and helps promote a sporty, energetic feeling. White lily, sandalwood, rose petals and passion fruit flowers encourage calmness and relaxation. Cedar, nutmeg, cinnamon and apple help boost feelings of harmony and balance.

Escada Sport used this research to develop fragrances to match three leisure-time activities: Feeling Free for relaxing or casual activities; Sport Spirit for sports or energetic activities; and Country Weekend for spending time with others, especially in a natural setting.

The three different fragrances allow you to choose your own special fragrance to fit or enhance your different moods and activities.

The bottle colors were also chosen to evoke the same feelings as the scents themselves. Feeling Free is in soothing blue, Sport Spirit is in stimulating orange and Country Weekend is in balancing, outdoorsy green.

The research also found that depending on which portion of your brain is dominant, you will have an inclination for certain fragrance choices and activities. Personality tests were used to determine whether individuals had preferences for rationality, security, emotion or imagination. A correlation was found between a person's dominant mental preference and their fragrance preferences.

While not everyone can (or will want to) take a personality test to determine which fragrance is appropriate for them, Escada expects certain types to be naturally drawn to one or another of the fragrances. For example, rational types are more likely to be drawn to Sport Spirit while emotional individuals will prefer Feeling Free. Moreover, it is likely that if you use a fragrance that corresponds to your personality, you will enjoy it more.

All three fragrances are available in Eau de Toilette Spray as well as Energizing Body Shampoos and vitamin-enriched Body Lotions at fine department and specialty stores. Included in the collection is a leisure kit with a selection of all three fragrances.

Help The Skin You're In

(NAPS)—All skin-types are not created equal! Dry, oily and acne-prone are common adjectives used to describe specific skin

conditions. Increasingly, women are more attuned to their skin and how to care for it and are demanding customized products that meet their skin's special needs.

According to Dr. Diane Berson, a dermatologist in New York City and a member of the Dove Advisory Council, many women complain they have sensitive skin that becomes easily irritated by various factors. "Some women experience dryness and itchiness when they become pregnant due to hormonal changes. Other women have reactions to abrasive chemicals in their skin-care products. Even the weather can have a harsh effect upon the skin," says Dr. Berson. "As a result, skin can become flaky, itchy and red or may experience a mild burning sensation."

Berson recommends that women with sensitive skin use a mild, gentle, non-soap cleanser. One of the newest and mildest cleansers available is Dove Sensitive Skin Moisturizing Body Wash which cleans and moisturizes, without irritating or drying skin as soap often can. In addition, Dr. Berson advises that women sensitive to climate changes take extra care of their skin as the seasons change. For example, it's important to exfoliate the skin after the summer months. One way to do this is to use a moisturizer that contains alpha or beta-hydroxyacids which peel away the skin's dry, rough layers that build up from sun exposure.

Dr. Berson also stresses the importance of moisture during winter and offers some additional tips for women with sensitive skin:

- Take short, lukewarm (not hot) showers

- After showering, gently pat, don't rub, skin dry

- Avoid using harsh exfoliating scrubs or astringents. Instead, use a mild and moisturizing cleanser

- Apply additional moisturizer to the skin if it needs it

- Use a humidifier to moisten the winter's dry air

- Drink a lot of water

Taking these simple precautions can help your skin recover from damage and protect it in the future.

Taking Care Of Your Medicines

(NAPS)—Taking this quick quiz can help determine if you have the right prescription for getting the most out of your medicine.

Questions

1. Medicines need to be protected from a) extreme temperatures, b) humidity, c) light.

2. True or false. Inhalers work well under any environmental conditions.

3. True or false. Inhalers require safe handling precautions.

4. Old aspirin tablets can smell like a) soap, b) vinegar, c) mustard.

5. True or false. Always remove cotton from a medicine container even if conditions appear to be dry.

Answers

1.a), b), c) According to the U.S. Pharmacopeia, most medicines need to be protected from extreme hot or cold temperatures, dampness, moisture, and light. Medicines stored on a kitchen window sill, in a bathroom cabinet, on

a dresser, in the glove compartment of your car, or in your purse can get very cold, very warm, very humid, or be exposed to light.

2. False. A metered-dose inhaler can pop under hot conditions or the asthma medicine inside may lose its effectiveness under cold conditions. Any medicines packaged as aerosols should not be stored above 120°F or below 40°F.

3. True. Always store with nozzle-end down, never puncture, and never discard an inhaler into an incinerator or other high heat container.

4. b) Old aspirin tablets may have a vinegar-like odor. Get rid of old medicines, which can give you a false sense of being prepared for stomach upsets, fever, pain, and minor injuries. If you have any doubts, ask your pharmacist.

5. True. Cotton left in an open medicine container absorbs water from the air. Though the cotton does not look or feel wet, the medicine absorbs water from the cotton. The medicine can then disintegrate into crumbling, powdery tablets.

For more information, write to the United States Pharmacopeia, Just Ask! 12601 Twinbrook Parkway, Rockville, MD 20852, or e-mail requests to external affairs@usp.org.

Free Things to Send For

(NAPS)—There are more than 500 national wildlife refuges throughout the U.S. Free information about their locations and offerings is available by calling the National Wildlife Refuge System at 1-800-344-WILD. When you call, request the National Wildlife Refuge Visitor's Guide and The Federal Duck Stamp Story or visit the U.S. Fish and Wildlife Service homepage at www.fws.gov and click on "National Wildlife Refuge System. About 16 million households in America have two phone lines and the number is expected to jump to 26 million by the year 2000, according to AT&T. For free information about selecting a long distance carrier—no matter how many lines you have in your home or office—call 1-800-222-0300.

Americans are expressing more confidence in private, charitable institutions, especially those geared towards our youth, a survey shows. The not-for-profit sector counts on people's trust, according to the Independent Sector, a national coalition that includes 800 voluntary organizations and foundations. Free information is available by writing: Independent Sector, 1828 L Street, NW, Washington, D.C. 20036; email them at info@indepsec.org, or visit them on the Internet at www.indepsec.org.

When beginning basic training for your new cat or kitten, the experts at the Purina Pet Care Center suggest a firm, but quiet verbal command followed by praise and a favorite treat such as a few morsels of Purina® brand Kitten Chow® kitten food. Free information about caring for your kitten is available by calling the Purina Cat Care Center at 1-800-CAT-CARE. You and your family may

find it financially advantageous to use the services of a lawyer for any number of reasons. To find the Lawyer Referral service nearest you, check the Yellow Pages or call your state or local bar association. You can also visit the American Bar Association's Web site at abanet.org/public. Cypress Gardens, Florida's first theme park, is now first on the list for many family vacations. Free information about Cypress Gardens, Winter Park, Florida, is available by visiting the Internet site at <http://Florida.com/cypressgardens>.

Viking Range Corporation, which pioneered the commercial-style trend in kitchen appliances, offers a complete line of ultra-premium, commercial-style kitchen appliances for the home. Free information is available by calling toll-free 1-888-845-4641 or visit the Web site at <http://viking-range.com>.

Computers Making College Life Easier

NAPS—Increasingly, technology has become a significant part of the college curriculum. Over three-quarters of all college students will purchase a computer while pursuing their education, according to IDC Link.

Students who use computers excel academically and find college life easier. Many successful scientists, educators, athletes, musicians, writers and directors, including "ER" creator Michael Crichton, rely on Apple computers in their work.

Your computer should allow you to surf the Internet, retrieve information for assignments and pick up e-mail from friends and family at home.

In addition to delivering superior computer capabilities, Apple Computer is committed to providing tools for students, faculty and administrators that enable life-long learning. Apple also offers special deals to students, such as its Got It Yet! cash rebate offer and Back to School Sweepstakes.

The sweepstakes features prizes such as a thousand dollar shopping spree, a trip to snowboard camp and a PowerBook 1400. More information is available by visiting the Web at campus.apple.com or by calling 1-800-877-4433, extension 752.

Did You Know?

(NAPS)—The most common oversight of weekend drivers, says the ABS Education Alliance, is failing to inspect brakes, tires, oil, windshield wipers, head and taillights prior to heading out to a favorite recreation spot.

An array of features on new cars and trucks is making life easier for an important segment of the population. General Motors has programs designed to provide comfortable, convenient, and independent transportation alternatives for the one in five Americans with disabilities. See your GM dealership for more details.

A new group of life insurance products helps terminally ill employees and survivors of deceased employees navigate the financial maze through a feature called SurvivorSupport®. UNUM Life Insurance

Company of America, based in Portland, Maine, is the only insurance company to offer the service.

If you live in these ten cities, you have a lot to cheer about. They were named the top ten best sport cities in the United States by The Sporting News. The cities are: Denver, Dallas-Fort Worth, Miami, Chicago, Oakland-San Francisco-San Jose, Detroit, Los Angeles-Anaheim, New York-Long Island-New Jersey, Baltimore-Washington, and Philadelphia.

The level of care can vary greatly from one hospital to the next. Of the 1.25 million heart attacks that occur annually in the U.S., approximately 70 percent of these victims will seek assistance at a community hospital that is likely to be incapable of providing the intervention these patients require. Datascope's Cardiac Assist Division, the world's leaders in intra-aortic balloon pump technology, has developed a pilot program to provide this highly specialized technology for patients of community hospitals.

Scientific research shows some foods may actually act like medicine. Soluble fiber from oatmeal may reduce the risk of heart disease, for example. And low-fat, high-calcium yogurt contains active cultures that can help strengthen immunity. Using Cardia™ Salt Alternative as a salt alternative can significantly reduce blood pressure, studies show.

Healthcare Tips

(NAPS)—Surveys show that in choosing an HMO, people put access to medical specialists as their most important criterion.

When choosing an HMO, make sure you have the right to see a specialist, if it becomes necessary. Often, early diagnosis and quick recovery result from seeing a doctor who has specialty training and experience with your medical condition. Some financial experts believe that, in general, prompt consultation with a specialist could favorably reduce healthcare costs for all of us.

So get answers from your prospective HMO, in writing, about specialist coverage and referral procedures before you join. And here are some important questions to ask:

- Who determines whether you see a specialist?

- What is the gatekeeper's decision based upon—your health or a financial consideration, such as capitation or quota?

- Can you appeal a decision against your seeing a specialist; and how quick can another decision be made? Is the appeal-review board independent of the HMO?

- If you want to see a specialist not with the HMO, how much of the cost does the HMO cover?

It's up to you to shop wisely and choose a healthplan that best suits your needs. Your choice requires that you take an active role in managing your health. If you'd like some information to guide you, call the Patient Access to Specialty Care Coalition at 1-800-766-1100.