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Volume 72 • Number 104

Section



Sunday
October 31, 1999

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For unto whomsoever much is given, of him shall be much required.
Luke 12:48

CATHOLIC HEALTH INITIATIVES

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The Times

FLOYD COUNTY

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Guns, cocaine, marijuana, prescription drugs, and cash were among items confiscated in drug raids at Galveston Friday by Sheriff John K. Blackburn, Steve Toy, Ricky Thornsberry, Jason Newsome, and Clayton Teel. Also participating, but not pictured, were Deputies Lance Hall and Ray Bates. The booty also included the remains of marijuana plants, which had already been stripped and put in plastic bags. (photo by Pam Shingler)

Traffic slowed by sheriff's raids

by Pam Shingler
Editor

Friday was a bad day for suspected drug traffickers in Floyd County.

Residents of two houses at Galveston were unpleasantly awakened early in the morning by law enforcement officers.

Two teams from the Floyd County Sheriff's Office knocked on doors, confiscated drugs and drug paraphernalia, and took three persons into custody from that end of the county, and later in the day, they arrested a fourth person in Weeksbury.

Timmy Dewayne Hall, 37, of

Branham's Creek was arrested for, among other charges, possession of and the intent to traffic in cocaine, worth an estimated \$10,000, according to Sheriff John K. Blackburn, who with his deputies conducted two pre-dawn raids.

Also taken from the Hall residence were 734 dose units of 12 different types of prescription drugs, including Viagra, the sexual potency treatment. Deputy Steve Toy said Viagra has become one of the most popular black market drugs, fetching on the street at least twice its legal pharmacy value.

Among other controlled sub-

stances confiscated from the Hall home were Valium, Loratab, Soma and Tylenol 3 and 4.

Officers also found five shotguns, six rifles, a black powder muzzle loader, and seven hand guns, all of which were taken in, along with \$3,320 in cash, a platinum Master Card, and a food stamp card that had a name other than the suspect's on it.

A second team of officers, at the same time, raided the residence of Danny Harris, 30. He was arrested and charged with trafficking in marijuana, five pounds or more, and possession of

See Raids, page two

Rogers earmarks money for MAC

Times Staff Report

The US House of Representatives has approved legislation providing the Mountain Arts Center with \$100,000 for educational programs and other activities.

US Representative Hal Rogers said he fought to include the money in the final version of the Fiscal Year 2000 appropriations bill, which passed the House Thursday afternoon by a vote of 218 to 211.

Rogers called the MAC "a class performing arts and cultural resource," but he added that "it's also an important educational resource."

"Thousands of students are involved every year in the center's educational outreach program," Rogers said. "Th(is) money will expand the center's growing effort to provide new opportunities for our young people."

The center will use the funding to expand its programming resources in its educational department, Rogers said.

The funding measure that includes Rogers' provision for the MAC awaits expected Senate passage and will be sent to President Bill Clinton for his signature.

Burglary suspect bites trooper

In an apparent burglary attempt, a female subject was caught in the garage of Joe Woods of Emma at 3:45 p.m., Tuesday.

Neighbors in the area saw the subject attempting to break into the house through a door located in the garage area, said Will Parker, dispatcher for the Floyd County Sheriff's Department.

The would-be perpetrator evidently saw the neighbors watching her and hid in the garage. Parker said that when officers arrived on the scene, she was still in the garage.

When officers tried to arrest the woman, she bit Kentucky State Police Trooper Ronald Peppi on the thumb. After securing the subject, Peppi was transported to Highlands Regional Medical Center where he was treated and released.

The suspect was transported to the psychiatric ward of the Hazard Appalachian Regional Hospital. Floyd County Deputies Greg Clark and Matthew Johnson assisted Tpr. Peppi at the scene.

Floyd native dies in Knott County traffic accident

A former Floyd County resident died Thursday in an automobile accident at Kite.

Elvis Ray Keens, 30, of Topmost, was killed when his vehicle collided with one driven by Jeff Little 31, also of Topmost.

A report from Kentucky State Police, Hazard Post, said that Little was pulling onto KY 7 when Keens, who was driving a 1983 Datsun pickup truck, slammed into the back of Little's tractor trailer at about 11:15 p.m.

Keens was pronounced dead at the scene.

Keens, who was born in Martin, is survived by his mother, Juanita Hall Slone, his step-father Steven Slone and several brothers and sisters.

Funeral services will be Monday, November 1, at 11 a.m. at the Reynolds Fork Old Regular Baptist Church in Mallie. Burial will follow in the Joe Hall Cemetery at Topmost under the direction of Nelson-Frazier Funeral Home.

What's Inside

Obituaries • A6

Playoff Bound • B1

Meet Megan Hyden • S13

Spooky Tales • C1

For the Record • C3

Academics • C5

Classifieds • C6

Briefs

V-O-T-E

Yah-dah, yah-dah, yah-dah. You know the drill. You have a civic duty to vote Tuesday. Find the time. Make the choices. Speak your piece. Polls are open 6 a.m. to 6 p.m. There's a polling place near you. Do it. Vote.

Tractor accident kills Johnson man

A Flat Gap man was killed Thursday when the tractor he was riding went over an embankment and overturned. Walter A. Ross Jr., 78, reportedly was trying to move a dead tree when the accident occurred. His body was found by his wife, according to Johnson County Coroner J.R. Frisby who pronounced the victim dead shortly after 6 p.m. Ross was a retired General Motors employee.

Fight leads to shooting

A 17-year-old juvenile has been taken into custody and charged with shooting a Magoffin County man in the stomach late Friday. The unnamed youth allegedly shot John Holbrook, 35, shortly after 11 p.m., while the two were involved in an altercation. Holbrook was taken to Paul B. Hall Medical Center in Paintsville and then flown to Cabell-Huntington Hospital in West Virginia, where he was listed in serious condition yesterday. The case is being investigated by Kentucky State Police Troopers Paul Estep and Ronnie Diddle and Salyersville Police.

Meeting dates change for 911

The Floyd County 911 Advisory Council will now be held bi-monthly, rather than monthly.

The next meeting will be December 1, with no meeting in November. Wednesday will remain the day of the meetings, 6 p.m. the time, and the Fiscal Courtroom of the Courthouse the place. The Advisory Council consists of representatives of emergency service providers for the county's 911 system.

Board openings announced

Nominations to the boards of the Higher Education Assistance Authority, Council on Postsecondary Education,

See Briefs, page two

Stacking his way to fame

by Randell Reno
Staff Writer

Eleven-year-old Zachary Stanley of Prestonsburg is headed for DisneyQuest, thanks to a quick stop at Wal-Mart.

Last May, Zachary and his mother Tracy stopped by the Prestonsburg Wal-Mart while rushing to the Little League Baseball Tournament in Paintsville. Upon entering the store, the two found a table where kids were stacking Oreo Cookies.

Zach was given an invitation to join the contest. He told his mother he wanted to try. She left him there and went on through the store to shop. By the time she was finished Zach met her at the check-out line with his prize, a Wal-Mart portrait package.

The two left the store happy to win the portrait (which she never used) and rushed on to the ball game. Without telling his mother exactly what he did, Zach walked out of the store just happy he had won.

Then around the middle of October a letter came to the Stanley home saying Zach was a finalist in the 8- to 12- age group of the 1999 National Oreo Stacking Contest.

Tracy Stanley found out in the letter that Zach had

stacked 47 Oreos in 30 seconds, much to her surprise.

"I didn't know how many (he stacked). I was worried about getting down there (to the tournament)," said his mother.

Those 47 cookies earned Zach and his mother a three-day/two-night trip, round trip coach air transportation from major commercial airport, two DisneyQuest passes for two days, two Walt Disney World five-day hopper passports and \$300 in cash. The package has an approximate value of \$2,800.

Zach's mother was disbelieving and extremely skeptical about the letter, so she called Nabisco to verify its validity.

"Are you sure you're right?" she asked. "We're from the hills of eastern Kentucky and this just doesn't happen."

Even after contest officials tried to reassure her, Stanley called the Better Business Bureau to check it out.

Finding the deal legitimate, she and her husband, Doug, are "freaking out," said Stanley.

If Zach can win his division, he will win a walk-on role in Disney's "Honey, I Shrunk the Kids: The

See Stacking, page two



Disney bound

Zachary Stanley, 11, of Prestonsburg will be attempting to stack his way into the Guinness Book of World Records and into a future worth \$20,000. (photo by Randell Reno)

Two-month-old DVO remains unserved

by Randell Reno
Staff Writer

Friday morning, a state police trooper pulled over Kenneth Gooslin for violation of a Domestic Violence Order held by Helen Osborne, his former wife. In the 911 logs at the Post 9 office of Kentucky State Police, Gooslin was apparent-

ly on Osborne's porch trying to get into her home earlier in the evening.

When he was pulled over, Gooslin gave the officer a false ID and pulled away, managing to elude the pursuing officer — something Gooslin has apparently been doing for a while. Since August 3, Gooslin 38, of Branham's Creek has eluded police officers attempting to serve him with a DVO. Gooslin is reported to be on Branham's Creek several times a month, according to the 911 media logs, but he continues to escape.

Court records show that Gooslin

has outstanding warrants on him since the early part of this year. On February 2, a bench warrant was issued for him after he failed to appear at a pretrial hearing for a list of traffic offenses.

February 16, a bench warrant was issued for Gooslin for failing to pay restitution payments to Arthur L. Long of Pikeville.

Gooslin was convicted of assault in the second degree when he beat Long in the face with a gun in 1995. Another bench warrant was issued March 23 on Gooslin after a trial was held in his absence over an

alleged violation of an Emergency Protective Order. Gooslin was found guilty and was sentenced to 90 days in jail and a \$250 fine.

According to court records, Gooslin also has outstanding show cause warrants for violating the current DVO. Gooslin drives either a black 1983 Oldsmobile Delta 88 or a red 1984 Oldsmobile Delta 88 and is frequently seen on Branham's Creek, according to authorities. Anyone who sees Kenneth Gooslin is asked to contact the Floyd County Sheriff's office at 886-6171 or the KSP at 433-7711.

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Stacking

Television Show," a \$20,000 savings bond, and a year's supply of Oreo cookies.

The rules are simple. Each child must create a single, vertical stack of cookies without using any props, glue, or adhesive, during a 30-second time frame. The stack must remain standing three seconds after the 30-second interval. Zach

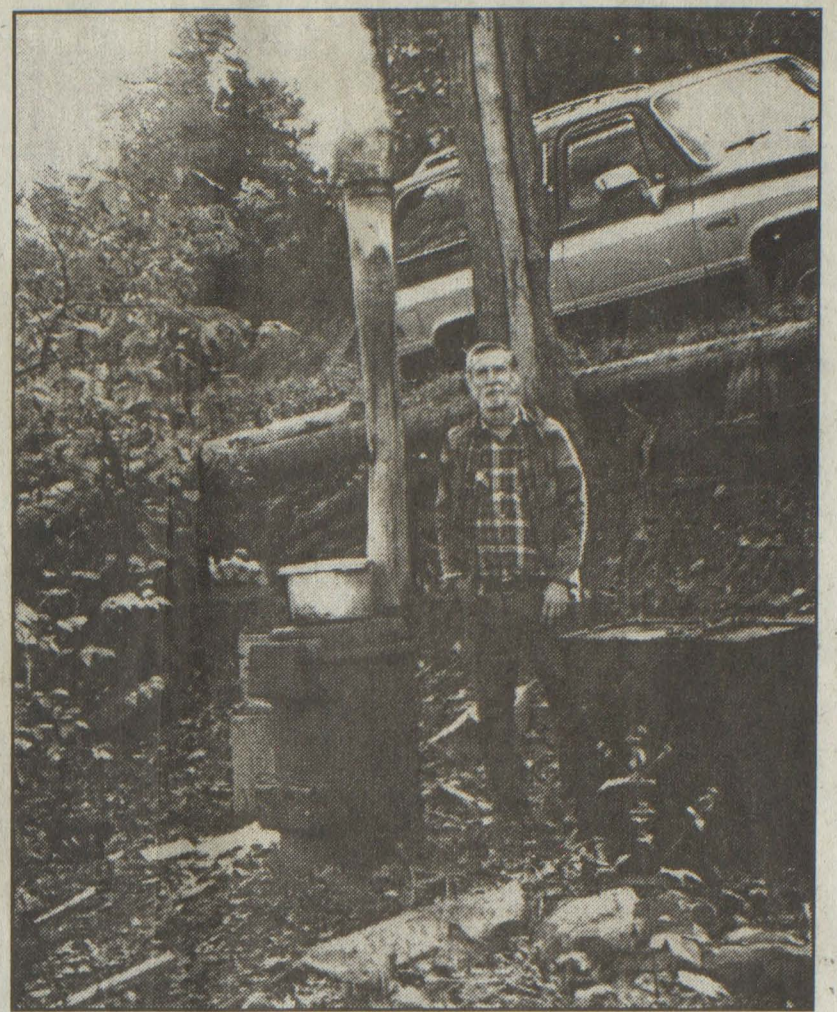
will also be trying to get into the Guinness Book of World Records. The current record is 30, 17 less than Zach stacked at Wal-Mart.

As Zach practices this week, his mother will become more nervous — not because she doesn't think he will win. Instead, she is confident he can repeat his performance at Wal-Mart. She is nervous because

he may win, and if he does his college tuition may be paid, which she would consider a blessing.

"You make it week to week. You can't put money back. This is the chance I couldn't give him," she said. Last year's champion in Zach's division stacked 29 cookies to win. Zach has got as high 41 in his practices at home.

(Continued from page one)



Outdoor cooking

Otis Hall of John Hall Branch in the Big Mud community has a stove in his front yard on which he cooks various things. On a recent Friday, Hall was out early cooking some beef. (photo by Willie Elliott)

Briefs

(Continued from page one)

Western Kentucky University, Eastern Kentucky University, Northern Kentucky University and Kentucky Community Technical College System are now being accepted. Anyone who has already applied during this administration need not submit a new form. Information from all applicants will be submitted to the Postsecondary Education Nominating Committee for its meeting on December 1.

Information Forms and Conflict of Interest Forms may be requested from Bill Beam Jr., director of boards and commissions, by calling 502/564-2611 or faxing 502/564-2849. Applications must be received by noon, November 22.

Dems touch down

Prestonsburg will be the next-to-last stop on a whirlwind "Democrats Delivering for Kentucky" bus tour.

Gov. Paul Patton has tentatively scheduled a short stop at the Mountain Arts Center on Monday between 6:30 and 7 p.m. before going on to Pikeville, where he will end the two-day crossing of the state.

He's expected to appear at Pike Central High School after leaving Floyd County.

Public meetings

- Floyd County Chamber of Commerce, Monday, noon, Jenny Wiley State Resort Park
- Allen City Commission, Monday 7 p.m., City Hall



No tricks here....



	Was	Now		Was	Now
99 Chevrolet Tahoe LT - loaded, low miles	\$30,900	\$29,900	98 Chevrolet Monte Carlo - program car	\$14,900	\$13,800
99 Cadillac Sedan Deville - loaded, leather	\$29,900	\$28,900	98 Chevrolet Lumina program car	\$13,900	\$12,800
99 Chevrolet X-Cab 4x4 - loaded, leather	\$29,900	\$28,900	99 Pontiac Grand Am - program car	\$13,900	\$13,500
99 Chevrolet X-Cab 4x4 - loaded, cloth	\$28,900	\$27,900	99 Chevrolet Prizm - automatic, air	\$13,900	\$12,800
99 Chevrolet Suburban - 1 owner, leather	\$28,900	\$27,900	98 Pontiac Sunfire - program car	\$12,900	\$11,800
99 Chevrolet Blazer - 9 in stock	\$24,900	\$22,800	99 Ford Escort - 10,000 mi.	\$11,900	\$10,800
99 Chevrolet Venture - Front and rear air	\$24,900	\$22,800	95 Buick Regal - 1 owner, new tires	\$10,900	\$9,800
99 Pontiac Montana - Front & rear air	\$24,900	\$22,800	97 Chevrolet S-10 Pickup - 6 mo., 6,000 mi. warranty	\$10,900	\$9,800
99 Toyota 4x4 - auto., air, 600 miles	\$20,900	\$19,800	95 Ford Thunderbird - V8, auto	\$9,900	\$8,800
97 Chevrolet X-Cab - 38,000 miles, loaded	\$20,900	\$19,800	96 Olds Achieva - auto., air	\$9,900	\$8,800
98 Chevrolet Blazer - 24,000 miles, loaded	\$20,900	\$19,800	96 Chevrolet Cavalier - auto., air	\$8,900	\$7,800
98 Chevrolet Blazer - 2 dr., 4x4, loaded	\$19,900	\$18,800	95 Chevrolet Cavalier - auto., air	\$7,900	\$6,800
98 Olds Intrigue - 15,000 miles	\$17,900	\$16,800	95 Pontiac Grand Am - runs great	\$6,900	\$5,800
99 Olds Delta 88 - \$25,700, new	\$19,900	\$15,800	95 Buick Century - runs great	\$6,900	\$5,800
97 Buick LeSabre - 1 owner, low miles	\$16,900	\$15,800	92 Chevrolet Caprice - runs great	\$6,900	\$5,800
98 Buick Century - pewter	\$15,900	\$14,800	91 Ford Aerostar - 60,000 mi.	\$6,900	\$5,800
			94 Chevrolet Corsica - V6	\$5,900	\$4,800

Raids

(Continued from page one)

drug paraphernalia.

Deputies found in excess of six pounds of processed marijuana in the house, according to Lt. Ricky Thornsberry. They also found three large garbage bags of the remainder of marijuana plants which had recently been stripped of leaves and seed.

In addition, officers confiscated a large grow light and transformer, a syringe and papers. Thornsberry said they also found a knife with possible cocaine residue on it. The knife will be tested, he said, and more charges may be brought against Harris.

Also arrested at the Harris residence was Eddie Dewayne Ratliff, 29, of Shelbiana. He was taken into custody on a charge of trafficking in a controlled substance.

Thornsberry said he is contacting the state attorney general's office in regard to possible Medicaid fraud relating to Ratliff's arrest.

Sheriff Blackburn reported yesterday that a fourth arrest was made Friday afternoon. Arthur Michael Blocker, 32, of

Weeksbury was arrested at his residence and charged with possession of a controlled substance and possession of marijuana.

All of those arrested were taken to the Floyd County Detention Center. They remained in jail yesterday morning, with the bond for Hall and Ratliff set at \$100,000 cash; for Harris \$100,000, 10 percent; and for Blocker, \$25,000 cash.

Anyone with information about illegal drug trafficking is encouraged to call the Sheriff's Office at 606/886-6171. All sources will remain confidential.

Collins at Hanover

Heather Collins, of Prestonsburg, has begun her junior year at Hanover College. Collins is a graduate of Paintsville High School and the daughter of Mr. and Mrs. Charles Collins of Prestonsburg.

Hanover College is a private, coeducational liberal arts college, affiliated with the Presbyterian Church (U.S.A.).

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COMMUNITY CALENDAR

Calendar items will be printed as space permits

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

G.E.D. classes

Linda Bailey of The David School will teach G.E.D. classes at the Mud Creek Community Family Resource/Youth Service Center each Tuesday from 8:30 a.m. to 12:30 p.m. Classes are free.

Fibromyalgia meeting

The Fibromyalgia Family Support Group meeting will be held the first Tuesday in each month at 7 p.m. in the Betsy Layne Senior Citizens Building. Guest speaker for the next meeting will be Keith Barton, Iridologist from Columbus, Ohio. For more information call: Phyllis at 606/874-2769 or Sharon at 606/478-5224.

Benefit Security Card replaces food stamps

Effective November 1, there will be no paper food stamps issued in Floyd County. They will be replaced by a "Benefit Security Card" which resembles a credit card. If you want training on how to use this card, call the food stamp office at 886-3871 for an appointment.

Clark Family Resource Center Activities

October 25-29—Red Ribbon Week activities. For more information, call 886-0815.

J.A. Duff Family Resource Center activities

- Red Ribbon Week—October 25-29—Variety of activities planned
- Lexington Children's Theatre—November 3.

Adoption Fair of the Bluegrass

Come to the Adoption Fair of the Bluegrass on November 7, at the Lexington Mall, in Lexington, located on New Circle Road and Richmond Road, 1:00-4:00 p.m. Informational workshops on Adoption and Foster Care. For more information, call (606) 246-2256, (606) 246-2678 or 1-800-432-9346.

Haunted house

The Paintsville Fire, Rescue and Emergency Services is sponsoring

"Dr. Fright's House of Horrors" October 25-30 at the former Big Sandy Hardware Building on Main Street in Paintsville. Hours are 6-11 p.m.

Tussey reunion

The descendants of Jonathan Craig Tussey and Mary Bradley Tussey will hold their second annual Tussey Reunion on November 13, (second Saturday in November) at the Pines Building of Jenny Wiley State Resort Park. Call Don Tussey (886-3338), Cheryl Tussey Shepherd (886-8863); Brenda Tussey Gray, (886-1249) or Bill Tussey, (358-9491).

McDowell High School Alumni Association to hold meet

The McDowell High School Alumni Association will hold its monthly meeting at the McDowell Senior Citizens Center Monday, November 1, at 6 p.m. Nominations will be taken for the board of directors. All graduates and friends of the McDowell High School are encouraged to attend.

P'burg Elem. meeting

Prestonsburg Elementary School will hold its regularly scheduled monthly meeting for its Site Based Decision Making council on Monday, November 1, at 6 p.m., in the school auditorium.

Social Security rep at Mud Creek

A social security representative will visit the Mud Creek Clinic each Tuesday during the month of November. He/she will assist people in filing social security claims and appeals. People can also apply for Supplemental Security Income (SSI), Black Lung and Social Security numbers.

Retired teachers to meet at lodge

The Floyd County Retired Teachers Association will meet in regular session on December 2 at 10 a.m. at May Lodge. The Prestonsburg High School will present a Christmas program. A business session will follow.

Marines observe 224th birthday

The East Ky. Detachment No. 617 of the Marine Corps League will observe the 224th birthday of the U.S. Marine Corps at May Lodge, Jenny Wiley State Park. The observance will begin at 6:30 p.m. on November 6.

Foster care meeting

The Foster Care Program is seeking individuals and families interested in improving the life of a suffering child. Representatives from the program will be at the First Presbyterian Church of Pikeville on November 6. The church is located at 508 Cedar Creek Road. The purpose of the meeting is to answer questions regarding the foster care program

and to set a date for the first group training session. Phone 1-800-472-3678 for details.

Extension council will meet

The Floyd County Extension Council and District Board will meet on Monday, November 8, beginning at 5:30 p.m. at the Floyd County Extension Office.

Allen Elementary Family Resource Center

- Open House, November 1, from 6 p.m. to 8 p.m.
- Community flu shots, November 4, from 8:30 a.m. to 1 p.m.
- Free GED classes, November 4, from noon until 4 p.m., Linda Bailey, instructor.

Big Sandy Family Abuse Center

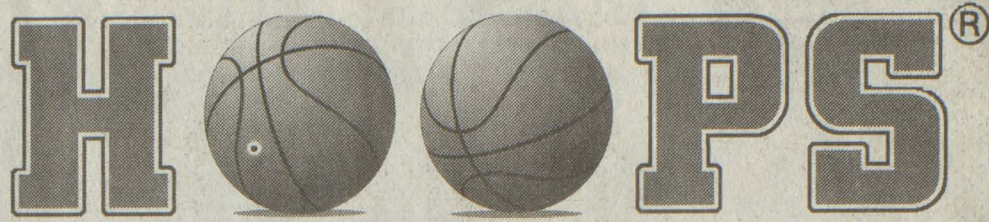
Women are more likely to be hurt at home than on the streets of their neighborhoods. Women are more often seen in emergency rooms for injuries imposed on them by their abusive partners than they are for auto accidents, muggings, and stranger rape combined.

If you are being abused at home, call the Big Sandy Family Abuse Center crisis line. We offer shelter, court advocacy, counseling and referrals, support groups and presentations regarding domestic/dating violence.

For more information on any service, call 886-6025 or 1-800-649-6605.

subscribe to The Floyd County Times call 886-8506 for details

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Jeffrey D. DAMRON	57	← ○	■
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Tim PARKER	59	← ○	■
WRITE IN	60	← ○	■

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Alys Fraley Photography & Art Gallery

Appointments still available for Christmas Portraits

Christmas Open House
Saturday, Nov. 20th
9:00 a.m. to 7:00 p.m.



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—First Amendment of the U.S. Constitution—

Viewpoint

QUOTE OF THE DAY...

We don't stop laughing when we grow old, we grow old when we stop laughing.

Unknown—

Sunday, October 31, 1999 A4

Editorial

Equal Justice

A row was reported recently between two Johnson County officials that gives us pause to think about the meaning of laws and justice.

Apparently, the sheriff to our north was upset that the county attorney had been "fixing" traffic tickets for persons caught speeding on US 23 around the new elementary school that opened in August.

And well should the sheriff have been upset. If we are to believe in equal justice under the law, then surely it is not right for anyone to be "fixing" tickets.

Plus, speeding through a school zone is an unjustifiable violation. We jeopardize our children enough in our classrooms in this region, let alone putting them in danger on our highways.

The irony is that the Johnson County sheriff admitted he has seen to it that a traffic violation or two or three or however many has been forgiven, destroyed, erased, or whatever it is that officials do when they "fix" a ticket.

The sheriff's quarrel with the county attorney centered on the school zone issue. It's not that the law officer believes it is wrong to destroy traffic tickets for some violators. No, he just believes it's wrong if the violation occurs near a school.

If the two elected officials had not gotten into an argument, the matter would never have made the news. We all know — and apparently accept — that justice in these parts is not equal.

Police officers who issue tickets around here have been known to kindly advise violators that they can probably get the ticket "taken care of" if they know someone in high places.

We've heard of state police troopers who admit that they're doing an exercise in futility when they issue a traffic ticket because they know the violator will go straight to the courthouse or city hall and have it dismissed.

Of course, there are suspicions that the same occurs for violations other than speeding, some potentially far more serious.

We have a hard time accepting the Johnson County sheriff's outrage. We would be much more respecting if we thought he believed in equal justice. He would be a paragon worthy of respect and vote if he believed that if you get a speeding ticket, you pay, regardless of who you are or who's your daddy.

We all lament how young people have come to disrespect the law, as well as lawmakers and law enforcers. But how can we be surprised, when they see how little regard for the law local officials have, the same people these young people see in the courthouse, on the football bleacher and on the church pew?

— Pam Shingler



Letters to the Editor

PES offers thanks

Editor:

The students, faculty and staff of Prestonsburg Elementary School would like to thank the local businesses that have participated in our attendance rewards.

Each month the students at Prestonsburg Elementary who have perfect attendance for the month receive an award. The reward for the first

month was an ice cream bar.

The students were able to make ice cream sundaes for the second month.

The students look forward to these rewards. We appreciate the stores that have helped us make this possible.

Phyllis J. Allison
PES Attendance Committee

Recounts Depression-era scandal

Editor:

In the past weeks, I have claimed that the political-cleric-education trilogy has created lesser Holocausts for our people in Floyd County. I have stated that our lesser Holocausts obviously did not involve death camps and massive slaughter as did the European Holocaust.

No, the results here, and perhaps the intent, has been to destroy our people, their families, their children and our culture. However, no doubt many deaths did occur in the quiet isolation of our creeks and hollows from diseases associated with malnutrition and hunger resulting from the Holocaust described below.

The Great Depression in the United States roughly covered the period from 1929 to 1942. I do not believe it is possible for subsequent generations to understand and appreciate the depths of that horror. Millions of our people were homeless, ill-clothed and near biological starvation.

Hunger, malnutrition and starvation became an actual life threat to the nation's young people, sickly and the elderly. Further, malnutrition put these people at increased risk from the then-prevalent diseases of polio, diphtheria, smallpox, typhoid fever and various forms of measles.

The federal government, fearing the long-term effects of severe and sustained malnutrition on that generation of children and young adults, started a massive food relief program.

They set up a program to purchase and distribute vast quantities of foods, such as corn meal, flour, lettuce, grapefruit, oranges, apples, canned vegetables of all kinds and smoked sides of bacon and ham. Also included was "tall milk" and dried beans and peas.

The federal government sent agents to each county in the United States to teach local politicians how to start up the program and operate it. This worked well for the rest of the country, but this is Floyd County, no different then from what it is now.

The food distribution program worked well so long as the federal agents stayed in town. They left and the program went to hell in a handbasket. By this time, the Floyd County Fiscal Court was well organized also, along with a dozen or so merchants and political henchmen.

They unloaded rail cars at night and split out and kept for themselves about half of the non-perishable foods and, of course, the smoked sides of bacon and smoked ham. These latter two items were destined to become immortal in the legends of Floyd County.

They stole about half of the non-perishables for the first two months, about three-fourths in the third and fourth months, and all of it from then on. They

simply told the people that the government did not ship these items.

Here, it is important to stop and get an understanding of the magnitude of this theft. A family of five was supposed to get two or three smoked sides of bacon and two or three hams, 25-pound sacks of corn meal and flour, 15 pounds of dried beans and so forth.

The quantities of food being stolen by the fiscal court was massive. Soon, warehouses, barns, basements, attics, etc., were piled high with these stolen goods.

But the perishable shipments of fruit and vegetables remained largely intact and were distributed to the people. These commodities were distributed mostly from horse and mule-drawn wagons. They were delivered in my area at what is now the intersection of KY 1428 and 302.

This was a scene that was seared into my mind forever. Each wagon was loaded to the gunnels with loose oranges or grapefruit or apples or lettuce, etc. The wagons were unloaded one at a time. The wagon drivers would yell "Oranges," and as the crowd gathered around his wagon, he would throw #4 coal shovels full of oranges into the crowd.

I can still see old men, old women, young children scrambling on their hands and knees on the dirt road, fighting for the items as they rolled on the road. I saw grown men take fruit away from gaunt, screaming children.

Though more than half a century has passed, I can still see one old woman, gaunt and frail, starved down to a wisp of a human being. Her clothes hung on her body in folds. When the oranges and apples flew, she grabbed with both hands, tucking her catches into her bodice, soon looking very much like the "rubber tire man" in the Michelin ads. To this day, she lives in honor in my memory. She fought for herself and her family, even though she may have fought the wrong enemy.

I am deeply affected today when I watch TV news of relief foods being distributed in Third World nations. When I see men and women fighting each other and children for food being thrown out of trucks, it strikes a deep and resonating chord. I have seen it for real.

Ultimately, greed got the better of the Floyd County Fiscal Court, their henchmen and merchants. They began to take more and more of the perishable foods, until there was little left, except grapefruit and lettuce to distribute.

Somebody called or wrote to the federal agency responsible for the food program and FBI agents

See Letters, page five

My Word



Saving the world

by Janice Shepherd
Managing Editor

In the past few weeks, I've given readers several things to think about, and this week is no exception. However, this time around, I want my readers to think about how wasteful we are in our use of nature's resources.

Every morning I get up and stumble toward the shower. It usually takes me about 45 minutes to one hour to become fully awake and fully alert, so I let the shower run and run and run as I try to clear my head (which is probably clouded by too few zzz's).

A fact sheet from Green Tips, an environmental awareness organization, alerted me that I'm wasting precious water. According to the tips, a man who keeps water running in the sink while he's shaving uses more than 20 gallons of water.

Imagine lining up 20 gallons of water in the store. If you had to purchase those 20 gallons, you'd be spending around \$9.80. (IGA's distilled water was priced at 49 cents per gallon at this writing.) That's a lot of money and that's a lot of water.

That made me think. I'm in the shower a lot longer (about 20 minutes) than the time it takes someone to shave his face. How much water do I use? According to Green Tips, most shower heads use five gallons of water per minute, equating to 50 gallons of water for a 10-minute shower. Uh-oh! It's time to shorten my showers.

I discovered that I'm conserving water, though, by handwashing my dishes. If I have just a few dishes that need washing, I'll wash them by hand. I only use my dishwasher for full loads (usually on the rare occasions when I cook a meal at my house), or when my grandson Ethan is home and needs his "sippy" cups washed.

According to Green Tips, a dishwasher uses about 16 gallons of water on a full cycle. The organization recommends using the light wash cycle on the dishwasher. That saves about eight gallons of water, according to Green Tips.

Here's a few more gems of wisdom from Green Tips regarding conservation:

- On average, each American creates more than four pounds of trash every day. This totals more than 200 million tons of municipal solid waste annually.

One solution: If you don't need it, find someone else who does. Have a garage sale or donate to a thrift shop.

- Twenty-four million tons of leaves and grass clippings are deposited in American dumps each year. Use a mulching mower and then use the leaves as mulch, or compost them.

- Each cycle, washing machines use 30 to 60 gallons of water. Conserve by waiting until you have a full load to wash your clothes.

- Refrigerators are the second biggest energy users in homes. Keep the refrigerator full; less cold air will escape when the door is opened. Also, have a system of organization in your freezer so you won't spend so much time trying to find what you need.

- The manufacturing of disposable batteries uses 50 times as much energy as the battery will produce. Use recycled and rechargeable batteries. This will also reduce the amount of toxic chemicals in landfills.

- One hundred million trees are cut each year to make junk mail. The average

See World, page six

The Floyd County Times

Published Wednesday, Friday and Sunday each week

cnhi

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Letters to the Editor

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

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

The Times reserves the right to reject or edit any letter deemed slanderous, libelous or otherwise objectionable. Letters should be no longer than two type-written pages, and may be edited for length or clarity.

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

Letters

(Continued from page four)

were sent in to investigate. But, then, as now, Frankfort stood by the political machine and warned the fiscal court that the agents were on their way.

The scoundrels panicked and hauled wagonloads, truckloads, even wheelbarrow-loads of the stolen food to the nearest creek or river and dumped them into the water. Here, we speak of tons of canned foods, tons of dried beans, corn meal, flour, and literally thousands of sides of smoked bacon and hams.

I have been told that the quantity of food dumped into the river was so large that it lodged and created its own minor dam. One such dam occurred just below Town Branch Bridge.

But all the destruction of food was in vain. Some of the villains involved, including the county judge, were arrested, tried, convicted and sent to federal prison. Others got off scot-free. But that is not the point of the story.

This is an example of the Holocaust created by Floyd County politicians. They stole food meant for our people, especially our children who were suffering from malnutrition. How many of our children grew up to suffer learning problems in school or as adults that related to early diets? How many suffered and died from the effects of diseases related to malnutrition?

I cannot think of a greater crime against mankind than to steal the food from children, destroying their bodies, their health and their mind. How many of our people suffered physically and mentally from these

crimes against humanity?

No, I did not make this up; nor is it exaggerated or enhanced. This Holocaust is well documented in the Floyd County Times and in the federal court archives.

There is one item strangely missing. I have never found one reference to a protest by any Floyd County cleric or educational leader. Did no one even ask why the federal government sent foodstuffs to surrounding counties and none to Floyd? Where were the clerics and educators?

Lloyd Blue Goble
Prestonsburg

New party formed

Editor:
With only a small ripple on the cosmic ocean of time, the Southern Party of Kentucky was formed at a recent meeting in Bardstown, on the morning of Saturday, October 23.

The meeting was held at the historic Old Talbott Inn, which was built in 1779, and is located on the Courthouse Square.

In attendance were 21 concerned citizens from all across the state, including three ladies.

Jerry Baxley of Richmond, Virginia, one of the founders of the National Southern Party, gave the keynote address. Dick Bedwell of Bardstown was elected state chairman.

The Southern Party is being formed in all 16 states of the Old

South, in order to help give the southern people a true voice in their collective affairs.

The Southern Party may be reached at PO Box 580386, Houston, Texas 77285; phone 804/675-7717 or www.southernparty.org.

The only news organization to cover the event was WDRB Fox-41 from Louisville. They showed a well-balanced segment on their 10 p.m. newscast that evening.

Gene B. Leslie
Pikeville

'Bargaining' means talking

Editor:
Bargaining with the RNs (at Highlands Regional Medical Center) could be commended by both the local union and the hospital if there were such proceedings taking place.

Ah, but that would mean that you would have to talk. Bargaining with the workers on the basis of what the hospital wants, and not doing so until it gets what it wants, is not beneficial to the patients that these workers serve and should show how much worth they are to the administration.

Without capable workers that you have forced on the picket line, you have nothing but a shell, with administrative staff forging through the halls and the hospital's budget.

For the sake of the community, the administration should deal with the matters at hand and have con-

tracts that represent both classes of workers.

Our community, which, by the way, pays for all the public relations expenditures, can no longer provide for a health care deliverer which is not willing to deliver the care needed.

To the administration, you wanted to avoid a strike so bad that it was promised that if the local union would extend the old agreement, an agreement would be reached. The workers took you at your word and found that they only gave you more time to cause these hard-working persons to be missing paychecks.

You may or may not have been willing to keep talking while under the old agreement, but the problem I perceive would be that you would want this to linger indefinitely to circumvent having to bargain with these workers.

(Ms. Rubado), there is deep sympathy in me that a person who

has worked with these caregivers could be so indifferent and insensitive to the needs of this community and the persons who have dedicated most of their lives to the superiority of this facility.

Marketing has not accomplished this, administration has not accomplished this, but it is those who give hands-on care to the patients at this hospital who have made it a success.

Alas, it appears those who have never met a patient, cared for a patient, comforted the family who lost a loved one would tear apart what it has taken so long to build. They then have the audacity to try and condemn the very people who are HRMC, without whom it is only a building.

God bless our community, and God save the hospital.

Ellis J. Stevens
Martin

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Centre College to hold open house for seniors

The admission office of Centre College will host an open house for high school seniors and their families Saturday, Nov. 13. Similar open house programs for high school juniors are scheduled for the spring term.

As part of the open house, Centre will offer a program describing admission requirements, financial aid options and scholarships. Students and their parents may talk with faculty members, take a campus tour and attend a student discussion about residential campus life at Centre.

Registration begins at 9 a.m. in the foyer of the Norton Center for the Arts. The introductory information session will begin at 10 a.m. in the Norton Center for the Arts, followed by campus tours from 11 a.m. until noon. Students and parents may purchase lunch on campus. The afternoon pro-

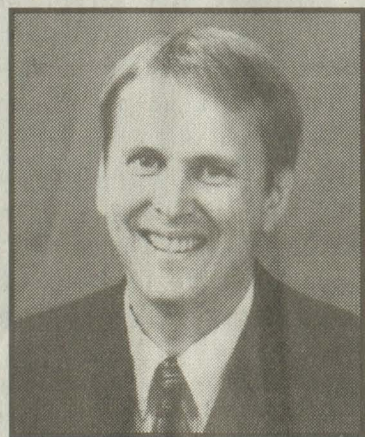
gram, 1-2 p.m., will include a student panel and financial aid information for parents.

Interested students may register for the open house or obtain additional information by calling the Centre admission office at 800-423-6236 or 606-238-5350. Advance registration is encouraged, although not required.

Centre currently is ranked by U.S. News & World Report among the 50 best liberal arts colleges in the nation. Centre seeks highly motivated students and offers them study options in 27 academic programs and a wide range of special offerings. The science division provides strong preparation for careers in medicine or research, while Centre graduates in the social sciences and the humanities have long distinguished themselves as attorneys, teachers and corporate leaders.

Centre has many famous graduates including historical figures such as Supreme Court justice John Marshall Harlan and U.S. Vice President John Breckinridge, as well as contemporary leaders such as corporate executive David Grissom of Louisville, Ky., and playwright Mary Hall Surface of Washington, D.C.

Current students may study abroad at residential sites in England, France and Latin America, or participate in short-term travel-study programs to locations in Africa, Asia and the Middle East. Nearly 60 percent of all Centre students complete at least one travel-study program prior to graduating. On the Danville campus, there are numerous opportunities for students to participate in sports, the performing arts and community service.



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To the citizens of Floyd County:

I am Chris Waugh, your Floyd County Clerk and the Democratic nominee in the November 2nd election. To provide you with better service and to assure that your tax money is properly handled, I have worked hard to accomplish the following in my first six months as your County Clerk:

- I have opened two branch offices, one in Betsy Laybne and one in McDowell.
- I have added additional phone lines to the main office.
- I have received in excess of \$16,000.00 in grant money from the Kentucky Department of Libraries and Archives to upgrade equipment in the main office.
- I have required that every check written from the County Clerk's office have two signatures.
- I have an independent CPA (Certified Public Accountant) review all expenditures at the end of each month.
- I began using a computerized, integrated accounting software package that allows me to account for and produce detailed reports on all revenues and expenses from the County Clerk's office.

PLEASE ALLOW ME TO CONTINUE TO SERVE YOU AS YOUR COUNTY CLERK BY VOTING FOR ME ON NOVEMBER 2ND

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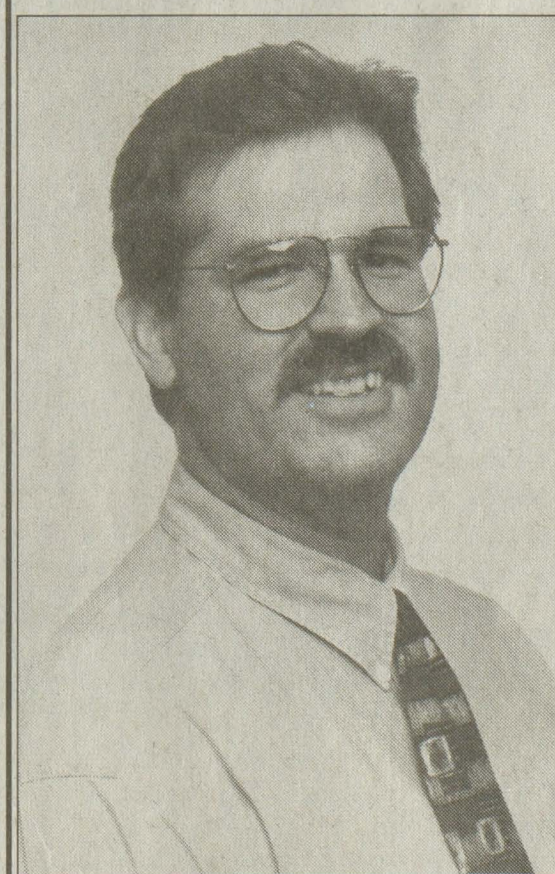
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James Combs

James Combs, 54, of Mousie, died Saturday, October 30, 1999, at McDowell Appalachian Regional Hospital following an extended illness.

Born on November 16, 1944, in Knott County, he was the son of the late French and Tonie Mae Salyers Combs. He was a disabled miner.

Survivors include his wife, Zolie Thornberry Combs; a son, Shane Allen Combs of Mousie; one brother, Darrell Edward Combs of Prestonsburg; three sisters, Bethel Lee Smith and Elma Glee Smith, both of Mousie, and Gloria Branham of Columbus, Ohio.

Funeral services will be conducted Tuesday, November 2, at 11 a.m. at the Ball Branch Old Regular Baptist Church at Mousie with ministers of the church officiating.

Burial will be in the Combs Cemetery at Leburn under direction of the Nelson-Frazier funeral Home.

Visitation may be made at the church after 2 p.m., Sunday.

Gene Autry Slone

Gene Autry Slone, 56, of Pippa Passes, died Saturday, October 30, 1999, at the Hazard Appalachian Regional Hospital following an extended illness.

Born on May 14, 1943, in Knott County, he was the son of the late Carew and Margaret Slone. He was a retired merchant.

Survivors include his wife, Ruth Gibson Slone; two sons, Randy Gene Slone and Phillip Dion Slone, both of Pippa Passes; two daughters, Robin Hylton of Hindman and Melinda Handshoe of LeBurn; two brothers, Brady Slone and Ronnie Slone, both of Pippa Passes; five sisters, Norma Sparkman, Girdell Watts, Ruby Jacobs, Glenna Short and Joyce Slone, all of Pippa Passes; and four grandchildren.

Funeral services will be conducted on Monday, November 1, at 11 a.m. at the Mt. Olive Old Regular Baptist Church in Pippa Passes with ministers of the old Regular Baptist Church officiating.

Burial will be made in the Slone Cemetery at Pippa Passes under direction of the Nelson-Frazier Funeral Home.

Visitation may be made at the church.

Fred Meece

Fred Meece, 86, of Prestonsburg, died Thursday, October 28, 1999, at his residence following an extended illness.

He was born February 21, 1913, at Somerset, and was the son of the late James Art and Sarah Baker Meece.

He had been a chief land agent for Kentucky-West Virginia Gas Company for 35 years. When he first came to Prestonsburg, he opened up a store, Fred's Meat Market. He later owned a grocery store in the downtown area.

He was a 60-year member of the Masons and was a member of the Zebulon Lodge No. 273, Prestonsburg. He was also a member of the First United Methodist Church.

He is survived by his wife, Ortha Holbrook Meece; one son, Dr. Fred E. Meece of Prestonsburg; one daughter, Jenny Bottoms of Prestonsburg; five grandchildren; and three great-grandsons.

Funeral services were conducted Saturday, October 30, at 1 p.m. at First United Methodist Church with the Rev. Wayne Sayre officiating. Burial was in Davidson Memorial Gardens at Ivel, under direction of the Carter Funeral Home.

Homer McKenzie

Homer McKenzie, 62, of Prestonsburg, died Friday, October 29, 1999, at Prestonsburg following an extended illness.

He was born August 12, 1937, in Floyd County and was the son of the late Henry and Annie Miller McKenzie. He was a retired construction worker.

Survivors include his wife, Betty Lantz McKenzie; four daughters, Betty Howell of Grethel, Rebecca Spears of Abbott, Shena Keathley of Grethel and Gwen Adkins of Salyersville; two sisters, Mary Bays of Abbott and Geneva Tidde of Marion, Ohio; 13 grandchildren and five great-grandchildren.

Funeral services will be conducted Monday, November 1, at 1 p.m. at the Nelson-Frazier Funeral Home in Martin with Jimmy Price officiating. Burial will be made in the McKenzie Cemetery in Prestonsburg.

Elvis Ray Keens

Elvis Ray Keens, 30, of Topmost, died Thursday, October 28, 1999, from injuries he received in an automobile accident.

He was the son of Juanita Hall Slone of Topmost and the late Amos Keens and stepson of Steven Slone of Topmost. He was born September 18, 1969, in Martin.

He was an employee of Little Mobile Home at Langley.

In addition to his mother and stepfather, he is survived by two brothers, Terry Sexton and Amos Keens Jr. of Topmost, both of Topmost; three stepbrothers, Adam Sparkman of Pippa Passes, Michael Slone of Garner and Wayne Slone of Litt Carr; four sisters, Nettie Short of Topmost, Mary Rose Turner of Kite, Norma Jean Farris of Hazard, and Brenda Lee Bates of Thornton; two stepsisters, Sherry Sparkman of Topmost and Debbie Slone of Litt Carr.

Funeral services will be conducted at 11 a.m. Monday, November 1, at the Reynolds Fork Old Regular Baptist Church at Mallie, with ministers of the church officiating.

Burial will be made in the Joe Hall Cemetery at Topmost under direction of the Nelson-Frazier Funeral Home.

Visitation may be made at the church.

Janet S. Tackett

Janet Shoemaker Tackett, 48, of Andrews, Indiana, died Thursday, October 28, 1999, from injuries sustained in an automobile accident in Huntington, Indiana.

Born September 10, 1951, at Columbus, Ohio, she was the daughter of Henry Sr. and Maggie Shoemaker, of Andrews. She worked in the cafeteria at Horace Mann Elementary School.

She is survived by her husband, Conley Tackett; two sons, Randy of Huntington and Scottie of Andrews; two daughters, Terri Wooley of LaFontain, Indiana, and Pamela Bell of Auburn, Indiana; and one brother, Henry Shoemaker Jr. of Huntington.

Funeral services will be Monday, November 1, at 11 a.m. at Little Northern Dove Church in Sidney, Indiana, under the direction of Deal-Robbins & Van Gilder, Andrews Chapel, with Regular Baptist ministers officiating. Burial will be in Riverside Cemetery in Andrews.

Governor unveils new license plate

"We redesigned the plate in recognition of the FFA moving their national convention to Kentucky and to honor our future leaders in Kentucky and around the nation. We also included the 4-H logo to honor that great organization as well," Governor Patton said as he addressed members of the organization at their national convention at Freedom Hall Thursday.

"We chose to unveil this new plate here today to show you that we're happy to have you here, and we look forward to all the future national FFA conventions," the governor added. The FFA has selected Louisville as the site for its national convention for the next six years.

The new license plate will cost \$15.00, and will be used on farm trucks up to 38,000 pounds. There are about 160,000 such trucks in Kentucky. The plate will go on sale the 1st of March in each county clerk's office.

In his address to the group, Governor Patton said that organizations like FFA play a role that can't be duplicated. "The experience, the friendships, the appreciation of a high work ethic, the development of our future leaders, these are all parts of the FFA experience that are unique to your organization, and they represent great assets for the rest of us."

As governor, Patton has made a top priority, the health and future of Kentucky's rural communities and some 90,000-farm families. Last year, Patton appointed the first Governor's Commission on Family Farms to look at the issues faced by farm families. He also created an Office of Agriculture Policy to keep him in direct contact with the rural and agricultural communities of the state.

"We're looking to develop a vision for the future of our rural communities that capitalizes on our strengths, on our assets, and chief among those strengths are our Kentucky FFA members and the rest of our young people," the governor added. "The future is you, and because of FFA, we can all feel more assured that the future will be in capable hands."

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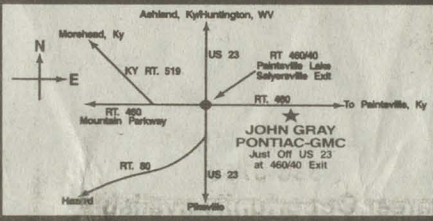
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World

(Continued from page four)

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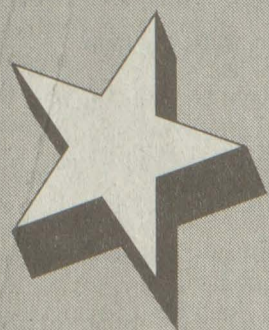
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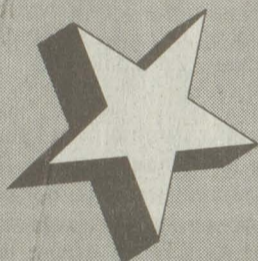
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Winners of the Food City Halloween costume contest in the Infant (under one year) category were Hannah Jervis (pea pod), whose guardians are Misty and Robert Jervis, first place; Margaret Brown (Happy Lion), with Tina Bowens, second place; and Kari Blackburn (pumpkin), daughter of Theresa Blackburn. (photo by Angie Judd)



One- to two-year-old winners in the costume contest at Food City were Dylan Slone (cowboy), son of Amanda Slone, first place; Courtney Thurman (Indian), daughter of Lori Chaffins, second place; Taylor Moore (flower pot), son of Shonna Moore, third place. (photo by Angie Judd)



Winners of the three to five-year-old children's Halloween contest competition at Food City were Nathan Armstrong (Captain Hook), son of Rosemary Armstrong; Dalton Salyer (scarecrow), son of Billie Salyer; and Jessica Hall (Hershey's Kiss), daughter of Gwendolyn Hall. (photo by Angie Judd)



Winning the six to eight-year-old children's contest at Food City were Shannon Reid (Southern Bell), daughter of Brenda Reid; Emily Marsillett ('50s girl), daughter of JoAnn Marsillett; and Sammy Crisp (scarecrow), son of Johnny and Linda Crisp. (photo by Angie Judd)



Food City's winners in the nine to 12-year-old category of the costume contest were Brittany Johnson (old lady), daughter of Bonita Johnson; Ryan Hammonds (werewolf), son of Marlena Hammonds; and Tasha Jarrell (Spanish dancer), daughter of Donna Ellis. (photo by Angie Judd)

Hi-Tech vehicle regulation saving lives in Kentucky

Fatalities on Kentucky's highways are down 18 percent from FY-1998, and fatalities involving commercial vehicles have decreased 32 percent. The reason? Increased enforcement and the use of state-of-the-art technology.

Kentucky's law enforcement techies, members of the Transportation Cabinet's Vehicle Enforcement and Vehicle Regulation, were hosts to 21 other states recently at a CVISN (Commercial Vehicle Information Systems Network) Conference in Lexington.

Attendees witnessed demonstrations of the advanced technology being used in Kentucky. Kentucky is the national leader in the use of this technology.

In the fall of 1996, Kentucky Vehicle Regulation was chosen as one of seven pilot agencies to develop technology aimed at improving commercial vehicle operations and highway safety. Since that time, progress has led to the development of many innovative services, including:

- Electronic registration and permitting for commercial trucking companies.
- Electronic safety inspections conducted by Vehicle Enforcement Officers using laptop computers, which allows the officer to electronically send

information to a central database in Frankfort and Washington.

- Electronic clearance (otherwise known as Advantage I-75) of commercial vehicles at highway speeds using a transponder system. Trucks that have a satisfactory safety rating don't have to stop at weigh stations for inspection.

- Electronic mailboxes allow Vehicle Enforcement Officers to access a national database while on the road and obtain accurate information regarding vehicles and drivers.

- Electronic safety warning systems located in work zones send digital messages to vehicle radar detectors alerting drivers of

upcoming construction, accidents, etc.

- Electronic remote monitoring systems monitor traffic located on bypass corridors and help officers detect commercial vehicles that may be avoiding weigh stations.

- Electronic tax payments will be available to trucking companies by the first of the year.

The technology is paying off for Kentucky travelers. Commercial vehicle fatalities have decreased 42 percent since 1996, when Kentucky was named as one of the CVISN pilot states and began developing the new technology.

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PLEASE VOTE ON NOVEMBER 2nd!

TO THE VOTERS OF FLOYD COUNTY:

On November 2, 1999, the election for Floyd Circuit Judge, Division 3, the Family Court Judge, will be held. In the past few months, I have told you about my family, my experience in Family Court cases, and my ideas for improving the Court. Based on my experience, knowledge of the law, and ideas for the Court, I believe I am the best candidate for this important position. The final choice of who will serve in this office will be up to you, the voters of Floyd County.

I believe the cornerstone of our democracy is the right to vote. There is no more important right we have as citizens. The election of the Family Court Judge is vital to the children and families of our County, and deserves your careful consideration and vote. Please seek out all the information you can on each of us seeking this office, and vote for the candidate you believe will do the best job.

I have traveled all over Floyd County in the past several months, and I have tried to reach each voter personally. Now, as the time grows short, I know there are many I will miss. Please accept this message as my personal request for your vote and support for Floyd Circuit Judge, Division 3, the Family Court Judge.

Vote for and Support
Tim Parker

Family Court Judge
(Circuit Judge, Division 3)

Number 59 on the ballot,
Number 1 in experience!



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 Tim Parker Circuit Judge, Robert Williams, treasurer.

Your vote on November 2 will be appreciated.

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Avoiding carbon monoxide problems

Although carbon monoxide poisoning can occur at any time of year, it is more common in winter, when people warm up automobiles in attached garages or operate heating appliances and fireplaces with windows closed tight, according to the Gas Research Institute.

But while the danger of carbon monoxide is very real, it is also preventable. Knowing how to prevent carbon monoxide problems in your home will help you feel safer this winter.

"We were called to respond to 30 percent fewer carbon monoxide incidents in 1998 than in 1997," said Roger Wingate, operations manager at Columbia Gas of Kentucky. "That demonstrates to us that consumer education combined with the use of carbon monoxide detectors is making a difference."

Carbon monoxide (CO) is caused by the incomplete combustion of fuels such as gasoline, coal, wood, charcoal, kerosene, natural gas, propane, heating oil and almost any other combustible material, like tobacco, fibers and paper. Of these possible causes, the number one cause of unintentional carbon monoxide deaths in the United States is the automobile.

Carbon monoxide problems can be difficult to pinpoint because the poisonous gas is odorless, colorless, tasteless and non-irritating. When CO is breathed into the body, it combines with the body's blood by attaching itself to the hemoglobin in the blood stream and prevents it from absorbing oxygen.

Since early carbon monoxide poisoning symptoms are similar to those associated with the flu, you may not suspect a carbon monoxide problem. The easiest and most effective way to protect you and your family from carbon monoxide poisoning is to prevent CO problems from happening.

Here are a few ways to avoid CO problems in your home:

- Don't
- Warm your car up in an attached garage—even with the door up
- Leave a fire smoldering in your fireplace
- Start gasoline-powered equipment in the garage
- Try to heat a room with an appliance that is not meant for that function, like a gas stove
- Use a gas or charcoal grill in your garage
- Do
- Have* fuel-burning equipment, like your furnace, inspected annually by a qualified technician
- Check for visible signs of problems such as high indoor humidity, soot or water collecting near a burner or vent
- Provide adequate combustion air per appliance manufacturer recommendations for appliances, including kerosene heaters
- Make sure appliance fresh air intakes are not blocked or restricted
- Keep vents and chimneys clear of debris or other blockages
- Have appliance conversions or repairs conducted by a qualified technician

While prevention is the primary way to protect yourself from carbon monoxide poisoning, CO detectors are a good secondary protection. CO detectors should be located in the areas where you and your family will most need to be warmed. For instance, if you have only one CO detector, a hallway near the bedrooms is a good place to install it. A CO detector in that location can warn a family of a potentially dangerous level of carbon monoxide when they are sleeping and aren't likely to recognize the development of common carbon monoxide poisoning symptoms.

If you suspect a carbon monoxide problem in your home, leave your home and contact the fire department. If your local fire department is unable to respond, call your local gas company. They will have the equipment necessary to test your home to determine if carbon monoxide is present. If carbon monoxide is found, they will be able to help you determine the source of the CO, so that you can arrange for any necessary equipment repairs.

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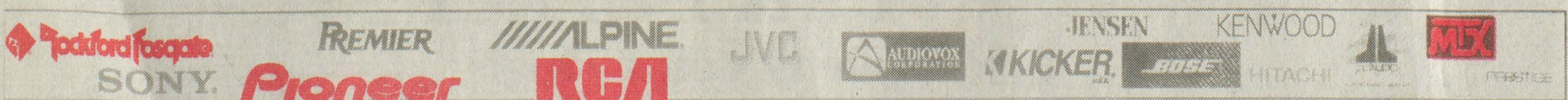
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FLOYD COUNTY Sports

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A Look At Sports

Regular season ends



Well, another high school football season has come and now is gone. It seemed like one of the quickest football seasons I have experienced. I must be getting older.

It wasn't that great of a season for our county teams, although we do have two heading to the playoffs this coming Friday night. Prestonsburg and South Floyd will represent us in the state event.

Both will have tough first round games in Breathitt County and Harlan.

What about those Belfry Pirates. I was surprised by the way they handled unbeaten Shelby Valley on the Wildcats grass field. Coach Phillip Haywood has a fine team at Belfry and will get a first round playoff on their home field. So will Shelby Valley, who just had an awesome season.

Whitesburg edged out Pike Central for the fourth seed in District 8. Belfry, Shelby Valley, Prestonsburg and Whitesburg will be four playoff teams this coming Friday night.

Pikeville had an easier time with Paintsville than what I thought. But the Tigers had a great season, finished third in the seeding ahead of South Floyd. So, Pikeville, Hazard, Paintsville and South Floyd will play in the Class A playoffs.

The Sheldon Clark Cardinals went undefeated this season after blasting Rowan County 47-0 Friday night. Coach Jim Matney had a great team over in Martin County. The Cardinal season came when they beat Lawrence County. The Bulldogs were a 69-7 winner over East Carter.

So the playoffs pairings are all set as Prestonsburg travels to Breathitt County and South Floyd will meet Harlan in the second season.

I got to talk some "round ball" with South Floyd coach Henry Webb, also school principal, and he is all excited about the upcoming season. The Raiders have to be the preseason pick for the top team in the 58th District and one of the top four in the region.

From what I have gathered, the Raiders will have it all this season: defense, scoring, inside play, defense. They are running the ball up and down the court.

In the stands at South Floyd, the fans are just as excited about the season as Coach Webb. Expectations are high this year as the Raiders are no longer the "door mat" of the area.

SHORT TAKES

- Allen Central will be the site of this year's 58th District tournament.
- All basketball district games will be doubleheaders this season.
- The grade school basketball season tips off in two weeks with the Right Beaver Classic at Allen Central Middle School.
- The Middle School Volleyball Tournament will be held at Allen Central Middle School Monday and Tuesday evenings.
- It was Senior Night at South Floyd this past Friday night and there were tears a plenty. The departing cheerleaders were honored by the remaining cheerleader squad when they released balloons into the air as "being cut loose" and will be remembered. It was a touching sight.
- If you ever go to a South Floyd football game you have to get one of the boosters club "hot dog!" Boy, they are great.

BLUE/WHITE GAME

Coach Brent Rose and the Betsy Layne Bobcats will hold their annual Blue/White game this coming Friday night at the D.W. Howard Fieldhouse. The evening will afford all fans to get a look at both the boys and girls' games. The festivities begin at 6 p.m. Coach Rose should have a competitive team this season. All the reports that I am hearing is that the kids love him as well as the fans. Betsy Layne will return several veteran players, but I understand that Adam Tackett will sit out his senior year and not play. I hate to hear that. Until Wednesday, good sports everyone and be good sports!

Raiders PLAYOFF Bound



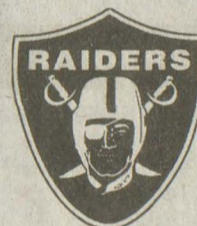
SOUTH FLOYD'S JOE PLATKUS (44) was caught by the Elkhorn City defense as he carried the ball Friday night. Platkus scored two touchdowns in a 66-16 Raider win. (photo by Ed Taylor)



Jarrold Johnson of the South Floyd Raiders raised their helmets in celebration of making their third straight trip to the state playoffs that kicks off this Friday night. Wide receiver Kyle Tackett hauled in a pass that went for a touchdown against Elkhorn City in a 66-16 win over the Cougars. (photos by Ed Taylor)

Bryant scores 3 TD's in 66-16 rout

by Ed Taylor
 Sports Editor



It will be South Floyd traveling to Harlan next Friday night for the first round of the state football playoffs. The Raiders, who had earned a berth already, ensured their place on the brackets with a convincing 66-16 win over a hapless Elkhorn City team.

It will mark the third straight year South Floyd has advanced to the state playoffs, and the fourth time in the past five seasons.

Junior back, B.J. Bryant rushed for 160 yards on 15 carries, while scoring three touchdowns and two conversions. Matt Tackett, who handled the ball little in the game, had just three carries, but they went for 120 yards rushing. Joe Platkus, who gets stronger each time out, had seven carries for 48 yards. South Floyd piled up 309 rushing.

Senior quarterback Charlie Williams, who watched from the sidelines most of the second half, completed five of six passes for 150 yards. Kyle Tackett was sensational again with three catches for 124 yards. Jarrod Johnson had one catch for 15 yards and Bryant hauled in one for 11 yards. The Raiders had 554 total yardage for the game.

On the defensive side of the football, P.J. Cox had two interceptions and returned both for touchdowns. Cox returned the first one 62 yards and number two for 33 yards.

South Floyd's defense held Elkhorn City to only 15 yards on the ground. The Cougars, failing to move the ball on the ground, went to the airwaves where Adam Ratliff completed eight of 22 passes for 124 yards.

The South Floyd defense got to Ratliff for four sacks for minus 32 yards.

It just wasn't to be Elkhorn City's game as they stumbled out of the gate on their first possession. The

(See Raiders., page eight)

High School Football

Playoffs next for Blackcats

Prestonsburg ends regular season with disappointing 36-5 loss

by Ed Taylor
 Sports Editor

In a fashion that Prestonsburg football fans are not accustomed to, the Blackcats closed out their regular season football schedule on the road at Harrison County Friday night, and it was a long bus ride back home after a 36-6 setback at the hands of the Thoroughbreds.

Prestonsburg, who is playoff bound, finished their record season with the worst record since the 1989 season when they finished 2-9. It is the first losing

season since for Prestonsburg.

It was the same problem that has faced the Blackcats all season — putting points on the scoreboard. Prestonsburg did not score until late in the fourth quarter when sophomore quarterback Austin Clark hit Matt Slone with an 11-yard scoring pass.

Prestonsburg trailed 15-0 after the first quarter and at halftime. Billy Custard picked up a Prestonsburg fumble and returned it 52 yards and Jerrell Williams ran the two-point conversion to give the Thoroughbreds an 8-0 lead. Late in the opening period, Glenn Scott

hauled a touchdown pass from quarterback Bill Faulkner on a 15-yard pass play. The PAT gave Harrison County a 15-0 lead.

Neither team could score in the second period.

Harrison County duplicated their first quarter feat in the third period by putting 15 more points on the board. Faulkner hit Devon Dotson on a 9-yard pass play with Williams running the two-point conversion. Williams then

(See Playoffs., page eight)

Profile...

Roy Harlow

Coach Roy Harlow has been coaching the Allen Central Middle School football team for several seasons now and helping with the varsity, as well. Roy is unselfish with the giving of his time to the kids of Floyd County. He is very knowledgeable of the game and is well respected in the area. The Times' sports department salutes an outstanding individual in Roy Harlow, who also pastors the Martin United Methodist Church.



NASCAR

Winston Cup Points (Through Sunday's Winston 500)

1. Dale Jarrett,	4602
2. Bobby Labonte,	4356
3. Mark Martin,	4283
4. Jeff Gordon,	4168
5. Tony Stewart,	4159
6. Jeff Burton,	4063
7. Dale Earnhardt,	4039
8. Rusty Wallace,	3677
9. Ward Burton,	3507
10. Mike Skinner,	3491
11. Jeremy Mayfield,	3266
12. Terry Labonte,	3262
13. Bobby Hamilton,	3114
14. Ken Schrader,	3103
15. Sterling Marlin,	3025
16. Steve Park,	3002
17. Kenny Irwin,	2974
18. Jimmy Spencer,	2952
19. Wally Dallenbach,	2951
20. Bill Elliott,	2936

Money Leaders

1. Jeff Gordon,	\$5,022,166
2. Jeff Burton,	\$4,781,951
3. Dale Jarrett,	\$3,269,914
4. Bobby Labonte,	\$2,962,841
5. Dale Earnhardt,	\$2,497,839
6. Mark Martin,	\$2,410,196
7. Terry Labonte,	\$2,110,871
8. Tony Stewart,	\$2,067,811
9. Mike Skinner,	\$1,994,731
10. Rusty Wallace,	\$1,950,129
11. Ward Burton,	\$1,875,224
12. Kenny Irwin,	\$1,823,366
13. Jeremy Mayfield,	\$1,725,914
14. John Andretti,	\$1,629,496
15. Bobby Hamilton,	\$1,623,299
16. Ken Schrader,	\$1,613,259
17. Michael Waltrip,	\$1,546,370
18. Sterling Marlin,	\$1,477,706
19. Joe Nemechek,	\$1,456,321
20. Jimmy Spencer,	\$1,455,198

Lap Leaders

(with number of races led in parentheses)

1. Jeff Gordon,	1316 (25)
2. Tony Stewart,	1028 (14)
3. Jeff Burton,	986 (15)
4. Rusty Wallace,	941 (10)
5. Bobby Labonte,	876 (26)
6. Dale Jarrett,	833 (18)
7. Mark Martin,	662 (21)
8. Mike Skinner,	464 (13)
9. Terry Labonte,	349 (10)
10. Dale Earnhardt,	230 (8)

Mile Leaders

1. Jeff Gordon,	1918.06
2. Dale Jarrett,	1572.08
3. Bobby Labonte,	1243.75
4. Jeff Burton,	1176.34
5. Rusty Wallace,	944.81
6. Tony Stewart,	856.03
7. Mark Martin,	836.79
8. Mike Skinner,	618.87
9. Dale Earnhardt,	395.27
10. Ward Burton,	333.15

Pole Winners

1. Jeff Gordon,	6
2. Bobby Labonte,	5
3. Rusty Wallace,	4
4. Joe Nemechek,	3
5. Tony Stewart,	2
6. Kenny Irwin,	2
7. Mike Skinner,	2
8. Ricky Rudd,	1
9. Ken Schrader,	1
10. Sterling Marlin,	1
11. Ward Burton,	1

Rookie Standings

1. Tony Stewart,	301
2. Elliott Sadler,	185

Manufacturer Standings (victories in parentheses)

1. Ford,	204 (12)
2. Chevrolet,	194 (11)
3. Pontiac,	72 (6)

Winston Cup Career Wins (x-indicates active drivers):

1. Richard Petty,	200.
2. David Pearson,	105.
3. x-Darrell Waltrip,	84.
Bobby Allison,	84.
5. Cale Yarborough,	83.
6. x-Dale Earnhardt,	74.
7. Lee Petty,	55.
8. Ned Jarrett,	50.
Junior Johnson,	50.
10. x-Rusty Wallace,	49.
x-Jeff Gordon,	49.
12. Herb Thomas,	48.
13. Buck Baker,	46.
14. Tim Flock,	40.
x-Bill Elliott,	40.
16. Bobby Issac,	37.
17. Fireball Roberts,	34.
18. x-Mark Martin,	31.
19. Rex White,	28.
20. Fred Lorenzen,	26.
21. Jim Paschal,	25.
22. Joe Weatherly,	25.
23. x-Dale Jarrett,	22.
24. Benny Parsons,	21.
Jack Smith,	21.
x-Terry Labonte,	21.

Bowling News

MIXED BOWLING LEAGUE

Team	Won	Lost
Randy's Customs	19	5
Noelle Trucking	17	7
Pin Zone	14	10
R&R	13	11
Lucky Strikes	13	11
The Unpredictables	13	11
Mine Rite	12	12
Alley Cats	11.5	12.5
MRC Materials	11	13
FCF	9	15
TMC Printing	6.5	17.5

HIGH SCRATCH GAME, TEAM

Pin Zone	847
Alley Cats	819
Randy's Customs	745

HIGH SCRATCH SERIES, TEAM

Pin Zone	2323
Alley Cats	2260
Randy's Customs	2191

HIGH HANDICAP GAME, TEAM

Alley Cats	911
Pin Zone	902
Randy's Custom	871

HIGH HANDICAP SERIES, TEAM

Randy's Custom	2570
Alley Cats	2536
Pin Zone	2488

TUESDAY NIGHT MEN'S LEAGUE

Team	Won	Lost
J&S Battery	18	8
Mine Rite	17	7
Good Ole Boys	16	8
Storm Hollow Five	15.5	8.5
Martin Dairy Queen	13	11
D & S	13	11
MTS	12	12
Poe's Torch	11.5	12.5
X-treme Bowling	11	13
R/S Body	11	13
Music Carter Hughes	10	14
Holiday Inn	10	14
Pin Zone	8	16

HIGH SCRATCH GAME, TEAM

Pin Zone	960
J & S Battery	914
Good Ole Boys	878

HIGH SCRATCH SERIES, TEAM

Pin Zone	2851
J & S Battery	2634
Good Old Boys	2554

SportsBoard

HIGH HANDICAP GAME, TEAM

Pin Zone	1052
J&S Battery	1035
R/S Body	1030

HIGH HANDICAP SERIES, TEAM

J&S Battery	2997
Pin Zone	2927
Poe's Torch	2888

HIGH SCRATCH GAME INDIVIDUAL

Larry Webb	265
James Slone	243
John Hurd	232

HIGH SCRATCH SERIES, INDIVIDUAL

Larry Webb	716
James Slone	634
John Hurd	631

HIGH HANDICAP GAME, INDIVIDUAL

Larry Webb	285
James Slone	243
Tim Hall	249

HIGH HANDICAP SERIES

Larry Webb	776
Tim Hall	714
Roger Hughes	680

STRIKE FORCE BOWLING LEAGUE

Team	Won	Lost
Hee Haw Girls	18	6
Ky Oil & Refining	16	8
The Haircutters	14	10
Ebony & Ivory	13	11
R. B. & Williams	13	11
Mine Rite	12	12
Pin Zone Girls	11	13
Inez Physical Therapy	9	15
Ky. Housebuilders	8	16
Ousley's Construction	3	21

HIGH SCRATCH GAME, TEAM

Hee Haw Girls	898
Ky. Oil & Refining	845
Pin Zone Girls	829

HIGH SCRATCH SERIES, TEAM

Ky. Oil & Refining	2463
Pin Zone Girls	2452
Hee Haw Girls	2448

HIGH HANDICAP GAME, TEAM

Hee Haw Girls	1096
Ky. Oil & Refining	1029
Ousley's Construction	1016

HIGH HANDICAP SERIES, TEAM

Hee Haw Girls	3048
Ky. Oil & Refining	3015
Pin Zone Girls	2929

HIGH SCRATCH GAME, INDIVIDUAL

Kathy Clark	233
Barb Roop	209
Rhonda West	205

HIGH SCRATCH SERIES, INDIVIDUAL

Kathy Clark	572
Barb Roop	541
Rudell Preston	537

HIGH HANDICAP GAME, INDIVIDUAL

Kathy Clark	255
Nellie Goble	248
Carolyn Moore	243

HIGH HANDICAP SERIES, INDIVIDUAL

Nellie Goble	648
Kathy Clark	638
Karen Howard	636

Football Scores

Harrison County 36, Prestonsburg 6
Breathitt County 42, Estill County 14
Fairview 46, Betsy Layne 15
Lawrence County 69, East Carter 7
Whitesburg 13, Pike County Central 7
Sheldon Clark 47, Rowan County 0
Pikeville 49, Paintsville 11
Belfry 28, Shelby Valley 6
South Floyd 66, Elkhorn City 16

Football Scores

NFL STANDINGS AMERICAN CONFERENCE

East	W	L
Miami	5	1
New England	5	2
Indianapolis	4	2
Buffalo	4	3
N.Y. Jets	1	6

Central	W	L
Jacksonville	5	1
Tennessee	5	1
Pittsburgh	4	3
Baltimore	2	4
Cincinnati	1	6
Cleveland	0	7

West	W	L
Kansas City	4	2
San Diego	4	2
Seattle	4	2
Oakland	4	3
Denver	2	5

NATIONAL CONFERENCE

East	W	L
Dallas	4	2
Washington	4	2
N.Y. Giants	4	3
Arizona	2	4
Philadelphia	2	5

Central	W	L
Detroit	4	2

Green Bay	4	2
Tampa Bay	3	3
Chicago	3	4
Minnesota	3	4

West	W	L
St. Louis	6	0
San Francisco	3	4
Carolina	2	4
New Orleans	1	5
Atlanta	1	6

Today's Games

Buffalo at Baltimore
Carolina at Atlanta
Chicago at Washington
Cleveland at New Orleans
Jacksonville at Cincinnati
N.Y. Giants at Philadelphia
St. Louis at Tennessee
San Diego at Kansas City
New England at Arizona
Miami at Oakland
Dallas at Indianapolis
Minnesota at Denver
Tampa Bay at Detroit

Monday Night Game Seattle at Green Bay

Recruiting

At this writing, three full weeks prior to the beginning of the fall national signing period that runs from November 10 through November 17, 54 of our pre-season list of the top 100 high-school senior prospects in the nation have already announced public verbal "commitments" to the particular university of their choice.

Often, however, a nonbinding verbal "commitment" winds up being nothing more than a prospect's opinion on the day of the announcement, and it may be subject to change in merely a twinkling of an eye. This summer and fall, approximately 15 verbal "commitments" have been rescinded — some by extremely prominent prep seniors — and this is no longer unusual.

The consequence is that even a "committed" prospect must be recruited hard all the way until he signs a national letter of intent, and, even then, that may not prevent the prospect from changing his mind.

This year there are a number of prime examples of verbal "commitments" that have turned out to be transitory.

For starters, let's look at 6-10, 260-pound Houston (Texas) Milby power forward/center Alton Ford, whom we rank as the No. 7 senior nationally; 6-6 Columbia (S.C.) Keenan wing guard Jerome "Buddy" Harper (No. 8); 6-9, 260-pound York (Ala.) Sumter County power forward/center Mario Austin (No. 14); 6-7, 230-pound Pittsfield Maine Central Institute small forward/power forward Caron Butler (No. 15); 6-4 Chatham (Va.) Hargrave Military Academy wing guard Tony Bobbitt (No. 23); 6-7 Jackson (Miss.) Province small forward/power forward Justin Reed (No. 26); and 6-6 Maine Central Institute small forward Derick Payne (No. 27).

All seven of these individuals are elite talents currently ranked among the best 30 prospects in the prep Class of 2000. In each case, there is a verbal "commitment" that, at some later point, has appeared to be shaky, at best, and perhaps nonexistent.

Alton Ford verbally "committed" to the hometown Cougars prior to the major summer events, but within weeks he indicated that the "commitment" was perhaps "80 percent," and that he still might opt for a school other than Houston. Because Ford is the key to Clyde Drexler's revitalization project at his alma mater, Houston's recruiting has been at a virtual standstill as other promising prospects wait to see what Ford ultimately does.

Harper has recently transferred from Limestone (Tenn.) Washington College Academy back home to Columbia (S.C.) Keenan, and he has said that he may well enter the 2000 NBA draft despite his mid-July verbal "commitment" to Cincinnati. In this case, the loaded Bearcats program isn't nearly as dependent upon Harper for its future success as the Houston program is dependent upon Ford. Still, players of Harper's ability don't grow on trees, so it certainly would hurt Cincy somewhat if Harper (whose academic credentials reportedly need upgrading) winds up elsewhere next fall.

Sports Briefs...

Baseball

Guzman, Avery leaving Reds

Cincinnati Reds right-handed pitcher Juan Guzman and left-hander Steve Avery filed for free agent status, opening the door to hook on with some other major league team next year.

Guzman was obtained from Baltimore in hopes of shoring up a rather weak pitching staff. Guzman was impressive in his first six games but faltered down the stretch when the Reds tried to make the playoffs. In his final six starts with the Reds, he lost twice and did not figure into a decision in four of the games.

Avery, who spent time on the disabled list was trying to make a comeback with the Reds.

McKeon accepts one-year extension with Reds

Jack McKeon, who managed the Cincinnati Reds to the threshold of the playoffs, accepted a one-year contract extension Thursday that was less than he'd expected. McKeon had hoped for a multi year deal after the Reds put up 96 wins, their best total since the days of the Big Red Machine. The Reds offered only a one-year deal that improved slightly on the approximately \$500,000 he made last season. After several days of discussions and mulling it over, he accepted rather than walk away from managing at age 68. "I think it's only natural that anybody batters these things back and forth (in their minds)," McKeon said, from his home in North Carolina. "I always wanted to come back, no question." McKeon said he received phone calls from front-office employees, players, coaches, scouts and other members of the organization in the last few days asking him to stay.

Cincinnati's Barry Larkin won his ninth Silver Slugger

Award on Thursday, and Seattle's Ken Griffey Jr. and the New York Mets' Mike Piazza each won their seventh. The awards are voted on by major league managers and coaches, who are asked to pick the best players at each position based solely on offense. Silver Sluggers are awarded by Hillerich Bradsby Co., the maker of Louisville Slugger bats. The awards began in 1980.

NASCAR

Bobby Labonte team wins pit crew contest

The Joe Gibbs Racing Pontiac of driver Bobby Labonte and crew chief Jimmy Makar set a record last Saturday while winning the annual Unocal 76 Pit Crew Championship at North Carolina Speedway in Rockingham. Labonte's car took two cans of gas and four tires in 19.166 seconds, breaking the record of 19.363 set by Jeff Gordon's team in 1994. "Week in and week out, these guys make us look good on Sundays because they get us in and out of the pits real fast," said Labonte, second in the Winston Cup points race.

The crew includes pit stop coordinator Jeff Chandler, rear tire carrier Scott Hewitt, front tire carrier Todd Meredith, catch can man Derek Jones, jackman Jason Lee, rear tire changer Barry Cook and gasman Peter Jellen. They will share in the \$26,000 first prize. Joe Nemechek's Sabco Racing crew, headed by Tony Glover, was second at 19.331.

POP SECRET NOTEBOOK: Jarrett calls profanity fine 'unfair'

Unfair is the way Dale Jarrett characterized the \$5,000 fine levied against his crew chief, Todd Parrott, for an unguarded moment during last Sunday's Winston 500. Parrott, who was miked, along with Jarrett and the team's spotter, for the television broadcast on ESPN, forgot during a heated moment and uttered a profanity. Jarrett, the Winston Cup points leader, said the team had been told by ESPN that there would be a one-second delay, just in case of such slips. He also said the \$5,000 penalty was too stiff for such a slip. "We tried to do something that would enhance the sport," Jarrett said. "We were told one thing by the people that were showing the race that day on TV and that didn't happen.



THE ADAMS MIDDLE SCHOOL GIRLS cheerleaders were all decked out Thursday night cheering on their team. Front row: Christina Morris, Brittany Johnson, Laura Floyd. Back row: Luka Baldrige, Ashley Harris, Katie Hale, Lakole Ousley (photo by Ed Taylor)

Karen's Korner Rough Week



This has been the roughest week I can remember in a long time. My four-year-old daughter has been in the hospital due to an asthma attack.

She is usually a very mild mannered little girl, but with the breathing medicine that she has been on, she has been anything but that. Oh well, I am glad that she is home, and I am able to be back at work.

My mistake

In last Sunday's paper I did a story on the game between South Floyd and Paintsville. I was so excited about the game, I still think South Floyd should have won, but anyway I said that Jody Hall tackled Travis Preston in the end zone to give the Raiders a safety, when actually it was Ryan Hall who got the tackle for the safety. Ryan, I apologize. I was not at the end zone when it happened and the announcer said "tackled by Hall" and Jody was the first Hall that I saw on the ros-

ter. Again, I apologize to Ryan and his family.

Girls' Basketball

I have been attending some girls' basketball practices, — or I was before my daughter was hospitalized — and have really enjoy watching these girls preparing for the upcoming basketball season. Ed attended one of Allen Central's practices, and I have attended Prestonsburg and Betsy Layne. I was planing to attend South Floyd on Tuesday, but that is when my daughter got sick. I will get to South Floyd this week.

From talking with the girls and the coaches, it appears that this will be a very competitive season in Floyd County. Prestonsburg and Betsy Layne will be contenders this year. Allen Central is always competitive, and South Floyd is coming together as a school in all sports, so look for a tough Lady Raiders team. I watched Minnie Tackett and Monica McKinney play volleyball all season, and they are both very good athletes. I think we will have a very good girls' basketball season this year. I am looking forward to basketball season to start.

Betsy Layne completes winless season at Fairview

by Ed Taylor
Sports Editor

The curtain fell and it came down hard on the Betsy Layne Bobcats' 1999 football season with a thunderous 46-15 loss at Fairview this past Friday night.

Betsy Layne finished the season with a 0-10 record in a season that has its up's and down's.

Ricky Goble and Bradley Brooks scored the lone touchdowns for Betsy Layne in the season finale. Goble scored in the second quarter and Brooks touchdown came in the third period.

Fairview jumped out to a 14-0 lead on a 57-yard run by Tim Barbour in the first quarter, and a 49-yard run by Eric Hale in the same quarter.

Goble put the Bobcats on the scoreboard early in the second period after the Bobcats moved the ball to

the Fairview one-yard line. On the plunge, Goble hit paydirt and Adam Collins kicked the PAT to make it a 14-7 game.

But Fairview put two more TD's on the scoreboard in the second quarter to give Fairview a 27-7 halftime lead. Barbour scored his second touchdown in the game on a 5-yard run. Chris Dixon went into the end zone on a three-yard run and Eric Parks kicked the PAT.

Fairview came out in the third period and took a 34-7 advantage on a Shannon Waugh fourteen-yard run and Parks point after kick. Brooks gave the Betsy Layne faithful something to cheer about, scoring on a thirteen-yard run. He also added the two-point conversion to make it a 34-15 game. Fairview got scores from Dixon, a nine-yard run, and Hale, a four-yard run for the final 46-15 score.

From the Tackle Box....

by Jim Lyon
Columnist

I see many young people today who seem to be bored to tears with nothing to do. There are numerous recreational activities available for them.

One of these activities, in particular, is fishing. This sport can be enjoyed by those who may not have the resources to buy an \$18,000 rig for fishing, but can adequately equip themselves for enjoying the sport with a modest amount of cash.

In some cases our teens are under pressure, to achieve in school, on the ball field or in some idle competition with their peers. The sport of fishing is relaxing and fun.

I have previously written articles, describing the abundance of opportunities we have in Eastern Kentucky to fish in our beautiful lakes. Encourage your youth to take advantage of our natural resources. Teach them how important it is to preserve them by keeping our lakes and streams clean.

If you are thinking about starting to enjoy the sport of fishing next year, or perhaps starting yet this year, there are some things that may help you begin to develop your skills. You may learn many things that would help you, prior to going down to the fishing hole. Starting out can be a bit frustrating for some, if basic skills aren't learned and practiced.

In one of my previous articles, I touched briefly on lure presentation. The professional anglers that we see on TV makes it appear so easy, and indeed it is for them. He demonstrates how to cast and retrieve, and while doing so, we observe him as he catches large bass or other species.

In the past I have tried in vain to

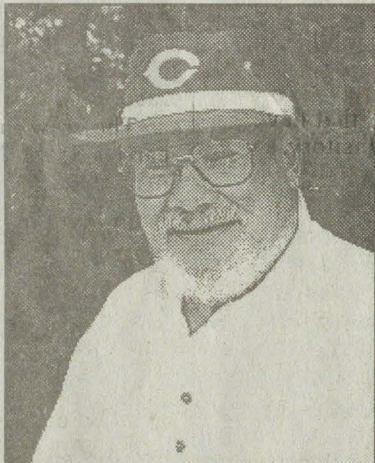
emulate these fellows. Needless to say, I have been unsuccessful in most cases. I came to the understanding that, each angler must develop their own style through spending time fishing. Those who make a profession of fishing have developed their style and skill over a long period of time, and may be different from others who also fish professionally.

Developing these skills may be compared with learning to ride a bicycle. You may watch someone else ride, take verbal instruction, read volumes of instructions, and yet not be able to ride. You may only learn the basics of bicycle riding from these sources. It is imperative that you get on the cycle, and keep practicing until you have developed the coordination, and the balance skills necessary. After you learn to ride, you may then become more skilled as you practice.

It is no different when becoming an accomplished angler. There are many hand, eye coordination skills necessary. To accomplish this, it may require hours of practice. You don't always have to be on a lake to practice some of these skills. Proper casting techniques may be developed in your yard, or in a large room.

Never do this with a hook or lure on the line. Use different weights of lead sinkers, that will closely match a lure that you may use while fishing, to develop your casting skills. It's not knowledgeable of casting competition that

may be held in this area. In some areas, angles come together and hold casting competition. This competition is to demonstrate the accuracy of an angler's casting, his technique for casting among expediments, and his ability to deal with space restriction when casting.



I know anglers who have been fishing for years, who still practice their casting skills using various reels. These folk are well aware of fishing time lost, when they must get their bait loose from trees and stumps. They also know how important it is to practice

casting with different weights on their line. Each lure will cast differently according to their weight. A heavy lure will travel much farther than a light one cast with the same effort.

Most lures you buy, are designed to simulate and look like some live species of fish insect, or amphibian. In presentation of lures it is important to know how this particular live bait would act in the water. If you are using a minnow lure, present it in the same way that a live minnow meanders through the water. A swimming pool is a great place to practice this skill.

The above may help you develop some of the basic skills needed while becoming a successful angler. The single most important thing in learning these skills is, doing. Nothing can substitute for the actual experience of wetting your hook and practicing while enjoying catching fish. You seldom become good at anything

without long hours of practice.

Fishing at Dewey Lake is improving. The lake is at summer pool stage and stationary. The water temperature is 64° and clear. Bass has moved near to the bank and to the top water. These fish may also be found where the lake is shallow, around weed beds and stickups. Some Largemouth Bass are reported as being taken by trolling with four inch rapala's. Teach someone how to fish. Observe all water safety rules, and have a great time. See you at the fishing hole.



THE SOUTH FLOYD RAIDERS will travel to Harlan this Friday night for the first round of the football playoffs. South Floyd defeated Elkhorn City 66-16 Friday night. (photo by Ed Taylor)

PUBLIC NOTICE

THIS AD WILL SERVE AS PUBLIC NOTIFICATION . . . IN ORDER TO ENGAGE IN THE MANDATORY 1/2 PRICE LIQUIDATION SELL OFF . . . IN ORDER TO REGROUP TO BRING NEW STOCK FROM THE WAREHOUSE . . . TO MARK DOWN PRICES . . . THACKER FURNITURE IN PIKEVILLE WILL BE . . .

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NASCAR this week

If you've got a question or a comment, write:

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2500 E. Franklin Blvd.
Gastonia, N.C. 28054



On TV

All Times Eastern

■ **Craftsman Trucks, NAPA Auto Parts 200**

4 p.m. • Saturday • ESPN

■ **Busch Series, Sam's Town 250**

1 p.m. • Sunday • TNN

1999 POINTS STANDINGS

WINSTON CUP	BUSCH	TRUCK
1. Dale Jarrett, 4,772	Dale Earnhardt Jr., 4,117	Greg Biffle, 3,588
2. Bobby Labonte, 4,526	Matt Kenseth, 4,036	Jack Sprague, 3,567
3. Mark Martin, 4,438	Jeff Green, 3,902	Dennis Setzer, 3,563
4. Jeff Gordon, 4,298	Todd Bodine, 3,649	Stacy Compton, 3,453
5. Tony Stewart, 4,286	Elton Sawyer, 3,484	Jay Sauter, 3,404
6. Jeff Burton, 4,243	Jeff Purvis, 3,364	Mike Wallace, 3,395
7. Dale Earnhardt, 4,082	Jason Keller, 3,328	Ron Hornaday, 3,328
8. Rusty Wallace, 3,837	Dave Blaney, 3,231	Andy Houston, 3,250
9. Ward Burton, 3,682	Mike McLaughlin, 3,114	Jimmy Hensley, 3,138
10. Mike Skinner, 3,603	Randy Lajoie, 3,106	Mike Bliss, 3,134

TOP TEN

■ Weekly rankings by NASCAR This Week writer Monte Dutton. Last week's ranking is in parentheses.

- | | |
|------------------------------|-----------------------------|
| 1. (1) Dale Jarrett | Another brick in the wall |
| 2. (2) Jeff Gordon | Off-week at the Rock |
| 3. (7) Jeff Burton | Gordon's only rival in wins |
| 4. (6) Mark Martin | A pole and a sixth |
| 5. (3) Bobby Labonte | As usual, near the front |
| 6. (4) Dale Earnhardt | Hard-luck day |
| 7. (5) Tony Stewart | Costly mistake on restart |
| 8. (9) Ward Burton | Can't beat little brother |
| 9. (8) Rusty Wallace | Faded late ... again |
| 10. (10) Mike Skinner | Thoroughly mediocre |

FROM LAST WEEK

WINSTON CUP SERIES

Cheer all you want for Jeff Burton, who is putting the finishing touches on a fine year, but consider, too, the plight of his older brother.

Ward Burton deserved better. No one knew this more vividly than Jeff. Yet still, the younger brother's job was to unmercifully prolong the other's suffering by beating him in yet another Winston Cup race.

This saga is getting nauseatingly familiar. Jeff Burton, the 32-year-old emerging superstar, won the Pop Secret 400 at Rockingham in a Ford, with Ward Burton, who turned 38 the day after the race, finishing second. It was the third time this year the Burtons finished 1-2, with Jeff winning each time.

At least it wasn't Ward's

birthday.

BUSCH GRAND NATIONAL

When Mark Martin won the pole on Friday, it was hardly cause for celebration to the rest of those lining up for Saturday's Kmart 200.

Martin's Busch Grand National record at North Carolina Speedway is similar to the New York Yankees' record in the World Series. Martin's seemingly inevitable victory was the 10th time he has won at Rockingham and his 40th victory in the support series overall. Both figures are all-time records.

Martin's mastery was sporadically challenged, but his black-and-yellow Ford was the car to beat for most of the day. He led 142 of the 197 laps, including the final 66.

1999 WINSTON CUP SCHEDULE

Nov. 7	Phoenix International Raceway	Avondale, Ariz.
Nov. 14	Miami-Dade Homestead Motorsports Complex	Homestead, Fla.
Nov. 21	Atlanta Motor Speedway	Hampton, Ga.

FEUD OF THE WEEK

Dale Earnhardt vs. Kenny Irwin

Earnhardt felt like Irwin, making one of his final runs with Robert Yates, put his Chevrolet in the wall. "I came up off the corner," said Earnhardt, "and he started up on me." Irwin went on to finish 13th; Earnhardt wound up 40th.

NASCAR This Week's Monte Dutton gives his opinion:

"The incident was particularly damaging to Earnhardt, who probably lost any chance to finish in the top five in points. Earnhardt is seventh, and the guy who is sixth, Jeff Burton, won the race. That leaves Earnhardt 161 points behind Burton and 204 behind Tony Stewart, who is fifth."

FROM THE ARCHIVES

■ **Kansas' Jim Roper was three laps behind when Glenn Dunnaway took the checkered flag in NASCAR's very first Strictly Stock (now Winston Cup) race, held at the old Charlotte Speedway (.75-mile dirt) on June 19, 1949. But Dunnaway, from Gastonia, N.C., was disqualified because his 1947 Ford had stiffened rear springs, which to NASCAR's way of thinking, meant they were not "strictly stock."**

By Monte Dutton
NASCAR This Week

ROCKINGHAM, N.C. — Cosworth, the Ford-owned supplier of racing engines, will build Cal Wells' Busch Grand National power plants next year, but the agreement could have Winston Cup implications.

Wells' Cup team, with driver Scott Pruett, will get its engines from Robert Yates, while Anthony Lazzaro, assuming that as expected he recovers from injuries received recently in a Talladega ARCA race, will drive in BGN with Cosworth power.

BUSCH GRAND NATIONAL

Coming up: Sam's Town 250
Where: Memphis Motorsports Park, Millington, Tenn. (.75-mile track), 250 laps/187.5 miles

When: Sunday, Oct. 31

Defending champion: First event
Event qualifying record: First event

Race record: First event

Notable: Recently reconfigured, the new track hosted a SuperTruck race for the first time in 1998 and picked up a BGN race this year.

CRAFTSMAN TRUCKS

Coming up: NAPA Auto Parts

200

Where: California Speedway, Fontana (2-mile track), 100 laps/200 miles

When: Saturday, Oct. 30

Defending champion: Jack Sprague

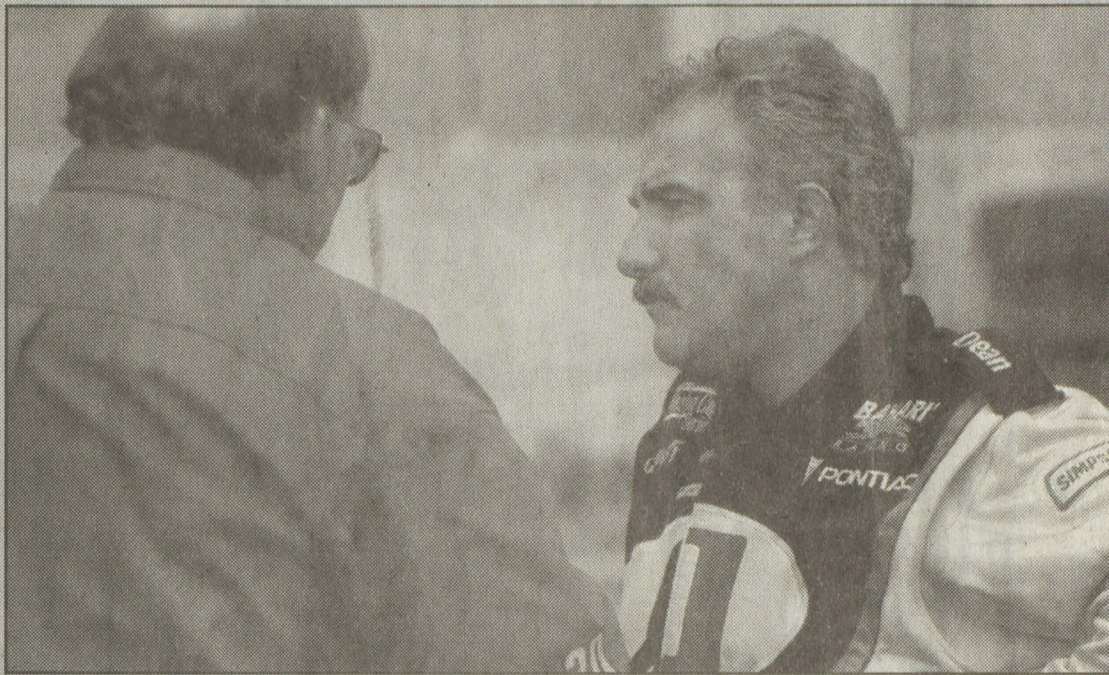
Event qualifying record: Mike Bliss, Ford, 173.198 mph, Oct. 17, 1997

Race record: Jack Sprague, Chevrolet, 141.844 mph, July 18, 1998

Notable: The top five finishers have been completely different in the two previous races. ... Andy Houston is a former pole winner. ... This event closes the SuperTruck season.

PROFILE

Derrike Cope



John Clark/NASCAR This Week

Derrike Cope, right, has two wins in 350 Winston Cup starts.

By Monte Dutton
NASCAR This Week

The winding career of Winston Cup veteran Derrike Cope will take another turn in 2000 when he takes over the driving duties of the No. 15, Spartanburg, S.C.-based Ford Taurus housed in the longtime shop of Walter "Bud" Moore.

Moore sold his team recently to the Fenley brothers, a pair of California businessmen who had been active in West Coast racing. Cope debuted the car recently at Lowe's Motor Speedway, where he qualified 24th and finished 35th.

The highlight of Cope's career was a victory in the 1990 Daytona 500, a classic upset in which he took the lead from Dale Earnhardt, who had a tire go down, on the final lap. Cope added another Winston Cup victory that year at Dover.

Cope has been unable to add another victory since. During his career, he has driven for owners George Jefferson, Fred Stoke, Jim Testa, Bob Whitcomb, Cale Yarborough, T.W. Taylor, Bobby Allison, Nelson Bowers, Chuck Rider and Larry Hedrick.

A knee injury cut short a promising baseball career. Cope played catcher at Whitman College.

AGE: 40

HOMETOWN: Born in San Diego, Calif.,

raised in Spanaway, Wash., lives in Huntersville, N.C.

WIFE: Renee

CAR: No. 41 Kodiak Chevrolet Monte Carlo, owned by Larry Hedrick

RECORD: 350 starts, 1 pole, 2 wins, 6 top-five finishes, 32 top-10s, almost \$6 million in career earnings

FIRSTS: Start (Nov., 1982, at Riverside), pole (Sept. 30, 1998, at Charlotte), win (Feb., 1990, at Daytona)

HOW WOULD YOUR ATHLETIC CAREER HAVE BEEN DIFFERENT IF INJURIES HAD NOT FORCED YOU TO ABANDON YOUR BASEBALL CAREER? "I'm glad it worked out like it did. I'd probably still be riding buses in the minors. Instead, I'm doing something I really enjoy."

HOW VIVID ARE YOUR MEMORIES OF THAT DAYTONA 500 VICTORY? "I can close my eyes and see it all again like yesterday. I can't express how great that feeling was. The Daytona 500 is the one you dream about winning from the moment you get into this sport. They can say what they want to about The Brickyard and Talladega and others. I'm sorry. This is the one."

HOW ABOUT ALL THE ADVERSITY YOU'VE GONE THROUGH SINCE? "You just have to block all that out and do the best you can. All you can do is keep working hard and have faith that eventually everything will work itself out."

Who's Hot... Who's Not

■ **HOT:** Ward Burton has three straight top-five finishes.

■ **NOT:** Michael Waltrip has been 12th or worse in 15 straight races.

Trackside Trivia

- Who was the last driver to drive a Plymouth to victory?
- Who gave Junior Johnson his final victory as a car owner?
- In how many races did Richard Petty compete during his career?

1. Dick Brooks in 1933; 2. Bill Elliott, in 1994; 3. 1,185

ANSWERS

Fan Tips

■ "Martinsville Speedway: Half-Mile of Thunder" is a 160-page book of dazzling, mostly color photographs celebrating the NASCAR Winston Cup Series' oldest existing track. The photos tell a wonderful story of short-track racing at its best, dating back to the late 1940s. The book sells for \$29.95 and may be purchased by contacting: fotoVISION, P.O. Box 4096, Roanoke, VA 24105; phone: (540) 777-0119; fax: (540) 777-0132; e-mail: valife@rev.net.

AROUND THE GARAGE

Cosworth engines will enter NASCAR

"We see Cosworth's entrance into NASCAR as a benefit to the entire Ford NASCAR program," said Greg Specht, Ford Racing Technology's North American Racing Operations Manager. "Currently there are very few Ford teams in the Busch series. We are confident Cosworth will make our NASCAR Busch series program even more competitive and will hopefully convert additional teams to Ford."

The NASCAR Busch program will be run out of Cosworth's Torrance, Calif., shop under the direction of Ian Bisco, vice-president of Cosworth Racing.

■ **PARK'S BGN ARRANGEMENT:** Winston Cup driver Steve Park will compete in 15 Busch Grand National races next year in a Chevrolet fielded by Ted Marsh Racing and sponsored by Whelen Engineering.

"I'm still relatively new to the Cup series," said Park. "Getting more experience on Saturday will definitely help me on Sunday. This opportunity, to run a limited number of Busch races, will make my Cup effort that much better."

■ **DONE DEAL WITH NASCAR:** Ford has now had the body configura-

tion of its 2000 Taurus approved by NASCAR. Chevrolet tested its new Monte Carlo, already approved, at Talladega the day after the Winston 500.

Jay Novak, the Cup program manager of Ford Racing Technology, admitted the approval was a month behind schedule.

The significant effect of the approval is that Ford teams can now begin building cars for next year.

Novak said, "Overall, I think we're in pretty good shape," adding that only the largest Ford teams (Roush, Yates, Penske) have the time to begin building the cars with the season still in progress.

CREW OF THE WEEK

■ **Jeff Burton said his team had never worked harder to win a race. "The track (North Carolina Speedway) changes a lot, a lot of things happen during the race, and being right at the end of the race is what's important," said Burton. "The guys did a great job in the pits," added crew chief Frank Stoddard, who prescribed adjustments on the car at every pit stop. The result: a quintessential "team" victory.**

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insider golf

by t.j. tomasi

Director of the Players School at
PGA National

ASK THE PRO

Q: When it's a golfer's turn to putt and he is standing beside his ball, takes a practice swing and accidentally strikes the ball, moving it a couple of feet toward the hole, what is the ruling?

— Bob
from Jal, N.M.

A: Here's how the rule book defines a "stroke": "The forward movement of the club made with the intention of fairly striking at and moving the ball."

The golfer in question doesn't have to count the swing as a stroke because he or she had no intention of moving the ball, but under rule 18-2a, the ball must be replaced with a penalty of one stroke.

I once saw a player who was trying to urge a long putt to the hole by swinging his putter. He lost his hold on the putter, it flew out of his hand and hit the ball, knocking it off the green. There was a long discussion as to what to do, but it's pretty simple — 18-2a again.

...

To Ask the Pro a question about golf, e-mail him at: TJInsider@aol.com.

DON'T MISS IT

New Rules of Golf

Changes to the Rules of Golf are agreed upon by the United States Golf Association and the Royal and Ancient Golf Club of St. Andrews, Scotland. Both must agree before changes can be incorporated into the Rules of Golf. The two organizations meet every four years to decide the merits of proposed changes. The new ones this time around take effect Jan. 1, 2000, with the most notable one being that you can remove stones in the bunker if there is a local rule to that effect.

You'll find a list of changes at www.usga.org, or you can order a new

TEE TIMES

PGA Tour

Nov. 4-7: American Express Championship; Sotogrande, Spain; ESPN/CBS

Nov. 12-14: Franklin Templeton Shark Shootout; Thousand Oaks, Calif.; ESPN/CBS

Nov. 19-21: World Cup of Golf; Kuala Lumpur, Malaysia; ESPN/CBS

Nov. 27-28: Skins Game; Indian Wells, Calif.; ABC

Dec. 2-5: J.C. Penney Classic; Palm Harbor, Fla.; ABC

LPGA Tour

Nov. 4-7: Japan Classic; Hannah, Saitama, Japan; TBA

Nov. 11-14: PageNet Tour Championship; Las Vegas, Nev.; TBA

Dec. 2-5: J.C. Penney Classic; Palm Harbor, Fla.; ABC

Senior Tour

Nov. 1-7: Senior Tour Championship; Myrtle Beach, S.C.; ESPN

Nov. 8-14: Senior Match Play Challenge; Dorado, Puerto Rico; ESPN

All Tours

Dec. 6-12: 1999 Diners Club Matches; Lake Buena Vista, Fla.; ABC

Dec. 18-19: Wendy's Three-Tour Challenge; Las Vegas, Nev.; ABC

TEERING OFF

How to Choose a Golf School

One of the things that makes golf so hard is that it is the most poorly learned sport in the world.

Some motor habits come easily. You don't have to go to school to learn to throw a Frisbee, but golf needs to be explained because in golf, our powers of observation and logic often let us down.

For example, logically, you'd think that the harder you swing, the farther the ball will go. So you have to learn that somewhere between whimp it and whoop it is just right.

The best way to combat this assault to our logic system is to go to school — golf school. The advantages are that without spending a huge amount of time (usually a weekend), you can learn the basics. The golf school curriculum covers everything you need to know to start playing, ranging from equipment to etiquette, plus it's

fun being with others who are in the same boat.

But not just any golf school will do. Here are some things to consider when choosing a golf school:

1. Anybody can start a golf school, so be careful. Check to see how long the school's been in existence.

Some may fib to you, so ask somebody who's neutral.

2. Look for full-time teaching pros with credentials such as PGA professional, Golf Magazine's Top 100, PGA section teacher of the year, and teachers whose reputations are strong enough to have published books and articles. If the head of the school doesn't have any credentials, it doesn't always mean the school is no good, but I'd be wary.

3. If you're going to a school with a "name" teacher, make sure the teacher is on site. What good does it do you to go to a school in Arizona if the name teacher is in Florida?

4. Check out the teacher/student ratio. Any more than four students to one teacher is too high.

5. Be careful about the "big" claim. The more golf schools an operator has, the thinner its resources are spread and quality often suffers. A golf school chain with a bunch of locations nationwide isn't necessarily the best, just the richest.

6. Word of mouth is always one of the best ways to get the skinny, so find people who've actually been to the school. Ask them if they liked their instructors. Ask

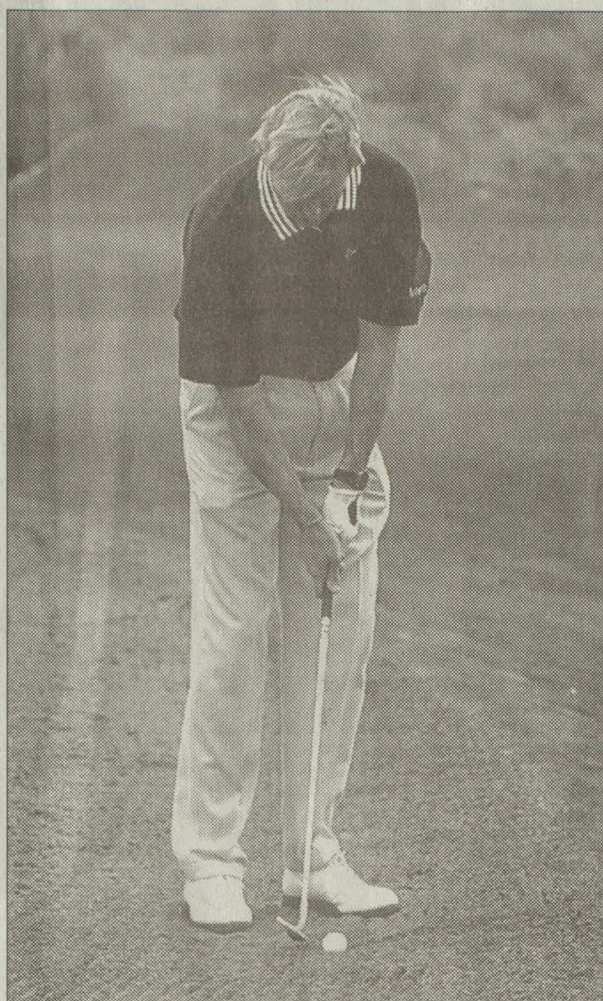


Mike Adams, teaching at left, applies the hands-on approach, which is one reason his golf school at PGA National in Palm Beach Gardens, Fla., is rated in the top 25 by Golf Magazine.

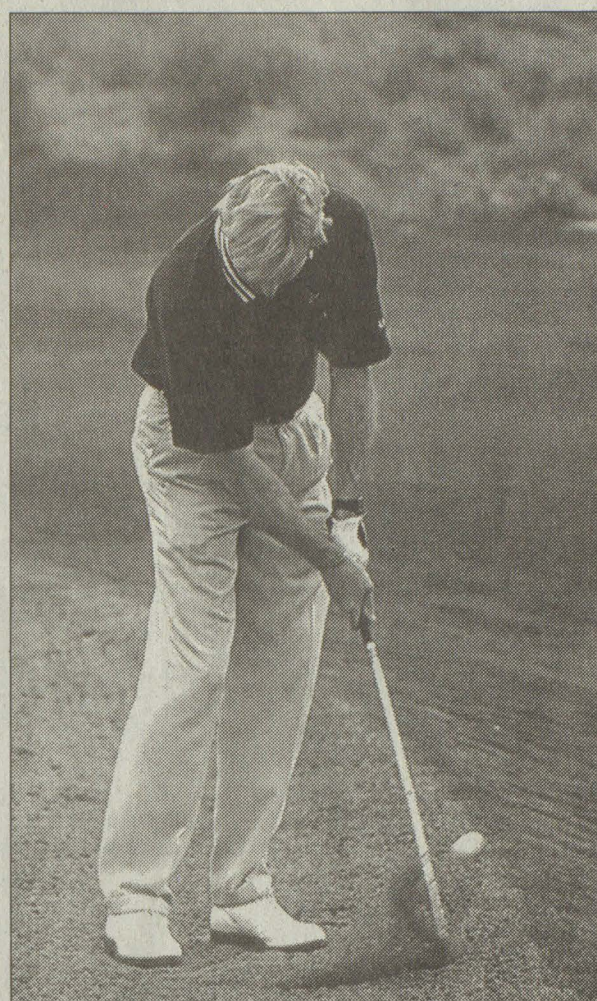
about the accommodations. Were the range balls new? Were the golf course and the practice range in good shape? Was the school organized and professional? And, of course, did the school improve their game?

To find out how a golf school is structured, call the Academy of Golf at (800) 832-6235 or log on at www.lawsofgolf.com and go to the "schools" section.

IT'S GOOD FOR YOUR GAME



I'm using a sand wedge here because the shot is a short one, but the club you use will vary depending on how much roll you want. At right, I take some sand, but it's after I've hit the ball.



Chip From Greenside Bunker Has a Small Margin for Error

Part of being a skillful golfer is "reading" the situation, choosing the right shot and then being able to execute that shot. Knowing your options is important, too.

Most golfers never consider the chip from a greenside sand bunker as a viable shot. Part of the reason is they don't often see the pros do it because they stay with the explosion shot. But the chip is a valuable shot to have in your bag — especially if you're not a very good bunker player.

When you chip out of the bunker you must catch the ball first, just as you would for a chip shot that's not sand-bound. This makes it a dangerous shot because the margin for error is so small. Catch just a wisp of sand before you make contact with the ball and the shot is ruined.

This low tolerance for error makes the sand chip one of the toughest of the awkward shots, which is why the preferred technique in the sand bunker (which I will cover in an upcoming page) involves hitting the sand behind the ball so the ball comes out on a cushion of sand.

When you hit a normal sand shot, you actually hit the ball "fat" on purpose so there is always sand between your clubface and the ball. You never really hit the ball directly with the face of your club. Not so with the sand chip, where the goal is to pick the ball cleanly from the sand. Here's how:

The object of chipping from the bunker is to produce a low shot that lands on the green and rolls to the hole like a putt. Choose this shot only when there is very

little lip on the bunker. Since your ball rolls like a putt, you can study the break and play for it. One advantage of the sand chip is that if you pull it off, it's almost as accurate as putting — something that can't be said for blasting out of the sand.

To chip the ball accurately from the sand, use your putting stroke with your putting grip (unless you putt cross-handed; then use your full-swing grip). Your goal is twofold: Minimize the possibility of wrist action, the great destroyer of the putting/chipping motion, and select an iron according to the length of roll you need. You might use a 9-iron for a short shot (15 feet) and a 6-iron for a very long roll (50 feet). As a rule of thumb, use no iron below a 5.

Raise your iron on its toe so it's upright like your putter and grip down to make it the same length as your putter. This moves you closer to the ball with your eyes over the target line as in putting. Position your weight on your front foot to promote a descending motion, then use the iron just like you do your putter, making a pendulum motion that's controlled by your upper body, with no lower body and no wrist action.

Here are two special keys for the shot:

1. Play the ball back of the center of your feet, with the butt of your club opposite your front thigh.
2. Take sand after the you hit the ball, not before, as you do with a normal sand shot.

Once these adjustments are in place, simply execute your putting stroke.

The object of chipping from the bunker is to produce a low shot that lands on the green and rolls to the hole like a putt.

QUOTE OF THE WEEK

"I would 90 percent guarantee you that's not true."

—Tour player Billy Andrade commenting on the claim of European captain Mark James' wife, Jane, that she was spit on at the Ryder Cup

BIRDIES & BOGEYS

El Nice-O

When he played in the GTE Byron Nelson Classic earlier this year, Sergio Garcia, nicknamed El Niño, was introduced to the famed tournament host who was seated, resting his ailing hip. The 19-year-old Garcia removed his hat and knelt down so they would be on eye level, explaining later that he didn't want to appear to be looking down on Byron Nelson, one of the icons of the game. How nice is that?

GOLF SPOKEN HERE

Pin/Flagstick

The USGA recommends that the flagstick be at least 7 feet in height and that its diameter be not greater than three-quarters of an inch from a point 3 inches above the ground to the bottom of the hole. Before and during the stroke, the player may have the flagstick attended, removed or held up to indicate the position of the hole. This may be done only on the authority of the player before he plays his stroke.

ABOUT THE AUTHOR



Dr. T.J. Tomasi is the director of the Players School at PGA National in Palm Beach Gardens, Fla. He is a

member of the elite Top 100 Teachers chosen by Golf Magazine for



THE GOLF DOCTOR

Are You a Digger or a Picker?

Based on the type of divot they take, golfers can be divided into two categories: diggers and pickers. The digger's leg action keeps the clubhead driving down into the ball, while a picker levels out more through impact. Both types hit the ball before the ground, but the

digger's angle of attack is steeper than the picker's.

One is no better than the other, just different, and great players are found in both categories. Ray Floyd takes some major league pelts while Tom Watson nips the ball off the turf as if it were an altar cloth.



This junior approaches the ball on a steep plane and is more of a digger than a picker.



Dusty Hall and Kris Prater look pretty disgusted during the game between Shelby Valley and Belfry. The Wildcats fell hard to the Pirates in a big district loss. Both teams will play at home next week the begin the play-offs. (photo by Karen Joseph)

JB Sports

Emotions headline the week in sports

by Jason Blanton
Sports Columnist

It has been a busy week as the national spotlight has been shared between Atlanta, New York and a field in Mina, South Dakota. The gamut of emotions, of the past seven days, include the high of a Yankee championship, the outrage of Jim Gray's badgering of Pete Rose and a startling reminder that life can be taken at any time.

HOW ABOUT THEM BRAVES!

Mr. Bentley's Atlanta Braves sure did put up a fight. NOT.

The sales of brooms rose this past week as New York swept the Braves and won its 25th World Series title.

Atlanta is a great team, but does have trouble in winning the "big" game(s).

If you are a Brave fan, it might be time for Bobby Cox to step down. Over the past decade, it has become clear that he is not the person to lead the Braves to the next level in a World Series championship.

He's a great manager in the regular season and the playoffs, but in the main event

Cox or his players seem to have trouble. I didn't put choke, due to respect for Mr. Bentley, but one would have to think that could be a reason.

Billionaire Ted won't fire Cox,

and shouldn't, but it might be time to let someone else have that talent before age takes over the pitching staff and it goes back to the old ways for the Atlanta franchise.

Remember, after the job he did in Cleveland, if Mike Hargrove can be replaced then anyone can be fired.

R-E-S-P-E-C-T

Most of the time, professional athletes act like spoiled children, but this week a few have impressed me.

Paul O'Neill led the list. Only hours before the Yankees won Game 4, O'Neill's father passed away. He might not be a favorite player, if you are not on his team, but he is a great teammate. He handled the loss of his father with class and the former Cincinnati Red can take pride in his feat.

O'Neill was the third member of the 25-man Yankee roster to

have to deal with the death of their father. Luis Sojo and Scott Brosius both had to go through the pain before O'Neill, which proved to only strengthen the Yankees as a club.

And a big "that a boy" to Chad Curtis. After hitting two home runs, he left NBC's Jim Gray stunned when he declined to be interviewed about his game-winning home run. It was a team pact, and it just happened to be Curtis to let NBC know that most players and fans were displeased with Gray's ambush of Pete Rose.

ROSE VS. SELIG

Bud Selig will not reinstate Rose.

Don't fool yourself in thinking that Selig cares what the fans want. We all know that to be a fact.

I've stated in the past that Selig will be the downfall of baseball and people just have to take a look at his Milwaukee Brewers to get the picture the man is a loser.

Now when I see the commish, the only thing I think is that Bill Gates must have a long-lost brother that he just doesn't know about.

If Selig had the manhood on December 31, 1999 at 11:59 p.m. he would reinstate both Shoeless Joe Jackson and Rose. That way, the fans could start the new century with two new members of the Hall of Fame that should have been inducted a long time ago.

STEWART TAKEN TOO EARLY

Most people whom I have talked with had to choke back tears Thursday, when out of the mist of an early morning in Houston bagpiper Steve Agan played "Going Home" as he left a memorial service for golfer Payne Stewart.

Stewart was killed with five others in a plane crash on Monday, but he will live on forever with fans and the other golfers on the PGA tour.

At 42, Stewart still had a lot of golf to be played. He was great at his game, but over the past week people have realized just how great a person he was.

If a person didn't know Stewart by name, all one had to mention was that he is the golfer with the knickers and the tam o'shanter and then everyone would nod.

At the service in Orlando on Friday, friends and family remember the life of Stewart. How he loved his family, golf and friends. The group shared tears of joy and sorrow.

Men like Stewart do not come along very often and when they are taken from us too soon, it reminds us just how precious life can be and we should make the most of it while we have a chance.

Touching Bases

It just bothers me!

I just don't understand!

I have really tried to see it the way it has been explained to me, but I still don't understand it!

How can we and why should we not let our kids in the gym, practice basketball, regardless whether they are in our feeder school district or not?

I was at a Prestonsburg girls practice Wednesday, and I spotted a little grade schooler, who is going to be an outstanding basketball player, dressed in street clothes.

I stopped to talk with her, and we chatted for a few moments. She was telling about her upcoming games, and she seemed so excited. After leaving her, I realized that she wasn't practicing, and I thought it was because her right hand was wrapped and she was not able to.

I went back over and asked why she wasn't on the floor with the rest of the grade schoolers, practicing with the varsity team.

"I am not allowed to because I go to a private school and do not attend a feeder school in the district," she told me.

I could not believe what I was hearing. It upset me to know that this player could play basketball for a team in our feeder system, like those who play at Adams, Allen, or anywhere else in the county, yet she was not allowed to "practice" with the varsity team like the other grade schoolers were doing.

Wait a minute! Someone is not being fair. The board of education policies allow her to play at a feeder school, why can't she practice?

The coaching staff at Prestonsburg is not against it; in fact, they are pushing for it. They know this player's talent. But it seems someone has complained to the board or the school or someone, and she is not allowed to

practice.

I'm sorry, but that is the most silly thing I have ever heard: It just doesn't make sense to me. No one can explain it to me to where it will make sense, because it will never be a sensible decision.

I am constantly being called or stopped over the controversy that is going on with the girls basketball program at Prestonsburg. Why can't adults leave things alone, let the kids alone, and let them enjoy their basketball season. If you don't like the way things are going, then stay home and let the kids be happy.

What in the world has happened to us? Do we think we have to make all the decisions for the coaches? Why can't we just allow our coaches to do the coaching and leave things alone?

One of the reasons good coaches get out of the ranks is because of the interference of the parents. Have we lost sight of the reason why we have basketball and other sports? It is for the kids and not the parents?

Leave it alone, get behind the kids, get on the sidelines and just cheer them on to victory. If you have to have someone to yell at, holler at the referee, that is why they wear striped shirts, so you will know who to target your verbal abuse toward.

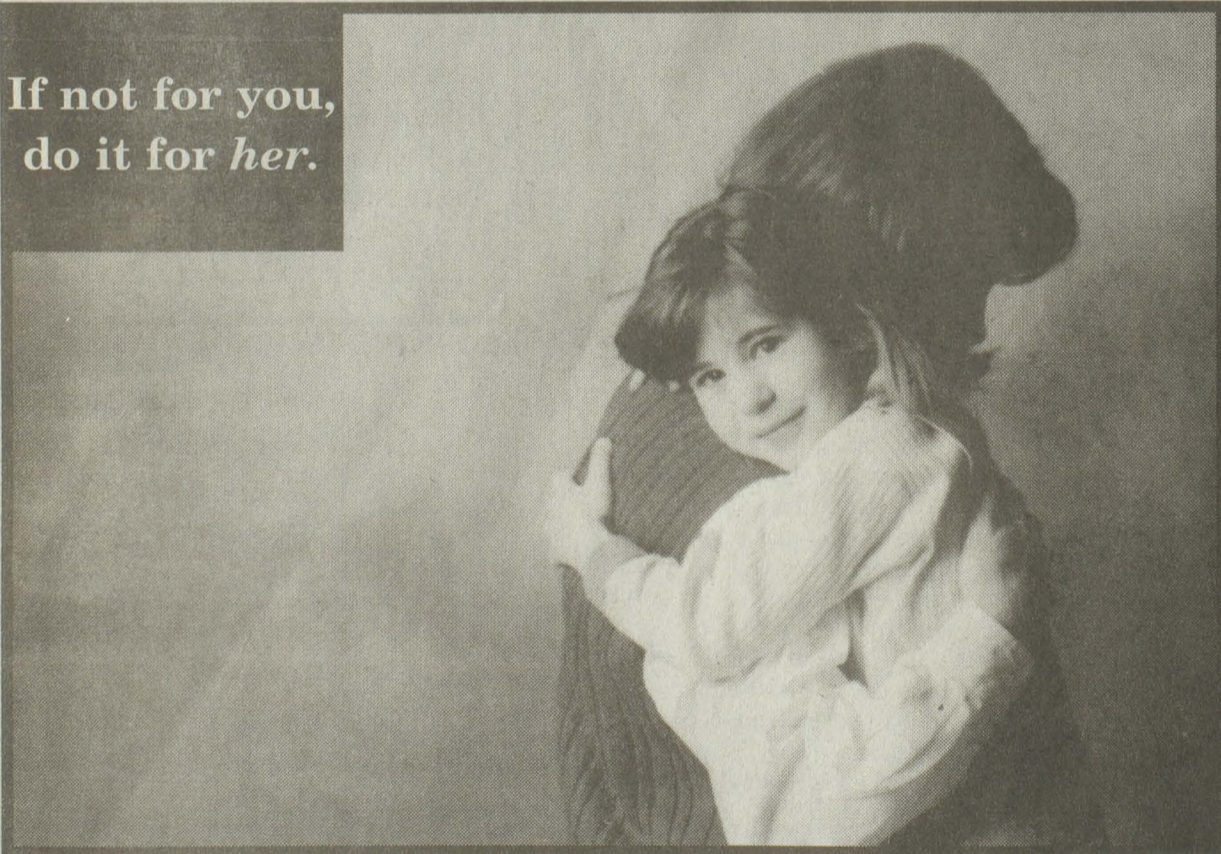
Here is a great girls' basketball program and one of the top teams in our region. A team that has a chance to make a trip to the Sweet 16 this season. I look forward to watching them play. But I don't want to watch a team that is tore apart because of the action of parents.

Coaches have hard enough time with practice, game plans and all the burdens that go with the game. They do not need added pressure, neither do the kids. It is their game! If you can't handle it, stay home!

REWARD OFFERED

For information leading to the return of a flat-bottom car dolly (tan-yellowish in color) taken from the home of O.C. Shepherd on Caney Fork Road of Middle Creek, on Wednesday night, Oct. 13th. Information will remain confidential. Call 285-9641

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Strong move

Adams Middle School's Tabitha Caudill (40) scored underneath against Hindman Thursday night. Caudill scored 17 points to lead the Lady Blackcats to a 54-40 win. (photo by Ed Taylor)

Bentley's Comments

Schmidt regrets role

With apologies to Paul Harvey, today we offer "The Rest of the Story."

By now, you've probably heard all you wanted to hear and read all you wanted to read about Jim Gray's so-called interview with Pete Rose following the All-Century Team ceremony Sunday night.

But this is a part of the story I've only seen reported once — by legendary baseball writer Bill Conlin, a columnist for Philadelphia's Daily News. It could have been reported on ESPN or elsewhere. Maybe I just overlooked it. But Conlin's column was the first place I'd seen it.

Sunday afternoon, in the hours before the ceremony, an assistant producer for NBC asked Pete for the interview, and he declined.

Of course, Peter Edward Rose knew Jim Gray. Most sports fans do. But Pete knew him all too well. You see, when Pete played in Philadelphia, Gray did a radio show with Tim McCarver. Pete knew Gray. And so did Mike Schmidt.

When Pete said no, NBC, and Gray, were not about to accept that. Gray turned to one of Pete's old teammates and longtime friends. Schmidt told the Daily News he "saved (Gray's) butt."

Gray convinced Schmidt to intervene, and the Hall of Fame third baseman reluctantly did.

"Frankly, I can't stand the guy

and never could," Schmidt said of Gray.

Even so, he was persuaded to get involved because of a promise Gray made to him: "Jim told me, 'I guarantee this interview will help put Pete in the Hall of Fame.'"

Schmidt, thinking he was helping his friend, helped convince Pete to do the interview. The next day, Schmidt already regretted his actions.

"Pete changed his mind and walked into an ambush," he said. "I didn't see the interview until they were running it on the newscasts after the game."

Let this be said: I am a fan of Pete Rose, and always have been. But he will never, ever, for the rest of his life, do an interview where those charges aren't brought up.

He knew Jim Gray would mention it. Had to. Pete's not dumb.

He just didn't know Gray would assault with the ferociousness of a pit bull. He attacked, locked on and refused to release.

Had Gray stopped after the first question and changed the subject, he would have been fine. Had he asked it once again, it could have been overlooked.

But the repetitiveness was disgusting. It made me embarrassed to be a member of this dreaded group they call "the media," and again underscored why those of us in this business are looked down upon by most people.

Oh, sure, Gray issued a half-

hearted apology before Game Three. Did he mean it? Yeah, right. All he meant was, "Sorry you feel that way."

He knew exactly what he was doing. He did his best Andy Sipowicz impersonation and tried to beat a confession out of Rose.

Still, you have to wonder, what was he thinking? Did he think baseball's all-time hit king, who has spent 10 years denying everything from gambling to the Watergate scandal, was going to say, "Oh my God. It's the great Jim Gray. I must confess at once!"

Come on. Rose spent most of his 45-minute press conference prior to the ceremony denying everything. Why would he choose to change his tune now?

In the end, Gray made a mockery of himself, NBC and his profession.

There's also not a doubt in my mind Gray was shocked (shocked!) when Game Three hero Chad Curtis dusted him off after hitting the game-winning home run. Curtis informed Gray his team had taken a pact not to talk with him after the game. He did so just before yelling "That's for you, grandma!" — a salute to his relative who was on her way to surgery.

NBC took notice. The network pulled him from its CNBC postgame show and sent Craig Sager to interview the Bronx Bombers.

Should Gray be fired? Of course

not. Worse things have been done.

But he was on national television Tuesday night begging for a second chance. Then we watched Darryl Strawberry benefit from his second (or sixth) chance in helping

to beat the Braves.

In the end, all Pete wants is a second chance. Won't need a third, he's said repeatedly.

But in the spirit of second chances, I doubt Gray will get

another shot at Rose. Ask most pitchers the all-time hit king faced: You may get him once, but the next time through the lineup, look out.

He might send one sailing past your ear.

Second half lifts Pikeville past Paintsville Tigers

By Rick Bentley
Contributing Writer

For two quarters and 13 seconds, Paintsville gave Pikeville a football game Friday night.

The Panthers had rolled along unscathed since its season-opening loss to Boyle County, and looked to wrap up its season and another in a long line of district titles in their battle with the Tigers.

But the Panthers were in for a battle early, and had a three-point game on its hands with 11:47 to play in the third period.

After that, however, it was classic Pikeville, as the Panthers scored 35 unanswered points to roll to a 49-11 win.

Pikeville (9-1) will open the playoffs next week when it hosts Pineville at the W.C. Hambley Athletic Complex. Paintsville (7-3) will travel to Whitley County to take on Williamsburg to open the post-season.

"Paintsville did a great job tonight putting pressure on our offense," said Pikeville Coach Chris McNamee, whose Panthers are unbeaten in nine games since he took the helm. "We finally had some success throwing the ball. We adjusted pretty well, I thought."

McNamee was quick to deflect the credit for his team's winning streak. "These kids work awfully hard, and I have some great help here on this staff," he said.

McNamee noted that with the exception of himself and Jason Howell, the other coaches — Bill Allara, Doug Back, George Childers, Chad Salyers and Mark Wheeler — are paraprofessionals. "They get off work and come straight over here to

work with these kids," the coach said. "They have a lot of dedication, and these kids know that. They work hard."

The teams battled evenly early on, with only one score in the opening period. It came at the 1:49 mark when freshman Jarrod Frasure scored on a one-yard plunge. Matt Walls' kick made it 7-0.

The second frame was also a battle of wills, as the teams marched around the field but not into the end zone until late. Paintsville got on the scoreboard at the 45-second mark when Brook Stinnet booted a 28-yard field goal. The kick cut Pikeville's advantage to 7-3.

Not satisfied with a four-point edge, the Panthers went to work in the final seconds of the half. Matt Branham hooked up with Jeremiah Akers on passes of 21, eight and seven yards before finally connecting on a 28-yard scoring play.

The catch was one which won't soon be forgotten by those in attendance, as Akers made the circus-style reception with a Tiger draped over him. It appeared the ball may have caught Akers instead of him nabbing it, but it stood for the score nonetheless.

Walls' kick at 0:12 made the score 14-3 at the break.

Paintsville wasted no time getting the second half started in fine fashion, as senior David Peters took the opening kick at his own 15 and sprinted 85 yards down the left sideline for the score.

The Tigers faked the kick before Travis Preston tossed the conversion pass to Ben Hale to trim the lead to 14-11 with 11:47 left in the third period.

From there, however, it was all

maroon, all the time.

Pikeville on all but one of its six second-half possessions, and after the kickoff return held the Tigers scoreless the remainder of the game.

For the most part, the second half belonged to sophomore tailback Barrett Rogers, who scored four of the five Panther touchdowns.

In fact, Rogers had both Pikeville scores in third frame, coming on runs of eight and 25 yards. Branham hit Chase Gibson for the first conversion, and Walls' kick on the second made the count 29-11 with 4:50 to play in the third.

Pikeville required only 11 seconds of the fourth period to score. Facing fourth and nine from the Tiger 21, Branham hit Gibson across the middle and the junior receiver sailed into the end zone for the score.

Walls again was good on the kick for a 36-11 lead.

Rogers finished out the scoring, on runs of 17 and 15.

For the night, he had 159 yards on 18 carries. "He does a great job preparing through the week," McNamee said. "Teams concentrate on defending the pass, and he just goes about his job. And our line does a good job of opening the holes for him."

Branham had another solid night, checking in 20 of 30 for 301 yards. He had two receivers surpass the 100-yard plateau, as Gibson hauled in seven for 153 and Akers nine for 107.

Paintsville, on the other hand, struggled offensively. It gained only 51 yards on 31 carries, led by Peters' 19 rushes for 53 yards.

In the air, quarterback Travis Preston was six of 14 for 53 yards and an interception.



Future Raider

Gerel Jackson may not fit the helmet now but give him a few years and he will be running the football for South Floyd. (photo by Ed Taylor)

Trio scores in double figures

Adams will host conference

by Ed Taylor
Sports Editor

It is Halloween, and there is supposed to be a scare or two at this time of the year. That is what happened to the Adams Middle School Lady Blackcats basketball team when Hindman came to town last Thursday night.

But the scare lasted only a quarter as Adams blitzed Hindman in the second period and rolled to a 54-40 win over the visiting team. It was the final game of the regular conference schedule for Adams. The school will host the Middle School Conference Girls' Basketball Tournament this week beginning Wednesday night.

Three players scored in double figures for Adams with Tabitha Caudill leading with 17 points. Heather White netted 13 and Molly Burchett tossed in 12.

Brandy Slone led Hindman with 15 points and Samantha

Slone scored eight. Jordan Patton scored four.

Hindman played to within one point of Adams when the first quarter ended, but it was all Adams in the second period.

Hindman led only once in the game and that was at 2-1 on a lay-in by Slone. Megan Harris hit a jumper, White one of two free throws and Caudill's long jumper made it a 6-2 game.

Brandy Slone completed an old-fashioned three-point play with 1:32 to play to narrow the game to 8-7. White's rebound basket made it 10-7 before Samantha Slone scored underneath as the period ended 10-9.

Adams went on an 11-0 run to start the second quarter. Adams was led by Burchett, who scored six of her 12 points in the spurt. Brandy Slone scored on a layup with 3:18 to play for the first second quarter points for Hindman. Adams led 27-11 on White's short jumper and took a 31-15 lead

before Hindman rallied late in the period, scoring the final four points for a 31-19 halftime game.

Caudill and White teamed up early in the third quarter as Adams extended their lead to 44-21, their biggest, on two assists from White to Caudill for easy baskets. White then drilled the game's only three-pointer and Caudill scored underneath to the 23-point cushion.

Hindman scored the final eight points of the third quarter to trail 44-29 after three quarters.

The Lady Blackcats went up 52-27 at the onset of the fourth quarter on a lay-up by Megan Little, a jumper by Caudill, a Burchett steal and White's rebound basket. Coach Jennifer West unloaded her bench with the large lead.

Adams improved to 8-3 on the season, good for second place in the conference. Pairings for the upcoming tournament will be announced this week.

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Pirates hold Hall to 138 yards to take first place in district

by Karen Joseph
Sports Writer

This season has been a great one for the Shelby Valley Wildcats. They were 9-0 going into Friday night's game. The Belfry Pirates have also had a good season.

The Pirates went into the game with a 7-2 record, but both teams were 4-0 in district play. If there was any advantage it would have had to be with the Wildcats as the game was played on their field. The Wildcats were coming off a big district win last week over the Prestonsburg Blackcats, and the Pirates were coming off a big win over Ironton, Ohio. The game between Belfry and Ironton was not a district, but it has always been a big rivalry. Shelby Valley had Dusty Hall as ammunition, but Belfry had more: Jonathon Wright, Derrick Pauley, and Curtis Childress.

The defense of the Belfry Pirates held the running game of Dusty Hall and the Wildcats to only six points. Jonathon Wright threw for three touchdown passes as the Pirates defeated the Wildcats 28-6.

The Wildcats have had success this season with the running back. Dusty Hall is one of the state's best running backs, but the Pirates zeroed in on Hall and held him to only 138 yards on 16 carries. One of those carries lasted 61 yards for the only touchdown for the Wildcats. Hall also had a 52-yard carry late in the fourth quarter.

The Pirates' quarterback had a fantastic game against the Wildcats. Jonathon Wright went six for 11 in the passing department with three of those passes being touchdown passes. Derrick Pauley rushed for

only 30 yards, but he carried the ball when it counted. Pauley scored three of the four Pirates touchdowns.

Curtis Childress scored the other Pirate touchdown. Childress rushed for 98 yards.

Belfry won the coin toss and elected to receive the ball to begin the game. Jonah Caudill received the ball for the Pirates and the game started with the Pirates having first and 10 on their own 25-yard line. They only moved the ball four yards and were forced to punt to the Wildcats. It was about the same story for the Wildcats. They had

three downs and, on the fourth, they punted back to the Pirates. Both teams' fans were standing on their feet.

Curtis Childress received the ball for the Pirates, and they began this run on their own 28-yard line. The Pirates moved the ball to the Wildcat 45-yard line on six downs. Then, with 6:27 remaining in the first quarter, Jonathon Wright hit Derrick Pauley with a 45-yard pass to score the first Pirate touchdown. The kick was successful and the Pirates took the lead 7-0. This did not dampen the Wildcats spirits. The crowd was as supportive as

ever.

Casey Newsome received the ball for the Wildcats on the kickoff and on the second play for the Wildcats things started to go downhill. Quarterback Kris Prater threw a pass to Justin Bryant. Bryant and a Belfry player both went up for the ball. It was right in front of the Belfry sideline, and Belfry coaches and players were signaling Belfry. Shelby Valley coaches and players were pointing Shelby Valley way. One official pointed Shelby Valley way, and the Belfry sideline went crazy; then, another official gave the ball to Belfry.

This really upset the Wildcat fans and coaches, and understandably so. An official should not make a call to have another official call the other way. This created a hostile atmosphere with the Wildcats, and it seemed like everything started to go against them, but the Wildcats fans did not lose faith in their Wildcats.

It took the Pirates only nine downs to quieten the Wildcat fans. On a 20-yard pass from Wright to Childress, the Pirates scored their second touchdown with 1:40 to go in the first quarter. The extra point attempted was good and the Pirates led 14-0. Not only did the interception hurt the Wildcats in points, but it also hurt their hearts. The Wildcats had not been behind this much the entire season.

On the kickoff, Brandon Stevens received the ball for the Wildcats, but after just three downs the Wildcats were forced to punt the ball back to the Pirates.

The Pirates received the ball but fumbled it, and Roy Standifer recovered it for the Wildcats. This brought the fans back to their feet. The first quarter ended on the fumble recovery by Shelby Valley, but the Pirates still had the lead 14-0.

The Wildcats had the ball to begin the second quarter, but after only four downs and one offside call against the Wildcats, they were forced to punt the ball back to the Pirates.

The Pirates proceeded to move the ball down field and on a 15-yard pass by Wright to Derrick Pauley, the Pirates scored their third touchdown. The extra point was good, and the Pirates extended their lead to 21-0 with 4:01 remaining in the

first half.

On the next series of plays, things just seemed to be getting worse for the Wildcats. On the fourth down, with nine yards to go, Prater attempted a pass to have it intercepted by Curtis Childress of Belfry. But on the fourth play for the Pirates, Wright attempted a pass to have it intercepted by Jack Coleman for the Wildcats. The Wildcats hurriedly moved the ball down the field, but time ran out in the first half, and the Wildcats went into the locker room, trailing the Pirates 21-0.

In the second half, the Wildcats received the ball to begin the half. Things in the second half went the same as the first half. The Wildcats would get the ball, but the strong defensive line of Belfry, held the Wildcats from moving the ball. Neither team scored in the third quarter.

The Pirates scored their fourth and final touchdown at the beginning of the fourth quarter when Wright handed the ball to none other than Derrick Pauley for Pauley's third touchdown of the night. This made the score 28-0 in favor of the Pirates.

In the fourth quarter, Shelby Valley did have one highlight. Dusty Hall broke through the defensive of the Pirates and ran the ball 61 yards for the only touchdown that the Wildcats would score. The two-point conversion was unsuccessful and the score was 28-6. The ball game ended like this.

Both the Wildcats and the Pirates have had successful seasons and both teams will play at home next week to begin the playoffs.



Raiders are heading to the Playoffs

Jenny Wiley Mountain Bike Criterium results

by Ed Taylor
Sports Editor

The Multi-Sports Pro Fitness held its annual Jenny Wiley Mountain Bike Criterium recently and has announced the final results.

Categories and winners were:

Expert Men - 10 laps: Joe Vanhoose posted a time of 1:47.16 for a first place finish. Don Fields had a time of 1:35.40 but did not compete in the event.

Sport Men - six laps: Doug Hyden took first place at 55:35 with Tim Branham finishing second with a time of 1:02.00. Third place went to Todd Eldridge at 1:08.20 and Randy Woofler 1:19.10.

Sport Women - six laps: Liz Chaffin posted a time of 1:05.14 for first place.

Sport Masters - six laps: Jesse Rudd had a time of 1:04.00.

Junior Sport Men - six laps: Kevin Charles was clocked at 1:13.00.

Beginner Men - four laps: Carl Thompson took first place at 44.03. Second place went to Brian Soshin at 47.23 with Les Stapleton finishing third at 47.24 in a nip and tuck finish with Soshin. Jimmy Brewer finished at 1:04.00.

Beginner women - four laps: Becky Crum, a good candidate for rookie of the year, took home first place at 53.06 edging out Suzanne Hyden who finished at 56.15. Jayne Patton finished three laps at 55.15.

Novice women - two laps: Celina Hager fin-

ished at 34.57.

Kids race - 1.5 miles: John Noakes, age 10 and Alex Vanhoose, age 10 competed.

The last race of the season ended on a cold, cloudy day with 18 racers enjoying the 42 degree weather and the excellent track conditions.

All participants who started the race fin-

ished. There were no serious crashes and only a few mechanical problems.

One event remains for this year, a non-competitive Duathlon (Turkey Trot) and the annual Christmas Party and Awards Banquet.

The powerlifting season begins December 18 with the Pikeville Open and will end with the KY State Meet.

For more information on any of these events, contact Don Fields at 886-8604.



Ky Afield: New deer harvest reporting system

The telecheck harvest reporting system is performing better than expected. With the automated system, deer harvest figures now reach the Kentucky Department of Fish and Wildlife Resources (KDFWR) daily. This is a vast improvement over the former walk-in check system in which harvest data did not reach the agency until weeks, sometimes months, after the close of the hunting seasons.

The KDFWR began telecheck as the mandatory method for reporting harvested deer this sea-

son. At first, many hunters were unsure of how the system would work. Others were concerned about the ability to differentiate between legally and illegally harvested animals. These worries have proven to be largely unfounded. The system is easy to use and makes reporting deer much more convenient for hunters. As for concern over legal and illegal deer, telecheck allows wildlife-boating officers to verify reported deer with a simple call to access the telecheck database. Officers can confirm whether a deer has been reported and determine what information has been entered about the animal.

So far, more than 5,100 deer have been reported using the telecheck system. That's 53 percent of the total deer checked during the entire archery season last year, and there's still two and a half months remaining in the 1999-2000 archery season.

This tremendous increase in the number of reported deer can be attributed to two factors. First, it appears that more hunters are checking in their deer. Apparently, the convenience of being able to check a deer by phone has encouraged more hunters to comply with

the requirement to report their kill. Second, deer harvest has increased due to the additional hunting opportunities provided by bonus archery tags and bonus zone 1 tags. With more hunters complying with the check-in requirement, the KDFWR will have more complete deer harvest information on which to base management decisions for the Kentucky deer herd.

The KDFWR plans to provide regular summaries of the harvest data to hunters so they can monitor the season's progress. With the automated telecheck system, information is entered directly into a database. The database records the time, date, county, sex of deer, antler characteristics, tag type and weapon used. With information being entered 24 hours a day, harvest numbers and trends can be calculated daily by biologists.

Following are some facts about this year's deer harvest as of October 10, 1999.

- In the first three weeks of archery season, bowhunters harvested 5,174 deer.
- Archers have taken 2.44 does for every buck.
- Several eastern Kentucky counties have reported higher than

expected harvest numbers. (This may mean that there are more deer there than predicted.)

- Zones 4 & 5 have reported high harvest by archers. (This indicates these zones may need to be more liberalized.)

- Hunters in zone 1 counties are responsible for nearly 40 percent of the state's reported harvest to date.

- Hunters in zone 2 counties account for almost one-quarter of the reported harvest.

- Statewide harvest by archers has stabilized at around 150 animals per weekday and 200-300 per day during the weekend.

As with most new programs, telecheck has had a few minor programming glitches. These were quickly pointed out and corrected. The biggest problem involved telephone lines going down in the part of Louisville where the data collection service is located. Other problems included weekly maintenance of the system which causes one to two hours of down-time for the system, but not during the peak call-in time. As the new system becomes more familiar to agency personnel and the public, it is expected to do nothing but improve.

Raiders

(Continued from page one)

game started with two penalties before the ball was ever snapped. The Raiders were offside on the first flag and Elkhorn lined up in the neutral on the second flag. When the Cougars finally got to run a play, they were minus yards and forced to punt the ball away.

On the first play from scrimmage, Matt Tackett took the handoff and went 52 yards untouched for the game's first touchdown. Bryant ran the two-point conversion for an 8-0 lead at the 10:05 mark.

Ratliff was sacked twice in the Cougars next series of plays. But he did hit Brian Taylor for a 36-yard completion, putting the ball at the South Floyd 37-yard line, but the drive stalled out.

With 7:59 left in the first quarter, South Floyd marched from their own 39, scoring with 3:31 left in the first quarter. Williams hooked up with Tackett for a 24-yard completion and hit Johnson in the flats for a 15-yard pickup, placing the ball at the Cougars' one-yard line where Bryant scored to make it 14-0.

The Raiders' defense met every challenge of the Cougars as the front line stacked the Cougars up at the line of scrimmage. Taking the ball at their own 23-yard line, Williams found a wide open Kyle Tackett that went for a 77-yard touchdown run and the Raiders were off and running, 20-0.

Frustrated with their running game, the Cougars elected to go through the air and over the Raider defense. However, someone forgot about P.J. Cox as he picked off his first interception and raced the ball 62 yards into the end zone, and Joe Platkus converted the two-point try for a 28-0 first quarter lead. However, before the quarter could end, the Cougars coughed up the football with South Floyd recovering the fumble. On the first play in the second quarter, Williams hit Bryant with an 11-yard pass and a touchdown. Platkus added the two-point conversion for the 36-0 score.

Things did not get any better for the Cougars as the Raiders just ran around and through their defense.

On a strong power move up the middle, Platkus plunged into the end zone with 9:26 to play in the first half, and Bryant scored the conversion for 44-0 game.

Quarterback sacks by P.J. Cox and Brandon Kholer pushed the Cougars back as they gave the

ball up. South Floyd was moving the ball until Bryant was hit extremely hard and fumbled the football with the Cougars falling on the loose ball.

On a first and 10 play from their own 33-yard line, Ratliff lofted a pass only to have it land in the hands of Cox, who returned it 33 yards for a touchdown, his second of the game. Andy Moore ran the two-point conversion and it was 52-0.

On second down play for the Cougars, Kyle Tackett picked off a Ratliff pass to set up the Raiders' next score. With 50 seconds left in the first half, Bryant scored on a one-yard run, and drove the score to 58-0 at half-time.

In a game that seemed like an eternity, the officials had mercy on the crowd that showed up for Senior Night and the Cougars by running the clock without stopping. The third quarter went quickly, but not before the Raiders scored on an 81-yard gallop by Bryant and Platkus' third conversion — and it was 66-0. The third period ended that way.

With the reserves in the game, Elkhorn avoided total embarrassment by two touchdowns on the board in the final period. Belcher scored both touchdowns with the first coming early in the fourth on a one-yard plunge. Ratliff hit Jeremy Vanover for the conversion play.

The final score came with 6:10 left on the clock when Belcher scored on a three-yard run, and Billy Pierce added the two-point conversion for the final 66-16 margin.

Belcher accounted for most of the Cougars' yardage, although he had only 18 yards on the ground on 10 carries. He had four catches for 65 yards.

The Cougars fumbled the ball away once, and they were intercepted three times. Elkhorn had three flags for 35 yards in penalties.

South Floyd was penalized for 45 yards on five flags. They fumbled the ball away three times.

Bryant scored three TD's with Platkus and Cox accounting for two each. Matt Tackett and Kyle Tackett each scored one touchdown.

The win even the Raiders district record at 3-3, and they finished the record season at 6-4.

South Floyd will face the Harlan Green Dragons this Friday at Harlan in playoff action.

Playoffs

(Continued from page one)

scored on a 12-yard run with the PAT good for a 30-0 game.

In the fourth, Slone caught the pass from Clark to put the Blackcats on the scoreboard and give them a 30-6 margin. But Harrison County added the final touchdown on a Chris Turley 51-yard run.

Prestonsburg (3-7) will carry a 3-2 record in to Friday night's state playoffs as they travel to Breathitt County to face a very good Bobcat team.

Subscribe to the Floyd
County Times at 886-8506

INSIDE THE PRO FISHING TOUR

Pro Plows Purse Back Into Farm

It's a safe bet that the fishing world had never heard of Darrell Robertson until recently, when he won the Wal-Mart FLW Tour Championship and the largest prize in professional fishing — \$250,000.

And those who heard his remarks in the first moments after the biggest victory of his part-time career were no doubt astonished to hear him say, "I don't know if I'm going to fish professionally for a living in the future. I think an awful lot of the farm."

But that remark speaks volumes of the man himself.

Robertson, 49, is a native Oklahoman who has always made a living with his hands — either as a carpenter or on the family farm. Along the way, he adopted some simple values that serve him well today.

A few years ago, he took over the farm from his father. Most of his time is spent directing the cattle operation on 2,800 acres near the small town of Jay where his 800 head roam. Despite his best efforts, Robertson manages

only about 70 days a year on the water, and even dropped out of the BASSMASTER Top 150 circuit this year because the farm business demanded his attention.

The soft-spoken farmer/pro has dabbled at professional fishing and fared well at times. Although his best finish in a BASS event has been a fourth, Robertson qualified for the esteemed BASS Masters Classic in 1996.

"I really feel fortunate to fish tournaments when I can and be with the guys," he said. "By having the farm business and not having to fish for a living, I think I have an advantage over people because I can fish without that kind of pressure weighing on me."

"I'm not a real good bass fisherman. I'm just blessed by God, and I'd rather be that than good."

Robertson was anything but blindsided by his newfound success and the riches that accompanied it. When asked if it would change his life, he replied, "I don't think so. I hope not, because I like my life."

Most of the \$250,000 in FLW cash has been poured into the family business already. Does Robertson plan to do anything a little crazy with the rest — like buy a sports car? That's not in his character. "I might want to go on an elk hunt and need the cash," he said.

Robertson is impressed with the progress of professional fishing.

"I think it's a tremendous sport," he said. "I think it's going in the right direction. I see a lot more money coming into bass fishing. I also see some of the circuits becoming more greedy with the money."

"So the sport has room to get better. But it's making positive strides each year."

Sweeping Change In an effort to decrease the number of boating fatalities, the U.S. Coast Guard is considering whether to require recreational boaters to actually wear life vests, not simply carry them on board.

This initiative would be aimed at reducing deaths from boating accidents. Of the 709 boating-accident deaths nationally in 1996, 500 were caused by drowning. Of those who drowned, 440 were not wearing a personal flotation device (PFD), commonly known as a life vest or life jacket, the Coast Guard said.

Tim Tucker's Pro Power Ratings

Star indicates a pro who is coming on strong.

This Week	Last Week	Weeks on List	Angler, Hometown
1	1	19	Denny Brauer, Camdenton, Mo. <i>Runner-up in 1999 Classic; still the man to beat</i>
2	2	19	Davy Hite, Prosperity, S.C. <i>Won '99 BASS Masters Classic</i>
3	3	19	Larry Nixon, Bee Branch, Ark. <i>Won BASS Top 150 opener; made Md. finals</i>
4	4	19	Kevin VanDam, Kalamazoo, Mich. <i>Won N.Y. BASS event; third in Md. Top 150</i>
5	5	19	Rick Clunn, Ava, Mo. <i>Runner-up in Vermont BASS Top 150</i>
6	6	19	George Cochran, Hot Springs, Ark. <i>Made Maryland Top 150 finals</i>
7	7	19	Stephen Browning, Hot Springs, Ark. <i>BASS Michigan Top 150 finals</i>
8	8	2	Tim Horton, Spruce Creek, Ala. <i>Won Md. Top 150; leads Angler of Year race</i>
9	9	15	David Walker, Cannon, Ky. <i>FLW Tour Angler of Year; 15th in Md. Top 150</i>
10	10	19	Zell Rowland, Montgomery, Texas <i>Finals of Vermont BASS Top 150</i>
11	11	15	Clark Wendlandt, Cedar Park, Texas <i>Won FLW Open; MegaBucks runner-up</i>
12	12	2	David Fritts, Lexington, N.C. <i>Two top-10 finals in season's first three events</i>
13	13	19	Mark Davis, Mount Ida, Ark. <i>Narrowly missed Maryland Top 150 finals</i>
14	14	9	Roland Martin, Clewiston, Fla. <i>Runner-up in Top 150 season-opener; 21st in Md.</i>
15	15	13	Dean Rojas, Lake Havasu City, Ariz. <i>Top Western BASS pro</i>

These ratings of America's top tournament bass pros are based on Tim's opinion of their talent, knowledge, experience and most recent tournament performances.

Tips From the Pros



KEN COOK is a past BASS Masters Classic champion and former fisheries biologist. He lives in Meers, Okla.

Ken Cook on Bass Biology

"Any conversation about the creature known as the black bass must start off with a statement that the bass is a cold-blooded, opportunistic predator. I think that description pretty well describes a bass.

"It is cold-blooded, obviously. The temperature of his body is the same as the water, which dictates its temperature, and therefore how rapidly its metabolism occurs.

"The other part of the equation is the opportunistic predator part. They don't think about what they do or how they behave or react. While their brain is not capable of thought and reasoning, bass are a very well evolved, instinctive animal of the opportunistic type — similar to many predators. Opportunistic is the best word, but they are a generalist in that regard. They eat about anything that moves (and doesn't eat them first).

"Hunger is not the only reason that bass are catchable. Bass are catchable, primarily, because they are instinctive opportunists."

A weekly guide to sports in the wild, including the professional bass fishing tour

Outdoors

©Longwing Publications Inc. Editor: Peter Gentile

A Real Hot Spot

Bass Thrive in Shadow of Ill-Fated Nuclear Plant

By TIM TUCKER, Outdoors Writer

It is an incongruous backdrop for a fishing trip. Here, just south of downtown Harrisburg, Pa., the flow of the mighty Susquehanna River is split by a large island. The horizon to the southeast of our johnboat is dominated by four ominous-looking structures, each shaped something like an hourglass.

This is the infamous Three Mile Island nuclear power plant, the site of a frightening near-meltdown that made many Americans hold their breath on March 28, 1979. Two of the plant's four concrete cooling towers are inoperable, rendered useless and potentially dangerous by the accident that served as a prelude to the Chernobyl disaster almost a decade later.

The fast-flowing Susquehanna provides the water to fill these giant cooling towers, a line of defense against a meltdown that could release radioactive vapor into the atmosphere. Yet, these same waters provide us with some of the finest summertime smallmouth bass fishing to be found anywhere.

The irony of the situation is not lost on the visitors in Bob Clouser's boat on this morning. Here, at the very site of a disaster from which thousands of frightened people fled, exists the kind of fishing that anglers flock to from all over. On the shores of one of the most notorious islands in America, it is still possible to catch up to 100 smallmouths a day in the summer, while 50-fish catches are commonplace.

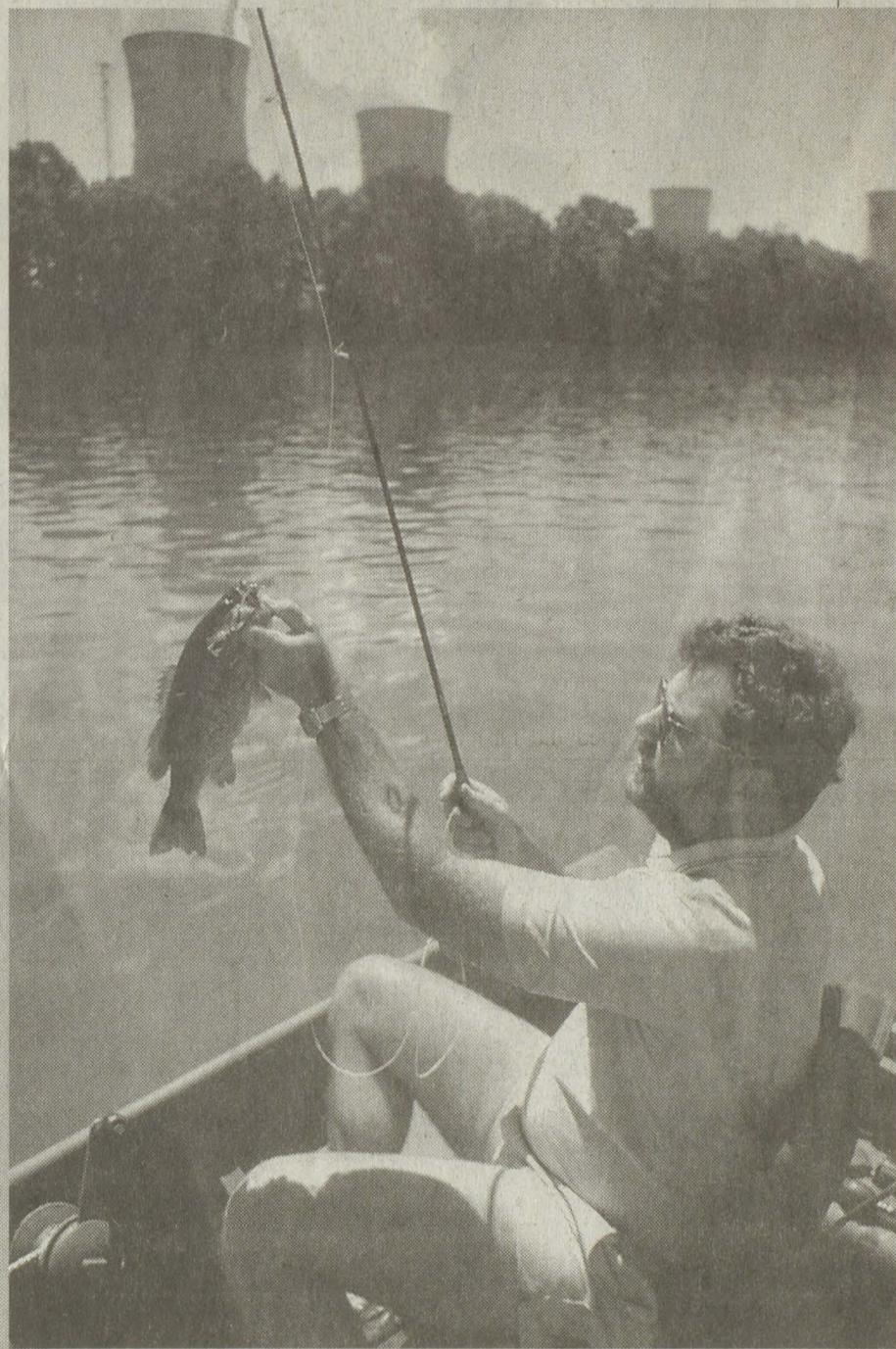
Outstanding smallmouth action exists along much of the 250-mile stretch of the Susquehanna River from the

New York state line in the north to the Maryland state line in the south. But Clouser concentrates his regular fishing around Harrisburg and Three Mile Island.

"I have fished for smallmouths all over the Northeast and, in my opinion, the Susquehanna is the best by far," said Clouser, a famous fly-tier and guide who operates Clouser's Fly Shop. "Not because I live here, but this has to be one of the best smallmouth streams in the country."

With the most unusual scenery. Clouser, like other Susquehanna regulars, seems completely unfazed by the presence of the nuclear plant that scared the nation for a few weeks more than 20 years ago.

"I never give the plant a second thought," Clouser said, while unhooking a small bass. "I just know that it has some good fishing down around it."



Angler Bob McNally pulls a smallmouth from the Susquehanna River in the shadow of the Three Mile Island nuclear plant.

PHOTO © TIM TUCKER

MORE INFO

With the exception of that stretch in the shadow of the nuclear plant, the Susquehanna looks like a smallmouth river should. It is cool, rocky and shallow, a river that is best fished with a flat-bottom johnboat and small outboard. With a depth that rarely exceeds 5 feet, it is usually an easy river to fish in terms of locating smallmouths and then convincing them to cooperate.

Clouser's Fly Shop
101 Ulrich St.
Middletown, Pa. 17057
Phone: (717) 944-6541



If you have a question for Tim Tucker to answer on this page, write to Longwing Publications, P.O. Box 15045, Sarasota, FL 34277

Q. I would like information on peacock bass in the South Florida area — guides available and exact areas of hot spots.

J.L. Murray, Danville, Pa.

A. After their initial stocking, South Florida's peacock bass scattered throughout the canal systems of Broward and Miami-Dade counties, and established reproducing communities throughout the region. The canals and lakes around the Miami airport are reported to be a particular hot spot.

I would recommend hiring a guide, however,

because they stay on top of the movements of the peacocks and understand the behavior of this particular species.

One of the best and most experienced peacock bass guides is Al Zaremba of Hollywood, Fla., who has been featured on several television fishing shows and has guided national fishing magazine editors to this unique fishery. You may phone him at (954) 961-7512 or 961-0877. Or e-mail him at: slpeacock@aol.com.

For information on peacock bass in general, contact the state's Non-Native Fisheries Laboratory at (561) 391-6409.

AN OUTDOORS FABLE

Reflecting On Nature Seen But Not Noticed

By FRED J. KANE

How bittersweet was the old man's story of how long it took him to find his favorite outdoor activity. Retired, then widowed, with time on his hands, he noticed an advertisement for a nature hike, free and open to all. No longer blessed with youthful energy, he thought the outing might be a good exercise, a pleasant diversion. He had always loved the outdoors.

Only a small group took the hike. Among them were naturalists who identified many things the old man had never noticed before. If he had seen these things previously, he had never put a name to them. He had never named the spring flowers on the forest floor, the ferns, the fungi or the trees. The guide identified birdsongs the old man had never heard, though the birds were there all along.

The leader knew how plants and animals interacted with each other and their surroundings. The old man thought these various plants and animals were very beautiful. A robust towhee called; the man noticed a delicate forest bloom, a wood frog, a butterfly, each with a particular name and characteristics.

Aiming his binoculars awkwardly at a small bird flitting overhead in the branches of the tree, the old man fought for location and focus. Finally, he had a warbler in his sights. Its colored throat seemed to glow; the old man could see the details of the bright eye, the delicate wings and the fine head markings. From that day on, the old man was hooked on birding.

The old man had an experience that all birders eventually have, that moment when suddenly they notice the diversity of birds and their individual beauty. He had joined the millions who engage in one of our fastest-growing activities. Just like that, the old man had become a full-fledged birder.

The old man learned to delight in birding. He enjoyed everything that is part of the bird's environment — the water, the trees, the insects and nuts they eat — but especially the birds. On a good day with an experienced guide, the old man felt the thrill of being in healthy surroundings with the plants and animals going about their business in the endlessly complicated web of nature.

After a few trips with a guide, the old man decided to go alone and identify what he could find. He had second thoughts, and called his daughter to ask if he could take his granddaughter with him. He hoped the 8-year-old's energy wouldn't be too much for him.

Without too much work they spotted a crow, a seagull, a turkey hawk and a sparrow. Together they noticed the ring-billed gull along the shoreline. They also saw a sharp-shinned hawk and a bank swallow.

Next time the old man, his granddaughter and a guide observed the bright breeding plumage of the spring birds through their binoculars.

Eventually, the old man bought a good field guide, a notebook and a checklist for the birds they might see. The old man made sure the field guide and notebook were small enough to fit in a pocket or ditty bag.

Before you knew it, the old man's granddaughter was hooked, too. As time passed, grandfather and granddaughter both became skillful at finding the birds and identifying them, using their books and binoculars. They went birding often, carrying a ditty bag with lunch, water or soda, spare socks and rain gear.

Both found that birding is fun and adds a spark to one's life. Together, they shared the thrill of seeing the bright goldfinch, the first robin of spring, the cardinal in summer, the junco in winter. Or hearing, then seeing, the squawking, boisterous blue jay.

But for the old man, the best part of all was to share in his granddaughter's growth. He had come late to birding, but its rewards proved priceless nevertheless.

Fred J. Kane is an outdoors writer in Rochester, N.Y.

UPCOMING PRO BASS TOURNAMENTS

Here are the dates, locations, and tour affiliations for upcoming professional bass fishing events on the BASSMASTER and FLW tours.

- Nov. 4-7, 1999, Winter Haven, Fla., Ranger Millennium M1 Tournament (Operation Bass)
- Nov. 4-6, 1999, Lake of the Ozarks, Osage Beach, Mo. (BASSMASTER Central Invitational)
- Nov. 11-13, 1999, Lake Oroville, Oroville, Calif. (BASSMASTER West Invitational)
- Dec. 2-4, 1999, Lake Martin, Alexander City, Ala. (BASSMASTER East Invitational)
- Jan. 12-15, 2000, Lake Tohopekaliga, Kissimmee, Fla. (BASSMASTER Top 150)
- Jan. 20-22, 2000, Lake Okeechobee, Okeechobee, Fla. (BASSMASTER East Invitational)

THE TACKLE BOX



X-Spurt puts attractant on the bait, not on your hands.

Fish Scent Without the Mess

Although there is conflicting scientific evidence as to the value of using fish attractants for such gamefish as bass, there are legions of bass anglers who strongly believe in the allure of such underwater scents. Others are turned off by the messy chore involved in spraying a lure with the attractant.

The X-Spurt applicator eliminates most of the mess and hassle associated with the usual spray and squirt bottles. It lets the angler accurately apply the attractant to a soft plastic lure in a simple "no-hands" operation.

The unit's Lure-Guide Lever gives the angler a way to position and hold the lure. One squeeze of the built-in pump generates enough

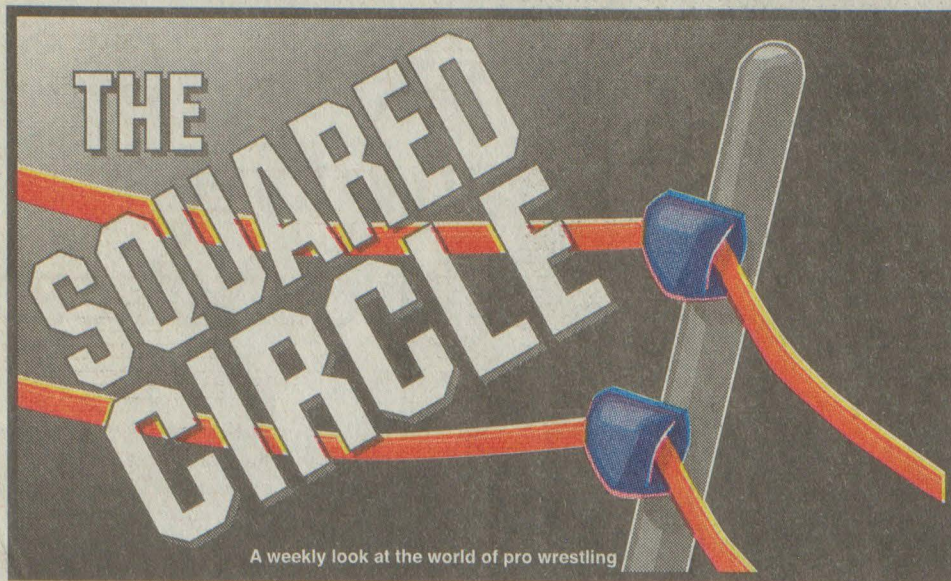
pressure to propel a dose of attractant from the unit's 32-ounce tank (enough for hours worth of spurts). The X-Spurt applies a fresh dose of scent in a second, without any spilling, without the angler having to touch the lure or the attractant.

X-Spurt's universal mounting system permits fast, uncomplicated installation on almost any boat surface with no drilling.

In addition to the applicator, X-Spurt is marketing its own Pro Formula Fish Attractant in six different scents.

— Tim Tucker

For more information about the applicator or the attractants, call X-Spurt Enterprises at 800-280-1937.



A weekly look at the world of pro wrestling

PAY-PER-VIEW

- ECW, November to Remember, Buffalo, N.Y., Nov. 7
- WWF, Survivor Series, Detroit, Nov. 14
- WCW, World War III, Toronto, Nov. 21

TOP 10

1. Triple H, WWF
2. The Rock, WWF
3. Sting, WCW
4. Mike Awesome, ECW
5. Sid Vicious, WCW
6. Chyna, WWF
7. Buff Bagwell, WCW
8. Chris Benoit, WCW
9. Lance Storm, ECW
10. The Big Show, WWF



■ THE ROCK



■ MONA

Look for: Mona to get a push in WCW, thus showcasing her ring skills.

MAILBAG

Tell us what you think about professional wrestling, its stars, trends and story lines.

Give us your feedback on wrestlers or issues you'd like to see on this page.

Also, if you have a question or comment about a subject, write to us at The Squared Circle, c/o Sports, News Journal, 70 W. Fourth St., Mansfield, Ohio 44903. You can fax it to us at 419-521-7415 or e-mail to aconchel@cosmg.com. Please include your hometown.

Dear Squared Circle, Top 10:

1. Bret Hart
2. The Rock
3. Chris Jericho
4. Hardy Boyz
5. Saturn
6. Mankind
7. Kevin Nash
8. Goldberg
9. Rey Mysterio Jr.
10. Madusa

Ultimate match: The Hitman vs. The Rock. Who is the blond bodyguard of Berlyn?

— Scott Zuspan
Marion, Ohio

A. The bodyguard is a former independent wrestler, so you probably haven't seen him before.

Dear Squared Circle, My top 10 wrestlers are:

1. Stone Cold Steve Austin
2. The Big Show
3. Kane
4. The Rock
5. Billy Gunn
6. X-Pac
7. Edge
8. Christian
9. Mankind
10. Road Dogg

— Josh Miller
Mansfield, Ohio

Dear Squared Circle,

If the WWF put two wrestlers together and let them fight their own way instead of all this playacting it would be a lot better.

— Ernest
San Antonio, Texas

Dear Squared Circle,

I've been a wrestling fan for over 35 years. I like the articles. San Antonio has always been big on pro wrestling.

Is Gangrel (WWF) related to brothers Johnny or Greg The Hammer Valentine?

— Jaime G. Rodriguez
San Antonio, Texas

A. No. Gangrel's real name is David Heath.

FEUD OF THE WEEK



Raven, Dreamer vs. Storm, J. Credible; ECW

CATCH PHRASES

"We've got a good, old-fashioned slobberknocker."
— Announcer Jim Ross

REAL NAMES

Randy Savage

Randy Poffo

6-2, 250

Born: Nov. 15, 1952

Hometown: Sarasota, Fla.

Pro debut: November 1973

MAT MEMORIES

A look back at memorable moments in pro wrestling history:

■ March 27, 1988: Bruiser Brody pins Jumbo Tsuruta in Tokyo to win the international heavyweight title for the third time.

■ Oct. 4, 1949: Lillian Ellison (Fabulous Moolah) wins a match in Kansas City in one of her first ring appearances.

WHO'S HOT/WHO'S NOT

ON THE RISE



Dudley Boyz: Buh-Buh Ray, above, and half-brother Devon should give WWF tag teams a run for their money with their hardcore, brawling style.

TAKING A FALL



Diamond Dallas Page: His career has been stagnant for several months. Not sure of his future plans with WCW, but probably will stay in spotlight.

IN THE SPOTLIGHT



■ Road Dogg gets the crowd pumped up during a WWF show.

ROAD DOGG AN ENTERTAINER

By Anthony Conchel
Squared Circle Editor

Look up the word "charismatic" in Webster's, and you'd likely find a photograph of Road Dogg. He's as gifted on the microphone as anybody in wrestling. He's articulate, he's funny and he's very over with WWF fans.

The young man known in real life as Brian Gerard James is one of grappler Bullet Bob Armstrong's four sons who grew up around the sport. He and his brothers had an early indoctrination into the ring wars when Daddy was wrestling in the Carolinas and Mid-Atlantic regions in the 1970s and '80s.

His now-famous "Ladies and gentlemen, boys and girls..." intro captures the imagination of fans whose resounding chorus can be heard in arenas across the country where the Dogg and tag team partner B.A. Billy Gunn appear.

His voice is smooth and polished, like that of a seasoned broadcaster.

"I just love entertaining the fans. It's what I've always wanted to do," he said after a benefit match in Cincinnati earlier this year.

And entertain them he does. He knows how to work the crowd as well as any wrestler. He flashes that smile, utters a few lines and has them right where he wants them.

He has teamed with Gunn to capture the WWF tag team championship three times. He also has done well in singles competition, winning the first WWF Hardcore Title and later winning the Intercontinental crown from Val Venis.

The 6-2, 235-pounder combines quickness with a rough-and-tumble style to defeat his opponents. He has brawled with legendary hardcore competitor Al Snow on numerous occasions and held his own against him.

"Being raised in a wrestling family, I

learned this business from the inside," he said.

Road Dogg, Gunn, X-Pac and Triple H were original Degeneration-X members. They came along at a time when wrestling in general and the WWF in particular were struggling to build a fan base. It was their immediate connection with young fans that catapulted them into the spotlight and made D-X the coolest thing to hit the WWF since Hulkamania some 15 years earlier.

WWF brass recognized the quartet's star quality and gave them a huge push. The foursome responded with quality mat work and, in Road Dogg's case, excellent mic work. That made them household names, at least in houses where wrestling has become a Monday night tradition.

The neon green outfit and the dreadlocks are Road Dogg trademarks, along with that silky voice that brings "boys and girls, children of all ages" to their feet when he enters the building. In fact, he is so popular that his merchandise is third in sales behind that of Stone Cold Steve Austin and The Rock. This speaks volumes considering the popularity of those two WWF stalwarts.

Road Dogg is the perfect wrestler for the '90s. He's young, he's hip and he's a talker — a combination that spells success. Some think he's just an average wrestler with great mic skills. Well, so is Hulk Hogan, and look how far he's come.

The 29-year-old native of Marietta, Ga., is a decent wrestler. He's no Chris Benoit or Bret Hart when it comes to the technical aspect of the sport. Still, he's ranked 46th in this year's Pro Wrestling Illustrated Top 500. But he's a whole lot more entertaining, and that's a critical measuring stick in today's wrestling marketplace. Road Dogg, who served his country in the Gulf War, has come miles from his days as Jeff Jarrett's roadie. And he's light-years removed from his days as a WCW jobber.

AFTER THE BELL

News and gossip from the wrestling world:

■ The main reason for Jeff Jarrett's jump to WCW is that Steve Austin refused to work with him. Stone Cold held a grudge against Jarrett because Jeff had bad things to say about Austin 3:16. Another reason might be that since Austin and Debra are dating, Jarrett didn't want to work with her any longer. Regardless, Jarrett showed his professionalism at No Mercy by doing the job for Chyna in a big way.

■ Chris Chetti is doing much better since his injury at the ECW Anarchy Rulz pay-per-view. Chetti's bulging spinal disc is responding to rehab, and he should be back in six to eight weeks.

■ Terry Taylor had a meeting with Vince McMahon last week to discuss Taylor's future with the World Wrestling Federation. He has been the head booker for a couple of years since coming back to the WWF from WCW.

■ Steve Mongo McMichael is living in the Tampa Bay area and recovering from knee surgery.

■ Reports indicate that Missy Hyatt, the former World Championship Wrestling and Extreme Championship Wrestling valet, is scheduled to appear at some upcoming indy shows in New England. Hyatt has been out of the business for a couple of years and told The Squared Circle this spring that she has been going to a New York community college and studying pre-med.

■ WrestleLine reports that The Big Show's (Paul Wight) father didn't recently die of cancer, as was portrayed on a recent series of "Raws." It's reported that Wight's dad died three years ago of cancer. This angle is a bit much even by WWF standards, considering the death of Owen Hart and the loss of referee Brian Hildebrand to cancer this year.

■ The WWF made its public offering of stock last week. The stock is expected to sell between \$14 and \$16 a share. The WWF stock symbol is WWFE on the NASDAQ.

■ It is being reported that Vince Russo will be elevating Chris Benoit's singles career when Benoit returns from Japan. There is a good chance he will be removed from the Revolution program. Russo, WCW's top booker, has shown a general interest in Benoit and his excellent wrestling capabilities.

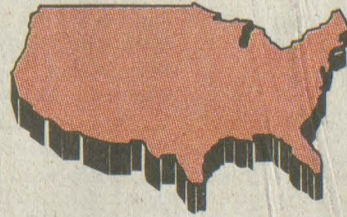
■ Yoshihiro Asai — known to the wrestling world as The Ultimo Dragon — officially announced his retirement from professional wrestling. The announcement took place at a news conference that was held in Tokyo. After wrestling for only a decade, Asai's career came to an end following elbow surgery on his right arm, which left him unable to use the arm at all in the ring.

■ Ernest The Cat Miller is sidelined with a knee injury suffered in a match against Norman Smiley. Miller is trying to heal the injury without surgery because the new booking committee wants to use him more.

■ Music City Wrestling has been sold to two Nashville businessmen. The promotion will remain under the sanction of the NWA and work only in the South.

COMING TO YOUR TOWN

A look at upcoming wrestling shows across the country:



WWF...

- Oct. 31, Hampton, Va.
- Nov. 1, "Raw Is War," Washington, D.C.
- Nov. 2, "Smackdown," Philadelphia

WCW...

- Nov. 1, "Nitro," Little Rock
- Nov. 21, Toronto, Canada, World War III

ECW...

- Oct. 31, Brockport, N.Y.
- Nov. 11, Staten Island, N.Y.
- Nov. 12, Wilkes-Barre, Pa.

WRESTLING ON THE WEB

- www.wrestlezone.com
- www.wrestleScoop.com
- www.WWF.com
- www.WCW.com
- www.ECW.com
- www.bad-boyz.com
- www.moonsault.com



If you know of a hot wrestling Web site, share it with Squared Circle readers. Send it to aconchel@cosmg.com

Lifestyles



Serving Floyd County since 1927

Flat tire

by Austin Alan
 Driving west on the Mountain Parkway in eastern Kentucky, just outside of Salyersville, Bob Sanders, is half asleep behind the wheel of his car.

He had been working a double shift at a restaurant and was now heading home. It was about 11:35 when he heard a thud from the front of his car that brought him to full awareness.

His car began to shimmy and shake, so Bob pulled off to the side of the road to check his front tires. As Bob got out of the car, he realized it was too dark to see well, so he went to his trunk and fished it to get out a flashlight.

He went to the front of the car shining the light in front of him. In a few seconds, he saw the flat tire. Bob said a few choice words as he kicked the tire. Then he went back to the trunk to get the spare.

Bob began to take off the flat tire and he noticed a car slowing down as it approached him. The car stopped next to him, and the man inside leaned out of the rolled-down window and tipped back his hat.

"Are you having trouble?" he asked Bob.

"Just a little bit," Bob replied.

"Do you need help?" the man asked.

Bob shook his head yes and said, with a chuckle, "I need all the help I can get."

The man pulled in front of Bob's car and walked back to Bob. He squatted down next to Bob and looked at the tire.

"I'll hold the flashlight," he said.

The man held the flashlight as Bob changed the tire. He appeared to be dressed for an evening on the town, and his scent of cologne was strong.

Bob managed to change the tire of the car easier because he could now see what he was doing. In a few minutes, he had the tire changed, and the trunk closed. The man who assisted Bob handed him the flashlight and smiled.

"Hope you have better luck," he said to Bob and began to walk back to his car.

Bob sighed as he stepped forward to get into his car.

"I hope so, too. Thanks for your help, Mister," Bob said and watched as the man turned around and looked at him.

"This road is known," the man said.

Bob was puzzled at the man's comments, but he watched quietly as the man got into his car and drove off. Bob got in his car and pulled out onto the parkway. He began following the car at a distance when something occurred to him: the car the old man was driving was a '36 Chevy.

As he pulled up closer to the car to get a better look at it, he saw the license plate was from Kentucky, but the year on the plate was 1936.

As Bob was looking at the plate, the car suddenly vanished. There was nothing ahead of Bob but miles of empty road. He rubbed his head and cursed. Then he calmed down and went home.

When Bob got home, he was greeted by his wife who was standing in the doorway with a worried look on her face. Bob stepped out of his car and walked into the house to receive a hug and a kiss from his wife, who looked him over and said,

"My poor man had to work a double shift on his 36th birthday."

Plumber Bill

by Austin Alan
 One day outside of Hindman, a young plumber named Bill was going out on an inspection for a new home owner.

Bill was lying underneath a home as he was looking over some plumbing. He made note of what he saw and then heard something tapping inside the home as if it were a hammer or something.

Quickly, Bill darted his flashlight around the underpinning of the home looking for something that could have made the sound. He appeared concerned; as he was the only person who was around the empty home at the time. Bill got out from under the house and went into the home.

He looked around the inside of the home and saw no one at all. So, he went on with his inspection of the home's plumbing. He walked over to the kitchen sink and turned on the faucet, making sure the water was flowing properly without any leaks.

Then, all of a sudden, the water turned into an odd face. He then turned and walked into the bathroom. As he entered the room, the water turned itself off full blast. Then, in a few seconds, it turned itself off just as quickly. Bill scratched his head and walked back into the kitchen with his clipboard in hand. He stood at the back door of the home and looked back at the sink and shrugged his shoulders and walked out of the front door.

As Bill was walking to his van he had parked in the drive, he tore off the inspection sheet and handed it to Mr. Massey, the new home owner who had just pulled into the driveway.

"Did the house check out all right?" Massey asked.

Bill tipped his hat and smiled as he began to pull away. "Everything checked out just fine sir. You'll have all the water you need."

Too many beans

by Austin Alan
 Along Rt. 23, just south of Prestonsburg was a house filled with people sitting around a dinner table eating beans and cornbread. As they were eating, a strange noise could be heard coming from outside the house. The father stood up and walked over to the window and looked out. No one or no animal could be seen. So he sat back down and picked up another piece of cornbread off the plate at the center on the table.

The oldest boy cleared his throat and spoke up, "That was the same sound I heard last night."

No one else said anything as they finished their meal together. When the table was cleared and the dishes done, the people went out onto the front porch to relax. The sun was beginning to set and passing cars could be seen with their lights on. The strange sound was heard again by the family. It sounded as if someone was grunting.

The father shook his head and chuckled, saying "That sounds like Junior when he's eating."

Everyone laughed as the father went back into the house to the kitchen. When he got there, he saw an image of a woman in a gray cotton dress. He could see through her, but he could still make out that it was an image of a woman. The image of the women turned toward the back door as the father walked toward the kitchen sink. Then the image vanished into thin air.

The father poured himself a glass of water and then went back to the back door to check the lock. He went back out onto the front porch and sat down in his favorite chair with a gasp.

"I believe I ate too many beans," he said.

Sidewalk chair

There was a chill in the air as young Doris Anderson sat on her front porch rocking in her rocker. It was late September and she was about to put her porch furniture up for the season.

She sat there a few minutes, rocking back and forth, and then went into the house. Doris saw her husband lying on the sofa watching a ball game, eating chips and drinking a soda. She gave him a look of exasperation and sat down next to him.

"Is this a big game?" she asked.

"They all are honey," Fred, her husband, said.

Soon the game was over, and it was time for bed. So the two found their way to sleep and were having a sound sleep when a noise awakened Doris. She sat up in bed, looked at her alarm clock and rubbed her eyes.

She then stood up, walked into the kitchen and saw that it was three in the morning. Doris looked out of the kitchen window and saw a dog sniffing the light post in her front yard. Doris lightly chuckled as she went back to bed.

The next day Doris woke up and went to the front door to get the morning paper. She picked it up and saw one of her porch chairs on the sidewalk in front of the house. She tossed her paper through the opened front door and went out to the street, cussing. She picked up the chair and began to carry it in when her neighbor Sally spoke out.

"Who was that women sitting in that chair last night real late?" Sally asked.

Doris laughed at her as if she were crazy.

"What?" Doris questioned.

"About three last night I saw a women sitting in that chair looking into the street both ways," her neighbor said.

Doris laughed as she carried the chair back to the porch.

"Ah, that was probably one of Fred's kin. They are like that you know," Doris said.

Sally shrugged her shoulders as she went back into her house.

Doris set the chair on the porch and went into the house. She woke up Fred.

"Fred, our porch chair was on the sidewalk this morning," Doris said.

"Why, did you put it there?" Fred asked.

"I didn't Fred, someone else did," Doris answered.

"Well, why bother me with it," Fred yelled.

"I thought you might want to know, that is all," Doris yelled back.

"Well, thanks for telling me," Fred said, sarcastically.

Doris tossed her hands up in irritation, walked into the living room and began to read the morning paper.

That night as Fred and Doris lay in bed, Doris could not sleep. She looked at the clock and saw it was two in the morning. She got out of bed and went to the front door and looked out. Doris saw the figure of women sitting in her porch chair on the sidewalk. She flipped on the porch light and stood there a moment. Then she turned off the light and stood there a moment. She waited for the figure of the woman to appear, but it never came back.

With a worried look on her face, Doris went back to bed. She almost decided a couple of times to wake up Fred but feared his jokes. So Doris tossed and turned a little while, before going to sleep.

In the morning, she woke up and went out to the sidewalk and picked up the chair. Shaking her head, Doris carried the chair back to the porch, and her neighbor Sally spoke out.

"Relatives?" Sally asked.

Calmly, Doris replied, "Real old ones I think."

This Town That World

Editor's Note: For years, Floyd County Times founder and former publisher Norman Allen wrote a weekly column that looked at Floyd County through his eyes. His columns are being reprinted due to request. The following column was written in 1959.

Shudderingly we report that tonight is Tick-Tack and the night after is Halloween...But always comes the dawn—and how glad most people will be to see it!

IMPROVEMENT NOTED

On the whole, though, we would say youngsters turned spooks and goblins and other eerie creatures are more considerate of the rights of us who are too old to catch them than in other years...Church youth here are going collecting funds for United Nations Children's Relief tonight rather than going soaping up the premises and creating pandemonium in general. An excellent idea that deserves public support I say.

THEY WOWED THE CROWD

Speaking of youngsters, did you see the miniature majorettes at the recent football game here? The band was good, its instructor, Mr. Smith, has done a fine job—but those little majorettes, who were trained by Mrs. Jody Fannin, took the fancy of the crowd. They will be back for the Homecoming game against Paintsville.

THE GHOST THAT WAS DOUBLECROSSED

I've always had a desire to spook the goblins—I mean to say, scare them out of their shrouds or whatever it is they wear.

I have long known of the perfect example of such a trick. The hero (?) of the incident was the late "Uncle" Wiley Patton, whose classic practical jokes still are recounted around Right Beaver Creek firesides (when the youngsters will stop watching television long enough to listen).

A square dance or some such "party" was scheduled for a certain night, and in those days the youngsters of the neighborhood converged on the host's home on foot. So it was that they were obliged to walk past a long "graveyard point" which sloped back to the timberline, and that gave Uncle Wiley an idea.

He had "Aunt" Polly Martin help him don a sheet. Then, arming himself with a

(See Town, page two)

To Your Good Health

TEACHING KIDS TO GIVE BACK: You want your children to learn the importance of charity and the value of helping others, but it can be tough to find volunteer projects that include kids. Some new ideas: On November 20, Family Matters, an initiative of the Points of Light foundation, is holding its first National Volunteer Family Day. Thousands of families in more than 100 communities across the country will be spreading out to clean up parks, help decorate senior centers for the holidays, pack items for food pantries, and more. The Family Matters initiative connects volunteer families with neighborhoods, businesses, and not-for-profit organizations. To find a project site near you, call 800-VOLUNTEER.

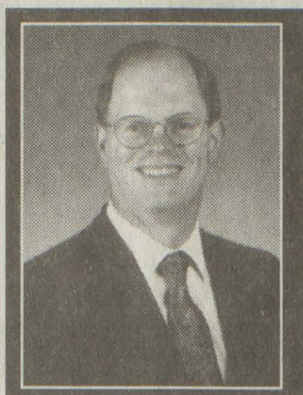
Also, check out www.familycares.org for ideas on charitable projects the family can take on together.

PICK OF THE MONTH: When a child is suffering, it's hard to know what's on her mind — let alone how to help her. Childhood Revealed: Art Expressing Pain, Discovery & Hope (Abrams, \$35) provides some clues. With a foreword by Today show coanchor Katie Couric, the book was created to help overcome the stigma attached to child psychiatric illness. It presents artwork and moving commentaries by youngsters struggling with problems including depression,

(See Health, page two)

Rx for wife's sciatica: Better car seat, manipulative treatment

by John C. Wolf, D.O.
Associate Professor of Family
Medicine
Ohio University College of
Osteopathic Medicine



Family Medicine

John C. Wolf, D.O.
Associate Professor
of Family Medicine



Question: My wife has developed sciatica, and has done all of the "standard" medical treatments—pain medication (ibuprofen and Relafen), therapeutic massage and physical therapy. While the medication helps temporarily, nothing has given her long-lasting relief. She drives about 25 minutes to work on a congested highway and feels that the constant "brake tapping" with her left foot contributes to the pain. She bought some padded cushions for the car that seem to help a bit.

I'm wondering if there's any osteopathic treatment that her M.D. might not know about, or if there are other treatments she should try?

Answer: The sciatic nerve is the largest nerve in the body—it is a bundle of nerve fibers that is about as big in diameter as your thumb. It is formed from smaller nerves that leave the spinal cord in the low back region and join together near the spine to form the sciatic nerve. This nerve then passes across the inside of the pelvis, courses across the buttock, passes near the hip, and then leads down the leg.

Irritation or injury to any part of the sciatic nerve can produce pain that is correctly labeled "sciatica." Sciatica is usually low-back pain that also involves the buttock and leg. Its intensity may range from mildly annoying to completely disabling. In addition to pain in this region, there may be loss of sensation or loss of muscle use in the leg.

Almost 40 percent of us will

have sciatica some time during our lives. These episodes may have many causes. The sciatic nerve can be injured while giving birth to a child, or it can be damaged when the pelvis or hip is broken. Most episodes of sciatica, however, occur for less easily identifiable causes. A common culprit is a ruptured or bulging intervertebral disk in the low back.

X-rays, CT scans and MRI studies are often done to find the source of sciatica. Sometimes these studies clearly identify the underlying problem, and this knowledge then enables your doctor to specify appropriate treatment. As examples, surgery may be necessary for a severe ruptured disk or for a broken hip. Most of the time, however, these studies only show minor age-related changes that aren't the real cause of the sciatica.

Most individuals with sciatica will have resolution of their symptoms within one month without special treatment. There are a large number of other sufferers, however, whose symptoms are more severe or more persistent. This group of individuals warrants treatment for their sciatica. Manipulative treatment done by an osteopathic physician or a chiro-

practor has been shown to reduce the healing time. Your wife hasn't had this type of therapy and would probably benefit from it. Additional physical therapy, particularly therapeutic exercise, is also of great benefit.

Driving always creates strain in the low back. This occurs because of the need to work the accelerator and brake (and clutch for some of us) with the feet while being positioned to see the road and to use the arms to steer. The back muscles must constantly adjust the posture as the vehicle subtly bounces and sways. Extra cushioning to help maintain a proper posture minimizes, but doesn't eliminate, this type of back strain. This problem is worse in vehicles that have seats close to the floor just as sitting on the floor in the living room is less comfortable than sitting up on a chair.

I'd suggest that your wife consider borrowing a vehicle with a taller and more supportive seat and trying a course of manipulative treatment.

"Family Medicine" is a weekly column. To submit questions, write to John C. Wolf, D.O., Ohio University College of Osteopathic Medicine, Grosvenor Hall, Athens, Ohio 45701.

Town

(Continued from page one)

pine knot which he proposed to convert into a torch at the proper moment, he climbed the hill and took over.

What he didn't know was that soon after he left the house. Aunt Polly had dressed her husband in similar attire, supplied him with a pine torch and sent him to hide a few yards uphill behind the prankster.

A full moon rose, and the "graveyard point" looked more ghostly than usual to the youngsters as they hurried past. Suddenly there appeared coming out of the cemetery a white-shrouded figure, giving with long leaps and waving a firebrand, and the group of youngsters broke into a wild terrified rout.

Uncle Wiley, between leaps and

chortles, heard a noise behind him and glanced over his shoulder to see another ghost which was rapidly overtaking him!

The old story goes to the effect that those youngsters and the wily Mr. Patton ran a dead heat for the shelter of the house.

WE SURRENDER!

It may or may not be apropos to say that Floyd County has had its weird political campaigns and some political "literature" that was even more weird, if possible. However that may be, we stand ready to surrender No. 1 position in the department of "campaign literature" to Dickenson County, Virginia.

The better part of a page in The

Dickensonian, a weekly newspaper published at Clintwood, recently had to do with the merits and high accomplishments of a gentleman who is a candidate for County Treasurer. We skip a solid biographical background established by the article to quote this sentence: "The enormous respect with which he is held over the county is at times a bit awesome."

And if such "enormous" and "awesome" respect aren't enough, read this further qualification:

"He also has another gift that is dispensed free of charge to any who ask, and that is the ability to find water with the aid of a peachtree switch..."

That ought to qualify him for treasurer. He at least knows something about liquid assets.

Town

(Continued from page one)

divorce, physical illness, eating disorders, and abuse. The book, which also includes advice for parents from various experts in the field, is edited by Harold S. Koplewicz, M.D., a psychiatrist

and the director of the New York University (NYU) Child Study Center, and Robin F. Goodman, Ph.D., an assistant professor in psychiatry at the NYU School of Medicine.

For more Good Housekeeping advice, visit the website: www.goodhousekeeping.com.

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Money Management

Independent contractor versus employee a big difference

One of the IRS's "pet peeves" is misclassification of employees as independent contractors. That's because employment taxes are the federal government's cash cow; it is estimated that Uncle Sam has lost as much as \$20 billion in tax revenues as a result of independent-contractor status being claimed incorrectly. To prevent the loss of valuable tax dollars, the government imposes severe penalties on those who misclassify. Therefore, says the Kentucky Society of CPAs, be forewarned. Make sure you understand how the IRS determines whether a worker is an employee or an outside contractor, and follow its guidance carefully.

MISCLASSIFICATION CAN BE COSTLY

If the IRS decides that your independent contractor is really an employee under the tax laws, assessments include the federal income tax, as well as Social Security, Medicare, and federal unemployment taxes, that should have been paid all along, in addition to interest and penalties. And, should the business prove unable to pay the assessment, "responsible persons"—including corporate officers and shareholders—can be held personally liable. Keep in mind, too, that when you are required to reclassify an independent contractor as an employee, you can face consequences in the area of employee benefits.

THE IRS' DETERMINING FACTORS

There are 20 different factors the IRS uses to determine whether a worker is an independent contractor or an employee. Generally speaking, the more control an employer exerts, the more likely it is that the IRS will consider that person an employee. For example, the government will likely view your independent contractor as an employee if:

- Your company controls the job by instructing when, where, and how it is performed.
- Your company provides the tools and materials.
- The independent contractor can't produce evi-

dence of any significant investment of time or money spent setting up a business.

- Your company pays the person at regular intervals—hourly, weekly, or monthly.
- The independent contractor cannot directly realize a profit or suffer a loss as a result of his or her services.

PROTECTING YOURSELF

If your company is using independent contractors, there are several things you can do to minimize your exposure to employee reclassification, with all its resulting assessments. First, prepare written independent contractor agreements that clearly describe the terms of the arrangements. Within these agreements, address as many of the IRS's 20 worker classification factors as possible.

Because you want to illustrate that the independent contractor is not subject to the same control you would have over an employee, your written agreement also should include a provision requiring the contractor to have responsibility for hiring, firing, and directly compensating his or her workers. Your contract also should require the contractor to provide all necessary tools and equipment. You also might include a clause in your agreement stating that you have no intention of retaining the contractor for long-term employment.

In terms of your working relationship, instructions given to independent contractors about when, where, how, and in what sequence to perform the job should be general in nature. Whenever possible, any necessary instructions should be given as recommendations, not mandates.

Have the independent contractors submit invoices to the company for payment and then keep copies of these invoices on file. It's also important that you not assume responsibility for paying the contractor's business or travel expenses or provide health benefits of any kind.

Nutrition Notes

Does Stress Make You Fat?

by Karen Collins, MS, RD,
CDN
American Institute for Cancer
Research

Stress may increase people's tendency to gain weight, according to recent worldwide studies. These metabolic studies combined with earlier behavior studies identify several ways in which stress could affect weight.

Research from Yale University published in Obesity Research shows that among people who react strongly to stressful situations, levels of the hormone cortisol tend to increase when they feel stressed. French research published in the journal Medicine and Law suggests that cortisol levels change when people even anticipate stressful events. Cortisol has many effects in the body, ranging from mobilizing energy stores for activity to raising blood pressure and ultimately increasing abdominal fat. Fat in the waist area is most strongly linked to health problems.

A link between stress and weight, however, may not be strictly a matter of chemistry. Studies have long shown that though some people lose interest in eating when they feel stressed, others tend to eat more. If you turn to food for comfort, even

"healthy foods" like crackers or cereal, and eat more than your appetite dictates, your body will store the extra calories as fat.

Problems also result when people respond to extended high-stress periods by abandoning basic ways of taking care of themselves. Whether it's because they are "too busy" at such times or feel too overwhelmed to take action, people under stress may give up their usual walk or other physical activity. They may resign themselves to night after night of fast food drive-through or bags of snack foods for dinner. Unfortunately, abandoning healthful exercise and eating habits is exactly the opposite of what is needed. Exercise and balanced food choices act on hormones and body chemistry to cut the toll that stressful times can take.

Many experts say that the key is for people to learn new ways to respond to stressful life situations. It is not the situation itself, they say, but our response to it that determines our level of stress. Research shows that people can learn to identify the signals our bodies send when stress is increasing and respond positively. Techniques ranging from biofeedback to deep breathing or changing thought patterns can

make a significant difference.

Many experts also endorse recommendations for making basic self-care part of our everyday life as "preventive medicine" to help keep us on an even keel and less prone to stress reactions. These activities include music, massage, yoga or tai chi, meditation, keeping a journal, prayer and making time to talk with friends. Healthful eating habits and some form of regular physical activity also help keep you in better shape to respond positively to stressful situations.

By making a commitment to self-care, your overall health will benefit. The American Institute for Cancer Research says that regular exercise and a balanced, mostly plant-based diet can lower risk of developing cancer and many other health problems.

subscribe to
The Floyd
County Times
call 886-8506
for details

Ask the CIS

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

Does coffee increase cancer risk?

Q: I drink three or four cups of coffee every day. Can this increase my risk for cancer?

A: Several large studies have been done to see whether drinking coffee can cause cancer. Most of these studies have not found more cancer among coffee drinkers. Coffee contains caf-

feine, a mild stimulant also found in soft drinks and tea. Researchers looking into a possible link between caffeine and cancer have not found clear answers.

In 1976, the National Cancer Institute (NCI) found that trichloroethylene, a substance

once used to remove caffeine from coffee, caused liver tumors in mice. The NCI later studied civilian workers exposed to trichloroethylene while working on aircraft at a U.S. air force base. In reviewing these and other large studies, the International Agency for Research on Cancer has concluded that evidence of a risk of cancer from trichloroethylene in humans is limited.

Since the 1970s, coffee companies have switched to other substances to decaffeinate coffee. Companies that make coffee may be contacted to learn about their decaffeination method.

For more information about coffee decaffeination methods, call the U.S. Food and Drug Administration's Office of Consumer Affairs toll-free information line at 1-888-INFO-FDA (1-888-463-6332).

Ask the CIS is distributed 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 toll-free at 1-800-4-CANCER between 9 a.m. and 4:30 p.m. local time.

Adoption Fair of the Bluegrass

Informational Workshops
on Adoption and Foster Care

November 7th, 1999

1:00-4:00 p.m.

Location: Lexington Mall, 2349 Richmond Rd.,
Lexington, Ky.

For additional information, call:
(606) 246-2256, (606) 246-2678
or 1-800-432-9346

Hearing Aids



Drs. Gregory Hazelett and Douglas Lamppin want to congratulate their Staff Audiologist, Amy Glessing. She has successfully completed her training in fitting and selling hearing aids, and is now a Board Certified Hearing Instrument Specialist. Ms. Glessing has a B.S. Degree in Teacher of the Speech and Hearing Impaired, and an M.S. degree in Audiology from State University of New York College at Fredonia. Under the guidance of the two physicians, she is able to offer useful suggestions on how to handle difficult communication situations so that the effects of hearing impairment are reduced. She is highly trained to service or sell all types and sizes of hearing instruments, including digital and computer programmable aids.

So don't be embarrassed by missing out on conversations, or not being able to hear telephone conversations. Call our office today for an appointment for a hearing aid evaluation. Remember that hearing loss doesn't just happen to the elderly. Call today for an appointment at 432-4494 or 886-7224.

FOR THE RECORD

Dispatch Logs

October 20

11:12 suspicious vehicle at Food City
11:52 accident without injuries at Fred's Fork
2:41 911 hang-up call on S Lake Dr
4:27 drug related incident in town
4:35 motorist locked keys in vehicle at Food City
4:58 suspicious vehicle at Winn Dixie
6:25 vandalism at Prestonsburg High School
7:05 accident without injuries at Taco Bell
7:19 accident without injuries on off ramp
9:02 motorist locked keys in vehicle at KY WVA Gas Co

October 25

2:48 motorist locked keys in vehicle at Microtel
5:59 car broke down at 114 red lights
8:18 motorist locked keys in vehicle at Lancer
10:18 911 hang-up call on 5th Street
10:58 motorist locked keys in vehicle at Red Cross
12:58 car broke down at Trans Star red lights
1:52 car broke down on over pass
4:43 car broke down at Greer Meat Co
6:33 motorist locked keys in vehicle at Wal-Mart
8:25 reckless driver on US 23 S

October 26

1:36 alarm activated at Pawn Shop 2
10:52 accident without injuries at Food City
11:55 motorist locked keys in vehicle at Pizza Hut
1:13 accident without injuries on Stephens Br Rd
4:27 911 hang-up call on S Cardinal
5:22 motorist locked keys in vehicle at McDonald's
5:50 suspicious person on University Dr

11:40 alarm activated at IGA

District Court

Kathy L. Akers, 20, Grethel, trafficking marijuana, less than 8 oz., 1st, dismiss, drug paraphernalia, use/possession, 1st, 30 days probation, have no violations for 1 year, \$343.50 in fines.

Scott Tackett, 36, Melvin, unlawful transaction with a minor, 3rd, \$183.50 in fines.

Lynda K. Moore, 18, Kite, shoplifting, criminal trespass, 2nd, 37 days jail, probated on condition she does not enter Wal-Mart, \$203.50 in fines.

James Chitti, 44, Prestonsburg, operation of a motor vehicle under the influence of alcohol, 1st, 2 days public service, \$301 in fines.

Gary W. Robinson, 36, Prestonsburg, operation of a motor vehicle under the influence of an intoxicant, carrying a concealed weapon, alcohol/drug education, license suspended for 90 days, forfeit weapon to Kentucky State Police, \$290.50 in fines.

Jerry Combs, 21, Cumberland Gap, operation of a motor vehicle under the influence of an intoxicant, no operator's license, alcohol/drug education, license suspended for 90 days, 15 days jail probated, must not drive until legal, \$301 in fines.

James O. Salisbury, 24, Hunter, operation of a motor vehicle under the influence of drugs, 1st, no insurance, improper registration plates, failure to register transfer, alcohol/drug education, 2 days public service, license suspended for 90 days, \$1051 in fines.

Justina D. Case, 21, Salyersville, shoplifting, 15 days probation, no violations for 1 year, \$203.50 in fines.

Jason W. Clauson, 22, Indiana, alcohol intoxication, 1st/2nd, \$108.50 in fines.

Edna B. Baril, 60, Prestonsburg, shoplifting, 15 days jail probated for 1 year no violations, \$103.50 in fines.

Christopher Osborne, 31, Prestonsburg, driving DUI on a suspended license, 2nd, amend to 1st, 15 days jail, do not drive until

legal, \$198.50 in fines.

Freddie A. Martin, 42, Salyersville, operating on a suspended license, no insurance, \$678.50 in fines.

Russell Prince, 58, Prestonsburg, no KY registration plates, no insurance, \$593.50 in fines.

Willie Prince, 52, Prestonsburg, alcohol intoxication, 3rd or more, 30 days jail, \$103.50 in fines.

Elvie Endicott, 61, Prestonsburg, alcohol intoxication, 1st/2nd, \$108.50 in fines.

Patricia Gail Boyd, 26, Martin, assault, 4th degree, child abuse, 30 days jail, probated for 1 year no unlawful contact with child.

Ricky Yates, 37, Prestonsburg, alcohol intoxication, 3rd or more, enter abuse program, 3 days jail, \$103.50 in fines.

Lillie M. Church, 41, Harold, operation of a motor vehicle under the influence of an intoxicant, operating on a suspended license, alcohol/drug education, 2 days public service, 6 months lost license, \$590.50 in fines.

Sally L. Justice, 39, Tram, operation of a motor vehicle under the influence of an intoxicant, amend to reckless driving, \$168.50 in fines.

Nelson Tackett Jr, 44, Grethel, operation of a motor vehicle under the influence of drugs, 1st, alcohol/drug education, 2 days public service, lost license for 90 days, \$501 in fines.

John W. Chaffins, 41, Langley, operation of a motor vehicle under the influence, 2nd, driving DUI on a suspended license, no insurance, 7 days jail, alcohol/drug education, license lost for 6 months, \$901 in fines.

Marriage Licenses

Nita K. Lisenby, 21, Leesburg, Indiana, and Trampis Newsome, 25, Leesburg, Indiana.

Angela Reynolds Newsome, 27, Stanville, and Darrell Edward Castle, 34, Harold.

Darlene C. Humble, 55, Maysville, Ohio, and Joseph Layne, 55, Hilliard, OH.

Stephanie Grace Hall, 24,

Prestonsburg and Nathan Edward Hall, 23, Prestonsburg.

Gustie Hurd, 80, Allen, and Alexander Kidd, 81, Martin.

Suits Filed

Debbie Osborne of Melvin and Russell Osborne of Melvin, joint petition for dissolution of marriage.

Jeffrey Moore of Maytown VS Patricia Lynn Moore of McDowell, petition for dissolution of marriage.

Teresa Hall Newsome of Prestonsburg VS Anthony Newsome Jr of Teaberry, petition for dissolution of marriage.

Jackie E. Pack of Prestonsburg VS Floyd County Board of Education, wrongful dismissal suit.

Commonwealth of KY VS Joey Wright of Martin, petition for health care insurance.

Johnny and Kelly Prater of Hueysville VS Pamela Wiley of Eastern, compensation for injuries received during an automobile accident that occurred on June 17,

1997.

Virgil C. and Luberta Tackett of Beaver VS Floyd County and Paul Hunt Thompson, property use dispute.

Esta Akers of Galveston VS Hershel Akers of Galveston, compensation for injuries received during an automobile accident that occurred on or about October 21, 1997.

Commonwealth of KY VS Harry Alan Ranier and Toni Ranier Colmenaris of Prestonsburg, et. al., collection of ad valorem tax debts.

Alex Joe Newsome of Teaberry VS Laura Jean Newsome of Harold, petition for dissolution of marriage.

Michelle Renee Morrison of Allen VS Melvin Richard Morrison of Allen, petition for dissolution of marriage.

Margaret Lea Horn of Prestonsburg VS Alice W. Thompson of River, compensation for injuries received during an automobile accident that occurred on September 9, 1998.

Reba Slone of Garrett VS Stevie Slone of Garrett, compensation for injuries received during an automobile accident that occurred

on or about March 9, 1999.

Greenpoint Credit Corporation VS James B. Allen of Grethel, collection of debts.

Kenneth Akers of Galveston VS Hershel Akers of Galveston, compensation for injuries received during an automobile accident that occurred on or about October 21, 1997.

Huntington National Bank of Columbus, OH VS Randy M. Akers of Dana and Cathy C. Akers of Harold, collection of debts.

Kelly Ann Conley of Floyd Co VS Sherry Blanton and the Floyd County Board of Education, compensation for injuries received during an automobile accident that occurred on or about November 17, 1998.

Elmer and Palma Lafferty VS Allison F. Leslie of Prestonsburg, et. al., compensation for injuries received during an automobile accident that occurred on or about September 3, 1999.

Community Trust Bank, N.A. VS Adam B. and Luke L. Kidd of Betsy Layne, collection of debts.

National City Bank of Kentucky VS Sonny C. Jones of Melvin, et. al., collection of debts.

Around the Mulberry tree

As a child, I was fortunate enough to have a great-aunt and uncle with a red mulberry tree on their property. In late spring, I would often spend an hour or more beneath the branches of this tree, picking what fruit I could reach, and shaking the limbs with a hoe to get the rest. I would show up on the porch shortly thereafter with an inkish purple stain on my lips, tongue and fingertips, but all in all, I considered such afternoons to be very productive. Even now, when I get a chance to visit my great-aunt during late May or early June, I try to schedule enough time in my visit to sample the production of this same tree. Luckily, I can now reach much higher.

The red mulberry is a hardy tree that grows well in many kinds of soil, but prefers a deep, moist soil capable of providing growing room for the long roots of the tree. It can

be found growing wild in many parts of Kentucky. It's a fast-growing tree which can grow as tall as 70 feet, and it generally has a dense and spreading crown. The fruit of the red mulberry, which resembles a blackberry in appearance, ripens in late spring. This sweet and juicy fruit can be eaten fresh or used to make jams. Occasionally, owners of commercial orchards will plant mulberries near their trees to lure birds away from more valuable fruiting trees such as cherries.

The mulberry is a member of the Moraceae Family. Other well-known species in this family include figs and the rubber trees of the tropics. Worldwide there are ten species of true mulberries, all of which grow in either Asia or North America.

Historically, the leaves of the mulberries had a valuable economic role: they were shredded and fed

to silkworms. One can occasionally find tapestries from the Orient depicting workers shredding the leaves for just this purpose. When silkworms were imported to North America for commercial "farming" here, mulberries (especially white mulberries) were planted to provide food source for this "live-stock."

If you've considered planting fruit trees on your property, but you want something besides apples or cherries, or if you already have fruit trees and want to reduce the number of birds that raid them, then you might consider planting a couple of mulberry trees. Unfruiting varieties also exist. These unfruiting varieties would be a better choice for shade and yard trees, since the fruit can stain cars and clothing.

Information provided by the Kentucky Division of Forestry.

VOTE FOR

JEFFREY D. DAMRON

FOR CIRCUIT JUDGE, DIVISION 3, FAMILY COURT

Jeffrey Damron is a native Floyd Countian, an attorney with 12 years of experience, a husband and a working father, I am uniquely qualified to become Floyd County's first elected Family Court Judge. I understand the issues facing our families, and I will work hard to be fair to all who come before me.

Jeffrey Damron

On November 2nd, elect Jeffrey Damron, a "Family Man for Family Court Judge."



THINGS TO PONDER

Other causes of not staying in dreamland

by Mable Rowe Lineberger, PhD

Believe it or not, the whole point of recent discussion has been to keep you feeling more awake and not to put you to sleep.

Hopefully, you have become even more aware of your sleep habits, plus what works for you and what does not for getting re-energized by a good night's sleep.

Besides the conditions discussed before — sleep apnea, insomnia, shift work and bruxism — there are still more that are known to impact your ability to sleep.

• A sleep disorder that was once believed to be rare is narcolepsy, afflicting nearly one in every 1,000 people. This chronic sleep problem affects a part of the central nervous system that regulates sleep and wakefulness.

As the dreaming stage of sleep (REM sleep) interrupts daytime wakefulness, symptoms commonly appear, and they occur between the onset of puberty and age 25.

The common symptoms of narcolepsy include excessive sleepiness, vivid dreaming when barely asleep, sudden muscular weakness, sleep when excited or angry, refreshing naps, disrupted sleep and sleep paralysis.

Excessive daytime sleepiness is often the first sign to emerge that develops slowly over several months to years. Some people experience irresistible daytime "sleep attacks" that can last a few seconds to more than 30 minutes.

No amount of rest seems to satisfy some folks' bodies' frequent and irresistible need for sleep. It is not unusual for them to fall asleep at work, talking to a friend, or even driving a car.

Another significant characteristic of narcolepsy is cataplexy, marked by a temporary decrease or loss of muscle control. These attacks are quick and can be stimulated by intense emotions like laughter, anger or surprise.

Hypnagogic hallucinations, vivid dream-like images, are also experienced by most individuals with narcolepsy. These dream-images often appear as a person is going off to sleep or immediately upon awakening. They may be everyday-like, nightmarish, and/or anxiety-creating.

Sleep paralysis, occurring during the passage into sleep or wakefulness, causes a narcoleptic to be unable to move or speak. Only the breathing muscles are active at times, although it may be difficult to breathe deeply.

Individuals with narcolepsy can also experience disturbed nighttime sleep and automatic behavior. Although a cure is not known, symptoms can be controlled with proper behavioral and medical therapy. Medicines frequently include a stimulant, such as Ritalin.

• Restless Leg Syndrome (RLS) is another condition noted for contributing to sleep problems. Its common symptoms are excessive

daytime sleepiness, non-refreshing sleep, nightly leg jerks, and restless sleep.

The RLS is a sensation of discomfort in the lower extremities that is relieved only by moving or stimulating the legs. Although the unpleasant sensations are often difficult to describe, terms such as crawling, tingling, or pricking are frequently used.

Periods of inactivity are most often when these sensations emerge, i.e., sitting or riding in a car and especially while lying in bed trying to fall asleep. Very rarely, the arms can be affected, but often to a lesser degree.

These sensations and the pressing urge to move one's legs often prevents the onset or maintenance of sleep. Techniques such as getting up and walking about, taking hot showers, or rubbing the legs are used to decrease the discomfort.

These techniques may be helpful for a brief period, but the discomfort usually returns as soon as the person becomes inactive or goes back to bed.

As a result of RLS, severe discomfort and insomnia may result in psychological distress and depression. One's bedpartner may also suffer as a result of RLS.

• A type of RLS is Periodic Limb Movement Disorder (PLMD), once known as periodic movements of sleep or nocturnal myoclonus. PLMD's characteristics include periodic leg movements or jerks during sleep and movements associated with arousal. They are often too brief to be perceived by the person — lasting from 0.5 seconds to 5 seconds, every 20 to 40 seconds.

Most individuals with RLS have PLMD, but the opposite is not true. RLS is an unpleasant sensation perceived by the person, whereas in PLMD, the movements are often not remembered by the person.

These conditions rarely appear under age 30, but are more common in the 65 and older age group. Usually there is a strong familial history. Both genders are equally afflicted with these conditions.

• Another interesting group of disorders are "parasomnias" or "things that go bump in the night." These types of sleep disorders intrude into or interrupt the sleep process. They are disorders of arousal, partial arousal and sleep-stage transition.

Some common examples of parasomnias include

• Sleepwalking. Episodes range from a person sitting up in bed to complex activities like preparing a meal. Although they may not be aware of surroundings, they often show a great ability to avoid serious harm.

However, harm can occur if the sleeper falls or walks outside. They usually resist being restrained. They often experience emotional distress and embarrassment from their nighttime activities, so they don't stay with friends or go on vacations.

Sleepwalking is most common in children and normally disappears with the start of puberty.

• Sleep talking. While sleeping, a person begins talking without reason in understandable speech, isolated words or other sounds and typically is unaware of what is said.

Although the talking is frequently without emotion, there may be stressful shouting. Sleep talking is harmless, except for the distress caused to loved ones. The phenomenon is often temporary and created by stress or illness, but may continue for years.

Sleep talking is apt to occur with other sleep disorders, such as obstructive sleep apnea and sleep terrors.

• Nightmares. This is when a frightening dream usually awakens a person from the dreaming stage of sleep (REM). It is often a complicated dream that becomes more terrifying toward the end.

Upon awakening, the person may be breathing rapidly and notice an increased heart rate. Content of the dream is vividly recalled. Talking or striking out during the dream rarely occurs. Nightmares are very common in children and generally do not require treatment. Emotional stress and traumatic events often cause nightmares for adults.

• Sleep terrors consist of sudden arousal with loud screams and physical behavior or intense fear, sitting up with a confused or anxious look, trying to "escape" from surroundings, and, very often, going back to sleep and being unable to remember events the next morning.

Sleep terrors occur more frequently in children than adults, and it tends to run in families. These episodes occur during the first third of a night's sleep.

• Sleep eating has only been described recently, and the causes of sleep-related eating are many, i.e., usually a history of conventional sleepwalking, sometimes induced by medications prescribed for depression or insomnia and maybe combined with other sleep disorders, such as periodic limb movements or obstructive sleep apnea.

Big problems may be excessive weight gain, choking while eating, potential injury from cooking or preparing food, and sleep disruption. Symptoms of sleep eating usually begin in the late 20s. Most sleep eaters are women, but they usually do not suffer from a waking eating disorder.

Another thing you may not believe is that this does not completely cover sleep disorders. Thus, we should be able to get the last ZZZ...zzz in next time.

Hopefully, you'll be learning and/or be more aware of when, how, and under what circumstances you do your best sleeping. If you are not enjoying that important part of your life, find out why.

Here's to meeting you in dreamland.

Something Different

Parsnips are delicious when treated right

From the American Institute for Cancer Research

The ancient Romans ate parsnips. Before potatoes were brought from the New World, the British roasted parsnips along with their beloved joint of beef and enjoyed them as a staple. And in Russia, the word for parsnip is pasternak, so that great novel, Dr. Zhivago, was written by Boris Parsnip.

Today, no one is neutral about eating parsnips. To me, they are indispensable. I use them to add sweetness to homemade chicken soup and variety to the vegetables I set in the pan around a chicken and under a pot roast before placing it in the oven.

To many others, the mere sight of parsnips recalls childhood tribulations, or other unpleasant memories. Most likely, these people have only had poorly prepared parsnips, withered and brown, woody old roots overcooked to a watery mush.

If your experience with parsnips has been negative, I urge you, once frost has nipped the air, to look for half a dozen ivory white, smooth parsnips six to eight inches long. Scrape or peel, and thinly slice them.

Then cook the parsnips, tightly covered, in a modest amount of chicken broth, until they are just tender. Then, mash them with a bit of butter and lots of freshly ground pepper.

When days end early and the wind blows cold, you may discover this is as comforting as a heap of mashed potatoes.

The sweet, earthy flavor of parsnips makes them invaluable as a pot herb, as important as the onion, carrot, celery, parsley and bay leaf you use when making a full, rich-tasting gravy or broth.

The Shakers, a religious sect that flourished in the 19th C., were great gardeners who loved to eat well. They were known for cooking flavorful vegetable dishes.

How to throw a perfect millennium party

(NUE) - As the Year 2000 draws closer, many Americans are still pondering how to celebrate the big event.

Despite the hype, only one in five people has established plans for the big night, a new nationwide survey shows.

According to the survey, preference for celebrating the turn of the century is a dinner party at home with friends and family (46 percent) followed by a weekend getaway (23 percent).

The survey, conducted by the Lenox Gift Company, also showed that 59 percent of respondents would like their evening festivities to cost less than \$100, while 12 percent are willing to spend twice that.

For that party of the century, Colin Cowie, stylemaker, trend setter and designer for Lenox, is planning his own at-home celebration.

"Planning the 'party of the

century' can certainly sound like a daunting task," says Cowie, who has thrown hundreds of parties, both for himself and his celebrity clientele. "But truly, nothing is more memorable than a festive gathering with the people you most enjoy."

Cowie offers the following tips for your own party of the century:

• Get started now, and don't panic. Remember, if you haven't yet made plans, you've got plenty of company.

• Invite your nearest and dearest friends and family members. Think of the coming New Year's celebration as a great excuse to gather them around for the best party you'll ever have.

• Pull out all the stops. This is the night for your very best china, your finest linens and silverware.

• Set a devastating table. Be creative and conjure up a modern look that truly embodies the spir-

it of the millennium. The timelessly modern look of Cowie's Haute Couture and Millenia pattern for Lenox is a beautiful choice.

• Instead of expensive professional waitstaff — labor costs are expected to triple for this very unusual New Year's Eve — design a ready to serve menu.

• Timing is everything. Seat everyone at 9 p.m. so dinner will finish around 11. That way, there's time for some post-meal leg-stretching and chit-chat.

"Above all, remember that this is a once-in-a-lifetime event and enjoy every moment of it," says Cowie.

Lenox Brands, based in Lawrenceville, New Jersey, is the only full-line American tabletop and giftware manufacturer.

For more ideas on millennium partying, visit Lenox at its Web site, www.Lenox.com.

Fit After Fifty

Good nutrition on the road

by JoAnn Prophet, MS, RD
American Institute for Cancer Research

Planning to hit the road in your car or RV now that winter's just around the corner? As you prepare for your trip to a warmer climate, or a holiday visit to out-of-town relatives, be sure to pack up good nutrition when you go.

Being on the road can make sticking to "what you know is good for you" a bit difficult. Too often, traveling becomes an excuse to forget about the guidelines for good eating. By planning ahead, however, you can bring along foods that are easy to eat, nutritious and economical.

People traveling in RVs can use their refrigerators to store healthy foods like fruits and vegetables just as they would at home. For others traveling in cars, however, it's a good idea to carry a cooler, even a collapsible one, so that you are not limited to shelf-ready foods that can often be high in fat, calories and sodium.

Once you've got an ice-filled cooler in which to store some delicious, fresh produce, think of ways to add these foods to your meals. This is well worth the effort, according to the American Institute for Cancer Research, since five or more daily servings of fruits and vegetables can help prevent chronic diseases like cancer. Enjoy fruits and vegetables out of hand or chop them and stir into salads, sandwich spreads or yogurt that you may decide to include in your cooler.

If you're heading out early in the morning, and don't want to spend precious driving time eating breakfast at home, make yourself a fruit smoothie to take with you. Smoothies are a great way to incorporate nutritious foods into a refreshing snack. These are easy to drink on the road, are filling, and a much healthier option than the greasy breakfast sandwiches available at rest-stop drive-thru. You can also buy ready-made canned and frozen smoothies and pack them in your cooler for later.

Good Nutrition on the Road
Salads make great lunch or dinner entree choices. Fresh vegetables provide important vitamins, minerals, fiber and phytochemicals, so don't hesitate to toss in a variety. Pre-make your

salads at home before you leave, pack them in plastic containers and store in your cooler. Remember to bring some plastic utensils and a small bottle of light dressing, if you wish.

Easy to fix and to eat, sandwiches are popular on the road. Use whole grain breads and rolls and choose lean cold cuts such as turkey or chicken breast. Vegetarian sandwich fillings such as hummus or bean spread can also add some variety. Pile on extra vegetables such as raw spinach, red pepper slices and tomatoes. Top with reduced calorie spreads or select mustard and horseradish which are naturally low fat.

Nuts are easy to eat in the car and make a good high protein snack. Although they contain higher levels of fat, they are generally low in saturated fat. Studies are showing that various nuts in the diet may actually lower blood cholesterol and help maintain body weight because of they help you feel full. High levels of fiber, Vitamin E (especially in almonds), magnesium, copper and health-protective phytochemicals make nuts an excellent choice when enjoyed in moderation. Dry

cereals such as oat squares are also convenient for car rides and can satisfy cravings for a crunchy snack.

Keep foods such as packaged cookies, cakes, crackers, chips and dip to a minimum. Select those which have some redeeming nutrient content such as fig bars and oatmeal-raisin drops. While crackers can be a good source of fiber they are often high in both fat and sodium. Evaluate the labels carefully to avoid empty calorie, high-fat choices.

Eating out can sometimes pose a challenge for people trying to stick to healthy eating habits. Although many restaurants now offer more nutritious choices, these may be less appealing after a long, tiring drive. The occasional lapse should not be a signal to forget all your good intentions. Some "lapses" can be tempered by eating smaller portions than usual and by choosing healthy vegetable and fruit accompaniments.

By making a conscious effort to follow your personal nutritional plan even when on the road, you'll be helping yourself maintain good health while enjoying delicious foods at the same time.

Victorious Women celebrates 15 years of ministry

Natural Bridge State Park, March 1984, was the site of the first Victorious Women retreat to be held in eastern Kentucky. Six months later, 250 women gathered together for the first fall retreat—a breakfast at Riverside Christian School in Breathitt County that lasted all day and blew circuit after circuit with overused coffee pots.

The 15th anniversary of Victorious Women ministry in eastern Kentucky will be celebrated November 12-14. Women 16 and older are encouraged to attend the event at the Ramada Inn and Conference Center in Paintsville. Brochures are available at local Christian bookstores or by calling Beverly at 606/666-2359 or Carol Ann White at 606/789-6982. The registration deadline for overnight or meals is November 6. A conference fee will be charged at the door for walk-in guests.

"In His presence" is the theme. Ethel Anderson of Warsaw, Indiana, director and co-founder of Win-Some Women Ministries, will be the guest speaker.

Those attending the retreat, have an opportunity to participate in a Christmas Craft Sale and Swap Shop of ideas. Saturday evening's program will be "The Sights, Sounds, Tastes, and Joys of Christmas."

Hicks reunion

The Smith Hicks family reunion will be Saturday, November 13, at May Lodge, Jenny Wiley State Resort Park. Luncheon buffet will be at 1 p.m., with the meeting and social gathering at 3 p.m. For further information, call 886-3108.

Top Ten TIPS for a safe holiday party

Planning a holiday party? Whether you are having a party at a bar, hotel, office, or home, a plan for serving alcohol responsibly is a must.

Consider the following "Top Ten Holiday TIPS" provided by the TIPS® (Training for Intervention Procedures) program.

Following a sensible strategy for serving alcohol can prevent intoxication and drunk driving while still ensuring that everyone has a good time.

1. Hire only bartenders who are trained in the responsible service of alcohol.

2. Offer soft drinks, fruit juices, bottled water and coffee so that guests have an alternative to alcohol.

3. Have the servers "card" anyone who looks under 30. No I.D., no alcohol.

4. Remind guests that even if they are not driving, it is against the law to serve a visibly intoxicated person.

5. Hire security or other monitors to observe the event away from the service areas.

6. Close the bar about one hour before the event is finished.

7. Make free transportation available both to and from an event in order to prevent drunk driving.

8. Plan entertainment and other activities so that drinking alcohol is not the primary focus of the

event.

9. Don't serve anyone more than one drink at a time.

10. Ensure that there is food available. Eating will help slow down drinking and alcohol absorption into the bloodstream.

In today's world of ever increasing misinformation about Blood Alcohol Content (BAC) and the dangers of drinking, the TIPS mission "to educate and train all facets of society in the responsible sale and consumption of alcohol" has never been more relevant.

Now in its 18th year, TIPS a

Baby contest coming to Prestonsburg

New Star Discovery is holding a regional Most Beautiful Baby Contest in Prestonsburg, for babies of all ages on November 21.

There are six age divisions for boys and girls, including: 0-7 months, 8-14 months, 24-35 months, 3-4 years and 5-6 years. Boys do not compete against the girls in the age division competition.

The winner of each age division will win a beautiful trophy, a crown or medallion, their entry fee paid to the state finals and a test photo shoot with a high profile fashion photographer, valued at \$150.

The first four runners-up in

nationally recognized program which trains servers, sellers and consumers of alcohol in methods to prevent alcoholic misuse and drunk driving, has trained almost 1 million people.

TIPS is a practical, common sense approach to serving alcohol responsibly in any setting. Health Communications Inc. markets all eight TIPS programs, which include On-Premise, Off-Premise, Concessions, Social Functions, Casinos, University, Parents and Workplace.

each age division will receive a trophy and their entry fee paid to the state finals. Every contestant who enters will win a trophy. New Star Discovery also gives away a high point award, which is a 2-1/2 foot trophy or a \$50 savings bond.

The Most Beautiful Baby Contest in Prestonsburg is a regional contest for children from the surrounding area. Winners of the regional and state finals may continue on to the nationals where they could win a \$25,000 savings bond.

For more information about the New Star Discovery Most Beautiful Baby Contest, call 815/227-1070.

ACADEMICS

MCA releases honor roll

Mountain Christian Academy recently announced its first quarter honor roll. To achieve the honor roll status, a student must have a 3.0 GPA. To obtain high honor roll, a student must have all A's with an average of 94 percent or above.

Attaining honor roll at Mountain Christian Academy were:

• Third Grade, high honor roll – Elizabeth Davis, Rebecca Rose, Devin Burchett, Staci Carriere, Lindsey Thacker, and Taylor Moak; honor roll, Kandice Scaff, Megan Leslie, Christian Smith, Amanda Ousley, Braden

Coleman, Whitney Hackworth, Julia Burchett, Elizabeth Kilburn, Raya Calhoun, and Matthew Tackett.

• Fourth Grade, high honor roll – Vincent Ganzon, Shilpa Sachdeva; honor roll – Jasmine Archer, Taylor Clark, Courtney Gullett, Lindsay Maggard, Zachary Parsons, and Robin Warrix.

• Fifth Grade, high honor roll – Jacob Moak, Lincoln Slone; honor roll – Katelyn Lemaster, Joshua Ousley, Aaron Bartley, Kellie Farthing, Burke Garner, Mikka Riley, Dustin Rowe, Kendra Sammons, Whitney

Austin Bradley and Myranda Elliott.

• Sixth Grade, high honor roll – Sean Leslie; honor roll – Chris Conley, Ryann Thornsberry, Matthew Potter, Stephanie Williams, and Ella Wilburn;

• Seventh Grade, high honor roll – Molly Burchett, Caitlin Clark, and Samantha Farthing; honor roll, Chance Bradley, Sarah Hall, and Savanna Whitt.

• Eighth grade, honor roll – Joel Archer, Matthew Francis, Clinton Halbert, Lora Gibson, Shawna Peters, Tessa Shepherd, and Nikita Thornsberry.

Piarist School announces first quarter honor roll

Four Piarist School students received perfect 4.00 grade point averages for the first quarter of the 1999-2000 academic year. Seven other students received First Honors for having grade point averages above 3.70, and nine students received Second Honors for having grade point averages above 3.25.

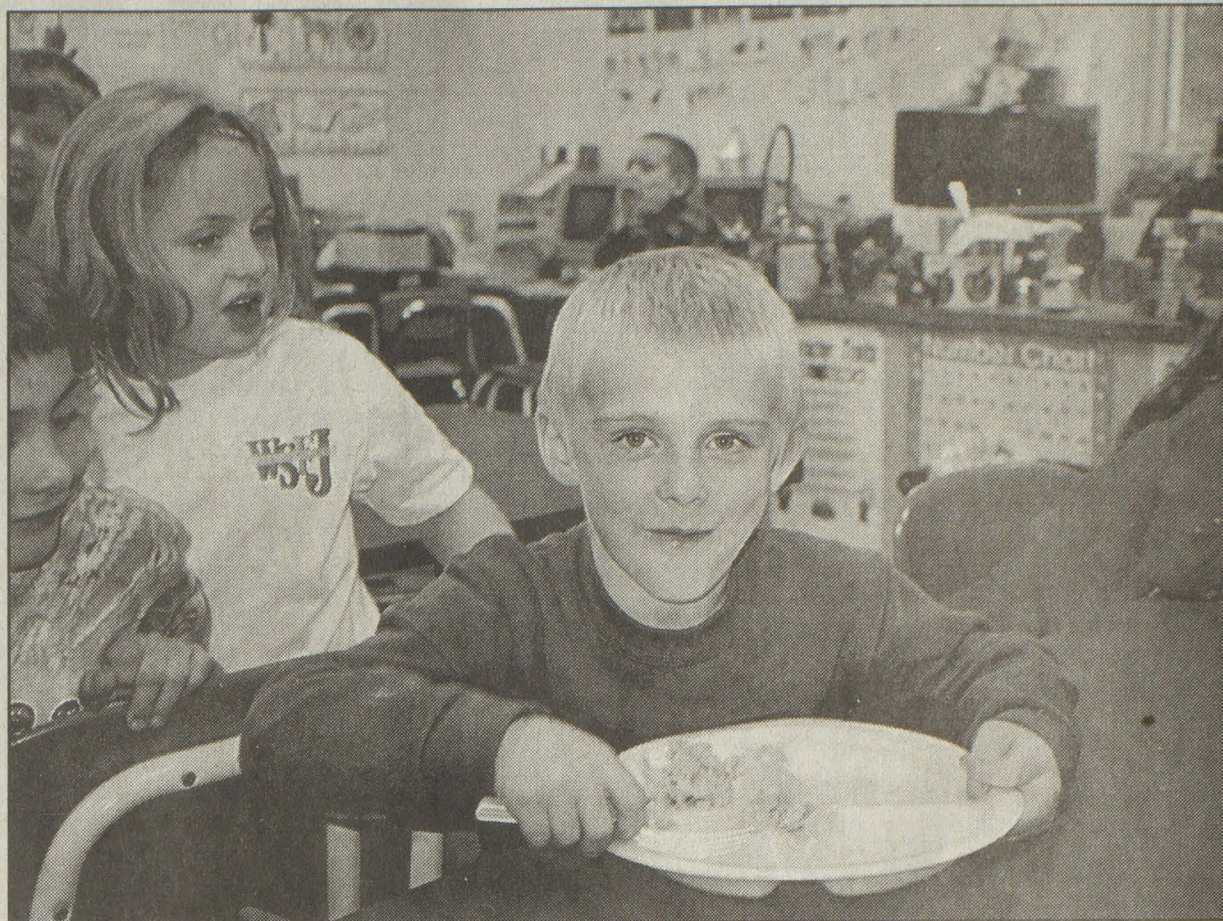
Those students with straight A's are juniors Thomas Greene and Nora Traum, both of Prestonsburg, and sophomores Morgan Caldwell of Prestonsburg and William Jones of Langley.

Students receiving First Honors are seniors Tai England of Hi Hat and Chastity Ison of East Point; junior Matthew Goeing of Melvin; sophomore Bonnie Cleary of Prestonsburg; and freshmen Sarah Hill of Prestonsburg, Balin Loftus of East Point, and Sarah Tan of Hazard.

Students receiving Second Honors are senior Jonathan Joshi of Sitka; juniors Joel Castle of East Point, Brett Hall of Wayland, John Layne of Martin, Emily Meyer of Blue River, and

Tabitha Nunemaker of Hager Hill; sophomore Heidi Caudill of Allen; and freshmen Molli Hall of Paintsville and Evan Mulliken of Pikeville.

The Piarist School is a small, Catholic, college preparatory high school located on Route 80 in Martin and run the Piarist Fathers. The school is unique in that it is a private school with no tuition. For more information about The Piarist School, contact the principal, Rev. Thomas Carroll, Sch.P., at 285-3950.



Silas Andrew Wallen ate green eggs and ham, made following reading the Dr. Seuss story *Green Eggs and Ham*. Andrew is a student of May Valley Elementary in Anna Shepherd's class.

Ways to care for your hungry college student

(NUE) - When they were small, you packed their lunchboxes with nutritious foods. Now that your kids are in college, you can still help them eat well; just fill their mailboxes with fresh, delicious foods ordered from catalogs.

"Ordering foods by mail on a monthly basis or special occasion is one way of knowing your favorite student can have a favorite treat or a complete meal within 24 hours," says Amy Blankenship, director of the Direct Marketing Association's (The DMA) Shop-At-Home Information Center.

"What's more, advances in packing and shipping mean that the foods you order often arrive fresher than items from the shelves at your supermarket," Blankenship says.

The DMA offers these tips for ordering fresh foods by mail:

- Keep a record of your transaction, including company name, address and phone number, and the description, tracking number and date of your order.
- Ask about the company's cold source. It must last long enough for the food to arrive still frozen.
- Make sure the package will be marked perishable.
- Have food delivered where someone will be able to immediately open the package and follow the company's direction's.

• If you have any questions about food you receive by mail, call the company immediately. Responsible companies will replace damaged or inedible products.

More tips for at home shopping and links to catalogs can be found at www.shophnet.org.

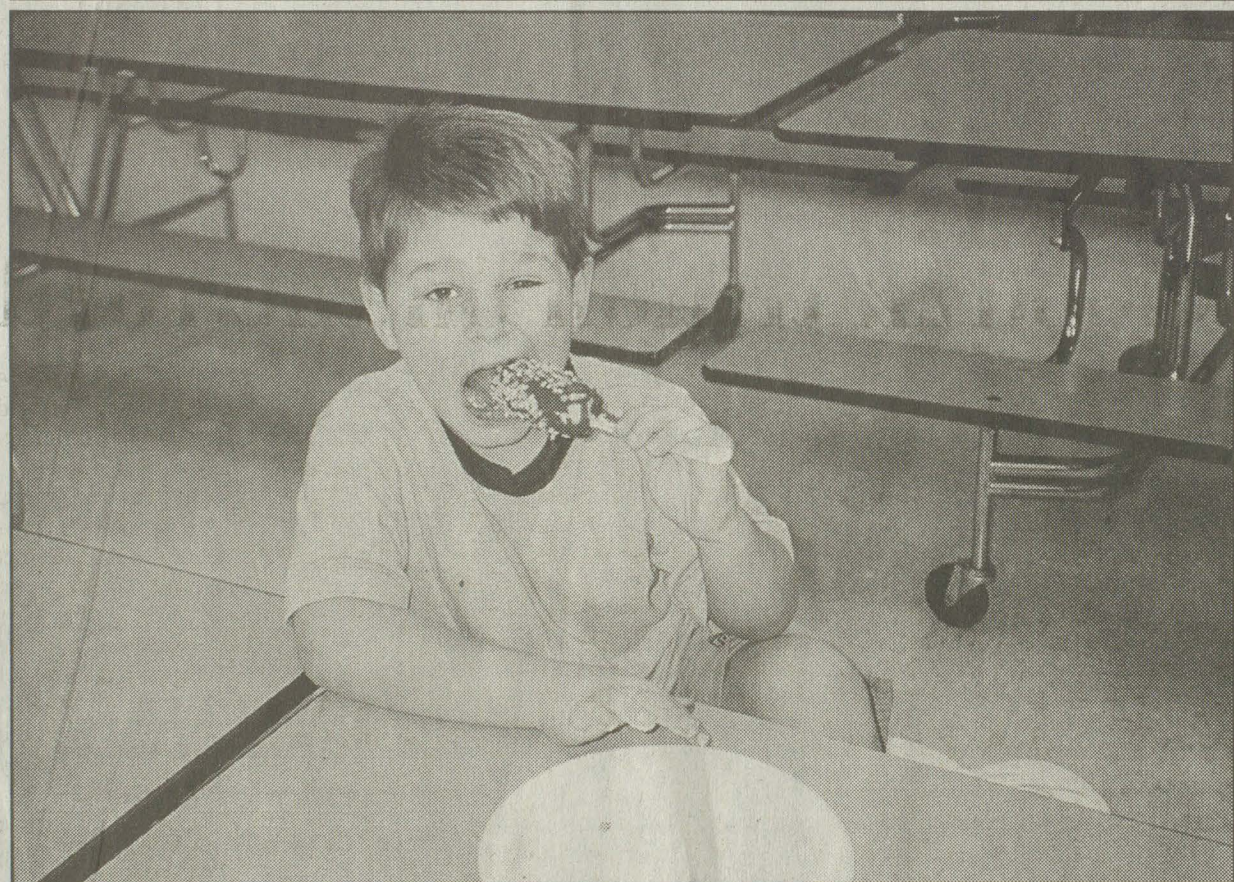
The Hale Groves catalog, www.hales.com, offers fresh citrus fruit. Enjoy oranges, tangelos and grapefruit all year long. Harry and David, www.harryanddavid.com, offers nutritious fruits.

For main courses, choose from among Omaha Steaks, www.omahasteaks.com, premium Midwestern beef, ocean-fresh seafood, pork, lamb or veal selections. Homestyle burgers and plump franks are also available.

Ordering from The Allen Brothers Great Steakhouse Steaks catalog, www.allenbrothers.com, ensures that "great steakhouse steaks" are sent to your door. The company offers catalog shoppers the same USDA prime steaks it supplies to the country's finest restaurants.

The Virginia Traditions catalog, www.virginiatraditions.com, is synonymous with authentic southern smoked meats.

Old-fashioned pecan pies are available from the Priesters catalog, www.priester.com, along with its pecan logs, clusters and tins. Or you can order brownies in flavors ranging from amaretto to walnut from Fairytale Brownies, www.brownies.com.



Benjamin Carroway seemed to enjoy eating shivering bananas while working on the letter "Bb" in Lisa Thornsberry's room at May Valley Elementary.

Transylvania University students benefit from high-tech center

Transylvania has a new state-of-the-art building for business, economics, and education. The \$3 million Georgian-style building offers 27,000 square feet over two stories and a lower level.

The Cowgill Center houses five classrooms, 14 faculty offices, a computer laboratory, lecture and seminar rooms and the Monroe Moosnick Medical Museum.

A high-tech, multimedia classroom includes a large display screen that professors can use to show the entire class information from one of 25 networked student computers or from a television, video, CD-ROM, or satellite.

The multimedia classroom will serve students in business, economics, and education first, but is available to students in all disciplines.

Another impressive feature is the specialized classroom for education majors. The area is arranged and equipped as it would be for primary and middle-level students and will serve as a laboratory for teacher training.

The Cowgill Center for Business, Education, and Economics is named in honor of Norwood Cowgill Jr. and his wife, Judith King Cowgill, Transylvania graduates who generously provided the lead gift for the design and construction of the building.

"It gives Judy and me a great deal of satisfaction to

be able to give something back to Transylvania after the significant contributions the school has made to any success we may enjoy," said Mr. Cowgill.

"The center will allow the university to better address classroom instruction of subjects that played important roles in our lives—Judy's training in teaching and my interest in business and economics," he said.

Norwood Cowgill, a member of Transylvania's Board of Trustees and a successful Lexington businessman, began his career in real estate, then pioneered the extended-stay hotel concept in 1985 when he founded Studio Plus Hotels Inc. The hotels spread throughout the nation as the company merged with Extended Stay America in 1997.

Cowgill served briefly as a director before resigning to launch another successful business venture, Office Suites PLUS, a national chain of high-tech, temporary office centers.

Judith Cowgill, a former teacher and author of "Kentucky State Parks," is dedicated to the improvement of education and teacher preparation. The Cowgills' three daughters all graduated from Transylvania. Cynthia and Christine were both education majors and Kimberly majored in business. Mrs. Cowgill has served as president of Transylvania's Alumni Executive Board.

WKU fall enrollment up, includes local students

Enrollment at Western Kentucky University has increased for the second consecutive year.

Western's preliminary enrollment for Fall 1999 is 15,113, including six students from Floyd County. Final enrollment totals will be available in the late fall

"We're encouraged by these early figures," said WKU President Gary Ransdell. "These numbers indicate we are on track to meet the goals we've set for modest enrollment growth each year through 2003. Western is on its way to becoming the university of choice for bright, college-

bound students."

Floyd County students include Lola Maria Dudley Banks, graduate student; Andrea Celeste Conn, senior; Delora Holbrook, junior; Ty C. Martin, freshman; Cara Meece, senior; and James Michael Meece, graduate student.

The answer to your child's school problems

(NUE) - When children's grades begin to falter, parents often take away certain privileges from them so they can spend more time on homework.

But what if such distractions aren't your child's problem? What if he or she needs real help?

Go ahead, take away the phone and the TV, but you might want to think twice before pulling the plug on the computer. The Internet just might provide the solution to your child's school problems, suggest the creators of Tutornet, a leading online tutoring service for math and science.

Guarded parents who believe the Internet is only a haven for chat rooms and video games should take a second look at the educational value of the Internet. The World Wide Web is now host

to masses of sites devoted to educating children.

Unlike school books, the Internet offers flashy graphics and interactive learning that appeals to children of all ages.

And for those students who need extra help in their difficult subjects, online tutoring services can offer experienced tutors at affordable prices.

Tutornet, for example, offers trained tutors, or "Netucators," who tutor subjects from basic math and science for grades 4 through 8 to advanced-placement calculus and physics. Tutornet even offers profiles of its Netucators highlighting their education and teaching backgrounds so parents know their children are getting the help they need from knowledgeable professors and

teachers who are experienced in educating children.

Through the use of software that includes a whiteboard and chat area, Tutornet's Netucators guide students through solving their problems. Unlike some tutors, Netucators help students without giving them the answers, enabling them to understand how to solve future problems.

And Netucators are available Sunday through Thursday for every subject. The fee is nominal — just \$29.99 per month for unlimited tutoring, plus Tutornet offers a free two-week trial period.

For more information or to sign up, visit Tutornet's Web site at www.tutornet.com, or call 1-877-888-6754.

Science program inspires children

Kids today are faced with a constantly changing landscape in science and technology. The world is growing at an incredible rate, in fields as diverse as computers, the space program, and medical technology.

To help kids understand and connect with these changes, the Museum of Science, Boston is offering a program called Science-By-Mail.

Science-By-Mail (SBM), launched in 1988 at the Museum, is designed to give 4-8th graders a view into the world of science by combining two exciting aspects of learning.

SBM sends challenging hands-on science activities to children and also pairs them with a real scientist mentor as a resource to learn more about careers in science and

life as a scientist.

Since 1988, over 200,000 students have correspond with nearly 14,000 scientists from all across the country.

The hands on science activities let children explore scientific inquiry while the pen-pal component gives them an opportunity to learn more about the real life of scientists, what they do at their job, and how they got there.

Children are also learning different types of careers available in science and where future needs will exist. SBM currently has over 1,000 scientists nationwide volunteering their time to help guide a new generation of learners and discoverers.

"Children need to be shown the fun and adventure in science at a young age in order to fulfill the

national and world needs for scientists in the future. Science-By-Mail does this in a superb manner," says Dr. Melinda Burill, a volunteer scientist from California who has participated in SBM since 1992.

SBM offers eight different activity topics for participants to choose from, allowing parents and teachers the opportunity to custom-fit their children's interests or needs. Children can register for Science-By-Mail either in small teams of one to four or as an entire class of up to 28.

For more information on topics, fees, and registration call 1-800-729-3300. Or write to Science-By-Mail, Museum of Science, Science Park, Boston, MA 02114. The website can be found at www.mos.org.

The Floyd County Times Classifieds

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RATES:
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Contact Sandra at extension #15 at:
(606) 886-8506



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USED CAR MANAGER

Opening currently available for an experienced Used Car Manager. Requires 2 years or more of experience in the Used Car Market. Some travel required. Large inventory to manage. Incentive based compensation with the potential to exceed earnings of \$75,000 per year.

Please mail resumé to:

John Gray Pontiac-Buick-GMC Truck, Inc.
P.O. Box 1689, Paintsville, Kentucky 41240

CAVE RUN LAKE - LAND FOR SALE

VERY UNIQUE - TOTALLY SECLUDED - WOODED PRIVATE GATED DRIVE - NO SUBDIVISION "BE THE FIRST TO CHOOSE"

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Endless, private horse trails - Complete horse boarding
5 acre minimum - 30+ acres available - Building restrictions
Serious inquiries - Qualified buyers only!
8,000.00 per acre (606)768-3633

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Server Positions Available at Reno's Roadhouse in Prestonsburg.

No experience necessary Flexible Hours

Apply in person between 2pm & 4pm

Reno's Entrance to Wal-Mart Prestonsburg, KY



Position Available

Classified Sales Person Part-Time

Many responsibilities.

Apply at:

**Floyd County Times
Prestonsburg, Kentucky 41653**

No phone calls, please.

DYNAMIC EDUCATIONAL SYSTEMS (DESI) PERKINS JOB CORPS CENTER

363 Meadows Branch, Prestonsburg, KY 41653

Employment Opportunities

JOB TITLES	REQUIREMENTS
Senior Counselor	Bachelor's degree in counseling or behavioral science with at least 15 credits of counseling course work completed. Three years of related experience, one of which should be in a supervisory capacity. Knowledge of human behavior, individual and group counseling techniques, management skills and case summaries. Master's degree desired. Valid driver's license.
Recreation Assistant	High School diploma or GED, with 2 years of recreation experience.
Recreation Assistant (Arts & Crafts Instructor)	High School diploma or GED, with 2 years of recreation experience.

Applications accepted from 8:00 a.m. to 5:00 p.m., Monday thru Friday, in the Human Resources Department.

Perkins Job Corps is an Equal Opportunity Employer

The FLOYD COUNTY TIMES does not knowingly accept false or misleading advertisements. Ads which request or require advance payment of fees for services or products should be scrutinized carefully.

FOR SALE

Autos

'89 TOYOTA 4X4: New paint job. 285-4720.

1996 DUTCHMAN CLASSIC: Travel trailer, has stove, ref., microwave, full bath. \$6,000. 606-478-1053.

1986 CHEVY TRANSFER VAN: 16 passenger. Very low miles. \$7,000. 886-1832 or 886-1237.

INT. DUMP TRUCK, Lowboy, 450 John Deere dozer and 500C John Deere Backhoe. Everything up & running, works daily, still has warranty left on some equipment. Sell All For \$50,000. Call 285-0053 days, 285-5104 evenings after 6 pm.

'94 Z28 CAMERO: 54,000 miles, 98SS wheels, white in color, T-Tops, tinted windows, loaded! Rebuilt title. \$9,500 OBO. 874-0220 after 8 pm weekdays, anytime weekends.

1995 THUNDERBIRD: 1 owner, non-smoker, blue exterior/blue interior. Loaded. Security system with automatic start. Sport package. Asking \$9,500. Call 886-1923. Also pumpkins for sale.

'89 DODGE CARAVAN: Auto., AC.. One owner, excellent condition. 886-3452.

'87 NEW YORKER, 79 Lincoln, 79 Cady. Your choice \$750 o.b.o. Cars can be seen 1/2 way between Garrett & Maytown on Rt. 777. Watch for signs.

1993 BUICK REGAL CUSTOM \$4,000. Call 358-9695.

1991 TOYOTA TERCEL. Auto. with A.C. \$2450. Call 358-9695.

92 GEO STORM \$2800. Good condition. 886-2845.

Boats

1994 STING RAY CRUISER. 21 foot. With Custom made trailer. V6 Vortec Motor. \$14,000. 285-3361.

12 FT. JOHN BOAT: With trailer, troll motor, battery, life jackets, anchor, 3.0 horsepower engine. \$550 OBO. Call 874-0220 after 8 pm weekdays, anytime weekends.

Books

EAST KENTUCKY'S LARGEST SELECTION OF NEW & USED BOOKS, including Floyd Co. Kentucky History and History & Families of Knott Co. Kentucky Published by Turner Publishing Co. Call 606-789-3592 or visit Words' N Stuff at the intersection of Ky Rt 1107 & 302, at Van Lear, KY.

Sale/Misc.

FREE CAMCORDER with purchase of Big Screen TV, 48" to 55". Only \$15 down delivers to your door. Call American Distributing @ 1-800-581-6991.

LIKE NEW HOT-POINT REFRIGERATOR: Also for sale, dryer. 889-0099.

TICKETS FOR SALE: Backstreet Boys, lower level. WWF, ring side. 606-299-8986.

FULL PA SYSTEM: Will sell all or part. 606-788-9191.

COLEMAN ELECTRIC FURNACE: And Air conditioning package unit. 56,000 BTU furnace Capacity, 1100 CFM blower capacity, 1/2 horsepower motor, 3-ton air conditioning unit, good condition. \$300. 285-9112.

BUCK STOVE FIRE-PLACE INSERT: 886-1900.

HP DESKJET 695C PRINTER: Also Compac Presario laptop computer, CD drive and 3-1/2 disk drive. \$2,000. 606-478-1053.

LARGE CAPACITY-WASHER & DRYER pair with free vacuum or microwave, only \$15 down delivers to your door. Call American Distributing @ 1-800-581-6991.

AIR CONDITIONERS 5000 BTU and Up with free vacuum. Only \$15 Down delivers to your door. Call American Distributing @ 1-800-581-6991.

RIDING LAWN-MOWERS 12.5 HP. and Up with your choice of weedeater or push-mower. Only \$15 down delivers to your door. Call American Distributing @ 1-800-581-6991.

ONLY \$15 DOWN DELIVERS A COMPLETE 5 PC LIVING ROOM group with free lamps. Call American Distributing @ 1-800-581-6991.

FREE MATTRESS SET with purchase of a complete bedroom suite. Only \$15 down delivers to your door. Call American Distributing @ 1-800-581-6991.

COMPUTER SYSTEM WITH FREE COLOR PRINTER. Only 15 down delivers to your door. Call American Distributing @ 1-800-581-6991.

ONLY \$15 DOWN DELIVERS A REFRIGERATOR with a free microwave. Call American Distributing @ 1-800-581-6991.

SECTIONALS WITH FREE LAMPS. Only \$15 down delivers to your door. Call American Distributing @ 1-800-581-6991.

DIRECTV IT'S ALL WE DO! DIRECT DIGITAL SOLUTIONS sells, install, and services only DIRECTV Satellite Systems and Products. Call today and ask about our low, low prices on a DIRECT Satellite System for your home. 1-800-754-1939.

For Sale or Lease

FOR SALE OR RENT: Trailer & Lot on Route 80, just outside city limits of Martin. 377-0143 or 377-6346.

Motorcycle / ATVS

'75 HONDA 350: St. bike. \$150. 889-9585.

300 HONDA 4-WHEELER: With snowblade. 285-9901.

Furniture

ALMAR FURNITURE
Huge selection of Sofa, Chairs, Dinettes, Bedroom suites. Also plenty of Used furniture to choose from.
Call 874-0097.

PROPERTY FOR SALE

Lots

BUILDING LOTS FOR SALE: 100x100, \$7,500. Public water available. Call Tommy or Berniece Westfall 606-478-9425 606-478-9363 Westfall Realty Ivel, Ky.

Mobile Homes

NEW FLEETWOOD 16X80 HOME: 3 bed, 2 bath. Del. & set up included. Appliances included. Only \$18,900. Call Randy at 1-800-755-0058. Or stop by RANDALL'S HOMES IN MANCHESTER.

4 BEDROOM HOME. SHOW MODEL. FLEETWOOD!!! Regular price \$48,900. Sale price \$34,900. Only one available. Delivery and set up included. Maytag appliances included. Call Eric at 1-800-755-0058 or 606-598-5011. RANDALL'S HOMES IN MANCHESTER.

1992 KENTUCKIAN MOBILE HOME: 14x60. Includes all appliances, heatpump and underpinning. Call 886-0473 or leave message.

14X70 FLEETWOOD. DELIVERED and set up for only 195. a month. New Maytag appliances included. Call Randy at 1-800-755-0058 or 598-5011. RANDALL'S HOMES IN MANCHESTER.

OLDER TRAILER-GOOD SHAPE: 2 BR, 1 BA, partially furnished. Located in West Prestonsburg. 606-889-9977.

KENTUCKY MOBILE HOME DEALER: Repo Lot. We buy & sell used trailers. Financing Available. CRUM'S MOBILE HOME MOVING SERVICE: Insured with permits. 886-6665 Fax 889-9662.

OWN DON'T RENT!!! New Fleetwood 16x80 Home with new Maytag appliances, 3 bedroom & 2 baths. Set up on your lot for only \$189 month. Call RANDALL'S HOMES IN MANCHESTER at 1-800-755-0058.

1998 MOBLE HOME 2 BR., 2 BA. \$1,000 down, take over payments. Serious calls only. 377-2439.

2000 MODEL HOME FLEETWOOD 28x64. In stock and ready for delivery. Appliances included are side by side refr. self cleaning range, & dishwasher, 3 large bedrooms and 2 full baths, plush carpet and fire place. only 42,900 or 375 a month. Call Eric at 1-800-755-0058 or 598-5011. RANDALL'S HOMES IN MANCHESTER.

BANK FORECLOSURE! New- Big 16x80, 3 BR. 2 BA. Home features appliances, washer & dryer, huge island kitchen, furniture, central air, & underpinning. All for only \$188.71 per month. (606) 478-4530.

10!
We have 10 used home and repos!! NO OFFER REFUSED Financing O.K., low payments! (606) 478-4530.

98'S AND 99'S Doublewides reduced \$6000. Singlewides reduced \$3000. Hurry before they are picked out! (606) 478-4530.

NO TURN DOWNS! New 16' wide, 4 BR. 2 BA. Comes with central air, washer & dryer, appliances and underpinning. All for only \$169.00 per month. (606) 478-4530.

Real Estate

3 BR LOG HOUSE: With new heat pump. Call Tommy or Berniece Westfall for appointment. 606-478-9425 or 606-478-9363 Westfall Realty, Ivel, Ky.

NEED SOMEONE TO MARKET YOUR PROPERTY? Give us a call, Westfall Realty, Ivel, 606-478-9425. Tommy and Berniece H. Westfall.

3 BR HOUSE: On 1/2 acre lot. Near Prestonsburg. Call 886-2818 after 4 pm.

PROPERTY FOR RENT

Apartments

NICE, 1 BR APT.: At Hueysville. Call 886-5738 (beeper).

2 BR UNFURNISHED: Upstairs apt. Central air, electric heat, carpet, nice, clean. 886-6208.

1 & 2 BR APTS: Newly decorated, totally furnished. Util. paid, except gas. Dep. & ref. req. Call M. S. at 349-5135 or 349-7285 & leave message.

TOWNHOUSE APARTMENT. 2 BR, 1 BA, Central Air & heat, W/D hookups. \$380 month, \$380 deposit. 886-6551 or 237-4758.

LOVELY TOWN APT. AVAILABLE: Extra nice, newly constructed, 2 BR, all appliances, washer & dryer hook-up provided. \$540 month + utilities. Call day 886-9921 or night 886-2563.

1 BR. FURNISHED APARTMENT: 2 miles S. of P'burg on 1428. \$375 month + deposit, includes all utilities except electric. 874-9865.

NEW 2 BR DUPLEX: Located yards off 4 lane, near Harold Happy Mart. \$425 month, \$200 deposit. Electric not included. 606-478-9148.

2 BR FURNISHED APT.: All utilities paid. Call 886-2302 after 4 pm.

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PRESS OPERATORS MECHANICAL STEEL FORGING PRESS OPERATORS

Up to \$10.25 to train. Presses range from 1600 ton to 8000 ton. Previous press experience is desirable, but will consider related experience. Competitive wages, full benefit package, profit sharing and 401K.

Apply in person at Local Employment Office Prestonsburg, Kentucky EOE F/M/D/V

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Christmas • Christmas • Christmas

Christmas Sale in November at the Little Furniture Store with EVERYTHING! Christmas trees, outside lights & decorations for the home 1/2 PRICE.

Toys, gift ideas & much, much more.

NEW & USED furniture & appliances reduced to unbelievable prices.

Sale starts November 1 and ends Saturday, November 6, with our Midnight Madness Sale. Come in and register for a FREE TURKEY to be given away at Midnight on the 6th.

SHOP WITH US & SAVE!

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NOW ACCEPTING APPLICATIONS IN THE FLOYD COUNTY TIMES CIRCULATION DEPT.

Part-time:
Day and night shifts

APPLY AT 263 S. CENTRAL AVE.
No Phone Calls, Please!
E.O.E.

2 BR APT.: At Harold. Nice-New-Clean. \$375 mo., \$200 dep. HUD approved. 478-1510.

R & L APARTMENTS, Under new management: We now have coin laundry for tenants. We have apts. available. One easy payment, all utilities & cable included. Call 606-339-7726 or 886-2797.

1 BR. APT. \$350 month, includes utilities. 4 miles West of P'burg, on Parkway. 886-6061, after 5, 886-1898.

APTS/ CLEAN: Everything furnished including utilities. In Prestonsburg. 886-8366.

APTS FOR RENT: Park at front door. Pets welcome with deposit. 886-8366.

FOR RENT AT MCDOWELL: 1 BR. furnished Apt. \$225 month + utilities & security deposit. HUD accepted. No Pets. 377-6881.

Houses

3 BR HOUSE: near Otter Cr. & South Floyd High School. Electric heat, carpet. References & deposit required. \$300. 377-9215.

2 BR HOUSE: in Prestonsburg. \$400 month + deposit and utilities. 886-3404.

3 BR, 2-1/2 BA, HOUSE: Fenced-in yard, 2 car garage. Located in Auxier. Serious inquiries call 285-5100 after 6 pm.

3 BR HOUSE: Located at Betsy Layne. 606-478-1491.

PRESTONSBURG, HOUSE FOR RENT: Central heat & air, yard & storage bld. Excellent condition. \$450 month. Call 886-0226 after 5 pm.

3 BR, 2 BA HOUSE: At Banner, KY. 874-2098.

FOR RENT AT BANNER. 4/5 BR. house. Large yard & garden space. Barn & other out buildings. \$450 month + deposit. Call 874-9456 for appointment.

3 BR, BRICK, TWO-STORY: 2 BA, HUD approved. \$400 a month + deposit. 606-928-1338.

4 BR. TRI-LEVEL HOUSE, 2 car garage large family room with fireplace. 2 1/2 baths. Will lease with option to buy. 886-8366.

Mobile Homes

3 BR, 2 BA NEW MOBILE HOME: Morehead area. \$600 + utilities. Students welcome. 606-780-4848.

SMALL FURNISHED TRAILER FOR RENT: Just off Mt. Parkway on Old 114. 886-8724.

2 BR TRAILER: Located on Left Fork of Abbott. Call 886-3584.

2 BR, TOTAL ELECTRIC: Stove & ref. On US 321, between Prestonsburg & Paintsville. 886-9007.

3 BR TRAILER: Located at Allen. \$250 per month + utilities, deposit required. Call 874-0309 after 5.

2 BR TRAILER: All electric with washer & dryer. 886-8481.

14X70 TRAILER: 2 BR, 2 BA, in Prestonsburg city limits. \$350 month. For more information call 886-7065.

2 BR TRAILER: \$300/month. Call for more information 889-9793.

2 BR TRAILER: Near Wayland. Deposit & reference required. 874-2194.

2 BR, 1 BA: Close to stores, school, bank & hospital. \$275 per month, \$200 deposit, city water paid. HUD accepted. 377-2383.

CLEAN, NICE 2 BR MOBILE HOME: Unit has central heat & air and is partially furnished with stove & refrigerator. Partial utilities paid. For more information or to book a viewing appointment phone 606-886-3628.

2 BR MOBILE HOME: Appliances, fireplace, garage, private lot. On Arkansas Cr. Rd. Real nice. \$350/month + utilities. Available Oct. 15th. 886-6665.

Rental Properties

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Floyd Outreach has received funding from the Kentucky Housing Corporation through the Affordable

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In compliance with HUD guidelines, Floyd Outreach announces it will be purchasing construction materials to build this 24x24 home. If you are interested in bidding on construction materials, please supply a written

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The Floyd County Times

SELL



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Convenience Foods Make the Grade for Back To School

With children everywhere heading back to school this fall, it's important for parents to stock up on convenient yet nutritious breakfast and snack foods that will start their kids' mornings off right and keep them satisfied between meals.

Starting the day with a wholesome breakfast is important, and so is saving time. On weekdays, nearly half (46 percent) of Americans who prepare their own breakfast spend only five minutes or less preparing it (1998 Gallup Study of Consumers' Attitudes and Behavior Concerning Breakfast). And while nearly three in 10 mothers (28 percent) consider it important that their children's snack foods are "fun to eat," another 31 percent found it important that snacks be "convenient to eat." But parents are even more interested in taste. In fact, 43 percent said they considered "taste" to be one of the most important factors when choosing snacks for their kids, according to the 1998 Gallup Study of American Snacking Behaviors.

So, Kellogg has responded to parents' needs with an endless array of tasty, portable breakfast and snack foods that are good sources of vitamins and minerals, including calcium.

Snacking has become an important and permanent part of most Americans' lives today. Gone are the days of four- and five-course meals, when the entire family would gather around the table for a few leisurely hours of dining. Nowadays, more and more people are eating breakfast and snacking on the run.

Following are some tips for stocking up on smart convenience foods that will help keep kids satisfied throughout the day:



Looking for quick-and-easy, wholesome breakfast and snack options to give your children as they head back to school? Convenience foods, such as Kellogg's® Rice Krispies Treats® Squares—Peanut Butter Chocolate and Cocoa, Snack-A-Longs™, Pop-Tarts® Snak-Stix™ and Eggo® Chocolate Chip Waffles with Calcium, offer portable and great-tasting food solutions for busy lifestyles.

Tips from Meghan Parkhurst, Registered Dietitian:

- Carbohydrates are important for keeping kids going during after-school activities, such as soccer practice or dance lessons. Be sure to stock up on snacks that are a good—and convenient—source of carbohydrates, such as bite-size cereals or toaster pastries.
- Snacks can help keep kids going between meals without spoiling their appetite. For most kids, snacks provide about 10 percent of their nutrients for the day.
- Look for smart snacks that combine nutrition, convenience and taste, such as Kellogg's Snack-A-Longs, a pre-assembled snacking kit that contains: a 1 oz. cereal bag of Corn Pops or Froot Loops, a calcium-enriched Nutri-Grain Cereal Bar and a 6.75 oz. container of Minute Maid calcium-enriched fruit punch.
- Look for snack options that are flavorful but also provide a good source of vitamins and minerals. Snack-A-Longs and Eggo Chocolate Chip Waffles are excellent sources of calcium—each providing 30 percent of your child's daily calcium needs.

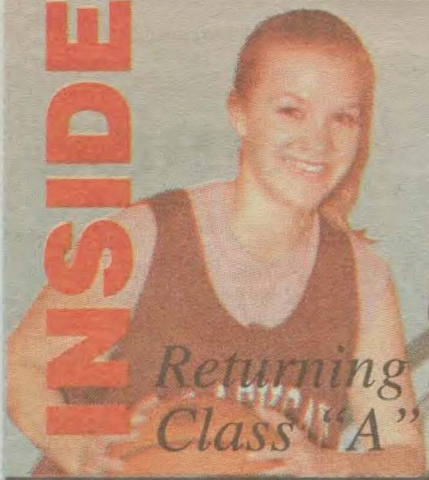
Have Fun With Snacks:

- Cut fruit into pieces and then dip them into yogurt for instant fondue fun.
- Sandwich a layer of low-fat yogurt or ice cream between two Eggo Chocolate Chip Waffles for a great-tasting snack.
- Use Pop-Tarts Snak-Stix, which break apart into three easy-to-handle pieces, for your child's next school party—they're perfect to share with friends and classmates.
- Make "kebobs" by cutting Kellogg's Rice Krispies Treats Squares into smaller sections and stringing them onto wooden skewers with strawberries and marshmallows.

Breakfast & Snack Suggestions for Parents:

- After-school snacking is important for kids. Make sure you put a wholesome snack in your child's backpack to tide them over until dinner.
- Does your child have a big test today? Surprise him or her with a personal "good luck" note attached to a favorite snack in their lunch box!
- Breakfast is important, but so is time. Keep plenty of portable foods on hand, such as Eggo Chocolate Chip Waffles (just Toast n' Go™) and Pop-Tarts Snak-Stix (made with a graham crust and packaged in a resealable bag), then add a juice or milk beverage and your kids can eat on the run.
- Stock up on pre-packaged snacks, such as Kellogg's Rice Krispies Treats Squares; they stay fresh and need no refrigeration and can be used for lunch boxes, backpacks, car trips and around the house.

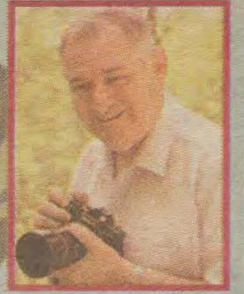
INSIDE



*Returning to
Class "A"*

Sports *Plus*

Sunday
October 31, 1999



ED TAYLOR

County since 1927

Inside

*• From the
Pressbox*

*• Howell Looks
to Contribute*

*• Heather White:
Player with
Promise*

*• Pikeville College
enters new era*

*• Spotlight on
Megan Hyden*



LADY

From the Pressbox...

Heather White: Player with a lot of promise

by Ed Taylor
Sports Editor

I have been at this business for almost 12 years. I have seen a lot of good girls basketball players come from the grade school ranks to make a big impression at the high school level.

While girls basketball has

grown by leaps and bounds since it came into existence in the mid '70s, the gain in popularity with fans can be contributed to the quality coaching found in the grade school and middle school ranks.

Floyd County has been blessed with good quality coaches in our lower grades — coaches like Ronnie

Patton, Jimmy Hopkins, Doug Derossett, Greg Johnson, John Martin, Jennifer West, Ashland Gearheart, Jerome Greathouse and many, many others.

With such quality coaching, the high schools have reaped the benefits from their hard work. Good players emerging from the grade

school ranks have allowed our county teams to become more competitive on the region and state level.

This basketball season, again, Floyd County will have several top players in the lower grades and one of those is Heather White, who seems to have been playing basketball forever.

Heather plays for the Adams Middle School Lady Blackcats, and I have seen about four of her games this year in the Middle School Conference. I just want to offer my observations about her.

- She plays a great defense. This is probably the best part of her game. She is a strong rebounder and does a good job of blocking shots without getting into foul trouble.

- Has good height for a grade school player, will grow some more inches before reaching the high school level as a freshman.

- Has moves to the basket some high school players don't have. Protects the ball when driving the lanes or from the baselines.

- On offense, I've noticed that she likes to hang outside instead of going inside on offense where she can be better utilized. She has the ability to post up and play the paint area.

The Adams eighth-grader can also step outside the arch and shoot the treys. She has good speed and court knowledge. Look for her to become a top county player in high school.

White will also play basketball for the Prestonsburg High School varsity this season.

CHILI TIME

The Betsy Layne Bobcats basketball team will hold a Chili Dinner at the school's lunch room on Tuesday, November 2, election day. The meal will sell for only \$4 and includes chili, a sandwich, and desert. For those who have to work, a phone call at 478-2322 will bring the dinner to you. Proceeds from the dinner go to the boys basketball team.

NEW DESIGN

The Prestonsburg High School gymnasium will have a new design this basketball season. The floor has been

striped in the middle where the "big Blackcat" lived. A new design is on the drawing board.

The Adams Middle School gym floor looked sharp after workers refinished it. Look for all the gym floors having a new look this year.

WAIT?

The new chairback seats designated for Allen Central High School's gym may be put on hold until after this season is over. The gym will have new bleachers but the seats, which were to be on both sides, could be held until later. The floor has been resurfaced already.

STRANGE, BUT NOT SO STRANGE

The Prestonsburg Lady Blackcats basketball team will not play a home game until January. That was done by design of former girls coach Jackie Day Crisp. The thought was to play all their road games before bad weather hits. Then, play a home schedule and have the other teams visit them. That makes sense.

BLUE/WHITE

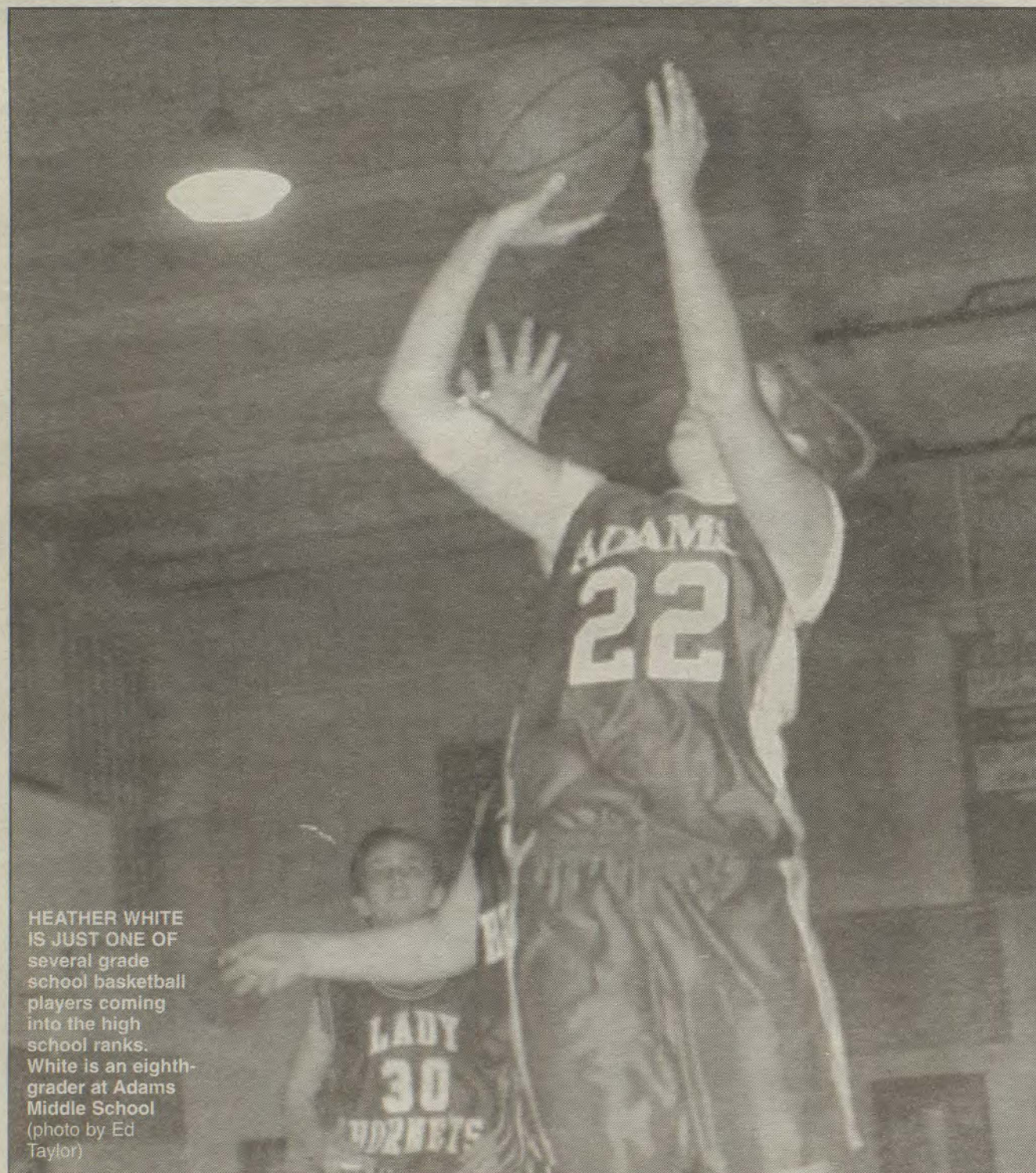
The Betsy Layne Bobcats will hold their annual Blue/White scrimmage game on Friday, November 5, at the D.W. Howard Fieldhouse.

Both boys and girls will play intrasquad games. Game time is 6 p.m.

NEW LOOK

The old Wheelwright gym, I understand, has gotten a whole new look. The Osborne and McDowell fifth and sixth grade teams will open their season there Thursday, November 4, at 6 p.m. A dedication or recognition time will be observed that night.

Well, from the pressbox, we will be observing things and hope to see you at the gymnasiums this basketball season. Stop by and chat with us.



HEATHER WHITE IS JUST ONE OF several grade school basketball players coming into the high school ranks. White is an eighth-grader at Adams Middle School (photo by Ed Taylor)

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Returning to Class "A" goal for Cooley

Senior forward hopes to avoid injuries of past

by Ed Taylor
Sports Editor

The weather man is predicting a mild winter, much like what we enjoyed last year. Some are predicting a computer shutdown when the year 2000 rolls around.

But for Allen Central Lady Reb, Natalie Cooley, she almost went out on the proverbial limb and predicted the Lady Rebels would return to the Class "A" Sweet Sixteen this season.

Allen Central has dominated the All-"A" Regional Classic over the years until last when they fell to Phelps.

"The main thing for the seniors at Allen Central this year is not the rah-rah of going to the Sweet 16 at the end of the year, but we want to go back to the Class "A" Sweet 16," she said. "We felt last year it was taken away from us at Phelps."

Cooley recalled losing to Elkhorn City in the finals of the All-"A" Classic by one point and since then Allen Central has dominated the tournament.

Cooley's optimism for this year's version of Lady Rebel basketball is based on the three seniors who will be returning, as well as the flux of good young players who are on the Allen Central roster.

"I didn't get to go to summer camp this year but from what I heard, the young players looked real good," said Cooley.

Cooley said the lost word in basketball anymore is "team."

"We want to play as a team this year," she said. "The coaches are emphasizing teamwork this year, as well as hard work. Team concept means so much. But no one really understands how much that does mean. If we forget the word team it is all downhill from there."

Allen Central lost their freshman point guard in Beth Combs and two seasons ago lost another top prospect.

"We lost some when we lost Ramanda (Music) and Beth," said Cooley. But that doesn't take

anything away from this team. We're still together.

"We can't focus on who is not here but that should motivate us to do better and work harder."

Cooley recognizes that much will be required of the three returning seniors.

"Jessica, Shanna and I are hoping to pull together, lead the team and be the team captains. We are still a young team. We don't have too many freshmen but it is more of a junior class. We have some real good talent on this team. They just need to work hard and get some playing time in order to get better," said Cooley.

How much will this year's team miss a player like Jennifer Hopkins?

"Hoppy, everyone knew if she got the hot hand you had better watch out," said Cooley. "As far as the two guard goes, Jennifer Risner will play the point some, but I think she will be more suited for the two-guard because she can step in and knock down the three."

Cooley cited the necessary play of junior Shannon Sizemore as a key to this year's success.

"Shannon is really going to have to step up this season," she said. "She is a great ball player and needs to keep a positive attitude. She can't get down on herself and get into that stubborn little mode she gets in. She is tough to contend with."

The four-year senior said she is confident that Jessica Martin will play this year, despite the heart condition

that prevailed three weeks ago.

"In grade school, Jessica and I played against each other. Since then we have been on the same team," said Cooley. "Then Shanna came in. We were totally shocked when we heard about Jessica. But when we found out she could play, that relieved a lot of the pressure."

Cooley has had an up and down career at Allen Central. The down years can be contributed to the many injuries she has suffered through. But she said this year she hopes that is all in the past.

"I like to feel good about myself. Last year I didn't think I played well. I thought I was a better player in the eighth grade than what I was last year," she said. "I think most of my problem last year was giving into my injuries. I was afraid of getting injured again."

Cooley said the 1999-2000 season is going to be different.

"This year I am going to try my best and not let past injuries bother me," she said. "I am going to put everything I have into this season because this is the last year I have. I hope I can pull through this season without any injuries."

Cooley, had it not been for all the injuries, could very well have been one of the most looked at players in the 15th Region. Still, she is a player who will be an asset to any college team.

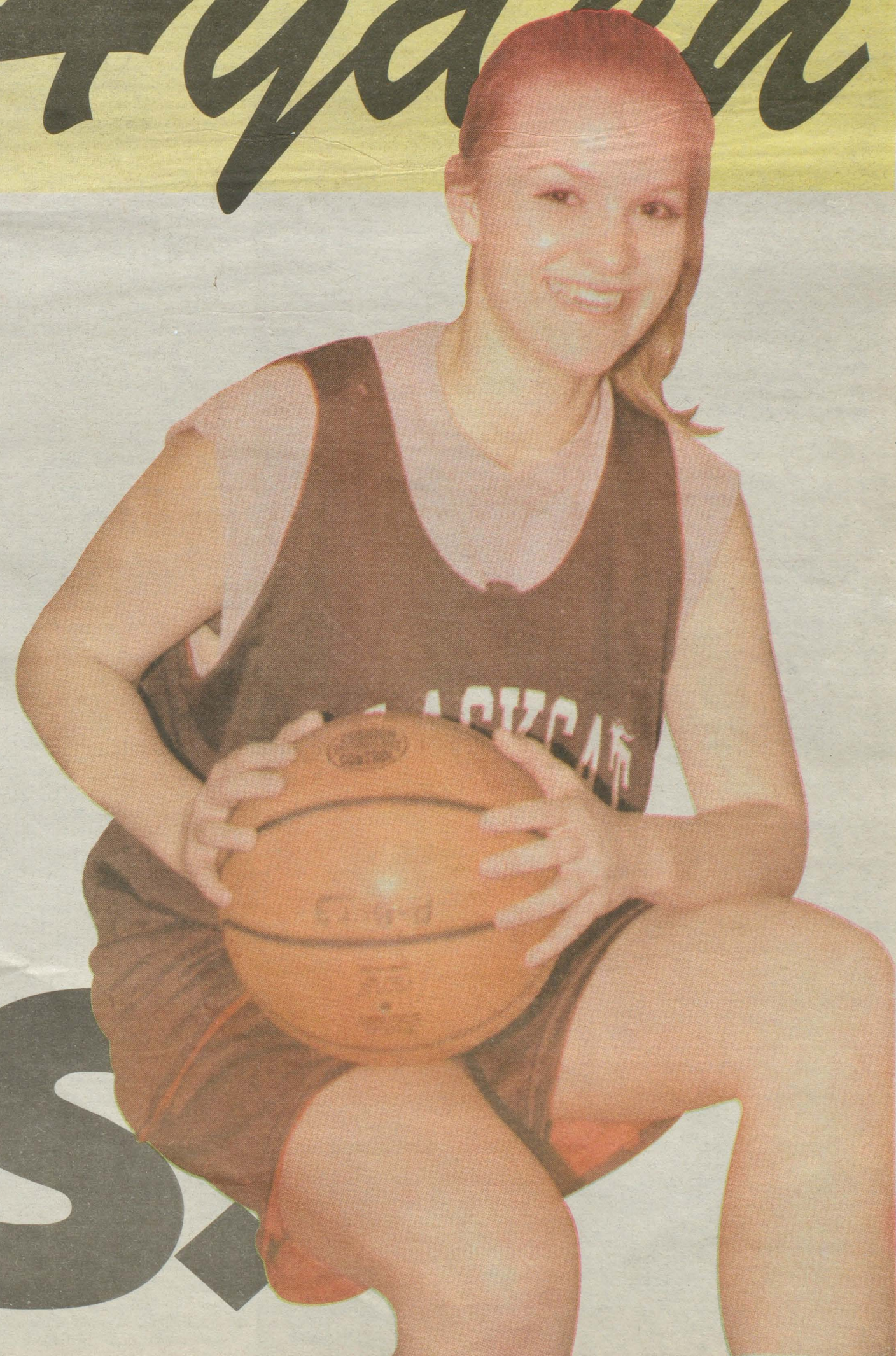
"I hope to get looked at by a college and play there," she said.



Megan Hyden



P.H.S.



by Ed Taylor
Sports Editor

The girls' high school basketball season is upon us and, in talking with coaches around the area, I have never seen so many people this anxious for the season to begin.

I suppose it is because all the county teams are going to be extremely competitive this basketball season.

One of those teams will be the Prestonsburg Lady Blackcats with a boat-load of talent all ready in place and more coming in this season.

When you begin to observe the talent, you cannot overlook players like Amelia Conley, Brooke Coleman, Stephanie Adams, and others. One of those returning players could very well be a top player in the area, not just the district and region.

Megan Hyden has been compared to former Belfry standout, Tonya Francis, but the comparison does not bother her. In fact, she enjoys the comparisons.

"I sort of like to hear about things like that," she said. "It makes me want to work as hard as I can. I hope to be a good player someday and when I am compared to others it makes me want to achieve what they have done."

The love for the game of basketball shows in Hyden when she is on the hardwood. Her attention span goes from beyond that of those who are just there. She is a constant student of the game, and it shows when on the floor. Some say Hyden is a little too unselfish when she plays.

"I like setting up the other players," said Hyden. "When I am open, I shoot the ball. But, mostly I like getting the ball to the others on the court."

Hyden cracked the starting lineup after the first three weeks of last season. Her ability to dish off the ball and becoming an outside threat caused all sorts of problems for the opposition. Her "court sense" exceeds her longevity as a player.

"I played my heart out as a freshman," said Hyden. "When we made it to the regional tournament last year, I played that much harder. I was just so happy to achieve our goal of reaching the regional finals. As a team, we worked hard to get (to where we were) only to lose to Belfry in the finals. But Belfry is a hard team to beat."

Hyden was awarded the top free throw trophy in last year's regional tournament going perfect from the free throw in three games.

"I always practice my free throws," said Hyden. "That is probably my best shot. It's all in the head when you step to the line. I try my hardest when I get there."

(See Hyden, page six)

Pikeville College enters new era with new look

Pikeville College Department of Athletics will enter a new era with an innovative yet distinctive look.

The college unveiled a new graphic identity package for the athletics program during the Basketball Blastoff festivities this past Friday at the Pikeville College gymnasium. The new logos and marks present a bold, new look to the department's image, while maintaining classic elements from Pikeville College's storied past.

"We are proud to unveil the new athletic logos today," said Gerri T. Kinder, vice president for public relations at the college. "We have initially heard lots of praise for the new logos, and we believe this change will have a dramatic impact on the perception of Pikeville College and its athletic department."

Pikeville College's new

primary mark depicts a ferocious bear rising over the word "Pikeville."

"Some people have asked us why we did not use the words 'College' or 'Bears' incorporated into the logo," said Kinder. "We chose a simple approach and only used the word 'Pikeville' to expand our name recognition outside our traditional service area."

In addition, secondary marks featuring the bear's head and 'Pikeville' from the primary mark were created. The widely recognized and traditional Pikeville College seal will continue to be the official symbol of the college. The new graphic marks were first used on the cover of this year's printed Athletic Program, which was distributed during Basketball Blastoff.

In addition, T-shirts commemorating the unveiling

were sold at the event by the Pikeville College Alumni Association to raise money for the annual Alumni Scholarship. Future uses of the marks include uniforms, facility decorations, athletic department stationery, pennants, publications and officially licensed merchandise available through the Pikeville College bookstore.

Pikeville College has long been without an official athletic logo, and the Office of Public Affairs began conceptualizing its athletic marks this spring with the expectation that the introduction of the new logos would heighten awareness of Pikeville College and its successful athletic program. The new marks will also create a new sense of identity and offer renewed enthusiasm for the college, students and its athletic program.

Hyden (continued from page five)

Talk is this could be the best Prestonsburg girls team to come out of the Floyd County school ever. While some may take exception to the tag, Hyden believes that is a possibility.

"This could very well be the best girls team they've had here," she said. "We have a lot of good post players. Our shooting guards are strong. I think we have a shot at winning the regional."

Hyden cited the incoming freshmen who will contribute this year as well as the veteran players who return. Add Ramanda Music to the lineup and you have an inside force second to none. But Hyden said the youth corps will be part of the success of this team.

"We have some great freshmen this year," she said. "They can come in on the varsity and do some things. We have a lot of good grade schoolers. When we have to go to the bench, we are not going to hurt ourselves."

"Amanda Stephens, she is just a freshman, is going to help us. She can shoot the threes. Jennifer Curnutte can handle the ball well. Vicki Bowling, she has worked real hard this summer, and I think she is going to do some good things for us. Stephanie Adams and Angela Howell, they will help a lot."

Megan said she wanted to play basketball at the next level but realizes that she can't wait until her senior year to improve.

"I am going to push myself more this year," she said. "I want to play college basketball. I want to accomplish more than I did last year."

Lofty goals? Not when you are Megan Hyden, student of the game.

"Last year I was sort of nervous when I went into a varsity game," she admitted. "I was shaky but that is out of me now."

Hyden said that Allen Central is still a

force to contend with no matter who they lost from last year.

"They are going to be pretty strong again this year," she said. "They always play us tough. Jessica Martin is a strong player. They lost a good player in Jennifer Hopkins. But they will still be a strong team. I don't know about their ball handling."

The Betsy Layne Lady Cats will be on the list of teams to watch out for.

"They lost Leslie Hopkins in the middle but they have some strong guards. Devon Reynolds is going to show some things she can do real well."

South Floyd will still be looking to improve, according to Hyden.

"They haven't been that strong the past years, but I think they will be a better team than last year."

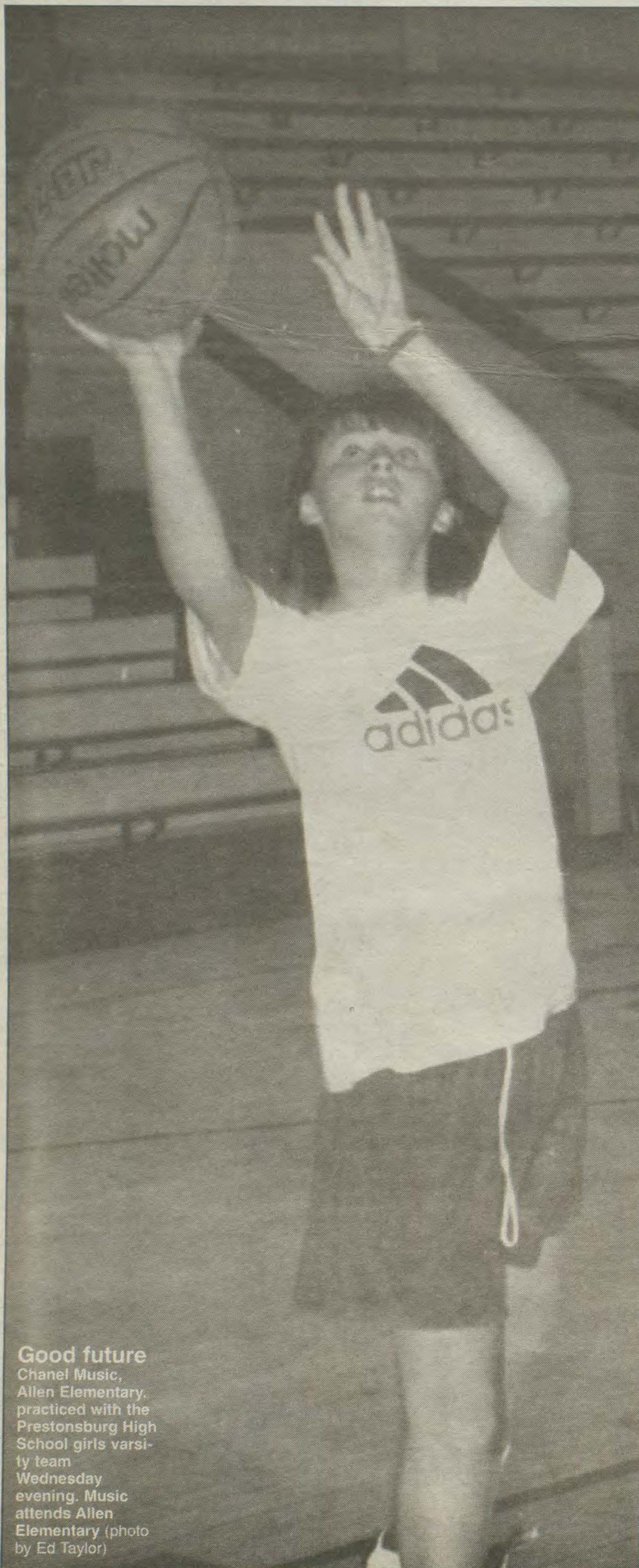
Hyden will be playing for her second coach in two seasons. Coaching changes is not popular with her.

"It bothers me when we have a coaching change," said Hyden. "But Coach (Bobby) Hamilton coached the freshman team and we went undefeated. But I am really going to miss Jackie Day (Crisp)."

Hyden attended Martin Middle School two season ago and has fond memories of the school.

"I loved it at Martin," she said. "Jimmy Hopkins was my coach and he really pushed me. He was a good coach. He taught me all my fundamentals. That's why I can dribble the ball with my left hand. He made me work on my weaknesses."

Dedication, desire and delight. That sums up the determination of Megan Hyden. Just a sophomore, and already tabbed to be one of the best to come out of Floyd County basketball.



Good future

Chanel Music, Allen Elementary, practiced with the Prestonsburg High School girls varsity team Wednesday evening. Music attends Allen Elementary (photo by Ed Taylor)

Adjustment made, Howell looks to contribute

Guard just waited for her chance to arrive

by Ed Taylor
Sports Editor

In grade school, Shanna Howell was immediately tagged a can't-miss high school girls basketball player. She had good size, quickness and the ability to shoot from the paint area.

But when she arrived at Allen Central High School she has only to sit the bench, hope for some playing time and a chance to show she can play.

"When I was in the eighth grade, I played a lot," said Howell. "My freshman year I sat on the bench a lot. Last year I just had to get the feel of playing. At the end of the year, I picked up my game."

It was a learning season for Howell as she switched from point to the two-guard.

"I figure I will be point guard this year," said Howell. "There are some things I really have to work on. I need to work on dribbling the basketball. I need help there, but no one is perfect. I need to work on my shot."

As a team, Howell said the Lady Rebs will be young and much will be expected of her as the other two seniors — Natalie Cooley and Jessica Martin.

"I think a lot of people are overlooking us this year," she said. "I think we are going to be as good as last year or better. We just have to go out and work hard. We have a lot of young girls this year."

Howell said it was going to take a lot of hard work — as a team — to have a good season.

"We, for sure, need to work harder on defense," said Howell.

Last year's team was hit with some distractions, but Howell said that should not be there this season.

"There was a little dissension on the team last year," she said. "But I don't think we will have that this year. We all get along. The players we have this year have been together a long time."

Howell echoed the feelings of all the returning Lady Rebels in returning to the All-A Classic state tournament.

"But we all realize in order to go back we have to work real hard," she said. "We play Paintsville the first game, but Elkhorn City is going to be strong. But they are in the lower bracket."

High school basketball is a team sport. Howell said there were some juniors who would need to contribute this year.

"Jennifer (Risner) and Shannon (Sizemore) are two whom we will really need this year," said Howell.

"Rebecca (Smith), I understand, is not going to play this year. She would have helped us a lot.

"Jackie Brown and Terri Mullins, Leslie Martin, and Tonya Howard are some players

who will contribute this season. Also, Barb Prater, we really need her to help out."

Physically and mentally, Howell says she is ready for the season in front of the Lady Rebels.

"Physically, I'm fine. Mentally, I feel really good about the season coming up," said Howell.

Howell will be a key to the way the Lady Rebels run this season. She showed determination toward the end of last season, and maybe, just maybe, that will carry over this season.

Like Natalie Cooley, Howell is relieved that Jessica Martin, a big part of the Rebels defense, rebounding and offense, will return this season.

"Oh, there is no doubt about that," she said. "Jessica is a big part of us. We could have gone a long way without her, but I am glad she is going to be able to play. I am glad she will be on the floor this year."

Howell's attitude is whatever it takes to help her team win, she is willing to do that.

"If playing at the point guard will help us to be a better team, that is all right with me," she said. "Whatever I can do."



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