

The Times

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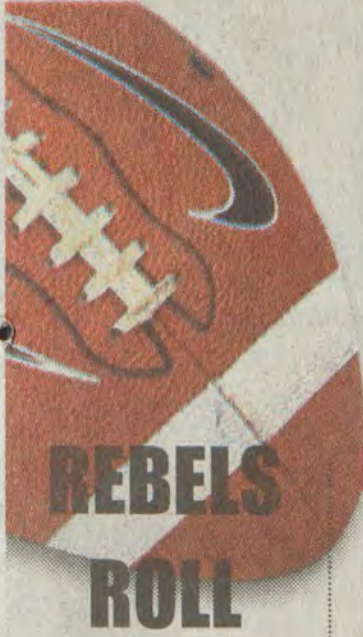
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REBELS ROLL

— page B1

briefs

Man killed in Pike wreck

by TOM DOTY
STAFF WRITER

William B. Mullins, 34, of Shelby Gap, died yesterday when he lost control of his 1993 Nissan pickup on Route 197.

Police are still searching for an unidentified passenger in the wreck who fled the scene on foot.

Mullins was traveling at a high rate of speed and could not negotiate a curve in the road. His truck left the road and traveled through a yard before striking a culvert. The truck then became airborne and rolled before coming to a rest against a trailer owned by Arnold Hamilton.

Mullins was pronounced dead by Pike County Coroner Russell Roberts at the scene.

The accident is being investigated by Trooper Cornett. Assisting at the scene were Elkhorn City Ambulance, the Sycamore Fire Department and State Trooper Wes Sandlin.

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2 DAY FORECAST

Today



High: 86 • Low: 57

Thursday



High: 85 • Low: 56

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

Four charged with killing elk

by TOM DOTY
STAFF WRITER

Four Floyd County men are quickly learning that it is a foolhardy and expensive proposition to hunt elk illegally in the area.

Billy Joe DeRossett, 20, Neal David VanHoose, 26, Ronald G. Johnson, 20, all of Dwayne, and Monroe Jarvis, 22, of Endicott, were all arrested Friday on charges of illegally taking an elk and using artificial light to stun the animal.

The killing took place at Ivy Creek, where the elk have been safely grazing. In fact the animals are quite docile and pose little threat to hunters.

The men were arraigned Monday with only Johnson pleading guilty to the charges. He will be sentenced Friday.

The investigation was spearheaded by Floyd County Fish and Wildlife Officer Mark Wallace, who has the unenviable job of spending many nights out alone looking for well-armed poachers. Wallace was aided in his investigation by David Watkins, of

Kentucky State Police, and Fish and Wildlife officers Jason Campbell and Herbie Adams.

During the course of the investigation, all four men gave voluntary statements to Wallace and after an 18-hour day of investigation, Wallace was able to divine enough information to press charges against the foursome.

Allegedly, the men used the headlights of their truck to stun the elk and then shot at it repeatedly with .22 caliber rifles. The animal was too big to die immediately from the small caliber wounds and was killed after falling with a shot to the head.

There is also evidence that the elk was savagely stomped as it lay helpless and that one of the men cut off an ear as a trophy but left it at the scene. The antlers were then blown off with one blast of a shotgun. This proved to be a crucial mistake, as the splintered remains of the horns were more easy to match to the elk's skull than they would have been had they been sawed off.

(See ELK, page three)



Elk grazed peacefully at Ivy Creek in this photo taken several weeks ago. The herd has been back at Ivy Creek every night since a bull was killed several weeks ago.

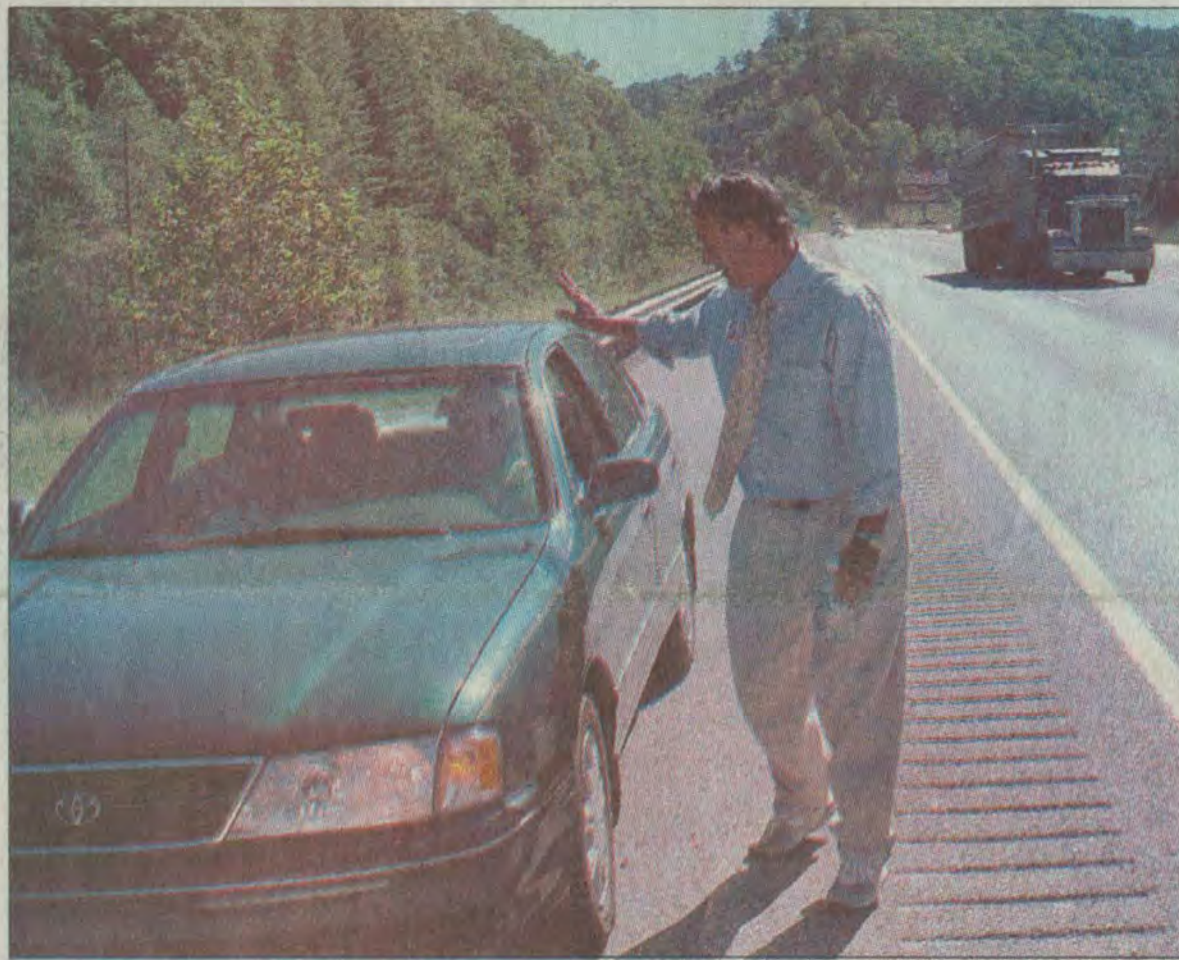


photo by Tom Doty

Will T. Scott, who is running for the Eastern Kentucky seat on the state Supreme Court this November, brought his "walking for your vote" campaign to Floyd and Johnson counties this week, as he traversed U.S. 23 and chatted with voters.

Candidate pounds shoe leather in quest for votes

by TOM DOTY
STAFF WRITER

PRESTONSBURG — When voters hit the booths in November, it is important to remember that one race won't delineate between Republicans and Democrats. The column for this category will be off to the right on the ballot and

you might miss it if you just vote the party line.

It's the election for a new Supreme Court justice for Eastern Kentucky's 7th District and only 30 percent of voters tend to check off a box for the race historically.

This year one of those in the race hopes to raise awareness and he's taking to the highways to

meet and talk to voters.

Will T. Scott hit Floyd and Johnson counties this week and traversed U.S. 23 to meet and talk to voters on the 124th mile of his walking tour.

"The people love it," Scott said. "It's been fun for me, too, walking

(See CANDIDATE, page three)

Bond revoked after trial delay

by TOM DOTY
STAFF WRITER

PRESTONSBURG — Ray Collins, 52, of Debord, will spend eight months in jail after a Floyd County judge revoked his bond until his May 2 trial date.

That decision was made by Circuit Court Judge John Caudill after Collins appeared in court the day before his original trial date and brought a new lawyer and the news that he was rejecting a previously agreed-upon plea bargain. He further asked for an eight-month continuance so his new attorney could get prepared for trial.

Collins was arrested in 2003 after an incident that occurred the evening of June

7. That night, Collins allegedly fired nine shots into a car containing his former girlfriend. One of those bullets hit a passenger, Michelle Porter, who was in the back seat of the vehicle, and left her with a wound to the back of the head.

The frightened women kept driving and didn't stop till they spied Sam and Tonio's Restaurant. They parked and entered the establishment, where they were given aid and called police.

Collins has had several court appearances in the case and had been represented by Lance Daniels, of Paintsville. Collins had agreed to a plea deal that would have gotten him 10 years in the case. The

(See DELAY, page three)

City sets date for trick-or-treat

by TOM DOTY
STAFF WRITER

PRESTONSBURG — The Prestonsburg City Council voted Monday to celebrate Halloween on Saturday, Oct. 30.

Trick-or-treat will take place from 5 to 7 p.m. on that day. This will end the activity before it gets too dark and was timed to allow area families to attend the annual Halloween

show at the Mountain Arts Center, which will commence at 7:30 p.m. and feature the Kentucky Opry. Children are encouraged to attend in costume. There will be prizes in several categories for the best outfits.

"Family Guide Kentucky" has published a family safety guideline to celebrating Halloween. First up is how to

(See HALLOWEEN, page three)

Fletcher to call special session on teacher, worker benefits

by JOE BIESK
ASSOCIATED PRESS

FRANKFORT — Gov. Ernie Fletcher, faced with an outcry by teachers over changes to their health benefits, said Tuesday he will call a special session of the General Assembly to address the issue.

The special session, which is

scheduled to start Oct. 5, will deal specifically with compensation, health insurance and retirement benefits for active and retired teachers and state employees, Fletcher said.

"It's important that we call on the legislators — and we call on particularly the House Democrats — to work in a bipartisan way, and a non-partisan way, and to lay partisan politics

aside to solve this problem," Fletcher said.

Fletcher recently announced plans to overhaul the state health insurance plan for next year, a move that affects thousands of state employees, teachers and public school workers.

Under the plan, most will pay more in deductibles and co-payments starting in 2005.

The Kentucky Education Association board of directors last weekend voted in favor of teachers and public school employees going on an indefinite strike starting Oct. 27 if their health insurance demands aren't met.

Fletcher is calling on a General

(See SESSION, page three)



Gov. Fletcher

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Odds & Ends

■ **TAVARES, Fla.** — It took Ronnie Lynn Robinson two years to own up to his fish tale.

Robinson admitted Monday to common-law cheating — a rare crime — for turning in what looked to be a thawed-out fish with a belly full of lead weights at a 2002 Lake County bass-fishing tournament.

Robinson was charged and stripped of his nearly \$2,000 prize at the Harris Chain Bassmasters Big Bass Tournament after tournament director Darren Ratliff gutted the winning fish in his kitchen and found three 8-ounce weights in its stomach.

Robinson, 51, finally admitted guilt in exchange for nine months of court supervision, during which he must stay clear of fishing contests.

Robinson's lawyer, Henry G. Ferro, said Robinson is innocent but agreed to the deal "strictly as a matter of convenience."

According to a deputy's report, Robinson caught the winning 8-pound, 6-ounce fish on Sept. 28, 2002, threw it into the live well of his boat and submitted it more than six hours later.

Tournament officials didn't question the entry at the scene, but Ratliff said it looked pale and flaccid, and, unlike most freshly dead catches, stiff from rigor mortis. The fish also looked too fat for its length, and the artificial worm in its mouth didn't have the punctures usually found on used bait, he said.

Robinson's \$1,915.20 prize was nearly enough to cover his \$2,000 bail.

■ **BLUFFTON, Ind.** — There may be a silver lining the next time you are pulled over by Bluffton's police: At least it'll be by the best-dressed officers of any city of its size in the United States.

According to a uniform trade group, this small city about 20 miles south of Fort Wayne shared best-dressed honors with New York, which won in the large city category.

"Our officers take pride in their appearance," Bluffton Police Chief Tammy Schaffer said. The department has 20 officers.

The award is given annually by the National Association of Uniform Manufacturers and Distributors, a trade group. Entrants are judged on overall appearance, neatness, projection of authority and other standards. The competition is open to all the nation's police department.

Other agencies honored included the Connecticut State Police; the Alamance County Sheriff's Department in North Carolina; and Ohio's Cleveland Metro Park Rangers.

Bluffton Mayor Ted Ellis said the best-dressed award reflected the department's professionalism.

"For years, I have stated that the Bluffton Police Department is among the best-trained and well-respected small community forces in the United States," he said. "Now, I can add that our police are among the best-looking."

■ **MONTPELIER, Ind.** — Town elders plan to offer a \$100 million gift to this community. There's only one catch: It'll be a century before town leaders can collect.

Kenny Neff, who was mayor from 1983 to 1995, organized 10 donors to give \$1,000 each to the trust fund, but the city won't be able to tap it for 100 years. Neff said the goal was to give future city leaders an endowment.

"As a mayor you're always looking for money," Neff said last week. "I wish somebody had done this for my term. But there's nothing stopping us from doing it now."

The money has been placed in a trust with the Blackford County Community Foundation, and a memorial plaque is planned for the city building in the community of some 1,900 people about 25 miles north of Muncie.

Neff worked with Dick

Paxson, a representative of Edward Jones Investments in Montpelier, on organizing the fund. Paxson calculated that the \$10,000 could grow to more than \$125 million after a century at 10 percent growth a year.

The trust fund's stipulations state that the first use of the money in 2104 would be to "throw a citywide party and drink a toast commemorating the 10 individuals that provided the trust," Neff said.

■ **DURHAM, N.C.** — Attorney Bill Thomas may get a lot more business from female motorists thanks to a novel defense strategy: High heels can help beat a DWI rap.

Thomas last week asked a judge how anyone could pass a field sobriety test — which requires a lot of walking — in a pair of 3 1/2-inch stiletto high heels.

The never-before-heard argument created a minor sensation among court officials and observers.

Thomas contended it would be "fundamentally unfair" to use

(See **ODDS**, page eight)

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Over the course of a 40-week gestation, a mother's ideal weight gain will be anywhere from 15 to 40 lbs., depending on her weight prior to pregnancy. As the bulk of this weight is deposited in the abdominal area, the center of gravity shifts forward. To compensate, the natural curves of the spine, particularly in the lumbar region, become exaggerated.

Body changes during pregnancy affect the spine, muscles, joints and supportive soft tissues, which can lead to sprain or strain of pelvic and spinal structures, as well as alteration of the normal spinal curvatures and biomechanics. The result is considerably increased stress on the body that can lead to pain and discomfort. Most women experience a number of neuromuscular and biochemical problems that respond favorably to gentle, safe, noninvasive chiropractic care.

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Today in History

The Associated Press

Today is Wednesday, Sept. 22, the 266th day of 2004. There are 100 days left in the year. Autumn arrives at 12:30 p.m. Eastern Daylight Time.

Today's Highlight in History: On Sept. 22, 1776, Nathan Hale was hanged as a spy by the British during the Revolutionary War.

On this date:
■ In 1789, Congress authorized the office of Postmaster-General.

■ In 1792, the French Republic was proclaimed.

■ In 1927, Gene Tunney successfully defended his heavyweight boxing title against Jack Dempsey in the famous "long-count" fight in Chicago.

■ In 1949, the Soviet Union exploded its first atomic bomb.

■ In 1950, Omar N. Bradley was promoted to the rank of five-star general, joining an elite group that included Dwight D. Eisenhower, Douglas MacArthur, George C. Marshall and Henry H. "Hap" Arnold.

■ In 1964, the musical "Fiddler on the Roof" opened on Broadway, beginning a run of 3,242 performances.

■ In 1964, "The Man from U.N.C.L.E." premiered on NBC television.

■ In 1975, Sara Jane Moore attempted to shoot President Ford outside a San Francisco hotel, but missed.

■ In 1980, the Persian Gulf conflict between Iran and Iraq erupted into full-scale war.

■ In 1989, songwriter Irving Berlin died in New York City at age 101.

Ten years ago: The United States stepped up its military control of Haiti, breaking up heavy weapons, guarding pro-democracy activists and giving U.S. troops more leeway to use force. Pope John Paul II canceled his U.S. trip, planned for the following month, in order to allow more time to recover from

hip-replacement surgery.

Five years ago: The Justice Department sued the tobacco industry for billions of dollars. Actor George C. Scott died at his Southern California home at age 71. Shania Twain won best entertainer while the Dixie Chicks picked up three trophies, including best vocal group, at the Country Music Association Awards.

One year ago: A suicide car bombing outside U.N. offices in Baghdad killed an Iraqi policeman. NATO allies picked Dutch Foreign Minister Jaap de Hoop Scheffer as the alliance's next secretary-general. Actor Gordon Jump died at age 71.

Today's Birthdays: Baseball Hall of Fame manager Tommy Lasorda is 77. Musician King Sunny Ade is 58. Captain Mark Phillips is 56. Rock singer David Coverdale (Deep Purple, Whitesnake) is 53. Actor Paul Le Mat is 52. Actress Shari Belafonte is 50. Singer Debby Boone is 48. Country singer June Forester (The Forester Sisters) is 48. Singer Nick Cave is 47. Rock singer Johnette Napolitano is 47. Singer-musician Joan Jett is 44. Actress Catherine Oxenberg is 43. Actor Scott Baio is 43. Actor Rob Stone is 42. Rock musician Matt Sharp is 35. Rhythm and blues singer Big Rube (Society of Soul) is 33. Actor Tom Felton is 17.

Thought for Today: "The autumn always gets me badly, as it breaks into colours. I want to go south, where there is no autumn, where the cold doesn't crouch over one like a snow-leopard waiting to pounce." — D.H. Lawrence, English author (1885-1930).



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Elk

The men made another error when one of them allegedly bragged about the incident. Wallace got on their trail and three of them agreed to take him to the antlers, which had been pitched into a shallow section of Dewey Lake. There was no doubt that the recovered antlers matched the slain animal, Wallace said. Wallace is confident in the strength of his investigation and

said. "This is one of the best elk cases we've ever had," Wallace said. Assistant County Attorney Jimmy Marcum is an avid outdoorsman and very familiar with the Ivy Creek area. He said, "It's no accomplishment to kill one of these animals. When you're up there, you have to shoot them out of the way." The case is looking like it

could cost the suspected poachers plenty. Each was lodged in the Floyd County Detention Center after their arraignment Monday on 5,000 cash bonds. As of Tuesday only DeRossett was able to meet the bond. Should the men be found guilty, they will face more fines, possible jail time and a \$7,500 "elk restoration fee." Elk have only been back in the area for seven years and

there are strict rules to hunting them that involve separate tags and a lottery system. Floyd County was also designated this year as a safe zone for the animals and hunting them within the county is strictly prohibited as long as that designation lasts. Several counties are part of the elk restoration zone this year. They include Pike, Johnson, Martin, Magoffin, Knott and Letcher counties.

Continued from p1

Halloween

trick-or-treat safely with some helpful hints on costuming. Costumes should be flame resistant and sport a label saying so. Nontoxic face paint is a good alternative for masks, which often block peripheral vision. Costumes and goody bags should be brightly colored for greater visibility. Emergency identification information should be securely fastened to the costume. Always carry flashlights.

The trick-or-treat route children take should be carefully adhered to and mapped out in advance. If your children are going out alone or with another adult, make sure to be accessible and near a working phone. Giving an older child a cell phone for the evening is recommended. Insist children stay on well-lit streets and only approach houses with outdoor lights running. Candy rules are tough, but

some tips are offered. First off, send children out with a full stomach. Children should be encouraged to not eat food items, like fruit or open drinks, that are offered to them. Try to apportion treats for the days following Halloween and encourage children to bring all treats home for inspection before consuming them. There are also some hints offered for those who stay home to give out treats. First, one

should always consider fire safety measures before decorating. Take an extra minute to check around your porch for tripping hazards. Keep outdoor lights on to let children know that they are welcome. Lastly, make sure to confine pets who may be spooked by all of the noises and visitors who will be visiting your home.

Continued from p1

Candidate

for the votes. I guess I'm the "walking judge." Scott will be trying to wrest the seat from sitting Judge Janet Stumbo. "I want people to know that this race isn't just for lawyers," Scott said. Scott underlined the importance of his walk by saying, "People have to see you out there working hard for their vote." Voters have embraced the opportunity and have brought the judge treats like coffee, apples and water, as well as their questions and concerns. "I hear a lot of the same concerns," Scott said. "Pension problems after businesses go bankrupt, education is a big issue and fairness in employee hiring."

One issue that concerns residents is drugs. Scott developed a plan for dealing with the drug problem in Kentucky called "Drugs Away." It was a comprehensive effort that involved converting an empty 961-bed facility in Elliot County into a drug treatment center where prisoners with drug dependency problems would be assigned. Scott is also a proponent of the "Drug Court" plan which was adopted in Floyd County this year under the stewardship of Judge Eric Hall. "It's the number one issue facing our families and my life was touched by it when my son developed a drug problem with OxyContin," Scott said. "That was the most heartbreaking year of my life. He finally got into a

position where he had to make a life choice and he made the right one and joined the Army. I knew he was safer in Iraq than he was back here taking drugs." Scott went on to say that he has seen the problem of drug abuse from many sides. "Not only have I been a judge and sent many dealers to prison, but I have the experience of seeing it in my own home," Scott said. Scott believes that experience is the best teacher and that one should never get into a frame of mind where they think they know all of the answers, especially someone who sits in judgment on others. He finished by saying, "I hope to take what I've learned in my life and make things better."

Delay

maximum penalty for his charges is 30 years. Assistant Commonwealth's Attorney Wayne Taylor had been ready to prosecute the case this week, but halted preparations when Collins indicated he would take a plea bargain. "I am pleased with the court's ruling revoking his bond," Taylor said. "It's proper given Collins' attitude while the case was proceeding." Taylor was taken aback somewhat and noted, "He was scheduled to enter a plea in a matter of hours. It throws a wrench into the judicial process, not to mention the peace of mind of the victim."

Continued from p1

Session

Assembly that was hopelessly deadlocked along party lines when it adjourned in April without passing a state budget. The Democratic-controlled House and Republican-controlled Senate could not agree on Fletcher's proposal to overhaul the state's tax code. House Speaker Jody Richards said the House would be cooperative in dealing with the issue. He said House Democrats already have "some ideas for a course of action," but he declined to offer specifics. "We think we can do better than the governor's plan, and we're going to try to do that," Richards, D-Bowling Green, said in a phone interview. Richards said an uptick in state revenue collections should help lawmakers in trying to improve the health care package. He noted that tax collections have exceeded projections in nine out of the last 10 months. Indeed, lawmakers needed to work together when they return to Frankfort next month to solve the problem facing teachers and public employees, Fletcher said. "We need an environment where our teachers teach, and kids learn and communities prosper by creating jobs and opportunities for all Kentuckians," Fletcher said. "And it truly is a time that we work collaboratively on this problem." The governor has been running state government on a temporary spending plan since July 1. His ability to spend without a legislatively enacted state budget is part of an ongoing court challenge. However, a Franklin County Circuit Court ruling limited the administration from spending any more money on government programs and services than was previously agreed on by the legislature. Without a full state budget in place, the legislature itself could still authorize new spending that would have the "full force of law," Senate President David Williams said. Still, it remained to be seen whether the General Assembly could pass a health insurance plan that would divert a strike, KEA President Frances

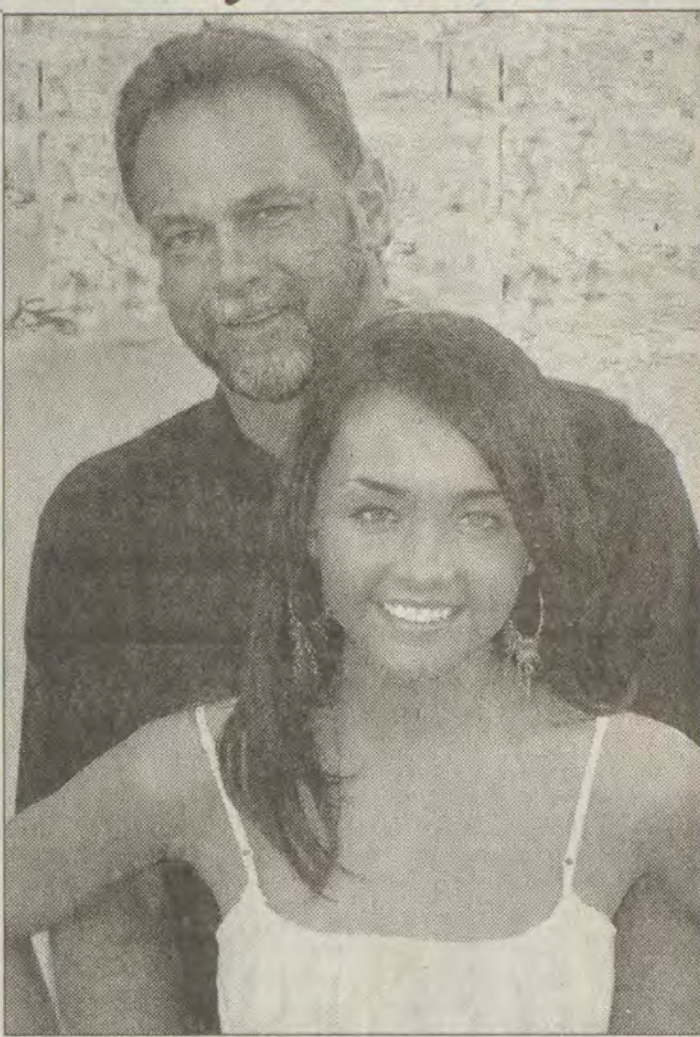
Steenbergen said. But the organization's call for teachers and state employees across the state to engage in some form of protest this Monday was still in effect, Steenbergen said. "It is a bipartisan issue," Steenbergen said outside the Capitol. "It crosses both party lines, and we are certainly hopeful that they will come together in a bipartisan fashion to help solve the issue." Earlier Tuesday, Fletcher announced that he was giving retired teachers a 0.8 percent cost of living increase above the automatic 1.5 percent they were supposed to receive this year. The plan would take effect next month but be retroactive to July 1, Fletcher said. Retired teachers across the state get an average monthly pension of about \$2,068 per month, Fletcher spokeswoman

Jeannie Lausche said. The combined increases would total an extra \$48 per month, or about \$571 more annually, Lausche said. Williams said he was willing to lay politics aside to deal with solving the teachers' health insurance issue. Democrats and Republicans alike could agree that the health insurance problem needed to be improved. "I think that if we all come up here and lay our political swords down for a while and address these important issues, then we can accomplish in a two- to three-week period what we need to do," Williams said. "If it takes a month, then we'll need to take a month. This is an important issue." House Democrats scheduled a noon news conference for Wednesday in the House chambers to outline their plan.

Continued from p1

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Hayes-Fannin

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Viewpoint

Worth Repeating ...

"If you want to make enemies, try to change something."

—Woodrow Wilson

Amendment 1

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; abridging the freedom of speech, or of the press; or the right of the people to peaceably assemble, and to petition the government for a redress of grievances.

Guest View

A blow to journalism

"I know that this story is true. I believe that the witnesses and the documents are authentic. We wouldn't have gone to air if they would not have been. There isn't going to be (an) apology."

- Dan Rather, Sept. 10, 2004.

"I no longer have the confidence in these documents that would allow us to continue vouching for them journalistically We made a mistake in judgment, and for that I am sorry."

- Rather, Sept. 20, 2004

Dan Rather, the CBS News anchor and correspondent, is not the first journalist to be misled by a source. And CBS News is not the first news organization to be duped by phony documents. But not in recent memory has a journalist as prominent as Rather, or a news organization as respected as CBS, so defiantly stood by a story about which serious doubts were raised.

For much of the past two weeks, Rather and his colleagues at CBS News mounted a counterattack on those who dared to question the "60 Minutes II" report raising questions about President Bush's Vietnam-era service in the Texas Air National Guard. Rather insisted CBS had relied upon "unimpeachable sources" for its highly explosive report, which contended that Lt. George Bush received preferential treatment and that he failed to meet performance standards. The CBS News anchor impugned some critics as "partisan political operatives," neglecting to inform his viewers that most of the sources for the report were themselves partisan political operatives.

Rather and CBS News might be forgiven that oversight. But neither the anchor nor the news organization can be forgiven for ignoring the warnings of document experts and the statements of dissenting sources who said the story was flawed.

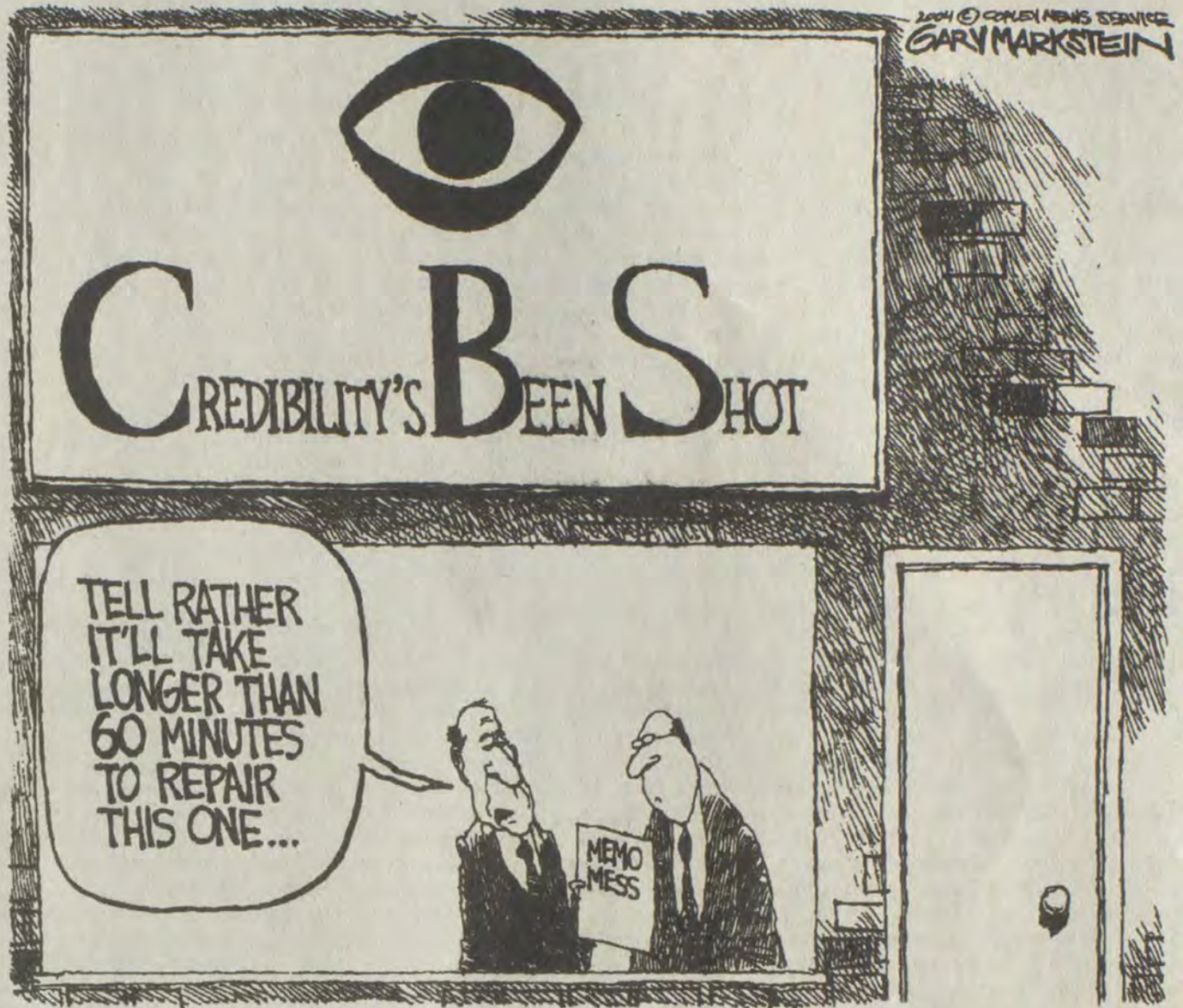
In 1993, NBC News admitted that a story showing a General Motors truck exploding after a low-speed side collision with another car was faked. As it turned out, the explosion was generated using hidden remote-controlled incendiary devices. NBC News President Michael Gartner resigned, along with executive producer Jeff Diamond and other NBC producers.

In 1998, CNN was forced to retract a story, aired on its NewsStand program, which scurrilously claimed that a 1970 military operation to Laos, Operation Tailwind, was designed to hunt down American defectors and kill them using sarin gas. Two key CNN producers in the report, April Oliver and Jack Smith, were fired. Senior producer Pam Hill resigned. And prominent correspondent Peter Arnett was reprimanded.

The "60 Minutes" report casting aspersions on Bush's National Guard service - not to mention the two weeks of stonewalling by Rather and his colleagues following the report - is no less discrediting than the journalistic fraud committed by NBC News and CNN. Just as NBC and CNN held accountable those responsible for undermining public confidence in their news organizations, CBS News can go a long way toward restoring its tarnished reputation by firing Rather and others responsible for the bogus National Guard documents.

CBS News' handling of this debacle is important not only for the network's credibility but also for the credibility of American journalism in general. Without an appropriately strong response from CBS, it will be a dark day for all journalists.

— The San Diego Union-Tribune



Capitol Ideas

Politics continue in state health insurance debate

by JOE BIESK
ASSOCIATED PRESS

FRANKFORT — The debate over health insurance plans for state employees and teachers continues to loom as a political issue for the November elections.

Teachers and public school employees — upset by Gov. Ernie Fletcher's proposal to change their state health insurance plans — gave the governor an ultimatum that could lead to a strike by late October.

Fletcher's plan to overhaul state health insurance for 2005 would affect thousands of state employees, teachers and public school workers. Under his proposal, most would pay more in deductibles and co-payments.

Republicans and Democrats alike

have tried to steer the issue to gain political favor.

State lawmakers, meeting in Covington, started off the week grilling Personnel Cabinet Secretary Bob Ramsey about the plan. Many of the lawmakers there — some of whom face challenges in November — remarked about the amount of negative feedback they've received on the matter.

Days later, a state worker rally at the Capitol ended on a political note after Democratic state Sen. Daniel Mongiardo, of Hazard, showed up. Mongiardo, who is challenging incumbent U.S. Sen. Jim Bunning, turned the event into a makeshift campaign rally after moderators called on him to address the crowd.

Mongiardo, a doctor, said later that he heard about the protest while at his campaign office in Frankfort and decided to attend.

"I was down at my headquarters and heard that they were talking about health care and felt that I had to go and answer any questions that they might have," Mongiardo said.

Later Thursday, Republican state Sens. Jack Westwood of Erlanger and Damon Thayer of Georgetown — both of whom are facing Democratic opposition

in November — held a news conference during which they outlined a GOP alternative to Fletcher's plan.

Senate Majority Leader Dan Kelly, R-Springfield, and Sen. Dan Seum, R-Louisville, also attended the news conference.

Among other things, the Senate Republican proposal would offer teachers and state employees a \$600 lump sum payment that could be used to cover insurance deductibles and prescription drug co-payments.

Calling it "still a work in progress," Westwood told reporters that he and Thayer came forward with the proposal as a response to the many constituents concerned about next year's state health insurance plans.

"They're asking me to do something about it," said Westwood, a former teacher. "I don't know if they're asking those who are not up for re-election to or not. But they certainly understand I am in a position, because of my vulnerability perhaps, that maybe I'd listen better."

Minutes after the proposal was made, House Democrats handed reporters a written statement from House Speaker

(See IDEAS, page ten)

Letters

Kerry will improve East Ky.

Living in Eastern Kentucky, I am so lucky to not be hustling and bustling in the city or dealing with high crime rates. However, I cannot get over the fact that as other areas in Kentucky continue to improve, our community only gets worse.

So many people grow up here only to move away to find a job that pays enough to feed their family. The ones who do stay, continue to deal with poverty and a black dust that coats everything and fills the air we breathe.

We can no longer accept these conditions, which we live with. We must step up and let our voices be heard. We must tell President Bush that this is no longer acceptable to the people of Eastern Kentucky. If we send all of our children to Iraq to fight for this country, then this country must support us.

John Kerry will insist that this wonderful community is preserved and cared

for. He will insist that we be able to obtain health care and he will make sure that our children are truly not left behind because the government does not want to fund them.

People of Eastern Kentucky, this is the most important election we have ever faced. Step up and tell President Bush that we will not endure four more years of being disregarded. Go to the polls this November and vote for the candidate who will take of our needs, not the needs of oil corporations.

Colene Adkins
Elkhorn City

Republicans don't agree with Bush

Three Republican senators do not agree with the direction George W. Bush is taking in Iraq. On Sunday morning news programs, they provided ideas that they hope the Bush administration heeds.

Sen. John McCain (R-Az) stated, "We made serious mistakes right after the

initial successes by not having enough troops on the ground, by allowing looting, and by not securing the borders." Senator McCain advocates having more troops on the ground to fix many of the problems we are currently experiencing.

Sen. Lindsey Graham (R-SC) said that the situation in Iraq is going to get worse and that the Bush administration has done a "poor job of implementing and adjusting" in Iraq. He also has called for more troops.

Sen. Chuck Hagel (R-Neb.) stated, "The fact is, we're in trouble. We're in deep trouble in Iraq. And I think we're going to have to look at some recalibration of policy." He has two dozen recommendations that he is going to provide to Condoleezza Rice in the near future.

So, if three respected Republican senators publicly state that Mr. Bush's Iraq policies and the resulting mess they have created are dire, then there must be many other Republican senators who are quietly thinking the same thoughts. Many would be afraid to be so bold as to state their opinions publicly, as the Bush

(See LETTERS, page ten)

Letter Guidelines

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.

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BUSINESS / PROFESSIONS

Report suggests rewards to catch spammers

by JENNIFER C. KERR
ASSOCIATED PRESS

WASHINGTON — What would it take to get someone to turn in one of those spammers who send millions of unwanted e-mails? At least \$100,000, the Federal Trade Commission figures.

Six-figure incentives are the only way to persuade people to disclose the identity of co-workers, friends and others they know are responsible for flooding online mailboxes with unsolicited pitches for prescription drugs, weight loss plans and other products, according to an agency report Thursday.

The commission said a government-funded reward system could work if the payoff was between \$100,000 and \$250,000 — higher than rewards in most high-profile criminal and terrorism cases. For example, the FBI pays \$50,000 for tips leading to the arrests of most of its top 10 fugitives.

The FTC, in a report requested by Congress, did not take a position on whether such a sys-

tem was a good idea.

The report said any reward should come from taxpayer funds because collection of civil penalties from spammers will not be enough to finance the system, according to Allen Hile, assistant director in the agency's division of marketing practices.

"All of our cases end in a court order, but substantially fewer end up in assessment and payment of civil penalties," Hile said.

The agency said potential informants probably would be people who work with the spammers or are close enough to have knowledge of their illegal activities.

Congress asked the FTC to study the feasibility of a bounty system as part of the "can spam" legislation that went into effect in January. The law prohibits senders of spam from disguising their identity by using a false return address or misleading subject line, and it bars senders from collecting addresses from Web sites.

"Americans are being inundated with spam, and we need to

keep trying different approaches until we solve the problem," said Sen. Jon Corzine, D-N.J., among those who has pressed for rewards as a way to eliminate spam. "Monetary rewards can provide a real incentive for private citizens to come forward and identify spammers."

But the idea may be premature, according to the Direct Marketing Association, the largest trade group for direct and interactive marketers.

The group believes it would be wise to give the law and law enforcement efforts more time to work before "rushing into a system like this," spokesman Louis Mastria said.

The Justice Department recently announced an Internet crime crackdown that resulted in dozens of arrests and convictions on charges including the use of spam e-mail to steal credit card numbers.

The industry also has been

aggressive. In March, Microsoft, America Online and others sued hundreds of people suspected of sending spam.

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U.S. General Services Administration

Chamber announces 2004-05 Leadership Floyd County class

by MANDY STUMBO
EXECUTIVE DIRECTOR

The Floyd County Chamber of Commerce is pleased to announce the second class of Leadership Floyd County. The Leadership Floyd County Academy was designed to help the Class gain insight into the operations, available programs, services, and issues of Floyd County. The primary focus of LFC is to build a communication network of individuals willing to assist in advancing the county's growth, along with spurring new and innovative ideas. This year's class is a diverse group of citizens from a variety of occupations participating to become community and business leaders among Floyd County. The class will take part in seven sessions that will be held across the county with a Graduation in May of 2005. The 2004-2005 class includes:

- William Snyder, Volunteer Lawyers For Appalachia
- Bille Jean Cole, Big Sandy Community & Technical College
- Judith Bailey, First Commonwealth Bank
- Jerri Turner, Floyd County Schools
- Kathy Prater, The Floyd County Times
- Robert Shepherd, Inacom Computers
- Donna Cassell, Citizens National Bank
- Trish Cieslak, The Perfect

- Setting Café & Catering
- Regina Fraley, City of Martin
 - Leonard Cieslak, Cabinet For Health and Family Services
 - Henry Webb, Floyd County Schools
 - Judy Bocoock, Big Sandy Community & Technical College

Floyd Chamber taking orders for 'Floydopoly'

The Floyd County Chamber of Commerce is set to release, in November, the board game "Floydopoly." The game is based on the popular board game "Monopoly."

The Floydopoly game board consists of business properties that are found within the boundaries of our county. Our Chamber members have the first opportunity to purchase this game beginning September 21. We will be operating on a first come, first served basis. The games are a limited edition of 500 and may be purchased by calling the Chamber at (606) 886-0364. The Chamber will also begin the pre-sale of the games to the public at the Jenny Wiley Festival and Red, White, and Blue Days Festival. The Floydopoly game may be purchased for \$25 and will be here in time for Christmas, making a great keepsake gift.

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Jury deadlocks in bear shooting case, defendant enters plea

by ROGER ALFORD
ASSOCIATED PRESS

WHITESBURG — A Letcher County man pleaded no contest Monday to illegally shooting a black bear in his back yard in June.

The plea came after his day in court ended in a mistrial when the jury said it was hopelessly deadlocked.

Terry Brock, 36, of Mayking, will pay \$250.50 — \$125 as a portion of the cost of replacing the bear and \$125.50 in court costs. He will serve no jail time and keep his hunting privileges and the rifle used to kill the ani-

mal. Brock entered an Alford plea, in which a defendant does not admit guilt but concedes there is sufficient evidence for a conviction.

He had faced 30 days to a year in jail and a fine of up to \$1,000.

"I just didn't want to put my family through the stress of another trial," Brock said as he left the Letcher County Courthouse. "It has been tough on all of us."

Defense attorney Jamie Hatton said the case was considered important in the mountain region, where the number of run-ins between bears and humans is on the rise. Hatton

said Kentucky law is unclear on when it is appropriate for a person to kill a nuisance bear and that the Brock case could have helped define the law.

In the end, Hatton said, the question remains unanswered.

The six-person jury deliberated two hours after the daylong trial in Letcher County District Court.

Brock told jurors that he was surprised he was charged with a crime for killing the 270-pound bear that he feared would attack his family, dogs and horse.

"I didn't think there would be nothing come of it because all I was doing was protecting my

family," Brock said during the trial.

Black bears thrived in the area more than 100 years ago, before logging and over-hunting led to their disappearance. During the past 20 years, they have been venturing back into Kentucky from forests in Virginia and West Virginia. Now, for the first time in more than a century, Kentucky has a self-sustaining black bear population and residents of the mountainous region along the state's eastern border are having to learn to live alongside them.

"Our goal is to encourage the natural recolonization of bears

in Kentucky," said Jonathan Day, a state wildlife biologist. "We want to offer bears as much protection as possible so that recolonization is not disrupted."

Brock said he tried to frighten the bear away by banging on the side of his mobile home and yelling while his wife called the Kentucky Department of Fish and Wildlife Resources for help.

Craig Nicholson, a dispatcher for the state agency, said he took the call from the Brocks.

"My statement then was, 'Ma'am, if the bear is threatening you or your livestock, shoot the bear,'" Nicholson testified.

Conservation officers

charged Brock with illegally killing the bear on June 2.

Hatton said Brock did nothing wrong.

"The real question in this case is do you have the right to kill a wildlife species if it is threatening you," he said.

State conservation officer Lt. Frank Campbell said the shooting of the bear was unnecessary.

"In my mind, they were never in danger from that bear," he said.

Brock earlier refused to plead guilty in order to avoid the possibility of jail time, opting instead to have his case heard in front of a jury.

Fish in Tug Fork still recuperating four years after sludge spill

by ROGER ALFORD
ASSOCIATED PRESS

WARFIELD — The mirrored surface of the Big Sandy River's Tug Fork no longer reflects the damage caused when some 300 million gallons of gooey black coal sludge spilled into Eastern Kentucky streams four years ago.

Natural healing, coupled with the restocking of fish by state biologists, has allowed anglers to return to the banks of

the stream on the Kentucky-West Virginia border.

"Fishermen have been catching high numbers of small fish," said Kevin Frey, a state biologist. "That would suggest that the river is beginning to heal."

The spill, one of the South's worst ecological disasters, affected the main stem of the Big Sandy, the Tug Fork and some of its tributaries, including Coldwater and Wolf creeks in rural Martin County. Frey estimated that 1.6 million fish

smothered in the molasses-like substance.

The sludge broke through the bottom of a mountaintop impoundment on Oct. 11, 2000, gushing through underground coal mine portals before flowing into the streams.

Lawns were buried up to 7 feet deep in sludge. Biologists said every fish in Coldwater and Wolf creeks was killed, and many in the Big Sandy River died.

Massey Energy, which

owned the 72-acre impoundment that ruptured, reported spending \$46 million to clean up the spill. The company also paid \$3.25 million in penalties and damages to the state of Kentucky.

The company also agreed to pay a \$225,000 fine levied by the Kentucky Department of Fish and Wildlife Resources.

Frey said the state began using that money to restock fish last year. He said the restocking is expected to be complete by

2006, when West Virginia releases the last hatches of sauger and walleye into the stream.

As of last week, the state had released 22,860 flathead catfish, 22,500 channel catfish, 30,000 bluegill and 525 largemouth bass.

Fish have also migrated into the tributaries and the main stream from unaffected areas.

David Morgan, director of the Kentucky Division of Water, said all of the affected streams

have recovered well.

"They're back to at least the condition they were in before the spill," he said. "They're still not pristine streams. Things are looking much better than they were."

(See FISH, page ten)

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Lawsuit aimed at forcing federal agency to impose water standards

by BRUCE SCHREINER
ASSOCIATED PRESS

LOUISVILLE — Environmental activists on Tuesday filed a lawsuit seeking to prod a federal agency into imposing water-quality standards they say are long overdue to protect Kentucky waterways.

Activists said they went to court after running out of patience with the U.S. Environmental Protection Agency. They said the EPA has neglected to implement its own standards as required by the federal Clean Water Act after the agency rejected state regulations

in recent years. "It seems obvious to us, at this point, that without a federal lawsuit, they're not going to fix this problem," said Judy Petersen, executive director of the Kentucky Waterways Alliance, a plaintiff.

The activists said the state's rivers and streams have suffered from the absence of strict standards.

Other plaintiffs include the Sierra Club's Cumberland Chapter, Kentuckians for the Commonwealth and the Floyds Fork Environmental Association. EPA Administrator Mike Leavitt was named as the

defendant.

No state agency was listed as a defendant.

The suit seeks a federal court order directing EPA to finalize its own water-quality standards for Kentucky within 30 days.

Laura Niles, a spokeswoman for the regional EPA office in Atlanta that oversees Kentucky, said the agency could not comment because it had not yet had a chance to review the lawsuit.

The suit comes amid an EPA review of the state's latest attempt to impose an "antidegradation" standard to protect its waterways.

The proposed regulation was

submitted to EPA recently but cannot be implemented until it gains approval from federal regulators, according to the state Environmental and Public Protection Cabinet.

"Water quality is a top priority for the cabinet and for this administration," cabinet Secretary LaJuana Wilcher said. "And I'm confident that this regulation meets federal standards. It's a significant step forward in protecting Kentucky waters."

Under the Clean Water Act, states must maintain water standards suitable for wildlife and recreation. Those standards may

be lowered only to "accommodate important economic or social development."

In 1997, the EPA disapproved state regulations to protect Kentucky waterways from degradation. The state developed revised regulations in 1999, which the EPA found insufficient eight months later, the suit said.

EPA drafted its own standards in late 2002 but never implemented them, Petersen said. She called that proposal "inadequate and vague."

Under federal law, EPA is supposed to move promptly to propose federal standards in place of state regulations it found deficient, Petersen said. The federal agency is supposed to finalize its own water-quality rules within 90 days after circulating a draft, she said.

"We believe that they are way overdue and are seriously deficient in their duties under the Clean Water Act," she said.

Petersen said the latest proposed state regulation would

"make some very small steps forward" but said it falls short of complying with the Clean Water Act. She said it would leave some waterways unprotected and would give "blanket exemptions" for mining, agriculture and others.

In devising its latest regulation, the state worked with EPA and reviewed standards from other states that won approval, cabinet spokesman Mark York said. He said the new proposal would protect more streams.

Petersen said the state has been too lenient in granting permits allowing industries and municipalities to discharge pollutants into waterways.

Doug Doerrfeld, representing Kentuckians for the Commonwealth, said the Clean Water Act promised to lessen existing water pollution and prevent new pollution.

"In Kentucky, that promise has been largely unkept," he said.

(See WATER, page eleven)

Appeals court ruling limits concealed weapons exemption

The Associated Press

LOUISVILLE — A state law exempting people from prosecution for concealing weapons in glove compartments should not apply to other stow-away places in a vehicle, the Kentucky Court of Appeals ruled Friday.

A three-judge panel reversed lower court rulings that interpreted the "glove compartment exemption" to apply to other

vehicle compartments.

The ruling stemmed from a Jefferson County case in which Fadi Mohammad was found with a loaded handgun in the center console of his car on New Year's Day in 2002. He was charged with carrying a concealed weapon.

Under Kentucky law, a weapon found in a glove compartment is not considered concealed. Mohammad's lawyer

argued at trial that the "glove compartment exception" should include the center console.

The district court agreed. It concluded the term "glove compartment" is outdated because no one puts gloves there anymore. So the exception should apply to any compartment, including a center console, it said. The circuit court upheld that ruling, sending the case to the appellate court.

Writing for the panel, Judge Wilfrid A. Schroder of Covington said the "glove compartment" exception is not ambiguous or vague. He said the lower courts misinterpreted the exception to include the center console.

"The statute speaks for itself and we are required to follow the language of the statute rather than speculate as to what may have been intended but not expressed," he wrote.

Odds

the results of field sobriety tests against one of his female client because she was wearing stiletto heels at the time, making her unsteady on her feet.

One of the tests required the woman to walk a straight line for some distance and then pivot quickly. In another, she was supposed to stand on one foot for 30 seconds.

Considering that she was wearing stiletto heels, the woman did remarkably well by making it to 16 seconds, Thomas argued.

Judge Wade Barber squelched the results of the field sobriety tests and tossed out the DWI case. Besides the high heels, Barber concluded that a police officer administered the tests incorrectly.

"These are not lawyer tricks," Thomas said Friday. "I know that DWI is a hot political issue. But the public has to understand one important thing: The constitutional protections that follow us in our daily lives also apply to DWI cases."

■ **NAPOLEON, Ohio** — Corey Cook hoped his girlfriend would accept a marriage proposal — no matter how corny it might appear.

So, he paid a northwest Ohio farmer to carve the words, "Michelle, will you marry me?" into his family's cornfield.

A heart surrounded the message, which covered about seven acres — large enough for Michelle See to spot from a small plane, as the couple flew from Columbus to a cabin in northeast Indiana.

"She just started giggling like a little girl on Christmas morning," said Cook, who gave her a ring as they passed over the massive message.

Each letter was about 5 feet

wide.

"We hoped it looked right," said Brad Leaders, who was hired to do the job. "You don't know until you see it from the air."

The reply to the proposal, by the way, was a "yes."

■ **ALBUQUERQUE, N.M.** — Officials at Rio Grande High School aren't getting a buzz from the school's homecoming memento.

Nearly 100 shot glasses etched with "Dreams Will Come True 2004" were handed out in advance of the celebration last week — until the principal got word of it.

"It's not an appropriate message to send out," Principal Al Sanchez said Thursday after putting a stop to the giveaway. "We'll never do that again."

School activities director James Chavez took the blame — saying the cheapest glass was a \$1.32 shot glass. He said he thought they could be used to hold candles or toothpicks, not alcohol.

"We emphasized this is not for drinking," Chavez said.

The school had distributed about 100 of the shot glasses before a teacher questioned the giveaway.

Student Lawrence Chavez said the glasses were "better than a key chain," but knew they would raise eyebrows.

"I didn't think of it as a toothpick holder," he said.

■ **SANTA CRUZ, Calif.** — The weekend cleanup of a popular stretch of beach netted the usual garbage: clothing, beer bottles and rusty nails.

What made the effort at Bonny Doon Beach different from cleanups elsewhere on the California coast were the volun-

teers: Many were nude.

Members of the Bay Area Naturists club were among those who collected 600 pounds of garbage at one of Northern California's most popular clothing-optional beaches, seven miles north of Santa Cruz.

"The real purpose is not the nakedness, but clearing up the trash," said Jurek Zarzycki, 54, as he scanned for refuse in the buff. "Every piece of garbage we find out here is testimony to somebody being a sloppy jerk."

His group has been helping clean trash from the beach for 17 years. The effort Saturday was part of the 20th annual California Coastal Cleanup Day, during which volunteers removed 750,000 pounds of trash from 700 locations on the state's shorelines.

The nippy weekend weather — it was 60 degrees at Bonny Doons — persuaded some of the naturists to keep their clothes on.

"Too cold," said Bill Todd, 64, a former San Mateo resident who flew out from his home in New York state on business and decided to join old friends in the naturist club. "You don't want the wind going where the wind shouldn't go."

■ **ALBUQUERQUE, N.M.** — And the race is on! Prospective buyers have less than a month to place a bid on eBay for the Sandia Motor Speedway.

The track was listed on the Internet auction site Friday morning and had received a high bid of \$3,999,169 early Monday. The race track was appraised at \$4.24 million in 2002, said manager Dawn Freeze, one of 52 investor-owners authorizing the sale.

Though no price was listed

Continued from p2

for the track, the group has the right to pull the speedway off eBay if bids are not high enough, said Anne Apicella, a commercial real estate agent with Grubb & Ellis New Mexico.

The 85-acre race track was developed in the 1990s by a group of investors who also were race enthusiasts.

Apicella said the eBay posting should bring attention to the track, which opened in 2000 and has been for sale for about a year.

"We've tried the traditional avenues without success, so we're hoping this will bring us the exposure we need," she said.

The posting will remain up until Oct. 17.

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On Sunday, October 24
The Year of Our Lord 2004

SCHEDULE OF EVENTS:

Open House
Saturday, October 23, 10:00 a.m.-3:00 p.m.

Dedication/Worship Service, Sunday, 11:00 a.m.
Pastor Bobby Isaac, Officiating
Guest Speaker—Rev. Raymond Gibson
Retired United Methodist Minister
Lexington, Ky.

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Reverend Bobby Isaac, Pastor
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Friday Night the 24th



Doug Pepper

Doug Pepper is an international evangelist who has helped establish over 110 churches during the past 10 years across the world. Doug has served as pastor of various Mississippi congregations for 16 yrs. Doug believes the church should be for all people and should always reach out to the lost and suffering in the community. He shares a simple message that everyone can understand and expects god's spirit to move on the hearts of those who hear.

Saturday Night the 25th



Steve Byers

Steve G. Byers currently pastors the Mountain Cathedral Church in Inez, Ky. In his twenty-seven years of ministry, he has served as a Sr. Pastor, Associate Pastor, Youth Pastor, and as Administrator of a Christian Academy. He has also served as a Revivalist, evangelizing throughout the United States and Mexico. He is originally from South Louisiana.

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All groups must be at the Mountain Arts Center by 6:00 p.m. nightly for reserved seating,
NO EXCEPTIONS! The remaining seating will be filled on a first come basis.

PSA

Poll shows Bush with double-digit lead over Kerry in Kentucky

The Associated Press

LOUISVILLE — President Bush holds a double-digit lead over Democratic challenger John Kerry in Kentucky, according to a statewide poll released Sunday.

Bush and Vice President Dick Cheney were the choice of 53 percent of the people surveyed in the Bluegrass Poll, compared with 38 percent for Kerry and his running mate, John Edwards. Independents Ralph Nader and Peter Camejo garnered 3 percent. Six percent were undecided.

The poll figures include those who said they were undecided but leaning toward a ticket. Taking away those leaners, Bush led Kerry 51-35 percent, and

Nader remained at 3 percent.

The results were published in Sunday's editions of The Courier-Journal of Louisville.

The survey, conducted by telephone from Sept. 10-15, polled 657 likely voters and has a margin of error of plus or minus 3.8 percentage points.

Bush's showing represents a slight improvement over his 12-point lead in the Bluegrass Poll conducted in May and only a little under his 17-point margin in February's poll.

The newest poll showed that among likely voters who favored Bush, 19 percent said the greatest factor in determining their choice was the president's stance on combating terrorism.

"I feel safe with him running

the country," said Brenda Davenport, 45, a Paducah homemaker who intends to vote for the president. "Safety, I think, is his main concern for us."

By contrast, Kerry's supporters are driven by concerns about the economy and a strong anti-Bush sentiment.

"I would fire him if I could. I'd have given him his walking papers," said Brenda Perry, 51, of Louisville.

Perry, a customer-service representative for an insurance company, said she is voting for Kerry. "We're struggling here; he's worried about the people in Iraq," she said.

Meanwhile, Kentuckians continue to give the president higher job-approval ratings than the national average.

In the latest poll, Bush's job-approval rating jumped to 64 percent, up from 58 percent in the May poll. That is better than his national rating, which the latest CNN/USA Today/Gallup Poll put at 52 percent.

Bush's personal characteristics, leadership and trustworthiness were cited by 18 percent, nearly the same number as those who cited his morals, values and faith, as determining factors in supporting the president, the poll found.

"He's pushed so hard to try to take care of this country. It's just amazing. He's definitely more than an amazing president, he's an amazing person," said Amanda Taylor, 19, of La Grange, a part-time cashier and full-time student at Jefferson

Community College who backs Bush.

Only 12 percent of Bush's supporters said his performance in office or his policies are the main reasons they want him re-elected, and just 4 percent cited tax cuts or the economy as reasons for backing the president.

By contrast, 27 percent of the Kerry's supporters said economic reasons, the jobs picture or the deficit are chief in determining their choice for president, according to the poll.

The next most significant reason for backing Kerry, his

supporters said, is they want Bush out of the White House.

Among likely voters, 48 percent of those who had read or heard anything about Kerry said they did not have a favorable impression. That's up from Kerry's 44 percent unfavorable rating in the May poll. In the latest survey, 39 percent of likely voters said they had a favorable impression of Kerry, and 13 percent were undecided.

Bush was viewed favorably by 58 percent of likely voters and unfavorably by 34 percent, with 8 percent undecided.

Bunning holds comfortable lead over Mongiardo

The Associated Press

LOUISVILLE — Mirroring a similar advantage for fellow Republican George W. Bush, incumbent U.S. Sen. Jim Bunning holds a double-digit lead over his Democratic challenger among Kentucky voters, according to a statewide poll released Monday.

Bunning was the choice of 51 percent of likely voters in the November election, compared to 34 percent for Daniel Mongiardo, according to the Bluegrass Poll conducted by The Courier-Journal. On Sunday, the newspaper released a poll saying President Bush was the pick for 53 percent of the people surveyed, compared with 38 percent for John Kerry.

The survey, conducted by telephone from Sept. 10-15, polled 657 likely voters and has a margin of error of plus or minus 3.8 percentage points.

Bunning's margin slipped slightly from the previous Bluegrass Poll taken May 5-11, when 50 percent of likely voters said they would vote for Bunning versus 29 percent for Mongiardo. All figures include those who said they were undecided but leaning toward a candidate.

Bob Danol, 68, was one of Bunning's supporters. Danol runs a home remodeling business in Okolona.

"I'm a Republican," he said. "I believe in helping people in need, but I don't believe in just giving it away — throwing money at problems."

Danol said he believes Bunning would better represent his values in Washington, although he's unfamiliar with Mongiardo. Also, Danol and other Bunning supporters said they know Bunning from when he was a major league baseball pitcher from 1955 to 1971.

"I grew up in Michigan rooting for the Detroit Tigers when Bunning pitched for them," Danol said.

Mongiardo supporters say they would vote for him because they oppose President Bush's leadership in the war in Iraq and the economy — even though they know little about the candidate.

"I believe he'll promote the ideas of the Democratic Party," said Carrie Robinson, 35, a claims adjuster for Humana who lives in Louisville. "Under the leadership of President Bush, Republicans have shown they can't be trusted."

Organizers from the

Mongiardo and Bunning campaigns said they were encouraged by the new poll.

"We've closed the gap even before Sen. Mongiardo has gone on television," said Kim Geveden, manager of the Mongiardo campaign. "Once Dr. Mongiardo begins to get his message out, this gap will shrink to single digits very quickly."

Geveden said Mongiardo began his statewide television advertising on Sunday.

David Young, manager of the Bunning campaign, said the poll confirms that most Kentuckians like Bunning for his "character, leadership and his fighting for their values in the United States Senate."

To the initial poll question of which candidate respondents would vote for if they could do so today, 47 percent said Bunning, 31 percent said Mongiardo and 22 percent said undecided. When undecided voters were asked if they were leaning toward either candidate, Bunning's total support increased to 51 percent, and Mongiardo's to 34 percent.

The poll showed that voters are much more familiar with Bunning, a member of major-league baseball's Hall of Fame who served five terms as con-

gressman from Kentucky's 4th District before his election to the Senate in 1998. Mongiardo is a medical doctor and a state senator from Hazard who was first elected in 2000.

Of the likely voters polled, 83 percent said they had read or heard something about Bunning while only 37 percent had ever read or heard anything about Mongiardo.

Geveden said the poll shows Mongiardo can close the gap by making himself known through advertising between now and Election Day, particularly to Democrats.

Records of the state Board of Elections show that 58 percent of the state's 2.7 million voters are registered Democrats, while 35 percent are Republican.



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Obituaries

Willard Scott

Willard Scott, 79, of Garrett, died Monday, September 20, 2004, at his residence.

Born July 3, 1925, in Floyd County, he was the son of the late John Scott and Mary Carroll Scott. He was a retired coal miner, a member of the Garrett Community Christian Church, and a member of the U.M.W.A. Local at Garrett.

He is survived by his wife, Isabella Fugate Scott.

Other survivors include one son, Larry Scott of Garrett; daughters: Leona Hall of Westland, Michigan, Edna Blackburn, Bertha Spears, Margaret Rice, and Rita Scott, all of Prestonsburg, Sharon Hatfield of Charleston, West Virginia, Sabrina Scott of Paintsville, and Jennifer Reed of Stroh, Indiana; 19 grandchildren, and 29 great-grandchildren.

In addition to his parents, he was preceded in death by his brothers: Lacy, Otis, Elbert, Hebert, Robie, Ellis, and Russell Scott; and sisters: Virgie Watkins, Nancy Scott, and Gracie Scott; and one grandson, Larry Willard Patton.

Funeral services will be conducted Thursday, September 23, at noon, at Nelson-Frazier Funeral Home, Martin, with Bethel Bolen, Willie Crase, Brent Tackett, Neil Martin, and Larry Douglas Patton officiating.

Burial will be in the Scott Cemetery, Stone Coal, Garrett.

Visitation is at the funeral home, with 7 p.m. services, nightly. (Paid obituary)

Carolyn Rae Hicks

Carolyn Rae Hicks of Prestonsburg, wife of Steven Hicks, mother of David John Hicks and Shannon Elizabeth Hicks, passed away, on Tuesday, September 21, 2004, as a result of colon cancer.

She was born February 26, 1954, in Bluefield, West Virginia. She was the second child of Lois and Raymond Harman.

Her absence will leave a large gap in the lives of her friends and family. She will be missed by many, which is the best gauge of a life well used in the love and care of others.

She faced her final challenge with the courage and confidence that only true faith in God could provide.

Visitation will be 5-9 p.m., Wednesday, September 22, at Carter Funeral Home, with a memorial service at 7:30 p.m., by minister Jim Sherman of the First Christian Church of Prestonsburg.

Additional visitation will be Thursday, September 23, 6-9 p.m., at Dudley Memorial Mortuary in Bluefield, Virginia.

Burial will be Friday, September 24, at 11 a.m., at Grandview Memory Gardens, Bluefield, Virginia.

Contributions are to be made to the First Christian Church of Prestonsburg.

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

Carol Fraley Webb

Carol Fraley Webb, age 79, of Prestonsburg, wife of the late James Webb Jr., passed away, Sunday, September 19, 2004, in Riverview Health Care Center, Prestonsburg.

She was born April 14, 1925, in Wayne, West Virginia, the daughter of the late Cleveland Fraley and Pearl Toney Fraley. She was a member of the Rising Sun Ministries of Allen.

Survivors include four daughters: Carol Jean (Blake) Woods of Blue River, Brenda Kay (Rod) Wells of Van Lear, Donna Lynn (Paul Hunt) Thompson of Wheelwright, and Barbara Anne (Eddie) Shepherd of Prestonsburg; 11 grandchildren, 25 great-grandchildren, and four step-grandchildren.

In addition to her husband and parents, she was preceded in death by two brothers: Lyle Fraley and Roby Fraley; and one sister, Imogene Tabor.

Funeral services for Carol Fraley Webb will be conducted Wednesday, September 22, at 2 p.m., at the Hall Funeral Home Chapel, Martin, with Clergyman Danny Curry officiating.

Burial will follow in the Grace Allen Webb Cemetery, at Allen, under the professional care of the Hall Funeral Home.

Visitation is at the funeral home. (Paid obituary)

Albert Whitaker

Albert Whitaker, age 90, of East Point, passed away, Wednesday, September 15, 2004, at Highlands Regional Medical Center, following an extended illness.

He was born April 16, 1914, in Magoffin County, the son of Caleb Whitaker and Zella Rice Whitaker, both deceased. He was a veteran of the United States Army and a member of the Pentecostal Church at East Point.

In addition to his parents, he was preceded in death by his first wife, Mable Greer Whitaker.

He is survived by his wife, Betty Griffith Whitaker; a step-daughter, Glenna Combs; a step-grandson, Terry Cesco; several cousins, including: Josephine Whitaker and Johnny Whitaker of East Point; and special friends: Mary Ann and Buford Sturgill of Sturgill Funeral Home, Wise, Virginia.

Services were held at 11 a.m., Saturday, September 18, at Carter Funeral Home, with minister Richard Kelley, of the Church of Christ of Prestonsburg, officiating.

Burial was at the Whitaker Cemetery, at East Point.

Pallbearers were: James Collins, Curt Jervis, Herbert Whitaker, Kenneth Robinson, Don Wilcox, Joe Ryan and Robert Boggs.

Arrangements were entrusted to Carter Funeral Home of Prestonsburg. (Paid obituary)

Dennie Ray (Dutchie) Crace

Dennie Ray (Dutchie) Crace, 60, of Dwale, died Monday, September 20, 2004, at St. Joseph Hospital, in Lexington.

Born August 3, 1944, in Magoffin County, he was the son of the late Estill Douglass Crace and Edna Mae Adams Sammons; and step-son of Bennie Sammons of Martin.

Other survivors include: one son and daughter-in-law, Douglass and Jackie Crace of Allen; one brother, Billy Joe Crace of Martin; sisters: Judy Kidd and Linda Bentley, both of Allen; and Rita Blackburn of Prestonsburg; his ex-wife, Inis Hale Crace of Prestonsburg; and grandchildren: John Douglass Crace, and Katina Agripina Crace.

In addition to his parents, he was preceded in death by one brother, Estill Crace; and a sister, Patricia (Trish) Blackburn.

Funeral services will be conducted Thursday, September 23, at 2 p.m., at the Nelson-Frazier Funeral Home, Martin, with Larry Adams and Paul Aiken officiating.

Burial will be in the Davidson Memorial Gardens, at Ivel.

Visitation is at the funeral home. (Paid obituary)

CAMP MEETING
Friday & Saturday, Sept. 24 & 25 — 7 p.m.
Sunday, Sept. 26—10 a.m.
Speaker: Joe Gridler,
Superintendent Assemblies of God
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Card of Thanks

The family of Juanita Hall would like to extend our heartfelt appreciation to all those who helped in any way during the loss of our loved one. We appreciate all the food, flowers, prayers, and all the acts of kindness shown to our family. A special thanks to the Regular Baptist ministers for their comforting words, the Little Rachel Regular Baptist Church for all the kindness shown to our family, the Sheriff's Department for their assistance in traffic control, and the Hall Funeral Home of Martin, Ky., for their kind, professional, and courteous service.

THE FAMILY OF JUANITA HALL

Card of Thanks

The family of Delcie Napier Gayheart would like to express their sincere thanks to the many friends and neighbors who gave so generously of their time, condolences, prayers, and support, during our time of grief. We are so grateful for the loving care which she received at Our Lady of the Way Hospital during her numerous stays. We are also very appreciative of the many cards, calls, flowers, and donations which have been made, the professional service provided by Hall Bros. Funeral Home, and the gifts of food prepared by friends, family, and members of her church, and Third Avenue Freewill Baptist Church. Special thanks to Reverend Roy Harlow of the Graceway United Methodist Church, Tom and Josh Martin, Warren Blanton, members of the Eastern Star, Betty Frasure, Bill Lanman, and Shirley Wilkinson for making her services inspirational and comforting.

Prayerfully, THE GAYHEART FAMILY

Card of Thanks

The family of James "Bub" Gayheart would like to extend their appreciation to all those friends, neighbors, and loved ones, who helped to comfort them during their time of sorrow. Thanks to all those who sent flowers, food, or just spoke kind words. We would like to send a special thanks to Clergyman Denver Meade for his comforting words, the Old Time Baptist Church, for all the love and support shown to our family, the Sheriff's Department for their assistance in traffic control, and the Hall Funeral Home for their caring and professional service.

THE FAMILY OF JAMES "BUB" GAYHEART

Card of Thanks

The family of Phillip Marty Johnson would like to extend our heartfelt appreciation to all those who helped in any way during the loss of our loved one. We thank you for the flowers, food, and all the kindness expressed. A special thanks to Clergyman Louis Ferrari, and the Wheelwright Freewill Baptist Church, for all the love and compassion shown to our family, the Sheriff's Department for their assistance in traffic control, and to the Hall Funeral Home for their kind and professional service. All your thoughts and prayers will never be forgotten.

THE FAMILY OF PHILLIP MARTY JOHNSON



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Letters

administration is well-known for its retribution against those who disagree with it.

Mr. Bush went with hat in hand today to the United Nations. Two years ago, Mr. Bush stated that the UN "may have lost its relevance" in today's world. But today, Mr. Bush was supposedly asking for help in Iraq. However, his request was phrased in the format of a fear-laced lecture. Needless to say, the only

applause he received during his 24-minute speech was at the end of it. No one at the UN — other than the British, Poles, and Aussies — trusts Bush's actions in Iraq.

The world does not agree with Mr. Bush's actions in Iraq. And now, Republicans are going public with their concerns.

Does Mr. Bush get it? Do the American voters?

John Dukovich
McLean, Va.

Ideas

Jody Richards weighing in on it.

In the statement, Richards criticized the governor and said the GOP proposal had many of the same elements already proposed by House Democrats.

"It is obvious that Gov. Fletcher's insurance plan is so disturbing to teachers and state employees that members of the governor's own party in the Senate can no longer embrace it," Richards said in the statement.

Hours before the Kentucky Education Association voted to give Fletcher the ultimatum, the governor continued to blame past gubernatorial administrations for state employees' current predicament.

"What makes this situation

even more frustrating is that the problem of escalating health care costs has been neglected for so long by previous administrations," said Fletcher, who took office after more than three decades of Democratic governors.

Meanwhile, state Rep. Robin Webb, D-Grayson, has already scheduled a news conference for Tuesday during which she's supposed to outline plans for a statewide self-funded health insurance plan for teachers and state employees. Webb is facing a Republican challenger for her seat in November.

Joe Biesk is a statehouse reporter for The Associated Press.

Fish

Frey said surveys of fishermen suggests that the Tug Fork has nearly as many fish now as it did before the spill. The fish, however, are younger and not as large. He said Coldwater and Wolf creeks also have rebounded well, thanks in large part to numerous floods that have

occurred over the four-year period.

"The flooding has been bad for homeowners, but it has been good for restoration of the streams," he said. "If we had had dry weather, what has taken four years to achieve might have taken 10."

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*In Remembrance of a
Loving Father*
Tony Lee Travis
April 13, 1958
September 23, 1998



Dad,
I miss you every day.
I will always remember your words of wisdom to me:
"Live simply, laugh often, love deeply. Don't ever give up your dreams.
Find them, cherish them, and never let them go."

Your loving daughter,
Heather Danielle Travis

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Community Calendar

Calendar items will be printed as space permits

Editor's note: To announce your community event, you may hand-deliver your item to The Floyd County Times office, located at 263 S. Central Avenue, Prestonsburg; or mail to: The Floyd County Times, P.O. Box 390, Prestonsburg, KY 41653; or fax to 606-886-3603; or email to: features@floyd-countytimes.com. Information will not be taken over the telephone. All items will be placed on a first-come, first-serve basis as space permits

40 Days of Purpose at Paintsville Methodist
Paintsville First United Methodist Church announces the national simulcast of the 40 Days of Purpose event on Saturday, October 9, at 7:00 p.m. This video presentation will take place at the Church, 505 Main Street, Paintsville. All who attend will receive a free copy of The Purpose-Driven Life, by pastor and best-selling author, Rick Warren. This will begin 40 days of study to answer the question, "What on Earth am I here for?" For more information, contact the church at 606-789-4354.

Mud Creek Srs. Fundraiser
Friday, Oct. 1, 8 a.m. to 3 p.m., at Mud Creek Senior Citizens Center. Yard sale and bake sale. Hot dogs, chicken and dumplings, beans, cornbread and more. Community may participate. Call 587-2507 for more information.

Pancake Breakfast & Yard Sale
The Maytown Volunteer Fire Department Ladies Auxiliary will hold a pancake breakfast and yard sale on Saturday, October 2, from 8 a.m. until 11 a.m., at the Maytown Fire Station. Proceeds will benefit the "Christmas for the Needy" fund.

Apple Baby Contest
In conjunction with the Kentucky Apple Festival, Paintsville. Contest to be held on Sunday, Sept. 26. Boys and girls age 1 thru 23 months.

Apply by Sept. 23, at Big Sandy Drug, Main Street.

Camp Nathanael Family Day
Sept. 25, beginning at 3 p.m. Various activities including pony rides and hayrides. At 4:30, clowns from the Big Creek Clowning Ministry. The day will end with a cook-out supper in Camp Nathanael's picnic pavilion. FREE activity - come join the fun!

Martin Co. Harvest Festival Cuties & Beauties Pageant
Friday, Oct. 8, 5 p.m. Fall casual wear for all contestants age 0-12 years. Pageant dresses, age 13-up. Pageant will take place in the Roy F. Collier Community Center, at Inez. All proceeds to go to Inez Volunteer Fire Dept. Entry fees required. Pick up applications at Threads Embroidery, Martin Co. Clerk's office, or call Wendy Gauze at 298-0020 or 298-4850.

Feast of Tabernacles 2004
To be hosted by Church of God, Worldwide Ministries, Sept. 30 thru Oct. 7, at Holiday Inn South, Exit 104/I-75, in Lexington. More info., call (606) 549-4655, or see www.cogw.org.

Board of Health meetings
The Floyd County Board of Health will hold regular meetings the 2nd Tuesdays of December, 2004, and March, June and September, 2005. Meetings will be held in Prestonsburg, at 144 N. Front Avenue, at 6:30 p.m.

Art in the Park
44th annual event to be held Saturday, Sept. 25, at Ashland Central Park. Open to all Tri-State area artists, age 18 or older. Contact Ashland Comm. & Tech. College for more info.

NYC Bus Trip
A trip, by bus, to New York City, has been scheduled for Nov. 26-28. For more info., or to sign up for the trip, contact Ed or Linda Senig at 452-9564.

"Bluegrass for Education"
Charlie Sizemore Concert featuring 5 Miles from Nowhere, Saturday, Oct. 9, at 7 p.m., Mt. Arts Center. Proceeds to benefit Big Sandy Comm. & Tech. College.

Auxier Lifetime Learning Center
Sept. 29, Oct. 6, 13, & 20 - Super Pantry "Stars in the Kitchen." 9:30 a.m. to 1:30 p.m. Learn life skills, low-fat cooking and new recipes. Cook and eat lunch. WIN: Door prizes and bag of groceries each week.

■ GED classes - Tuesdays, 10 a.m. to 4 p.m., and Thursdays, 8:30 a.m. to 4 p.m. Later times may be arranged - call office to make arrangements.

■ Computer classes - To begin Sept. 13. Basic computer: Mondays, 10 a.m. to 12 p.m. & 6-8 p.m.; Tuesdays, 10 a.m. to 12 p.m. & 6-8 p.m.

■ Intro. to Microsoft Office - Wednesdays, 5-7 p.m.

■ Computer Keyboarding - Fridays, 1-3 p.m.

■ Craft/Sewing Club - Mondays, 9 a.m. to 2 p.m.

■ Creative Sewing - Mondays, 6-8 p.m.; Thursdays, 9 a.m. to 12 p.m.

For more information about these activities and class fees, call 886-0709.

Free Body Recall classes
Free Body Recall Exercise Classes will be held Monday, Wednesday, and Friday, at 9:30, at the Presbyterian Church in Prestonsburg. Classes are held Monday, Wednesday, and Thursday, at 11 a.m. at the old R & S Building. Classes are offered by the Floyd County Health Department. Call the health department, 886-2788, for more information.

'Earn While You Learn'
The Big Sandy Area C.A.P. office is taking applications for its "Senior Training Program." You must be 55 or older to apply. In Floyd, call 886-2929; Johnson, call 789-6515; Magoffin, call 349-2217; Pike, call 432-2775; and in Lawrence, call 638-4067.

Get your high school diploma based on life experience
Through the External Diploma Program, KY residents age 25 or older, can earn a regular high school diploma by demonstrating skills learned on the job or in raising a family. Flexible scheduling provided, confidentiality respected. For more info., call the Carl D.

Perkins Rehabilitation Center at 789-1440, ext. 160 or 168, or toll-free at 1-800-443-2187. Sessions available at the Mullins Learning Center, Tuesday nights, beginning at 4:30 p.m.

"Looking For a Support Group?"

■ **Alzheimer's Association Care-giver Support Group** - Meets on the second Tuesday of each month at the First Presbyterian Church (near Jerry's Restaurant), at 7 p.m. For more info., call Dana Caudill at 886-0265.

■ **Alzheimer's Association, Eastern KY Regional Office** - 24-hour Helpline, call 1-800-272-3900 for emotional support, local resources, and other information.

■ **Fibromyalgia Support Group** - Meets first Tuesday of each month at 6 p.m., at the Betsy Layne Senior Citizens Building, on the Pike-Floyd Hollow Road (just above the Betsy Layne Fire Dept.). For more info., call Sharon at 478-5224, or Phyllis at 874-2769.

■ **MS Support Group** - Meets third Monday of each month at 7:00 p.m. at the Seton Complex, Martin. Offers group support for MS patients and their caregivers.

■ **Overeater's Anonymous (O.A.)** - Meets each Monday, at 3:30 p.m., at the St. Martha Catholic Church, Water Gap Road. For more info., call 886-2513.

■ **US TOO! Prostate Cancer Survivors Support Group** - For all men with prostate cancer and their families. Next meeting, Thursday, Sept. 16, at 6 p.m., at Ramada Inn, in Paintsville. Meeting will begin with dinner, followed by presentation. This month's focus will be on "Humor as a Healing Agent."

■ **Community Weight Loss Support Group** - To meet Thursday's at 6:30 p.m., at the

Martin Community Center, beginning Feb. 5. For more info., call 377-6658. Those who have had gastric bypass surgery most especially welcome to attend. Meetings being offered as support to anyone needing extra support in dealing with weight loss.

■ **Domestic Violence Hotline** - 24-hour Crisis Line manned by Certified Domestic Violence counselors. Call 886-6025, or 1-800-649-6605. Remember, "Love Doesn't Have to Hurt."

■ **Kentucky Baptist Homes for Children** - Free, confidential assistance for unplanned pregnancy concerns. Talk with someone who cares about you and your baby. Call 1-800-928-5242.

■ **Disabled?** - You may be eligible for grant money to assist in your daily living. For an application or more information, call 886-4326.

■ **A.S.K. (Adoption Support for Kentucky)** - Support group for all adoptive parents (public, private, international, and kinship care), foster

parents and all others interested in adoption. To meet the 2nd Thursday of each month, at Pizza Hut, in Prestonsburg. For more information, contact Nelva Skaggs, adoptive parent liaison, at Blueboy@foothills.net.

■ **East Kentucky S.T.A.R.S. Homeschoolers** - Will hold monthly meetings at the Paintsville Recreation Center. For more information, call Trudy at 889-9333, or 297-5147. Everyone welcome.

■ **Narcotics Anonymous (NA)** - Each Wednesday, from 7-8 p.m., in the Atrium Conference Room, 2nd floor, May Tower, Pikeville Methodist Hospital. For more info., contact Chris Cook at 606-433-1119 or christophercook@hotmail.com.

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Sunday, October 10, 2004
For Boys: 0-24 months & 3-5 years
Starting time is 12:30
Girls: 2-3 years & 4-5 years; Starting time is 3:00
at the
Martin Community Center in Martin
Registration Day will be
October 6, at 6:00 p.m.
For more information, contact
Imaje Robinson
at 606-285-9569

Poll: Kentucky voters strongly in favor of gay marriage ban

The Associated Press
LOUISVILLE — Likely voters surveyed for a new poll are overwhelmingly in favor of a proposed constitutional amendment that would ban civil unions in Kentucky and define marriage as being between a man and a woman.

The Bluegrass Poll, conducted by The Courier-Journal and published Tuesday, showed 72 percent of likely voters support the amendment, which will be on the ballot on Nov. 2. Twenty-two percent were opposed and 6 percent were undecided.

The poll questioned 657 voters by telephone from Sept. 10 to 15. The margin of error was 3.8 percentage points.

Backers of the amendment come from every region of Kentucky, every age and racial group and almost every religious category, as well as from Republicans, Democrats and independents.

Support for a similar federal constitutional amendment was nearly as strong — 68 percent in favor compared with 26 percent against.

Support for the state amendment differed only by degree in different categories — for example, with more support in eastern Kentucky (82 percent) than Jefferson County (65 percent); among Republicans (84 percent) than Democrats (67 percent) and independents (52 percent); and among born-again or evangelical Christians (82 percent) than among others (59 percent).

One group where a majority — 55 percent — appeared to

oppose the amendment was a small combined category that includes those with no religious belief and followers of various religions with smaller numbers of followers in the state.

Eighty-two percent of people 50 and older supported the amendment, compared with 53 percent of adults under 35.

Those who said they personally knew someone who was gay or lesbian supported the amendment by a lower margin — 56 percent in favor — than those who did not — 83 percent in favor.

Percentages based on subsamples are subject to a higher potential margin of error.

Water

Continued from p8

He said that most streams in the Big Sandy and Little Sandy basin in eastern Kentucky are polluted, mostly from runoff sediment.

"People don't realize how important clean water is until ... we don't have clean water for drinking, or we don't have clean water for swimming," Petersen said.

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Audit of state 'procurement cards' finds little abuse

by JOE BIESK
ASSOCIATED PRESS

FRANKFORT — A Kentucky program designed to streamline some purchases in state government exposed the state to unnecessary risk, but there was little evidence of widespread abuse, state Auditor Crit Luallen said Monday.

Despite initial suspicions that the state "procurement cards" were being abused by state workers, there was little evidence to support that notion,

Luallen said of the program that started when she was Executive Cabinet secretary under former Gov. Paul Patton.

"If someone had wanted to really take advantage of this program, the opportunity was there," Luallen said. "But in our work, we did not uncover rampant abuse of the program, only incidental abuse."

"ProCards" were aimed at saving the state money by reducing paperwork and increasing productivity, Luallen said. They were particularly

designed to be used when something was needed quickly.

But state officials confiscated nearly 300 of the cards from state employees in March, on suspicions they were being abused. That left 74 active cards throughout the state, Fletcher

administration officials said at the time.

However, out of more than 3,800 transactions reviewed for the new audit, six were found to be "personal misuse" totaling about \$245. Each of those was repaid to the state, Luallen said.

"We found no evidence that there were millions of dollars being wasted through the ProCard program," Luallen said. "In fact, it was saving money because it was a cost-effective way of making purchases that were meant to be made anyway."

The six improper transactions uncovered by the audit: doughnuts, a purchase at an adult bookstore, two gasoline

buys, a personal clothing item and a framing at a gallery, said Brian Lykins, a division director

(See **AUDIT**, page thirteen)

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Fletcher says more retired teachers to get more money

The Associated Press

FRANKFORT — Retired teachers will be getting a cost of living increase to help them cope with the state's new health insurance rates next year, Gov. Ernie Fletcher said Tuesday.

The governor called a morning news conference to announce the pension raises, which he said would help about 36,000 retired classroom teachers and other certified school employees. The plan was expected to cost the state about \$4 million for the current fiscal year, Fletcher said.

"The intent of the increase clearly is to help retired teachers address the increase in cost of health care," Fletcher said.

Previously Fletcher had

announced that teachers, school employees and state workers would get an extra 1 percent raise, beyond their scheduled 2 percent raise, to help offset the added premium costs they were facing with the new health plans. That was estimated to cost about \$19.8 million.

However, the governor said he thought retired teachers were being hurt by the proposal because they were not getting a similar cost of living increase.

This income boost for retired teachers would go into effect as part of the state's next temporary spending plan, scheduled to start Oct. 1, state budget director Brad Cowgill said. However, it will be retroactive to July 1, the start of the current state fiscal year.

Prison replaces warden after riot

The Associated Press

BEATTYVILLE — The warden at the eastern Kentucky prison where a riot took place a week ago has been replaced.

Corrections Corporation of America, which runs the Lee Adjustment Center for the Kentucky Corrections Department, said Monday it had replaced the warden who was in charge during the uprising.

Randy Stovall, who has served the last three years as warden at another Kentucky prison operated by CCA, will take over immediately.

"We elected to make the change to make it very rapidly so we could normalize operations as quickly as possible and move forward," said Louise Chickering, spokeswoman for

CCA.

Former warden Randy Eckman, who has not been blamed for the incident, will be transferred to another job within CCA, Chickering said.

Prison officials said the riot followed a dramatic increase in inmates and cutbacks in privileges such as free time outdoors.

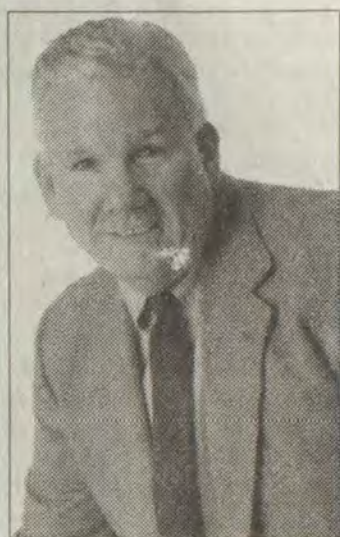
But Corrections Corporation of America does not believe those factors explain the riot in which inmates set two buildings on fire, Chickering said.

Of the nine inmates who officials said started the fires, five were from Kentucky and four from Vermont.

Prison officials are still investigating the uprising and expect to file criminal charges against the inmates responsible in the coming days, she said.

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Ask Dr. Jain

by Kirti Jain, M.D. Hematology Oncologist
Medical Director of Highlands Cancer Center

Q After hearing on TV that I could lower my risk of heart attacks, stroke, colon and breast cancer by taking aspirin and ibuprofen, I have started taking a tablet of each daily. I also take vitamins and herbs. My daughter says I should talk to my doctor about these medications. They are sold without a prescription, aren't they safe to take as directed on the label?

A You raise a very good point. Even though something is sold over-the-counter, without a prescription, there are still risks and side effects. Some medications, herbs, nutritional supplements and even vitamins can cause serious problems and interfere with the prescription medication you are taking.

Aspirin and ibuprofen each affect your blood clotting and can cause stomach problems. Do not take both medications. Some people benefit from taking low dose aspirin every day, but it should be prescribed by their doctors. Do not take any medication, even herbs, on a routine basis without talking with your doctor.

Many herbs can increase your risk of bleeding and interfere with blood thinning medications. Green tea, Feverfew, Garlic, Ginseng, Ginkgo Biloba, and Vitamin E can increase bleeding and should not be taken if you are taking blood thinning medication, bruise easily or are taking chemotherapy. Goldenseal, Ginseng, Licorice and Vitamin E can increase blood pressure and cause serious problems for some people. St. John's Wort and Ginseng can interfere with heart medications.

These are only a few of the problems that can be caused with herbs. The Mayo Clinic has a list of herbs and interactions with medication on their website www.mayoclinic.com <<http://www.mayoclinic.com>>. Check the website to see if you are taking anything that might cause problems for you. Ask your doctor or pharmacists before taking any over-the-counter medication, herbs, nutritional supplements, or vitamins.

Many diseases can be prevented. Eating a healthy diet with five servings of fruits and vegetables will provide the necessary vitamins and minerals needed for health. Maintaining a healthy weight with exercise is important in preventing diseases such as cancer, heart disease and diabetes. Protecting your skin from the sun damage wearing hats and sunscreen is also important in preventing wrinkles and skin cancer. The American Cancer Society has information on prevention and early detection of cancer at www.cancer.org <<http://www.cancer.org>>.

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Governor's Office for Local Development calls for recreational trail grant applications

FRANKFORT — The Governor's Office for Local Development (GOLD) is accepting grant applications for the 2005 Recreational Trails Program.

GOLD Commissioner Darrell Brock said Kentucky will receive approximately \$900,000 from the Federal Highway Administration for Fiscal Year 2005 to create public trails for recreational activities such as walking, hiking, jogging, and biking.

"This grant program is aligned perfectly with Governor Fletcher's 'Get Healthy Kentucky Initiative,'" said Brock. "According to the Kentucky Obesity Epidemic 2004 report, which documents the extent and consequences of obesity in the state, we need to

build communities in ways that encourage families to be active together and provide easily available, affordable and enjoyable physical activity opportunities.

"The Recreational Trails Program provides local governments and non-profit agencies with money to do just that: construct and promote family-oriented exercise trails," added Brock.

City and county governments, state and federal agencies, and non-profit organizations are eligible to apply for the grants. The Kentucky Trails Advisory Committee, made up of individuals with different recreational trails backgrounds, reviews the applications, and makes funding recommendations.

The maximum grant request is \$50,000 and the minimum is \$2,500. Project sponsors are required to contribute at least 50 percent of the total project costs through cash, donations, or in-kind services.

Applications are available through GOLD and the state's 15 area development district offices. The deadline for applying for Recreational Trails

Program grants is October 1, 2004. For additional information on applying for these grant funds, you may contact Jodie McDonald at (800) 346-5606.

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Bunning, Mongiardo scheduled to debate

The Associated Press

LOUISVILLE — U.S. Sen. Jim Bunning and Democratic challenger Daniel Mongiardo are scheduled to debate on Columbus Day, but Bunning's campaign said Mongiardo has not agreed to proposed terms.

The one-hour debate is slated for 2:30 p.m. on Oct. 11 at WKYT studios in Lexington. Longtime political reporter Bill Bryant will be the moderator.

On Tuesday, Mongiardo campaign manager Kim Geveden said the Hazard physician has agreed to debate Bunning, "although some minor details remain to be worked out."

Bunning had suggested that no audience be present and that both candidates agree not to use footage of the exchange in campaign commercials.

David Young, Bunning's

campaign manager, said Tuesday Mongiardo's campaign has "not agreed to our debate proposal."

The debate will be broadcast on an undetermined date, Bryant said. It will air on WKYT and on sister stations WBKO in Bowling Green and WYMT in Hazard.

Geveden estimated the broadcast will reach less than half of Kentucky, and she criticized Bunning for trying to limit the number of people who will see it.

"Senator Bunning continues to show his arrogance by refusing to engage in statewide debates," she said.

Bryant said the format is set, but he would not specify what it was.

"It's very structured," he said. "It might more directly be called a forum."

Audit

Continued from p12

for Luallen. All the purchases were repaid within a month of having been made, Lykins said.

Overall, the audit found there were 820 instances when a transaction seemed appropriate, but auditors were unable to determine whether the actual cardholder or someone else made the purchase, Luallen said. There were more than 260 instances where transactions were not properly documented, and another 50 where the sales were split because they would have exceeded payment limits, she said.

Each card had different payment limits, some reaching into the thousands, Lykins said.

Auditors also found 28 occasions where the cards had not been canceled after the cardholder left a state agency.

Luallen's office began scrutinizing the "procurement card," program after Gov. Ernie Fletcher requested a formal audit in March.

Top officials in the adminis-

tration previously had suspected the program was rife with abuse and imposed new limits on how state employees could use the card.

Former state Auditor Ed Hatchett's administration had started a similar audit but did not complete it, Luallen said. Some of the information contained in the new report was based on the previous draft document, she said.

Jeannie Lausche, Fletcher's spokeswoman, said Commerce Secretary Jim Host was reviewing the audit results and did not have an immediate comment.

Auditors made more than 100 recommendations on how to improve use of the cards. Among other recommendations, auditors said employees who misuse the cards should face disciplinary action and every purchase should be properly documented.

Future state audits would include a review of state procurement cards, Luallen said.

Raven Rock Estates

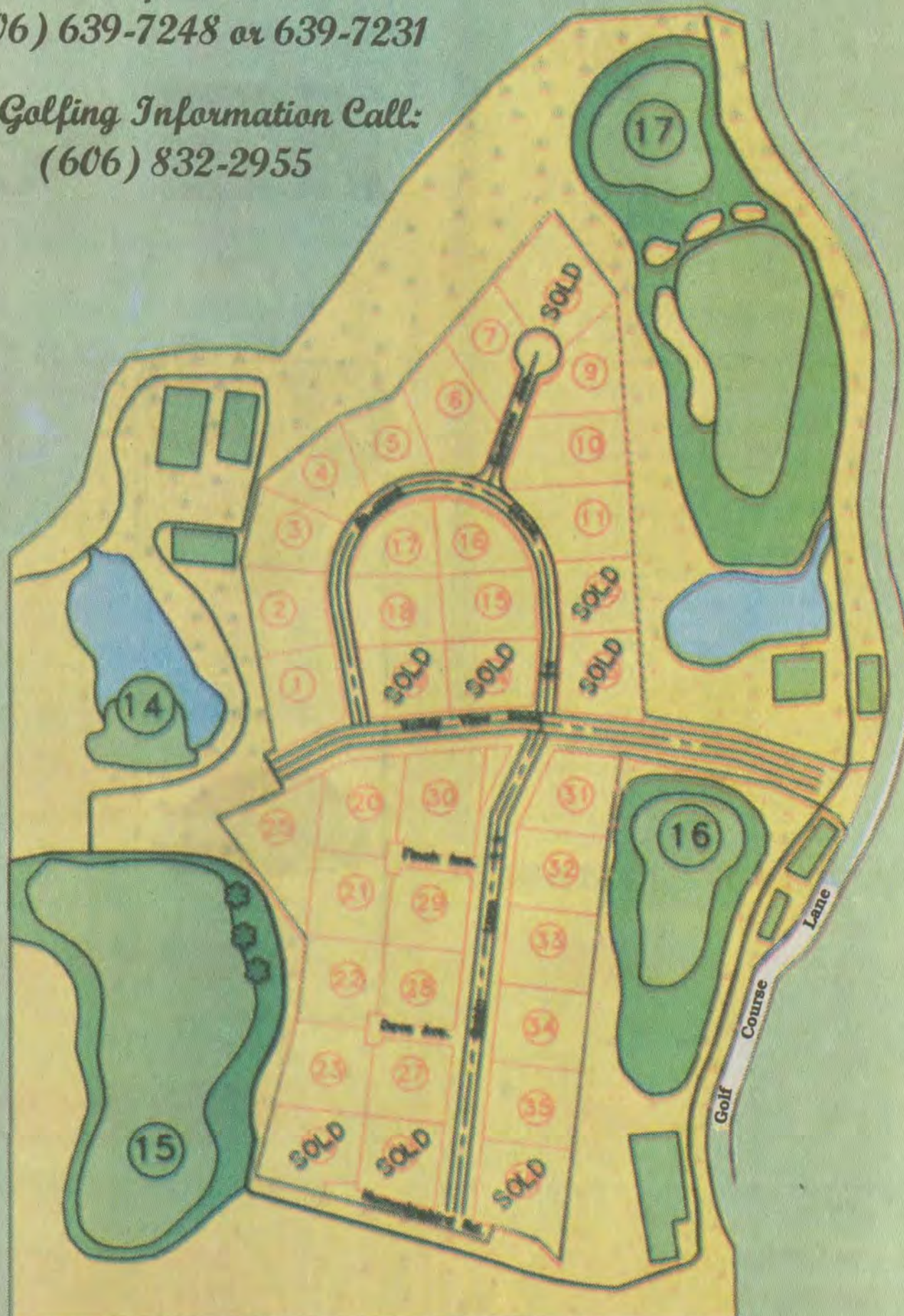
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Goats are a growing business in state

FRANKFORT — Gruff or not, billy goats and female goats are bringing high dollar for their meat in today's market, state lawmakers were told Monday.

Kentucky Office of Agricultural Policy Deputy Director Brian Furnish told members of the Tobacco Settlement Fund Agreement Oversight Committee that the sale of meat goats averaged around \$1.15 per pound. Prices for some bucks averaged

between 65 cents and \$1.09 per pound in the Louisville market last week, according to the state Department of Agriculture Web site.

Beef prices, in comparison, were \$1.25-\$1.35 per pound for light steers and 96 cents to 1.05 per pound for heavier steers, the Web site showed.

Furnish said goat production has soared since the mid-1990s, when Kentucky's goat herd was estimated at 6,000. Now the herd is estimated at 150,000

statewide.

That makes Kentucky the second-largest goat meat producer behind Texas, Furnish said.

The growing market is diversifying Kentucky's agricultural economy once based primarily on tobacco. Development of a goat slaughter facility in tobacco-dependent Garrard County is one project that is now pending, said Furnish.

Much of the demand for Kentucky goat meat is in the

Northeastern U.S. where it is popular among the region's large Islamic population.

"So far the demand's been good," said Furnish. "Some thought it would be a breeder's market, but so far it's not," he said, adding that the market has sustained itself the past three years.

The news pleased Rep. Tom McKee, D-Cynthiana, who represents a large farming region.

"I knew we'd made great strides," McKee replied.

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Meeting to discuss local highway safety

FRANKFORT — The Kentucky Transportation Cabinet's Division of Driver Safety and its Drive Smart Kentucky Program announced Tuesday that a U.S. 23 Highway Safety Corridor Meeting will be held Sept. 23, at 10 a.m. at the Department of Highways District 12 office in Pikeville.

The Drive Smart Kentucky campaign goal is to reduce fatalities, injuries and property damage crashes throughout the state, with a focus on targeted corridors with a higher than average number of crashes. The meeting is to direct efforts toward a local team concept along U.S. 23 in Letcher, Pike, Floyd, Johnson,

and Lawrence counties.

Meeting with Transportation Cabinet officials will be representatives from the Area Development Districts, local government officials, local law enforcement agencies, Kentucky State Police, Kentucky Vehicle Enforcement, schools, emergency responders, and other safety advocates.

Boyd Sigler, the cabinet's Highway Safety Operations Manager, said, "This program is to reduce fatalities and injuries along the U.S. 421 corridor through a data-driven process which is a part of the Transportation Cabinet's Highway Safety Management

System. It will identify statistical data such as seatbelt usage rates, collision data, citation data and other traffic safety information to develop goals and strategies and create implementation plans. These plans

will include engineering, enforcement, education and emergency response efforts. Similar plans will be used along other identified corridors in each of the Transportation Cabinet's highway districts."

Work on Abner Mountain reduces traffic to one lane

Greg Tackett, engineering technician for Highway District 12, said that work on Abner Mountain Road from the Floyd County line to Indian Creek Road in Pike County will take about four to six weeks, depending on the weather.

Signs were set a week ago, and work is already under way.

Mountain Enterprises, the contractor for the project, will

make ditchline improvements and replace drain pipe along nearly two miles of Route 122 near the Floyd County line.

"There will be one-lane traffic a majority of the time during the day and short delays can be anticipated," Tackett said. "Delays will be kept to a minimum, and we want to thank motorists in advance for their patience and understanding as we work to upgrade this road."

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INSIDESPORTS

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Kentucky High School Volleyball

Coaches Association 15th Region Rankings

1. Belfry; 2. Betsy Layne; 3. East Ridge (tie); 3. South Floyd (tie); 5. Magoffin County (tie); 5. Prestonsburg.

INSIDESTUFF

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Blackcats regroup in a big way after Pikeville loss

by STEVE LeMASTER
SPORTS EDITOR

It's not whether you get knocked down, it's whether you get up.
— Vince Lombardi

PRESTONSBURG — Losing to rival Pikeville in the Pike County Bowl was a tough pill for Prestonsburg High coaches, players, boosters and fans to swallow. The Blackcats were shutout in the season-opening game as the host Panthers held the visiting team out of the endzone and won 14-0. But instead of dwelling on the loss, Prestonsburg instead went back to work. The Blackcat coaching staff, led by Prestonsburg head coach John DeRossett, went back to many of the basics in an offweek following the loss to Pikeville. Now, some four weeks later, Prestonsburg is 3-1 following wins over Class 3A opponents Bell County, Lawrence County and Ashland. Prestonsburg could have taken the loss to Pikeville to heart. Well, maybe it did.

"I'm proud of my boys," said DeRossett, following Friday's win over Ashland. "They have worked hard."

The Blackcats got it done in a win over Ashland on a wet, sloppy playing field.

In its last three games, the Prestonsburg team on the field hasn't shown much resemblance to the squad that took to the turf in the season-opener versus Pikeville. Both the Blackcat offensive and defensive units have grown over the past three games, looking worlds different from the groups that took the field against Pikeville.

In four games the Blackcat offensive unit has rushed for 848 yards. The Prestonsburg offense has passed for another 375 yards.

Senior running back Joe Blackburn leads the Prestonsburg ground game. In four games, Blackburn has rushed 80 times for 520 yards and five touchdowns. Junior Brenton Hamilton has taken 37

(See BLACKCATS, page two)

Johnson Central improves to 4-0

TIMES STAFF REPORT

WILLIAMSBURG — Johnson Central improved to 4-0 Saturday, beating Whitley County 14-7. The Golden Eagles, now coached by Jim Matney, posted a 1-9 record last season. Johnson Central has won just five games in the past three seasons, but is now drawing statewide attention, much like it did in 2000 when it posted a perfect 10-0 regular-season record.

Junior speedster Ron Blume put Johnson Central on the scoreboard first Saturday, finding the endzone on a 64-yard touchdown run. After a James Barrett extra-point kick, Johnson Central led 7-0.

The Golden Eagles led 7-0 at the end of the first quarter. Whitley County hit for its first score of the game with 3:21 remaining in the second quarter. Ladale Rider, who came into the game leading

(See JCHS, page two)

Stumbo Lady Mustangs win Right Beaver Classic

TIMES STAFF REPORT

EASTERN — The John M. Stumbo Elementary Lady Mustangs recently had to take on some of the best teams in Floyd County in one of the area's top grade school/middle school girls' basketball tournaments. But in the end, Stumbo captured the coveted Right Beaver Classic championship. The first game of the tournament pitted Stumbo against Betsy Layne. Stumbo edged Betsy Layne, winning 32-31.

In the win over Betsy Layne, Amby Tackett led Stumbo in scoring with 15

points. Lindsey Martin had seven points, Keturah Tackett tossed in five and Stephanie McKinney chipped in three. Faith Reynolds added two points for the winning team.

Jordan Hamilton pulled down 10 rebounds for Stumbo in the winning effort.

In its second game of the tournament, Stumbo downed Adams, winning 33-27. In the win over Adams, Martin paced the Lady Mustangs, netting 15 points. Amby Tackett scored nine and Hamilton tossed in four. McKinney flipped in three and

(See JMS, page three)

Neon no match for Allen Central

by STEVE LeMASTER
SPORTS EDITOR

EASTERN — Allen Central won its second game in a row Monday night. The Rebels, playing at home, walloped Fleming-Neon 54-14 in a game that was originally scheduled to be played Friday. For Allen Central, the victory over Fleming-Neon was the second Class A, Region Four,

District Eight win in as many games and the third win of the season.

Allen Central led Fleming-Neon by three scores at the half and finished off the visiting Pirates in the second half. Rebel Coach Jeremy Hall admitted that playing a varsity football game on a Monday night did throw things off somewhat.

"It was different to play on a

Monday," Hall said, via telephone Tuesday afternoon, "our kids responded well, though."

Senior Wilfredo Domingez hauled in a touchdown catch and returned a kickoff for a touchdown to help fuel the Allen Central offense. Charles Robinson

(See ACHS, page three)



photo by Jamie Howell
Allen Central Coach Jeremy Hall talked with his team following a win over Fleming-Neon.



photos by Steve LeMaster

Above: South Floyd took top honors Saturday in its own tournament. Below: During a timeout, the Lady Raiders listened to instructions from head coach Keith Smallwood. South Floyd was back on the court last night, playing host to Floyd County Conference rival Betsy Layne.

South Floyd defends home court, wins tournament

by STEVE LeMASTER
SPORTS EDITOR

HI HAT — Hosting a tournament that included visiting teams Prestonsburg, Shelby Valley and Fleming-Neon, host South Floyd took care of business Saturday, going undefeated in the tournament and beating a familiar rival in the championship match. South Floyd beat Floyd County Conference rival Prestonsburg 2-0 (25-14, 25-17) in the championship match to claim the first-place trophy in the South Floyd Volleyball Classic.

Buckhorn and Cordia each dropped out of the South Floyd volleyball event. When Buckhorn dropped out, host South Floyd, in its first match, earned a forfeit win over the 14th Region team.

On its way to the championship triumph, in a second match of the tournament, South Floyd defeated Fleming-Neon 2-0 (25-11, 25-18). South Floyd, coached by Keith Smallwood, jumped out to a 10-2 lead in the second game of the

Neon match at which time starters were taken out and replaced by reserves.

Leslie Holbrook helped to lead South Floyd to the win over Neon, going seven-of-eight on serves with five assists, four digs and one save. Katie Cook recorded two kills, went nine-of-12 on serves and notched three aces, two digs and one save. Megan Castle was perfect serving for South Floyd, going a perfect six-of-six on serves with four aces and three digs. Several players got in to the action for South Floyd on both the offensive and defensive sides. Sabrina Reid, back from an injury, recorded four kills, three digs and two saves. Reid was also successful on one of two serves.

Kayla Hall was also one-of-two on serves in the win over Neon. Hall had four digs, two saves and two blocks. Tab Tackett had three kills, two digs, one save and one block. Courtney Blocker was successful on one-of-two serves.



Christina Berger was three-of-four on serves with three digs, one ace and one kill. Ashley Bealer added three digs and one lone save.

Britta Meade and Pam Walker both had a pair of successful serves. Meade also added a save. South Floyd held off Prestonsburg in each of the two

(See SFHS, page three)

Raiders move ball, but fall to Pikeville

by STEVE LeMASTER
SPORTS EDITOR

PIKEVILLE — In a game that was played one night earlier than previously scheduled, Pikeville handled South Floyd Thursday night, beating the Raiders 40-16. But the team plying its trade out on the road didn't go down without a fight. Pikeville took a 26-0 lead into halftime. The second half saw South Floyd outgain and outscore the Panthers.

"My kids played hard and fought," said South Floyd Coach Donny Daniels. "Pikeville is a good ball club; I can't take anything away from them, but my kids never gave up."

And South Floyd could have very easily given up.

The loss was South Floyd's first district setback of the 2004 season.

Pikeville, the defending Class A, Region Four, District Eight Champion, struck first, scoring in the opening quarter when Robert Shurtleff reached paydirt on a 57-yard touchdown run. Panther quarterback Chase Huffman ran for two scores and passed for another in the second quarter to push Pikeville out to a 26-0 lead. Huffman found Weston Robinson on a 43-yard scoring strike for the first half's final score.

(See RAIDERS, page two)

Knott Central blanks Betsy Layne 13-0

TIMES STAFF REPORT

HINDMAN — After an upset win on the road over Magoffin County, Betsy Layne returned to the gridiron Friday night in a game played on the road at Knott County Central. The Patriots improved to 2-2 on the season, turning away visiting Betsy Layne 13-0.

All of Knott Central's points came in the fourth quarter. The Patriots got on the scoreboard in the first quarter when Jason Sparkman found the endzone on a 39-yard run. Knott Central led 6-0 when it failed to tack on points on an unsuccessful two-point conversion try.

Host Knott Central stretched its lead in the second quarter when Sparkman found an open Michael Lindon on a 27-yard touchdown pass. Patriot place-kicker Roy Johnson hit on the PAT kick to make the final score.

Betsy Layne (2-3), on offense, had its

(See BLHS, page two)



The John M. Stumbo girls' basketball team took championship honors in the Right Beaver Classic tournament.

D dominates as Bears pitch shutout

TIMES STAFF REPORT

PIKEVILLE – The numbers, while staggering, cannot tell how impressive the Pikeville College defense was in Saturday's 23-0 win over Kentucky Wesleyan College.



Nathan Moore

The unit posted the game's first two points when Chris Chick sacked starting quarterback Jon Jent in the end zone. It was one of six sacks credited to the Bears who smothered Jent and backup Ben Arnold all day long. The defense also had two interceptions, including the fourth in three games for sophomore free safety Antwan Marsh. The Bears finished with 12 tackles for loss, caused two fumbles, recovered one and broke up five passes to lead the way to the win.

By the game's end, seven Kentucky Wesleyan rushers had lost nine yards on 23 carries. In the air, three passers totaled 220 yards (20-47-2), giving

them 211 total yards on 70 offensive plays.

Through three games, the defense has allowed only 45 yards rushing on 83 carries this season – and that includes a 40-yard scramble by Panther freshman Jason Garland today.

"Let's just say it," said Bear Coach Jerry Mynatt, "the defense won the game for us today."

Finding holes up front all day long, Wesleyan rarely dropped back to pass without being rushed and eventually having its quarterback picked up as the fierce Bear pass rush dominated the game.

The win makes the Bears 3-0 for the first time in school history, and 3-0 in the Mid-South Conference. Dating back to last year's season finale, Pikeville will take its first four-game win streak ever to Cumberland (Tenn.) University next Saturday, the place the streak began.

Kentucky Wesleyan (0-3, 0-3), shut out for the second straight game, will return home to entertain No. 23 Campbellsville next weekend.

The shutout was the third since Pikeville began playing varsity football in 2001, and the first since last Oct. 9 when it blanked U.Va.-Wise 53-0.

The Bears, on the other hand, showed improvement when it had the ball. Coming off the

Bethel game were the offense generated only 161 total yards in a 23-22 win that saw the defense and special teams score the two touchdowns, the Bears rushed for 170 yards and threw for another 211 on Saturday.

Chick's safety came with 5:43 left in the opening quarter. The Bears then scored on the ensuing drive, with senior tailback Leonard Moore picking up 27 yards to end a five-play, 44-yard drive. Kyle Briscoe's extra point came with 2:48 remaining and put the Bears on top 9-0.

That would be the score the Bears took to the half, despite starting its next three drives in Panther territory. Two missed field goals and a loss on downs, however, kept the Bears off the scoreboard.

The Bears put its next points on the scoreboard with 1:17 left in the third period when junior Ronald Morris hit Marsh for a 47-yard score. The touchdown came one play after sophomore Donald Tardy intercepted a pass to give his offense the ball.

The final points came on a 10-yard run by freshman fullback Ryan Hayes with 3:35 left in the game. The Bears chewed 2:54 off the clock on

an eight-play, 54-yard drive that ended with Hayes' scramble.

Garland was Wesleyan's leading ball carrier today, finishing with 36 yards on seven carries despite the 40-yard run. Jent, the starting quarterback, finished 12-of-29 for 120 yards. Erik East (nine catches) and Austin Vogt (five) each had 70 receiving yards to lead the way.

Moore, the all-time leading rusher in Pikeville history, led the way Saturday with 85 yards on 22 carries. Junior Calvin Joplin had nine carries for 41 yards.

Starting quarterback Justin Price completed 8-of-15 passes for 149 and threw one interception. Morrie completed 3-of-5 for 62 and the score.

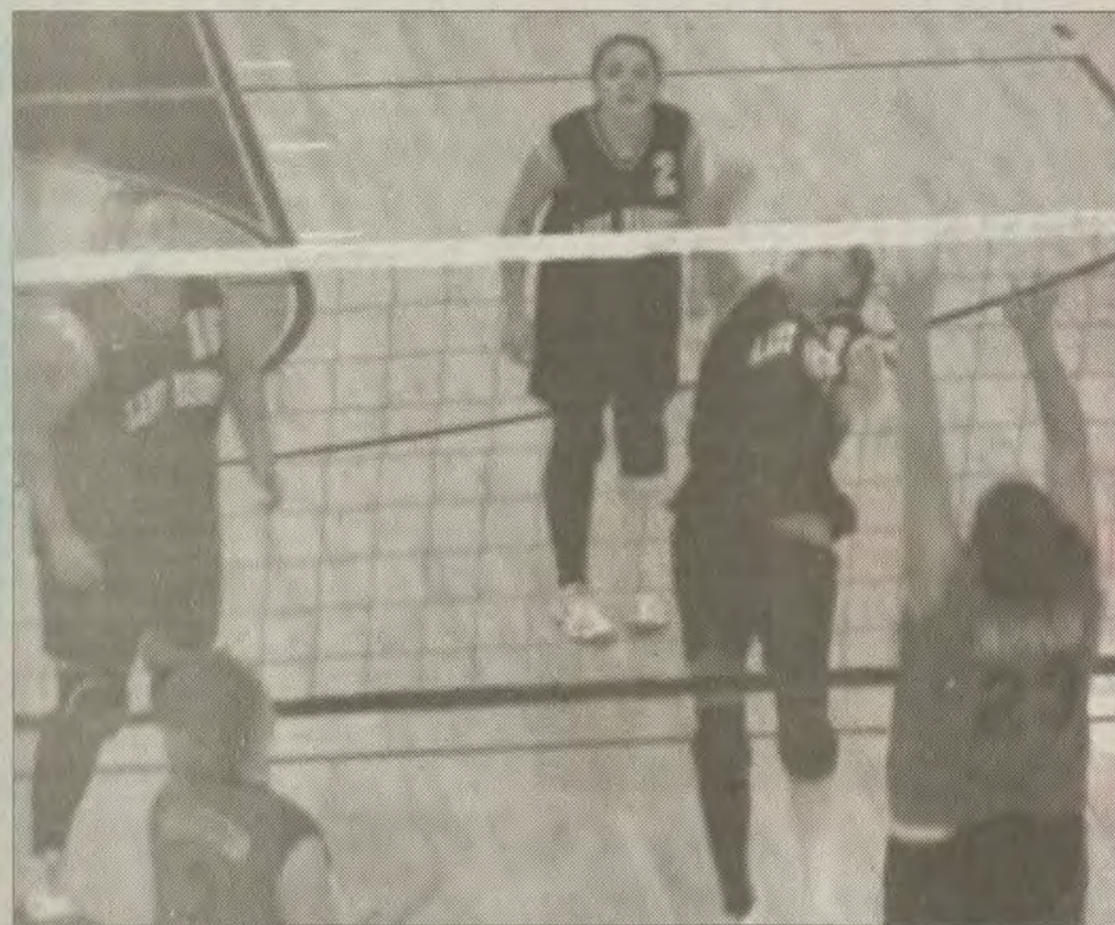
Junior Jeff Mitchell led six Bear receivers with four catches and 79 yards.

Senior Michael Shepperd, one of nine fifth-year seniors who played on the original club team in 2000, led the Bear defenders with nine tackles, all being solos. Of the nine, three were for losses of 28 yards and two were sacks accounting for 20 yards. He also forced a fumble and broke up two passes.

He got help from Marsh, who had eight tackles



Prestonsburg coach Jackie Day Crisp and assistant coach Martin Newberry talked with players during a timeout and break from the championship match.



South Floyd never lost a game Saturday. The Lady Raiders beat Floyd County Conference rival Prestonsburg in the finals of the South Floyd Volleyball Classic.

JCHS

the state in rushing, put Whitley County on the scoreboard with when he scored on a third down play. A successful Whitley County extra-point kick tied the game.

The two teams entered half-time deadlocked, 7-7.

The Whitley County score was set up after the Colonels recovered a Golden Eagle fumble.

Neither team made a significant scoring threat in the third quarter. Johnson Central put the game away in the final minute.

Johnson Central, after Whitley County missed a 43-yard field-goal, drove 80 yards, aided by a pair of long runs by Cory Caudill and a 26-yard pass to Blume. Senior Scotty McCoy punched the game-winning score – a four-yard TD jaunt – in with 0:28 remaining. James

Barrett added the PAT kick to help seal the win for Johnson Central.

Johnson Central is 4-0 for the first time since 2000. The largest high school this side of London will host its biggest game to date Friday night when South Laurel comes to Paintsville. Kickoff for the South Laurel-Johnson Central game is scheduled for 7:30 p.m.

Golden Eagles could play Prestonsburg in '05

Although nothing is finalized, officials with the Johnson Central and Prestonsburg football programs have talked about hooking up and playing during the 2005 season. Johnson Central and Prestonsburg last played during a regular season back in 1992.

BLHS

various chances, but could not make it into the endzone.

Betsy Layne is scheduled to be back in action Friday, playing on the road at Eminence. Kickoff for the Betsy Layne-Eminence game is set for 7:30 p.m. Knott Central will also be on the road Friday night, traveling to Allen Central to take on the Rebels, a team fresh off back-to-back wins. Kickoff for the Knott Central-Allen Central game is also set for 7:30.

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Raiders

Continued from p1

Shurtleff was the leading offensive component for Pikeville. The senior gained 202 yards on 10 carries.

Shurtleff scored again on a 48-yard run in the third quarter. After a Brian Elkins kick, Pikeville led 33-0. Bug runs by the Pikeville offense hindered the South Floyd defense.

"The big runs really hurt us," Daniels added. "We had a tough time tackling Shurtleff."

South Floyd senior running back Wes Hall scored on a two-yard run in the third quarter, giving South Floyd its first points of the game. Raider quarterback Ryan Johnson located fellow junior T.J. Hall in the endzone on the two-point conversion.

Shurtleff, with just over four minutes remaining in the game, scored on a 65-yard run. Johnson found his favorite target – junior Justin Slone – on a 27-yard touchdown pass for South Floyd's last score. Slone also came up with the two-point

conversion when he covered a fumble in the endzone.

Wes Hall paced the South Floyd ground game, gaining 109 yards on 14 carries. Joe Osborne, one of the quickest backs in Class A, Region Four, picked up 92 yards on 15 carries.

Johnson carried nine times for 14 yards. Kyle Hall rushed had six carries for a combined 21 yards.

Johnson scorched the Pikeville defensive secondary for 176 yards on an 11-of-19 passing effort. Slone was the leading pass-catcher for the Raiders, hauling in eight passes for 165 yards.

South Floyd is scheduled to return to action Friday night on the road against Fleming-Neon. Pikeville will now turn its collective attention to rival Belfry. The Panthers are scheduled to host Belfry Friday night. Kickoff for both the South Floyd-Fleming-Neon and Belfry-Pikeville contests is scheduled for 7:30 p.m.

Blackcats

Continued from p1

carries for 144 yards. Splitting time at quarterback, junior Dave Shaffer and senior Trevor Compton have both helped Prestonsburg to wins. Shaffer has thrown for a team-high 201 yards. Compton has passed for a team-best three touchdowns.

DeRossett doesn't see the quarterback situation as an issue of concern. The Prestonsburg head coach has simply played the two players at the positions in which he's felt they were most needed.

Senior Kyle Ousley – a new weapon in the Blackcat offensive attack – has hauled in 10 passes for 189 yards and two touchdowns.

Blackburn leads Prestonsburg in scoring with 32 points. Compton is second with 20. On defense for Prestonsburg, seniors Jeremy Carr and Billy Joe Hicks and junior Brandon Peters each have an interception. Compton and Ousley each have a fumble recovery. Compton's one fumble recovery went 24 yards for a touchdown.

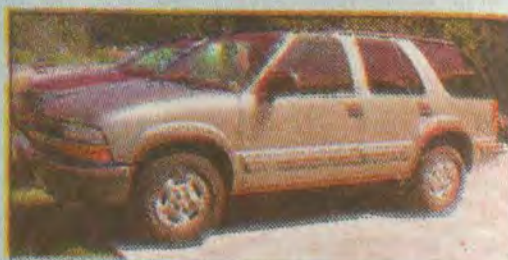
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Rebecca Thomas

Shepperd named Defensive Player of the Week

TIMES STAFF REPORT

PIKEVILLE - His team in unbeaten, his defense has looked impenetrable at times and on Saturday, he was the most dominant player on the field.

Life is good for linebacker Michael Shepperd, and it got better this week when he was named Defensive Player of the Week in the Mid-South Conference.

Shepperd, a 6-1, 193-pound senior from Ellenboro, N.C., took the honor after Saturday's 23-0 win over Kentucky Wesleyan College. In the game, he finished with nine tackles, all of which were solos. He had three tackles for loss, costing the Panthers 28 yards, including two sacks which set them back 26 yards.

For good measure, he forced a fumble and broke up two passes.

"To be honest, as impressive as those numbers are they in no way tell how much he dominated the game Saturday," said Coach Jerry Mynatt. "Shep was in their backfield all day long, delivering blow after blow to their quarterbacks. I credit (defensive coordinator) John Craeger for developing a terrific game plan

and Shep for executing it to perfection."

The shutout was Pikeville's first of the season and third since beginning varsity football in 2001. The Bears posted two blankings last year, the last of which was a 53-0 decision over U.Va.-Wise on Oct. 9.

On Saturday, Pikeville's defense bowed its back and completely shut down the Kentucky Wesleyan running game, which finished its 24 carries with a net of minus-23 yards. In the last two games, wins over Bethel and KWC, the defense has allowed minus-18 yards of rushing, and through three games this season, the defense has allowed only 45 yards rushing on 83 carries - and that includes a 40-yard scramble by Wesleyan on Saturday.

It is the second time in as many years Shepperd has been honored by the Mid-South Conference. He was honored after Pikeville's 38-14 win over Bethel last Sept. 29 when he had 14 tackles, 10 of which were solos. Six were tackles for loss including five sacks, forced two fumbles and recovered another, which he returned 45 yards for the score.

For his efforts that day, he was also named national player of the week by the NAIA.

ACHS to host Football Homecoming

EASTERN - Allen Central High School will host its annual Football Homecoming Friday evening at the Don Daniels Athletic Complex, beginning at 6 p.m. The Rebel football team is set to host Knott County Central in a game scheduled for a 7:30 p.m. kickoff time.

Members of the Homecoming court include: The freshman representative is Deanna Davis, the 14-year-old daughter of Kathy Prater of David and Deanie Davis of Hippo.

The sophomore representative is Stacie Crace, the 15-year-old daughter of Sherry and Greg Crace of Martin.

The junior representative is Keshia LeAnn Goble, the 16-year-old daughter of Raymond and Gertrude Goble of Hippo.

The senior homecoming court follows: Nicole Adkins, the 17-year-old daughter of Ray

and Vickie Adkins of Hueysville.

Lindsey Anderson, the 17-year-old daughter of Mike Ilene Scott of Garrett.

Kalyn Bailey, the 17-year-old daughter of Deb and Doug Bailey of Langley.

Lyndsey Frasure, the 17-year-old daughter of Lynn Doyle and Ineze Frasure of Grethel.

Bianca Lyn Hayes, the 17-year-old daughter of Doreen Hynes of Eastern.

Felisha Johnson, the 17-year-old daughter of Angie Campbell of Hueysville and David Johnson of Wheelwright.

Britta Spurlock, the 17-year-old daughter of Ricky and Cheryl Spurlock of Printer.

Rebecca Thomas, the 17-year-old daughter of Patty and Carl Shepherd of Hueysville.

Host Rebels top Phelps

TIMES STAFF REPORT

EASTERN - Allen Central moved to 9-11 on the season Monday and in the process gave Coach Larry Maynard his 100th career win.

The Allen Central High volleyball team earned its second consecutive victory with a 2-0 sweep of Phelps, defeating the 5th rated team in the 15th Region in convincing fashion, 25 - 14, 25 - 12.

The Rebels got strong play from juniors Brandi Meade and Yumekia Hunter as both hit for .250 while the team hit .241 on the night. Hunter scratched a .125 kill percentage and added one block in the victory. Tiffany Owens, Alesia Hall, and Christina Blevins each landed one kill in the match.

Using scrappy play, Allen Central set up its offense 35 times for eight unanswered points. Junior Amanda Mills paced the Rebels with four assists in 15 sets, while eighth-grader Brittany Hodge ran it six times with two assists. Hall set up

seven hitters getting an assist and Yumekia Hunter recorded one assist. The serving of the Rebels accounted for 16 points, as Phelps could not return 16 of 49 attempts. Hunter pounded in six aces, four coming the last four points of the second game, and ending the match. Brandi Meade and Courtney Martin each landed three aces while Mills dropped in two.

The Rebels dominated the Hornets defensively, returning 45 point attempts and allowed only seven points. Meade shined defensively as she turned back 11 and initiated the offense twice for two points. Mills dug up eight while Melissa Noble stopped seven and Hunter prevented six Hornets points. Owens, Hall and Blevins recorded 13 digs without an error.

Allen Central was scheduled to return to action last night, playing on the road at 15th Region rival Paintsville. Results from the Allen Central-Paintsville match were unavailable at press time.



photo by Jamie Howell

Alexis DeRossett drove past the Allen Central defense.

Adams takes two of three from Allen Central

TIMES STAFF REPORT

EASTERN - Adams Middle School traveled to Allen Central Middle School Monday night and in girls' basketball play, took two of three games from the host team.

All three games were closely contested.

Allen Central beat Adams 22-14 in the C-team game. L. Cline led Allen Central in scoring with six points. S. Spurlock netted five while A. Shepherd and M. Jones flipped in four apiece.

For Adams, Alexis DeRossett netted all 14 points.

In the B-team game, Nikki Bradley tossed in 11 points and DeRossett added five to lead the Lady Blackcats past the homestanding

Lady Rebels. Felicia Keathley scored three points and Julie Compton and Halee Hicks chipped in two apiece to round out the Adams scoring.

J. Mullins and M. Jones each had four points to lead Allen Central's offensive effort.

Adams broke open a game that was tied 19-19 at the end of three quarters and went on to beat Allen Central 33-29 in the A-team game.

For Adams, Tosha Wallen scored 14 points, Linsey Fields netted 12 and DeRossett scored two. Keathley scored in the A-team game on a fourth-quarter free throw.

Mullins paced Allen Central with nine points. B. Brown scored eight and Sasha Jones clipped in seven.

H.S. FOOTBALL SCOREBOARD

Monday's game
Allen Cen. 54, Fleming-Neon 14

Saturday's games
Harlan 35, Pendleton County 14
Rowan County 69, Letcher 0

Friday's games
Belfry 56, Magoffin County 0
Bell County 29, Corbin 7
Breathitt Co. 60, Whitesburg 16
Clay Co. 46, McCreary Cent. 0
Everts 26, Pineville 0
Fairview 58, Bath County 14
Fleming Co. 54, Lewis Co. 7
Greenup Co. 51, South Point 6
Johnson Cen. 14, Whitley C. 7
Knott Co. Cen. 13, Betsy L. 0
Lawrence Co. 38, Shelby V. 19
Lex. Christian 71, Raceland 26
Lynn Camp 30, Cumberland 26
Mad. Central 54, Mont. Co. 0
Middlesboro 28, Cawood 18
Phelps 26, Jenkins 12
Pikeville 40, South Floyd 16
Powell County 18, W. Carter 12
Prestonsburg 27, Paul Blazer 21
Pulaski Co. 22, Leslie Co. 21
Russell 34, Morgan County 14
South Laurel 35, N. Laurel 14
Wayne Co. 56, Knox Central 8
Williamsburg 42, Somerset 14

Betsy Layne Basketball Training League announces signups

Signups for the Betsy Layne Basketball Training League will be held Sunday from 1-4 p.m. at the Dome beside of Betsy Layne Elementary. The league is for players ages four through 11. Signups for anyone interested in coaching a team will also be conducted.

For more information, call Steve Case at 606/478-4720 or Steve Roberts at 478-2712.

SFHS

Continued from p1

games in the championship match, beating the visiting Volleyscats 2-0 (25-14, 25-17).

Holbrook went four-of-six on serves with four assists, four saves, eight digs, one block and one ace. Cook went 11-of-13 on serves with seven digs, four aces, three kills, one assist and one block. Castle was-of-nine on the serving end with 10 digs, three aces and one save. Candice Hall made a strong contribution with six digs, two kills, three assists and three saves. Reid finished with six digs, three kills, two saves and a block.

Kayla Hall was nine-of-11 on serves with 10 digs, two kills, two aces, two saves and one block. Tab Tackett added three digs, two kills, one assist, one save and one block.

South Floyd was due back in action last night at home against Betsy Layne. Results were unavailable at press time.

South Floyd Volleyball Classic Scoreboard
South Floyd 2, Buckhorn 0 (Forfeit)
South Floyd 2, Prestonsburg 0 (25-14, 25-16)
South Floyd 2, Fleming-Neon 0 (25-11, 25-18)
Prestonsburg 2, Shelby Valley 0 (25-16, 25-15)
Shelby Valley 2, Fleming-Neon 0 (23-25, 17-25)

Morehead St. 15, Butler 7

THE ASSOCIATED PRESS

MOREHEAD - Brian Yost threw two touchdown passes to fullback Casey McCoy to lead Morehead State to a 15-7 win over Butler on Saturday night.

Butler (0-3) took advantage of a short Morehead State punt to score first. The Bulldogs put together a seven-play drive capped by Ian Nelson's 2-yard touchdown pass to Billy Nardini.

Morehead (1-2) answered with a 35-yard scoring drive. Yost ran 26 yards on the first play, and three plays later he threw an 8-yard touchdown pass

to McCoy. Daniel Vagni picked up a bad snap on the point-after attempt and hit James Spencer-Howell for the two-point conversion to make it 8-7.

Yost connected with McCoy for another 8-yard touchdown pass late in the fourth quarter.

Yost completed 9-of-21 passes for 106 yards. The Eagles rushed for 201 yards, led by Yost's 67 yards on 14 carries.

Nelson connected on 20-of-31 passes for 170 yards but had two interceptions. Morehead State limited Butler to 82 yards on the ground, and the Bulldogs lost two fumbles. Justin Campbell led Butler with 16 carries for 50 yards.

JMS

Continued from p1

Keturah Tackett netted two.

The victory over Adams placed Stumbo in the championship game against host Allen Central Middle. Again playing on the road, Stumbo notched the title game victory, beating Allen Central 35-32.

Stumbo struggled with foul trouble against Allen Central and had to go to its bench. Both starters and reserves played a key role in Stumbo's win.

In the championship game, Amby Tackett tossed in 13 points and Stephanie McKinney pushed in six. Martin and Keturah Tackett each had four. Jordan Hamilton, Brittany McKinney, Faith Reynolds and April Hamilton each had two points.

The Stumbo cheerleading squad, also in tournament competition, earned runner-up honors. Members of the Stumbo cheerleading squad include Ashley Hamilton, Ashley Gillispie, Nakeia Hall, Kendra Hall, Kendra Hall, Eleisha Flannery, Ginger Rose, Carla Hamilton and Ashley Tackett.

Stumbo was scheduled to again be back in action this week, playing opposing Floyd County teams.

ACHS

Continued from p1

rushed for two touchdowns and David Stone found the endzone four times, scoring four touchdowns.

The Rebel defense also came ready to play, limiting Neon to a lone score in each half.

"We had a lot of different players to step up against Neon," said Hall. "Now we've got to get ready for Knott County Central."

Knott Central will enter play at Allen Central Friday night fresh off a 13-0 win over Betsy Layne, a team Allen Central beat 36-14 in the first week of

the regular-season.

Knott Central is led in great part by senior do-it-all back Jason Sparkman.

"From what we've seen, Knott Central looks to be a real good football team," said Hall, now in his second season as head coach of the ACHS football team. "This is another big game for us."

Allen Central has turned up its play in recent weeks. In five games, Allen Central (3-2) has outscored opponents 192-178.

Kickoff for Friday night's Knott Central-Allen Central game is set for 7:30 p.m.

BluegrassPreps.com Football Rankings

Class A	Class AAA
1. Danville	1. Hopkinsville
2. Newport Central Cath.	2. Highlands
3. Beechwood	3. Lexington Catholic
4. Louisville Holy Cross	4. Boyle County
5. Pikeville	5. Bowling Green
6. Hancock County	6. Paducah Tilghman
7. Murray	7. Covington Catholic
8. Campbellsville	8. Waggener
9. Fort Knox	9. Central
10. Williamsburg	10. Bell County
Class AA	Class AAAA
1. Breathitt County	1. Trinity
2. Fort Campbell	2. DuPont Manual
3. Belfry	3. Saint Xavier
4. Russell	4. Henderson County
5. Prestonsburg	5. Male
6. Elizabethtown	6. Paul Dunbar
7. Trigg County	7. Butler
8. Glasgow	8. Conner
9. Fleming County	9. Ballard
10. Butler County	10. Dixie Heights

Mike Groh

What happened to Kentucky's offense? A lot, Brooks says

by MURRAY EVANS
ASSOCIATED PRESS

LEXINGTON — For the first time in recent memory, Kentucky football coach Rich Brooks didn't have to answer negative questions about the Wildcats' offense on Monday.

As bad as Kentucky's offense looked in a 28-0 loss to Louisville in the season opener, the Wildcats looked equally as impressive in a 51-32 win over Indiana on Saturday. Kentucky had two 100-yard rushers in one game for the first time in two years and rolled up 560 yards of offense while scoring on nine possessions.

"I've heard that saying about improvement from the first to second games," Florida coach Ron Zook said, "but that's ridiculous."

What happened? Brooks cited a list of factors, but two stood out — the Wildcats' overall aggressiveness and improved blocking. He also praised quarterback Shane Boyd's effectiveness in passing — Boyd completed 21 of 30 attempts for 205 yards and two touchdowns.

Given more time by an offensive line seeking to make amends for its poor showing against Louisville, Boyd systematically picked apart Indiana's defense with his legs as well as his arm, rushing for a career-high 130 yards on 17 carries, mostly on option keepers or quarterback draws.

A lot of that was by design, he said.

"It was a difference in our approach to the game, and getting done what we needed to get done," Boyd said. "It was us executing our plays running, blocking, passing and catching."

Guard Matt Huff said the Wildcats practiced with much more enthusiasm the week before the Indiana game.

"I think it had a lot to do with our victory," Huff said. "In practice last week, everybody was flying around and having fun. Everybody came out there focused. When you do that, you can get there and practice the way you want to play."

The offensive line's improvement from game one to game two didn't go unnoticed by the Southeastern Conference office, which named walk-on junior center Matt McCutchan as the league's offensive lineman of the week.

The goal, Brooks said, will

be for the line to repeat its solid performance Saturday, when the Wildcats visit No. 16 Florida and one of the nation's noisiest stadiums. Florida (1-1, 0-1 SEC) is coming off a 30-28 loss at Tennessee in which the Gators surrendered a 50-yard field goal with six seconds left.

"There's not much you can do other than have noise at practice, which we've done in the past and will do a couple of days this week," Brooks said. "Sometimes, in an environment like that, you'll have a few penalties. You need to really prevent that from happening. We've got a lot of young people on this team, but this will be a difficult place to play whether you're a senior or a freshman."

Florida has won 17 games in a row against Kentucky, but the Wildcats almost pulled off an upset last season. Kentucky led 21-3 entering the fourth quarter, but several key mistakes by the Wildcats — including an illegal participation penalty on a Florida punt and an ill-advised pass thrown by Jared Lorenzen, which was intercepted — allowed the Gators to rally for a 24-21 win.

Chris Leak, a sophomore now entrenched as Florida's starting quarterback, made his first start in that game.

Zook mentioned last year's game twice during a brief teleconference Monday.

"This is a good football team and had us on the ropes last year," Zook said of Kentucky. He then said that because of that, "these guys think they can win. Our team has to go out there and know they can win."

NOTES: Changes on the current Kentucky depth chart include the elevation of true freshmen to starting positions at left tackle (Aaron Miller) and tailback (Tony Dixon). Four other true freshmen — safeties Wesley Woodyard and Marcus McClinton, right tackle Micah Jones and wide receiver Lonell DeWalt — are listed as backups ... Boyd ranks second in the SEC in total offense, averaging 262 yards per game. Leak is No. 3 at 259.5 yards per game ... Kentucky last beat Florida in 1986, and hasn't won in Gainesville since 1979 ... Kentucky hasn't won a league opener since 1987, when the Wildcats beat Mississippi 35-6 ... Kentucky is 5-0 under Brooks when scoring 25 or more points in regulation.

Cardinals starting over against Tar Heels

by CHRIS DUNCAN
ASSOCIATED PRESS

LOUISVILLE — Louisville is essentially starting its season over again.

The 24th-ranked Cardinals (2-0) got an unexpected open date last week when their game at Tulane was postponed because of Hurricane Ivan.

With two full weeks to prepare for Saturday's game at North Carolina (2-1), the Cardinals revisited basic drills — and got sick of that in a hurry.

"Overall, as a team, we didn't like it too much," said sophomore defensive tackle Amobi Okoye. "We don't like off weeks, because all we do is practice."

By Friday, Petrino wasn't thrilled about it, either. "I got kind of antsy. Normally, on Friday, you're in a different mindset, a different mood," he said. "It was difficult and unfortunate it was postponed."

The Cardinals return to practice on Tuesday, with a suddenly formidable-looking opponent ahead. The Tar Heels struggled past William & Mary in their opener and lost by 32 to Virginia before upsetting Georgia Tech 34-13 on Saturday.

The victory raised eyebrows at the Louisville football complex.

"When I saw the score, I was like, 'Whoa,' because I thought Georgia Tech

would win that game," Louisville safety Kerry Rhodes said.

"When everyone saw the schedule, they were counting this one as a win for us, but it's going to be a tough game," Petrino said. "We've got to go on the road and play a team that feels good about itself."

The Cardinals, ranked for the fifth straight season, are trying to maintain the underdog mentality that's led to recent success against teams from top-tier conferences. Louisville has eight wins since 2000 against teams from Bowl Championship Series leagues, including a 26-20 upset of Atlantic Coast Conference juggernaut Florida State two seasons ago.

Winning games against bigger-name opponents is a matter of "going out on the field, being hungry for that," tight end Adam McCauley said.

"If we lose, big deal," he said. "That's what they expected."

The Cardinals are the favorites this week. They've put up gaudy statistics in their first two games and Petrino is eager to see if they hold up against their best opponent yet.

He's not worried about the offense, which has averaged 505.5 yards and 40 points in the first two games. The defense is allowing only 254 yards and 10.5 points per game — both tops in Conference USA — but they haven't faced an offense like this.

The Tar Heels are averaging 36 points and 478 yards per game behind a powerful running game and the elusive, experienced Durant.

"We'll learn some stuff and find out where we are on defense this weekend," Petrino said.

The defense is embracing the opportunity. "We're really excited to play North Carolina because everybody talks about how good their offense is," Okoye said.

Durant, a 5-foot-11 senior, is the only Tar Heel to ever top 7,000 yards of total offense. Petrino said Durant resembles Kentucky quarterback Shane Boyd, whom the Cardinals stymied in a season-opening 28-0 win.

"They're fairly similar," Petrino said. "Both of them have strong arms and both are very good runners."

Petrino said he's so far kept his team from looking ahead to its Oct. 14 showdown with Miami (Fla.), a potential season-maker. He's talked to his players twice already about maintaining focus on the next opponent.

"We have to address it, and we'll continue to do that," Petrino said. "Right now, our players understand what we're getting ourselves into on this road trip. All our focus, I'm certain, will be on North Carolina and preparing for this game."

Reds pay tribute to Nuxhall's 60 years in baseball

by TERRY KINNEY
ASSOCIATED PRESS

CINCINNATI — The Cincinnati Reds paid tribute to Joe Nuxhall's 60-year association with the team before Saturday night's sold-out game with the Chicago Cubs.

Nuxhall was a 15-year-old student at Hamilton High School, near Cincinnati, when he pitched two-thirds of an inning in relief against the St. Louis Cardinals in June 1944.

It's the kind of thing that baseball would no longer allow, possible then only because America was at war. He is the youngest player in the modern era to play in a major league ballgame.

"I've always been proud of that," Nuxhall said. "And I've always wondered what would have happened if I had gotten that third out."

Instead, the Cardinals scored five times off Nuxhall. He went back to Hamilton to finish high school but returned to the major leagues eight years later and lasted 16 seasons, including all

or parts of 15 with the Reds.

He has been a Reds broadcaster since he retired from baseball in 1967 with a 135-117 record.

Several of Nuxhall's teammates returned for the ceremony, along with members of the Big Red Machine of the 1970s, when Nuxhall remained active by pitching batting practice.

"Joe was one of us," said Johnny Bench. "He was always there to help, to offer encouragement. He oozed Reds, and he treated the game with respect."

Former manager Sparky Anderson said he never knew a player who was more universal-

ly liked than Nuxhall.

"He was a character, but he was just Joe," Anderson said. "He has such love for baseball. And he has such a good feeling of what this game is all about."

"Six decades. Imagine. And

he never changed."

The Reds made two \$25,000 contributions in honor of the observance. One went to the Joe Nuxhall Character Education Fund, and one to the Joe Nuxhall Scholarship Fund.



www.americanheart.org

PSA

Former Kentucky assistant coach sues school, NCAA, SEC

by MURRAY EVANS
ASSOCIATED PRESS

LEXINGTON — Kentucky's former recruiting coordinator for football — the central figure in an NCAA investigation that led to major sanctions — has sued the university's Athletic Association, the NCAA and the Southeastern Conference, claiming they conspired to keep him from landing another college job.

Claude Bassett is asking for \$50 million in damages in the federal lawsuit filed Friday afternoon in U.S. District Court in Covington.

Bassett resigned in November 2000, shortly before the NCAA began investigating allegations of wrongdoing in Kentucky's program. In 2002, the NCAA placed Kentucky on probation for more than three dozen recruiting violations committed between 1998 and 2000. It banned the Wildcats from a bowl game for one season and ordered the forfeiture of 19 scholarships over a three-year period.

Bassett, who worked for coach Hal Mumme, was found in violation of NCAA ethical conduct bylaws and effectively was banned from working for any NCAA school for eight years. At the time, Bassett acknowledged breaking NCAA recruiting rules.

Bassett now is the athletics director and football coach at a high school in Robstown, Texas, near Corpus Christi.

In the suit, Bassett asks the court to find that the three defendants violated federal antitrust laws by banning him from coaching.

Bassett also claims that the defendants committed fraud and civil conspiracy against him by encouraging him to take actions depriving him of due process and the NCAA has "intentionally and improperly interfered" with his prospective contract negotiations with NCAA-member institutions.

University spokeswoman Mary Margaret Colliver and SEC spokesman Charles Bloom declined comment Monday, saying they had not seen a copy of the lawsuit.

NCAA spokesman Erik Christianson said that "Mr. Bassett's claims are completely without

merit and will eventually be dismissed by the courts."

The suit said that by imposing the eight-year ban on Bassett, the NCAA, SEC and university "branded him a liar and cheat, rendering the coach unemployable as a college coach even beyond the ban."

In a section of the suit titled "The Hypocrisy of SEC Football," Bassett said university officials knew of rules violations within the football program but did nothing.

"Claude Bassett is among the most hated men in Lexington for doing precisely what his employer and UK football fans expected him to do: recruit some (of) the best football players that UK had ever signed."

"Contrary to popular belief, though, he did not solicit large cash payoffs from boosters to players — as the UK football program had done in the past and other SEC schools did before and after his banishment from college football. He and his fellow UK coaches worked countless hours scouring the country for talent and wooing that talent to UK."

He also said NCAA rules violations "were the rule, not the exception for SEC schools pursuing the best players."

Bassett said he was denied due process by the NCAA and the university during and after the investigation. He is seeking class-action status for the lawsuit, saying he "represents a class of present and past college coaches that the NCAA has investigated or punished for rules violations since 1992, when the NCAA adopted due process protections for those accused of rules violations."

Christianson said those claims also were "without merit, as the NCAA provided him with all the procedural fairness the law would require if the NCAA were a public body instead of a private one."

The suit has been transferred to the federal court in Lexington and assigned to Judge Joseph Hood.

Bassett's attorney, Robert Furnier of Cincinnati, did not return a phone message left at his office by The Associated Press.

ELK NIGHT

Saturday, September 25th, 2004

Jenny Wiley State Resort Park



Menu

Elk Meat Loaf, Hunter's Chili; Elk Pot Pie; Elk Roast Carved on the Line; Fried Chicken; and Catfish with Hushpuppies.

Vegetables include: Lyonnaise Potatoes; Corn on the Cob; Green Beans; Turnip Greens; Baked Beans; Fried Green Tomatoes; Corn Bread Salad; Greek Salad; Cauliflower Salad; Green Pea Salad; Carrot and Raisin Salad; Cucumber Mix; and Cream of Potato Soup.

Desserts include: Assorted Cobblers; Assorted Meringue Pies; Banana Pudding; Pecan Pie; Assorted Cakes; and Assorted Sugar Free Desserts.

Breads include: Yeast Rolls and Cornbread.

SERVING TIME: 4:00 p.m.-9:00 p.m.

ADULTS: \$15.95 CHILDREN AGE 12 AND UNDER: \$8.95

2:00 p.m. ELK RESTORATION IN KENTUCKY: This educational program will let you know just how the elk restoration project is doing in Kentucky. The program will talk about game management, habitat, etc. Come see a large set of elk antlers. It will be at the Nature/Interpretative Center.

8:00 p.m. SQUARE, FOLK, & COUNTRY LINE DANCING: Kick up your heels with some dancing at the "dance pad," located at the campground. There is no experience necessary, as all dances are easy and will be taught.

Will the real Wildcats please stand up?

by JAMIE HOWELL
CONTRIBUTING WRITER

LEXINGTON — Is it just me or did Rich Brooks somehow bring a totally different bunch of Wildcats into Commonwealth Stadium on Saturday evening? I could not have possibly witnessed the Kentucky offense shred an IU defense that had just traveled to Oregon and knocked off the Ducks could I? Was this the same team that laid an egg at Louisville two weeks prior? I am not sure, but was that an actually entertaining offense that Ron Hudson put on the field Saturday? Did the Wildcat offense actually hang 51 points on the Hoosiers? After pinching myself several times Saturday night to ensure that this was not a dream, I asked myself this question, "where in the world has this offense been hiding?"

As a lifelong Big Blue fan, I have endured the 70-0 losses to the Florida Gators. I have sat helplessly and watched as the Cats have snatched defeat from the jaws of victory time after time. I will admit to being present and suffering through the heartbreaking seven-overtime loss last year to Arkansas. Does anyone recall a certain hail mary as we celebrated victory over LSU? Or how about the long touchdown pass that saved the Gators at Commonwealth when Moe Williams was a freshman? The list of Heartbreak Hotel, or what might have been games for Kentucky Football is most definitely an endless one, but for

one Saturday in September it sure was refreshing to look good. The immortal Paul "Bear" Bryant left the University of Kentucky, because, he said, "Kentucky is a basketball school and probably always will be," — and with that statement like that from a man like Bryant it is easy to see why we have that stigma attached to the Wildcat Football program.

Another problem that has been difficult for the Big Blue Nation to overcome is the idea that the Wildcat football program is somehow "jinxed." I cannot begin to count the number of times that I have wondered how we would lose the game in the fourth quarter as we tried in vain to somehow hang on. After spending the past 10 years wondering how the program has failed to produce a consistent winner, I have come up with a solution for the program. The problem with the Wildcat football program seems to go back to the last several coaching hires and the unwillingness of the administration to go out and get an established and proven head coach. Picture yourself or your son being a gifted football player with the talent to play major college football. Would you be more apt to play for a Hal Mumme, Guy Morriss or, say, a Rich Brooks, or would a coach like Steve Spurrier, Bill Parcells or Marvin Lewis be more likely to draw your attention? How could we get a coach like that at Kentucky you ask? The answer is simple — Show them the money and they

will come. It would take a major amount of cash to attract a coach like a Spurrier, but wouldn't it be worth it? Would the public be more apt to pay more for a ticket if the Ol' Ball Coach was roaming our sidelines as opposed to the hated Gators? We have some of the best facilities in the nation as well as a good climate and a nice city in Lexington. It is true that the players play the game game, but it is also a fact that a good coaching staff is a major plus. I will admit that Rich Brooks and his staff have not been given enough time to produce a winner, but if this staff is unable to win, then it must be time to spend the money required to win the Southeastern Conference.

I realize that we finally showed some life on the offensive side of the ball on Saturday, and for that I will hit on some of the bright spots that I witnessed against Indiana. First of all, Shane Boyd is not a bad quarterback. As a matter of fact, Boyd is a perfect fit for the type of offense that Ron Hudson has installed at Kentucky. Freshman running back Tony Dixon has the look of a potential star for the Cats. The young offensive line also showed some flashes of potential on Saturday. Although it has been lean times for several years for Wildcat Football, for one Saturday night it was good to be a Wildcat Football fan. Now, we can hope the train stays on the tracks as the Cats travel to Florida and the dreaded "Swamp" this Saturday.



University of Kentucky senior Shane Boyd orchestrated several big plays and scoring drives Saturday in the Wildcats' win over Indiana. Kentucky will return to action Saturday, playing on the road at SEC rival Florida.

Bears in Top 25 for first time ever

TIMES STAFF REPORT

PIKEVILLE — Another first in the history of the Pikeville College football program happened Tuesday when the team entered the NAIA's Top 25 for the first time.

The Bears, who are off to the school's first 3-0 start, checked in 19th in the second weekly poll. A panel of 17 coaches across the country, including two in the Mid-South Conference, decides the rankings.

Coach Jerry Mynatt, who is 7-6 in his tenure at Pikeville, said the credit for this team's success began with his nine fifth-year seniors. "Those are the guys who have stuck it out," he said. "They've earned this bit of respect and I couldn't be happier for them."

Pikeville began playing football in 2000 with a club team that played junior varsity teams and military academies. Varsity play began the following year.

The Bears have been moderately successful in their brief stint, and need only a win Saturday at Cumberland (Tenn.) University to square the overall varsity record at .500 (they currently stand 16-17).

From the beginning defense has been the forte of this team and this season is no different. After a pair of meaningful wins — knocking off preseason No. 14 Cumberland College and getting a road league win at Bethel — the team posted its first shutout of the season and its third in the last two

seasons last week with a 23-0 win over Kentucky Wesleyan.

Opponents have had sporadic success throwing the ball this season — Pikeville gives up 235 yards per game in the air, but has allowed only one touchdown compared to eight interceptions — the strength of this team is in the run defense.

Through three games, foes have gained a mere 45 yards on 83 carries, and that includes a 40-yard carry last week.

The Bears have outscored their opponents 70-36 this season.

"The defense has carried us throughout the season, and it's giving our offense some time to grow and prosper," said Coach Jerry Mynatt. "We feel like we have a lot of possibilities on the offensive side of the football, and we're working hard every day to continue to improve."

Pikeville is one of five MSC teams in the Top 25. Georgetown, the league's only other unbeaten team at 3-0, moved up two spots to No. 4. Cumberland (Ky.) College remained 16th this week, while Lambuth is just ahead of Pikeville in 18th. Campbellsville University is up two slots to 21st.

Belhaven (Miss.) College, another Mid-South member, got 25 votes and is 28th, only six ratings points out of the poll.

The Bears return home on Saturday, Oct. 2, when they play host to Union College. Kickoff that evening is slated for 7 p.m. EDT at Hillard Howard Field.

Kinzer race team preparing for Bluegrass 50

SPECIAL TO THE TIMES

BARDSTOWN — After being closed the past two weeks, Bluegrass Speedway promoters David and Anita Ferrell will present the 6th Annual Bluegrass 50 this Saturday night, Sept. 25, at the 1/2 mile Nelson County dirt facility, which is the current home of the prestigious Arizona Sport Shirts Dirt Track World Championship. Brandon Kinzer and the Brandon Kinzer Motorsports race team plan to vie for the top spot in the upcoming Battle of the Bluegrass event.

The racing at Bluegrass Speedway will resume Saturday night, Sept. 25, with the present-

tation of the 6th Annual Bluegrass 50. The race will be sanctioned by the O'Reilly Auto Parts NARA Battle of the Bluegrass DirtCar Series and will be the final tune-up before the 24th Annual Arizona Sport Shirts Dirt Track World Championship at Bluegrass on Oct. 14-16. The Late Models will see a complete program of Racing Optics/Russell Baker Racing Engines time trials, Crown Spray Power Heats, O'Reilly Auto Part B Mains, and the 50-lap, \$5,000 to win Lucas Oil A Main Bluegrass 50.

Activities will get underway for the Sept. 25 racing event with pit gates opening at 4 p.m., while main gates open at 5. Drivers meetings are at 6, hot laps at 6:30, time trials around

7, with racing at 8. All times EDT. This is a special event. Adult general admission is \$20, children ages 6 to 12 are \$10, children under age 6 are admitted free with a paid adult, and pit passes are \$35.

Bluegrass Speedway is owned by Charles Hamilton and promoted by David and Anita Ferrell. It is located at Exit 21 at the intersection of the Martha Layne Collins (Bluegrass) Parkway and KY Highway 31-E.

Brandon Kinzer and the Brandon Kinzer Motorsports race team are no strangers to the Battle of the Bluegrass Series. Driver and team have had previous success in the Kentucky-based race series.

W. Kentucky 21, E. Kentucky 8

THE ASSOCIATED PRESS

RICHMOND — Lerron Moore rushed for 113 yards and scored three touchdowns, leading Western Kentucky to a 21-8 victory over Eastern Kentucky on Saturday night.

The Hilltoppers (2-1) scored their three touchdowns in the second half. The win was Western's third in a row in a series that was renewed last season.

Western held the Colonels (0-2) to 260 total yards and had seven interceptions. Cornerback Antonio Thomas picked off two and linebacker Charles Thompson made 18 tackles,

including five for losses.

Western Kentucky quarterback Justin Haddix completed 13-of-26 passes for 179 yards. Haddix completed four on the Hilltoppers' first drive of the second half, leading to Western's first score.

Haddix completed a 26-yard pass to Curtis Hamilton on third down to set up Moore's 6-yard touchdown run, giving Western a 7-0 lead with 12:33 remaining in the third quarter.

Moore later scored on a 1-yard run to put Western ahead 14-0. Thomas' second interception

gave the ball right back to Western, and Moore scored on a 25-yard run to make it 21-0.

Eastern avoided the shutout when C.J. Hudson scored on a 1-yard run with 2:49 left in the game, capping a 14-play, 71-yard drive.

Eastern freshman quarterback Josh Greco completed 16-of-36 passes for 156 yards. Greco played in place of injured starter Matt Guice.

Hudson rushed for 107 yards on 30 carries.

The Hilltoppers held the Colonels to 90 yards on offense in the first half.

Kinzer team finishes 14th at Lake Cumberland

SPECIAL TO THE TIMES

ALLEN — Brandon Kinzer and the Brandon Kinzer Motorsports race team ventured to Somerset and Lake Cumberland Speedway over the weekend. The race, previously scheduled for Friday, Sept. 17, due to heavy rain that swept through the area as a result of Hurricane Ivan, was postponed and instead held on Saturday, Sept. 18. Brandon Kinzer qualified the No. 18 Kinzer Drilling, Ranger Contracting, Eastco Supply Dodge Intrepid Late Model eighth and finished third in the first heat race. Kinzer was running seventh in Saturday's feature race before the No. 18 Dodge Intrepid experienced mechanical prob-

lems. As a result of the mechanical problems, the Brandon Kinzer Motorsports crew had to iron out some things during time away from the track.

In the end, Brandon Kinzer drove to a 14th-place finish. The weekend trip marked the Kinzer team's debut at the Lake Cumberland track.

Due to a personal commitment, Brandon Kinzer and the Brandon Kinzer Motorsports race team did not race at Lake Cumberland Speedway Sunday in a race that was previously scheduled for Saturday.

For the latest on Late Model driver Brandon Kinzer and the entire Brandon Kinzer Motorsports race team, go online to the driver and race team's official website — www.brandonkinzer.com <<http://www.brandonkinzer.com>> .

Garvey overcomes late pit stop to win BFGoodrich Tires 225

THE ASSOCIATED PRESS

SPARTA — Mike Garvey overcame a late pit stop and overtook Bryan Reffner on lap 146 of the 150-lap race to win the BFGoodrich Tires 225 at Kentucky Speedway on Saturday night.

It was Garvey's fourth win of

the season on the ASA National Tour. No other driver has won more than a single event on the tour this season.

Garvey was in second place when he decided to make the late pit stop with just 15 laps remaining. He emerged in 10th place, but by lap 140 Garvey's Jani-King Chevrolet had

charged into second place behind Reffner.

Reffner faded in the last few laps to finish seventh.

Garvey led a total of 67 laps on four occasions.

Butch Miller finished second in his Timber Wolfe Chevrolet, followed by Reed Sorenson and Jason Dietsch.

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POISON OAK

About snake-oil salesmen

It sort of reminds me of an old Gene Autry movie I saw once where his sidekick, Pat Buttram, was dressed up like a snake-oil salesman.

"This stuff will cure everything from dandruff to lumbago," he barked. "If you don't believe what I'm telling you, you can read it right here on the label."

Ole Pat died back in 1994, but snake-oil salesmen are still with us.



Clyde Pack

You can't sit in your own personal recliner for more than 15 or 20 minutes these days without some form of patent medicine, guaranteed to cure whatever ails you—from wrinkles to sore aching muscles—being thrust at you from the TV screen.

When I was a kid, we didn't have TV, but those same ads permeated the radio air waves. The patent medicine that most readily comes to mind—from those days is Hada-cōl (we pronounced it Haddy-call, with the standard joke being they named it that because they "haddy call" it something), an alcohol-saturated, vitamin-mineral patent medicine.

I'm not sure, but I think it was billed as sort of a health tonic that promised to help kids develop strong, sturdy bones, and help grown ups keep their already strong, sturdy bones strong and sturdy.

Whatever its promise, though, I must have swallowed several gallons of it.

(See OAK, page eight)

KIM'S KORNER

We are strong, but not invincible!

Just the other night, a childhood friend and I were talking "catch up" with one another — getting "up to snuff" on where our lives have led.

We both have two daughters, close in age, and have also experienced many of the same things over the years.

We share other instances, as well. Such as recent hospitalizations of our parents, and a host of other related incidents. Our conversation led to both of us sharing that we both have noticed that of friends, relatives, or others we know who've been diagnosed with some form of depression, all are of the female gender.



Kim Frasure

It dawned on me then how the very same thing seemed to have occurred back in the late 90's with my diagnosis of Fibromyalgia. I had never heard of this condition, until the moment I was told that I had it. Afterwards, it seemed as though there were others everywhere I went that either had it themselves, or knew someone who did.

Maybe it's like when you get a new car? You know, you never notice another on the road until you purchase a particular model, and then, all of a sudden, you seem to "pass yourself" every time you hit the road.

Guess it's just that you don't realize how many are affected by a particular illness until it hits close to home, huh?

(See KORNER, page eight)

New exhibit at Mountain Arts Center

A combined exhibit of Randy Lawson and Shannon Shepherd is on display in the Art Gallery at the Mountain Arts Center now through Sept. 28.

Kentucky artist Randy Lawson combines years of professional training and a lifetime of mountain awareness to create a unique perspective of the world around him. His work lives not only on his canvas but also in the hills and hollows around his

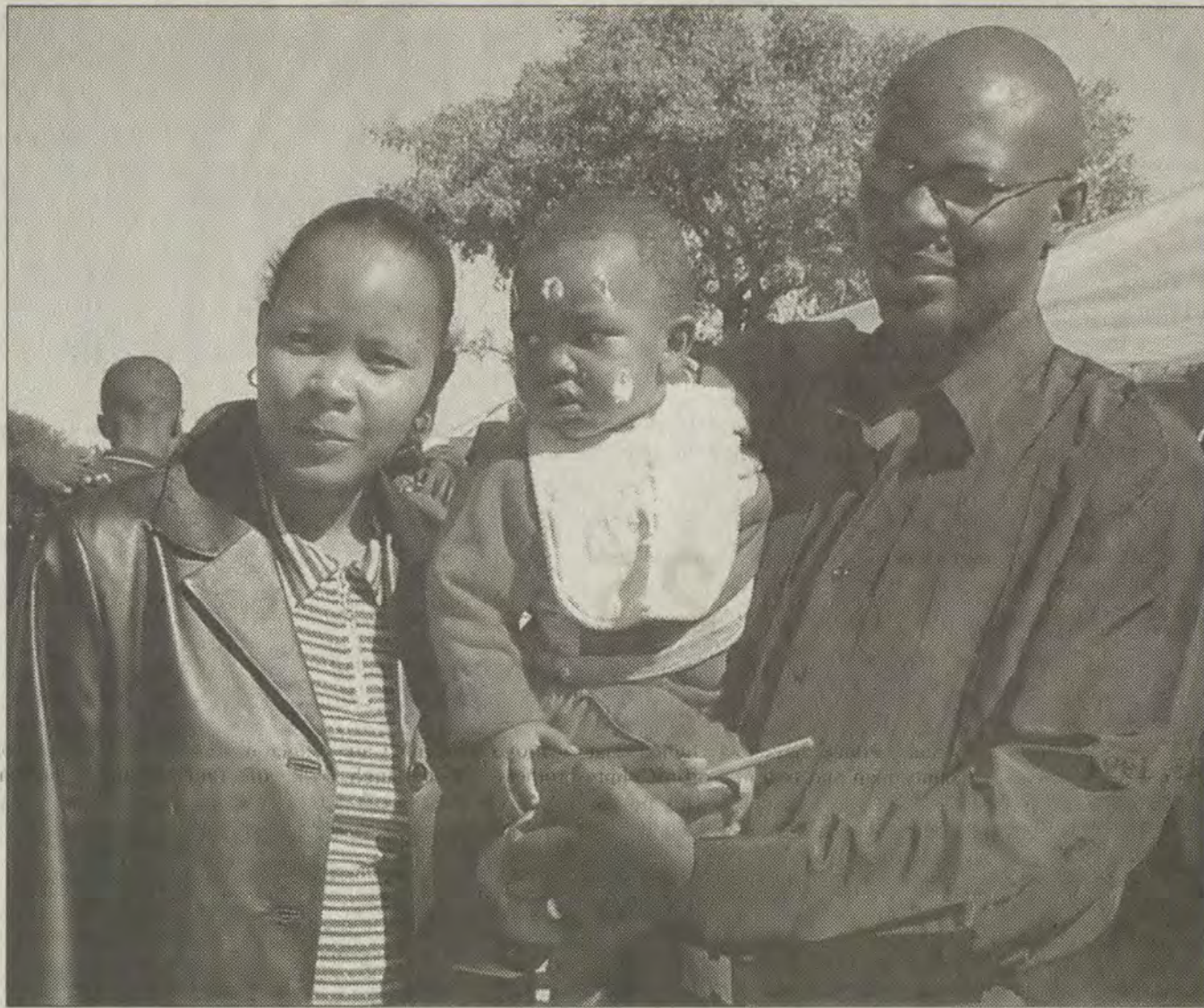
Floyd County home. Unlike other Appalachian artists, Lawson does not paint the expected landscapes and rural life scenes - instead he looks to the simplistic wonder of everyday life to inspire and tell the story of his Kentucky experience.

Lawson was raised on Simpson's Branch in Drift, Kentucky, the son of a coal miner and devoted mother. In 1999, he began teaching and painting com-

missioned pieces in an effort to get closer to his art. Randy Lawson is proud to share his pieces with the patrons of the Mountain Arts Center. Please enjoy viewing his work as much as he enjoyed creating it for you.

Shannon Shepherd, a native of Magoffin

(See EXHIBIT, page nine)



Tiny little Waba celebrates her first birthday with her parents and church family. She was so excited that she put her hands in the cake frosting and got it all over her face.

photo by Phyllis Puffer

Baptists in Africa

by DR. PHYLLIS PUFFER

ASSISTANT PROFESSOR
BIG SANDY COMMUNITY AND TECHNICAL COLLEGE

Always one up for a little adventure, Dr. Phyllis Puffer, professor of sociology, Big Sandy Community and Technical College, has a penchant for international travel. This past summer, she journeyed to the African continent, bringing back numerous photos and tales of African adventure. We are pleased to present, in a continuing series, her "travelogue" of adventures with you, our readers. Look for Dr. Puffer's stories in subsequent Wednesday editions of our paper.

This church service was different from those here in Floyd County. At the pulpit stood not one person to deliver the sermon, but two. As the service went along, it quickly became clear why two people were there instead of one. One spoke in English and the other translated into Setswana, the most widely spoken language in Botswana. It is important that everyone clearly understands the message.

It was Sunday morning, the 6th of June 2004. I was at the worship service held by the Baptist Mission of Botswana. About 50 or 60 of us sat on plastic chairs in a large blue and white tent. Outside, the weather was quite chilly since Botswana is in the southern hemisphere and the seasons are "backwards" from ours, but the cheerful tent kept the wind off and all was cozy



Uniformed students listen attentively to a lecture on AIDS.

(See VILLAGE, page nine)

CRITTER CORNER

What cats do for us

by Dr. Carol Combs-Morris, DVM

Cats are sometimes (I said, "sometimes"!) unappreciated. Here, a few reminders of all the wonderful things cats do to enrich our lives: One, they warm our laps; give us someone to talk to; help reduce high blood pressure; bring the winter air inside (while warmly nestled in their shiny, silky coats); create a kindred feeling for other "cat people"; turn common household objects, like bottle caps, into toys; make us more aware of the fascinating beauty of birds; donate their services as alarm clocks; display daring acrobatic feats right before our very eyes; contribute

to living a longer life (after all, they have nine of their own to share!); make a window sill more beautiful; keep mice on the run; make us smile (lots!); inspire poets and playwrights; teach us, too, "how to land on our feet"; "allow" us to indulge our desire to really spoil "someone"; make our homes warmer and cozier; remind us that life is mysterious; share with us the "all-is-well" experience of purring; instruct us in the luxurious art of stretching; show us how to "lick our wounds" and go on; inspire cool cartoon characters; make even an old, worn-out couch look beautiful; teach us to open our hearts.



This is "Sidney." Sidney is the much loved pet of Sarah Prater, who lives in the Ft. Worth, Indiana area. Sarah shares that "Sid" loves to get cuddled up in Sarah's doll bed and blankets and take a nap. "Sometimes, he will stay there for up to 3 hours," shares Sarah's mom, Donna. Sweet dreams, Kitty-cat!

School Calendar

Adams Middle School Youth Services Center

The AMS Youth Services Center is currently working with the Floyd County Extension Office on a special reading program to be offered to students and their parents. Survey and registration forms will be sent home soon. For more information, contact the center.

If you would be interested in volunteering at AMS, contact the Youth Services Center to schedule a time for Volunteer Orientation.

The AMS Youth Services Center is open all year to assist students and families in need. Please drop by or call the center at 886-1297 for more information or to request assistance with a family need. Center is open from 8 a.m. - 4 p.m., and later by appointment. Center coordinator, Michelle Keathley, Assistant coordinator, Sheila Allen. Center offers services to all students regardless of income.

Allen Central Middle School

Sept. 22 - Picture Day.
Sept. 22 - Red, White & Blue school election.

The ACMS Youth Service Center is open each day from 8:00 a.m. to 3:00 p.m., or later by appointment. For more information about the center, call LaDonna Patton, coordina-

tor, or Marilyn Bailey, assistant, at 358-0134.

Allen Elementary and Family Resource Youth Service Center

Call Allen Elementary Youth Service Center at 874-0621 to schedule your child's Hepatitis B vaccination, immunizations, and WIC appointments.

Betsy Layne Elementary

The Betsy Layne Elementary Family Resource Youth Service Center is located in the 500 building of the campus. The goal of the FRYSC is to meet the needs of all children and their families who reside in the community or neighborhood by the school in which the center is located. September calendar activities include presentations in collaboration with the Floyd County Health Department, Quality Kids, Parent Volunteer Meetings (VIP) with Lola Ratliff from the Floyd County Board of Education and our school nurse, Debra Hayes. For further information, please contact the center at 478-5550 or 478-9751, ext. 310.

Brian H. Akers, Center Coordinator; Charlotte Rogers, Program Assistant II; Debra Hayes, School Nurse.

Clark Elementary

September - The "FIT"(Fitness is Terrific) Club will begin holding meetings in the month of September. Club is for 3rd, 4th, and 5th graders, and will meet on Tuesdays and Thursdays immediately after school.

We are currently scheduling Hep B immunizations and physicals for 5th grade students. Also scheduling appointments for WIC services. These services are available to anyone in the community.

The FCHD nurse is in the center weekly. Please call to schedule an appointment.

The Clark Elementary Family Resource Center provides services for all families regardless of income. We are located in the Clark Elementary School building and can be reached by calling 886-0815.

Duff Elementary

Sept. 22 - School pictures.
Sept. 27 - Open House, 5 p.m.

Sept. 27 - Floyd County Board of Education meeting, 6:30 p.m.

Floyd County Health Dept. is at the school each Tuesday. Services include 6th grade school entry physical; kindergarten, Head Start and well-child physicals (age birth to 18 years); T.B. skin test; T.D.

boosters; and WIC services. Please call 358-9878 for appointment if you are in need of any of these services.

The J.A. Duff Elementary Family Resource Center provides services for all families regardless of income. We are located in the tan metal building at the rear of the school. Contact persons are Judy Handshoe, coordinator, and Ruby Bailey, project clerk.

May Valley Elementary

Parent Lending Library is available to parents for video check-outs. A variety of topics are available.

Floyd County Health Dept. nurse at school every Wednesday. Services include Head Start physicals, kindergarten physicals, 6th grade physicals, well-child physicals, immunizations, TB skin test, WIC program, blood pressure checks, and more. Must call the FRC at 285-0321 for an appointment.

McDowell Elementary and Family Resource Center

Floyd County Health Department Nurse Joy Moore, is at the center each Monday to administer immunizations, T.B. skin tests, well-child exams, WIC, prenatal and post-partum services, and school physicals. Call 377-2678 for an appoint-

ment.

Prestonsburg Elementary and Family Resource Center

FIT (Fitness is Terrific) Club will meet on Tuesdays and Thursdays during the months of September and October, from 3:00 to 3:45 p.m. Club promotes good nutrition, self-esteem, health education, and physical activity and is open to all 3rd, 4th and 5th grade students. "FIT" is sponsored by the Family Resource Center and the Floyd County Health Department.

The Family Resource Center is open weekdays 8 a.m.-4 p.m.

After School Child Care, 3-6 p.m., school days.

Call 886-7088 for additional information regarding the Prestonsburg Elementary Family Resource Center or its programs.

South Floyd Youth Services Center

Walking track open to public.

The center has a one-stop career station satellite that is available to the community as well as students.

Anyone interested in Adult Ed may contact the center for information.

All new students and visitors, stop by the Center, located

on the South Floyd campus, Room 232, and see Mable Hall.

For more information call 452-9600 or 9607 and ask for Mable Hall, ext. 243, or Keith Smallwood, ext. 242.

Stumbo Elementary /Mud Creek Family Resource Center

Monthly Advisory Council meetings will be held the first Wednesday of each month, at 4 p.m. Call for more info.

Lost & Found located in Family Resource Center.

Resource Center hours are 8:00 a.m. to 4:00 p.m. Parents and community members are welcome to visit. For questions, call 587-2233 - ask for Tristan Parsons, Center Coordinator, or Anita Tackett, Assistant.

W.D. Osborne

"Rainbow Junction" Family Resource Center

Oct. 14 - Ronald McDonald presentation for grades Pre-K thru 3rd.

Oct. 18 - 20 - Classroom presentations on "Our Environment."

Oct. 22 - Garry Boothe assembly program, "Attitude is Everything."

Oct. 25-29 - Red Ribbon Week.

"Lost & Found" is located

(See SCHOOL, page eight)

YESTERDAYS

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

Ten Years Ago

Sept. 21 and 23, 1994

Floyd County's solid waste woes could be just beginning, despite what appeared to be the county's saving grace in July, when an Ohio Company took over waste disposal for the county. The Floyd County Solid Waste Commission entered into a five-year agreement with Rumpke of Kentucky, in June, which was touted as a pact to keep residential garbage rates at an affordable \$10 per month for the term on the contract.

Baretta R. Casey feels she has been penalized for opening a primary care practice in her hometown, Pikeville. Dr. Casey opened a family practice about two months ago, and the investment cost her \$200,000. She paid \$40,000 down with money she had earned doing extra work during her last two years of residency. She borrowed the rest. Casey wonders how she will keep her office open, if the proposed cuts in Medicaid reimbursement become effective.

The Wheelwright City Commission held a meeting on Monday night with an air of mystery. The meeting came to order at 7 p.m., and at ten minutes after seven, the members of the commission went into closed session to talk on the telephone with a representative from Landrum and Shouse Law Offices for approximately 25 minutes. Mayor Marley Sammons later announced that no information about the telephone call would be given out until a later date.

An incinerator used to burn medical waste became a hot topic at a meeting of the Floyd County Solid Waste Commission, Monday evening. Attorney Kevin Costetto, representing the company, Medisin, which owns the incinerator, asked the solid waste board to amend its solid waste plan to allow Medisin to take in 561 tons of waste per year. Costetto called the solid waste plans, 100 ton per ten year limit, a "clerical error" because an assistant for Floyd County Judge Executive John M. Stumbo told him "someone had called a facility and was given an amount for ash leaving that facility, not the amount coming in."

Floyd County's Fiscal Court were surprised and appeared upset, Friday, when the architect for the jail project submitted approximately \$150,000 in change orders for site work.

A trailer fire Saturday evening, at McDowell, killed a 27-year-old Floyd County man. Preliminary autopsy reports indicated that Larry Wayne Collins, of Ned's Fork, died of smoke inhalation.

An ongoing undercover investigation by Kentucky State Police culminated in 15 arrests, early Tuesday morning, in three counties, which snagged seven Floyd Countians. State police began rounding up suspected drug dealers on Tuesday morning, and more arrests were expected throughout the week.

Floyd County School Board members held firm on their decision that teachers be evaluated each year, but agreed to a proposal that would eliminate a second semester review if teachers make passing grades in the first. The largest Sears Authorized Retail Dealer Store in the eastern district of the United States will open in Prestonsburg, as soon as renovations are completed on the former Sundry Store building.

State education officials have rejected the purchase of a site for a Betsy Layne middle school, because the cost and development of the property

is projected to exceed 10 percent of the total project cost.

State Police have determined that a Floyd County man and two Magoffin County brothers, who were killed in a marijuana field in Breathitt County, September 1, were trying to disarm booby traps, that at least two of the men had placed in the pot patch.

In just four days, close to \$30,000 in delinquent taxes have been collected by the Floyd County Sheriff's Office, and taxpayers have until today (Friday), to settle up or face stern action. Collection efforts began Monday and most offenders have been cooperative and paid their bills.

A Prestonsburg woman was killed Tuesday afternoon, in a two-car accident at the intersection of KY 1428 and U.S. 23, near Prestonsburg. Jean Wallen Dotson, 60, was pronounced dead at the accident scene by Floyd County Coroner Roger Nelson.

For the last 28 years Constance Lackey, 93, of Tram, has devoted her time, attention and compassion, to the workings of the Big Sandy Area Community Action Program Inc. (BSACAP). Now, in the same year that community action programs commemorate 30 years of helping people, Constance has received two major awards for her volunteer service with the Big Sandy Area CAP program.

The Jenny Wiley Festival will celebrate its 13th year, beginning October 3, with competition, gospel singing, and a concert by the Gibson/Miller Band.

There died: Palmer Shepherd, 51, of Columbia City, Indiana, Saturday, September 17, at Whitley County Hospital; Olga Wright Martin, 63, of Lexington, formerly of Eastern, Wednesday, September 14, at St. Joseph Hospital, Lexington; William Harold Litton, 64, of Martin, Friday, September 16, at Our Lady of the Way Hospital, Martin; Larry Wayne Collins, 27, of McDowell, Saturday, September 17, in a house fire at his residence; Joe Branham, 89, of Melvin, Monday, September 19, at Highlands Regional Medical Center; Rhoda Francis "Tody" Blankenship, 71, of Stanville, Saturday, September 17, at Pikeville Methodist Hospital; Mary Margaret Rose, 68, of Knox, Indiana, Sunday, September 18, in her home; Inez Spears Shaefer Hall, 71, of Prestonsburg, Thursday, September 15, at U.K. Medical Center, Lexington; Rhoda Francis "Tody" Blankenship, 71, of Stanville, Saturday, September 17, at Pikeville Methodist Hospital; Mary Margaret Rose, 68, of Knox, Indiana, Sunday, September 18, in her home; Inez Spears Shaefer Hall, 71, of Prestonsburg, Thursday, September 15, at U.K. Medical Center, Lexington; Frank Mullins, 69, of Bevinville, Friday, September 16, at his residence; Verdine Newsome, 50, of Craynor, Saturday, September 17, at her residence; Belvia Newsome Slone, 86, of Versailles, formerly of Garrett and Prestonsburg, Wednesday, September 14, at St. Joseph Hospital, Lexington; William Hatcher, 90, of Salyersville, formerly of Stanville, Thursday, September 15, at Highlands Regional Medical Center; Walter Marshall Hall, 72, of Tennessee Ridge, Tennessee, Monday, September 12, at his residence; Alabama "Allie" Fugate, 85, of Hesperia, California, formerly of Dwarf, Thursday, September 8, at Barstow Community Hospital, Barstow, California; Burns Jarrell, 78, of Martin, Thursday, September 15, at Highlands Regional Medical Center; Ruby S.

Martin, 74, of Garden City, Michigan, formerly of Ivel, Wednesday, September 21, at Pine Meadows Health Care Center in Lexington; John Sanford Rodebaugh, 73, of Prestonsburg, Tuesday, September 20, at his residence; Bill May Derossett, 79, of Prestonsburg, Tuesday, September 20, at Riverview Manor Nursing Home; Lizzie Shelton, 88, of Lagro, Indiana, formerly of Floyd County, Wednesday, September 21, at Wabash County Hospital; Sammie Hackworth, 67, of Blue River, Tuesday, September 20, at his residence.

Twenty Years Ago

Sept. 26, 1984

Some residents near Ball Alley Curve complain of mine dust.

Vocational students were the first to get a look at the new rock-duster at the Mayo Vocational School simulated mine, near Betsy Layne High School.

Donald G. Hall, Prestonsburg Job Corps graduate, ranked second for Hall of Fame Award.

If a coal strike is avoided it could mean a stockpiling of coal that may slow mine work. The stockpiling of coal was due to the anticipation of a strike.

There died: Robert C. Machholz, 36, of Prestonsburg, September 15, when the helicopter he was piloting crashed, following a mid-air collision; Hattie Duncan, 84, of Hueysville, September 18, at McDowell Appalachian Regional Hospital; Douglas H. Fairchild, 67, of East Point, September 14, at his home; Glissie Marie Mullins, 76, of Wheelwright, Friday, at Riverside Nursing Home; Violet Mae Rice, 63, of Martin, Thursday, at her residence; Bessie Whittaker Wells, 77, of Prestonsburg, Saturday, at the home of her daughter; Phyllis Mayo Hoppman, 42, of Martin, Tuesday, at Whitesburg Appalachian Regional Hospital; Robert Meade, 77, of Printer, September 18, at Riverview Manor Nursing Home, Prestonsburg.

Thirty Years Ago

Sept. 25, 1974

The 30-day receivership granted by Circuit Judge Hollie Conley for the debt-ridden Princess Manufacturing Company, of Auxier, has ended and bankruptcy proceedings may be next in line.

Members of the David community heard last Wednesday, the report of the David Development Corporation's negotiations for the purchase from Woodrow Branham of the Town of David.

The county fair, which has become a kind of institution in this, and numerous other rural Kentucky counties, concluded a four-day stand at Archer Park, Saturday.

The Prestonsburg Blackcats rolled to their fourth straight win, and the Floyd County football championship, Friday night, when they defeated Wheelwright.

There died: Mrs. Ora Salisbury, 88, of Hunter, Friday, at a nursing home here; Malcolm C. Scarberry, 80, of Martin, Saturday, at the McDowell Hospital; Arlie Adkins, 77, of Ivel, Saturday, at a hospital, here; Willie Hall, 89, of Bevinville, Sunday, at a nursing home, here; Emma G. Wilson, 56, of Auxier, at the Paintsville Hospital, September 17; Silas Bryant, 60, Wednesday, at his home at Price; Elizabeth Madison, 58, of Printer, Sunday, at the McDowell

Hospital; W. Arnold Maggard, of Lexington, formerly of Langley, Friday, at a Lexington hospital.

Forty Years Ago

Sept. 24, 1964

Eastern Kentucky will get its chance to see and hear U.S. Senator Hubert H. Humphrey, Democratic nominee for vice president, Saturday afternoon, when he will speak at the Prestonsburg High School gymnasium.

There will be no deer hunting this year in the Dewey Lake area.

The 28th annual Safety Day, sponsored by the Big Sandy-Elkhorn Coal Mining Institute, was held at Pikeville, September 19. First place in the mine rescue division went to Inland Steel Company's Wheelwright mine team.

Floyd County received a check, Monday, in the amount of \$116,250 from the City of Prestonsburg in payment for the old courthouse property which is to be converted into a parking lot as an urban renewal project.

Born: to Mr. and Mrs. Bruce Allen, a daughter, Anna Michelle, Sept. 10, at Central Baptist Hospital, Lexington; to Mr. and Mrs. Arthur Hall, of Buckingham, a daughter, Linda, September 14, at McDowell Appalachian Regional Hospital; to Mr. and Mrs. Bobby Allen, of Drift, a son, Kelly Greg, September 5, at McDowell Appalachian Regional Hospital; to Mr. and Mrs. Carl Dye, of East McDowell, a son, Alvin, September 9, at McDowell Appalachian Regional Hospital.

There died: Herndon Sherman, 74, Weeksbury, Sunday, at the McDowell Appalachian Regional Hospital; Mrs. Loudema Hall Isaac, 77, of Wheelwright, Friday, at the Beaver Valley Hospital, Martin; Mrs. Cora Johnson Edwards, 56, Wednesday, at her home at Wheelwright.

Fifty Years Ago

Sept. 23, 1954

The move launched here, recently, by the Dewey Lake Improvement Association to seek a change in the name of Dewey Lake State Park to Jenny Wiley State Park was considered dead this week as the Floyd Fiscal Court adopted resolutions, Wednesday, asking that the name of the park remain unchanged.

Miss Betty Jean VanHoose, of Allen, was named queen of the 1954 Floyd County Fair which concluded a three-day stand, here, Saturday.

The presentation of Floyd County's new bookmobile was made, last Thursday, at the Kentucky State Fairgrounds, Louisville.

Sheriff Gorman Collins said, Wednesday, that the identity of persons who set off dynamite blasts at a half-dozen points on Route 80, between Bosco and Garrett, and on Rock Fork, is "pretty well known" but that actual proof was lacking.

The announcement that two million of the 10 million tons of coal the government will buy for export will come from Kentucky, was hailed by a prominent Floyd County operator, Wednesday, as good news to the coal mining industry, and those employed by it in this section.

Born: to Mr. and Mrs. Hubbard Francis Jr., of Prestonsburg, a daughter, Helen Ann, at the Paintsville Hospital; to Mr. and Mrs. Donald L. Meade, a daughter, Martha Noel, September 11, at

(See YESTERDAYS, page eight)

Attend pilot safety seminar

Allen Bolling, far right, of Prestonsburg, local photographer and aviator, joined, from left, flight instructor Larry Short, of Allen, Bruce Edsten, of Louisville, FAA Aviation Safety Program Manager, and Paul Hall, of Martin, a pilot who attended "The Right Stuff Pilot Shoppe" 2004 Kentucky Wings Weekend, in Clarksville, Indiana with Bolling. The event was held at the Clark County Airport, in Sellersburg, Indiana, just across the river from Louisville, where the event is typically held, on September 17-19. Both Bolling and Hall were renewing their "wings." Bolling and Hall have both been been piloting for 11 years.



School

Continued from p7

in the FRC. If items not picked up within 2 weeks, they become the property of the resource center.

■ Rainbow Junction Family Resource Center is located in the W. D. Osborne Elementary School. Hours of operation - 8 a.m. to 4 p.m. Monday through Friday, or later by appointment. Call 452-4553 and ask for Cissy or Karen. Parents/community members free to visit any time.

■ Wesley Christian School
 ■ Wesley Christian Daycare

and Infant/Toddler Care now accepting infants and toddlers up to 2 years and Preschool age 2-4. Daycare hours: 7 a.m. to 5:30 p.m., Monday thru Friday.

■ For additional information, call 874-8328. Summer office hours: 9 a.m. to 1 p.m.

Floyd County Adult Ed Class Schedule

■ For information about Adult Education class schedules, contact the David School at 886-8374. All classes and materials free of charge.

Oak

Continued from p6

because Mom was sold on it.

Actually, what I don't remember about the smelly stuff in the big brown bottle, far outweighs what I do remember. For instance, I have no earthly idea as to where Mom got it, most likely from the company store. Then again she may have ordered it off the radio, since it was promoted heavily by Cajun entrepreneur Coozan Dudley LeBlanc who established the Happy Day Company, and even promoted the product with the "Hadalcol Caravan" which traveled around the country with big-name entertainers like Mickey Rooney, Minnie Pearl, and boxing champion Jack Dempsey.

I can't remember how it tasted, either, except it tasted better than cod-liver oil, and I hated them both. I haven't a clue as to how long I took the stuff, or whether or not it did me any good. I guess it didn't hurt me any, because I grew into a reasonably healthy adult.

Not long ago, I read in a magazine that over \$3 billion a year is spent on such patent medicines in this country to help everything from chronic fatigue to lack of sleep.

I'm almost certain that the only fatigue I experienced as a kid was of the physical nature, brought on by running the hills ragged, playing cowboys and Indians, or from a half-day's swim in our ole swimming hole in the head of Pond Holler. My only problem with sleep was likely the result of an over-active imagination, becoming too involved with radio's I Love a Mystery, the Shadow, or Jack Armstrong, All-American Boy.

While it would appear there's hundreds of patent medicines these days — hawked by an equal number of snake-oil salesmen — I'll bet my autographed picture of Porter Waggoner that 50 years from now, none will be as memorable to today's generation as Hadacol — make that "Haddy-call" — is to ours.

New test for Alzheimer's, Parkinson's under way

To date, doctors and scientists have struggled in their search for a way to provide early detection of neurodegenerative disorders - with little success. However, a biotechnology company is doing its best to change that.

Power3 Medical (OTC BB:PWRM), a leader in proteomics research, has developed a promising Neurodegenerative Screening Test for Alzheimer's disease, Lou Gehrig's disease (ALS) and Parkinson's disease.

Proteomics is the study and analysis of proteins, the fundamental building blocks of the

human body. By studying proteins, scientists can understand more fully the functioning of a healthy body and identify the proteins associated with specific diseases.

Power3 believes this test will give doctors the ability to diagnose these diseases before the irreversible brain damage occurs - providing the opportunity to potentially delay their progression and design target drugs to treat the disease earlier.

During the recent clinical validation trials, blood serum samples of 183 patients were analyzed to distinguish between normal individuals

and patients with neurodegenerative diseases at a level of 86 percent to 99 percent accuracy.

According to researcher Dr. Dr. Stan Appel, chairman of the Department of Neurology at Baylor College of Medicine, a main problem to date is that there is a lack of biomarkers for the early diagnosis, prognosis and guidelines for therapy for neurodegenerative diseases.

"With this test, which involves monitoring the concentration of nine proteins in the blood, we are able to identify unique biomarkers whose profiles appear to distinguish patients with Lou Gehrig's,

Alzheimer's and Parkinson's diseases from each other as well as from normal patients and patients with other motor neuron and neurological disorders," said Dr. Ira L. Goldknopf, chief scientific officer of Power3 Medical.

Because the test can distinguish between Alzheimer's, Parkinson's, ALS and other neurological diseases, it also would help reduce the chance of a patient being misdiagnosed.

Clinical validation trials for the Neurodegenerative Screening Test are continuing.

For more information, log on to power3medical.com.

Bigger, bolder Jefferson coined on revamped nickel

by JEANNINE AVERSA
 ASSOCIATED PRESS

WASHINGTON — Thomas Jefferson appears bolder and bigger on new five-cent pieces, marking his first makeover since he landed on the nickel in 1938.

The maker of the nation's coins, the U.S. Mint, revealed designs for two new nickels to be issued in 2005. The unveiling Thursday was the latest in a series of design changes for the coins.

A new likeness of Jefferson will be on the front of the two revamped coins, giving the third president a

"fresh, contemporary look," Mint Director Henrietta Holsman Fore said. The "tails" side also gets updated.

With the makeover, Jefferson will move from the center of the coin to the side, where he gazes in a close-up profile that shows more detailed features of his face.

"I wanted an image that was large enough so that you could see the determination and intelligence in his eyes. The kindness of his mouth. His sense of humor. The main thing that was guiding

(See NICKEL, page nine)



89th birthday surprise!

Myrtle Skeans was surprised by a visit from Martin Mayor Thomasine Robinson at her 89th birthday celebration, held recently at the Martin Senior Citizens Building. Mayor Robinson honored Myrtle as a life-long citizen of the community. She also presented Mrs. Skeans with a proclamation declaring August 13, 2004, as "Myrtle Skeans Day." Mrs. Skeans has always been active in community projects and events such as participating in senior citizen activities and the Red, White & Blue Days Festival. Mrs. Skeans says that she has always enjoyed riding the floats during the festival and throwing out candy to the crowd. Several family members and friends attended her birthday celebration at the senior citizens center and wished her many more happy days to come.



Sara Shafer

Shafer named to National Dean's List

Sara Shafer has been named to the National Dean's List for her stellar record at Marshall University where she graduated with a Bachelor of Science Degree in German, in May. She was a John Marshall Scholar.

Sara currently pursues the Doctor of Physical Therapy at Bellarmine University, in Louisville.

Yesterdays

the Methodist Hospital, Pikeville.

There died: Mrs. Lena Taylor, 63, formerly of Garrett, last Saturday, at her home in Fairborn, Ohio; Van Martin, 82, of Eastern, last Wednesday, at the home of his brother on Goose Creek; Cpl. Tavis Salisbury, 22, of Printer, Wednesday, at Fort Lawton, Washington; Mrs. Linda Richmond Cottrell, 80, of Prestonsburg, Wednesday, at Holmes Hospital, Cincinnati, Ohio; James Pelfry, 82, father of Russell W. Pelfry, of Prestonsburg, last Wednesday, at his home in Kenova, West Virginia; Homer Lee Hamilton, 17, of Teaberry, last Thursday, in St. Augustine, Florida.

Sixty Years Ago

Sept. 21, 1944

The week's report from the war front: Captured—Pvt. Shannon Hicks, of Garrett; wounded—Cpl. Parker E. Hall, 27, Prestonsburg; Glenn Pack, of Garrett; James Calvin Rosebury, Weeksbury; Pvt. Leo Porter, Dwale. Second Lieutenant Ogden Stewart received his "Wings" as a pilot at Douglas Air Field, Arizona, September 8.

T-5 J.B. Tackett recently returned to this county after escaping from a German prison camp.

Pfc. Everett W. Collins, who made his own artificial leg while a German prisoner of war, is on his way home in the county, the War Department announces.

Surfacing of the Left Beaver Creek highway "missing link" of 9.5 miles is apparently destined to wait till after end of the war, County Attorney W. W. Burchett said this week, after conferring with the State Highway Commission.

Walter James Collins, 31, was killed, Tuesday, by a train at Garrett.

W. H. Layne, 70, Prestonsburg attorney who introduced Prestonsburg to electric lights, died Tuesday, at a Pikeville hospital. There died: Porter Brown, 68, at Wayland, Monday; Wilburn Triplett, September 9, near Hollybush; William F. Lafferty, 40, of Allen, Saturday, at a Martin mine.

Seventy Years Ago

Sept. 21, 1934

Clyde Conley, 18, of Garrett, was shot and fatally wounded at Maytown, Sunday night. Tony Mullins was seriously wounded, Tuesday afternoon, on Steele's Creek, and Policeman Levi Hall, of

McDowell, was cut across his back, Sunday.

The Floyd Fiscal Court released a statement, this week, to the effect it proposes to reorganize relief work in this county to meet the needs of those in want.

Warfield Natural Gas Company will soon begin construction of about 16 miles of 20-inch gas line from Clear Creek to Ball and Carr's Forks, in Knott County.

The first football team ever to play for Martin High School lost, Friday, to a veteran Pikeville High team by only three touchdowns. Kermit Howard, of the Betsy Layne 4-H judging team, led all competitors in individual scoring in poultry-judging.

The Paintsville News, second weekly newspaper in Paintsville, has begun publication with Henry Arrowood as editor—Jesse Stuart, the young Greenup poet whose "Man with a Bull-Tongue Plow" is slated for release, October 9, has been described by Mark Van Doren as a "modern Robert Burns".

There died: Buddy Cassady, 50, gas company employee, September 14, at Ivel; Mrs. Lula Calhoun Scutchfield, 32, of Bull Creek, September 11, at a Martin hospital; W. H. Hopson, 75, Tuesday, at his home on the Auxier Road; Joseph P. Preston, 67, of Patrick, Lawrence County, Sunday, at a Martin hospital.

Continued from p7

Exhibit

Continued from p6

County, presently lives with his family in Floyd County where he is an art teacher at Betsy Layne High School. Much of Shannon's work will evoke strong memories of home for those of us from this area. Whether he's sharing memories from his past or treasured reminders of today that will become tomorrow's recollection, we can identify.

In refining the techniques he mastered while earning his Masters of Arts in Studio Art at

Morehead State University, Shannon achieved numerous accolades, as his works have been shown from the Governor's Mansion to the Kentucky State Fair.

As an annual contributor to Appalashop's "Images from the Mountains," he is earning a warm place in the hearts of his mountain people as an Appalachian artist.

Art Gallery Hours: 9 a.m. to 6 p.m. Monday-Friday; 10 a.m. to 4 p.m. Saturday

New Arrivals

Highlands Regional Medical Center

August 22: A daughter, Skylar Jordan McCarty to Kimberly and Phillip McCarty.

August 23: A son, Jacob Matthew Johnson, to Jennifer Johnson Cole; a daughter, Keasha Marie White, to Rebecca and Dwayne White.

August 24: A son, Jeremy Clayton Young II, to Angela Marie Thornsberry; a daughter, Alexis Marie Cornette, to Tonya Lynn Sizemore.

August 25: A son, Benjamin Jo Maggard, to Bobbi and Phillip Maggard; a daughter, Sarah Aliman, to Abeer F. Meriden and M. Zuhdi Aliman.

August 27: A daughter, McKinsey Ariella Caldwell, to Nancy Helen and Ricky

Caldwell Jr.

August 31: A son, Matthew Akers, to Dinah Jo Hall Akers and John Akers.

Sept. 1: A daughter, Grace Amalial Ellen Jude, to Tracy and Frank Jude; a son, Braxton Allen Collins, to Monica and Fredrick Collins.

Sept. 2: A daughter, Susan Renee Cole, to Martha and Joshua Cole; a son, Tristan Blake Blair, to Kimberly and Russell Blair.

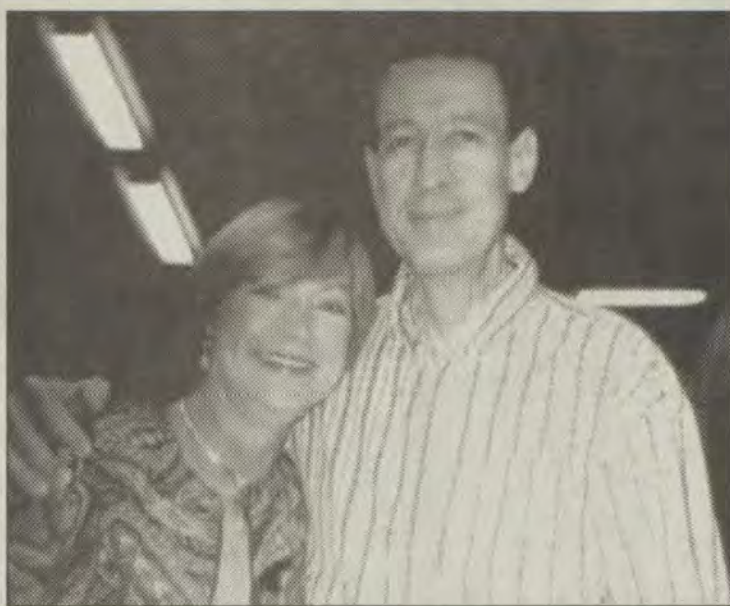
Sept. 3: A daughter, Johnna Marie Faith Carter, to Christine and Richard Carter.

Sept. 6: A son, Nicholas Dalton Howard, to Janelle Gamble; a son, Brett Casey Davis, to Carey Anne and Robert Preston Davis; a daughter, Dusty Stevanna Rogers, to Stephanie and Dustin Rogers.



photo by Gary Frazier

The Prestonsburg High School Class of 1969 celebrated by reuniting this past Labor Day weekend, September 4. The class held a pre-dinner, "Meet and Greet," before enjoying a wonderful meal together in the May Lodge dining room, followed by reunion festivities, talks and entertainment by the Ernest Collins bluegrass band until midnight. All present enjoyed the evening of fun and "catching up."



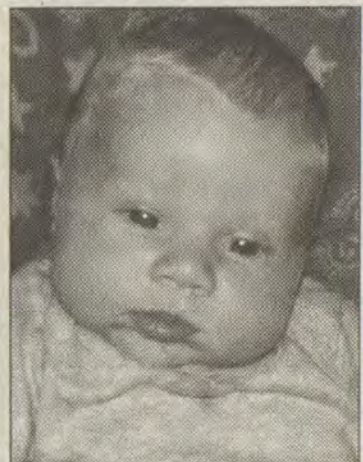
Barbara Hignite and Archie Burrus enjoyed meeting old friends again at the Prestonsburg High School Class of 1969 reunion, held this past Labor Day weekend at Jenny Wiley State Resort Park.

photo by J. Michael Vance



Jordan turns 2

Jordan Hughes, the son of Sam and Tina Hughes, will celebrate his second birthday on Sunday, September 26, 2004, with a party to be held at the Martin Community Center, from 3-6 p.m. Jordan's family wishes to invite all to come celebrate with them as they rejoice in Jordan's recovery from brain surgery and radiation treatments at Cincinnati Children's Hospital. Jordan received an "all clear" MRI report on September 18! This is not a benefit, Jordan's family only wishes to celebrate this wonderful news with all those who have prayed for Jordan throughout the past months. They invite everyone to "Come, celebrate!" with them.



New Arrival

Connor Joseph Fugate was born June 23, 2004, at Highlands Regional Medical Center, to proud parents Jackie and Tonia Fugate, of Prestonsburg. He weighed 8 lbs., 3 oz., and was 19 inches long. Connor is the grandson of Tina McGaffee, of Prestonsburg, and the late George McGaffee, and Adam and Helen Fugate, of Hazard. He has one big brother, Colby. Connor's arrival was joyously welcomed by his entire family, including Uncle Trae and Aunt Dana.

Tips to help your body fight disease

Ever wonder which foods really enhance your body's ability to cleanse itself of toxins?

Dr. Thomas J. Slaga, scientific director of the AMC Cancer Research Center, a Denver-based research and educational institution studying cancer since 1954, says eating certain "superfoods" will do the trick.

According to Slaga, foods such as blueberries, tomatoes, soybeans and even chocolate, red wine and coffee contain nutrients and phytochemicals needed for good detoxification

His new book, "The Detox Revolution," boasts a powerful new program for boosting your body's ability to fight cancer and other diseases.

Here are some of Slaga's recommendations for eliminating carcinogens from your body.

■ Eat a plant-based diet containing five to nine servings of fruits and vegetables per day.

■ Eat healthy meals at regular times. Don't skip breakfast. If you get hungry between meals, eat fruits and raw vegetables and/or whole-grain snacks or nuts.

■ Drink six to nine glasses of water per day.

■ Minimize refined sugars as well as processed carbohydrates.

■ Keep fat intake to 20 percent to 30 percent of your diet. Make sure the sources of fat contain omega-3 and omega-6 fats (flaxseed oil, walnuts, seeds, avocados, olives and fish such as salmon and tuna).

■ Eat small portions (6 ounces or less) of lean meat from range- or grass-fed animals.

■ Avoid overcooked and

burned meats, charcoal barbecued meats, salt-cured and smoked meats, and salt-pickled foods, which contain dangerous chemicals that can trigger the process of cancer.

■ Avoid processed, polished grains but consume whole grains such as brown rice, whole wheat, oats and barley.

■ Do not drink more than two alcoholic beverages per day if you are a male and one and a half or less if you are a female. Wines, especially red wines, contain several beneficial phytochemicals but should still be

consumed in moderation.

■ Exercise regularly. Do cardiovascular and weight-bearing exercise at least three times a week for at least 30 minutes per day. This will increase your metabolic rate and allow you to use calories more efficiently, as well as decrease stress.

For more information, including Slaga's list of superfoods and a variety of recipes, as well as a list of the nutritional supplements he recommends, pick up a copy of "The Detox Revolution."

The book is available at bookstores everywhere or from the AMC Cancer Research Center by calling 1-800-321-1557, Ext. 3561.

Nickel

Continued from p8

me ... I wanted you to get a sense of the character of the person," said artist Joe Fitzgerald, who created the design for the front of the new nickel.

Also on the front of both new coins: The word "liberty" will appear in script — as Jefferson once had written in his own hand. The phrase "In God We Trust" remains as well as the year.

Daniel Jordan, president of the Thomas Jefferson Foundation, which owns and administers Jefferson's Virginia home, Monticello, described the new likeness as "truly impressive and it is

entirely appropriate." Besides being a founding father of the nation, Jefferson was an avid coin collector, he said.

The back of one of the new nickels — which will be released early next year — features an American bison on a grassy patch, a design that is reminiscent of the buffalo nickel first issued in 1913. The words "United States of America" wrap around the top of the coin, above the bison's image. The phrase "E Pluribus Unum" is below the bison as is "Five Cents."

The tails side of the second new nickel features a view of the water from a rocky coast-

line dotted with trees. There's the phrase "Ocean in view! O! The joy!" That's a quote from explorer William Clark's journal, a reference to the Lewis and Clark expedition's quest to reach the Pacific Ocean.

That nickel will be issued in the late summer of next year. In a circle around the edge of the nickel are the phrases: "E Pluribus Unum," "United States of America," "Five Cents," and "Lewis & Clark 1805"— the year the expedition reached the Pacific Ocean.

Fore estimated that between 500 million and 750 million of each new nickel might be made next year.



photo by Phyllis Puffer

An American missionary, Lee Shaw, from Atlanta, Georgia, socializes with members of the Baptist congregation following church services.

Village

Continued from p6

inside. The congregation was all Botswanan except for four of us American women sitting here and there. We sang along with the others, prayed, listened to the Bible readings and announcements. The sermon was on being an ambassador for Christ. The ideas emerged more slowly than usual because everything was translated sentence by sentence. Interestingly enough, I found that the message was clearer and easier to remember because it progressed more slowly. There was time to reflect on what had been said while the translator was speaking.

The Baptist church is just getting started in Botswana. This church began in the capital, Gaborone, in 1988. There are only about 30 Baptist churches in the whole country, but there are hundreds just to the north in Zimbabwe. Until two years

ago, the Gaborone Baptist church held services in the Anglican Church building (named Episcopal in the US) before they moved onto their own land. They plan to start building in September.

The church is led by Lee and Timothy Shaw from Atlanta, Georgia who were sent by the International Mission Board. They have three children and have been here nine years.

The church has an active program in the schools on HIV/AIDS awareness and prevention. I went to one of the schools with Diane Schreder from Wisconsin and sat in on her class.

The classroom was very large, nearly empty, and immaculately clean. The students were clustered to one side near the door. It looked as if the room might double as a recreation area. About forty or so lively

middle school age boys and girls in navy school uniforms greeted us cheerfully. They sat packed together on wooden benches before wide, wooden, empty tables. Some students had back packs, filled and neatly zipped shut on the tables before them. They settled down immediately as Diane started talking and remained attentive throughout. U. S. teachers would love to have such students.

The lesson began with a sobering exercise on how fast HIV/AIDS spreads and the frighteningly large number of people who are infected. It ended with realistic stories of how young people become involved and the sad results of promiscuity. The final point was that forgiveness is always available for those who stray but desire to live right.



'100' years, y'all

photo by H. Allen Bolling

Phyllis Hunt, executive director, Pikeville-Pike County Tourism Commission, is flanked by husband Roger, left, and Fred James, right, executive director, Floyd County Tourism Commission, at the 100th Kentucky State Fair, held in Louisville, last month. And yes, that is the number "100" the happy crew is spelling out in "sign language."

Pikeville Medical Center welcomes **Chad Thacker, M.D.** to its medical staff.

Family Practice

Dr. Thacker is a magna cum laude graduate of Morehead State University and the University of Kentucky College of Medicine.

He completed his family medicine residency at East Tennessee State University in Bristol, TN.

He is a member of the American Medical Association and the American Academy of Family Physicians.

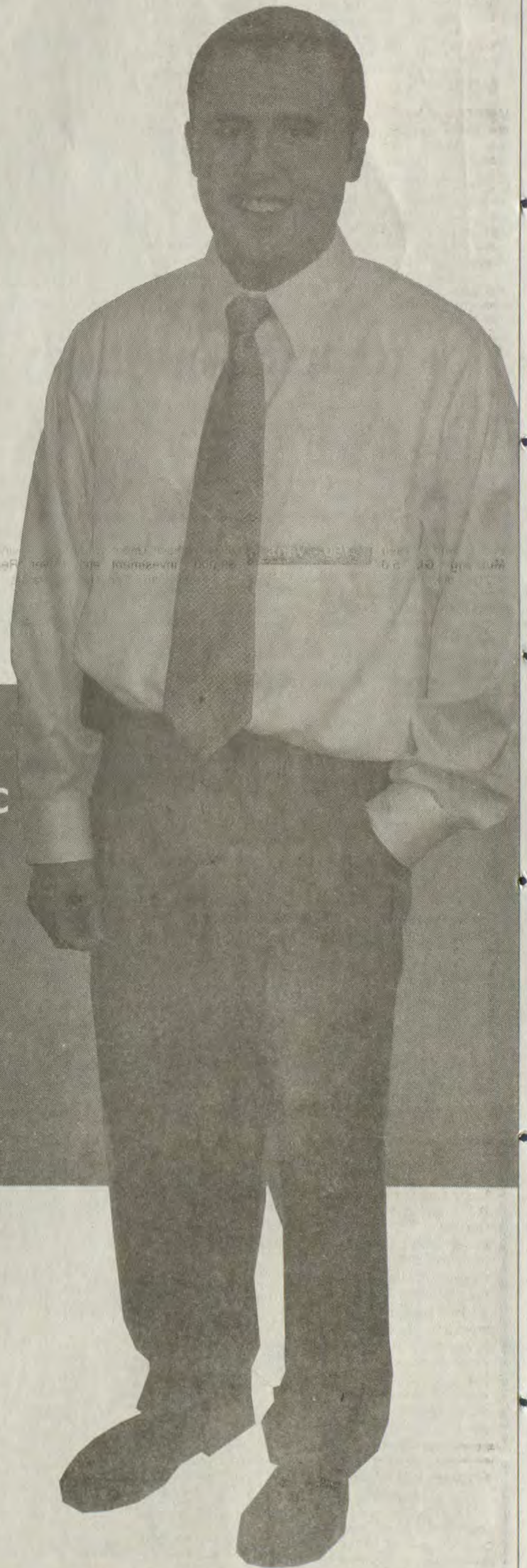
Dr. Chad Thacker is located at:
Charles G. Nichols & Associates, PLLC
189 Hibbard Street
Pikeville, Kentucky 41501

Dr. Thacker is accepting new patients and can be reached by calling:
(606) 432-0191.

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The Floyd County Times

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- 170 - Parts
- 175 - SUV's
- 180 - Trucks
- 190 - Vans

- 210 - Job Listings
- 220 - Help Wanted
- 230 - Information
- 250 - Miscellaneous
- 260 - Part Time
- 270 - Sales
- 280 - Services
- 290 - Work Wanted

300 - FINANCIAL

- 310 - Business Opportunity
- 330 - For Sale

- 350 - Miscellaneous
- 360 - Money To Lend
- 380 - Services

400 - MERCHANDISE

- 410 - Animals
- 420 - Appliances
- 440 - Electronics
- 445 - Furniture
- 450 - Lawn & Garden
- 460 - Yard Sale
- 470 - Health & Beauty
- 475 - Household

- 480 - Miscellaneous
- 490 - Recreation
- 495 - Wanted To Buy

500 - REAL ESTATE

- 505 - Business
- 510 - Commercial Property
- 530 - Homes
- 550 - Land/Lots
- 570 - Mobile Homes
- 580 - Miscellaneous

- 590 - Sale or Lease

600 - RENTALS

- 610 - Apartments
- 620 - Storage/Office Space
- 630 - Houses
- 640 - Land/Lots
- 650 - Mobile Homes
- 660 - Miscellaneous
- 670 - Commercial Property

- 680 - Wanted To Rent

700 - SERVICES

- 705 - Construction
- 710 - Educational
- 713 - Child Care
- 715 - Electrician
- 720 - Health & Beauty
- 730 - Lawn & Garden
- 735 - Legal
- 740 - Masonry
- 745 - Miscellaneous

- 750 - Mobile Home Movers
- 755 - Office
- 760 - Plumbing
- 765 - Professionals
- 770 - Repair/Service
- 780 - Timber
- 790 - Travel

800 - NOTICES

- 805 - Announcements
- 810 - Auctions
- 815 - Lost & Found

- 830 - Miscellaneous
- 850 - Personals
- 870 - Services
- 890 - Legals

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.

AUTOMOTIVE

130-Cars

For Sale Ford Contour 77,000 miles Maroon, 4 door, A/C, Cruise control. \$2,800 firm, interested buyers call 606-886-8494 after 5pm, leave message if no answer.

For Sale 1993 Ford Crown Victoria. 138,000 miles. \$1,200. call 606-874-0467

Hicks Auto Sale 404 David Road 2002 Jeep Laredo V8, 40,000 miles \$13,500 1998 Camry LE, Black 90,000 miles \$6,500 call Hicks Auto Sales at 606-791-2845 after hours 886-3451

For Sale 1990 Mustang Gt. 5.0 White good condition, needs transmission, 1,600.00 please call after 6pm 606-886-9890

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160-Motorcycles

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190 - Vans

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210-Job Listings

Care Giver for elderly lady nearby bed fast, 24hour a day with every other week end off pay \$1,500 per month call 606-285-9650

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Big Sandy Community & Technical College
 Coordinator of Ready To Work Program (Grant Funded) Pikeville Campus

Job Description: Secure and administer program funding, through grants and donations, in accordance with specified objectives; develop, implement, document, formatively evaluate and report on program support activities; supervise and evaluate office staff, work study students and program volunteers, perform required and appropriate college administrative functions, develop and maintain a community resource referral network to support program participants; and participate in professional development activities to maintain "best practices," and to broaden understanding and advocacy for issues related to target populations.

Minimum Requirements: Bachelor's degree (Human Services field—Psychology, Social Work, Counseling or related), and three years related work experience or equivalent. **Minimum Monthly Salary:** \$2,470.00

Work & Learn Case Manager (Grant Funded) 2 Positions—Pikeville and Prestonsburg campuses

Job Description: Collaboratively develop the Work and Learn initiative with the existing Ready To Work Program at BSCTC; develop and maintain the Work and Learn initiative with KT DCBS and DCBS and ABE/GED providers; administer the Work and Learn initiative on BSCTC campuses; recruit and retain KTAP ABE/GED students in their GED preparation with a goal of enrollment in post-secondary education; serve as an on-site case manager for KTAP ABE/GED students; provide job development and placement services for KTAP/GED students as part of the Work and Learn work-study component; assist campus-based Ready To Work Coordinator with preparation and monitoring of proposal and budget for the Work and Learn initiative. **Minimum Requirements:** Associate degree (Human Services field—Psychology, Social Work, Sociology, Counseling or related) and two years related work experience or equivalent. **Minimum Monthly Salary:** \$2,215.00

Procedure: Formal applications are available at Big Sandy Community & Technical College, Office of Human Resources, Johnson Administration Building, Room 110, or via email request: jackie.cecil@kctcs.edu or by phone: (606) 886-3863, ext. 67370, or on our website: www.bigsandy.kctcs.edu. Applications will be accepted until positions are filled. Applicants must submit a completed application, current resumé with list of references, official transcripts and three current letters of recommendation to: Jackie B. Cecil, Director of Human Resources, Big Sandy Community & Technical College, One Bert T. Combs Drive, Prestonsburg, Kentucky 41653.

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Sales Reps. we will be appointing new Sales Reps. for the Floyd county area. We are a nationwide company that provides leads, advanced commission, classroom and field training. No experience necessary. This is a career opportunity with high income potential (40,000 - \$70,000 a first year). To learn more, fax your resume to 859-233-3906 or email charles.price@bankerlife.com

RECEPTIONIST for Office. Computer experience preferred but, not required. Send resume to North Lake Drive Suite 201 Prestonsburg, Ky. 41653

AVON Earn your own money. \$10.00 sign up fee. Free gift. Call Jancy at 886-2082.

220-Help Wanted

WAREHOUSE WORKERS WANTED apply at Big Sandy Wholesale call 606-478-9578

Save on auto insurance.

At Nationwide, we go the extra mile to save you money. That's why we offer a variety of auto premium discounts, including our multi-car discount, our safe driver discount, airbag discount and more. Call us and start saving money today. *Nationwide Is On Your Side*

Kimber McGuire
 303 University Drive
 Prestonsburg, Ky.
 (606) 886-0008 (Office)
 (606) 886-9483 (Fax)

Nationwide Insurance & Financial Services

Nationwide Mutual Insurance Company and affiliated Companies
 Home Office: One Nationwide Plaza, Columbus, OH 43215-2220
 Nationwide is a registered federal service mark of Nationwide Mutual Insurance Company.

CNA Classes Mountain Manor of Paintsville is taking applications for Cewrtified Nurses's Aide Classes in Person at 1025 Euclid Ave., Paintsville, Ky, between 8. am and 4:30 pm Mon.thru Fri

Part time employee for office/clerical computer skills a must experience in Windows, send resume to P.O. Box 2363 Pikeville, Ky 41501 Tabacco Trader

Automotive Technician Wanted, apply in person at John Gray Pontiac, Buick, Gmc, Inc Paintsville, Ky. Contact person will be Frank Bradley, great pay, all holidays off, vacation pay, lots more.

Help wanted Female to stay with elderly lady with Alzheimer's in Martin area. Will discuss hours and pay. If interested call 606-886-9246 or 606-886-8737

DATA ENTRY. Could earn \$50,000 /year.. Flexible Hours! Great Pay! Computer required. 800-91-Data entry 800-913-2823 Ext. #1

Prefer to E-mail Your Ad? Our E-mail Address is: fctclass@bellsouth.net

APPLICATIONS BEING ACCEPTED FOR 1-BEDROOM APARTMENTS FOR ELDERLY

Located behind Wendy's and Pizza Hut in Prestonsburg. All utilities are included and the rent is based upon gross monthly income. Several activities, such as line dancing, crafts, bingo, movies, hair salon and church services. The apartments are furnished with a refrigerator, stove, emergency alarm system, and air conditioner. For more information, please call Highland Terrace at 606-886-1925, or come by the office for an application. Highland Terrace does not discriminate in admission or employment in subsidized housing on account of race, color, creed, religion, sex, national origin, familial status or disability.

APARTMENTS FOR RENT

1, 2, 3, 4 Bedrooms available for extremely low-income people at Highland Heights Apts. in Goble-Roberts Addn., and Cliffside Apts. on Cliff Road, Prestonsburg. Computerized learning centers offer social/educational programs for children and adults. All utilities included at Highland Hgts., utility allowance at Cliffside. Call (606) 886-0608, 896-1927, or 886-1819. TDD: 1-800-648-6056. Highland Heights and Cliffside Apartments do not discriminate in admission or employment in subsidized housing on account of race, color, national origin, sex, age, disability, religion and familial status.

HIGHLAND TERRACE APARTMENTS

1-bedroom apartments for persons age 62 and older. Four-story building, behind Pizza Hut and Wendys in Prestonsburg. Rent is based on your income. Utilities included. Furnished with refrigerator, stove, air conditioner and emergency alarm system. Several amenities: Beauty shop, church services, ballroom and line dancing, free bus transportation, computer room, security cameras, pool table, Bingo, exercise class, craft class, and many more amenities. For applications, call 606-886-1925, or come by the Highland Terrace Office between 8:00 and 3:00.

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Contact
Matt Williams
 1-800-821-8139 ext 254

For advertising rates and information on National Classified Advertising:

CNA'S/CMA'S We are currently hiring For open CAN and CMA Positions. We offer an Excellent benefits Package and competitive Wages. Call or stop by for a tour and interview to Join our caring team. Salyersville Health Care 571 Parkway Drive (606) 349-6181 E.O.E./A.A.P.

RN / LPN We are currently hiring For open RN and LPN Part time Positions. We offer Excellent benefits Package and competitive Wages. Call or stop by for a tour and interview to Join our caring team. Salyersville Health Care 571 Parkway Drive (606) 349-6181 E.O.E./A.A.P.

Prestonsburg Health Care Center has an opening for a full time RN and full time LPN. We offer competitive wages and excellent benefits. If interested please stop by or send a resume to 147 N. Highland Ave. Prestonsburg KY. 41653 (Beside Prestonsburg Elementary).

Mountain Manor of Paintsville is taking applications for LPN position. Excellent pay and benefits. Apply in person at 1025 Euclid Ave., Paintsville, KY. between 8am t 4:30pm Mon -Fri.

Manpower Temporary Services is seeking applicants for basic and advanced General Office assignments. Excellent phone skills, knowledge of MS word, Excel, experience in AS400 Data Entry Accounting, and Medical Billing are some of the skills needed. Qualified applicants can call 606-889-9710 for more information

Secretary for Medical office 9am to 5pm or 10am to 7pm should have some Sec. or Medical billing experience call 606-886-1714 or 606-285-9000

CASH WEEKLY!! Processing our brochures. Free Supplies. Excellent Income. Working From Home. Start Immediately. 800-428-084

eBay Opportunity! \$11-\$33/hr. Possible. Training Provided. No Experience Required. For More Information Call 866-621-2384 Ext. 1998

PRIVATE-GOVERNMENT Cash Grants! For Personal bills, School, Business, etc. Never Repay! Live Operators! \$47 billion left unclaimed 2003. 800-420-8331 ext. 05, 7 days.

MYSTERY SHOPPERS NEEDED! Earn While You Shop! Call Now Toll Free 800-467-4422 Ext. 13134

ANNOUNCEMENT** Now Hiring For 2004 Postal Jobs \$16.20 - \$39.00 /hr. Paid Training. Full Benefits. No Exp. Nec. Green Card OK. Call 866-895-3696 Ext. 6116

A Great Career! Excellent Pay/Benefits C.R. England Needs CDL Driver Training Paid School Toll Free 1-866-619-608

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NEW UNSECURED CREDIT CARD! \$7,500 GUARANTEED APPROVAL!! BAD CREDIT, BANKRUPTCY OK! 800-720-2893

CREDIT REPAIR. erase bad credit legally. Money back warranty. Free information. Call Toll-Free 866-200-9964 www.nfor.com

INJURED? LAWSUIT DRAGGING? Need Cash Now? We can help! Low rates, fast processing and no credit check! www.lawcapital.net or 800-568-8321.

Stop Collection Calls and Get Out of Debt Now! Lower Bills. Reduce Payments. Eliminate Interest. Genesis Financial Management. 800-460-8654 Non-Profit Organization. www.genesisfinancialmanagement.com

330-For Sale

For Sale Man's Size 13 Ky. cluster yellow gold 14K call 606-478-5991

For sale Conn Console Piano Solid wood, excellent condition asking \$900.00 call 606-297-4223

For Sale Marlin Lever Action 44 Magnum rifle with a bushnell stocker scope with hard shell case asking \$350.00 call 606-349-8878

All Steel Buildings 1 Up to 70% Off, 30 x 40, 40 x 60, 70 x 150 can deliver! Neal 800-775-9694

FOR SALE Sawmill \$2,965.00 - Lumber Mate - 2000 & Lumber Lite 24. Norwood Industries also manufactures utility ATV Attachments, Log Skidders, Portable Board Edgers and forestry equipment. www.norwoodindustries.com Free information: 800-566-6899 Ext. 200-U

FOR SALE Biker Super Center. com - Huge Sale! Chaps, Jackets, Vests, Saddle Bags, Tool Bags, Rainsuits, Helmets & More. Nothing Over \$99. 877-418-6607 Shop Online @ Biker Super Center.com

MERCHANDISE

445-Furniture

Almar Furniture Big Selection of Living Rooms, Dining room, and Bedrooms, washers and Dryers and much more call 606-874-0097

ALLEN FURNITURE ALLEN, KY Furniture, used appliances, living / bedroom suits, bunk beds, and lots more! Call 606-874-9790.

RAY'S BARGAIN CENTER New & Used Furniture & Appliances @ unbelievable prices. Come in today for incredible savings. Shop At The Little Furniture Store & Savell! Route. #122, McDowell. Call 606-377-0143.

460-Yard Sale

Just moved Yard Sale years of accumulated treasures! Thursday Sept 30, and Friday Oct 1, Spurlock Creek Road between MAC. and bridge, turn on Rt. 122, 2 miles on right Rain or shine.

2 family Yard Sale Fri. 10th and Sat. 11th only located 466 Trimble Branch Rain or shine

480-Miscellaneous

For Sale Firewood, cheap, low prices by the truck load call evenings 606-358-9616

\$7.99! Stereo Speakers Seized property TV, Computers & More! from \$10.00! for more information call 800-366-0307 ext. P620

Airater Septic System, It has 3 compassator Brand New, installed but never used call 606-297-1454 asking \$1,800. firm...

For Sale: 8 ft refrigerated deli case, \$1000, small pizza oven, \$400, small juice cooler, \$150, washer & dryer, \$150 pair. Call 606-886-2367.

For Sale: 8 ft deli cooler, \$950 and Gas convection oven, \$450. Call 606-886-2367.

Kay's Wallpaper 205 Depot Road Paintsville, Ky Hundreds of Patterns of Wallpaper & Borders All under \$10.00. Open Tues - Fri. 10 a.m. to 5 p.m. Sat. 10 a.m to 3 p.m. Closed Sun. & Mon. 606-789-8584.

REAL ESTATE

510-Comm. Property

Property for sale at Emma call 606-874-2421

For Rent: Beauty shop equipped with 3 stations, and tanning bed. located 1 mile south of Martin on Route. 122. or would consider remodeling for office space Call 606-285-4826 or 606-285-9112.

530-Houses

For Sale a newly remodeled 3 bed room brick home located at Creek side in Prestonsburg. This is a very nice home with a nice lot. For more information please call 606-886-8286 or 606-886-6186

For Sale 3 bed room house in Dwale at 110 Main St. asking 32,000 call 734-483-3665

House for sale at Wayland 4 bed room, 2 bath large deck nice 2 story, located acroo from POst Office on left Gray house call 606-358-3006

House for Sale on North Arnold Ave. 3-4 bed room land contract call 606-889-0507

3 bed foreclosure only \$24,500! for listings call 800-366-0142 extension. B 183

550-Land & Lots

WANTED TO BUY: Lot on the Prestonsburg area suitable for a doublewide. Must have Public water available. 859-312-8092

For Sale 2 cemetery plots for sale in old section Davidson Memorial call 606-478-1366

281-538-4405 or 606-886-6219 private trailer lot for rent 150 per month and 150 deposit located 4 1/2 miles out of Prestonsburg off Mountain Park way on 686 on Fitzpatrick Road

570-Mobile Homes

For Sale 3 bed room 2 full bath, Double wide, 3 years old for more information call 606-889-0937 or 606-889-9654

Trailer for sale 1984, 14 x 58 Fleetwood asking \$4,900 call day 606-478-3333 or night 606-478-2423

For Sale 1973 2 bed room, bath and 1/2 with tilt out living room trailer, good condition call 606-349-5167

For Sale Trailer asking \$18,000 located 2 miles up are creek plus 1994 4 wheel drive, sharp, sharp truck 606-478-1410

Mobile Home for sale would make a good office or storage 12x 65 asking 1,500 call 606-874-2421

For Sale Mobile Home 1998, 16x 80 3 bed room 2 bath includes land, lots of extras asking 45,000 serious calls only call 606-672-7783

All Drywall, Dutch with 2x6 walls, and 5/12 roof pitch, ultimate kitchen package, glass block window, and many more extras. Set up for viewing. For details call 606-353-6444 or toll free 577-353-6444

RENTALS

610-Apartments

1 bed room Apt., utilities paid, w/d furnished, No Pets available Oct 1 \$425.00 per month \$150.00 Deposit, phone 606-874-557 or 606-226-0999

Single family residential lot in Preston sburg at 28 & route 80 has city annulites and restrictions asking \$25,000 call 606-237-4758 or 606-353-7239

For rent upstairs Studio Apt. furnished ,elect, heat / air ,deposit required utilities extra, asking \$325per month call 886-6208

For Rent 1 bed room Apt. HUD accepted call 606-285-5047

For rent 2 bed room 1 1/2 bath Town house and 1 bed room Apt. both located in town No Pets, 606-886-8991

Furnished 1 bed Apt. 5 miles from Martin, on route 1210 Utilities already turned on \$370, plus electric, \$120.00 deposit call 606-285-3641 anytime..

For Rent 2 bed room town house Apt. Stove, Refrigerator W /D hook-up, \$450.00 a month plus utilities. \$250.00 deposit 1 year lease. No Pets, call 606-237-4758 or 606-886-7237

First month's Free rent with paid Security deposit! Park place Apartments in Prestonsburg, Elderly, Handicapped & Disabled Available for immediate occupancy. Rent 1 bed room \$309, 2 bed room \$345 call 606-886-0039

Greetings from Lighthouse Manor, Terry & Sharon Smith. We have apartments for rent that are efficiency apartments, all utilities paid. For more info call 606-886-2797.

Furnished 1 bed room Apt. Central heat & air. Rent starting at \$375. month, + \$300. deposit water included. Located near HRMC. 606-889-9717.

620-Office Space

Office/Retail Space available Great Location near downtown, in the PHS, BSCTC, and the new Food City area of Prestonsburg. up to 4,200 square feet for lease call Today 886-0111 x16 or 226-2266

630-Houses

House for rent at Betsy Layne \$500.00 per month \$500.00 Deposit call 606-478-5403

For rent immediately 2 bed room house at Garrett, \$450.00 plus utilities, central heat and air, city water, call 606-358-2873 or 791-6958

House for rent 3 bed room at Teaberry ,some furniture with washer and dryer A/C included \$390.00 plus deposit utilities, HUD approved and Lot for rent \$150.00 per month plus deposit call 606-587-2985

For Rent after Sept 20th 3 bed room ,living room, kitchen, dining room, 1 bath, utility room, large storage room, 2 porches includes yard & garden space call 606886-6648

For rent 2 bed room House at Garrett, \$450.00 plus utilities, central heat and air, city water call 358-2873 or 791-6958

House for rent willing to sell on a lease purchase contract, \$ 750.00 per month \$1,000.00 deposit, references required NO PETS 3 bed room 1 1/2 bath, private lot located on Ky. Route 1428 between Allen and Prestonsburg call 606-874-6500 home work. 606-886-6468

2 bed room Duplex central heat and air, close to Prestonsburg, No Pets. call 606-886-9007 or 606-889-9747

\$0 DOWN HOMES! NO CREDIT OK! GOV'T & BANK REPOS. \$0 TO LOW DOWN. FOR LISTINGS. 800-501-1777 EXT. 7372

NO RENT!!!! \$0 DOWN HOMES! GOV'T & BANK REPOS! NO CREDIT OK. \$0 TO LOW DOWN. FOR LISTINGS, CALL 800-501-1777 EXT. 9821

Fire Your Landlord! \$\$\$ DOWN HOMES! No Rent! Tax Repos & Bankruptcies! No Credit OK! \$0 to low down! For Listings, 800-501-1777 Ext. 8351

640-Land & Lots

For Rent : newly constructed Mobile Home Lots on Reynolds Hill, in new Allen, City water, sewage, underground utility lines and lighted concrete drive ways, First and Last Month rent and reference required call 606-874-2212

Trailer lot for rent on old U.S. 23 between Prestonsburg and Paintsville call 606-886-9007 or 889 9747

670-Com. Property

For Rent: Beauty shop equipped with 3 stations, and tanning bed. located 1 mile south of Martin on Route. 122. or would consider remodeling for office space Call 606-285-4826 or 606-285-9112.

Office building (30x70) for rent on 2 acer lot located at Daniels Creek 300 feet off US 23, building consists of 2 office spaces-two baths-1 garage 30x 40-3 room apartment. Fenced lot with hook up for mobile home. call 606-0478-9614 after 6pm

For Lease Commercial Property 1,400 Square feet, 2 baths on Francis Court beside Court house in Prestonsburg, \$500.00 per month plus utilities call 606-886-6362

For Sale or Lease Large Building Great for offices spaces call 606-478-5403

SERVICES

710-Educational

Get your HS equivalence diploma with our easy home study course. 800-569-2163 ext. 310

720-Health/Beauty

FAMILY HEALTH CARE w/Prescription Plan! \$69.95/mo: Best network, excellent coverage. No limitations! Includes Dental, Vision, Pre-existing Cond. OK! Call: WCS 800-288-9214 ext. 2328

VIAGRA 100mg \$5.00. Cialis 20mg \$6.25. Lowest Price Refills. Why Pay More? We have the Answer! Trinity Health Group 1-866-402-5400

NEED AFFORDABLE HEALTHCARE? \$59.87/mo per Family. No Limitations! All Pre-Existing conditions OK. CALL UNITED FAMILY !!! 800-235-9209Ext. 1057 CE06620

AFFORDABLE HEALTHCARE! \$59.87/mo per Family. No Limitations! All Pre-Existing conditions OK. CALL UNITED FAMILY !!! 800-261-5109Ext. 8857 CE06620

MEDICARE DIABETICS- Free Meter!!! No Cost Diabetes Supplies! Join Diabetes Care Club. FREE Membership! FREE HOME DELIVERY! 800-287-1737. Qualify NOW!

NOTICES

812 - Free

FREE PALLETS: can be picked up behind The Floyd County Times.

850-Personal

When responding to Personal ads that have reference numbers, please indicate that entire reference number on the outside of your envelope. Reference numbers are used to help us direct your letter to the correct individual.

START DATING TONIGHT! Have fun meeting eligible singles in your area. Toll Free. 800-ROMANCE ext. 9735

Secret Encounters 800-442-MEET .69 p/m Ladies Free!! 800-201-TALK VISIT - singles.com

A Women Wants To Meet You! Enter FREE code 1910 Call 800-210-1010

900 - Legals

COMMON-WEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION NO. II C.A. NO. 04-CI-00393 MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC.— PLAINTIFF VS.

ODELL WALLEN, Diannia Sloan, Unknown Spouse, if any, of Odell Wallen; Unknown Spouse, if any, of Diannia Sloan; Trans Financial Bank, NA.; Homeowners Loan Corp.; First Guaranty Bank; County of Floyd—Defendants NOTICE OF COMMISSIONER'S SALE By Virtue of Final Judgment and Order of the Floyd Circuit Court, entered on the 24th day of August, 2004, in the Floyd Circuit Court, in the above styled action, in the principal sum of \$112,061.54, together with interest, costs and fees, I shall proceed to offer for sale at the Old Floyd County Courthouse Door, 3rd Avenue, Prestonsburg, Kentucky, (behind the new Floyd County Justice Center), to the highest bidder, at public auction, on Thursday, the 30th day of September, 2004, at the hour of 9:30 a.m., the following real property, located in Floyd County, Kentucky, and more particularly described as follows: Starting at the center of the creek at the lower corner of the bottom going in a straight line up the hill to stake A, approximately 85 feet; thence, turn right around the hillside following the old fence line and stakes adjoining the Duff property to stake B, approximately 800 feet; thence, from stake B, in a straight line down the hill to the center of the culvert in the branch, approximately 110 feet; thence following the center of the branch from the culvert down the hollow and around the beginning. The above legal description being the same as the last deed of record, no boundary survey having been made at the time of this conveyance. Said property being that same property conveyed to Odell Wallen and Diannia Sloan, from Odell Wallen, through Quitclaim Deed dated February 6, 2003, and recorded on February 18, 2003, in

Deed Book 483, Page 207, in the Office of the Floyd County Clerk, and known as 968 Prater Fork Road, Huesyville, Kentucky 41640. TERMS OF SALE(a) At the time of sale, the successful bidder, if the other than the Plaintiff, shall either pay cash or 10% of purchase price, with the balance on credit for thirty (30) days, and required to execute a bond with good surety thereon for the unpaid purchase price of said property, if any, bearing interest at the rate of twelve percent (12%) per annum from the date of sale until paid, having the force and effect of a Judgment.(b) The property shall be sold subject to any easements and restrictions of record in the Floyd County Clerk's Office, and such right of redemption as may exist in favor of the United States of America and/or the record owners thereof. (c) The purchaser shall be required to assume and pay all Floyd County, Kentucky, real property taxes for the year 2004, and all subsequent years which are not yet due and payable. Any and all delinquent Floyd County, Kentucky, real estate taxes will be paid from the sale proceeds. (d) In the event the Plaintiff is the purchaser of the above described property for an amount equal to, or less than, its first lien, it shall take a credit against said lien for the amount of the bid, and no bond shall be required of the Plaintiff, and it shall only be obligated to pay court costs, the fees and costs of the M a s t e r Commissioner, and any real estate taxes assessed against the real estate. Any announcements made on date of sale take precedence over printed matter contained herein. PLAINTIFF'S ATTORNEY:

Hon. Shawn R. RyanReisenfeld & Associates 2355 Auburn Avenue Cincinnati, Ohio 45219 WILLIAM S. KENDRICK Master Commissioner P.O. Box 268 Prestonsburg, Kentucky 41653

COMMON-WEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION NO. II CASE NO. 02-CI-1188 PRINCIPAL RESIDENTIAL MORTGAGE, INC.—PLAINTIFF VS.

STEVE BREWER, unknown defendant, spouse of Steve Brewer, Adam Carter, unknown defendant, spouse of Adam Carter—Defendants and Steve Brewer—Third Party Plaintiff VS. Neighborhood Mortgage, et al.—Third Party Defendants, et al. NOTICE OF COMMISSIONER'S SALE By Virtue of Judgment and Order of Sale of the Floyd Circuit Court, entered on the 24th day of August, 2004, in the Floyd Circuit Court, in the above styled action, in the principal sum of \$114,536.59, together with interest, costs and fees, I shall proceed to offer for sale at the Old Floyd County Courthouse Door, South Central Avenue, Prestonsburg, Kentucky, (behind the new Floyd County Justice Center), to the highest bidder, at public auction, on Thursday, the 30th day of September, 2004, at the hour of 9:15 a.m., the following described real estate, located at 11 Pinebluff Cove, Harold, Floyd County, Kentucky, and more particularly described as follows: Herein described is a tract of property, being Lot 7 of the Eagle Trace Subdivision and lying adjacent to Eagle Trace Boulevard on Pen Hook Branch, near Harold, in Floyd County, Kentucky, and being further described as follows: Beginning at a rebar/cap, being a common corner of Lot 8 of the Eagle Trace Subdivision, Eagle Trace Boulevard and the subject property; thence, leaving Eagle Trace Boulevard and with Lot 8, N19 12 43 W, 132.74' to a rebar/cap, being a common corner of Lot 8, Lot 9 and subject property; thence, leaving Lot 8 and with Lot 9, N 72 20 56 E, 135.14' to a rebar/cap, being a common corner of Lot 9, Eagle Trace Boulevard and the subject property; thence, leaving Lot 9 and with Eagle Trace Boulevard, S 19 40 24 E, 20.11' to a rebar/cap, thence S 17 45 10 E, 80.23' to a rebar/cap; thence along a curve to the right having a radius of 25.00' and an arc length of 36.48' (chord S 24-34-45 W, 33.33') to a rebar/cap; thence S 68 22 45 W 75.00' to a rebar/cap; thence 68 22 45 W, 35.24' to the point of beginning. The rebar/cap as referenced herein are 5/8" x 18" rebar steel with an orange plastic cap stamped Aarco 2994 and were set during the course of a survey performed by Aarco Surveying, P.O. Box 149, Virgie, Kentucky 41572, on 7/3/99. The purpose of said survey was revise the boundary lines of Lot 7 of the Eagle Trace Subdivision as shown on the plat of said subdivision as prepared by Larry Fitch on 8.7.97. The above described tract is subject to any restrictions or easements of record or otherwise, for further reference and Declaration in Misc. Book 5, Page 713, in the Floyd County Court Clerk's Office. A mobile home by Cavalier Homes of Alabama, Serial model #47932BA5012C722 83F&42BDEN is permanently affixed to the real estate and is part of the realty encumbered by Plaintiff's mortgage. Being the same property conveyed to Steve Brewer and Elizabeth McGuire, both unmarried, from Hall and Hylton Development, dated September 5, 2000, and recorded in Deek Book 451, Page 74. TERMS OF SALE (a) At the time of sale, the successful bidder, if the other than the Plaintiff, shall either pay cash or \$5,000.00 of purchase price, with the balance on credit for thirty (30) days, and required to execute a bond with good surety thereon for the unpaid purchase price of said property, if any, bearing interest at the rate of twelve percent (12%) per annum from the date of sale until paid, having the force and effect of a Judgment. (b) The property shall be sold subject to any easements and restrictions of record in the Floyd County Clerk's Office, and such right of redemption as may exist in favor of the United States of America and/or the record owners thereof. (c) The purchaser shall be required to assume and pay all Floyd County, Kentucky, real property taxes for the year

Big Sandy Two Way Has a Job opening for REPAIR/INSTALLER for a 2 way Radio Dealer Must have some experience call 606-886-3181

OIL FIELD SERVICE CO. HAS OPENING FOR HARD WORKING DRIVERS IN THE ALLEN OFFICE. MUST BE 21 YEARS OF AGE OR OLDER. MUST HAVE CDL AND GOOD DRIVING RECORD WITH SOME MECHANICAL APPITUDE. PLEASE APPLY IN PERSON MONDAY THRU FRIDAY 8:00 AM. THRU 4:00 P.M LOCATED AT: UNIVERSAL WELL SERVICE, 5252 ROUTE 1428 IN ALLEN KENTUCKY. PHONE 606-874-3487

2001, and all subsequent years which are not yet due and payable. Any and all delinquent Floyd County, Kentucky, real estate taxes will be paid from the sale proceeds. (d) In the event the Plaintiff is the purchaser of the above described property for an amount equal to, or less than, its first lien, it shall take a credit against said lien for the amount of the bid, and no bond shall be required of the Plaintiff, and it shall only be obligated to pay court costs, the fees and costs of the M a s t e r Commissioner, and any real estate taxes assessed against the real estate. Any announcements made on date of sale, take precedence over printed matter contained herein. **PLAINTIFF'S ATTORNEY:** Hon. James Keffer Lerner, Sampson & Rothfuss P.O. Box 5480 Cincinnati, Ohio 45201-5480 **WILLIAM S. KENDRICK** Master Commissioner P.O. Box 268 Prestonsburg, Kentucky 41653 (606) 886-2812

PUBLIC NOTICE

Notice is hereby given that Appalachian Wireless, 355 Village Road, Prestonsburg, Ky. 41653 filed an application with the Natural Resources and Environmental Protection to install a temporary low-water crossing, to be used for heavy equipment access to a new cellular tower installation. The project is located at the intersection of Richardson Branch and the right Fork of Middle Creek, on the west side of Kentucky 114. Any comments or objections concerning this application shall be directed to: Kentucky Division of Water, Water Resources Branch, 14 Reilly Road, Frankfort Office Park, and Frankfort, Kentucky 40601. Phone: 502-564-3410

COMMONWEALTH OF KENTUCKY JOHNSON CIRCUIT COURT ACTION NO. 04-CI-000080 FAMILY BANK, FSB PLAINTIFF, VS:

NOTICE OF SALE DAVID L. TIMBLE; KIMBERLY P. TRIMBLE; DEFENDANTS.COM PUTERS PLUS, INC.; BRETT M. HIGGINSON UNITED STATES OF AMERICA INTERNAL REVENUESERVICES; COMMONWEALTH OF KENTUCKY REVENUE CABINET; COMMONWEALTH OF KENTUCKY WORK-FORCEDEVELOPMENT CABINET EX. REL.; DIVISION OF UNEMPLOYMENT INSURANCE; FIRST NORTH AMERICAN A T I O N A L BANK; VIPER MAX COMPUTERS; CAPITAL ONE BANK; EAST KENTUCKY CORPORATION; JOHN S O N COUNTY, KENTUCKY; CITY OF PAINTSVILLE, KENTUCKY; and Floyd county, Kentucky By virtue of a Judgment and order of Sale of the Johnson Circuit Court entered the 27th day of July, 2004, in the above cause, for the combined sums of \$127,544.02 with interest thereon, plus additional sums and costs; please be advised that I shall proceed to offer for sale in the lobby of the court house outside of the circuit Court Clerk's Office,

in Paintsville, Johnson County, Ky. To the highest and best bidder, at public auction, on the day of -----, 2004, at -----o'clock ---, m., upon the terms set forth following the description, the following described property, to wit: Certain tract or parcel of land lying and being in the City of Paintsville, Johnson County, Kentucky, and being more particularly described as follows: Beginning at the Southwest corner of Second Street; thence in a Westerly direction 63 feet to an iron pin; thence in a Southerly direction to the line of (formerly) Charlie Williams; thence in an Easterly direction with Charlie Williams' line to Church Street; thence in a Northerly direction with Church Street; to the point of beginning. This being the same property conveyed to DAVID I. Trimble by John M. Trimble and Janet M. Trimble by deed dated January 27, 1998, and recorded in Deed Book 350, Page 589, Records of the Johnson County Court Clerk's Office A. The successful bidder shall either pay cash or make a deposit of ten (10) % of the purchase price with the balance on a credit thirty (30) days, in which event the successful bidder shall be for the unpaid shall be required to execute bond with good surety thereon. 2% per annum from the date of the sale until paid. Said bond shall have the force and effect of a judgment for which execution may issue, and a lien shall be retained upon the above described real estate as additional surety. B. The purchaser shall be required to assume and "pay" all "taxes" or assessments upon the property for the current tax year and subsequent years. All taxes or assessments upon the property for the prior years shall be paid from the sale proceeds if property claimed in writing and filed of record by the purchaser prior to the payment of the purchase price. C. The property described above is sold subject to any easements, restrictions, defects, lines or encumbrances of record in Johnson County Court Clerk's Office and such rights of redemption as may exist in favor of the United States of America, and/or the record owners thereof. This ----- day of -----, 2004 Dale Phillips Master Commissioner Johnson Circuit Court P. O. Box 668 Paintsville, Kentucky 41240 (606) 789-7531

PUBLIC NOTICE Clara C. Ison, mailing address, 144 Chestnut Lane #7 Bypro, KY. 41612, hereby declares intentions to apply for a Beer license no later than October 31, 2004. The business to be licensed will be located at 1292 Left Beaver Road, Martin, Ky. 41649 doing business as Downtown Spirits. The owner(s) are as follows Owner, Any person, association, corporation, or body politic may protest the granting of the license(s) by writing the Department of Alcoholic Beverage Control, 1003 Twilight Trail Suite A-2, Frankfort, KY 40601 with in 30 days of the date of this legal publication.

PUBLIC NOTICE Notice is hereby given that Barbie C. Bow, P. O. Box 134, Betsy Layne, Kentucky 41605, has filed an application with the Natural Resources and Environmental Protection Cabinet to construct a fill. The property is located approximately 0.85 mile west of the intersection of KY Route 979 junction with U. S. Route 23 near the community of Harold on Mud Creek in Floyd County. Any comments or objections concerning this application shall be directed to: Kentucky Division of Water, Water Resources Branch, 14 Reilly Road, Frankfort Office Park, Frankfort, Kentucky 40601. Phone: (502) 564-3410

NOTICE OF INTENTION TO MINE Pursuant to Application Number 836-5440, Operator Change (1) in accordance with KRS 8:010, notice is hereby given that The Elk Horn Coal Company, LLC, 544 South Lake Drive, Prestonsburg, KY 41653, intends to revise permit number 836-5440, to change the operator. The operator presently approved in the permit is The Elk Horn Coal Company, LLC. The new operator will be McPeck Energy, Inc., P.O. Box 197, Dorton, KY 41520. (2) The operation is located 0.3 mile west of Craynor, in Floyd County. The operation is approximately 1.15 mile southwest of KY 979's junction with the Mink Branch Road, and is 0.3 mile west of Mink Branch. The operation is located on the McDowell U.S.G.S. 7 1/2 minute quadrangle map. (3) The application has been filed for public inspection, at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Prestonsburg, KY 41653. Written comments, objections, or requests for a permit conference, must be filed with the Director, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601. This is the final advertisement of this application; all

PUBLIC NOTICE T & B Grocery & Merchandise, mailing address, 42363 Rt. 114, Prestonsburg, KY. 41612, hereby

declares intentions to apply for a Beer License no later than October 31, 2004. The business to be licensed will be located at 12363 Rt.114, Prestonsburg Ky. 41649 doing business as Downtown Spirits. The owner(s) are as follows Bobby Stumbo 5357 Ky. Rt. 850 Hippo, Ky. 41653 Owner, Any person, association, corporation, or body politic may protest the granting of the license(s) by writing the Department of Alcoholic Beverage Control, 1003 Twilight Trail Suite A-2, Frankfort, KY 40601 with in 30 days of the date of this legal publication.

NOTICE OF PUBLIC SALE The following property will be offered at public sale at Worldwide Equipment, Inc. Hwy 128 East, Prestonsburg, Ky. 41653 on 10/26/04 commencing at 11:am (2) 1998 Mack RD888SX s.n IM2P278C7WM0021 32 and 1M2P279C3WM002 130 The property may be inspected by appointment prior to the sale at Worldwide Equipment, Inc. Hwy.1328 East, Prestonsburg, Ky. 41653 Cash Sales only Inquires: CitiCapital Commercial Corp at 972-652-1187, 0404679-0

THE CARL D. PERKINS JOB CORP CENTER, Prestonsburg, Ky. Is now receiving bids on paving a walking track and an outdoor basketball court. For more information please contact Thomas Rainey at 606-886-1037, ext.104 or Teresa Carroll at 606-886-0077, between 8am and 4:30pm Monday through Friday. The Carl D. Perkins Job Corps Center reserves the right to reject any or all bids received.

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41653. Written comments or objections, must be filed with the Director, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, KY 40601. All comments or objections must be received within fifteen (15) days of today's date.

NOTICE OF PUBLIC SALE The following property will be offered at public sale at Worldwide Equipment, Inc. Hwy 128 East, Prestonsburg, Ky. 41653 on 10/26/04 commencing at 11:am (2) 1998 Mack RD888SX s.n IM2P278C7WM0021 32 and 1M2P279C3WM002 130 The property may be inspected by appointment prior to the sale at Worldwide Equipment, Inc. Hwy.1328 East, Prestonsburg, Ky. 41653 Cash Sales only Inquires: CitiCapital Commercial Corp at 972-652-1187, 0404679-0

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NOTICE OF INTENTION TO MINE PURSUANT TO APPLICATION NUMBER 836-5422 In accordance with the provisions of KRS 350.055, notice is hereby given that Matt/Co, Inc., 439 Meadows Branch, Prestonsburg, Kentucky 41653, has applied for a permit for an underground coal mining operation, located 1.0 mile north of Dana, in Floyd County. The proposed operation will disturb 18.27 surface acres, and will underlie 398.87 acres, and the total area within the permit boundary will be 417.14 acres. The proposed operation is approximately 0.2 mile southeast from Johnson Fork Road's junction with Cecil Branch Road, and located within Johnson Fork. The latitude is 37°33'57". The longitude is 82°41'13". The proposed operation is located on the Harold U.S.G.S. 7-1/2 minute quadrangle map. The surface area to be disturbed is owned by Randy Hayes et al. The operation will underlie land owned by Randy Hayes et al., Green Kidd, Green Kidd et al., B. Rickman, Will Amey Heirs, Wilford & Ruth Boyd, Kate Cade Heirs, Lodestar Energy, Inc., George and Myrtle Lackey et al., Nora Louise Watkins, Paul Justice, Industrial Fuels and Minerals Co., and Sidney Justice. The application has been filed for public inspection at the Department for 'Natural Resources Prestonsburg Regional Office, 3140 South Lake Drive, Prestonsburg, Kentucky 41653. Written comments, objections, or requests for a permit conference, must be filed with the Director, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601. This is the final advertisement of this application; all

NOTICE OF INTENTION TO MINE PURSUANT TO APPLICATION NUMBER 836-0258, Renewal in accordance with 405 KAR 8:010, notice is here-

by given that Wolverine Resources, Inc., 750 Town Mountain Road, Pikeville, Kentucky, 41501, has applied for renewal of a permit for an existing surface coal mining and reclamation operation, affecting 61.15 surface acres and underling an additional 11.5 acres, for a total of 72.65 acres, located 1.5 mile northwest of David, in Floyd and Magoffin Counties. The operation is approximately 2.5 miles south from Ky. 114 is junction with Rough and Tough Road and located 0.25 mile east of Buckeye Branch. The latitude is 37°38'52". The longitude is 82°54'35" The operation is located on the David, Iylyton, Prestonsburg, and Martin U.S.G.S. 7 1/2 minute quadrangle map. The operation will use the contour, area and auger methods of mining. The surface area is owned by Amos Miller Heirs, Minerva Miller, Amanda Moore, Jim Prater Heirs, Roger Shepard, Jarvis Allen, Edward Music et al., Berlin Bradford, Irvin Shepard, F.H. Holbrook Heirs, Richard England and Haney England Heirs, and Cora Miller Heirs. The permit underlies land owned by Jarvis Allen, Roger Shepard, and Edward Music, et al. The application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, suite #6, Prestonsburg, Kentucky 41653. Written comments, objections, or requests for a permit conference, must be filed with the Director, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky, 40601 For Final ADVERTISEMENT ONLY This is the final advertisement of this

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application; all comments, objections, or requests for a permit conference, must be received within thirty (30) days of today's date

NOTICE OF PUBLIC SALE The following item will be offered at public sale, on Friday September 24, 2004 at 11:00 am to satisfy the unpaid balance of an installment contract signed 02/23/01. 2000 Chevy X-Cab, 4x4 S/N 1033. All items are sold as is where is, Seller reserves the right to bid and to reject any and all bids. Items are to be paid following the sale, or satisfactory arrangements made with the seller. Announcements at the sale take priority over purchaser to pay all taxes and transfer fees call Mike Haney for location 606-886-2321 First Commonwealth Bank 311 N. Arnold Ave. Prestonsburg, Ky. 41653

COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION NO. 1 C.A. NO. 03-CI-00588 Garland V. Mayo, widow; Clarence Hall and Francis Hall, his wife; Bobby N. Hall and Sue Hall, his wife; Edna Pitts, widow...Plaintiffs Vs. Wilma Casper and Paul Casper, her husband; and Richard Hall and Shirley Hall, his wife...Defendants **NOTICE OF COMMISSIONER'S SALE** By virtue of Agreed Final Judgement and Order of Sale, of the Floyd Circuit Court, entered on the 31st of August, 2004, in the Floyd Circuit Court, in the above-styled action, I shall proceed to offer for sale at the Old Floyd County Courthouse Door, South Central Avenue, Prestonsburg, Kentucky, (behind the new Floyd County Justice Center), to the highest bidder, at public auction, on Thursday, the 7th day

COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION NO. 1 C.A. NO. 03-CI-00588 Garland V. Mayo, widow; Clarence Hall and Francis Hall, his wife; Bobby N. Hall and Sue Hall, his wife; Edna Pitts, widow...Plaintiffs Vs. Wilma Casper and Paul Casper, her husband; and Richard Hall and Shirley Hall, his wife...Defendants **NOTICE OF COMMISSIONER'S SALE** By virtue of Agreed Final Judgement and Order of Sale, of the Floyd Circuit Court, entered on the 31st of August, 2004, in the Floyd Circuit Court, in the above-styled action, I shall proceed to offer for sale at the Old Floyd County Courthouse Door, South Central Avenue, Prestonsburg, Kentucky, (behind the new Floyd County Justice Center), to the highest bidder, at public auction, on Thursday, the 7th day

of October, 2004, at the hour of 9:00 a.m., the following described surface property, located and lying in Floyd County, Kentucky, and more particularly described as follows: A certain tract or parcel of land, located on the waters of Left Beaver Creek, and being more particularly described as follows: Beginning at a stake in the creek corner between the Richard Salisbury tract of land and the James P. Salisbury tract of land, running down the creek and with the creek to a stake a marked willow tree; thence a line across the bottom to a small poplar tree between the fence and the State Highway; thence running across the road at an angle up the road to a stake and a post on the upper side of the State Highway; thence a straight line across the orchard and branch to a marked small box elder of the foot of the hill; thence around the hill to the right, about forty (40) feet to the forks of two drains that meet and the center of the forked point; thence up the point with the center of the point to its top; thence turning down the hill with the Richard Salisbury line to the beginning. Being the same property conveyed by Bert Hall and Nola Hall, his wife, to Leonard Hall, for his life, and then to Arcolas Mayo, Edna May Pitts, Richard Hall, Bobby Hall, Clarence Hall, and Wilma Mann (now Casper), dated October 7, 1985, recorded in Deed Book 295, Page 203, Floyd County Clerk's Office. The grantors, Bert Hall and Nola Hall, each retained a life estate in the subject tract. Bert Hall passed away in 1992 and his life estate has been extinguished. Nola Hall passed away in 1995 and her life estate has been extinguished. Arcolas Mayo passed away testate on October 11, 1998, and devised her entire 1/6 undivided interest in

COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION NO. 1 C.A. NO. 03-CI-00588 Garland V. Mayo, widow; Clarence Hall and Francis Hall, his wife; Bobby N. Hall and Sue Hall, his wife; Edna Pitts, widow...Plaintiffs Vs. Wilma Casper and Paul Casper, her husband; and Richard Hall and Shirley Hall, his wife...Defendants **NOTICE OF COMMISSIONER'S SALE** By virtue of Agreed Final Judgement and Order of Sale, of the Floyd Circuit Court, entered on the 31st of August, 2004, in the Floyd Circuit Court, in the above-styled action, I shall proceed to offer for sale at the Old Floyd County Courthouse Door, South Central Avenue, Prestonsburg, Kentucky, (behind the new Floyd County Justice Center), to the highest bidder, at public auction, on Thursday, the 7th day

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the subject tract to Garland V. Mayo as per her will in Will Book S, Page 498, Floyd County records. **TERMS OF SALE(a)** At the time of sale, the successful bidder, if the other than the Plaintiff, shall either pay cash or 10% of purchase price, with the balance on credit for thirty (30) days, and required to execute a bond with good surety thereon for the unpaid purchase price of said property, if any, bearing interest at the rate of twelve percent (12%) per annum from the date of sale until paid, having the force and effect of a Judgment. (b) The property shall be sold subject to any easements and restrictions of record in the Floyd County Clerk's Office, and such right of redemption as may exist in favor of the United States of America, and/or the record owners thereof. (c) The purchaser shall be required to assume and pay all taxes or assessments upon the property for the current tax year which are not yet due and payable, and for all subsequent years. Any and all delinquent Floyd County, Kentucky, real estate taxes will be paid from the sale proceeds. (d) If the successful bidder is a party to this action, he/she shall be given credit on the balance of the purchase price to the extent of his/her ownership interest in the above described real property, subject to payment of sufficient funds to satisfy the costs of sale and for the Master Commissioner. Any announcements made on date of sale take precedence over printed matter contained herein. **PLAINTIFF'S ATTORNEY:** Hon. Gregory A. IsaacCombs & Isaac Commissioner P.O. Box 268 Prestonsburg, Kentucky 41653 **WILLIAM S. KENDRICK** Master Commissioner P.O. Box 268 Prestonsburg, Kentucky 41653 (606) 886-2812

COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION NO. 1 C.A. NO. 03-CI-00588 Garland V. Mayo, widow; Clarence Hall and Francis Hall, his wife; Bobby N. Hall and Sue Hall, his wife; Edna Pitts, widow...Plaintiffs Vs. Wilma Casper and Paul Casper, her husband; and Richard Hall and Shirley Hall, his wife...Defendants **NOTICE OF COMMISSIONER'S SALE** By virtue of Agreed Final Judgement and Order of Sale, of the Floyd Circuit Court, entered on the 31st of August, 2004, in the Floyd Circuit Court, in the above-styled action, I shall proceed to offer for sale at the Old Floyd County Courthouse Door, South Central Avenue, Prestonsburg, Kentucky, (behind the new Floyd County Justice Center), to the highest bidder, at public auction, on Thursday, the 7th day

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BEST
COMPANIES



Christie Stewart, R.N., Endoscopy, with her eight-month old son Logan, who is enrolled at King's Daughters' Child Development Center.

King's Daughters has been named one of the nation's Top 100 Employers for Working Mothers by Working Mother magazine, for the second year in a row.

We're honored to be recognized with this distinction. It's our talented team members that make the medical center a great place to work, and the employer of choice in the region.

We're proud to stand out as one of the nation's best employers, by helping our more than 2,800 team members have a healthy balance between work and their family life. With innovative benefits like our Child Development Center, flexible scheduling and more, we're all working toward our mission: To Care. To Serve. To Heal.

**KING'S
DAUGHTERS
MEDICAL CENTER**

Taking Medicine FurtherSM

Kid Scoop.com

This Week: Anti-Bullying

© 2004 by Vicki Whiting, Editor Jeff Schinkel, Graphics Vol. 20 No. 39

CELEBRATE DIFFERENCES!

Bullying sometimes starts when one person picks on something about another person that is different. It could be how big a person is, the color of a person's skin or a person's grades.

Every person is unique (one of a kind) and special. That means **YOU** are special and unique! It is often the things that make you different that are the things that make you **GREAT!**



Some Kind Words

Look at the children pictured here. Find and circle something unique and special about each child.

Next, pretend each child is going to say something nice about another child's differences. Write something positive in each "balloon."

Standards Link: Health: Students recognize personal characteristics that contribute to self-esteem.

STAMP OUT BULLYING!

Have you ever been bullied by another person? It's a serious problem for many kids. Today's Kid Scoop page offers you some tips to help put a stop to bullying behavior.

Words Can Hurt

Bullying doesn't always mean hitting. Many times, words are used to bully someone. Make a list of words that compliment a person. Try and use these words a lot!

TOP 5 ANTI-BULLYING TIPS

- 1. Stay away from people who bully.**
 - If a person who is bullying you won't stay away from you, **IGNORE** and **WALK AWAY** from that person.
- 2. Tell someone if you are being bullied.**
- 3. Avoid places where kids who bully can be found.**
 - Walk to school earlier or later. Take different paths to school. Stay within sight of teachers and grownups.
- 4. Make friends.**
 - Hang out with friends. Kids who are alone tend to get picked on more. Look around your school. You are probably not the only kid being picked on. Maybe you can help another child by becoming friends!
- 5. Project confidence.**
 - Slouching, looking at the ground or your feet, and fidgeting makes it look like you're not sure of yourself. Hold your head up and stand up straight. Look confident!

Standards Link: Health: Develop and use effective coping strategies.

Extra! Extra!

Just Like Me

Many famous and popular people were picked on as children. Find a picture in the newspaper of someone who you admire. Find 3 or more ways that you are like that person.

Standards Link: Reading Comprehension: Follow simple written directions.

Friends Can Help

Bullying hurts. It hurts a lot.

Experts say that there is something that can help a child who is being bullied. That something is a **friend**. Someone who is there to help the hurt of being bullied go away.

Look at the situation at right. Then answer these questions:

1. What could Andy do or say?
2. What could Maria do or say?
3. What does everyone want Jody to do?

Standards Link: Health: Identify ways to seek assistance if concerned, threatened or abused.



Hey! Look who's here, everyone! It's little **FRECKLE FACE!**

Oh, that Jody! She teases poor Andy every single day, Steven!

I know, Maria! It's totally messed up!

THE GOVERNMENT VS. BULLYING

To discover the title of the government's anti-bullying campaign, hold this page up to a mirror, and read the backwards words below.

TAKE
A
STAND.
A
LEND
A
HAND.

STOP
BULLYING
NOW.

The United States Government has launched a bullying prevention campaign and even created a special Web site.

The campaign includes animated episodes on television and animated "webisodes" at their Web site: www.stopbullyingnow.hrsa.gov

The first webisode tells about K.B.'s first day of school at a new school. She has a day full of problems that you might find familiar. Visit the Web site, and see if you can discover any new ways to prevent bullying.

Standards Link: Health: Develop and use effective coping strategies.

Double Double Word Search

KID
BULLYING
HURT
NICE
HELP
FRIENDS
SCHOOL
PICKED
IGNORE
LATER
SINGLE
UNIQUE
GREAT
AWAY
YOU

Find the words in the puzzle, then in this week's Kid Scoop stories and activities.

D	N	I	C	E	T	A	E	R	G
S	A	H	E	L	G	N	I	S	P
C	W	U	E	T	M	L	Y	D	D
H	A	R	Q	L	W	V	O	N	E
O	Y	T	J	S	P	A	U	E	K
O	L	T	E	R	O	N	G	I	C
L	A	T	E	R	K	I	D	R	I
Q	U	E	U	Q	I	N	U	F	P
U	G	N	I	Y	L	L	U	B	W

Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

BEYOND Kid Scoop

Friends Make the Difference

Create a poem about the importance of being a friend to someone who is being bullied. Start each line in the poem with a letter that spells the word FRIEND.

Standards Link: Writing Applications: Write poetry using a variety of formats.

How do bees get to school?

ANSWER: By school buzz.

Weekly Writing Corner

Stop bullying NOW!

I know that there are bullies at my school. If someone bullies me, I will tell the principal. If I see someone bullying someone else, I would tell them to stop. If they don't stop, I'll tell the principal. That is just what the bully wanted, to get into trouble.

Rosa,
5th Grade

If someone bullies you, don't fight back. The whole thing could just get worse. Ask them to stop and if they don't, go tell a teacher about it. Chances are they won't come around you again.

Jamie,
6th Grade

All over the world, people fight a problem called *bullying*. I've experienced a situation like this. What should you do? First, ignore it, pretend it doesn't exist and give no wavering reaction. If the bully still troubles you, speak in defense of yourself, do not use inappropriate language, name-calling or foul comments. If it persists, ask a teacher or your parents for help.

Sydney,
6th Grade

I don't have bullies at my school but I do know how to stop them. You say, "STOP IT!" or you can turn around and walk away and ignore them. If they are being really mean you should tell an adult. That is my opinion.

Kelsea,
5th Grade

One time I got bullied. I tried to ignore him but he kept following me. I told him to go away and then I told an adult. They helped me. That's what you should do too if you are bullied.

Sydney,
5th Grade

There are many ways to deal with a bully. You can change the subject, talk to them, tell a teacher, try to be friends with them or just walk away from any trouble. But don't smack a bully back, don't say bad words to them or try to stare them down. Try not to show fear, just walk away.

Jordan,
7th Grade

Write On!

Stop bullying NOW!

Deadline: Oct. 17, 2004
Published: Week of Nov. 14, 2004

Send your story to:

Stop bullying NOW!
P.O. Box 390
Prestonsburg, Ky. 41653

Please include your school and grade.

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City Council

COLORING PAGE



CLOUD COVER! Our artist claims there are some 32 faces present in the cloud-filled sky above. What is your count?

Junior Whirl

by Hal Kaufman

FAIR AND SQUARE TREASURE HUNT

A WILY pirate provides a wits test for those in possession of the treasure map at left. His instructions for locating the buried loot are as follows:

“You will find the chest buried in the numbered space which is one square below a 2, two squares to the right of a 2, one square above a 1, and two squares to the left of a 3. Yo ho, me hearties.”

Further clue: It's a square indicated by a 2.

How long will it take you to discover the square where the buried treasure lies?

No fair peeking below.

Treasure square is fourth across in fourth horizontal row.

100 COUNT! Challenge: Find a mathematical expression in which digits 1 to 9, in reverse order, total exactly 100. Can you comply?

Here's a way in progressive steps: $9 \times 8 + 7 + 6 + 5 + 4 + 3 + 2 + 1 = 100$.

X'ed TEXT! Letter X is a clue to the first word of this word square cluster. Let's see how quickly you can fill boxes with words that read the same both across and down.

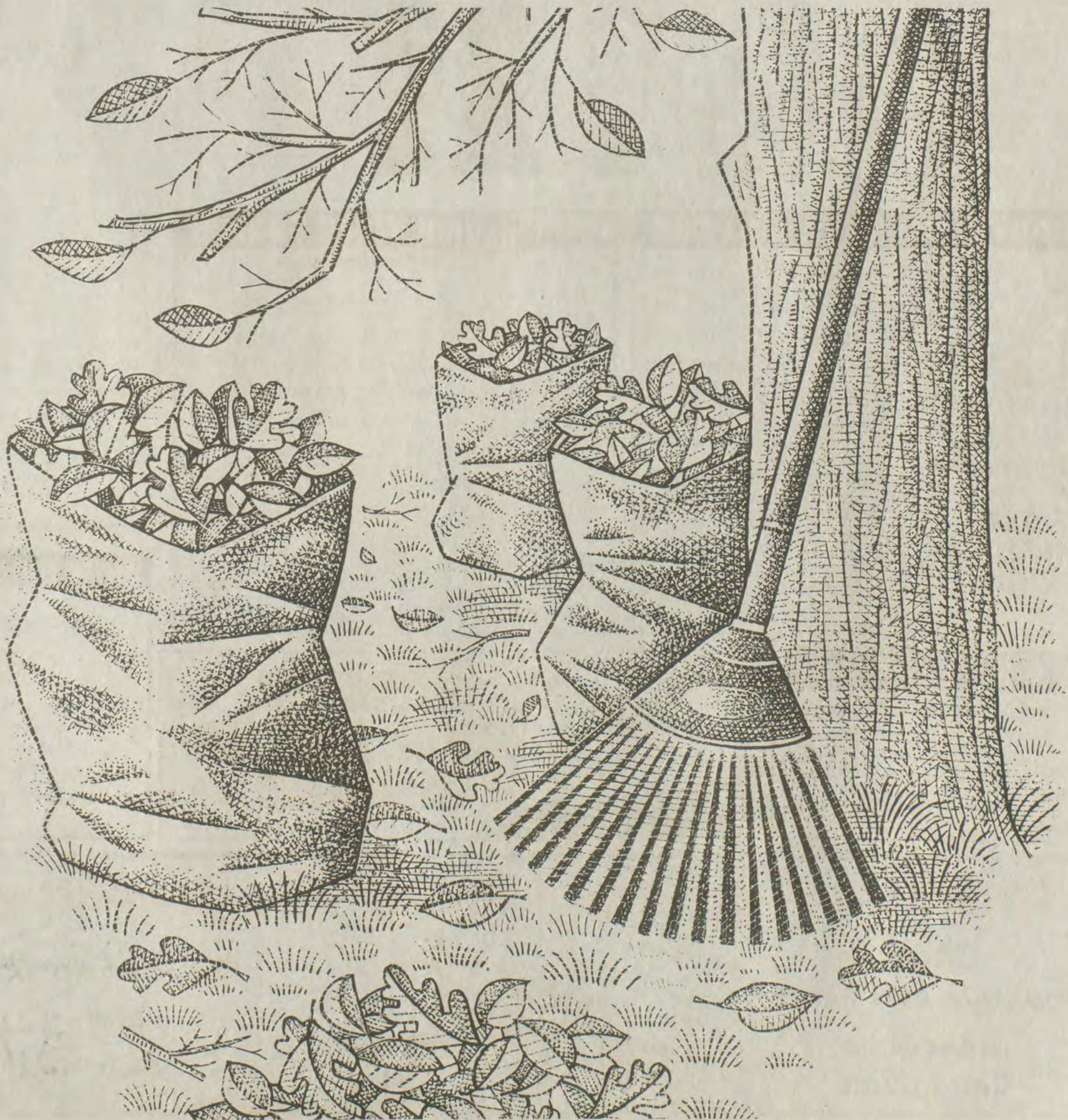
Definitions:

1. Starts with X, is a medical tool.
2. Not at all common.
3. Dial these numbers to call long distance: — code.
4. Time frame for Earth to orbit the sun.

Remember, words are to read the same both across and down.

1	2	3	4
X			
2			
3			
4			

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Newspaper reading adventures for little learners!

My name: _____

My Kid Scoop™

Vol. 3 No. 39 © 2004 by Vicki Whiting, Editor Jeff Schinkel, Designer/Illustrator

Learning Buddies: Spell your child's first name, using the lines to write large letters. Use an uppercase letter for the first letter in the name and lowercase letters to spell the rest. Have your child trace the letters with a finger, crayon or pencil.

Lines of Leaves

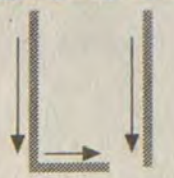
There is a pattern in each row. Circle the leaf that comes next.



My Letters

L is for Leaf

l is for leaf



Learning Buddies: Read the two phrases aloud. Have your child read with you. Trace the uppercase and lowercase letter L. Say the letter as you trace it.

How many words or pictures can you find on this page that start with the L sound like the word Leaf?

My Numbers

How many lanterns?



How many logs?



Learning Buddies: Trace and say the number. Read the questions. Touch and count to find the answers.

My Rhyme Time

In summer, when the days are long,
Perhaps you'll understand the song.
In autumn, when the leaves are brown,
Take pen and ink, and write it down.

My Sentence

Learning Buddies: Read the first part of the sentence aloud. Ask your child to think of a way to finish the sentence. Write your child's words in the lines. Read the entire sentence to your child while pointing out that reading is done from left to right. Older children may want to trace all or some of the letters in the sentence.



The last leaf



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Letter Identification With your child, look through the newspaper to find pictures of things that start with the same sound as the letter L in leaf.	Math Play Point to the number 8 in the newspaper. Have your child say the number and, if it's large enough, have your child trace the number.	Newspaper Totem Find and cut out pictures of leaves in today's newspaper. Sort them into groups with similar attributes. For example, your child could group all leaves that are the same color into groups. What other ways are some of the leaves the same?	Big L, Little l On one page of the newspaper, find and circle an uppercase L. Then find and circle a lowercase l. Have your child draw a line to connect each upper and lowercase letter L. How many more upper and lowercase L-l pairs can you find?	Make Fall Leaves Paint sheets of the newspaper different fall colors such as red, yellow, brown and purple. Let the paint dry, then draw large fall leaves for your child to cut out. Tape the leaves around the house to decorate for fall.	Eight Eyes Find and cut out pictures of four people. Be sure you can see both shoulders of each person so that you have eight shoulders. Show your child how pairs can be counted by 2s.	Fall Syllables Try to find pictures of the following fall words listed below. Say the word with your child and clap as you say each vowel sound to count syllables. Leaf - 1 syllable Acorn - 2 syllables October - 3 syllables Jack-o-lantern - 4 syllables



My Kid Scoop comes out once a week, but you can use the newspaper every day to prepare your child for success in school. Each daily activity focuses on a specific learning readiness skill.
Step by Step Success: 1. Read the activity instruction aloud. 2. Show how to do the activity by doing it yourself first. 3. Ask your child to copy what you do.

Wishing Well®

3	7	4	8	5	2	6	7	6	7	8	6	2
O	D	B	L	Y	M	A	E	C	E	I	T	U
8	5	6	4	6	3	4	7	2	7	4	6	5
F	O	B	E	O	T	S	P	S	E	E	L	U
6	7	5	3	4	8	7	2	5	2	8	2	5
D	N	R	H	L	E	E	I	E	C	I	E	C
2	7	3	7	5	2	8	7	5	3	4	3	6
N	D	E	D	E	J	S	E	I	R	F	S	L
3	5	4	8	5	3	6	3	5	8	3	5	2
H	V	R	P	E	E	Y	L	P	E	P	R	O
4	7	8	5	2	5	8	2	8	2	8	5	4
E	S	A	I	Y	Z	C	E	E	D	F	E	L
7	4	8	7	3	7	3	8	4	7	4	3	4
I	I	U	R	Y	E	O	L	A	S	N	U	T

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Rational Numbers by Linda Thistle

Using the clues, simple arithmetic, and a little logic, place a single digit (0 to 9) in each empty box in the diagram. To help you get started, one digit has been entered in the diagram.

- ACROSS**
- Forty more than 14-Down
 - Seven more than 12-Down
 - 14-Across plus 1-Down
 - Consecutive odd digits in descending order
 - Five more than 3-Down
 - Seventy more than 10-Down
 - Thirty less than 7-Across
 - Four times 1-Across
 - Fifty less than 6-Down
 - 6-Down minus 3-Across
- DOWN**
- 14-Down plus 17-Down
 - One-fifth of 1-Down
 - One hundred more than 11-Across
 - 2-Down plus 6-Down
 - Five more than 7-Down
 - Three times 2-Down
 - Three more than 15-Across
 - Six times 9-Down
 - Digits of 18-Across reversed
 - Four more than 2-Down
 - 3-Across plus 13-Down
 - 18-Across plus 14-Down
 - 12-Down plus 13-Down

Rational Numbers answers

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BENJAMIN FRANKLIN

Printer, Statesman, Humanitarian & Inventor

The birth of a legend

Benjamin Franklin was born on Jan. 17, 1706. He was the 10th son of Josiah Franklin, a soap maker from Boston. Ben's mother was Abiah Folger, Josiah's second wife. They had a large family with 17 children.

Ben loved to read, so he was apprenticed to his brother James, a printer. At age 12, Ben helped James compose pamphlets, set type and print in the shop, as well as sell products in the streets.

Apprentice printer

When Ben was 15, James started *The New England Courant*, the first newspaper in Boston to publish original articles, opinions, advertisements and shipping schedules.

Ben wanted to write for the paper, but thought that James wouldn't allow it. So, he penned letters at night, signing them as a fictitious widow named **Silence Dogood**.

These letters were critical of the way women were treated. When published, they became popular with the *Courant's* readers, who wanted to know Dogood's true identity. After 16 letters, Ben confessed that he was the author. He left the *Courant* in 1723.

In 1730, Franklin married Deborah Read. They had three children.



Franklin wearing bifocals he invented (1784)

A political cartoon by Franklin. The snake symbolized the British colonies' lack of unity.



The Pennsylvania Gazette

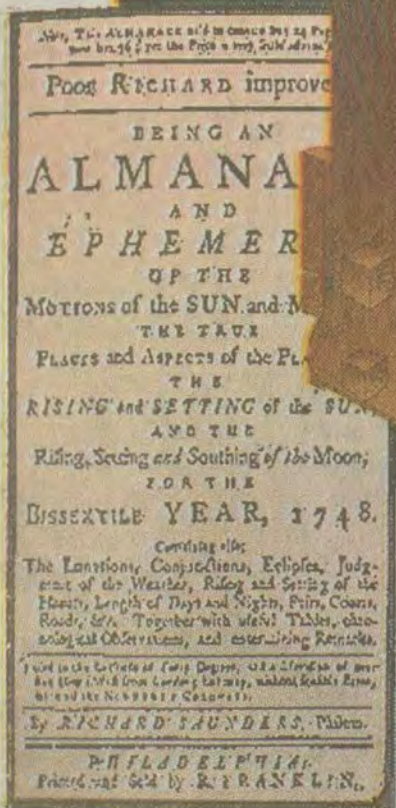
In 1729, Franklin bought a newspaper called the *Pennsylvania Gazette*. He printed the paper and contributed articles under aliases. The paper was a great success.

Franklin attached a pointed metal piece on top of a kite and a metal key to the base of the kite's string. Lightning struck the kite and traveled down the string to the key. When Franklin touched the key with his knuckle (he had not been holding the kite), there was a spark, which proved that lightning is electricity. (NOTE: Do not try this at home!)



The big break

In 1733, Franklin started to publish *Poor Richard's Almanack*. (He published under the alias of Richard Saunders.) At the time, almanacs were printed annually and contained mostly weather reports, recipes and crop-related predictions. Franklin's almanac had lively writing, funny sayings and advice. Many of the famous phrases associated with Franklin come from *Poor Richard*.



Poor Richard's Almanack

SOURCES: B. Franklin: Printer, Holiday House; Benjamin Franklin and Electricity, Chelsea House Publishers; Benjamin Franklin, American Statesman, Scientist and Writer, Chelsea House Publishers; www.ushistory.org/franklin/

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For a list of upcoming topics, go to www.comics.com/WoW

English politics

In 1753, Franklin was appointed deputy postmaster general for the colonies, and in 1754, he was the delegate from Pennsylvania to the inter-colonial congress that met at Albany to (unsuccessfully) consider methods of dealing with the French and Indian War (1754-1763).

When the French and Indian War broke out, Franklin helped get horses, wagons and supplies to the British. He did this thanks to an agreement with the Pennsylvania farmers, who then furnished the necessary equipment. However, those in charge of the Pennsylvania Colony, descendants of the Quaker leader William Penn, in conformity with their religious opposition to war, refused to allow their landholdings to be taxed for purposes of further aiding in the war. Thus, in 1757, Franklin was sent to England by the Pennsylvania Assembly to petition the king for the right to levy taxes on these lands. After completing his mission, he remained in England for five years as the chief representative of the American colonies.

A new nation

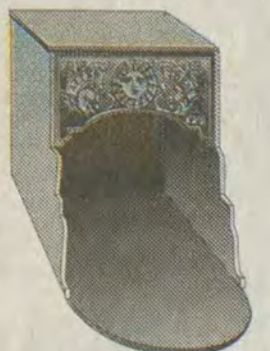
Franklin returned to Philadelphia in 1762, where he remained until 1764, when he was once again sent to England as the agent of Pennsylvania. In 1766, he was interrogated by the British Parliament regarding the effects of the Stamp Act upon the colonies; his testimony was greatly responsible for the repeal of the act. Soon, however, new plans for taxing the colonies were introduced in Parliament, and Franklin was increasingly divided between his devotion to his native land and Great Britain. Finally, in 1775, his powers of mediating between the colonies and Great Britain failed and Franklin acknowledged the inevitability of the war for American independence. Sailing for America after an absence of 11 years, he reached Philadelphia on May 5, 1775, to find that the Revolution had begun; the battles of Lexington and Concord had already been fought. Franklin was elected to the Second Continental Congress and worked on a committee that helped to draft the Declaration of Independence. Thomas Jefferson and Ben Franklin contributed equally to the writing. In 1776, Franklin signed the Declaration, and afterward sailed to France as an ambassador to the Court of Louis XVI.

Franklin in France

Thanks in part to his popularity, the French signed the Treaty of Alliance with the Americans in 1778. Franklin secured loans and was on hand to sign the Treaty of Paris in 1783, after America had won the Revolution.

In his late 70s, Franklin returned to the States. He became President of the Executive Council of Pennsylvania and served as a delegate to the Constitutional Convention. He signed the Constitution, and one of his last public acts was to write an anti-slavery treatise in 1789. Franklin died on April 17, 1790, at the age of 84. Twenty-thousand people attended his funeral.

The Franklin Stove, invented in the early 1740s.



The Hand in Hand, symbol of The Philadelphia Contributionship

Big changes

Franklin had a strong sense of civic duty, and he launched several projects to help his fellow man.

He initiated programs to pave, clean and light city streets, and he spoke up for environmental clean up.

In 1731, he helped create the **Library Company**. Books were scarce and expensive at this time. By pooling resources, members could afford to buy books from England and share among themselves. Thus, the nation's first subscription library was born.

In 1743, Franklin helped establish the **American Philosophical Society**. And, recognizing that the city needed help treating the sick, Franklin also worked to create the **Pennsylvania Hospital** in 1751.

The Library Company, Philosophical Society and Pennsylvania Hospital are still in existence today.

In 1736, Franklin organized the **Union Fire Company**, the first in the city. His famous saying, "An ounce of prevention is worth a pound of cure," was fire-fighting advice. For those who suffered fire damage to their homes, Franklin helped to found the **Philadelphia Contributionship for Insuring of Houses from Loss Against Fire** in 1752.



As postmaster general of the colonies, Franklin used an odometer to count the revolutions of wagon wheels to calculate the most efficient mail routes.

Its electric!

Franklin's printing businesses were thriving in the 1730s and 1740s, and he established several franchises.

In the early 1740s, Franklin invented a stove to warm homes efficiently. It was invented to improve society, so he refused to take out a patent. Among his other inventions are swim fins, the glass armonica (a musical instrument) and bifocals.

By 1749, he retired from business and began to concentrate on his science experiments and inventions.

By the early 1750s Franklin began to study electricity. His observations, including the famous 1752 kite experiment, brought him international fame.

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September 22, 2004

YOU

& Your
Health



A Special Supplement To The Floyd County Times

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**"Think Healthy,
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Fashion designers, government unite to educate about heart disease

What is the No. 1 killer of women in America? Surprisingly, it is not breast cancer. Only about one third of women know that heart disease is their biggest health threat. That's why the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health, U.S. Department of Health and Human Services, developed The Heart Truth, a national awareness campaign about women and heart disease. Launched in September 2003, the campaign warns women about heart disease and provides tools to help them take action against its risk factors. The campaign's centerpiece is the Red Dress, which serves as the national symbol for women and heart disease awareness. The symbol was created by NHLBI and was first introduced during New York Fashion Week in February 2003.

The debut of the Red Dress symbol was the result of a groundbreaking collaboration between the Federal government and the fashion industry. Top fashion designers — ranging from Vera Wang and Donna Karan to Oscar de la Renta and Ralph Lauren — contributed one-of-a-kind red dresses to the campaign to demonstrate their support for women and heart disease awareness. The dresses became part of The Heart Truth's 2003 Red Dress Collection and have toured local communities across the United States carrying an important message: "Heart disease doesn't care what you wear — it's the No. 1 killer of women."

Just this past February at Olympus Fashion Week in New York, fashion designers united once again to debut a new collection of red dresses during a star-studded Red Dress Collection 2004 Fashion Show, which was made possible by Johnson & Johnson. Some of the fashion industry's most widely recognized faces — including Beverly Johnson, Vanessa Williams, Angela Lindvall, and Frankie Rayder — donated their time to walk the runway for women and heart disease. Participating fashion designers includ-

ed: Alice Roi, Baby Phat, Badgley Mischka, Betsey Johnson, Bill Blass, Calvin Klein, Carmen Marc Valvo, Carolina Herrera, Catherine Malandrino, Cynthia Steffe, Diane von Furstenberg, Donna Karan, Esteban Cortazar, Kenneth Cole, Luca Luca, Marc Jacobs, Matthew Williamson, Michael Kors, Narcisco Rodriguez, Nicole Miller, Oscar de la Renta, Proenza Schouler, Ralph Lauren, Tommy Hilfiger, Vera Wang, and Zac Posen.

"Having all of the fashion industry leaders, including the designers and top models, join us for the sole purpose of educating women about their No. 1 health risk sends a powerful message," says Barbara Alving, M.D., acting director, NHLBI. "We want women across America to hear our united appeal loud and clear: Talk to your doctor about your personal risk for heart disease and start to take steps today to lead a heart-healthy life."

Heart disease risk factors include those that are beyond a woman's control and those that can be changed. Those that cannot be changed are a family history of early heart disease and age. The risk factors that can be controlled are smoking, high blood pressure, high blood cholesterol, overweight/obesity, physical inactivity, and diabetes. While having even one risk factor is dangerous, having multiple risk factors is especially serious because they tend to "gang up" and worsen each other's effects.

"Heart disease is preventable if women are informed and encouraged to talk to their doctors to find out what their personal risk factors are and how to control them," says Nancy Snyderman, M.D., Vice President, Medical Affairs, Johnson & Johnson. "In fact, just by making simple changes towards a healthier lifestyle, women can lower their risk of heart disease by 82 percent."

Raise awareness for heart disease on a personal level by wearing the official Red Dress pin, available at www.hearttruth.gov.



Designers saw red at the Olympus Fashion Week in February 2004. Models showcased red dresses designed to raise awareness about heart disease at The Red Dress Collection 2004 Fashion Show, organized by The National Heart, Lung and Blood Institute (NHLBI), and presented by Johnson & Johnson. Styles by (left to right): Michael Kors, Narcisco Rodriguez and Carmen Marc Valvo, who is shown fitting Vanessa Williams.

Shield yourself from colds and the flu

A strong immune system will go a long way in fending off colds and the flu. The natural way to fortify yourself is with antioxidants.

According to Richard Podell, M.D., clinical professor at New Jersey's Robert Wood Johnson Medical School, recent research indicates that taking a nutritional supplement may help cut winter flu outbreaks in half. Italian medical researchers gave 130 men and women an immune-stimulating nutrient, N-Acetyl Cysteine (NAC).

That winter, these volunteers had only half the rate of serious flu symptoms and other viral illnesses compared to men and women who took a placebo. NAC increases the body's reserves of glutathione, an important immune system stimulant and antioxidant.

The Green Turtle Bay Vitamin Co., the leading producer of probiotic-powered supplements since 1992, has two powerful partners in its defensive line: PowerVites energy complex without stomach-irritating iron, and the herbal antioxidant PowerMate, which contains NAC and glutathione, as well as other immune-boosting herbs. Both formulas contain a lactobacilli base which aids in nutrient absorption and decreases bad bacteria proliferation.

For more information about Green Turtle Bay's stomach-friendly supplements, call (800) 887-8535, write P.O. Box 642, Summit, N.J. 07901 or visit www.EnergyWave.com.

Visit The Floyd County Times on the internet at

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Uncovering the facts behind ADHD

The acronym ADHD used to just be jumble of letters, but now its a term that can stand on its own.

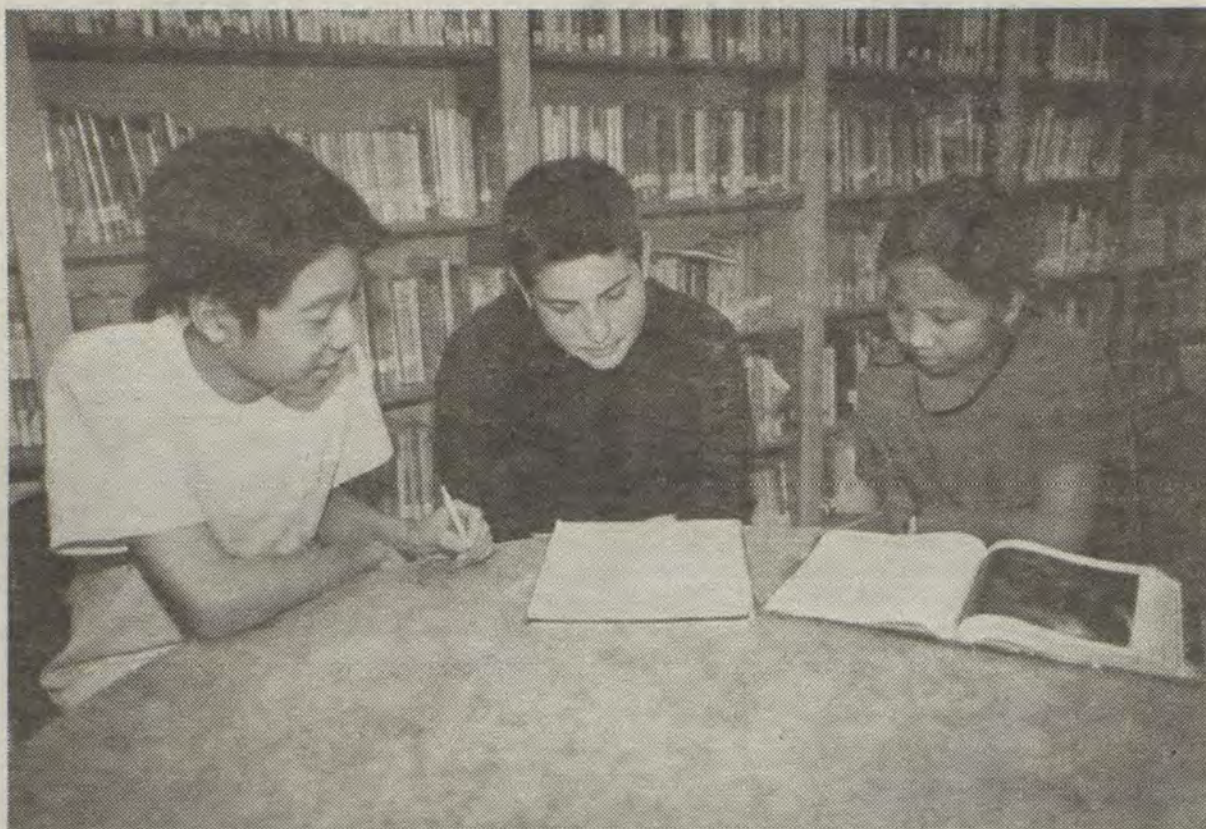
According to ADHD researchers, about 3 percent to 5 percent of children have the disorder characterized by hyperactivity and inattention, which translates to about three in every class of 30 students. Children with the disorder often have problems with handwriting, math and reading. Getting these children to concentrate at school is difficult, but keeping clear, consistent schedules and rewarding acceptable behavior are key to curbing ADHD's effects.

The American Psychiatric Association publishes guidelines for diagnosing ADHD. For a child to be diagnosed with ADHD, at least six symptoms of the disorder must have been present for the last six months at a higher degree than other children of the same age. The symptoms must also exist in at least two settings, like home and school. Some symptoms include: failure to pay attention to detail or tasks, careless mistakes, inability

to listen when spoken to directly, becoming easily distracted, fidgeting in seat, acting as if driven by a motor and always on the go, blurting out answers before questions have been completed and difficulty waiting for one's turn.

The use of medication like Ritalin on young children has spurred debate. What experts say works best for kids with ADHD is consistency. A consistent daily schedule is the first step in eliminating outbursts and unruly behavior, because children know what to expect and what is expected of them every day. Being clear about rewards and punishments also helps reinforce desired behaviors. When acceptable actions are rewarded often and immediately, they become part of a child's behavior.

Even though most people don't outgrow ADHD, by learning to adapt to the disease and by following a treatment regime, sufferers of the disorder can overcome the effects of ADHD and can live normal, productive and fulfilling lives.



Children with ADHD have difficulty concentrating. But the cooperative efforts of parents, educators and healthcare professionals can get them back on track at home and at school.

Encourage kids to eat healthier

TEN FOODS TO LIMIT FOR KIDS

1. Soda
2. Hamburgers
3. Hot dogs
4. Ice cream
5. Bologna
6. Whole milk
7. American cheese
8. French fries
9. Pizza loaded with cheese and meat
10. Chocolate bars



TEN FOODS KIDS CAN ENJOY

1. Fresh fruits and vegetables (especially carrot sticks, cantaloupe, oranges, watermelon and strawberries)
2. Chicken breast or drumstick without skin or breading
3. Whole grain, low-sugar cereals
4. Skim or 1% milk
5. Extra-lean ground beef or vegetarian burgers
6. Low-fat hot dogs
7. Non-fat ice cream or frozen yogurt
8. Fat-free corn chips or potato chips
9. Seasoned air-popped popcorn
10. Whole wheat crackers



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Welcoming New Patients!



Spread knowledge of living with hearing loss

For many people it is difficult to imagine living life without the assistance of one or more senses. We often take for granted how much we rely on these senses to get us through our daily lives. However, for someone who is deaf or hard of hearing, certain tasks may be more challenging and require different ways to tackle them. That is why it is important for the public to be aware of each other's differences. It is also why events like Deaf Awareness Week were initiated.

Deaf Awareness Week is the last full week (Sunday through Saturday) of September, in commemoration of the first World Congress of the Deaf held that week in 1951. The World Federation of the Deaf (WFD) is an international organization composed of 120 national associations of the deaf which, in collaboration with the United Nations, serves all countries in the enhancement of the social, economic and cultural lives of deaf and hard of hearing people. The WFD is integral in promoting Deaf Awareness Week, as is its American affiliate, The National Association of the Deaf (NAD).

Activities promoting the event range from school-based exhibits,

performing artists, Deaf Awareness booths at shopping malls, and promotions coordinating with sporting events.

You can stage your own Deaf Awareness Week events. However, keep in mind the main objectives of the initiative when planning:

- To be able to differentiate between misconception and fact about deafness and deaf culture.

- To understand the differences in the attitudinal approaches to deafness by the hearing public and deaf people themselves.

- To learn about types, degrees, and causes of hearing loss and other audiological information.

- To become familiar with terminology related to deafness.

- To become familiar with various forms of sign language and other communication means.

- To understand the functions of assistive devices used by people who are deaf or hard of hearing.

- To become familiar with the services and resources that are available to the deaf community.

- To learn relevant tips for communicating with deaf and hard of hearing people.

- To recognize deaf people can do anything ... except hear!

Listen to the facts about tinnitus

You had an incredible time at the concert last night. The band played all your favorite tunes. You had great seats, and you could hear perfectly. You couldn't help but smile as you left the arena. But, as you walk toward the car, you notice a subtle ringing in your ears that only becomes worse as your environment becomes quieter.

ringing in the ear, known as tinnitus or head noise, has been experienced by almost everyone at some point in their lives. According to the American Speech-Language Hearing Association, tinnitus is the perception of sound in the ear(s) or head when no external sound is present. In addition to ringing, it's associated with noises like hissing, roaring, pulsing, whooshing, chirping, whistling and clicking. It can be intermittent or constant, with single or multiple tones, and the volume can range from subtle to shattering, according to the American Tinnitus Association.

If the ringing doesn't go away or

it's an intolerable sound, it's time to visit an audiologist. He or she will ask you a series of questions about your tinnitus, such as:

- Which ear is it?
- Is the ringing constant or does it come at certain times of the day?
- Can you describe the sound?
- Does the sound have a pitch?
- How loud is it?
- Does the sound change?
- Does anything make it worse?
- Does the sound impact your sleep or work or concentration?

Your answers to these questions will help you and the audiologist understand what's causing your tinnitus. While the exact cause(s) of tinnitus are unknown, it's most often associated with exposure to loud noises, followed by wax build-up in the ear, certain medications, ear or sinus infections, jaw misalignment, cardiovascular disease, tumors, migraine, head or neck trauma or other medical conditions.

(See **TINNITUS**, page thirteen)

Are You Hearing As Well As You Should?

Did you know that hearing loss is the third most chronic condition in older Americans after arthritis and high blood pressure? The inability to remain alert to everyday sounds and maintain good communications with others can cause not only embarrassment, but may have serious consequences. A person with a mild to moderate hearing loss may be at risk without knowing it.

Why It's Important to Have a Diagnostic Hearing Evaluation

A Diagnostic Hearing Evaluation determines the type, degree, configuration and symmetry of your hearing loss. At Audiology Associates, one of our skilled Doctors of Audiology will perform the diagnostic hearing tests. If testing reveals you are a candidate, we will make an evaluation of your lifestyle and personal goals before determining the best hearing aid style for your hearing loss.

Patients now have better choices

The many recent improvements in hearing aid technology have made this an exciting time, with more choices than ever. We now have a vast selection of programmable hearing aids using digital processing and directional microphones for better hearing in many listening situations.

When searching for the right solutions to your hearing problems, it is important to begin by consulting a caring, professionally certified, Doctor of Audiology like you will find at Audiology Associates. We know that each patient is unique and we will work with you until we find the right solution to your hearing problem.



Robert D. Manning, Au.D.
Doctor of Audiology



Abby Wright, Au.D.
Doctor of Audiology

Robert D. Manning, Au.D. along with his associate, Abby Wright, Au.D. are both audiologists who hold the Doctor of Audiology degree (Au.D.) which represents an advanced level of professional health care. With the higher and more stringent education requirements associated with this clinical doctorate, patients can expect to receive a higher caliber of hearing health care.

At Audiology Associates, patients receive focused doctoring care for hearing and balance conditions, ringing in the ears, ear pain, dizziness and isolation.

If you think you might be one of the estimated 28.6 million Americans who have experienced hearing loss, call our office today. Our number one goal is to improve your hearing and, as a result, improve your quality of life.

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Preventive care promotes healthy aging

You may dislike going to the doctor. There's often a lengthy wait and a number of forms to complete, so you avoid going at all costs. Surely that's okay, right?

Think again — it's wise to spend your time and money on your health now if you want to live a long and healthy life. By visiting the doctor even when you are well, you can help prevent illnesses. Health tests, screenings, vaccines and checkups are all ways to prevent illnesses and disease. Talk to your doctor to find out how often and when you need such care. His recommendations will be based on your age, sex, medical history and family history. Note that Medicare, the health-care insurance program for senior citizens, often covers preventive care. Some examples of preventive care and recommended screenings are below:

MEN

Colorectal cancer
Prostate cancer
Skin and other cancers
Diabetes
Blood pressure
Cholesterol s
Vision tests
Hearing tests
Tuberculosis
Oral health-care visits

WOMEN

Colorectal cancer
Breast cancer screenings with mammo-grams
Skin, ovarian, cervical and ot: er cancers
Blood pressure
Diabetes
Cholesterol
Bone-density tests for osteoporosis
Vision tests
Hearing tests
Tuberculosis
Oral health-care visits

It's also a good idea to keep a list of all your medicines and the doses you take for each one. That way, you and your family will have a record of your medications.

VACCINES

Whenever there is a flu vaccine shortage, health officials always make sure the elderly get vaccinated first. That's because influenza as well as pneumonia are among the top 10 causes of death in older adults, says the Centers for Disease Control and Prevention (CDC). It is recommended that men and women get the flu vaccine yearly starting at age 50. Those over 65 should get the pneumonia vaccine yearly. Be sure your tetanus vaccines are up to date — get one every 10 to 15 years. Verify with your doctor how often you should receive these immunizations.

HEALTH-RELATED BEHAVIORS

You are what you eat. A cliché, yes. True, certainly. According to the CDC, nearly 40 percent of deaths in America are due to poor diet as well as smoking, physical inactivity and alcohol abuse. By exercising, avoiding cigarettes and alcohol, and eating nutritious foods, seniors can live healthier lives.

Regular physical activity reduces the need for hospitalizations, doctor visits and medications. The risk of heart disease, colon cancer, diabetes and high blood pressure as well as obesity are also lowered by exercise. If mobility is an issue, try low-impact exercises like swimming or even lifting light free weights at home.

For proper nutrition, maintain a diet low in saturated fat and cholesterol and high in fruits and vegetables to reduce your risk of stroke and other diseases.

FALLS

Falls are the leading cause of injuries, hospital admissions for trauma and deaths from injury in older adults, according to the CDC. But falls and related injuries can be prevented. Strategies include doing strength, balance and flexibility exercises; modifying your home with better lighting and grab bars; and ensuring that your medicine doesn't affect your equilibrium.

By practicing such preventive behaviors now, you can be sure to live a more healthy, productive and active lifestyle in the years to come.



Checkups, health screenings and other methods of preventive care will keep you healthy as you age.

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COME JOIN US FOR A HEALTHY AGING WALK

September is Healthy Aging Month. The residents and employees of Riverview Health Care Center would like to remind everyone of the importance of keeping physically, mentally, and socially fit. Important factors in leading a healthy lifestyle include maintaining a balanced diet, exercising, and maintaining contact with family and friends.

Our residents and staff would like to invite everyone to attend our Healthy Aging Walk on September 24, 2004, at 10:00 a.m., at Riverview Health Care Center. For more information, please call 886-9178. We welcome volunteers!!!

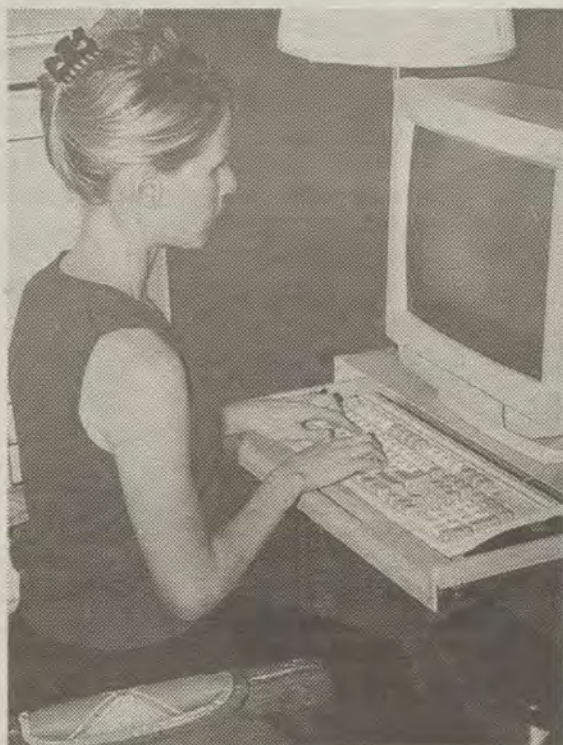
Missy Allen—Administrator

Nita Brown—Director of Nursing

Anthonea Halfhill—Social Services Director

Stephanie Conley—Admissions / Marketing Coordinator

Pam Pennington—Activities Director



With so much information available, it's not always easy to tell fact from the fiction online. Reliable sites are updated often, make no secret of their authors, include a disclaimer and never offer "miracles" for sale.

Find reliable health info on the web

Ever try looking up health or medical information online? It's not always an easy prospect. Many Internet sites provide accurate and up-to-date research. However, many more offer information that is not only incorrect, but possibly even dangerous. With so much health information available online, it's difficult to know which sources are trustworthy.

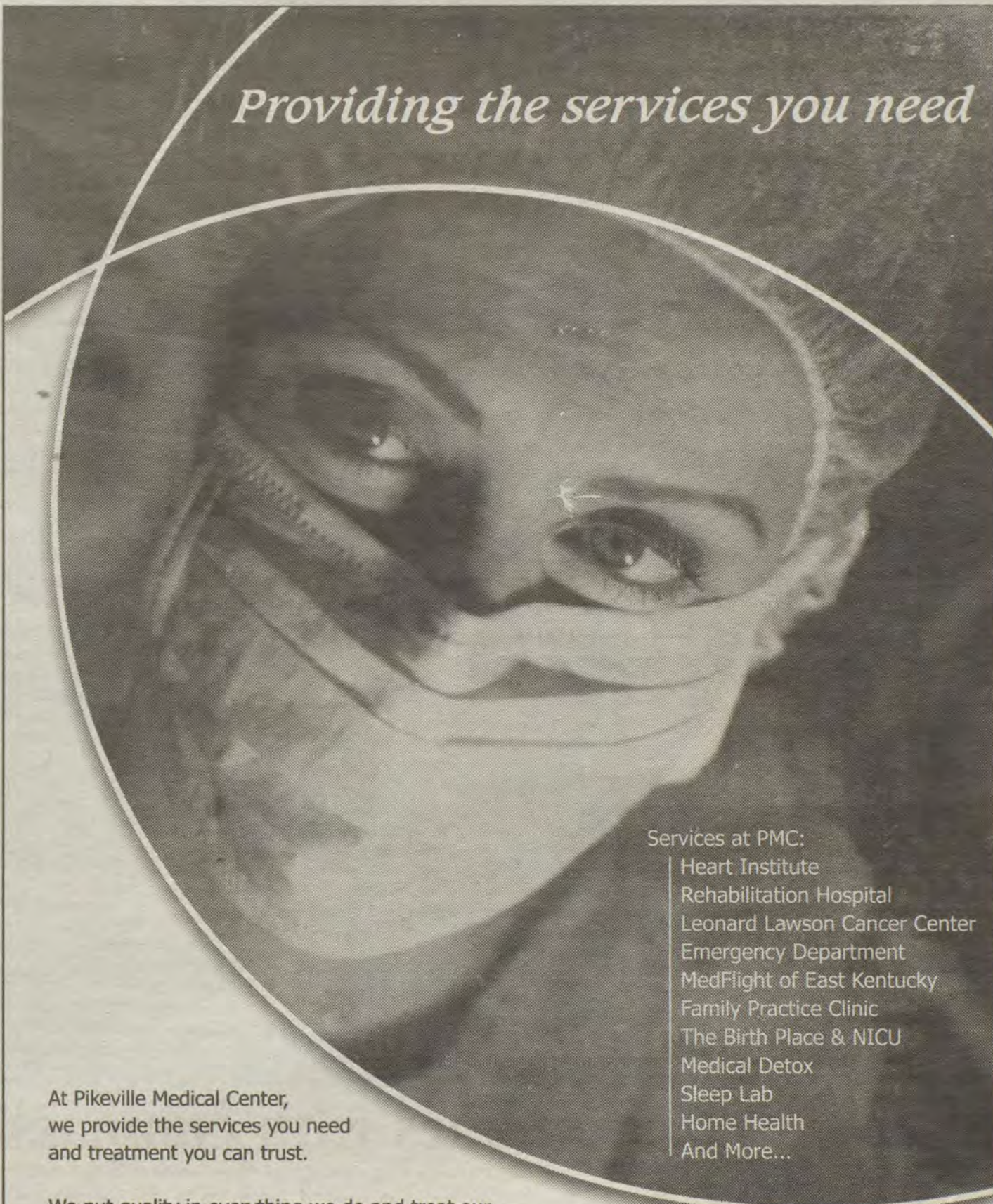
"The Internet has become one of the most widely-used communication media. With the availability of Web server software, anyone can set up a Web site and publish any kind of data, which is then accessible to all," reads the introduction to the Health on the Net Foundation Code of Conduct (HONCode). "The problem is therefore no longer finding information but assessing the credibility of the publisher as well as the relevance and accuracy of a document retrieved from the Net." The foundation is an international not-for-profit organization dedicated to guiding patients and medical practitioners to useful and reliable online medical information.

Ask yourself the following questions when judging medical- or dental-related Web sites:

■ How often is the site updated? Due in part to advances in research and technology, health-related

(See **WEB**, page fourteen)

Providing the services you need



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Breast cancer — Early detection is the best prevention

Breast cancer has been a widespread disease for years. Its cause is unknown, and it knows no race or age boundaries for attacking mostly women. The numbers are startling. According to thebreastcancersite.com, a Web site that helps fund free mammograms for underprivileged women, 182,000 women will be diagnosed with breast cancer (one every three minutes) and 43,300 women will die (one every 12 minutes) of breast cancer this year. The National Cancer Institute (NCI) estimates that about one in eight women in the United States (approximately 13.3 percent) will develop breast cancer during her lifetime.

WHAT IS BREAST CANCER?

Breast cancer is an uncontrolled growth of breast cells that may form a mass of extra tissue called a tumor. Tumors can be benign (non-cancerous) or malignant (cancerous). The most common type of breast cancer begins in the lining of the ducts — the tube-like part of the breast that milk passes through to reach the nipple — called ductal carcinoma. When it spreads outside the ducts, it is called invasive breast cancer (most breast cancers are invasive). Metastatic breast cancer is cancer that has spread from the site of the initial cancer to other parts of the body.

RISK FACTORS

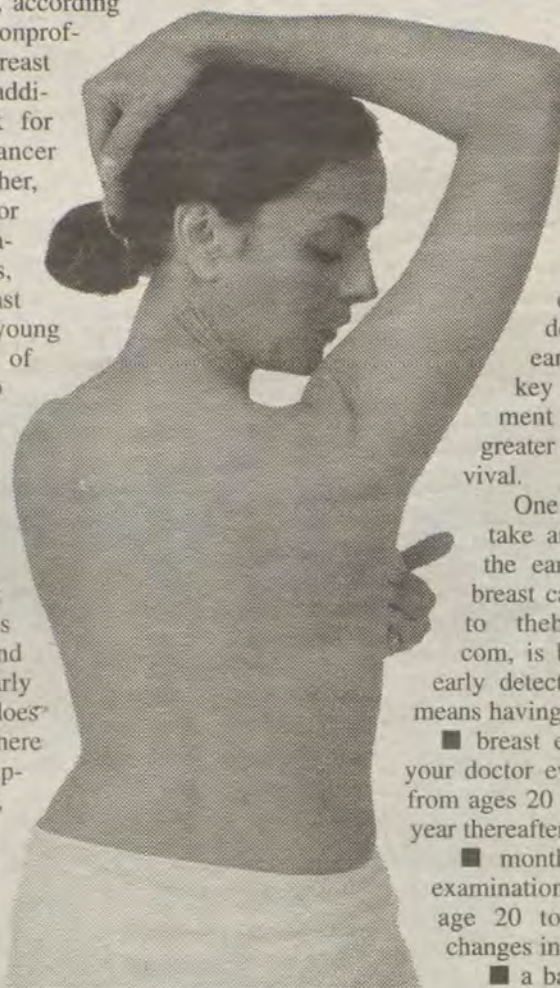
Certain factors can increase a woman's risk of getting breast cancer, although 70 percent of women with breast cancer have no known risk factors, according to the National Breast Cancer Foundation. These risk factors include heredity, early puberty, late childbearing, obesity and lifestyle factors such as heavy alcohol consumption and smoking. Studies from the NCI have shown that alcohol consumption can cause a 40 to 70 percent increased risk of breast cancer with two drinks daily.

However, the biggest risk factor of all is age. Most breast cancers occur in women

over the age of 50, and women over 60 are at the highest risk, according to breastcancer.org, a nonprofit organization for breast cancer education. In addition, a woman's risk for developing breast cancer increases if her mother, sister, daughter or two or more other close relatives, such as cousins, have a history of breast cancer, especially at a young age. Yet 85 percent of women who develop breast cancer have no known family history of the disease.

SIGNS OF BREAST CANCER

The scariest part about breast cancer is that you can have it and not even know it. Early breast cancer usually does not cause pain and there may even be no symptoms at all. However, as the cancer grows, it can cause any of the following changes: a lump or thickening in or near the breast or in the underarm area; a change in the size or shape of the breast; nipple discharge or tenderness; inverted nipples; ridges or pitting of the breast (skin looks similar to an orange peel); and the way the skin of the breast, areola (area surrounding the nipple) or nipple looks or feels (red, scaly, warm or swollen).



Educating yourself about breast cancer and creating an early detection plan, which includes giving yourself a proper breast self-exam, can help save your life.

EARLY DETECTION

Studies show that regular breast self-exams, combined with an annual exam by a doctor, improve the chances of detecting cancer early, which is the key to more treatment options and a greater chance of survival.

One way women can take an active part in the early detection of breast cancer, according to thebreastcancersite.com, is by following an early detection plan which means having:

- breast examinations by your doctor every three years from ages 20 to 39 and every year thereafter

- monthly breast self-examinations beginning at age 20 to look for any changes in your breasts

- a baseline mammogram (the first one) by the age of 40

- a mammogram every one to two years for women ages 40 to 49, depending on previous mammogram findings

- and a mammogram every year for women over age 50

Keeping a record of your self-exams and mammograms and marking your calendar with reminders will help you follow your

early detection plan.

PROPER BREAST SELF-EXAM

Get in the habit of doing a breast self-examination once a month to familiarize yourself with how your breasts normally look and feel. Examine yourself several days after your period ends, when your breasts are least likely to be swollen and tender. If you are no longer having periods, choose a day that's easy to remember, such as the first or last day of the month.

Step 1 — In the shower with fingers flat, move gently over every part of each breast. Use your right hand to examine your left breast, and left hand for right breast. Check for a lump, hard knot or thickening. Carefully observe any changes in your breasts.

Step 2 — In front of a mirror, put your arms at your sides and inspect your breasts. Raise your arms high overhead and look for any changes in the contour of each breast, a swelling, a dimpling of skin or changes in the nipple. Then rest your palms on your hips and press firmly to flex your chest muscles. Note that few women's left and right breasts match exactly.

Step 3 — Lying down, place a pillow under your right shoulder, with right arm behind your head. With fingers of the left hand flat, press right breast gently in small circular motions, moving vertically or in a circular pattern, covering the entire breast. Use light, medium and firm pressure. Squeeze nipple and check for discharge and lumps. Repeat these steps for your left breast.

Don't panic if you think you feel a lump. Most women have some lumps or lumpy areas in their breasts all the time, and eight out of 10 breast lumps that are removed are benign. However, if you notice any changes that last over a full month's cycle or seem to get worse or more obvious over time, it's best to bring them to the attention of your doctor.

Support ill loved ones with compassion and dignity



Don't be afraid to reach out to a friend or relative who has been diagnosed with breast cancer. Reassure them of your love and support even just by saying "I'm here for you" — it's more than enough.

According to the American Cancer Society (ACS), it is estimated that in 2003, more than 200,000 women will be diagnosed with invasive breast cancer. Among men, 1,300 cases will be diagnosed. Breast cancer is the second most common form of cancer among women. That means that it's more than likely that you will know someone afflicted by the disease.

When a close friend, colleague or loved one falls ill, even the most capable of talkers can have a tough time knowing what to say. Should you say "Get well soon?" Should you tell them how you had a great day? Should you tell

them that "everything is going to be okay?"

There is no one right answer. The experts at the ACS advise taking your cues from the patient. Some people are private, while others are more open with their feelings. Offer to listen, but if he or she doesn't want to talk about it, don't push — even if you feel it's for his or her own good. Your insistence may have the reverse effect, making your friend clam up.

If and when your friend or loved one chooses to discuss his or her feelings, you shouldn't feel pressured to have something to say. While it's always

good to offer words of encouragement, no one is expecting you to have the answers. Try not to show a sense of false optimism. The person may think you are dismissing his or her feelings of depression and worry. Also, stay away from the ubiquitous, "I know how you are feeling." No matter how many people you know who've been stricken with the same illness, unless you've personally experienced it, you really don't know how he or she is feeling. Reassure them of your love and support even just by saying "I'm here for you" — it's more

(See **COMPASSION**, page fourteen)

Understanding menopause

Menopause is a time in a woman's life after which she can no longer reproduce. For many, it is a time of uncertainty, adjusting to changes in the body, and trying to make sense of everything. It may be a time of sadness or relief. Whatever the case, recognizing what's "normal" may help make coping that much easier.

MENOPAUSE STAGES

According to doctors and experts, the word "menopause"

is often misused to describe the entire transition from reproductive years to a woman's nonreproductive state. In fact, menopause refers only to the completed state; it is something a woman reaches, not something she "goes through." Menopause is only one of several stages in the reproductive lives of women. Here are the others:

■ **Premenopause** — The reproductive years, from a first period through menopause.

■ **Perimenopause** — The stage directly before menopause. It is marked by accelerated physical changes due to dropping hormone levels.

■ **Menopause** — When a woman has experienced 12 months without a period, she is said to have reached menopause.

■ **Postmenopause** — This refers to life after the final menstrual period.

TRANSITIONAL SYMPTOMS

Just like any other stage of female development, menopause is accompanied by a host of possible symptoms. Not everyone experiences the same symptoms to the same degree. The following are probable symptoms and their causes. Consult with your doctor if anything seems abnormal.

■ Due to decreasing levels of estrogen and possibly increasing levels of stress, it is typical to be forgetful or have minor bouts of memory loss. Rest assured that this is common and not a precursor to Alzheimer's.

■ According to "The Merck Manual of Diagnosis and Therapy," nearly 85 percent of women will experience hot flashes, or hot flushes as they're sometimes called. Their precise cause is unknown, but fluctuating hormonal levels can be a main contributor. Usually, hot flashes are the first sign of impending menopause, even before irregular

menstruation begins.

■ As a result of hot flashes and night sweats, occasional insomnia may occur. Stress, anxiety and other factors may compound sleep problems. If lack of sleep becomes a concern, ask your doctor if he or she can prescribe a sleep aid or give you some relaxation tips.

■ Hormonal changes may also trigger headaches and mood swings. Their severity ranges among women.

■ Vaginal dryness, which can cause discomfort and itching, is common when estrogen levels wane. Over-the-counter lubricants may help provide some relief.

RELIEF AND TREATMENT

According to The Hormone Foundation, the public education affiliate of the Endocrine Society, you can choose hormone therapy or other treatment to help alleviate symptoms.

■ Hormone therapy (HT) involves administering both estrogen and a form of progesterone called progestin, which relieves many symptoms.

■ Estrogen therapy (ET) increases the risk of uterine cancer if taken alone. Therefore, this therapy should only be attempted by women who no longer have a uterus.

If you have a family history of breast cancer or have survived breast cancer, you probably should not take estrogen or HT, although not all studies support this (consult your doctor). You also should not take estrogen if you have had cancer of the uterus, liver disease, history of blood clots, heart disease or unusual vaginal bleeding.

■ Clonidine is a blood-pressure-lowering drug that reduces the frequency and severity of hot flashes.

■ Medroxyprogesterone acetate and megestrol acetate, progesterone-type drugs, may be used to treat hot flashes.

■ SSRI (Selective-Serotonin Reuptake Inhibitor) drugs treat depression and hot flashes.

■ Calcium replacement can help prevent bone loss and osteoporosis.

■ Counseling or support groups may help you handle the depression or confusion you may be feeling as your body changes.

For further questions concerning menopause, speak to your doctor. It is never too early to learn about the changes that may be in store when your body goes through the stages of menopause, and what you can do to alleviate these symptoms.



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These recommended nutrients can be found in Diabetiks™ from the Green Turtle Bay Vitamin Company. Bob Ronn is one diabetic who knows their power. "Before taking them it was painful just to walk barefoot on a carpet. My feet feel so good now. Since taking Diabetiks faithfully, I enjoy walking again." Diabetiks is the first supplement with a claim accepted by the FDA.

Another problem diabetics have is stress. Now you can use nutrients to help you relax. Elevated amounts of homocystein stress you out and tax your heart. Activate a process by which homocystein is brought under control by taking a B complex and TMG. The Green Turtle Bay's Sunnie formula helps you get these nutrients in the right amounts.

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Diabetes-sleep connection

A new study suggests that inadequate sleep may prompt development of insulin-resistance, which is a well-known contributor to diabetes. The study found that healthy young people who regularly got less than 6 1/2 hours of sleep a night had greater insulin resistance than people who got 7 1/2 to 8 1/2 hours of rest. Dr. Eve Van Cauter, a professor of medicine at the University of Chicago who conducted the study, says, "There's a real possibility that one of the causes of the epidemic of diabetes is related to sleep habits."

This announcement was made at the annual meeting of the American Diabetes Association. Dr. Richard Podell, clinical professor at New Jersey's Robert Wood Johnson Medical School, says, "Many people have problems sleeping, yet they feel uncomfortable asking their doctor for a medication. One product I recommend to my patients is PowerSleep, made by The Green Turtle Bay Vitamin Co."

A common sleep problem is when one wakes in the night and cannot get back to sleep. "Our customers tell us PowerSleep has helped. Even if they wake up to go to the bathroom or to let the dog out, they can return to a restful sleep," says Karen Horbatt, president of The Green Turtle Bay Vitamin Co. "Now that there is a concern about developing diabetes, I think everyone who has trouble sleeping should consider nutrients that promote serotonin production, like PowerSleep." Low serotonin is responsible for many sleepless nights.

For more information on diabetes or sleep, contact The Green Turtle Bay at (800) 887-8535, write PO Box 642, Summit, NJ 07901, or visit www.EnergyWave.com. LF047218

Glaucoma - What you don't know can blind you

Did you know that you could be at risk for glaucoma, an eye disease that has virtually no early symptoms, but can cause vision loss or even blindness? According to The American Academy of Ophthalmology, glaucoma is one of the leading causes of blindness in the United States, and the most common cause of blindness among African Americans. It affects more than 3 million people in the United States alone. As many as half do not even know they have it because there are no symptoms in its early stages, when treatment is the most effective and vision loss can usually be prevented. So read on about this disease to educate yourself.

What is glaucoma? Glaucoma is a disease of the optic nerve, which is the part of the eye that carries the images we see to the brain. It is made of many nerve fibers, like an electric cable containing numerous wires. When the natural fluid in the eye drains improperly, pressure within the eye usually increases, damaging the optic nerve. As optic nerve fibers are damaged by glaucoma, small blind spots begin to develop which are not noticeable at first. Often called the "sneak thief of sight," glaucoma usually does not cause pain or other symptoms, but it will cause permanent vision loss — including blindness — if left unchecked.

Who gets it? People who are at the greatest risk for developing glaucoma include:

- Immediate family members of people with glaucoma
- People of African ancestry
- People who are age 50 or over

Family history of glaucoma and race are major risk factors for glaucoma. The American Academy of Ophthalmology reports that African Americans are four times more likely to have the disease than Caucasians, but only half as likely to be treated for it, and it often occurs earlier in life. Studies show that African Americans between ages 45 and 65 are 14 to 17 times more likely to go blind from glaucoma than Caucasians in the same age group who have the disease. Although glaucoma can occur in people of all ages, it primarily affects older adults.

How is it detected? Because glaucoma typically does not cause noticeable vision problems, one of the best ways to prevent vision loss is to have a regular glaucoma eye exam by an ophthalmologist, which may include:

- Questions about your family's medical and eye history
- Measurement of the pressure in your eye (however, a pressure test alone is not an adequate glaucoma test)
- Examination of your optic nerve (which may require dilating your pupils)
- A test of your field of vision

How is it treated? Glaucoma cannot be cured, but it can be controlled with proper medical treatment. Unfortunately, vision loss from glaucoma cannot be

restored. However, glaucoma treatment helps slow or prevent further damage by reducing pressure in your eye. If you are found to have glaucoma, your ophthalmologist may treat it with eye drops, medication, laser surgery or incisional surgery.

How often should I have an eye exam? The American Academy of Ophthalmology recommends you get an eye exam every two to four years if you are age 30 or over, and every one to two years if:

- A family member has glaucoma
- You are age 50 or over
- You are of African ancestry and are age 40 or over

Are you at risk for glaucoma? In addition to your family history, race and age, people who are diabetic, very near-sighted, use steroid medication or who have had past eye injuries may also be at higher risk for developing glaucoma. If you have any of these risk factors for glaucoma, if your vision is sometimes blurred, you see halos around lights or have eye pain, The American Academy of Ophthalmology recommends that you schedule an eye exam with an ophthalmologist as soon as possible.

For more information about glaucoma, visit The American Academy of Ophthalmology's Web site at www.aao.org. Source: The American Academy of Ophthalmology's Eye Care America Glaucoma Project brochure.

Uncapping the basics behind vitamins

It's been drilled into your head for years that calcium is essential for strong bones and to prevent osteoporosis. But do you know what vitamin B1 does? How about vitamin K or vitamin E? Read this primer to help you decipher the alphabet of vitamins.

Vitamin A — Helps form and maintain healthy skin, hair and mucous membranes; promotes eye health and vision; needed for proper bone growth, tooth development and reproduction

Vitamin B1 — Plays a role in energy metabolism.

Vitamin B2 — Helps metabolize fats, carbohydrates and proteins.

Vitamin B3 — Helps maintain healthy blood.

Vitamin B6 — Promotes protein and red blood cell metabolism.

Vitamin B12 — Helps maintain healthy nerve cells and a healthy

immune system.

Vitamin C — Helps form collagen, a protein that gives structure to cells, cartilage, muscles, and blood vessels; helps maintain capillaries, bones and teeth, and aids in the absorption of iron.

Vitamin D — Enhances calcium absorption and promotes bone strength.

Vitamin E — Prevents breakdown of body tissues.

Calcium — Builds bones and teeth and promotes bone strength; also used in muscle contraction, blood clotting and maintenance of cell membranes.

Folic acid — Helps build healthy cells, especially during pregnancy.

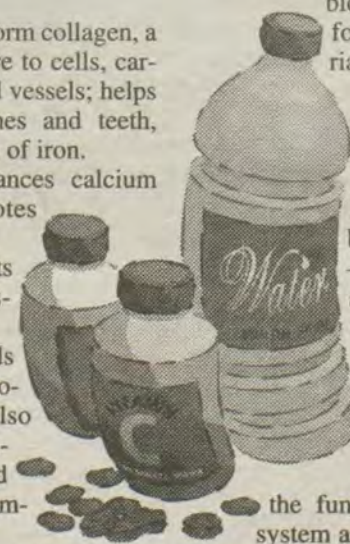
Folate — Helps the body form red

blood cells and aids in the formation of genetic material.

Iron — A component of proteins involved in building blood, transporting oxygen, and helping form healthy red blood cells. Magnesium — Helps maintain muscle and nerve function, keeps the heart rhythm steady and bones strong; also involved in energy metabolism and the synthesis of proteins.

Selenium — Helps in the functioning of the immune system and thyroid.

Zinc — Helps form protein; assists in healing wounds, blood formation and growth and maintenance of tissues.



Develop a plan to kick the habit

Today, an estimated 47 million American adults smoke, according to the American Cancer Society. Tobacco use can cause lung cancer, as well as heart disease, and respiratory disease. Each year smoking is responsible for one in five deaths. Fortunately, the past 25 years have seen tremendous strides in reversing attitudes toward smoking, understanding the addiction, and learning how to help people quit.

Each year thousands of smokers kick the habit for 24 hours during the Great American Smokeout, annually, the third Thursday of November. The goal of the event is to promote and encourage smoking cessation by helping smokers realize that if they can quit for one day, they can quit permanently. Smoking is the No. 1 preventable cause of death in the United States.

Within the first 24 hours without cigarettes, the body begins to heal itself, according to the American Cancer Society. Blood pressure drops to a normal level, the temperature of hands and feet increase, heart attack risk decreases, and the carbon monoxide level in the blood drops. Within three months, circulation and lung function improves up to 30 percent. However, even after you've given up nicotine, you may still have the urge to smoke. To maximize your chances of staying smoke-free for good, develop a three-phase "Commit to Quit" plan and follow these tips, courtesy

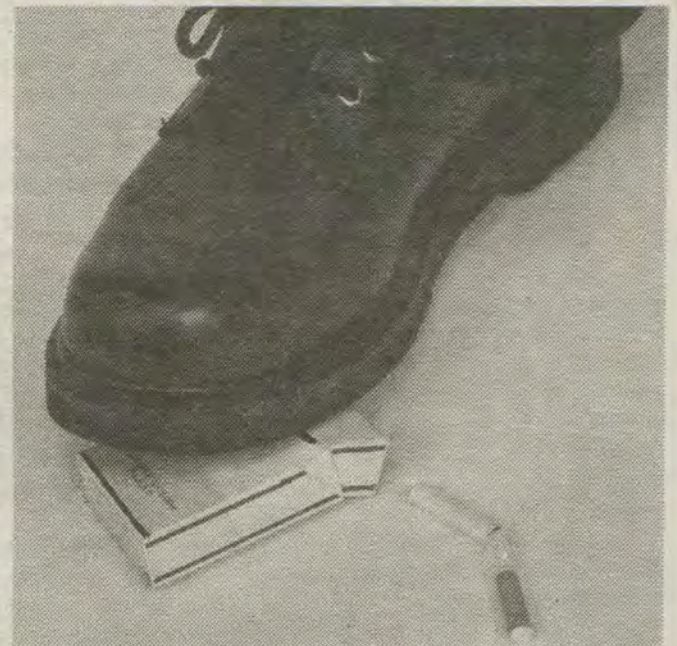
of the American Cancer Society (www.cancer.org).

- No two people are alike and so your smoking cessation program may need to be as unique as you are. When considering your options, think carefully about the way you use cigarettes — how often to you light up, what triggers the urge etc.

- Don't keep your intention to quit a secret. Research shows that smokers are most successful in kicking the habit permanently when they have some means of support such as nicotine replacement therapy, counseling, guide books, and the encouragement of friends and family members.

There are a host of nicotine replacement products available to help you quit, including skin patches like Nicotrol (www.nicotrol.com), NicoDerm CQ (www.nicodermcq.com), nicotine gums like Nicorette (www.nicorette.quit.com), and other therapies like 7-Day Smoke Away (www.smokeaway.org), prescription nicotine inhalers and smokeless cigarettes like E-Z Quit (www.ezquit.com). Contact your doctor before beginning any smoking cessation program.

- Keep smoking "out of sight and out of mind" by getting rid of cigarettes, lighters and ashtrays from your home, office and car. Don't forget to send your clothes to the dry cleaner for freshening. Ask friends and family not to smoke around you. Good luck!



Participating in the Great American Smokeout and can be the first steps to kicking the habit for good.

Treat headache pain with education

Headaches are big business. According to the National Headache Foundation (NHF), it is estimated that industry loses \$50 billion per year due to employee absenteeism and medical expenses caused by headaches, and migraine sufferers lose more than 157 million workdays each year. In excess of \$4 billion is spent annually on over-the-counter pain relievers for headaches. (Many of these are not strong enough for the headache sufferer.) Learning what triggers a headache can help you treat it better, that way, you can possibly prevent the onset of a headache, or at least be able to better manage it when it strikes.

TYPES OF HEADACHES

There are many types of headaches and just as many triggers. Recognizing the type of headache you have and tracking when it strikes will help you and your doctor develop a course of treatment. Let's check out some of the most common types of headaches, courtesy of the NHF.

- **Tension** — Pain in the area where the muscles of the head and neck meet, commonly referred to as a "tension headache."

Approximately 78 percent of all headaches are classified as tension-type headaches. The pain is typically generalized all over the head. There appears to be a slightly higher incidence of this type of headache among women, though that may be because more females than males seek treatment.

There are two types of tension-type headaches: those that occur in infrequent episodes and those that occur daily. If chronic, the headache should be promptly treated to avoid developing an addiction to pain-relieving drugs. The daily headache is often caused by depression or other emotional problems. Sufferers usually awake in the morning with the headache and frequently have an accompanying sleep disorder.

- **Vascular** — This is the category into which migraine falls; it also includes cluster headaches.

Migraine headaches are often hereditary. Therefore, if both parents suffer from them, there is a 75 percent chance their children will suffer as well. When only one parent is a migraine sufferer, there is a 50 percent chance the child will be afflicted. Recent research has proven that migraines do have physical causes, and triggers for many sufferers include diet, stress, menstruation and environmental changes. A migraine attack can last from several minutes to several days — totally incapacitating the sufferer in the latter case.

An estimated 1 million Americans suffer from cluster headaches, and 10 percent of these are afflicted with chronic clusters. Cluster headaches appear to affect primarily men, with 90 percent of the sufferers being male. Although cluster headaches produce severe pain, they can go into long periods of remission. No cause has been determined for this type of headache, but

most are treatable.

- **Organic** — These headaches are caused by diseases of the brain, eye, ear, nose or tumors.

Children do experience headaches. However, if headaches occur in the very young or very old, it is important to rule out organic disease as the culprit. Young tension-type and migraine sufferers can usually benefit from non-drug treatments such as biofeedback.

DETERMINING TREATMENT

To better assess a headache's severity, many health-care practitioners utilize MIDAS and HIT in their evaluations. MIDAS, or the Migraine Disability Assessment Questionnaire, was developed to measure migraine-related disability at work, school or during leisure activities. By measuring the number of days missed in these activity areas due to migraine, the MIDAS tool can get treatment right the first time a patient consults with his or her health-care provider. The MIDAS score provides insight into the medical needs of patients and helps the healthcare provider determine the appropriate treatment at the first consultation.

HIT, or Headache Impact Test, is similar to MIDAS in that it measures the severity and impact of headaches on daily life. It helps identify triggers and can assist the health-care provider in determining the proper treatment for each patient.

SIMPLE STEPS TO LIMIT HEADACHES

These tips are drug-free, cost-effective and are easy to use.

1. Diaphragmatic or abdominal breathing can help lower tension levels by bringing more oxygen into the bloodstream. Lowering tension can help prevent headaches.

2. Massage can help relieve tension in all areas of the body.

3. Hot or cold packs applied to the neck and shoulders may also help relieve pain.

4. Progressive muscle relaxation can stop stress and relax the body. Start with the feet and work up.

5. Biofeedback teaches you to control involuntary body functions like blood pressure, heart rate and hand temperature. This technique is a valuable tool for reducing migraine and tension-type headaches.

6. Stretching relaxes muscles. Yoga or Pilates may be great methods for achieving relaxation.

7. Taking a brisk walk helps release endorphins which are the brain's natural pain killers. Walk for five minutes, and think relaxing, calming thoughts.

8. Visualization can reduce stress, thereby reducing headache pain. Visualize yourself in a serene place.

9. Meditation can help you achieve a state of consciousness where you reduce stress-inducing factors.

10. Taking a warm bath may also help relax the body and thus reduce tension headaches.

Want to control weight and aging safely?

Green tea boasts beauty, health benefits

To spot one of the hottest health and beauty products around, look no further than green tea.

"People are discovering that green tea provides wonderful beauty benefits," says Carmen Lee, president of TotalTea.com, America's leading green tea company. "A few cups every day can actually make people look better and feel younger."

Green tea is not only tasty but has incredible medicinal properties as well. Since ancient times, Asian cultures have relied upon green tea to cure health problems. Now, studies are proving that green tea's antioxidants can treat migraines, menstrual cramps, poor digestion, stress, high cholesterol and even result in weight loss. According to recent scientific research, drinking green tea can also reduce the risk of stroke, certain cancers and heart disease.

A GROWING TREND

The green tea industry is flourishing, thanks in part to green tea's newfound popularity and rising consumer interest. "We have been in the tea business for years, but recently, we've seen a surge of interest from people who want to gain the health benefits of drinking green tea," adds Lee.

The Tea Council of the USA, which functions as the educational arm for the tea industry, reports that since 1990, total tea sales have grown from \$1.8 billion to an estimated \$5 billion in 2000.

WEIGHING BENEFITS

Like many other plant foods, green tea has caught the attention of scientists because it has shown promise in reducing the risk of stroke and certain cancers, including prostate cancer, and heart disease.

"Consuming several cups of green tea on a daily basis prevents wrinkles and speeds metabolism, helping people lose weight," says Lee.

Much of the research has focused on two antioxidant nutrients found in green and herbal tea — catechins and flavonoids. Researchers from the USDA recently reported that in laboratory tests, green tea produced greater antioxidant activity than 22 commonly consumed fruits and vegetables. Antioxidants help reduce the formation of harmful

substances in the body that may contribute to aging, cancer and cardiovascular disease.

Green tea is also a good source of fluoride, which can help strengthen tooth enamel.



The green tea industry is flourishing, thanks in part to green tea's many health and beauty benefits.

el. In countries where tea drinking is common, such as the United Kingdom, tea can contribute substantially to total fluoride intake. "It's also important to consider green tea's impact on weight management," says Lee. "Green tea is a natural, healthy way to speed up the body's metabolism. TotalTea.com has all the green tea and

herbal tea products you need to maintain a healthy regimen of daily tea drinking."

Total Tea Inc. is a major wholesaler of specialty herbal teas, green tea, black tea, tea pots and tea cups. For more information, visit www.TotalTea.com or send e-mail to info@TotalTea.com.

Follow a five-step program to boost your energy level

So many factors impact your energy, from diet to fitness to stress to mood, even weather. Give yourself an "energy makeover" to combat energy deficiencies and revitalize every level of your life. Improve low levels of physical and mental energy by eating energy-packed foods, taking nutritional supplements and herbal remedies, maintaining an exercise plan, improving mental energy and increasing spiritual energy. Follow this five-step plan, courtesy of "Energy Boosters Handbook" (DK), by Dr. Sarah Brewer, to get your energy back in gear.

STEP 1: ENERGY FOODS

It's true that "You are what you eat" — everything you consume determines how much energy you have. That's why you should eat foods that make you feel energized and avoid those that make you feel sluggish.

Energy-boosting foods

- whole-grain cereals such as oats, rice, pastas, breads and breakfast cereals
- whole-wheat breads, espe-

- cially those with nuts and seeds
- root vegetables such as carrots and potatoes
- oily fish such as trout, mackerel, salmon, sardines or herring
- nuts and seeds such as sunflower seeds, pumpkin seeds, pine nuts, sesame seeds or poppy seeds
- fresh fruit such as avocados, bananas, melons, grapes or cherries
- dried fruit such as prunes, figs, apricots or dates
- green vegetables such as broccoli, cabbage and spinach
- legumes such as kidney beans, chick peas or soybeans

Energy-depleting foods

- fatty, sugary snacks, doughnuts or pastries
- cakes and cookies
- red meat
- alcohol
- caffeinated products such as cola or coffee

STEP 2: ENERGY SUPPLEMENTS

Sometimes you can't get all your nutrients from foods. Vitamin, mineral, nutritional and

herbal supplements can be your "crutch" when you want to boost your energy levels.

Vitamin supplements

- vitamin C
- vitamin E
- B-group vitamins such as B1, B2, B3, B6 or B12

Mineral supplements

- iodine
- iron
- magnesium
- phosphorus
- potassium
- selenium
- zinc

Nutritional supplements

- coenzyme Q10
- probiotics
- isoflavones

Energy herbs

- blue-green algae
- Brazilian ginseng
- Siberian ginseng
- ginkgo
- maca
- schisandra

STEP 3: EXERCISE

Exercise and energy are linked — the more you exercise, the more energy you have. Try doing at least 20 to 30 minutes of strenuous exercise five times a week. You don't have to become a fanatic about exercise. Activities like home renovation, gardening and dancing are just as good as swimming or bicycling. As long as you feel warm and a little out of breath, you are getting that heart pumping enough. Just be sure to consult your doctor before you begin your routine if you haven't exercised in years or are out of shape.

STEP 4: MENTAL ENERGY

Believe it or not, you can improve your mental energy just like you can boost your physical energy. Supplements and different kinds of therapies can improve your memory, concentration and mental performance. By taking a multivitamin supplement, you can prevent mineral and vitamin deficiencies which impact the mind.

Mental and spiritual disciplines can also work wonders for boost-

ing energy levels. Therapies like acupuncture, reflexology, aromatherapy and shiatsu stimulate energy to the brain. Try calming-oriented activities like yoga and meditation, which can clear the head of thoughts, calm the body and help you achieve a state of heightened mental or spiritual awareness. You can also put a few drops of an essential oil like rosemary, lemon or peppermint on a handkerchief and inhale. Such aromatherapy can clear thoughts and improve alertness.

STEP 5: SPIRITUAL ENERGY

Holistic medicine dictates that spiritual energy has a strong link to physical and mental energy. Locate and access spiritual energy within to connect more deeply with your inner self. Locate energy from within by completing a rewarding project, like feeding the homeless or visiting the elderly. Activities that let you express inner feelings, like art, music and dance are spiritual. You can also tap into spiritual energy with yoga, hypnotherapy, aromatherapy or tai chi.

Heart-healthy meal substitutes

It has been drilled into your head that high cholesterol levels put you at major risk for a heart attack. That doesn't mean you have to eat lettuce for lunch, though. It is possible to keep your heart in check and still enjoy a fabulous meal, if you know which foods to eat and which ones to avoid. By choosing foods that are lower in saturated fats and prepared in healthy ways, you will cut your risk of developing heart disease or having a heart attack. Try these healthier, low-fat alternatives to keep your meals heart-healthy:

INSTEAD OF: Whole milk
TRY: Fat-free, skim or 1% milk

INSTEAD OF: Caesar salad
TRY: Garden salad with dressing on the side

INSTEAD OF: Whole-milk cheeses
TRY: Low-fat cottage cheese, part-skim milk mozzarella, ricotta cheese

INSTEAD OF: French fries
TRY: Baked potato

INSTEAD OF: Chocolate mousse
TRY: Fruit salad, angel-food cake or fat-free cheesecake

INSTEAD OF: Coffee with cream or whole milk
TRY: Coffee with low-fat milk

INSTEAD OF: Mayonnaise or sour cream
TRY: Salsa or mustard

INSTEAD OF: One egg yolk
TRY: Two egg whites for an egg yolk

INSTEAD OF: Prime, lean or extra lean ground beef
TRY: Choice or select grades of beef

INSTEAD OF: Duck, goose or red meat
TRY: Chicken or turkey

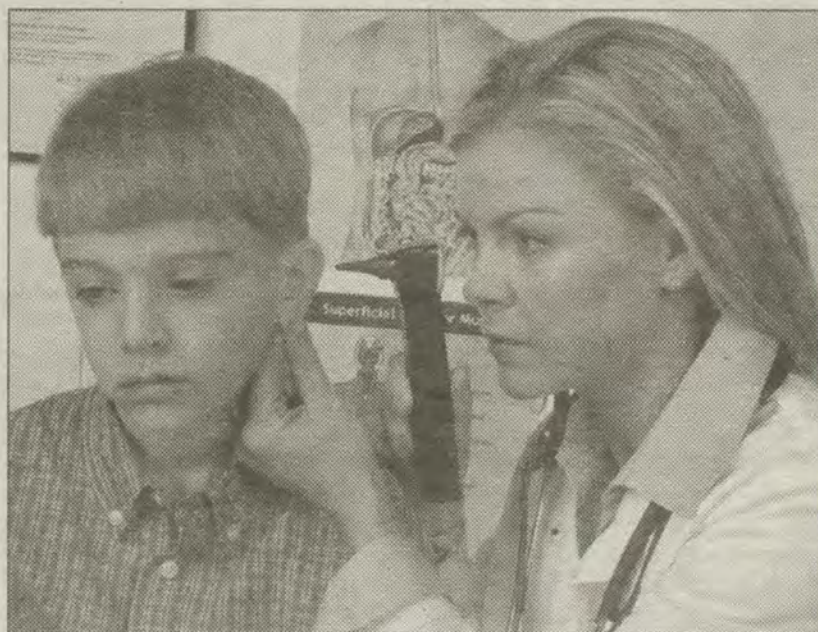
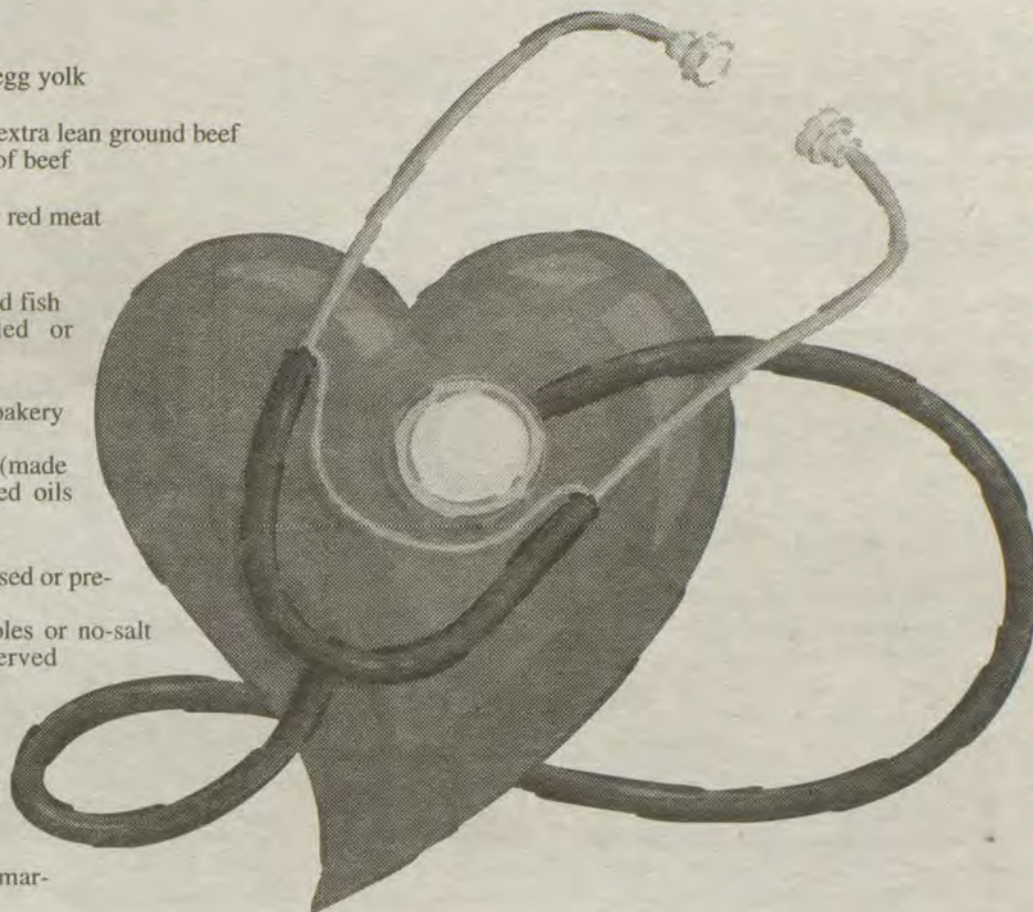
INSTEAD OF: Breaded or fried fish
TRY: Baked, broiled, grilled or boiled fish

INSTEAD OF: Store-baked bakery goods
TRY: Home-baked goods (made with poly- or monounsaturated oils and egg whites)

INSTEAD OF: Canned, processed or preserved vegetables
TRY: Fresh or frozen vegetables or no-salt canned, processed or preserved vegetables.

INSTEAD OF: Peanut oil
TRY: Canola, corn, olive, safflower sesame, soybean and sunflower oils

INSTEAD OF: Hard stick margarine
TRY: Liquid or tub margarine



An audiologist can help determine a treatment plan if you have a case of tinnitus.

Tinnitus

■ Continued from p5

The best way to treat tinnitus is to eliminate its cause. It's usually a symptom of a treatable medical condition but often, when its cause cannot be found or medical treatment isn't the best course of action, it's managed with treatment such as drug therapy, vitamin therapy, biofeedback, hypnosis, electrical stimulation, relaxation therapy, counseling or other forms of management.

Another treatment is a tinnitus masker,

which resembles a hearing aid and "masks," or covers up, the tinnitus with an external noise. The masking noise is determined by the pitch, loudness and other characteristics of the tinnitus. Since many people say their tinnitus is worse at night or in a quiet environment, your doctor may suggest trying a sound machine, fish tank, fan, indoor waterfall or low volume music to help alleviate your discomfort.

How to know if you're having a heart attack

You feel a pain in your chest. "It's nothing," you tell yourself. Then it returns. You don't have time for this. You are being a hypochondriac and it's only a false alarm. But maybe, deep down, you are just too afraid to admit you might be enduring a heart attack.

Indeed, heart pain is nothing to take lightly. But unfortunately, half of all people having a heart attack wait more than two hours before getting help, according to the American Heart Association (AHA). While 250,000 people die each year before they get to a hospital, immediate action can prevent many of these deaths.

Heart attacks can happen suddenly and instantly. But most come on slowly. According to AHA, you might be having a heart attack if:

■ You feel uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It will last more than a few minutes or go away and then come back.

■ You have pain or discomfort in one or both arms, the back, neck, jaw or stom-

ach.

■ You may feel out of breath along with chest discomfort or before chest discomfort.

■ You might have a cold sweat, feel nauseous or lightheaded.

Not all these signs occur in every heart attack, but if even some are present, it's worth it to get help. If you think you might be having a heart attack, immediately call 911 or your local emergency services. If you can't reach help, have someone drive you to the hospital. Drive yourself only if there's no other way to get there.

You can't control factors like a family history of early heart disease, your age or pre-existing heart disease. But there are other ways you can lower your risk of getting a heart attack. Watch what you eat with a diet low in saturated fat, cholesterol and salt. Keep your health in check — manage your weight; get regular medical check ups; monitor cholesterol and blood pressure levels; don't smoke; and keep physically active by exercising.

Signs of depression and anxiety

Discussing your psychological concerns with family and friends is not a common occurrence at the dinner table or at social gatherings, for fear of embarrassment or discomfort. After all, sometimes the warning signs of these disorders can be difficult to recognize, and you don't want to feel foolish about voicing your worries if you are not officially diagnosed with a problem.

One in 10 people experience symptoms of depression, and anxiety is nearly just as common. Therefore, you are not alone in your concerns. If you haven't been feeling quite like yourself lately, review the symptoms of these conditions and discuss any you may suffer from with your doctor. That way, you can feel better faster.

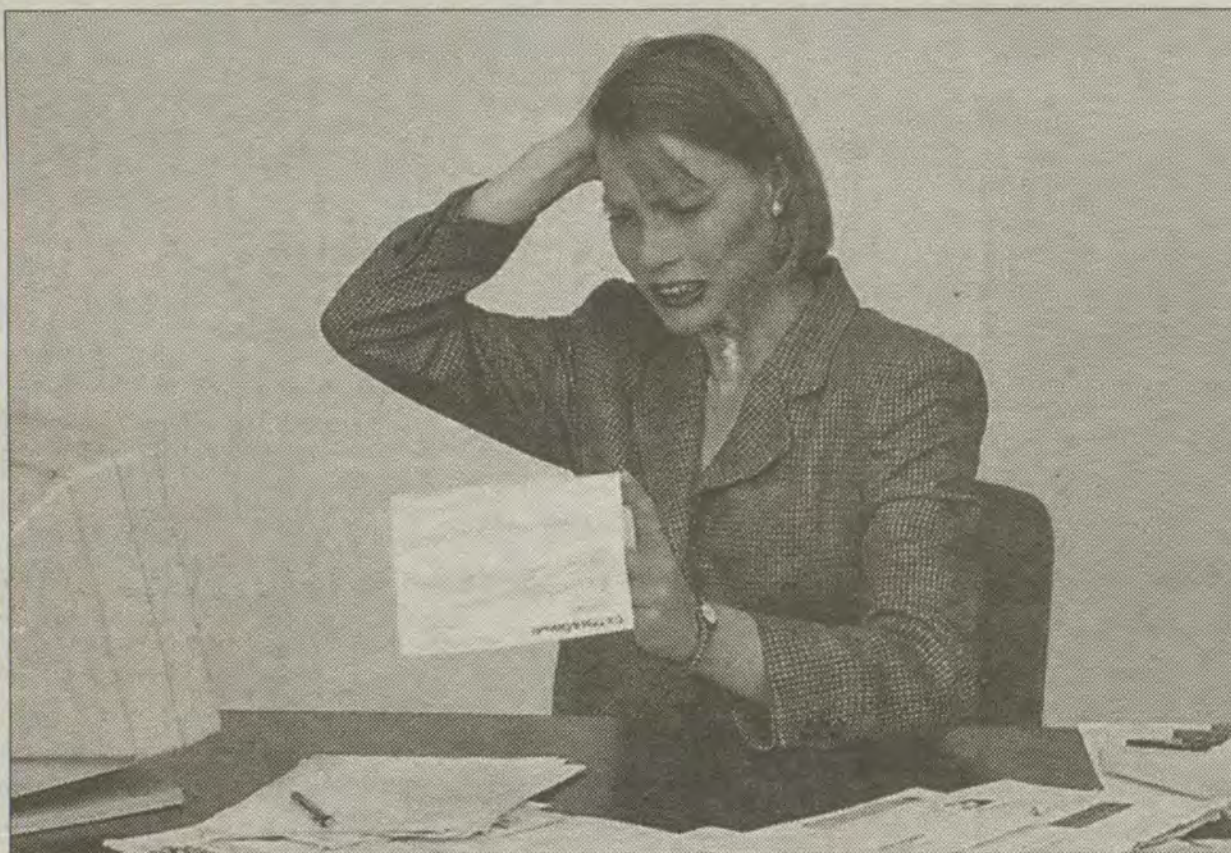
DEPRESSION

Everyone has the blues at one time or another, but if symptoms intensify or persist for more than two weeks, medical intervention may be necessary. Depression can have very real physical and emotional symptoms, including:

- Persistent sadness or unhappiness
- Frequent crying
- Sleeping difficulty
- Decreased energy and/or motivation
- Appetite changes
- Difficulty concentrating
- Hopelessness
- Irritability
- Morbid or suicidal thoughts

You may not experience all symptoms; however, if you suspect that you are suffering from depression, seek the assistance of your health-care provider. He or she may prescribe medication or behavioral treatment. Or you may be referred to a psychologist or psychiatrist for a more in-depth evaluation.

Most episodes of depression are successfully treated within three months to two years with a combination of medication and thera-



Depression and anxiety are mental-health disorders that require treatment if their symptoms persist. They can affect your work and home life if left untreated.

py being more effective than either one alone, according to some studies. Failure to treat depression can lead to missed days of work, marital problems, impaired work ability and serious problems that could require acute treatment.

ANXIETY

Another common mental-health disorder is anxiety. Like depression, many people have experienced brief or situational anxiety. Persistent feelings should be analyzed by a medical professional.

Anxiety may range from small phobias to an inability to deal with crowded areas. Here

are some of its most common symptoms:

- Endless checking or rechecking actions
- A constant and unrealistic worry about everyday occurrences and activities
- Fear and anxiety that appear for no apparent reason

According to Dorothy Cantor, Ph.D., former president of the American Psychological Association, "People need to talk about what's bothering them. Anxiety often comes about when people hold in their fears until they begin to feel anxiety. People shouldn't wait until they're paralyzed with anxiety before they seek some kind of consultation."

Apart from anti-anxiety medication, suf-

ferers are often encouraged to try behavioral treatments and relaxation therapies.

A WORD ABOUT MEDS

Medications prescribed for depression and anxiety may be a necessary part of your treatment. However, keep in mind that these often require time to build up in your system before you experience relief. As a result, they tend to be addictive. You should never attempt to stop taking these medications "cold turkey." Oftentimes, your doctor will gradually wean you from the medication to avoid any adverse reactions. Speak up if you wish to discontinue treatment.

Compassion

■ Continued from p8

than enough.

As a friend or family member, it's essential that you don't ignore the illness, but ACS stresses that it's a good idea to try to keep the patient's life as normal as possible. Include him or her in work and social events. There will be good days and bad days, and if an event or excursion is too much to handle, he or she will let you know.

Offer to help in specific ways. Instead of saying to your friend, "Let me know if you need anything," offer to pick up a child from school, buy groceries or drive him or her to a doctor's appointment.

Most of all, don't be afraid to reach out physically to a friend or relative who has been diagnosed with breast cancer. Just because someone is ill doesn't mean he or she will turn down a hug every now and then.

There are places to turn to for help. For more information about coping with breast cancer and facts about the disease, visit www.acs.com or call (877) 88-NBCAM.

Web

information is always changing. A quality site will clearly state when the information on it was last updated. Sites that are updated often are likely to have more current information.

■ Who pays for the site? Some Web sites are for educational purposes only, while others are designed to promote or sell a product or point of view. Reliable sites will tell you who owns or sponsors them, usually on the home page or in an "about us" section. This will help you understand their purpose, or agenda, if any.

■ Is there a disclaimer? If the information is accurate, it will be listed with a disclaimer advising visitors to check with their health-care professional to confirm any information about their particular situation. Beware of any Web site

you come across that does not feature a disclaimer of some sort.

■ Does the site offer "miracles?" The sad truth is, most claims of "miracle" results are untrue. Cross-reference any information you find on other sites and always consult a health-care professional before trying any "miracle" product.

One popular and reputable health-related Web site is Yahoo! Health, which receives millions of users each month.

In order to provide its visitors with up-to-date dental advice and information, Yahoo! Health recently teamed up with Colgate to offer a new online oral-care health center.

"Colgate and Yahoo! Health have taken the important oral-care informa-

tion consumers need and put it in one convenient place on the Web for millions of people to access," says Jack Haber, Colgate's Vice President of E-Business.

The Yahoo! Health site features a range of articles with information about oral hygiene, common oral health problems, cosmetic dentistry and even orthodontics. It also includes a link to Colgate's interactive whitening center, which offers a personalized whitening evaluation, before and after pictures of your virtual smile and the opportunity to get answers to your oral health questions from Colgate's interactive whitening advisor.

Visit <http://health.yahoo.com> for more information.

■ Continued from p7

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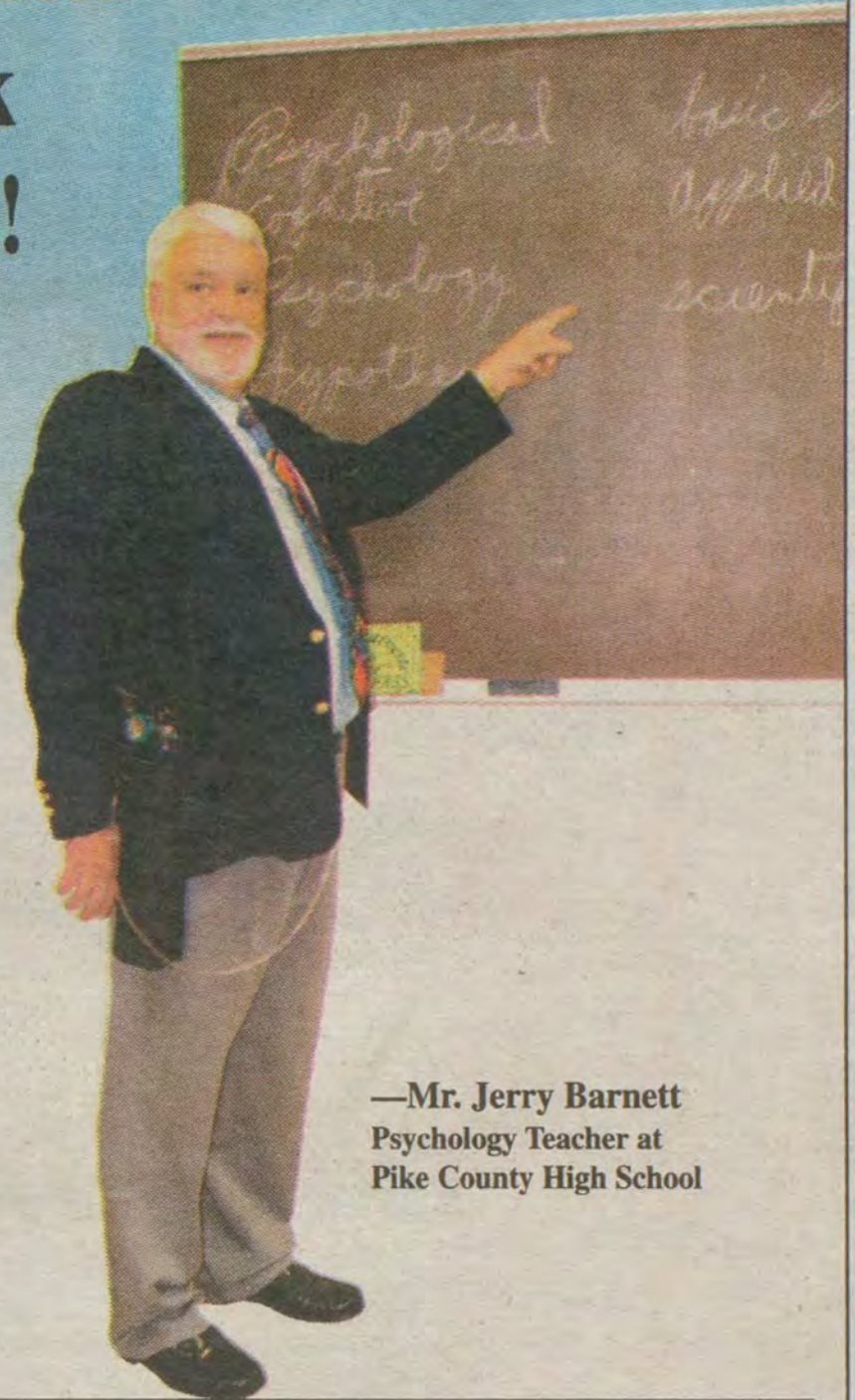
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