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briefs

State warns of bad eggs

by TOM DOTY STAFF WRITER

FRANKFORT — The Kentucky Department of Agriculture issued a warning to consumers on Friday regarding a shipment of potentially contaminated eggs.

The eggs were shipped to the eastern half of the state from a packing plant in Ohio. The eggs are in cartons bearing the packing plant code P1185, a pack date code of 031, and will have an expiration date of March 1.

Consumers are advised to destroy the eggs or return them to the retailer.

The eggs were distributed under several different labels and, although they are being tracked, after the KDA ordered a recall, officials believe that many cases were already sold to consumers.

Department egg inspectors discovered the potentially contaminated eggs while conducting a routine inspection. Officials say that the eggs were found to be covered in mold and blood spots.

Consumers who know of a location that is selling the bad eggs should contact the KDA at (502) 573-0282.

Mine operators plead guilty to safety violations

Times Staff Report

PIKEVILLE — The operators of an underground mine in Hueysville pleaded guilty this week in U.S. District Court for criminal violations of mining safety standards.

C & C Mining Inc., operator of the C & C Mining No. 6 mine, an underground coal

mine near Hueysville, pleaded guilty to two counts that arose from an investigation conducted by the Special Investigations Unit at the Mine Safety and Health Administration's District Headquarters in Pikeville.

C & C Mining admitted that its agents, Clark and Carl Johnson, operated an underground coal conveyor belt line with-

out water service to the fire suppression system last month.

It also admitted that the MSHA-approved ventilation plan for the mine was not followed, an allegation that came about because required seals were not constructed to seal off old works in connection with reentry to an adjacent mine.

Gregory F. Van Tatenhove, U.S.

Attorney for the Eastern District of Kentucky, announced victory in the case Wednesday.

U.S. District Judge Danny C. Reeves accepted the pleas and has scheduled sentencing in the case for June 20.

Anthony Webb, an investigator at Pikeville's division of MSHA was not available for comment.



John Haywood, a former Martin resident, displayed his artwork during the Seedtime on the Cumberland festival last June.

photo by Mary Music

Native's works to be featured in market

by MARY MUSIC STAFF WRITER

LOUISVILLE — A Floyd County native is one of 300 Kentucky exhibitors who will display wares at "Kentucky Crafted: The Market" in Louisville next month.

John Haywood, formerly of Alum Lick Hollow in Martin, will display and sell his original "Renegade Hillbilly" oil paintings and intaglio prints at the Kentucky Fair and Exposition Center in Louisville on March 5-6.

Haywood's love for art came out of his rural Eastern Kentucky background and extended when he moved to Louisville in 2001.

He grew up on an abandoned coal mine in what was then called Risner Branch, where he soaked in the rural Eastern Kentucky atmosphere.

"I spent years trying to escape what I thought was a backwards redneck hillbilly upbringing," he said. "I feel that being here has and will be beneficial for my career as an artist, but I also feel a little closer to hell for having left the quiet

and peaceful nature of the mountains."

Haywood said the rural culture he was accustomed to clashed with the urban life he came to know in Louisville. His art depicts that dichotomy.

Haywood's style and composition is both delicate and true to life. Each piece is overwhelmingly colorful in both detail and content. The titles of his pieces are as flavorful as the art itself.

One painting, "Saint

(See ARTIST, page two)

Grand jury indicts 43

by TOM DOTY STAFF WRITER

PRESTONSBURG — A Floyd County Grand Jury handed down 43 indictments on Thursday with more than half of them aimed at drug offenses.

Twenty-five indictments were handed down for drug offenses. Fourteen individuals were charged with varying levels of trafficking in drugs.

Leading the pack was Travis Blevins, 34, of Drift. Blevins was charged with manufacturing methamphetamine, two counts of possession of methamphetamine precursors, one count of manufacturing the drug, one count of possession of the drug, two counts of first-degree wanton

endangerment and one count of being a persistent felony offender.

Others charged with trafficking included:

■ Stephanie Renay Tackett, 36, of Toler, two counts of first-degree trafficking.

■ Maria Campbell, 37, of Langley, one count of trafficking and one count of complicity to commit trafficking.

■ John Paul Miller, 25, of Langley, two counts of trafficking and one count of being a persistent felony offender.

■ David Tackett, also known as "Ajax," one count of complicity to commit trafficking.

■ Darrell Hall, 48, two counts of trafficking.

■ Phillip Carroll, 39,

(See CHARGES, page three)

Man forming group for disabled workers

by MARY MUSIC STAFF WRITER

HIPPO — A Hippo resident who got hurt on the job approximately 11 years ago says he took a leap of faith to get better. Now he's taking a leap of faith to help find the road to recovery.

Kevin Davis, Hippo, is in the planning stages of developing a new support

group, a Disabled Workers Group, to assist people who are on disability or receive disabled social security.

Davis, 32, was severely injured in a mining accident in 1994. Medical professionals "gave him up to die" after he was crushed by an end loader in the mine. His spine and

(See GROUP, page five)

3 DAY FORECAST Today Rain, snow mix High: 45 • Low: 32 Tomorrow Showers High: 60 • Low: 40 Tuesday Partly cloudy High: 45 • Low: 36 Get up-to-the-minute weather forecasts at floydcountytimes.com

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New Morehead president visits Prestonsburg campus

by TOM DOTY STAFF WRITER

PRESTONSBURG — A meeting of the Morehead State University Board of Advisors turned out to be a perfect opportunity to introduce new university President Dr. Wayne Andrews to the board as well as staff and students of the Prestonsburg campus.

The meeting was conducted by board member Bill Duke who also served as interim director of the Prestonsburg extended campus before the school hired Lula Bowling to manage the site.

The meeting got kick started with a report from the main campus of the university. Representatives from the school reported that Morehead is very happy with new programs

being offered in Prestonsburg and highlighted the new masters in education program. They also announced that the Prestonsburg campus has entered into a relationship with the Jenny Wiley Theatre which should allow for joint projects and a drama classes being offered in Prestonsburg.

Provost Michael Moore wound up the program by introducing Dr. Andrews.

Andrews began by talking about the positive feedback he has heard about the extended campus and noted that the ongoing relationship with Big Sandy Community and Technical College is a part of that success. The heart of his speech, however, focused on the state of education in the state. Andrews

(See MSU, page three)



Dr. Wayne Andrews, new Morehead State University president, second from right, visited the MSU-Prestonsburg campus this week with Dr. Michael Moore, MSU provost, right. The two are shown talking to Dr. Ray Shubinski, director of the East Kentucky Science Center, left, and John Rosenberg, member of the MSU-Prestonsburg Advisory Board.

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Odds and Ends

■ **SCOTTSDALE, Ariz.** — NHL fans left on the sideboards can get the jump on a new game: tennis.

Hockey fans who show up for the first two days of next week's ATP Tour event wearing Phoenix Coyotes hockey jerseys will be given free tickets for the tennis tournament.

"I'm a die-hard tennis nut, and I can imagine how difficult it must be for die-hard hockey fans right now," said Steve Bellamy, president of The Tennis Channel, which is buying the Scottsdale tournament and offering the free ducats.

The Tennis Channel announced Thursday its offer to hockey fans: The first 500 people wearing a Coyotes jersey to the day or night sessions at the tournament Monday and Tuesday can claim a free ticket at the will-call window.

"With their new free time, hockey fans can come see the spectacular athleticism, finesse and artistry happening right now in big-time tennis," Bellamy said in a statement.

On Wednesday, the NHL called off what was left of its season, becoming the first major sports league in North America to lose an entire season to a labor dispute.

■ **WELLINGTON, New Zealand** — An environmental protester facing indecent exposure charges came to court exposing the naked truth.

Simon Oosterman, 24, arrived at Auckland's District Court naked — but he got dressed before he entered the courtroom Thursday.

The computer technician was charged during the Auckland Naked Bike Ride last Sunday, an event he organized to protest society's dependence on cars.

When Oosterman was stopped by police during the

naked bike ride, other riders covered the lower parts of their bodies to avoid arrest.

Oosterman and three supporters — two men and a woman — stood naked outside the courthouse Thursday holding a banner reading: "Stop indecent exposure to vehicle emissions."

He then went inside and headed up the escalator, still naked, toward the courtroom.

But he donned his clothes before entering court, where he pleaded not guilty and was released to reappear on March 21.

Outside court Oosterman said he would fight the charge as public nudity was "different from indecent exposure."

"The purpose of the protest was to draw attention to the issue of transport emissions," he said. "There has to be a distinction between people flashing (nude bodies at) young girls and public nudity, which is benign."

■ **SHELBYVILLE, Ind.** — Karrie Jeremiah pulled a discarded lottery ticket from a restaurant trash can and hit the jackpot.

Two other people had purchased the \$5 Hoosier Lottery scratch-off ticket last week at the Chaparral Cafe. When a clerk at the downtown cafe told them it wasn't the \$40 winner they were hoping for, they threw it away, lottery officials said.

It wasn't a \$40 winner — it was a \$100,000 winner.

Jeremiah said she wondered whether the numbers were completely checked before the ticket was tossed.

"Who would ever throw this ticket in the trash knowing it was a \$100,000 hit?" she said.

Lottery security director Ellen Corcella said the cafe clerk had not checked for any winning combinations other than for \$40.

Lottery officials on Feb. 10

issued Jeremiah a check for \$71,600 — the amount after taxes were withheld.

Corcella said the lottery was looking into the circumstances surrounding the ticket, but believed Jeremiah was the rightful winner.

"If I drop \$100,000 in the street and walk away and the next person picks it up, it's their money," she said.

Mark McNeely, an attorney for cafe owner Shirley Bailey, said lottery officials had been negligent by not providing adequate training. "Let's focus on the real issues and not try to cast all of our blame on this little merchant here in Shelbyville when the lack of training may have been the issue that caused the problem to begin with," he said.

■ **TERRACE, British Columbia** — Northwest British Columbia residents who dial a toll-free number in the phone book to check highway conditions are getting a red-hot reply from the blue pages listing.

"Ummm, baby, you've dialed the right number ...," a female voice says, followed by details that have nothing to do with roads or outdoor weather.

The listing for the British Columbia Ministry of Transport road report is off by two numbers, apparently because of a typographical error, so callers are connected to a phone sex line.

A ministry representative said the U.S. directory company that publishes the phone book failed to verify the number with the government agency. Distribution of the rest of the directories may be halted.

■ **GROVE, Okla.** — Usually, parishioners offer money to their churches. This time, the church handed out money.

Pastor Steve Dyer of the

Newsong Church gave \$14,000 to congregation members to invest for seven weeks, after which they are to bring the money and profits back to the church to be used in missionary work.

"The idea has always been in the back of my mind," said Dyer.

Loud gasps were heard throughout the 125-member, interdenominational church as the envelopes containing \$100 and \$50 bills were ripped open after the Sunday sermon.

Dyer had placed crisp \$100 bills in red envelopes for adults and \$50 bills in green envelopes for school-age children.

"That is going to be a lot of fun," Dyer said. "A lot of people already have ideas."

Dyer said the church isn't keeping track of who has the money. He only gave one stipulation: It was not to be used to buy lottery tickets or to gamble.

Teacia Williams, 14, of Grove said she is going to use her \$50 to buy newspaper ads advertising her availability to baby-sit.

"I plan on doubling the money," she said.

■ **MISHAWAKA, Ind.** — A Valentine's Day gift sure created some sparks here — when it plunged 2,100 homes and businesses into the dark.

The heart-shaped metallic Mylar balloon caused an electrical outage when it drifted into an electrical substation, said Phil Miller, the general manager of Mishawaka Utilities.

"It said 'I Love You' on it," he said. "It looks like someone didn't hold onto their Valentine's gift tightly enough."

Miller said the balloon, trailing a wet string, drifted into the substation near the University

Park mall in the city just east of South Bend.

The string caused a short circuit in a bank of capacitors, which are components that store electrical charges within the city's power transmission network.

The balloon "didn't look too pretty when we pulled it out of there," Miller said.

Power was restored to most customers within an hour, he said.

■ **ST. PAUL, Minn.** — Attorney General Mike Hatch's office really went to the dogs.

Hatch brought his golden retriever Bella and her nine puppies to the office Tuesday at

the request of his staff, which wanted to throw a "puppy shower." Laddie, the dogs' father, stayed home.

Leslie Sandberg, a spokeswoman for Hatch, said all the puppies have been purchased or spoken for. But it will be a few weeks before the month-old puppies head to their new homes.

The pups got a taste of politics when they wandered into a news conference, where Hatch was announcing a bill that would clamp down on pushy debt collectors.

Hatch said of the puppies, "They were born Republicans, but then they opened their eyes and now they're Democrats."

Artist

Continued from p1

Electricity," depicts a coal miner standing with a pick outside of a coal mine. It is included along with several other "Saint" paintings that Haywood has created over the past several years.

"These paintings tell specific stories," he said. "They are the stories of people who have been swept under the rug of American progress."

Others pieces are also interestingly titled: "Papaw Sings a Sad Song," "Don't want Nary a Part of No Hillbilly Band," "Shut Up and Eat," and "Saint of Louisville Roadways."

Haywood began displaying his work in 1999 and expects that his participation in this year's market will be "a new and exciting stepping stone" in his career.

Kentucky Crafted: The Market has been selected as one of the top 25 art affairs and festivals in the country by AmericanStyle Magazine. The Southeast Tourism Society also listed it as one of the top 20 events in the southeast.

More information about Haywood or The Market can be found online at www.haywoodart.com or www.kycraft.ky.gov.

Today in History

The Associated Press

Today is Sunday, Feb. 20, the 51st day of 2005. There are 314 days left in the year.

Today's Highlight in History: On Feb. 20, 1962, astronaut John Glenn became the first American to orbit the Earth, flying aboard Friendship 7.

On this date:
■ In 1790, Holy Roman Emperor Joseph II died.

■ In 1792, President Washington signed an act creating the U.S. Post Office.

■ In 1809, the Supreme Court ruled the power of the federal government is greater than that of any individual state.

■ In 1839, Congress prohibited dueling in the District of Columbia.

■ In 1895, abolitionist Frederick Douglass died in Washington, D.C.

■ In 1933, the House of Representatives completed congressional action on an amendment to repeal Prohibition.

■ In 1944, during World War II, U.S. bombers began raiding German aircraft manufacturing centers in a series of attacks that became known as "Big Week."

■ In 1965, the Ranger 8 spacecraft crashed on the moon after sending back thousands of pictures of the lunar surface.

■ In 1981, the space shuttle Columbia cleared the final major hurdle to its maiden launch as the spacecraft fired its three engines in a 20-second test.

■ In 2003, fire broke out during a rock concert at The Station nightclub in West Warwick, R.I., killing 100 people and injuring about 200 others.

Ten years ago: An American Marine, Sgt. Justin A. Harris, died in a helicopter crash during the evacuation of United Nations forces from Somalia.

Five years ago: The Fox TV network canceled the scheduled rebroadcast of its highly rated special "Who Wants to Marry a Multimillionaire?" after learn-

ing that the groom, Rick Rockwell, once was accused of hitting and threatening to kill an ex-girlfriend, accusations Rockwell denied.

One year ago: California Gov. Arnold Schwarzenegger ordered the state attorney general to take immediate legal steps to stop gay weddings in San Francisco. Bypassing angry Senate Democrats, President Bush installed Alabama Attorney General William Pryor as a U.S. appeals court judge in his second "recess appointment" of a controversial nominee in five weeks.

Today's Birthdays: Fashion designer Gloria Vanderbilt is 81. Movie director Robert Altman is 80. Actor Sidney Poitier is 78. Actress Marj Dusay is 69. Jazz-soul singer Nancy Wilson is 68. Singer-songwriter Buffy Sainte-Marie is 64. Hockey Hall-of-Famer Phil Esposito is 63. Movie director Mike Leigh is 62. Actress Brenda Blethyn is 59. Actress Sandy Duncan is 59. Rock musician J. Geils is

59. Actor Peter Strauss is 58. Rock singer-musician-producer Walter Becker (Steely Dan) is 55. Actor Edward Albert is 54. Country singer Kathie Baillie is 54. Newspaper heiress Patricia Hearst is 51. Actor Anthony Stewart Head is 51. Country singer Leland Martin is 48. Actor James Wilby is 47. Rock musician Sebastian Steinberg is 46. Comedian Joel Hodgson is 45. Basketball player Charles Barkley is 42. Rock musician Ian Brown (Stone Roses) is 42. Actor French Stewart is 41. Actor Ron Eldard is 40. Model Cindy Crawford is 39. Actor Andrew Shue is 38. Actress Lili Taylor is 38. Singer Brian Littrell (Backstreet Boys) is 30. Actress Lauren Ambrose ("Six Feet Under") is 27. Actor Jay Hernandez is 27. Actress Majandra Delfino is 24. Singer-musician Chris Thile is 24. Actor Jake Richardson is 20.

Thought for Today: "There is no hope of joy except in human relations." — Antoine de Saint-Exupery, French author-aviator (1900-1944).



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Obits

75, of Shelby Gap, died Wednesday, February 16, at Pikeville Medical Center. She is survived by her husband, Gene Anderson. Funeral services were held Sunday, February 20, under the direction of Lucas & Hall Funeral Home.

Francis Johnson Byrd, 75, of Douglas Parkway, died Thursday, February 10, at her home. Funeral services were held at noon Monday, Feb. 14, under the direction of Lucas & Hall Funeral Home.

Alex Randal Cline, 46, of Kimper, died Wednesday, February 9, at his home. A memorial service was held Saturday, February 19, under the direction of Phelps Funeral Services.

Zora Hutchinson, 88, of Breaks, Virginia, a Belcher native, died Thursday, February 17, at Buchanan General Hospital, Grundy, Virginia. Funeral services were held Sunday, February 20, under the direction of Bailey Funeral Home.

Judy Ann McClanahan Ison, 58, of Pikeville, died Wednesday, February 16, at the Wellmont Bristol Regional Medical Center, Bristol, Tennessee. She is survived by her husband, Douglas Ison. Funeral services were held Saturday, February 19, under the direction of J.W. Call & Son Funeral Home of Pikeville.

Betty Sue Little, 64, of Inkster, Michigan, a Pike County native, died Friday, February 11, at Garden City Hospital. Funeral services were held Tuesday, February 15, under the direction of David C. Brown Funeral Home of Belleville.

Myran "Mike" Lotz, 46, of Shelbyana, died Tuesday, February 15, at Pikeville Medical Center. He is survived by his wife, Kay Kincaid Lotz. Funeral services were held Friday, February 18, under the direction of J.W. Call & Son Funeral Home.

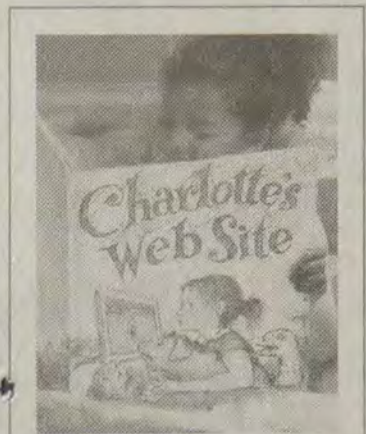
Clyde Lucas, 76, of Shelbyana, died Tuesday, February 15, at Pikeville Medical Center. Funeral services were held Friday, February 18, under the direction of Lucas & Hall Funeral Home.

Kenneth "Kenny" Layne Mullins, 50, of Dorton Creek, died Tuesday, February 15, as a result of injuries sustained in an automobile accident. He is survived by his wife, Jean Mullins. Funeral services were held Friday, February 18, under direction of Hall & Jones Funeral Home.

Airs Ratliff, 78, of Elkhorn City, died Sunday, Feb. 13, at Pikeville Medical Center. Funeral services were held Wednesday, February 16, under direction of Bailey Funeral Home.

Mattie Kinney Spears, 89, of Shelbyana, died Sunday, February 13, at Central Baptist Hospital, Lexington. Funeral services were held Thursday, February 17, under the direction of Lucas & Hall Funeral Home.

Ralph Earlon Taylor, 71, of Mouthcard, died Wednesday, February 16, at his home. He is



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Girl Scouts

MSU

Continued from p1

stressed that things could be better and said that Kentucky needs to get back to putting money into education with the same fervor it did under Gov. Paul Patton. He pointed out that the state only gains from education since college graduates make \$600,000 more in their lifetimes. He cited competing variables like road maintenance and health care as equally important but stressed that education does pay and that it is a vital component of economic development.

Andrews closed his speech by imploring those in attendance to do three things to keep education alive. First he asked everyone to talk up the issue and reminded the crowd that the university has 12 alumni in government with three in the Senate and nine in the House of Representatives. Secondly he made an appeal for recruitment and implored everyone to "send us your students." He closed by asking that people donate their time and resources in an effort to give back to the school. He finished by stating that students and alumni are what keep the university solvent and finished by breaking down the cycle for a prospective students by stating, "Learn. Earn. Return."



photo by Kathy J. Prater

T&K Signs and More held a ribbon cutting Friday afternoon to celebrate their grand reopening in a new location. The business is now located on South Lake Drive, near Carter Funeral Home. T&K Signs and More specializes in signs, window tinting, screen printing and airbrushing (shirts, cars, motorcycles, racing helmets and more). Braving the cold temperatures to participate in the ribbon cutting were, from left to right, Ken Carriere, Goodtyme Productions; Tim VanDine, owner, T&K Signs and More; Prestonsburg Mayor Jerry Fannin; Mandy Stumbo, executive director of the Floyd County Chamber of Commerce; Trish Cieslak, The Perfect Setting; and Christine Miller, The David School. Mayor Fannin said that he is excited to see a promising business such as T&K, along with the soon to open Mountain Yamaha, incorporate and refurbish one of downtown's older buildings. "It's a good step for downtown," he said. Mountain Yamaha will open, in the same building, sometime in March. You may contact VanDine or one of his sales representatives by calling 886-1550.

MARTIN COUNTY

Neva Fitch, 47, of Inez, died Tuesday, February 1, at her residence. Funeral services were conducted Thursday, February 3, under the direction of Richmond-Callahan Funeral Home.

George Moore, 77, of Pilgrim, died Saturday, February 12, at Three Rivers Hospital, in Louisa. Funeral services were conducted Monday, February 14, under the direction of Phelps and Son Funeral Home.

Paul Parsley, 88, of Flatwoods, a native of Lovely, died Wednesday, February 9, at Oakmont Manor in Flatwoods. Funeral services were conducted Sunday, February 12, under the direction of Carman Funeral Home.

Ethel Irene Pelphrey, 97, of Pickerington, Ohio, formerly of Martin County, died Saturday, February 5. Services were conducted Friday, February 11, under the direction of Evans Funeral Home.

Okey Ward, 68, of Tomahawk, died Monday, February 7, at Highlands Regional Medical Center. Funeral services were conducted Thursday, February 10, under the direction of Richmond-Callahan Funeral Home.

Gladys W. Workman, 91, of Attica, Ohio, a native of Inez, died Thursday, February 10, at her home. Funeral services were conducted Sunday, February 13, under the direction of Lindsey-Foos-Kocher Funeral Home.

Charges

of Allen, one trafficking charge and one count of being a persistent felony offender.

John D. Tackett, of Melvin, one count of trafficking.

Jessica Dawn Young, 24, of Melvin, one count of trafficking.

Johnny Hunter Jr., 56, of Dwale, one count of trafficking.

Mathew Keathley, 23, of Galveston, four counts of trafficking.

Nicholas Shawn Newsome, 28, of Harold, one count of trafficking.

Joan S. Hite (Cartmell), 46, of Prestonsburg, one count of trafficking.

Jimmy R. McKinney, 46, of McDowell for one count of trafficking.

Seven people were indicted on possession charges with the most counts being leveled at Jimmy Luther Bowman, 29, of Clinton, Tenn. Bowman was indicted for possession of a methamphetamine precursor, operating a motor vehicle under

the influence, fleeing police, no vehicle insurance, improper registration, no receipt for registration, menacing, resisting arrest and three counts of failure to wear a seatbelt.

Others indicted for possession were:

Thomas Shepherd, 31, of Paintsville, possession of a methamphetamine precursor.

Frederick Nathan Collins, 29, of Staffordsville, two counts of drug possession, operating a motor vehicle under the influence (or DUI), being unable to produce a driver's license.

Amy J. Crum, 29, of Blue River, possession of a methamphetamine precursor, public intoxication, tampering with evidence.

Tony Smith, 43, of Jenkins, possession of drugs, possession of drug paraphernalia, endangering the welfare of a minor.

James Gregory Goins, 23, of McDowell, two counts of drug possession, one count of being a persistent felony offender.

Palma Sue Porter, 47, of Prestonsburg for one count of possession of a forged prescription.

Prescription abuse also saw three people charged with making a false statement to obtain prescription drugs. Patty Lynn Hitchcock, 45, Sandra Burchett, 29, and Billy Howard, 23, were

all charged with one count of the offense.

Eleven people were indicted for operating motor vehicles under the influence of drugs or alcohol. They included:

Clarence Slone, 50, of Mooresville, Ind.

Clinton Elliot, 25, of Hi Hat.

Danny Ray Blackburn, 46, of Lowmansville.

Eddie Reed, 56, of Mouthcard.

James Holland, 26, of Hazard.

Thomas Slone, 21, of Sassafras.

Eugene Caudill, 40, of Melvin.

Charles Baxter, 58, of Betsy Layne.

Dimont Harris, 47, of Dema.

Steven Matthew Gibson, 35, of Hueysville.

Jason Click, 22, of Martin.

Six people were charged with

theft-related offenses. They include:

Jimmy Hall, 41, of Frankfort, theft by unlawful taking, burglary, second-degree arson.

Mark Vance, 35, of Dwale, theft by unlawful taking, criminal mischief.

Jason Chaffins, 19, of Garrett, three counts of theft by unlawful taking, three counts of unlawful transactions with a minor, one count of fleeing police.

Three of those indicted were charged with receiving stolen property, including Clifford Williams, 26, of Prestonsburg, Robert Anderson, 40, of Salyersville, and Edward Risner, 49, of Convoy, Ohio.

The indictments also included two individuals charged with flagrant nonsupport: William Blackburn, 36, of Allen, and Ricky Johnson, 49, of Hi Hat.

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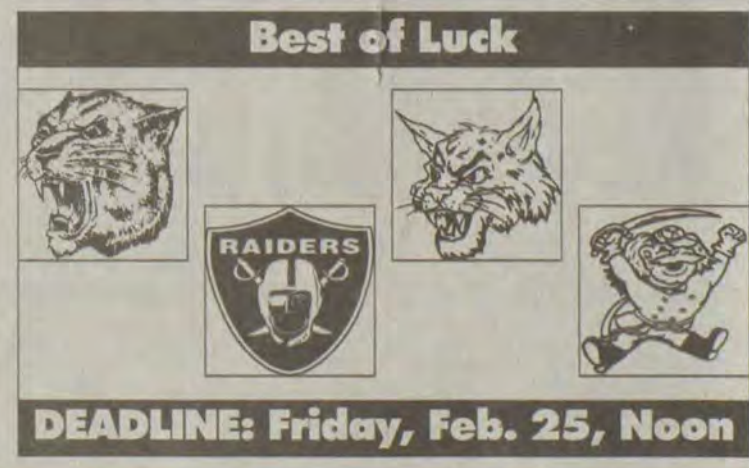
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DEADLINE: Friday, Feb. 25, Noon

Drug Testing Policy

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expression

Freedom of the press is not an end in itself but a means to the end of [achieving] a free society.

— Felix Frankfurter

Guest view At least it's in the open

Give our legislators credit: they're now voting in broad daylight to boost their own benefits.

On Tuesday, a House committee approved a bill that would increase pension benefits for lawmakers by at least 30 percent. The State Government Committee, chaired by Rep. Mike Cherry, D-Princeton, approved the measure on a 20-6 vote.

This at least represents a change in lawmakers' modus operandi, although the self-serving character of the pension legislation definitely is in keeping with legislative tradition.

In the waning hours of the 2000 session, lawmakers voted overwhelmingly to approve what former Gov. Paul Patton called "last-minute, late-night legislation" that, by some calculations, would have nearly doubled their pensions.

Most lawmakers claimed they didn't know what was in the measure and expressed shock when told it would vastly improve their pension benefits. However, the bill's sponsor, former Sen. Albert Robinson, made no bones about what he was trying to do. "Do I look stupid, that I wouldn't help myself if I had a chance?" he told reporters.

The backdoor legislative pension increase stirred considerable controversy and prompted proposals to repeal it, but key lawmakers ultimately decided they would indeed help themselves if they had the chance.

Former Attorney General Ben Chandler filed a lawsuit arguing the pension increase was illegitimate because the bill was approved without a required actuarial analysis. The state Supreme Court struck the measure down as a violation of constitutional safeguards that protect the public from deliberately unintelligible legislation.

Lawmakers have had a very hard time performing their constitutional duty to pass a budget, but this year's pension bill proves they're capable of dogged determination when pursuing their own interests.

Rep. Cherry even gives himself and other supporters of the pension increase credit for "political courage."

Somehow, 20 members of the committee summoned the "courage" to vote for the hike in their pension benefits. But state Rep. Jim Wayne of Louisville took a contrary view of the legislation, saying that he couldn't vote for it when the state was struggling to find money to fund programs for the poor. Another opponent of the bill, state Rep. Steve Nunn, R-Glasgow, noted that the schools aren't getting any big increases in funding and that the health insurance program for retired teachers is in serious financial trouble. ...

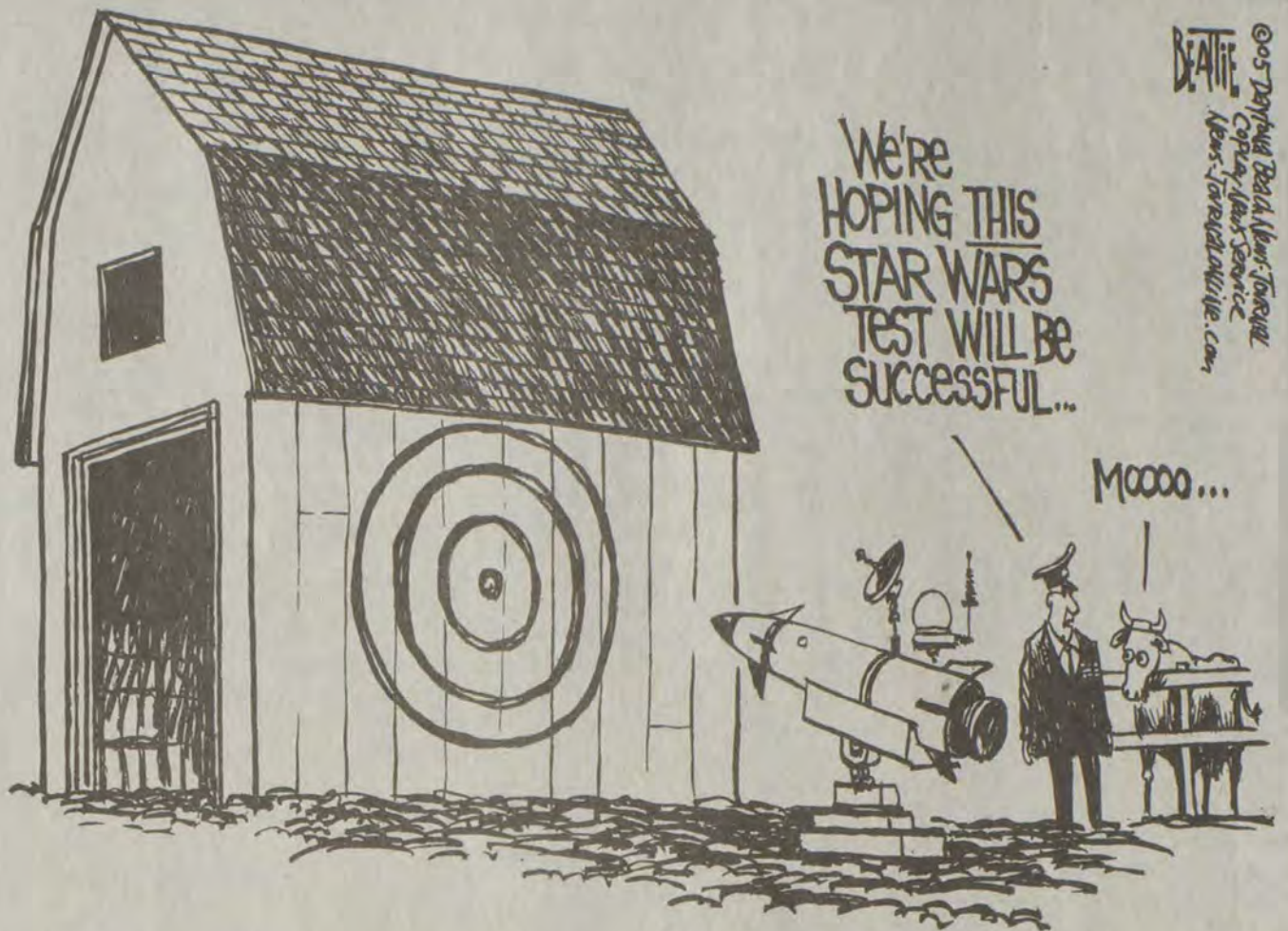
By the standards of ordinary Kentuckians, legislators have a pretty good deal. They receive an average salary while in session of \$170 a day (seven days a week, including holidays). Committee chairmen and the top leaders in the House and Senate receive significantly more than the average pay. Also, lawmakers are paid \$94 a day to cover expenses.

When the General Assembly isn't in session, lawmakers receive from \$900 to \$1,600 per month.

Still, many of our public servants believe they're entitled to more taxpayer-supported benefits.

But give them credit — at least they're saying it out loud this time. Sen. Robinson wasn't reticent about helping himself, either. He retired, so to speak, when he was defeated last year in the Republican primary for the 21st Senate District seat.

— The Paducah Sun



Rich Lowry Column

It's been done before

As the drumbeat of bad news continues in Iraq and calls for a U.S. withdrawal begin to take hold, a popular cliché will get increased currency: that it is impossible to win a war against a guerrilla insurgency. Americans assume that since they lost a war that had a guerrilla aspect in Vietnam — never mind that it was a conventional North Vietnamese army that ultimately conquered the South — everyone must always lose guerrilla wars.

Among other things, this ignores the American victory over an insurgency in the Philippines in the 1950s, the Greek triumph over a communist insurgency after World War II, El Salvador's defeat of communist guerrillas in the 1980s, Peru's smashing of a terrorist insurgency in the 1990s and Israel's upper hand over terrorists in the West Bank and Gaza.

Most importantly, the insurgents-always-win school skips over the textbook example of successful counterinsurgency, the British vic-

tory in Malaysia in the 1950s.

The British experience is related in John Nagl's cult-classic book "Counterinsurgency Lessons From Malaya and Vietnam." It has become must reading for high-level officers in Iraq because its lessons seem so directly applicable to the situation there.

Communist guerrillas in Malaysia took up arms in the late 1940s, murdering Europeans, sabotaging industry and using terror to try to strengthen its base among the country's Chinese minority. The Brits at first considered the insurgency primarily a military problem, and tried to take the guerrillas on in conventional military formations. These tactics not only failed to engage the guerrillas, who easily evaded the large jungle sweeps, but their heavy-handedness alienated the local population.

The British were losing. Guerrilla attacks had been fewer than 100 a month in mid-1949, but spiked to more than 400 a month by mid-1950. Had the Brits operated in our media and political environment, New York

Times columnist Maureen Dowd would have witheringly declared all lost and calls from across the political spectrum would have gone up to quit.

The British patiently set about fixing what they had done wrong. Most fundamentally, they realized that counterinsurgency depends on winning a political battle for "hearts and minds" (a phrase that originated in the Malaysia fight). Military operations were conducted on a smaller scale. The Chinese population was secured from guerrilla influence. A Malaysian army was built, with Chinese involvement. Elections were organized and independence promised. Slowly, the air went out of the insurgency, which was officially declared over in 1960.

The Malaysian example is one reason the Pentagon has placed such emphasis on training Iraqi troops. Ultimately, just as important as establishing security in Iraq is having a political program more attractive than that of our revanchist enemies. Which is why — just as in Malaysia — holding elections and maintaining a glide path to full sovereignty are so crucial.

We should be clear-eyed about the fearsome difficulties in Iraq. But we shouldn't give in to despair, let alone an unjustified metaphysical despair about the possibility of ever defeating a stubborn insurgency. It's been done before.

Rich Lowry is editor of the National Review.



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beyond the beltway

You can't save Social Security by destroying it

by DONALD KAUL

One of my favorite stories last year concerned Senate Majority Leader William Frist and his campaign fund. It seems that Sen. Frist had an excess of funds so he had invested the money in the stock market, hoping to see it grow. He lost \$450,000. And last year wasn't even a bad year for the market, as recent years have gone.

You would think that would have taught Republicans the bitter lesson that everyone who plays the stock market must learn eventually: the market goes down as well as up.

It hasn't. President Bush is spending most of his time these days flogging his plan to "privatize" Social Security; that is to say, make it possible for people to invest part of their payroll tax in private accounts, stocks if they want to.

It's a rotten idea. The fact that stocks are inherently riskier than the Treasury bonds our payroll taxes are now invested

in is far from the worst thing about it. (Over the long haul, stocks do tend to make more money than bonds, even though that would be of little comfort to those who retired just after the market had taken one of its periodic plunges.)

The worst thing is that this particular privatization scheme is a complete fraud, supported by lies, false assumptions and misrepresentations. It would do nothing to solve the coming Social Security "crisis" and even less to secure the system for generations yet unborn.

Here are just a few of the obvious flaws in the president's plan, as presented in his State of the Union address:

■ Social Security, which at present is a model of government efficiency requiring only a fraction of a percent to administer, would become much more expensive to run. (People who know their way around the stock market don't work for free.) Maybe the accounts could turn a big enough profit to make up the difference, maybe they couldn't. (Maybe they'll find Weapons of Mass Destruction in Iraq, who knows?)

■ If a large percentage of wage earners start putting their money in retirement accounts, there won't be enough left over to fund the benefits of current retirees, so that our already debt-ridden government will have to borrow to keep the Geezer Nation in their Winnebagos. Either that or raise taxes.

■ The president's plan, even in its vague outline, is complex beyond human understanding (unless you count editorial writers).

Here, basically, is how it would work: The plan when fully phased in, will allow wage earners to invest four percent of their wages (up to a \$1,000 limit) in government-controlled retirement accounts, which they would "own," kind

of. They wouldn't be able to withdraw from the account until retirement.

Upon retirement, the wage earner would be expected to pay back the money that he would have otherwise paid into the Social Security Trust Fund, plus three percent interest above inflation.

After he or she has paid that, the retiree would be required to buy a government annuity with the "extra" money in his or her account in the amount necessary to ensure an income equal to the poverty level. This annuity, by the way is not inheritable.

If there is any money left over, the recipient gets to keep it and do whatever he wants with it, even leave it to his grandchildren.

In the meantime, benefits for both private-account-retirees and people who just pay into the Trust Fund will undoubtedly have to be reduced. The president didn't say by how much.

Now I ask you: can you understand any of that?

One of the great advantages of our system now is its simplicity. You know how much you're putting in and you have a pretty good idea of how much you'll be able to take out when you retire. The President's plan, on the other hand, is like playing three-dimensional chess with a chimpanzee.

There are a number ways our Social Security System can be saved. Destroying it isn't one of them.

Donald Kaul recently retired as Washington columnist for the "Des Moines Register." He has covered the foolishness in our nation's capital for 29 years, winning a number of modestly coveted awards along the way. Email him at donald.kaul2@verizon.net.

Faith Extra

Retiring minister has been shepherd to church members and goats

by ROGER ALFORD
ASSOCIATED PRESS

WHITESBURG — For the Rev. Tom Currie, the average day starts about dawn feeding one of his flocks before heading out to tend to the needs of his other.

The Presbyterian minister is a shepherd in the true sense of the word, raising goats on steep Appalachian hillsides in between his duties as a rural pastor to the people who live here.

The jobs, at times, are not that much different.

"Some goats will repeat the same stupid behavior over and over again, like getting their heads stuck in fences," Currie said. "Reminds me of some people who do the same stupid stunts over and over again without seeming to learn from their mistakes."

After nearly 40 years as a Gospel preacher, Currie, 62, plans to retire next month and turn his full attention to raising goats for Heifer International, a nonprofit humanitarian group working to end hunger by providing livestock to poor families around the world.

Currie is among a core group of volunteers who ensure the humanitarian group continues its outreach to poor families not only in Third World countries, but also in rural areas of America, like central Appalachia.

"There's certainly hunger in Appalachia," said Steve Muntz, a Heifer International staffer based in Lexington. "We're not a nation that has starvation that you would see in Ethiopia and places like that, but we do have people who have to decide whether to go to the grocery store or use that money to pay the heat bill."

Those, Muntz said, are the people Heifer International tries to reach out to in rural America.

The late Dan West, an Ohio native, was handing out cups of milk to hungry Spanish children in 1937 when he got the idea that led to Heifer International: "These children don't need a cup, they need a cow."

When he returned to the United States a year later, he formed what was then called Heifers for Relief. The first shipment of 17 heifers went to Puerto Rico in 1944 to provide a fresh supply of milk to children there.

Each family that received one of the heifers agreed to pass along the female offspring to another family, to spread the resources. The idea caught on, and has continued for 60 years to an estimated 7 million families around the world.

Since then, Heifer has expanded to include not only goats but llamas, chickens, honey bees, garden seeds, even trees.

Currie became involved in 1985, when he said he began feeling heightened concern about the hungry around the world. At first he was moved to preach about hunger issues, but that wasn't enough. He said he felt he had to do something more.

In 1985, while serving a church in Union, S.C., he began raising goats for Heifer International. Since then, he has donated more than 100 goats to the poor. He keeps a flock of about 15 animals, raising and donating their offspring to families in need.

"I was drawn to the kind of self-help approach of Heifer International and had raised money for this hunger ministry in several of the churches where I had served," he said.

At first, Currie raised dairy goats, but when demand for meat goats outpaced that of dairy, he switched to raising a stockier breed from South Africa. His goats primarily go to families in rural areas of Kentucky and South Carolina, though some have gone to families as far away as Maine.

Muntz said Currie has created an enthusiasm in central Appalachia for the work of Heifer International.

"He has really gone above and beyond the call and made this his

mission," Muntz said.

Next month, Currie and his wife, Ann, will retire to North Carolina, where they are building a home on the same land where he grew up. He will be taking his goats along.

Pam Walker of McRoberts said Currie will be missed because he has set an example for people in Letcher County, including other ministers, with his efforts to feed people, both physically and spiritually.

"Jesus said feed my sheep. He's doing that in deed," she said.

Minister's Moment

Hollow be my name

by PASTOR JOHN BAKER
PRESTONSBURG SEVENTH-DAY
ADVENTIST CHURCH

When my sister was younger, I used to be invited to her "tea party." It consisted of lots of teddy bears and us. We all had biscuits the size of dimes, cups the size of thimbles and she would pour me a drink. It was expected that following the minuscule portions we shared, I was to thank her profusely and act as though I was extremely satisfied. It dawned upon me recently that the same "tea party" of my childhood is what church has become for many people.

I heard two sermons recent-

ly on the imminence of the Lord's soon coming. The first meted out all the biblical prophecies coming to pass, the second began with dire consequences of the unrepentant and ended with a homemade disaster chart that the speaker kept track of all calamities that has befallen the world in the past ten years. These messages no doubt were intended to scare us straight. My perplexity was centered on how little was mentioned the true meaning of why God is coming soon, BECAUSE HE LOVES US.

If I see a tornado coming towards my house and I pull the blinds on the window, will not seeing it change the outcome?

Not at all! But that blind represents the things in our life that is keeping us from preparing for his imminent return. It may be job stress, a broken marriage, problem children, finances. All these occurrences keep us from fully appreciating the magnitude of God's love. Years of church study, Christian schooling and numerous evangelism meetings have prepared my mind for the truth but done little for preparing my heart. Why? Because feeling in your heart is achieved by sharing and ministering to others. It's baby-sitting for the young couple in church so they can renew their emotional and spiritual batteries, it's visiting a

grandparent that others have forgotten, it's anonymously dropping groceries off at a home where one is struggling, and it's holding a friend who has lost a child. Jesus wants to love others through us. We're HIS ambassadors! What a great way to open your window blind and allow a clear picture of what's coming.

Ask yourself today, if church were an investment, would I divest my shares and move on or are the returns too satisfying? The answer lies within you. Make a difference. Take an interest in someone else's life and you will fill your hollowness and find fulfillment.

Group

his pelvis shattered, his colon busted and his spleen ruptured, Davis spent three months hospitalized and three months in rehabilitative physical therapy. During his recovery, he has had seven back operations and two internal operations. Doctors told Davis he would never walk again and that he would have no more children.

Davis defied their assumptions.

Since his accident, he's had two more children, a total of three for the family, and he now works 10-to-14 hours a day running heavy equipment in the construction company he opened after he was awarded a settlement through worker's compensation.

Davis, who got hurt when he was only 21, was on disability compensation for nine years before he went back to work. Those years, he said, were filled with pain medications, disappointment and depression.

Davis says he wouldn't be alive if he continued taking the medication that was prescribed to him after the incident. He weaned himself off of the medication because he says he "felt guilty" taking the drugs at such a young age.

The medication that numbs the pain often numbs the mind, Davis said. Depression sets in and that's when injured people are more prone

to believe what the doctors tell them about their new "life restrictions." Davis threw away the pills (he has been unmedicated for two years) and turned those restrictions into possibilities for his life.

"We have to deal with the problem we've got now, these kids who are on drugs," Davis said. "When I was 21, I started on these drugs and I know how they do people and how they make you feel. But people need to think about it. A lot of people in this area are disabled. If they don't wake up now and get back on track, they'll kill themselves with medication."

Davis settled his workers compensation claim two years ago — partly, he says, because he was tired of battling insurance companies. Workers comp bought his business, Davis H-C-D Construction, which is located near his home in Hippo.

Davis says he's completely pain-free now, a victory he attributes to his ability, or necessity, to "get used to the pain." The only pain that he experiences, per se, is an overwhelming desire to start this program. A religious man, Davis says he's "been called" to do something to help others.

Davis says his story can be an inspiration for those who are now struggling with disabling injuries.

Disabled individuals aren't only fighting to win back their physical capabilities; they also fight the insurance companies, governmental entities and lawmakers who deal with workers compensation claims, he said.

"People say, 'They'll take my draw,'" Davis said. "What these people and these insurance companies need to see is that we're hurt, but we've still got a life. We should be able to live that life without worrying that somebody's hiding somewhere to take our picture, or use a video camera to record us doing something. People are scared to death ..."

"No matter what kind of money they give me for my injuries, the damage is already done. I should still be able to live my life and go fishing, hunting or play golf if I want to. I should be able to remove a tree trunk

in my yard if I feel up to it and I can do it. People shouldn't be afraid to get out and do the things they need to do just because they are disabled."

Last month, Davis' daughter was diagnosed with pseudo tumor cerbi (tumors behind her eyes). Because he was injured, family insurance rates are outrageously high for him and his family. When the diagnosis came, they sought help through the government. They were turned down because he had previously taken a settlement.

"I was penalized because I took the settlement," he said. "What they don't see is that the money that they gave me, it's not a drop in the bucket for what I've been through. They shouldn't hurt us just because I was injured. I didn't know that was going to happen to me. I had no idea. It isn't right for them to do that."

Continued from p1

Davis believes that the Disabled Workers Group is the only solution is for disabled individuals facing similar problems. Groups would be larger obstacles for companies and lawmakers who "work against" disabled individuals, he said.

"As individuals they can slap us around, but we may be able to get by better as a group," Davis said. "We need to form together as a group rather than staying home being mad about the laws that are pressing against us."

Anyone interested in finding out more information, can contact Davis or his wife at 113 Shepherds Br. Rd., Hippo, or call (606) 358-9545.

Persons drawing disabled Social Security are allowed a one-year trial period to return to work, while still drawing their monthly compensation.

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Regional Obituaries

FLOYD COUNTY

Cloie Caudill Akers, 94, of Waverly, Ohio, formerly of McDowell, died Sunday, February 13, at the Adena Hospital, Chillicothe, Ohio. Funeral services were conducted, Wednesday, February 16, under the direction of Hall Funeral Home.

Hillard Anderson Jr., 77, of Owingsville, a Floyd County native, died Friday, February 11, at the Mary Chiles Hospital in Mt. Sterling. He is survived by his wife, Irene Johnson Anderson. Funeral services were conducted Tuesday, February 15, under the direction of Nelson-Frazier Funeral Home.

Clive David Case, 52, of Belfry, a native of Floyd County, died Sunday, February 13, at the Pikeville Medical Center emergency room. He is survived by his wife, Melvina Waller Case. Funeral services were conducted Thursday, February 17, under the direction of Nelson-Frazier Funeral Home.

Ocie Caudill, 83, of Martin, died Friday, February 11, at Highlands Regional Medical Center in Prestonsburg. Funeral services were conducted Tuesday, February 15, under the direction of Nelson-Frazier Funeral Home.

Rose Ellen Hager Davic, 77, of Castlewood, Virginia, a native of Weeksburg, died Monday, February 7. Services were held Saturday, February 12, under the direction of Paintsville Funeral Home.

Ivan Eugene Debord, 69, of Martin, died Sunday, February 13, at Our Lady of the Way Hospital, in Martin. He is survived by his wife, Mary Jane Debord. Funeral services were conducted Wednesday, February 16, under the direction of Nelson-Frazier Funeral Home.

Anna Mae Garrett, 83, of Prestonsburg, died Tuesday, February 15, at the Riverview Health Care in Prestonsburg. Funeral services were conducted Thursday, February 17, under the direction of Nelson-Frazier Funeral Home.

Roy Leon Greer, 78, of Printer, died Friday, February 11, at his residence. He is survived by his wife, Edna Greer. Funeral services were conducted Monday, February 14, under the direction of Hall Funeral Home.

James W. Gunnells, 81, of Stanville, died Tuesday, February 15, at Highlands Regional Medical Center. Funeral services were conducted Friday, February 18, under the direction of Nelson-Frazier Funeral Home.

Madge Manns, 74, of Fairfield, Ohio, a native of Wayland, passed away, Monday, February 14, at Mercy Hospital of Fairfield. Funeral services were conducted Friday, February 18, under the direction of Avance Funeral Home and Crematory, Fairfield, Ohio.

Preston Slone, 87, of Kendallville, Indiana, a Wayland native, died Thursday, February 10, at the Lutheran

Hospital, Ft. Wayne, Indiana. He is survived by his wife, Mavis Slone. Funeral services were conducted Monday, February 14, under the direction of Hite Funeral Home, Kendallville.

Ruth Frasure Tackett, 75, of Craynor, died Monday, February 14, at the Whitesburg Appalachian Regional Hospital. Funeral services were conducted Thursday, February 17, under the direction of Nelson-Frazier Funeral Home.

KNOTT COUNTY

Clara Slone Allen, 94, of Jackson, formerly of Knott County, died Saturday, February 12, at Nim Henson Nursing Home, in Jackson. Funeral services were conducted Monday, February 14, under the direction of Nelson-Frazier Funeral Home.

Clella Hays Barker, 88, of Hillsboro, Ohio, formerly of Hindman, died Saturday, February 12, at Highland District Hospital, Hillsboro, Ohio. Funeral services were conducted Wednesday, February 16, under the direction of Hindman Funeral Services.

Chad Rondal Caudill, 65, of Richmond, a native of Knott County, died Sunday, February 16, at his residence. Funeral services were conducted Saturday, February 19, under the direction of Nelson-Frazier Funeral Home.

Dennis Gibson Sr., 67, of Pippa Passes, died Saturday, February 12, at Appalachian Regional Hospital, in Hazard. He is survived by his wife, Anna B. Slone Gibson. Funeral services were conducted Tuesday, February 15, under the direction of Nelson-Frazier Funeral Home.

Gracie Waddles, 86, of Topmost, died Sunday, February 6, at the McDowell Appalachian Regional Healthcare. She is survived by her husband, Tom Waddles. Funeral services were conducted Thursday, February 10, under the direction of Nelson-Frazier Funeral Home.

MAGOFFIN COUNTY

Flora Blanton Cantrell, 90, of Salyersville, died February 10, at Paul B. Hall Medical Center. Funeral services were conducted Sunday, February 13, under the direction of Magoffin County Funeral Home.

Jason Matthew Combs, 31, of Salyersville, died January 29, at his residence. Funeral services were conducted Wednesday, February 2, under the direction of Magoffin County Funeral Home.

Katherine Azbill "Kay" Hatchett, 79, of Glasgow, a native of Royalton, died Tuesday, February 8, in Glasgow. She is survived by her husband, Edward B. "Eddie" Hatchett. Funeral services were conducted Friday, at A.F. Crow & Son Funeral Home.

Easter V. Lykins, 89, of Columbus, Ohio, a Magoffin County native, died August 18. She is survived by her husband, Dona Lykins.

Ed Murphy, 93, of Marion,

Ohio, a Salyersville native, died Sunday, February 6, at Marion General Hospital. Graveside services were held Wednesday, February 9, at the Grand Prairie Cemetery.

David Roger Reed, 65, of Middletown, Ohio, a native of Cisco, died Wednesday, December 29, at his residence. He is survived by his wife, Jane Hughes Reed.

Maxine Grey Trusty, 81, of Elizabethtown, a Salyersville native, died Sunday, January 16, at her residence. Funeral services were conducted Wednesday, January 19, under the direction of Brown Funeral Home.

JOHNSON COUNTY

Grace Booth, 85, of West Van

Lear, died Saturday, February 12, at Highlands Regional Medical Center. She is survived by her husband, Everett "Cotton" Booth. Funeral services were held Thursday, February 17, under the direction of the Preston Funeral Home.

Katherine Abigail Collins, infant daughter of Stacy and Summer Mullins Collins, of Van Lear, died Saturday, February 13, at her residence. Funeral services were held Tuesday, February 15, under the direction of the Phelps & Son Funeral Home.

Edison Corrick, 97, of Paintsville, died Sunday, February 13, at his residence. He is survived by his wife, Nancy Corrick. A private memorial service was held

Thursday, February 17, under the direction of the Paintsville Funeral Home.

Perry Clinton "Sonny" Richardson, 74, of Lowmansville, died Friday, February 11, at Paul B. Hall Regional Medical Center in Paintsville. He is survived by his wife, Marion West.

Florrie Pauline Stapleton, 84, formerly of Flat Gap, died Tuesday, February 15, in Ashville, North Carolina. Funeral services were held Friday, February 18, under the direction of Phelps & Son Funeral Home.

Margie VanHoose, 94, a Patrick native, died Friday, February 11, at Elkhart General Hospital, in Elkhart, Indiana.

Funeral services were conducted Tuesday, February 15, under the direction of Preston Funeral Home.

Jean Marion Williams, 50, died Saturday, February 12. Arrangements, were under the direction of the Jones-Preston Funeral Home.

Larry Everett Woods, 56, of Meally, died Wednesday, February 9, at McGuire VA Medical Center in Richmond, Virginia. He is survived by his wife, Debbie Woods. Funeral services were held Saturday, February 12, under the direction of Paintsville Funeral Home.

PIKE COUNTY

Guessie Johnson Anderson,

(See **OBITS**, page three)

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TIMES Email: sports@floydcountytimes.com

Lady Rebs hold on, edge Sheldon Clark

by STEVE LeMASTER
SPORTS EDITOR

BLACKLOG — One night after pushing 14th Region power Perry County Central to the limit, Allen Central hit the road Friday night and traveled to Martin County. The Sheldon Clark Lady Cardinals, 15th Region rivals of Allen Central, awaited. In a season that has featured just a handful of wins, Sheldon Clark has experienced more "downs" than "ups" over the last three months or so. But on Thursday night, Sheldon Clark gave

upstart Allen Central all it wanted — and then some. The next night after nearly pulling off a win over perennial power Perry Central, Allen Central, playing on the road, had to battle just to hang on against Sheldon Clark. But the Lady Rebels managed to hang on and beat Sheldon Clark 57-54.

In the win over Sheldon Clark, Allen Central shot a respectable 67 percent (18-of-27) from the free throw line. The Lady Rebels led at the end of every quarter and held off a late fourth-quarter Sheldon Clark rally that had the Lady Cardinals outscoring the visiting team 23-15.

Yes, for the Sheldon Clark Lady Cardinals, almost didn't count.

Senior center Becky Thomas tossed in a game-high 22 points and led Allen Central to the victory. Yumekia Hunter and Amanda Mills each had nine points. Alanna Cline netted six points for the Lady Rebels and Mara Biliter flipped in five.

Sheldon Clark shot 52 percent from the free throw line, hitting just 11-of-21 attempts.

Starting center Betsy Allen led Sheldon Clark (3-16) with 15 points. Ashley Sumpter followed with 10 points. Amanda Johnson tossed in nine

points and Haley Adkins flipped in eight. Tausha Moore added six points for the Lady Cardinals.

Both teams got points from beyond the arc. Allen Central connected on four three-point field goals and Sheldon Clark made good on three long-range attempts.

Two of Sheldon Clark's three wins have come in the month of February. Back on Feb. 12, Sheldon Clark lost at home in a game played against North Laurel. Visiting North Laurel edged Sheldon Clark 39-38 in the contest played less

(See LADY REBS, page five)

FROM BRISTLEBUCK TO WEST BERLIN



William Lee "Wild Bill" Stumbo made a name for himself on basketball courts throughout Eastern Kentucky and other parts of the world. Today, Stumbo, a former McDowell High School standout, splits his time between Kentucky and Florida.

Sauger: It's the season for offseason river fish

by STEVE VANTRESE
FOR THE ASSOCIATED PRESS

PADUCAH — Weather and water flow permitting, it's the prime season for Kentucky's offseason fish.

Sauger — the mottled perch family member and cousin of the walleye — is the primary concern for many late winter anglers across the commonwealth, said Doug Henley, Ohio River biologist for the Kentucky Department of Fish and Wildlife Resources.

The time of the best sauger fishing is late fall and winter because the fish are late winter spawners and they "stage" or congregate near spawning locations during the cold season in anticipation for their annual reproductive chores when the water first begins warming, Henley said.

The places where most sauger are caught are the tailwater areas below dams on Kentucky's largest rivers, especially the Ohio, Tennessee and Cumberland, because that is where sauger mass to spawn.

"When they spawn depends on water temperature and the amount of flow in the tailwaters," Henley said. "Typically, the spawn takes place when the water temperatures are in the upper 40s (degrees Fahrenheit) and lower 50s, and that's usually March."

But sauger gather below the navigational dams weeks before the spawn.

"Our surveys show that the biggest catches of sauger are in November and December, then again in March," Henley said. "The fish are still there in the winter, but I suspect that it's just the weather that keeps the fishing down in January and February."

Given comparatively mild weather, however, February anglers could be poised for good sauger action. That also is contingent on water flows, which have preserved a few more fish early this winter.

"The high water and heavy currents that we've had so far this winter have made it tough," Henley said. "The sauger fishing probably hasn't been too good because of the flows."

"They can hardly fish out there when there's that much water moving through, and when the currents are strong enough, the sauger will even leave the tailwaters and go downstream to save energy," Henley said. "We've found that, in heavy flows, the fish will go down and get in the flooded willows along the banks. They get into the trees to get a break from the current."

If the precipitation runoff moderates and the water levels and flow remain near normal, however, pre-spawn sauger cluster in large numbers near the numerous dams along the big river.

Anglers that catch a break between flood conditions and a spate of endurable winter weather can turn the opportunity into catches of sauger by bottom fishing in the tailwaters. Favored techniques include working heavy

(See FISHING, page five)

The Basketball Odyssey of McDowell's 'Wild Bill' Stumbo

by JUSTIN TURNER

The tiny Eastern Kentucky mountain town of McDowell in Floyd County had some fairly unusual features when William Lee "Wild Bill" Stumbo was growing up there in the 1940s. One of these was U.S. Mail delivery by a wagon powered by a mule. Another was a long "holler" in town festooned with basketball goals. The holler was called "Bristlebuck" as was the mountain behind it. Stumbo lived outside of town on the main highway with his parents, Grover and Minnie Stumbo, but beginning in the fourth grade, he regularly played basketball on Bristlebuck's dirt courts. When he got a little older, he began sneaking up into the McDowell High School Gymnasium and by the time he was a strapping 6-2 sophomore, he was averaging eight points a game on the First Team (Varsity).

That first McDowell team that "Wild Bill" played on featured Ray Turner, Palmer Halbert, Don Hewlett and Burns



Bill Stumbo

Hall, and was, in his opinion, "maybe the greatest team McDowell ever had."

During his junior year, Wild Bill's scoring average went to 16 points a game and his all-out, frenetic style of play earned him the nickname "Wild Bill." The name was bestowed upon him by McDowell Principal George L. Moore and would stay with him. During Wild Bill's senior year, he would score 781 points in 28 games, an unheard of average of 26 points a game in an era when teams scored mainly in the 40s. He had a game-high of 41, but was not just a scorer. According to his coach at the time, 18-year veteran Estill Hall, "Bill could score, rebound, pass and defend. I never coached a better all-around player."

Wild Bill was a "rover" on offense during his senior year and was extremely hard to guard. Opposing coaches tried all sorts of trick defenses including diamonds and boxes and double and triple teaming.

Efforts to double and triple team him were made difficult by the presence of Bobby Turner, a slick, accomplished ballhan-

dlar and scorer, at guard. McDowell's other players were all inexperienced freshmen, which limited what Wild Bill and Bobby Turner could do. Martin's Denzil Halbert, according to Wild Bill, "Would put three men on me and two on Bobby and beat us every time. Maytown's Ed Steward liked to put a short and tall man on me."

The finest Mountain team Wild Bill played against was Wayland's 1947 State Tournament team featuring Ed DeCoursey. The best ball players he went up against in Floyd County, in addition to DeCoursey, were Frankie Crum, an all-time great at Betsy Layne; Dewey Duff, a fine player at Garrett; Elmer Lafferty, an all-star at Martin; "Set" Branham and Tommy Blackburn of Prestonsburg; Jack Frost Wells and Paul Hager at Auxier; Garrett's powerful center, Jackie "Cougar" Slone; and Maytown's Jess Boyd, Gene Frasure and Wendell Jones, a Kentucky signee.

And the worst place to play?

"Auxier was the worst place to play," Wild Bill recalled. "There was a brick wall about two feet from the out of bounds line on the lower end, which

(See ODYSSEY, page five)

Blackcats ease past East Ridge

Four P'burg players reach double figures

by STEVE LeMASTER
SPORTS EDITOR

PRESTONSBURG — Prestonsburg wasn't the least bit intimidated Thursday night when defending 15th Region champ East Ridge visited. East Ridge was making a return trip to the Prestonsburg Fieldhouse, the site of last season's 15th Region championship run. But the Warriors never experienced much enjoyment during the return trip. On a night when senior guard Trevor Compton was honored for dishing out his 500th career assist, Prestonsburg went out and took care of business, beating East Ridge 68-51. Before the game, Compton was recognized and given a basketball signed by his Prestonsburg teammates. The senior guard scored five points in the game's opening quarter. Compton went on to score nine points.

While Compton just missed double figures in the scoring department, four of his Blackcat teammates did reach double figures. A balanced and unselfish Prestonsburg scoring effort was evident from the opening tip.

Prestonsburg scored the first two points of the game when Jesse Chaffin connected on a lay-in. Chaffin finished with 14 points.

Prestonsburg never trailed. The Blackcats rushed out early on and en route to the victory and led 19-10 at the end of the first quarter.

Senior center John Mark Stephens led Prestonsburg with 15 points. Junior forward Sean Leslie, playing out of a reserve role and coming in off of the Blackcat bench, also scored 14. Junior guard Michael Stephens added 12 points.

Prestonsburg shot 14-of-24 from the free throw line. The charity stripe was a friendlier line for the host Blackcats. East Ridge hit just 11 of its 26 attempts. East Ridge senior guard Aaron Branham, one of the 15th Region's top players and one of the area's most consistent free throw shooters, struggled severely from the stripe. Branham missed his first six free throw attempts and finished two-of-eight from the line.

Prestonsburg led by just eight points late in the second quarter when Michael Stephens connect-

(See BLACKCATS, page five)



photo by Jamie Howell

Prior to the start of Thursday night's East Ridge-Prestonsburg game, senior guard Trevor Compton was presented a basketball, commemorating his 500th career assist. Compton dished out the assist during a recent win over 58th District rival South Floyd.

Hokies pull off shocker, beat No. 7 Duke 67-65

by HANK KURZ Jr.
ASSOCIATED PRESS

BLACKSBURG, Va. — Coach Seth Greenberg was at a rare loss for words. Carlos Dixon felt vindicated. Jamon Gordon even got scared during all the excitement.

Virginia Tech moved a giant step closer to fitting into the Atlantic Coast Conference's basketball picture Thursday night, stunning No. 7 Duke 67-65 on Zabian Dowdell's 3-point-er with 14.6 seconds remaining.

The victory lifted the Hokies (13-10, 6-6) into a tie for fourth in the league with No. 22 Maryland and Miami, and allowed the first-year league members to show that they aren't just a football school.

"Now we belong," said Dowdell, only a sophomore. "I mean, they have to take us serious now. Whether they like it or not, we're here."

Having lost badly in games against the ACC's top tier teams, including a 100-65 loss

at Duke 18 days earlier, the Hokies set out to show something against the Blue Devils (18-4, 8-4) — and made history.

The victory, not secured until Daniel Ewing's shot missed with the clock racing down to zeros, was the Hokies' first against a top-10 team since they beat No. 2 Memphis in 1986, also at Cassell Coliseum.

And this one ended with hundreds of students rushing onto the floor, and the public address announcer asking for whoever it was that wound up with Gordon's jersey to please return it because he doesn't have another.

"I was almost scared for a moment" when the students charged onto the court, Gordon said. "But I was so happy that we won."

The victory was one of the biggest in Hokies history, and came against the most unlikely opponent — the one with the reputation for working hard.

The other ranked teams in action Thursday night avoided losses, with No. 12 Louisville hav-

ing the closest call before beating Marquette 64-61. No. 10 Arizona routed Oregon 92-67; No. 12 Gonzaga handled San Diego 90-73; and No. 25 Villanova defeated Seton Hall 66-52.

Behind 14 points and 18 rebounds from Coleman Collins, Virginia Tech outrebounded Duke 49-32. The Hokies got J.J. Redick in foul trouble for the first time this season and they blocked 12 shots, making All-America candidates Redick and Shelden Williams work extra hard for shots.

"It's almost beyond words," Greenberg, the Hokies' second-year coach, said, "and anyone who knows me, to be beyond words is pretty hard for me."

"Duke is Duke," Greenberg said, struggling to explain his feelings. "Ten Final Fours. Everything good you can think about college basketball, Duke epitomizes. To me, they're the Yankees, and I'm a Yankee fan."

The finish was frantic, with Redick hitting a 3-pointer with 22.9 seconds left to give the Blue

Devils a 65-64 lead, and Dowdell coming back with a jumper from the right wing that caused the sellout crowd to erupt.

After timeouts by each team, Duke inbounced the ball with 4.9 seconds left and Redick fed Ewing right of the key for his errant 3-point try.

The Blue Devils, renowned for being relentless, came up short.

"It's all about hustle and effort and attitude," Redick said. "You've got to go make it happen, and Virginia Tech made it happen tonight."

Dixon led the Hokies with 18 points and more than held his own against Redick, who scored 19 and missed nine of 16 shots. The 6-foot-3 Gordon added 17 points and four blocks, and Dowdell scored 11.

Collins, just 18, also blocked five shots.

Redick brought the Blue Devils back to 60-all on a drive with 3:05 left. After Jeff King, a tight end who joined the basketball team after the football season ended, made a baby hook to

get the Hokies back in front, Williams muscled one in inside to tie it again. That set up the thrilling finish.

Collins, 10-for-10 from the line in a game earlier this year, missed a pair with 1:11 left, but Redick missed a 17-footer at the other end.

Gordon then emerged from a crowd under the Hokies' basket to tip in a miss with just over 32 seconds left, bringing deafening roars, but Redick, a native of Roanoke about 40 minutes away, nailed his third 3-point-er.

"They beat us pretty bad down there, and I guess they didn't think we had enough gas in our tank to keep playing hard," Dixon said.

"We just showed them what we're all about."

No. 10 Arizona 92, Oregon 67; At Tucson, Ariz., Salim Stoudamire shook off a slow start to score 22 points, and the Wildcats made 21 of 30 shots in the second half.

Channing Frye scored 19 points and blocked a career-high

seven shots in the fifth consecutive victory for the Pac-10 leading Wildcats (22-4, 12-2).

Malik Hairston scored a career-high 21 points on 10-for-12 shooting for the Ducks (12-10, 4-9).

No. 13 Gonzaga 90, San Diego 73; At Spokane, Wash., Derek Raivio scored 29 points for Gonzaga (20-4, 10-2 WCC), which has won seven in a row and reached 20 wins for the eighth consecutive season. Gonzaga is 35-0 at home when ranked.

San Diego (13-11, 5-6 WCC) got 26 points and 13 rebounds from Brandon Gay.

No. 25 Villanova 66, Seton Hall 52; At East Rutherford, N.J., Curtis Sumpter scored 25 points, hitting the key baskets late in both halves to propel the Wildcats (16-6, 6-5 Big East).

Andre Sweet had 13 points for Seton Hall (11-11, 3-8).

Seton Hall played without swingman J.R. Morris, who was suspended to "focus on his academic obligations," according to a written statement issued by the school.

No. 12 Louisville 64, Marquette 61

by ARNIE STAPLETON
ASSOCIATED PRESS

MILWAUKEE — When the Louisville Cardinals found themselves down by 11 points to Marquette with 5:38 left, they didn't think of turning to their prolific offense to bail them out of another upset.

"We had to win this game with defense, not offense," Cardinals coach Rick Pitino said after Francisco Garcia's 3-pointer with 2.6 seconds left capped a 14-0 run that gave Louisville a 64-61 win Thursday night.

The Cardinals clamped down on the Golden Eagles, who turned the ball over once and missed three free throws, three 3-pointers, a jumper and two layups on their final nine possessions.

"We just kept digging in on defense," said Garcia, who scored 16 of his 18 points in the second half, helping the 12th-ranked Cardinals avoid their second loss in three games.

Travis Diener's 3-pointer at the buzzer bounced off the rim.

"You couldn't ask for a better shot, I just missed it, missed it bad. It was the story of my night," said Diener, who also clanked two layups off the rim in the final minutes, finishing

2-for-16 from the floor in what the senior called his worst collegiate performance.

"They played good defense and we missed some layups. I missed some layups. I'm supposedly the best player on the floor. I should be able to make layups."

The Golden Eagles tried to run the shot clock down in the final 5 minutes, and they ended up with hurried shots instead of good looks.

"It's feast or famine sometimes when you do that," Pitino said.

After Louisville (22-4, 10-2 Conference USA) tied it at 61, Garcia turned over the ball to Todd Townsend with 47 seconds left.

Joe Chapman missed a hurried 3-pointer just before the shot clock went off and Ellis Myles grabbed the rebound for Louisville with 13 seconds left.

The Cardinals didn't call timeout, setting up a screen that left Garcia open for a 3-point-er.

"I was looking to create, but if they gave me the green light, I was going to shoot," he said.

After two timeouts, Diener got the ball just past midcourt and had an off-balance shot at overtime, but it banged off the rim.

Steve Novak's 14 points led Marquette (17-8, 5-7), which was in prime position to secure a confidence-building upset

against a team that handed the Golden Eagles their worst loss ever — 99-52 last month when Diener was sidelined by a foot injury.

Marquette seemingly had the game in hand after Diener sank two of three free throws and then fed Novak for a 3-point-er on the break that gave Marquette a 61-50 lead.

The Cardinals scored seven straight points, then Larry O'Bannon, who scored 15, was fouled by Chapman with 1:37 left. As he sank his first foul shot, Ryan Amoroso shoved Otis George to the floor, drawing a foul himself.

After O'Bannon sank his second shot, George stepped up and sank two of his own, tying it at 61.

"That call at the end of the game on the push-off was costly, (but) it was the right call," said Marquette coach Tom Crean, who looked at the tape right when he got into the locker room.

"Let's face it, the momentum swing at the end with the free throws is what made this a game."

But it was his team's close call that left Crean with at least some solace.

"The best thing about tonight is our team realized that the game down in Louisville was a complete aberration," he said.

Eastern Illinois 73, Morehead State 71, OT

THE ASSOCIATED PRESS

MOREHEAD — Emanuel Dildy hit a pair of free throws with 0.7 seconds left in overtime to lift Eastern Illinois to a 73-71 win over Morehead State on Thursday night.

Dildy sank two free throws

with 10.6 seconds to play to put the Panthers (11-13, 6-7 Ohio Valley Conference) ahead 71-68. Quinton Smith drilled a 3-point-er with 4.2 seconds left in the extra session to tie the game.

Chad McKnight fouled Dildy to set up the game-winning free throws.

Josh Gomes led Eastern Illinois with 25 points. Dildy finished with 21 while Bob Catching added 10.

McKnight led the Eagles with a career high 31, hitting 10 of 15 shots. Ramon Kelly added 17 for Morehead State (10-14, 4-9), which went 4-of-21 from 3-point range (19 percent).

Eastern Kentucky 83, Southeast Missouri 72

THE ASSOCIATED PRESS

RICHMOND — Michael Haney scored 24 points and Alonzo Hird had 12 points and 11 rebounds to lead Eastern Kentucky to an 83-72 win over Southeast Missouri on Thursday night.

Matt Witt added 16 points and nine assists for the Colonels

(15-8, 7-5 Ohio Valley Conference), who shot 53 percent (34 of 64) and committed only four turnovers.

Reggie Golson scored 28 and Dainmon Gonner added 23 for Southeast Missouri (13-10, 8-4), which went 4-of-15 from 3-point range (27 percent).

The Colonels shot well the

entire game, going 19-for-35 in the first half (54 percent) to forge a 44-39 halftime lead. They hit 15 of 29 shots in the second half (52 percent), while Southeast Missouri went 11-for-27 (41 percent).

The Colonels also held a 33-30 rebounding edge and scored 42 points in the paint.

No. 1 LSU 81, Kentucky 58

by MARY FOSTER
ASSOCIATED PRESS

BATON ROUGE, La. — Seimone Augustus' right eye was almost swollen shut and her sprained right ankle needed to be iced down.

Augustus, who injured the eye in practice when a teammate caught her with an elbow, scored 18 points to lead No. 1 LSU to an 81-58 victory over Kentucky on Thursday night.

"I'm pretty beat up right now," said Augustus, who has reached double figures in 51 straight games and 86 overall. "Every game gets tougher for me."

Sylvia Fowles added 12 points for LSU (24-1, 11-0 Southeastern Conference), off to its best start in conference play in school history.

Samantha Mahoney led Kentucky (14-12, 3-8) with 22

points. With the victory, the Lady Tigers tied the school record for SEC wins in a single season. LSU went 11-3 in 1999-00 and 2002-03.

LSU is first in the SEC and No. 2 in the nation in defense, allowing 50.8 points per game. Only three opponents have scored more than 58 points against the Tigers. LSU's one loss was a 51-49 overtime slugfest at Rutgers.

"I thought we were efficient on both ends of the floor," LSU coach Pokey Chatman said. "I was especially pleased with the way we played on the boards and the way we took care of the ball."

Scrappy Kentucky stayed with the Tigers in the opening minutes, but back-to-back baskets by Augustus put LSU up 15-10 and the Wildcats never came close again.

"You see they are the

No. 1 team in the country," Kentucky coach Mickie DeMoss said. "They're good. It's hard to find a weakness."

LSU led 47-29 at halftime.

In the second half, the

Tigers led by as much as 27. "Every game we try to come out and get the momentum regardless if we're home or away," Augustus said. "That's the whole idea — come out and be the aggressor."

Kentucky, which shot 52 percent in the first half, was held to 32 percent in the second half and 41 percent for the game, below the Wildcats' 44-percent average.

Kentucky has averaged over 36 percent from 3-point range, but made just two of seven against LSU.

"In the past LSU has been a good offensive team," DeMoss said. "But this is the best defensive LSU team I can remember."

Arkansas-Little Rock 55, Western Kentucky 53

THE ASSOCIATED PRESS

BOWLING GREEN

— Darius Eason's dunk with 4.6 seconds left lifted Arkansas-Little Rock to a 55-53 victory over Western Kentucky on Thursday night.

The victory moved the



Trojans (16-8, 8-4 Sun Belt) into a first-place tie with the Hilltoppers (18-6, 8-4) in the league's East Division.

Western Kentucky had one last chance after Eason's slam, but Courtney Lee's 3-point attempt in the closing seconds hit off the back of the rim.

Richard Hardman scored 12

points and Zack Wright added 11 and assisted on Eason's game-winning basket.

Antonio Haynes scored 13 and Anthony Winchester had 12 for the Hilltoppers. Elgrace Wilborn had nine points and 14 rebounds for Western Kentucky.

The Hilltoppers struggled shooting the ball, hitting just 23 of 62 (37 percent) from the field and 4 of 19 (21 percent) from 3-point range.

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DEADLINE: Friday, Feb. 25, Noon

Lady Colonels beat SE Missouri, grab first-place

SPECIAL TO THE TIMES

RICHMOND — Two big jumpers from Eastern Kentucky junior Laura Shelton staved off a furious rally by Southeast Missouri and helped the Lady Colonels pull out a 66-62 win in a battle between the Ohio Valley Conference's top two teams. EKU (17-7, 12-1 OVC) led by just three points, 61-58, with one minute to go, but converted 5-of-6 free-throw attempts down the stretch (four of those courtesy of Shelton), to hold on for their ninth-straight victory and take sole possession of first place in the league standings.

Southeast Missouri (17-7, 11-2 OVC) trailed by 16 points, 43-27, early in the second half but used an 18-4 run to cut its deficit to two points, 47-45, with 7:04 remaining. Up two, 49-47, the Lady Colonels rattled off an 8-0 run, including back-to-back 19-foot jumpers from Shelton, to push their lead back to 10 points, 57-47, with 2:44 to play.

Three pointers from Brandi Russia and Katrisha Dunn kept the Redhawks hopes alive, before a traditional three-point play by junior Tatiana Conceicao made it a 61-58 ball game. EKU freshman Tamara Arnold was then sent to the free-throw line and knocked down 1-of-2 shots to bring Eastern's lead to four points, 62-58. Shelton came up with a steal on Southeast's ensuing possession then calmly sank all four of her free-throw attempts over the final 26 seconds to give EKU its 15-straight win at McBrayer Arena and snap

SEMO's 10-game win streak. Shelton finished with 12 points and four steals in the win, with eight of her points coming over the final 4:03 of the contest. Senior Miranda Eckerle led the Lady Colonels with 17 points and eight rebounds, and helped EKU jump out to a 37-24 halftime lead by scoring 15 points over the first 20 minutes.

Eastern shot 47.2 percent on the night and held its opponent to a 38.2 mark. The Redhawks committed 23 turnovers in the loss, including 16 en route to its 13-point halftime deficit. Russia tied Eckerle with a game-high 17 points, thanks in large part to five three-pointers, while Conceicao came up with a 14-point, 11-rebound double-double.

The Redhawks sank 11 three pointers on the night, but shot just 64.3 percent from the free-throw line (9-of-14), while the Lady Colonels converted on 81.3 percent of their attempts (13-of-16).

Senior Pam Garrett added 12 points and six rebounds, and will head into Saturday's meeting with Eastern Illinois just seven points shy of becoming the 18th player in school history to reach 1,000 career points. The victory puts EKU in the drivers seat for the conference championship. With just three games remaining in the regular season, the Lady Colonels hold a one-game lead on both Southeast Missouri and Tennessee Tech.

Eastern Kentucky jumped out to a 14-8 lead at the onset of the game behind 11 points from Eckerle. Leading by five,

14-9, Eastern embarked on an 11-2 run to go up 25-11 with 7:38 left in the half. Sophomore Tamika Bowers capped off EKU's run with her lone bucket of the half to bring the team's advantage to 14 points. Southeast tried to mount a comeback behind the three-point shooting of Natalie Purcell, pulling within seven points after her second trey of the half capped off an 11-4 SEMO run and made it 29-22 with 2:10 to go.

Eastern, however, managed to string together an 8-2 run over the final minutes, with four points from Eckerle and a trey from Cazee, to take a 37-24 lead into the intermission. Turnovers (16) plagued Southeast from the beginning and combined with a hot-shooting EKU squad (50.0 percent over the first 20 minutes) to put the Redhawks in a hole for most of the game.



Laura Shelton

Second-half run lifts MSU women

TIMES STAFF REPORT

MOREHEAD — Morehead State pulled away from a 46-46 tie with a 17-3 run over stretch of nearly four minutes midway through the second half to roll to an 82-64 victory at home over Eastern Illinois on Thursday night. The win snapped a four-game losing streak.

The game was tied 10 times and featured 12 lead changes, but Morehead State outscored the visitors, 51-30, in the second half.

MSU made its run beginning at the 12:07 mark of the second half. The Panthers committed three critical turnovers on consecutive possessions and

the Lady Eagles responded by scoring seven points and were never challenged again.

Anitha Smith-Williams led a balanced scoring effort for Morehead State with 16 points. Stacey Strayer and Natalie Collins came off the bench to record 13 and 12 points, respectively, while TaNeisha Johnson notched 10. Three others scored at least eight.

Johnson and Patti White each corralled seven rebounds to pace the Lady Eagles, who had a 37-30 advantage on the boards as a team. Jessie

Plante led MSU with four assists. Shelly Johnson broke the Morehead State single-season blocked shot record with two on the night and now has

69 for the year. MSU continues to close in on the Ohio Valley Conference record of 155. The Lady Eagles now have 143.

The hosts had an edge in several categories, including three-pointers, in which they connected on 11-for-19 for 57.9 percent. MSU also out-shot Eastern Illinois from the field, 46.9 to 42.9, and committed seven fewer turnovers (23-16), while making three more steals (11-8).

Pam O'Connor led the Panthers with 16 points, hitting 6-of-11 field goals. Megan Casad added 13 points and five assists, while Janelle Cazy tallied 10 points. Tangie Sellers led EIU with six rebounds.

Late-winter provides good fishing opportunities

SPECIAL TO THE TIMES

FRANKFORT — Many Kentucky anglers don't think the fishing season begins until the first real short sleeve weather of the year. That first warm front in February gives anglers a shot of adrenaline, as they believe the fishing season is just around the corner.

The shot of adrenaline soon fades as an Arctic cold front sweeps over Kentucky and temperatures drop 30 degrees in one day. For most, the cold front means the fishing season is delayed, but for knowledgeable Kentucky anglers, it means the fishing season just started.

The unstable, blustery weather of February gets fishing moving and ready to begin their spawning cycle. As they make their spawning runs, sauger congregate in tailwater areas in February and into March. The tailrace areas of dams on the Ohio River produce a lot of February sauger, as do the tailrace areas of Kentucky Lake and Lake Barkley. Dams halt the spawning migration of sauger and they stack up in great numbers below them.

Sauger also move to the mouths of major creeks on the Ohio River and the shallow flats at the mouths of major creek arms on Kentucky Lake and Lake Barkley in February. They can gather on those flats

in great numbers at times.

Fuzzy grubs in orange, yellow or white tipped with minnows are very good for winter sauger. Small orange and chartreuse, chrome and chartreuse and firetiger crankbaits work well on these fish. Chartreuse, white or gray Sassy Shad soft plastic baits are one of the most deadly sauger baits. Small spoons and in-line spinners work well. The main thing is to keep the bait close to bottom where sauger feed. You are not fishing correctly if you are not getting hung up occasionally on the bottom. Sauger are excellent table fare, comparable to walleye in flavor.

Walleye also make February spawning runs. Once the water temperatures warm to 45 to 46 degrees, walleye start to move to tailrace areas below dams and the headwaters of reservoirs. Walleye stack up below Wolf Creek Dam in February and March and on the face of the dam in March. One could target both of the areas easily on one trip without a boat. Walleye also run up the Laurel River, the Rockcastle River and Big South Fork of the Cumberland River every February and March from Lake Cumberland.

Walleye also make spawning runs in Green River Lake, especially in the Robinson Creek arm, Nolin River Lake up the

Nolin River from the Bacon Creek boat ramp upstream as far as Wheeler's Mill, Laurel River Lake up to the Corbin City dam and Paintsville Lake up into the Open Fork and Little Paint Creek arms.

Bottom bouncers rigged minnows are excellent February baits for walleye. Neon green, chartreuse, white, yellow and pink grubs also work. Small to medium sized chartreuse, chrome or firetiger crankbaits draw strikes as do silver or chartreuse spoons.

Remember that if you plan to fish for these species after Feb. 28, you must purchase a 2005 fishing license.

Floyd County NWTF schedules hunting seminar

TIMES STAFF REPORT

MARTIN — The Second Annual Floyd County NWTF (National Wild Turkey Federation) Turkey Hunting Seminar will be held March 3 at 7 p.m. at the Martin Community Center.

Safety, regulations and turkey hunting techniques will all be covered. There will also be a drawing for five youth turkey hunts for the upcoming youth turkey hunt to be held April 2.

Callers will accompany each youth hunter and their guardian or parent at the Dewey Lake WMA for one day. Sporting goods dealers are also invited to set up and show their turkey hunting products.

Little League growth spurred by growing communities, broadening programs, active volunteers

SPECIAL TO THE TIMES

WILLIAMSPORT, Pa. — A large number of local Little League programs have grown substantially, with the greatest gains made in Tee Ball and Minor Division levels, according to a preliminary review of 2005 charter applications.

Based on applications submitted to Little League International, which indicate the projected number of teams each league expects to field for the upcoming regular season, South Orangetown Little League of Blauvelt, N.Y., predicted the most growth.

Richard Volpe, South Orangetown president, credits the league's structure and responsible leadership for a 33-team increase (from 64 to 97 teams). The review indicated that South Orangetown shares several traits with other growing leagues in different sections of the United States.

"Our league has built a program that is inclusive," Volpe said. "There is less pressure on the players than in other leagues, because we don't rate players, we simply draft them."

South Orangetown also offers softball, and has made a conscious effort to go into the neighborhood schools to promote the program. These elements, as well as motivated volunteers,

advertising, and education have shown to be common priorities among leagues reporting improved enrollment numbers.

In growing communities, leagues which have a willingness to promote the local program through the use of flyers, mailings, newspaper advertisements, parent education clinics, etc., have helped bring young families into the Little League program.

"Our league has been growing for the last three years," said Tony Cervantes, president of Southside Little League in Fort Worth, Texas. "When we started seeing building going on we got in there and built three fields for a Minors coach-pitch division, and soon we'll have a Tee Ball field finished."

Southside Little League connected with the families in its area by sending out 40,000 flyers to several elementary schools within its boundaries. Southside expects to add 30 teams for the 2005 season (from 38 to 68).

"We have grown so much in the Tee Ball and Minor Divisions that we've had to create different subdivisions," Cervantes said.

Advertising to entice new players and league volunteers, while reminding returning players of the benefits of playing Little League, proves produc-

tive for all of these leagues, regardless of size.

Expanding the local program also allows leagues to broaden and better accommodate the children in their respective communities, which in turn creates a more enjoyable experience for the players.

Whether chartering a softball program, Challenger Division, or teenage divisions, each league that has increased enrollment has done so, not only in these new divisions, but in the existing ones.

Leagues experiencing growth attribute their success to the effort of the volunteers. Commitment to the league generates the motivation to participate, and promote, the willingness to educate, and the vision to be creative.

Thus far, probably because of seasonal factors, leagues with the best growth are in Western and Southwestern states. California had the greatest increase, with six leagues making the top 25. Texas was second, followed by Florida, Virginia, and Michigan. Other states showing growth are: New York, Tennessee, Hawaii, Pennsylvania, North Carolina, Washington, Iowa, Minnesota, and Nevada. In total, 14 states had a league(s) charter at least 10 more teams for this season, than in 2004.

Tanara announces retirement

SPECIAL TO THE TIMES

RICHMOND — After 26 years on the sidelines, Eastern Kentucky University Defensive Coordinator Jim Tanara has announced his retirement, effective July 1.

"This is something I've been thinking about for awhile. It was a hard decision, but not a last-minute decision," Tanara said after announcing his retirement plans to the team on Thursday morning. "You know when it's time, and I feel like this is the right time for me to go."

Tanara continued, "I have been very blessed in my career. I have been a part of four national championships, and I've worked for two Hall of Fame coaches. I have either played or coached this game for 50 years. It's been a wonderful quality of life for me and my family."

EKU Head Football Coach Danny Hope commended Tanara for his outstanding service to EKU, and said the team would be missing something when next season gets underway.

"You can get another coach, you can find another defensive coordinator, but you can't find another Jim Tanara," Hope said. "Jim comes from the loins of football, all the way back to Bear Bryant. He's been a great example for the young coaches on the staff."

"He just loves the game and being around young people. We will definitely miss Jim, but we're going to take some of what he's given us and use it to win a championship."

Also wishing Tanara well was EKU President Joanne Glasser.

"Jim Tanara has done an outstanding job for Eastern Kentucky University during his

26-year coaching career," said Glasser. "Coach Tanara has demonstrated a passion for the academic and athletic successes of our student-athletes on and off the field. We wish him all the very best as he now looks toward retirement."

Tanara began his tenure as defensive coordinator in 1999, while also coaching the defensive line. In 2001 and 2002, Tanara's defense ranked atop the Ohio Valley Conference, and both units were listed among the top 10 nationally. The Colonel defense produced seven shutouts during his tenure as coordinator.

Since coming to EKU, Tanara has guided two OVC defensive players of the year in Justin Rivers (2004) and Aaron Jones (1987), who went on to be a first-round draft pick for the Pittsburgh Steelers. Jones was one of 14 players under Tanara's tutelage that went on to be drafted or sign free-agent contracts with the NFL.

Tanara spent a significant portion of his career on the sidelines with two of the most legendary coaches the sport has ever produced. He began his collegiate coaching career at the University of Alabama under legendary coach Paul "Bear" Bryant before moving on to EKU under Hall of Fame coach Roy Kidd.

After Kidd's retirement, Tanara stayed on with Hope when he took over as head coach in 2002. The relationship between the two men, however, went back much further as the current EKU head coach played for the Colonels while Tanara was on staff.

Tanara came to EKU after spending 11 seasons under Bryant at Alabama. During his tenure there, Tanara helped direct the Crimson Tide to 11

consecutive bowl appearances and two national championships.

Tanara made his Colonel debut in the 1979, and was a part of the school's first national championship that season. He would later be a part of the school's second title team in 1982, giving him four national crowns during his career.

Tanara was part of 228 Colonel wins and 17 NCAA Playoff squads, and Eastern posted 10 or more wins nine times during his tenure.

Tanara was an excellent player in his own right. He started at both defensive end and tight end for three seasons with Tennessee-Chattanooga, and he went on to earn his B.S. from the school in 1965. From there, he spent three years as an assistant coach at Cleveland (Tenn.) High School before heading to Alabama and the beginning of his collegiate coaching career. While at UA, he also served as the head wrestling coach for his entire 11-year stint in Tuscaloosa.

Tanara is married to the former Charlotte Gibson, and the couple has two children, Julie and Jimmy. The couple also has one granddaughter, Sophie Hutchins.



Jim Tanara

H.S. SCOREBOARD

BOYS' BASKETBALL

Barbourville 71, Jackson Co. 41
Beechwood 79, Calvary Christian 39
Berea 96, Deming 87
Clinton Co. 81, Whitley Co. 37
Crittenden Co. 59, Dawson Springs 47
East Carter 71, Fairview 60
Franklin-Simpson 70, Hopkinsville 61
Murray 82, Pope Co., Ill. 55
Newport Cent. Catholic 61, St. Henry 42
Ohio Co. 68, Grayson Co. 58
Paris 68, St. Patrick 46
Pineville 73, Lynn Camp 66
Prestonsburg 68, East Ridge 51
Riverside Christian 69, David 63
Shelby Valley 79, Mt. Mission, Va. 41
Union Co. 65, Madisonville-N.H. 64
Whitesburg 72, Ervarts 63
Williamstown 74, Trimble Co. 51
Woodford Co. 68, Harrodsburg 35

GIRLS' BASKETBALL

Allen Central 57, Sheldon Clark 54
Apollo 44, Warren Central 41
Bishop Brossart 54, St. Patrick 27
Boone Co. 55, Holmes 32
Boyle Co. 69, Pulaski Southwestern 54
Bracken Co. 50, Augusta 18
Buckhorn 69, Letcher 41
Campbell Co. 52, Bourbon Co. 51
Casey Co. 52, Putlaski Co. 47
Christian Co. 72, Union Co. 55
Clinton Co. 67, Greenwood 54
Davies Co. 68, Muhlenberg South 46
Dawson Springs 55, Ft. Campbell 53
Dixie Heights 59, Newport 34
East Ridge 79, Jenkins 56
Franklin-Simpson 52, Allen Co.-Scottsville 28
George Rogers Clark 47, Nicholas Co. 33
Graves Co. 56, Heath 50 OT
Grayson Co. 74, Breckinridge Co. 62

Henderson Co. 80, Hopkins Co. Cent. 54
Lex. Bryan Station 57, Lex. Christian 56
Lex. Henry Clay 49, Lex. Bates Creek 43
Livingston Central 59, Trigg Co. 30
Lone Oak 70, Fulton Co. 27
Lou. Ballard 53, Lex. Lafayette 37
Madison Southern 61, Knox Central 36
Marshall Co. 47, St. Mary 44
Middlesboro 69, Oneida Baptist 28
Model 70, Deming 38
Murray 54, Calloway Co. 52
Notre Dame 63, Ryle 43
Paducah Tilghman 79, Lyon Co. 51
Pikeville 65, June Buchanan 42
Scott 64, Simon Kenton 63
Scott Co. 90, Bullitt East 62
Shelby Co. 59, Lou. Butler 55
Somerset 45, Whitley Co. 36
Warren East 54, Edmonson Co. 51
West Carter 72, Lawrence Co. 57

DAYTONA 500

Waltrip and Earnhardt up front; Harvick in trouble again

by PAUL NEWBERRY
ASSOCIATED PRESS

DAYTONA BEACH, Fla. — Michael Waltrip and Dale Earnhardt Jr. are running up front at Daytona. Kevin Harvick is stirring up trouble.

Sound familiar? Yep, the new NASCAR season has many of the same ol' themes.

Start with Waltrip and Earnhardt, who have dominated Daytona for Dale Earnhardt Inc. They were terrible in qualifying (Waltrip was 33rd, Earnhardt 39th) and lackluster in practice. But once DEI got into racing mode, it was business as usual.

Waltrip (a two-time Daytona 500 winner) edged out his teammate (who won the race last year) in the first of two 150-mile qualifying races Thursday.

"I swear on the bible that we haven't been sandbagging," Earnhardt said, failing to convince all those drivers who watched DEI's 1-2 finish.

Tony Stewart won the second 150-miler, but only after he dodged a crash that took out many of the top contenders. Not surprisingly, Harvick was right in the middle of things.

The volatile driver, who served a one-race suspension for his antics in 2002, bumped race leader Jimmie Johnson from behind coming through the second turn.

The resulting melee knocked out Johnson, left Harvick's car in a heap and also took out Mark Martin, Joe Nemechek and Rusty Wallace.

Afterward, Nemechek threw a water bottle at Harvick as he emerged from the infield care center. Johnson called on Harvick to be fired by his team or at least fined by NASCAR.

"He just drives stupid," Nemechek said. "He'll get it back. It was totally uncalled for what happened out there."

NASCAR officials moved quickly to diffuse the situation. They summoned Harvick and Johnson, along with their owners and crew chiefs, to an infield summit meeting. Harvick admitted he was at fault and shook hands with Johnson. The two drivers agreed to meet Thursday night at a secret location — with no one else around — to smooth out a feud that dates to last season.

"We told them they could either work it out among themselves," NASCAR spokesman Jim Hunter said, "or we'd work it out for them."

The wreck Thursday will go down as a "racing incident," Hunter said. But any more problems between the drivers will lead to stiff fines — maybe even suspensions.

No such problems for Waltrip and Earnhardt, who have combined to win three of the last

four Daytona 500s. Waltrip passed Junior on the final straightaway and held off the No. 8 car by 0.030 seconds, about half a car length.

"We certainly caught a lot of flak over the last week about the way our cars qualified," Waltrip said. "This silenced it."

Earnhardt knows DEI's dominance at the restrictor-plate tracks can't last forever. But the team is still running ahead of the pack.

"It just seems to go in cycles," Earnhardt said. "Everybody is working hard to catch us, and eventually they will."

Jeff Gordon, a two-time Daytona winner who finished seventh in the first race, isn't so sure about that.

"They've never qualified good. They've always been mediocre in practice," he said. "I'd like to know what it is that they got, because they obviously know how to sandbag well."

Mike Skinner, a regular in NASCAR's truck series, led the 150 after the third caution flag of the race. He appeared on the way to victory until the DEI cars ganged up on him at the end.

Skinner wound up third, followed by Ryan Newman, Ricky Rudd, defending Nextel Cup champion Kurt Busch and Gordon.

In the second race, Stewart held off Jeff Burton for the win,

crossing the finish line about two car-lengths in front.

Kevin Lepage finished third in the second race, earning a starting spot in the field, as did fourth-place finisher Martin Truex Jr., the third DEI car.

A rule change this year guaranteed the top 35 teams in car owner points starting spots Sunday. Four more drivers made it on speed, and the final four positions were up for grabs Thursday.

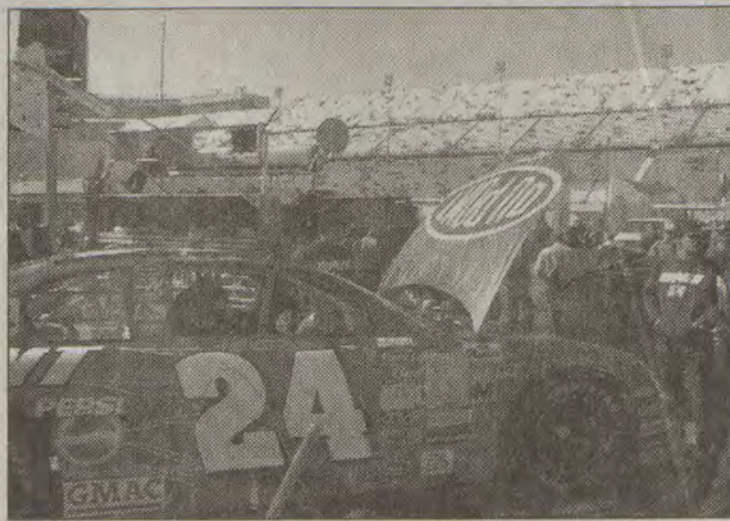
Making it in on qualifying speed were Jason Leffler, Boris Said, John Andretti and Mike Wallace, while Skinner, Kenny Wallace, Truex and Lepage made it in the 150s.

Among those who didn't make the 43-car field: Robby Gordon, a seven-time Daytona veteran fielding his own team this year.

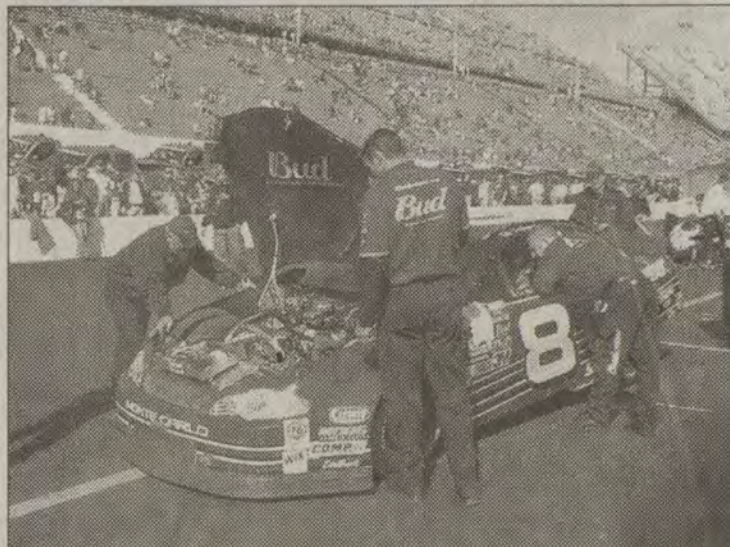
Kerry Earnhardt, Dale's older half-brother, missed the cut, too, when he was passed in the final yards by Kenny Wallace.

But Kerry bounced back in the evening to earn his first career pole, posting the fastest qualifying speed for Friday night's truck race.

"This is great," the lesser-known Earnhardt said. "It was a bumper not to make the 500. But my philosophy has always been: If it's not meant to be, it's not meant to be. When the time is right, it will happen."



file photos by Steve LeMaster
Dale Earnhardt Jr. and Jeff Gordon have both had previous success at Daytona International Speedway. Today's Daytona 500 will kick off the 2005 NASCAR Nextel Cup season.



Johnson selected by media as favorite for 2005 Nextel Cup

SPECIAL TO THE TIMES

DAYTONA BEACH, Fla. — If media voters prove accurate prognosticators, look for the 2005 NASCAR Nextel Cup Series championship battle to mimic recent history.

The defending NASCAR Nextel Cup series champion, Kurt Busch (No. 97 IRWIN Industrial Tools/Sharpie Ford), won the 2004 title by eight points over Jimmie Johnson (No. 48 Lowe's Chevrolet) — the closest finish in NASCAR Nextel Cup history. And while both drivers remain title candidates, Johnson has been selected as the media favorite in the 2005 NASCAR Preseason Top 10.

A total of 213 votes were cast in the balloting, which began Feb. 3 at www.nascar-media.com and ended Feb. 13.

Drivers received 10 points for first place, nine points for second place, eight points for third place, seven points for fourth place, six points for fifth place, five points for sixth place, four points for seventh place, three points for eighth place, two points for ninth place and one point for 10th place. Eight drivers in the 2005 NASCAR Preseason Top 10 competed in the inaugural Chase for the Nextel Cup.

Johnson received 1,765 points and 87 first-place votes. Trailing him by only 25 points in second is Hendrick Motorsports teammate Jeff Gordon (No. 24 DuPont Chevrolet), who received 1,740 points and 65 first-place votes. Third place in the 2005 NASCAR Preseason Top 10 belongs to Dale Earnhardt Jr.

(No. 8 Budweiser Chevrolet), who received 1,355 points and 25 first-place votes. Only eight points separate Tony Stewart (No. 20 Home Depot Chevrolet) and Busch for fourth and fifth place, respectively. Stewart received 1,030 points and seven first-place votes while Busch received 1,022 points and five first-place votes.

As for the rest of the 2005 NASCAR Preseason Top 10, sixth-place Ryan Newman (No. 12 ALLTEL Dodge) received 844 points and nine first-place votes. In seventh place is Casey Kahne (No. 9 Dodge Dealers/UAW Dodge), the defending Raybestos Rookie of the Year, Kahne, who received 707 points and one first-place vote, didn't make the inaugural Chase for the NASCAR Nextel

Cup, but he has been voted to the 2005 NASCAR Preseason Top 10.

In eighth place is 2003 series champion Matt Kenseth (No. 17 DeWALT Industrial Tools Ford). Kenseth received 657 points and no first-place votes. Behind Kenseth, in ninth place, is Jamie McMurray (No. 42 Texaco/Havoline Dodge), the second driver who didn't make the inaugural Chase for the NASCAR Nextel Cup, but has been voted to the 2005 NASCAR Preseason Top 10. McMurray received 546 points and two first-place votes.

Tenth in the 2005 NASCAR Preseason Top 10 media voting is Mark Martin (No. 6 Viagra Ford), who's beginning his final fulltime season. He received 453 points and four first-place votes.

Seven groups vie for NASCAR Hall of Fame

SPECIAL TO THE TIMES

DAYTONA BEACH, Fla. — NASCAR on Tuesday announced the final list of locations in the running to host the NASCAR Hall of Fame.

Groups in Atlanta, Birmingham/Talladega, Charlotte/Concord, Daytona Beach, Kansas City, Richmond and the State of Michigan have received requests from NASCAR for proposals and have agreed to submit bids for this new project.

The city selected will partner with NASCAR to build a state-of-the-art facility aimed at displaying — and preserving — the sport's rich history and tradition. "NASCAR's overriding goal

is to have a world class Hall of Fame," said NASCAR Chairman/CEO Brian France. "We want it to be a special place that brings NASCAR's history to life. Our hope is for longtime fans to have the opportunity to relive NASCAR's greatest moments and for new fans to learn about them."

There are a number of independent racing "halls" in existence in the United States, but none are officially affiliated with NASCAR.

In support of the NASCAR Hall of Fame, it is likely that an annual induction ceremony would take place in conjunction with an existing NASCAR-sanctioned race weekend. This

would attract a significant number of visitors to the site and provide a major economic lift for the Hall of Fame and surrounding areas. The enshrinement ceremony and other ancillary events would also make for compelling television content on a national basis.

"NASCAR wants a Hall of Fame that will remain fresh and will entice visitors to return time and time again," said NASCAR VP of Licensing and Consumer Products Mark Dyer.

The NASCAR Request for Proposal sent to the seven groups bidding is intentionally vague. There are no specific requirements for size, shape or cost. It is NASCAR's hope that each com-

munity will view this as an opportunity to be creative in design, development and timing.

The deadline to submit proposals is May 31.

"NASCAR seeks a strong partner that shares our vision and belief that the NASCAR Hall of Fame will be a great success for their community and all our fans," Dyer said. "This is critical to the project and will be something we'll look at when the proposals are submitted."

NASCAR will begin the process of review once the proposals are received. At that time a schedule will be announced for site visits and presentations by each city.

Kasey Kahne to continue to 'Do the Dew'

SPECIAL TO THE TIMES

DAYTONA — Kasey Kahne, the 2004 NASCAR Nextel Cup Series' Rookie of the Year, will take his partnership with Mountain Dew to new heights this season when his first national television commercial for the brand debuts this Sunday and his No. 9 Dodge Charger features a Mountain Dew paint scheme at next week's race at California Speedway.

In the TV spot entitled "Change," not only does Kahne's Dodge Charger go through a number of

"changes," but he must also vie for the seat behind the wheel of his own race car. The commercial will air during the FOX broadcast of the Daytona 500 this Sunday.

Kahne's Dew allegiance will also show on the track when he competes in a Mountain Dew paint scheme at the Auto Club 500 at California Speedway on Sunday, Feb. 27. Kahne's No. 9 Dodge Charger will showcase the new Mountain Dew graphics that will begin appearing on the brand's product packaging available in stores in March. The last time Kahne's car featured a special Mountain Dew

paint scheme he finished second at Michigan International Speedway on June 20.

This marks the fifth straight year that Mountain Dew has sponsored Everham Motorsports. Pepsi-Cola Company's involvement with NASCAR began when the sport was introduced in 1948. Today, Pepsi serves its products at 16 of the 23 Nextel Cup Series tracks and is the title sponsor of the Pepsi 400 at Daytona International Speedway on Saturday, July 2, 2005.

Mountain Dew is a product of Pepsi-Cola North America (www.pepsi.com), the \$4 billion refreshment beverage unit of PepsiCo Inc. in the United

States and Canada. Headquartered in Purchase, N.Y., PCNA's U.S. brands include Pepsi, Diet Pepsi, Pepsi Edge, Pepsi ONE, Wild Cherry Pepsi, Pepsi Twist, Pepsi Vanilla, Diet Mountain Dew, Mountain Dew Code Red, Mountain Dew LiveWire, Sierra Mist, Sierra Mist Free, Mug, Slice, Aquafina, Dole single-serve juices, Tropicana Juice Drinks and SoBe. The company also makes and markets North America's best-selling ready-to-drink iced teas and coffees, respectively, via joint ventures with Lipton and Starbucks.

Nextel Cup

Gatorade Duel
At Daytona Beach, Fla.
Results from Friday's NASCAR Nextel Gatorade Duel at Daytona International Speedway (lap length: 2.5 miles):
(Start position in parentheses)

Race One

- (18) Michael Waltrip, Chevy, 60, \$53,199.
- (21) Dale Earnhardt Jr., Chevy, 60, \$38,188.
- (8) Mike Skinner, Dodge, 60, \$33,188.
- (16) Ryan Newman, Dodge, 60, \$28,188.
- (5) Ricky Rudd, Ford, 60, \$26,188.
- (4) Kurt Busch, Ford, 60, \$23,788.
- (7) Jeff Gordon, Chevy, 60, \$22,688.
- (12) Jamie McMurray, Dodge, 60, \$21,688.
- (11) Kyle Busch, Chevy, 60, \$21,663.
- (22) Kenny Wallace, Chevy, 60, \$21,638.
- (17) Kerry Earnhardt, Chevy, 60, \$21,613.
- (3) Jason Leffler, Chevy, 60, \$21,588.
- (9) Greg Biffle, Ford, 60, \$21,563.
- (25) Travis Kvapil, Dodge, 60, \$21,538.
- (14) Carl Edwards, Ford, 60, \$21,513.
- (15) Mike Wallace, Chevy, 60, \$21,488.
- (19) Casey Mears, Dodge, 60, \$21,463.
- (26) Stanton Barrett, Chevy, 60, \$21,413.
- (20) Ken Schrader, Dodge, 60, \$21,388.
- (7) Kyle Petty, Dodge, 60, \$21,363.
- (1) Dale Jarrett, Ford, 60, \$21,313.
- (13) Mike Bliss, Chevy, 60, \$21,288.
- (23) Johnny Sauter, Dodge, 54, engine, \$21,238.
- (10) Kasey Kahne, Dodge, 52, accident, \$21,213.
- (24) Hermie Sadler, Ford, 46, accident, \$21,188.
- (6) Elliott Sadler, Ford, 45, transmission, \$21,163.
- (28) Randy LaJoie, Chevy, 41, engine, \$21,138.
- (27) Morgan Shepherd, Dodge, 3, accident, \$21,113.

Race statistics

Time of race: 1 hour, 4 minutes, 5 seconds.
Winner's average speed: 140.442 mph.
Margin of victory: 0.030 seconds.

Race Two

- (13) Tony Stewart, Chevy, 60, \$53,199.
- (7) Jeff Burton, Chevy, 60, \$38,188.
- (20) Kevin Lepage, Dodge, 60, \$33,188.
- (15) Martin Truex Jr., Chevy, 60, \$28,188.
- (4) Scott Riggs, Chevy, 60, \$26,188.
- (22) Matt Kenseth, Ford, 60, \$23,788.
- (18) Robby Gordon, Chevy, 60, \$22,688.
- (12) Scott Wimmer, Dodge, 60, \$21,688.
- (16) Sterling Marlin, Dodge, 60, \$21,663.
- (5) Boris Said, Chevy, 60, \$21,638.
- (6) John Andretti, Ford, 60, \$21,613.
- (11) Bobby Labonte, Chevy, 60, \$21,588.
- (24) Bobby Hamilton Jr., Chevy, 60, \$21,563.
- (25) Derrick Cope, Chevy, 60, \$21,538.
- (9) Jeremy Mayfield, Dodge, 60, \$21,513.
- (28) Jeff Green, Dodge, 60, \$21,488.
- (21) Eric McClure, Chevy, 60, \$21,463.
- (26) Larry Gosselman, Ford, 59, \$21,413.
- (17) Brian Vickers, Chevy, 39, rear end, \$21,388.
- (1) Jimmie Johnson, Chevy, 35, accident, \$21,363.
- (21) Kevin Harvick, Chevy, 35, accident, \$21,313.
- (10) Mark Martin, Ford, 35, accident, \$21,288.
- (3) Joe Nemechek, Chevy, 35, accident, \$21,238.
- (24) Rusty Wallace, Dodge, 35, accident, \$21,213.
- (14) Dave Blaney, Chevy, 35, accident, \$21,188.
- (26) Andy Belmont, Ford, 34, accident, \$21,163.
- (19) Kirk Shelmerline, Ford, 2, accident, \$21,138.

28. (23) Greg Sacks, Dodge, 2, accident, \$21,113.
Race statistics
Time of race: 1 hour, 2 minutes.
Winner's average speed: 145.161 mph.
Margin of victory: Under caution.

Daytona 500 Lineup
At Daytona Beach, Fla.
Lineup for Sunday's NASCAR Nextel Cup Daytona 500 at Daytona International Speedway (lap length: 2.5 miles):
(Car number in parentheses)

- (88) Dale Jarrett, Ford, 188.312 mph, 150-2.
- (48) Jimmie Johnson, Chevy, 188.170 mph, 150-2.
- (15) Michael Waltrip, Chevy, 1st 150-1.
- (20) Tony Stewart, Chevy, 1st 150-2.
- (8) Dale Earnhardt Jr., Chevy, 2nd 150-1.
- (6) (31) Jeff Burton, Chevy, 2nd 150-2.
- (23) Mike Skinner, Dodge, 3rd 150-1.
- (37) Kevin Lepage, Dodge, 3rd 150-2.
- (12) Ryan Newman, Dodge, 4th 150-1.
- (1) Martin Truex Jr., Chevy, 4th 150-2.
- (21) Ricky Rudd, Ford, 5th 150-1.
- (10) Scott Riggs, Chevy, 5th 150-2.
- (13) (97) Kurt Busch, Ford, 6th 150-1.
- (17) Matt Kenseth, Ford, 6th 150-2.
- (24) Jeff Gordon, Chevy, 7th 150-1.
- (22) Scott Wimmer, Dodge, 8th 150-1.
- (19) Carl Edwards, Ford, 8th 150-2.
- (40) Sterling Marlin, Dodge, 9th 150-1.
- (5) Kasey Kahne, Chevy, 9th 150-2.
- (18) Bobby Labonte, Chevy, 12th 150-2.
- (60) Kenny Wallace, Chevy, 10th 150-1.
- (23) Bobby Hamilton Jr., Chevy, 13th 150-2.
- (16) Greg Biffle, Ford, 13th 150-1.
- (19) Jeremy Mayfield, Dodge, 15th 150-2.
- (77) Travis Kvapil, Dodge, 14th 150-1.
- (43) Jeff Green, Dodge, 16th 150-2.
- (99) Carl Edwards, Ford, 15th 150-1.
- (25) Brian Vickers, Chevy, 19th 150-2.
- (41) Casey Mears, Dodge, 17th 150-1.
- (29) Kevin Harvick, Chevy, 21st 150-2.
- (49) Ken Schrader, Dodge, 19th 150-1.
- (6) Mark Martin, Ford, 22nd 150-2.
- (45) Kyle Petty, Dodge, 20th 150-1.
- (01) Joe Nemechek, Chevy, 23rd 150-2.
- (0) Mike Bliss, Chevy, 22nd 150-1.
- (2) Rusty Wallace, Dodge, 24th 150-2.
- (9) Kasey Kahne, Dodge, 24th 150-1.
- (07) Dave Blaney, Chevy, 25th 150-2.
- (38) Elliott Sadler, Ford, 26th 150-1.
- (11) Jason Leffler, Chevy, 187.715 mph.
- (36) Boris Said, Chevy, 187.122 mph.
- (14) John Andretti, Ford, 186.324 mph.
- (4) Mike Wallace, Chevy, 185.908 mph.
- Failed to qualify
- (33) Kerry Earnhardt, Chevy, 183.012 mph.
- (7) Robby Gordon, Chevy, 184.911 mph.
- (09) Johnny Sauter, Dodge, 184.528 mph.
- (27) Kirk Shelmerline, Ford, 184.065 mph.
- (66) Hermie Sadler, Ford, 184.211 mph.
- (89) Morgan Shepherd, Dodge, 182.789 mph.
- (54) (34) Randy LaJoie, Chevy, 183.963 mph.
- (13) Greg Sacks, Dodge, 183.024 mph.
- (92) Stanton Barrett, Chevy, 183.098 mph.
- (55) Derrick Cope, Chevy, 182.275 mph.
- (34) Andy Belmont, Ford, 181.139 mph.
- (57) Larry Gosselman, Ford, 178.409 mph.

Fishing

jigs tipped with minnows or minnows along on weighted bait rigs along the bottom in a slow lift-and-drop manner.

Henley said sauger tend to concentrate in areas of eddies, spots with somewhat slack flow next to heavier currents.

Toothy sauger are caught both by boating anglers fishing vertically and by shore-bound

anglers casting jigs or bait from the banks of tailwater areas. Boaters have the advantage of reach and the ability to sample more likely sauger staging areas.

Sauger are notorious "tail-biters," known for "short-striking" baits and lures. A favorite sauger rig is a 5/8- to 1-ounce jig dressed with hair or soft plastic and tipped with a nose-

hooked minnow. The short-strike habit is coped with, however, by using a small treble hook on a short piece of line run from the main jig hook.

One point of the treble is hooked into the tail of the minnow. Many sauger strikes fall short of the main jig hook but most will connect with the trailing treble hook.

Continued from p1

Blackcats

ed on a three-pointer at the buzzer. The Blackcats took a 31-19 lead into halftime and maintained some sort of lead throughout the second half.

Visiting East Ridge again cut the Prestonsburg lead down to an eight-point advantage in the third quarter. The Blackcats led 45-37 at the end of the third quarter and regained some momentum in the final quarter.

Leslie helped Prestonsburg along in the fourth quarter, hitting

four-of-four free throw attempts.

Kyle Ousley, who got a starting nod for Prestonsburg, and fellow senior Joe Blackburn, each scored two points for the Blackcats.

Starting center Jordan Coleman led East Ridge with 16 points. Branham finished with 12 points, giving East Ridge only two players in double figures. Eric Slone added eight points for the Warriors. Derek SESCO and Kyle Fletcher

added six points apiece and Michael Bennett flipped in three.

Prestonsburg will return to action at home Tuesday night against Paintsville. East Ridge is also due back in action at home Tuesday night. The Warriors are scheduled to host Fleming-Neon. Tip-off for the Paintsville-Prestonsburg game is 7:30. The Fleming-Neon-East Ridge game has a 6 p.m. start time.

Continued from p1

Lady Rebs

than a week prior to Thursday night's game.

The Lady Rebels, under the tutelage of head coach Mark Martin, have made a nice late-season turnaround. The Allen Central girls began the season 0-5.

Allen Central, which has

now won in five of its last six outings, returned to action yesterday on the road at Breathitt County. Results of the Allen Central-Breathitt County game were unavailable at press time. Allen Central has two games remaining. The two games,

both of which are at home at familiar J.E. Campbell Arena, pair the Lady Rebels against Pike County Central and Shelby Valley, respectively. The Allen Central girls will play host to Pike Central Monday night.

Continued from p1

Odyssey

was bad enough, but the main problem was the red-hot, pot-bellied stove about a third of the way down on the lefthand side. It sat practically on the floor and it seemed like Auxier's players tried to drive you into it."

In Wild Bill's day, publicity about Mountain players was practically nonexistent, unless you reached the State Tournament. While he was twice All-District, All-Postseason Tournament and Honorable-Mention All-State, Wild Bill had not college scholarship offers, until, through the intervention of a Pikeville College coach, he was offered a tryout for the Kentucky-Indiana All-Star Series Kentucky team. The tryouts were being held at Western Kentucky State University with the legendary Ed Diddle serving as the coach.

Wild Bill arrived late; nine of the 10 players to be selected had already been chosen with a long line of other players vying for the 10th slot. The McDowell native was inserted into an ongoing scrimmage and was immediately named to the team. One of his teammates was Frank Ramsey, who, like Wild Bill, could play anywhere on the floor. Wild Bill played only limited minutes in the Kentucky-Indiana Game, but was chosen to play in a number of other All-Star games including the Kentucky-West Virginia and Kentucky-Ohio games. The Kentucky-Ohio game was coached by Ellis Johnson of Morehead. Stumbo was named team captain for the game and

played guard along with Ramsey.

Offers of college scholarships came flooding in, including offers from Kentucky, Western Kentucky and Morehead. Wild Bill decided to go to Morehead, where fellow McDowell graduate Bill Burns Martin, who was the starting center. He was All-KIAC. Wild Bill played a semester at guard for Morehead State before dropping out of school. He was drafted into the U.S. Army shortly thereafter. There, he was trained as a demolitions expert. In September of 1951, he was sent to West Berlin, Germany, where he part of the army of occupation. At that time, Berlin was the center of the Cold War.

While stationed in Berlin, Wild Bill began playing basketball for the First Battalion Cavaliers, where he was spotted by the coach of the 6th Regimental Infantry basketball team, the Gators, and asked to become a member of that team. The Gators were an all-star team made up of the best battalion players. Wild Bill, playing center, quickly became the team's leading scorer.

During the next two years, playing both battalion and regimental ball, Wild Bill, according to sportswriter Doug Robinson of the Berlin Observer (the Army service newspaper), "was named to every all-star team ever formed and was as effective in destroying the opposition's hopes as he was in his job as a demolition specialist."

Stumbo honed his skills,

developing a hook shot with either hand and perfecting his foul shooting. He hit five straight hook shots in a game in which he scored 25 points, had other games of 29 and 33, and scored 15 points in six minutes in another. In a later game, he not only had 27 points, but, according to Robinson, "grabbed off most of the rebounds."

Wild Bill's high for the year in a game came against the 12th Infantry Regiment when he set a single-game scoring record for American players in Europe with 44 points. He had 18 field goals and eight free throws.

When Stumbo left West Berlin his regimental commander and coach told him that he thought he was good enough to play anywhere he wanted in the State and offered to arrange a scholarship for him "anywhere in the SEC." Wild Bill thanked his coach, but when his time was up in the Army, he bypassed all the offers and entered the construction business where he would work most of his life.

These days, William Lee "Wild Bill" Stumbo divides his time between Lexington, where his son, Kevin, lives (Kevin played a year at McDowell), and Tavares, Fla. Now 75, Wild Bill is an ardent Kentucky basketball fan and says that the University of Kentucky always had good players, but that in his day, at least, there were players just as good as any the University had "working for a living in the Kentucky mountains."

Continued from p1



William Lee "Wild Bill" Stumbo poses next to his Kentucky All-Star jersey.

Derby hopeful Rockport Harbor still tuning up

by RICHARD ROSENBLATT
ASSOCIATED PRESS

Rockport Harbor is beginning to tune up for the Kentucky Derby.

Unbeaten as a 2-year-old and unraced this year, Rockport Harbor is set for a mile workout this weekend at Oaklawn Park under the watchful eye of John Servis.

"It's looking like this weekend for an easy mile," Servis said from Hot Springs, Ark., the same track where the trainer prepped Smarty Jones before he went on to victories in the Derby and Preakness.

Servis is in no hurry to send his big gray colt to the races, and plans just two Derby preps for Rockport Harbor — the Rebel Stakes on March 19 and the Arkansas Derby on April 16. The Kentucky Derby is May 7.

Rockport Harbor, No. 3 on this week's top 10 Derby contenders list, improved to 4-for-4 after his victory in the Remsen Stakes at Aqueduct on Nov. 27.

"He's headed in the right direction," Servis said. "With Smarty, we had to get him to settle. This horse, he's like an old cow. He just goes out and does his thing."

Servis opted to skip Saturday's \$100,000 Southwest Stakes, the first of three stakes Smarty Jones won in Arkansas before he showed up at Churchill Downs.

The one-mile Southwest features another Derby prospect in Greater Good, who makes his 3-year-old debut after closing out

2004 with a win in the Kentucky Jockey Club Stakes. John McKee will be aboard for trainer Bob Holthus.

Elsewhere, trainer Nick Zito picked up another Derby hopeful in High Fly, third in the Holy Bull on Feb. 5 after three straight wins. Zito replaced Bill White after the Holy Bull.

This week's top 10, with Derby future wager odds:

1. Afleet Alex (Tim Ritchey, trainer; John Velazquez, jockey): Breezed a half-mile in 47 seconds at Oaklawn on Wednesday, the second fastest of 40 workouts at the distance ... 3-year-old debut awaits ... Won four of six at 2 ... Second in the Breeders' Cup Juvenile his last time out ... Next start: Rebel (March 19) ... Odds: 15-1.

2. Declan's Moon (Ron Ellis, Victor Espinoza): 2-year-old champion worked seven furlongs in 1:26.00 at Hollywood Park on Tuesday ... Plans call for two more starts before the Derby ... Next start: Santa Catalina (March 5) ... Odds: 9-1.

3. Rockport Harbor (John Servis, Stewart Elliott): Set for a mile work this weekend at Oaklawn ... Won Remsen by a neck over Galloping Grocer on Nov. 27 ... Next start: Rebel ... Odds: 13-1.

4. Wilko (Craig Dollase, Corey Nakatani): BC Juvenile winner worked five furlongs in leisurely 1:06.20 at Hollywood Park on Tuesday ... Next start: Santa Catalina ... Odds: 23-1.

5. Sweet Catomine (Julio Canani, David Flores): Flores was aboard for filly's win in

Santa Ysabel, but Corey Nakatani, back from a suspension, was aboard Wednesday when the 2-year-old filly champion worked five furlongs in 1:01.40 at Santa Anita. ... Next start: Santa Anita Oaks (March 13) ... Odds: 21-1.

6. Roman Ruler (Bob Baffert, Jerry Bailey): Scratched from last week's San Vicente with a quarter crack on left front hoof ... Wet track at Santa Anita has hindered training ... Next start: Undecided ... Odds: 18-1.

7. Proud Accolade (Todd Pletcher, Velazquez): Hutcheson winner training for next start, either at Gulfstream on March 5 or in the Louisiana Derby on March 12 ... Odds: 35-1.

8. Scipion (Patrick Biancone, Gary Stevens): Rallied from last to first with furious closing kick to take last week's Risen Star at the Fair Grounds ... Next start: Louisiana Derby (March 12) ... Odds: 2-1 (mutuel field).

9. Going Wild (D. Wayne Lukas, Rafael Bejarano): Bejarano is the new rider ... Winner of Sham and San Miguel at Santa Anita ... Next start: Rebel ... Odds: 25-1.

10. Fusaichi Rock Star (Baffert, Flores): Last-minute starter went wire-to-wire to take San Vicente last week ... Owned by Fusao Sekiguchi, whose Fusaichi Pegasus won the 2000 Derby ... Next start: Undecided ... Odds: 2-1 (mutuel field)

... KEEP AN EYE ON: Closing Argument, Galloping Grocer, High Fly, Spanish Chestnut, Sun King.

Racetracks agree to increase insurance coverage for jockeys

by BRUCE SCHREINER
ASSOCIATED PRESS

FRANKFORT — Kentucky's thoroughbred tracks on Tuesday agreed to a tenfold increase in insurance coverage for jockeys until a long-term proposal is presented to state legislators next year to protect injured riders from the risk of financial ruin.

The racetracks will obtain policies offering up to \$1 million in coverage for injured jockeys, Gov. Ernie Fletcher said at a news conference. The tracks have offered a \$100,000 policy for jockeys, who make a living thundering around tracks aboard 1,500-pound thoroughbreds. The jockeys could purchase additional coverage themselves.

To further bolster insurance protection, the tracks and the state will make sure that horse trainers provide workers' compensation coverage for their employees, Fletcher said.

Fletcher called it an "interim solution" until a panel that he will appoint recommends legislation for the 2006 General Assembly. He said the issue was too complex to deal with in the current 30-day legislative session, which was halfway over Tuesday.

"It's not the final solution, it's not perfect," said Fletcher, who was flanked by horse racing executives and jockey Pat Day. "But it is a good interim solution so that we can march toward a more comprehensive solution and make sure that no one falls through the cracks."

The issue boiled over last fall

at Churchill Downs, where about a dozen riders were banned from much of the meet after threatening to boycott races in a dispute over insurance coverage.

Mark Guidry, among the jockeys banished from the famed Louisville track, said Tuesday that the extra insurance coverage would be a comfort to jockeys, who face massive medical bills that far exceed the \$100,000 coverage if they are in a serious spill.

"It's going to be huge," Guidry said in a phone interview. "I'm glad they sat down and worked something out. It's going to benefit the riders."

Bob Elliston, president and CEO of Turfway Park, said Tuesday that the extra insurance coverage would cost his northern Kentucky track about \$200,000.

"We have significantly reduced the number of folks who are inadequately insured who are really the stars of our sport," he said.

Fletcher said the state would not help the tracks pay for the additional coverage.

Jockeys would not have to pay any deductibles as part of the coverage, Elliston said.

Day, the all-time leading rider at Churchill, applauded the tracks for boosting the insurance coverage. He said it would let riders "pursue their trade with the knowledge that they would be covered if an unfortunate accident were to occur."

Steve Sexton, track president at Churchill Downs, said that providing workers' compensation coverage for the riders "ideally is

the best long-term solution."

Kentucky's Horse Racing Authority recently proposed that legislation be drafted to offer workers' comp insurance to jockeys, apprentice jockeys and exercise riders at the state's racetracks and training facilities.

Fletcher said he consulted with lawmakers and industry leaders but decided there wasn't enough time to deal with the issue in the last half of the legislative session.

"Rushing legislation through ... that has not been fully developed and has not garnered the support of all the affected parties is not in the best interest of anyone," he said.

Fletcher said the blue-ribbon panel will report to him with its recommendations by Sept. 1, allowing time to build support for any proposal before the 2006 session convenes in January.

Officials acknowledged that some exercise riders might still go uncovered.

"I'm sure there are going to be some folks — less than what we had previously — falling through the cracks, and that's why we need the solution in '06," Fletcher said.

Tom Ludt, a member of the state Horse Racing Authority, said many exercise riders are employed by particular trainers and thus should be covered under workers' comp.

A few exercise riders are independent contractors and go from trainer to trainer, Ludt said, and those riders can purchase workers' comp coverage for themselves.



photo by Jamie Howell
Prestonsburg's Sean Leslie (33), Jesse Chaffin and Brooks Herrick (2) defended Thursday night against East Ridge's Kyle Fletcher.

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FLOYD COUNTY Lifestyles



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Yes, Virginia, somebody
does want your data

see pg. B7

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This Town, That World

Editor's Note: For years, Floyd County Times founder and former publisher Norman Allen wrote a weekly column that looked at Floyd County through his eyes. His columns are being reprinted due to request.

1, 2, 3, 4, ETC

I am very, very thankful that I edit a weekly newspaper. If this were a daily newspaper, I would haul off and say some of the things I sometimes feel like saying without taking time to sleep on the matter. As it is, in most cases I have time to decide I might make a bigger jackass of myself than usual...Even a moron should be able to count to ten.



Norman Allen

FOUND ON THE DESK:

An unread proof of type that went into the paper two weeks ago...A copy of a newspaper I was looking for several days ago and which I vowed had been deliberately swiped...A notice from the sheriff of an adjoining county saying I owe his county 45 cents in taxes, and that I have till March 1 to pay...Oh, well! If that "propitiously" isn't worth any more to his county than it was to me, we all will be the loser, and take it, brother, good riddance, good luck, etcetera.

OUR CONGRATULATIONS

Saw "Uncle" Mart Crabtree, of Estill, in town Tuesday (March 3), and he remarked that on March 2, 1902 he and Miss Josie Crowe were married at Tracy City, Tennessee. Fifty-seven years!—think of a man, or a woman, being able to remember the exact date after all that time, when most people can't remember their birth date after they're 50.

Kentucky Civil Defense is using a good slogan, trying to convince the public it could happen here. It reads:

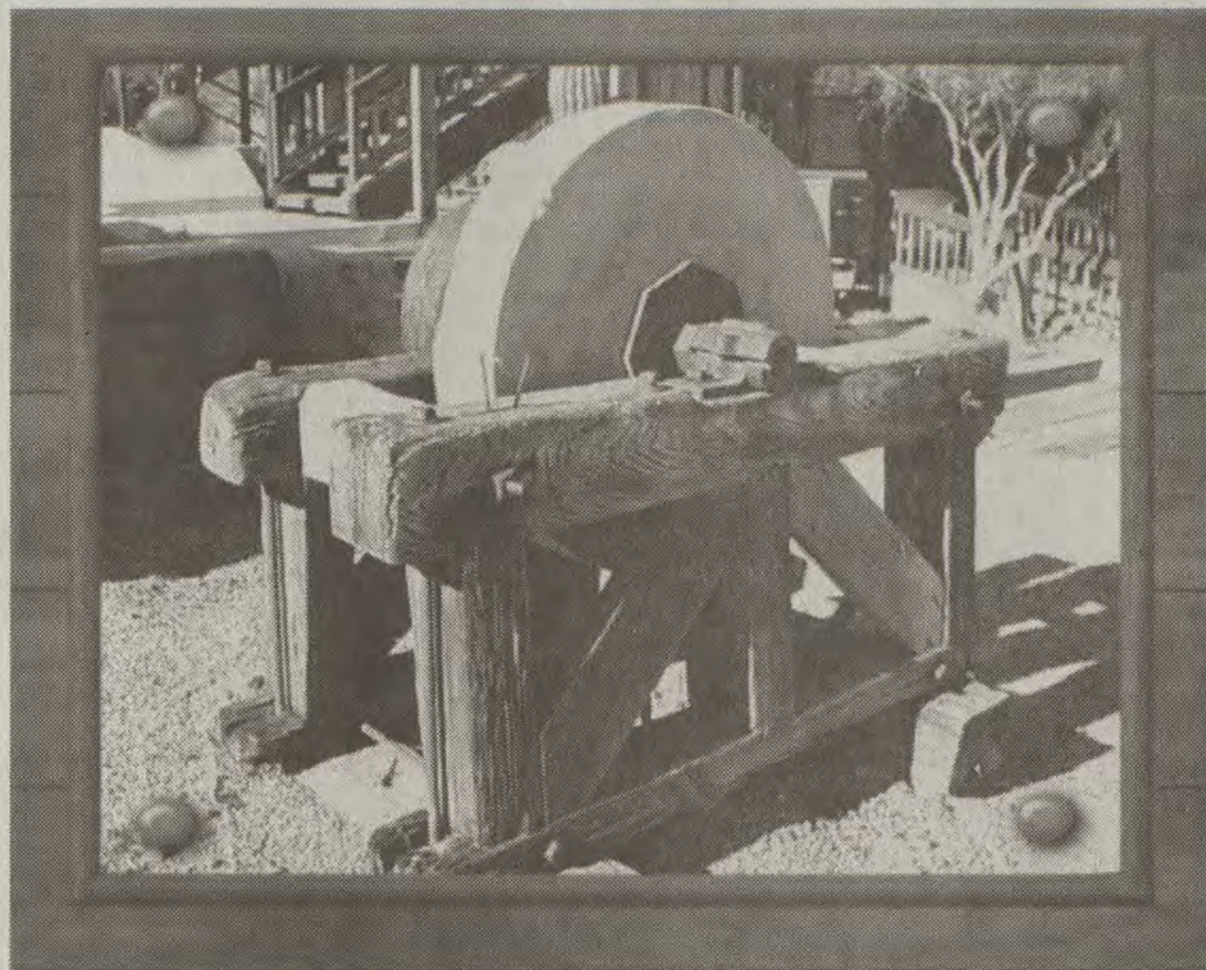
"Remember: It wasn't raining when Noah built the ark."

AFTER ALL THAT

A friend of mine is down in the dumps—"way down. His car came off wearing multiple scars of battle after a collision with another, and the fact that he wasn't at fault helps not at all. Here's the step-by-step post-collision record of his activities:

1. Filled out State Police report of accident.
2. Filled out report to insurance company that issued his driver-

(See THIS TOWN, page seven)



A grindstone, similar to the one the author sharpened tools on as a young boy.

Why Daddy Sold Old Betsy

by Ralph Hall

~ Chapter 12 ~ Daddy's Old Grindstone

Daddy was a mason by trade. Which is to say he cut rocks out of a cliff to build rock walls. In the late thirties, he helped cut rocks to build a wall in front of the new high school at Wheelwright. I have heard him say many times how hard he had to work. Daddy worked on the W.P.A., a government program of that day. He worked for ten cents an hour, making one dollar a day. A dollar went a long way back in those days.

The year was 1941 and I was five years old. Mutt was two. Our daddy made a grindstone from a rock he cut out of a cliff. As I grew older, I used that grindstone many times to sharpen tools. I always kept the tools sharp. The ax and weed cutter, I kept very sharp. I never knew when I might need one of them to make some money for the movies.

One day, Aunt Cindy wanted me to cut weeds on the creek bank behind her house. So I got the "weed sickle" and headed out for the creek bank to cut those weeds. Aunt Cindy always wore a bonnet (a bonnet was a head dress with a large bill and a piece of cloth on each side that ladies would tie in a bow under their chins). Well, that day Aunt Cindy had on her bonnet, plus an apron that tied around her waist. As I worked in the hot sun, she would come out to keep check on me. "Oh, boy, Ralph!" she would say, "It sure is a hot day!"

Then she would pick up the tail of her apron and begin to fan herself with it. Aunt Cindy was a rather large woman and I guess the hot weather may have been kinda hard on her. Anyway, as she would head back into her house, she would say, "Now, Ralph, if it gets too hot, you find yourself some shade for a while." I just kept on cutting weeds, though, because all I had on my mind was the fifty cents I would make for the trip to the movies.

Well, as the sun beamed down hard on my head, I saw Aunt Cindy coming with a quart jar of kool-aid. It was in one of those big, green Mason jars. "Ralph, come sit awhile under the shade tree and drink some of this kool-aid, it will cool you down a bit," she said.

Aunt Cindy called me her "hard-working little cotton head boy." She told me that I would grow up to be a good man someday because I didn't care to work. "Good workers grow up to be good men," she said.

As a child, I had many strong women in my life. These women taught me to be strong, also. I had a mother who worked her fingers to the bone, a grandma who ran a hillside farm all by herself, and there was my Aunt Del who never stopped working, and Aunt Cindy, who also worked very hard. All of these women taught me the value of work, and that the reward for work was money. We need more strong women like this in the world today teaching our children the value of work. Strong people produce strong children and as the saying goes, "It takes a village to raise a child." Our little village was full of good, strong people.

I used the old grindstone almost every day to keep our tools sharp. One day, I was splitting wood with the ax and made a "miss lick" and hit my leg

with its blade. Off to the house I went running, hobbling along yelling, "Mother! I've cut my leg with the ax!"

Mother knew just what to do. She got out the bottle of turpentine, and the sugar bowl. Then she mixed the turpentine and sugar together, making a paste that she then applied to my cut. Then she took a piece of old, clean white sheet bedding and tied it around my leg. When she was done, she looked at me and said, "It'll be okay in a few days." And, it was.

Well, there was this other time when Mother said to me, "Ralph, go kill us a chicken for supper." "Get us a good one, now," she called to me after I had gone on my way. Now, back in those days, when we killed a chicken, we would wring its neck. But today, I had decided, would be different. I would use the sharp old ax to chop the chicken's head off. I caught a nice fat chicken and headed with the ax in my hand to the old chop block. I laid that old hen down on the chop block and said, "Now old chicken, this won't hurt one bit." But, that old chicken wouldn't lay still and as the ax went down, away went that chicken! And down went the ax - right on my finger! Again, the day found me running toward my house and screaming to the top of my lungs, crying, "Mother, Mother! I have cut my finger off!"

Well, Mother took a look at it and said, "Your finger is still there, Ralph. I'll go get the turpentine and sugar and bandage it up and it'll be okay in a few days." It seemed like I heard Mother say this to me about every week.

Well, I never tried to kill a chicken that way ever again. It takes a lot of cuts and bruises to grow from a child into a man, and God knows I had my share of cuts and bruises while I was growing up. Chopping wood and

(See BETSY, page seven)

MOVIES FROM THE BLACK LAGOON

'Monster Man'

by TOM DOTY
STAFF WRITER

Monster trucks meet monster movies with this horror/comedy from the makers of "8 Days a Week" and "100 Girls, 100 Women."

This one has a heck of an opening sequence that finds a man's head trapped in a vice while an off-screen presence cranks up the pressure. Just as the head explodes like an overripe melon, the focus switches to a young guy driving along a remote desert highway. A white masked killer bolts out of the back seat and this guy scrams like a banshee as the car goes off road and we soon realize that the supposed killer is an old buddy who is sneaking a ride.



Tom Doty
Staff Writer

The guys, Adam and Harley, are heading to a wedding and each of them harbors feelings for the bride. These fellows are also polar opposites, coming off like a Woody Allen-type neurotic in training while Harley is more of an id obsessed John Belushi type.

While they bicker and bond over the course of the drive, they find themselves in danger when they are stalked by a hulking monster truck which tends to pop up out of nowhere and force them off the road. The locals aren't much help after Harley insults a bar full of them for watching monster truck rallies when he states, "They have got to know that watching a monster truck exhibition is just as bad as buying a velvet painting of Elvis."

A sheriff does get involved but is quickly alienated by Harley and pressures them to get back on the road unless they they want to get tossed into a cell where they will have to change their names to Sally if they want to survive — if you can call that surviving.

Respite comes when they hook up with a hitchhiker named Sarah who makes a play for the shy Adam while making short work of Harley's advances.

Just as this movie hits the one hour mark you remember that this was billed as a horror flick and that is when it turns back that way for one of the most harrowing finales captured on screen since "The Texas Chainsaw Massacre."

Things get ratcheted up when the monster truck driver turns up on foot and takes down Harley while making off with Sarah. Adam has to come to the rescue but he's in for a couple of surprises and the one huge betrayal that should come as a shock to most viewers. The Monster Man turns out to be part of a family and they have big plans for Adam. This sets up a gory finale that features plenty of scares and the most effective use of an over-sharpened No. 2 pencil that I've seen since Stephen Hawking took his SATs.

Horror and comedy are a match made

(See LAGOON, page seven)

A friend's secret

by Christina M. Abt

"CHICKEN SOUP FOR THE ROMANTIC SOUL"

There's a moment in the Disney classic "Cinderella" when the ragamuffin heroine lays claim to her wayward glass slipper, and Prince Charming adoringly sweeps her into his arms and waltzes her away. It's a scene that draws longing sighs from every woman who watches it. Why? Romance! That's what it's all about.

I've often wondered how that intangible sense of true love and romantic devotion makes the leap from celluloid to reality. I know it can happen. I've been around couples married for decades who still glow while sitting side by side, hands lovingly intertwined.

Yet, as the child of divorced parents and a divorcee myself, I also know that the course of true love never runs smooth. In fact, "Rocky Road" might better entitle the majority of marriages I've encountered.

However, recently, a friend of mine told me a little secret — a tale of love that brought tears to my eyes and, I must admit, a little envy to my heart.

Her story wasn't about the latest piece of jewelry that her husband gave her, or flowers he sent, as my friend's husband passed away two years ago, just short of their 50th wedding anniversary. Now, at the age of 70, she is alone, but thanks to her loving spouse, not always lonely.

For tucked away in drawers and cabinets

throughout my friend's home are love notes scripted by her husband. Terms of endearment that he planted as romantic surprises during the course of their marriage. Throughout the years, she saved his sweet inscriptions, often leaving them in their original hiding places, his loving sentiments tenderly playing anew with each rediscovery.

Now that he is gone, my friend's life is a daily challenge of loving memories and sad yearning for this romantic man with whom she shared almost half a century of her life. Yet in her indomitable way, she is continuing on with determination and

enthusiasm. She is healthy and strong and lives each day with an interest in the world around her. She is surrounded by family and friends who support her and a community where she is acknowledged and respected.

Most of all, however, my friend endures with the inner sense that she is loved, truly and totally. Any time she thinks otherwise, all she has to do is open a kitchen drawer, or look in her bedroom nightstand, to find a reminder.

Although somehow I have a feeling that even without looking... she already knows.



Jim Davidson

A checklist for community success

If you will grant me the privilege of coming into your mind for a little while today, I would like to share some thoughts that may really hit close to home. Ever since the days when our nation moved from an agricultural society to an industrialized society, our citizens have been drawn together in what has come to be known as communities. The larger communities, which really tax this definition, are called cities and this is where a large percentage of the American people live today. The real backbone of this nation however, can be found in smaller cities, towns, villages and hamlets with fewer than 100,000 people and most from



5,000 to 50,000 people. While you may disagree, it's been my experience that the quality of life is much better in a smaller community where people know each other, care for each other and work together to promote the best interests of all its people. In most of these smaller communities you will find people who volunteer to help each other with no thought of personal gain. As I have traveled around this country, I have had the opportunity to see firsthand what great communities we have and I have heard stories of the sacrifices that it took to make them a terrific place to live, work and rear

a family. One of the best examples that I have seen in a long time is the small town of Duncan, Oklahoma. This is a community of about 23,000 people, located in South Central Oklahoma, about 90 miles East of Lawton. Several weeks ago I was invited to speak to their Annual Chamber of Commerce Banquet and it was truly a wonderful experience. After reviewing a beautiful publication chamber officials sent me titled, "Duncan: A City Of Character," I decided to devote most of my time to the theme, "A Checklist For Community Success." After a considerable amount of thought, I came up with four key elements that I believe it takes to have a great community. As I share these, please think about your own community and how you might use these ideas to make it an even better place to

live. Just remember this thought, because it's true: the strength of any community can be measured by the number of people who volunteer to do good things for others, without thought of personal gain.

No. 1. GOOD SCHOOLS. One of the things that really impressed me about the Duncan Public Schools are the volunteers who have formed an Academic Booster Club. While athletics is important, parents and school officials understand that academics are what will carry their graduates to long-term success. A couple of other highlights include the fact that 96 percent of fifth graders passed the state writing tests and over 50 percent of Duncan High School graduates have a 3.0 or better grade average. When you contrast this with some communities that have an illiteracy rate of over 50 percent, you begin to understand just how important good schools really are.

No. 2. SAFE NEIGHBORHOODS. This is where good

law enforcement really comes to the forefront. There must be a working partnership between members of the police, fire and other agencies to protect citizens and to make criminals aware that they are not welcome. New industry and people who earn higher incomes are not interested in coming to a community with a high crime rate. The way to achieve this is for criminals to be prosecuted to the full extent of the law.

No. 3. A HEALTHY DIVERSIFIED ECONOMY. When it comes to jobs and the business climate, it's important to understand that the local Chamber of Commerce is the only organization working full time to promote new jobs and a strong economy. That's its sole purpose. A good indication of a healthy economy is NEW CONSTRUCTION. This past year Duncan had 45 Million Dollars in new construction projects and 17 Million more in new home construction. It's also important for the economy to be diversi-

fied. If just one major employer has layoffs or leaves town, it puts a tremendous strain on the whole community.

No. 4. WARM FRIENDLY PEOPLE. Here I'm happy to say that Duncan has an abundant supply of warm, friendly people and among them are some outstanding leaders. This is one of the reasons why it's one of the fastest growing communities in the state. When people really care about their neighbors and fellow workers, it makes a great deal of difference. Here is something I hope you will think about: "The goal of most leaders is to cause people to think more of the leader, but the goal of the great leader is to cause people to think more of themselves." Your community is important because this is where you live. Volunteer to make it even better.

Jim Davidson is a motivational speaker and syndicated columnist. You may contact him at 2 Bentley Drive, Conway, AR 72034.

Betsy

building fires was a lot of fun for me to do when I was a child and that old wood burning cook stove sure made mighty good soup beans and turned the corn meal from the village mill into awful good cornbread. It was just too good to think about.

The cook stove had a reservoir on one end of it that held about six gallons of water. As we cooked on the stove, the heat from the stove heated up the water in the reservoir. We used the hot water to wash dishes and for taking Saturday afternoon baths before we headed down to the movie house to take in a show. Well, let me tell you about our Saturday baths. We would bring the old washtub into the house - it always hung on a sixteen penny nail that had been driven into the wall on our back porch. The old cook stove heated the water that we would pour into the big old round washtub after we carried it into the house. After we had filled the tub, I would jump in, grab a bar of the old homemade soap that I had helped Mother make, take a small cooker and wet myself down real good and then start at the top of my head, rubbing with that bar of homemade soap. It was unbelievable how much dirt one small boy could collect in one week's time. I always came out real clean looking, but pretty much every time I ever got out of that tub, I would hear Mother say, "Ralph, did you wash behind your ears?" Always, I would answer, "Yes, Mother," but most times I would think to myself, "Who is ever going to see behind my ears, anyway?" I always had a bowl haircut and no one could even see my ears, let alone see behind them. Dangest thing ever was, I thought, that Mother worried so much about the back of my ears. Almost made me wish I was Mister Peanut because he doesn't have any ears.

Since we only took a bath once a week since we didn't have much hot water, what do you think happened if you didn't get the first bath? Well, in that case, you got one anyway, in the same tub of water! All they ever did was pour in a little more hot water. But, no matter if you were second, or even third, you still came out clean as a pin. And not a one of us kids ever died from getting the second bath. Through the week, we only washed our hands and faces before we went off to school each day. No one ever told me that I looked dirty, because all of us kids at school all looked just alike - bowl haircuts, brogan shoes, overalls, etc. Almost every one of us looked just like Lil' Abner, who lived in "Dogpatch," in the funny papers, or as some others would

say, like "Ned in the first."

We had a piece of tin we used to place over the fire place while the fire was burning, we called this piece of tin a "blow george." This is what we did: We would shake ashes from the bottom of the grate and in a few minutes, take the blow george down and then get us a very warm house. Old blow george was good to have around on a cold day. There was nothing better, I always thought, than to be snowed in on a cold winter day. No school, no homework, just time to sit around the fire place and make small talk with the family. We might open a jar of Mother's pickled corn, pop some popcorn, or have us a good homemade apple pie, hot from the oven. What I wouldn't give just to be back in that kind of setting just one more time in my life.

Yes, the old grindstone was something else, all right. Me and Mutt used it to sharpen tools. One of us would hold the blade of the ax on the grindstone while the other one turned the stone with the handle that went through its center. The faster you turned the handle, the more sparks you could see fly through the air. We would always have very sharp axes. I know, for I have the scars from the cuts to prove it.

Well, before I go today, let me tell you one more story about a chicken. One day, Mother said, "Ralph, get the lard bucket and go down to the hen house and bring me back some eggs."

Well, I got the lard bucket and headed off to the hen house, just as I had done so many times before. But this time, when I opened the gate, I saw this one big old red hen with about fourteen little baby chicks all clustered around her. Well, I strolled on in and said, "Hi, old hen with all your little baby chicks." I was trying to be friendly, you know. But, that old hen never answered me at all. So, I reached down to pick up one of her babies. Then she started talking, believe you me! She was going, "Squawk, squawk, squawk!" real loud and excited like. Well, I didn't understand her, of course, because I don't speak chicken, so I just kept on looking at that baby chick in my hand. Well, all of a big sudden, that old hen spread her wings as far out as she could get them to go, then she took off right after me - straight as a shot! Well, I dropped that baby chick right now and let out running fast as I could! But that old hen stayed right behind me, with all them baby chicks running right behind her fast as they could go! Well, me, I started hollering again, "Mother, Mother! That old red hen is trying to kill me!"

Mother heard me screaming and ran out into the yard. She cried out, "Ralph! What ever on God's green earth have you done now? I swear to my goodness, one of these days, you're going to cause me to have a stroke!"

As I now think back on those days, that old red hen was the funniest thing I had ever seen. Here she came running, shifting her body from side to side as she ran on those funny looking little legs of hers. Mother ran the old hen back down to the chicken lot and then called to me, "Now, Ralph, you pick that bucket back up and gather them eggs!"

"Don't be bothering them baby chicks anymore and that old hen will leave you alone!" she warned me.

As I walked into the hen house, them old hens in there on their nests were clucking away, like they was telling each other all about my foolishness. I thought that maybe all the noise I had been making had scared them old hens and caused them to lay more than one egg! Well, I had known for a long time that red-headed boys were mean, and now I had found out that you had better leave old red-headed hens alone, too!

Well, the old grindstone stood in our yard until 1985. The frame was about to fall down and Daddy had gone off to live with Jesus about five years prior, so Mother had the old grindstone knocked down and beat up into small pieces that were thrown into old Beaver Creek. I guess those pieces are still lying somewhere on the creek bottom.

There will never be a time like the forties ever again, but if there ever should be, I pray to God that He will let me be a part of it. It is said that you can never go home again, but in my heart, I am always home. Old Betsy, the tater patch, the old grindstone, the fireplace, Daddy, Mother, my sisters, brothers, Aunt Del, Grandma and all those that I loved are all still here with me somewhere in the deepest chambers of my heart. In my heart, and in my memory, we all still chop wood, build fires, tend gardens and bathe in the old washtub. These things are all a part of another world, in another place that is almost too wonderful to even think about. I can never forget them, for how could I? They have all made me into the person I am today. A person with a past as fresh in my mind as if were all only yesterday. The village mill and the old grindstone have both become a part of old Beaver Creek now, and old Beaver Creek still keeps rolling along. And Daddy's old grindstone rests there, on her bottom.

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Continued from p5

Lagoon

in heaven, though humor in horror films has, of late, been purely of the self-referential variety, like the "Scream" trilogy which used humor to constantly remind the characters that they were indeed in a horror movie. Writer/director Michael Davis does a fine job of melding the comedy with the horror while never spoofing his own film. His characters are funny because of their foibles which are consistent. Though there are a few times when you think that the film should have been called "Dude, Where's My Monster Truck?" - witness the scene where Harley tries to siphon gas from a trailer but unknowingly connects the hose into the camper's septic system - the film manages to correct itself and stay on course.

When the horror comes it is a seamless shifting of gears and atmospheric as all get out. This is well achieved by paying close attention to the production design. The house that the monster's family lives in has a fine attention to detail. Suffice to say that, though I've never visited a family of cannibals, I am pretty confident that these people did. The makeup effects are also topnotch

and feature enough last reel gore to make up for its absence during the first hour of the film.

One other thing that this movie gets right is visuals. Everything on display in the first hour of the film is explained during the last half-hour and will have many viewers kicking themselves if they weren't paying attention. Those visuals include such diverse elements as a bar full of people who are missing limbs to a hearse that shadows our characters for a few scenes and then seems to vanish.

Twitchy camera work also helps here and is well employed during one set piece where Adam braves a rest stop bathroom from hell only to find that the putrid stall he's in is all that stands between him and the Monster Man, who has stopped by to answer the call of nature.

A cast of unknowns also ups the ante here as they are talented enough to sell their characters but unrecognizable as stars so anyone can die at any time.

The DVD also features a ton of extras and since this is no longer a new rental you can save a buck while you're at it.

A franchise for Monster Man is in the works with veteran low-budget sequel maestro Jeff Burr (Pumpkinhead 2, Stepfather 2 and Leatherface: Texas Chainsaw Massacre 3) already signed up to make two sequels.

Best line: "If he wanted us dead, he would have Dahmered us already." 2004, rated R.

This Town

responsibility policy.

3. Filled out report to insurance company with which he had a policy covering liability, bodily injury and collision.

4. Filled out form telling insurance company where car would be left for inspection and when it could be picked up.

But what makes him so blue after all this is, he figures that under the terms of his \$100 deductible insurance and the non-responsibility of the guy who hit him, he will have to "fix" his own car.

Continued from p6

Yes, Virginia, somebody does want your data

by FELICIA RICHMOND, SHANE MAYNARD and RICHARD ROE

Does someone want your data from your computer? Yes they do. Because of the technology that is available today many computer users operate in a connected environment. Every day we check email and talk with other people all over the world. That is the truly the greatest thing about the Internet. It allows for communication to occur from any place that is connected to the Internet to any other place in the world that is also connected. The transfer of files and data from your computer to anywhere can happen in a blink of an eye. The danger behind the Internet is that some people want to steal your data. There are many ways to protect your computers from these invaders. No one is ever too safe.

The average home computer provides an unbelievable amount of resources to its users. In a perfect world, the average person could simply have access to their PC and pay their bills, transfer money instantly, share ideas, pictures and other content with friends and family many miles away without complication. This would be the norm in a Utopian society, but as we know; we live in the real world where complications can and do occur.

You need to be aware that whenever you are on the Internet, you are sharing and broadcasting data. This data can be manipulated and used for malicious purposes. Therefore, every computer owner is in danger while on the Internet from Viruses, Spy ware and Adware. Auction fraud and non-delivery of merchandise have been reported to be the two most prominent Internet crimes. Credit and debit card fraud follow at a close second.

Viruses are programs that secretly attach to another document such as an email or another program that is downloaded and runs whenever that document or program is opened or started. Across all products, Microsoft released 51 security advisories in 2004. This number can be broken down to an average of nearly one new security patch per week. Each security patch was in direct response to a specific virus attack. Here are some other interesting virus facts:

- MyDoom at its peak infected 1 out of every 12 emails sent in the USA.
- It is estimated that Personal Computer Viruses cost businesses approximately \$55 billion in damages in 2003.
- An estimated \$20-30 billion in damages were done by viruses in 2002 by and \$13 billion in damages were done in 2001.

In response to these viruses, it is very important that you install an antivirus program and keep it updated regularly. Here are four really respected anti-virus software applications

- McAfee Virus Scan
- Norton Antivirus
- AVG, which is free and can be downloaded from <http://www.grisoft.com/>

Spyware is probably the most commonly overlooked malicious code. Spyware can be put on your computer by simply visiting websites that ask you to install "controls", or they are just uploaded automatically to your computer from the site without your permission. Spyware records keystrokes on your computer and relays the information back to the creator. This is a highly dangerous code, since it can steal pass-

words and/or credit card numbers and other information. There is no way to completely stop Spyware, so it is important that you scan your computer regularly. Many experts recommend that you use several anti Spyware programs to keep your computer free of the dangerous code, because none are absolutely effective. These are some good software programs that we recommend that are also free.

- Spybot Search and Destroy - <http://www.safer-networking.org/en/>
- Microsoft Anti Spyware - <http://tinyurl.com/555xe>

Adware is put on your computer pretty much the same way as Spyware. This type of code constantly allows advertisements to pop up on your computer while you are on the Internet. These programs can actually change your homepage without your consent. Spyware and Adware can also get into your system files and literally destroy your computer. We are fortunate that Spyware removers can also remove many forms of Adware.

It is also wise to make sure when you purchase goods or services on the Internet that you are on a secure Web sites. One way that you can tell if a site is secure is that it has https in the address bar before the URL address. You also need to make sure that these sites use SSL technology to protect your information. If you do a little research on any site you can usually find information on the technology they use to protect your information such as credit and debit card numbers. Also, the site needs to be certified by a reputable certificate granting organization (this is necessary for the site to use SSL). Such organizations include but are not limited to Trust e and Verisign. A secure web site will have a link to a certificate granting organization at the bottom of their web page always.

We would like to recommend some very simple rules for you to follow in order to keep your computer as safe as possible.

1. Maintain a virus checker and keep it up to date.
2. Keep your Microsoft software up to date by installing the latest patches. Check the Microsoft web site for new updates regularly.
3. Do not open Emails unless you know who they are from.
4. Supervise children when they are on the Internet.
5. Make sure you use a password to access your computer. Preferably using a combination of letters, symbols and numbers that is difficult to guess.
6. Run Spyware and Adware scans regularly.
7. Never put your Credit Card Number on a website unless you know it to be secure.
8. Make backups of your files in case of catastrophe.

This column will be appearing weekly to answer many of your computing questions/problems. Just email or call us and we will publish your questions and our response. We will answer your questions as quickly and precisely as possible. This column will be written by Information Technology program students at Big Sandy Community and Technical College that also belong to the IT club. To send us your questions, please email us or call:

Kathryn Miller
kmiller0045@stu.kctcs.edu
(606)886-3863 Ext. 81259

We look forward to hearing from you! Have a great week!



The Floyd County Times Classifieds

Classified Rates: for 20 words or less
 Sunday, Wednesday, Friday, only \$12.00
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 An additional charge of .25 per word for every word over 20
Classified Manager: Tammy Conn, ext. #19

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- **Friday Paper and Shopper, Wed. 5 p.m.**
- **Sunday Paper, Thurs. 5 p.m.**

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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
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- 490 - Recreation
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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
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- 640 - Land/Lots
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- 690 - Wanted To Rent

700 - SERVICES

- 705 - Construction
- 710 - Educational
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- 720 - Health & Beauty
- 730 - Lawn & Garden
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- 740 - Masonry
- 745 - Miscellaneous

- 750 - Mobile Home Movers
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- 760 - Plumbing
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- 780 - Timber
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800 - NOTICES

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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

120-Boats

HAVE YOUR BOAT RECONDITIONED DURING THE WINTER TIME. Install carpet and floor, also refinish paint. **GOBLE'S MARINE** 606-886-3313

130-Cars

For Sale 1994 Toyota Camry XLE, Leather, AM/FM Cassette, All Power, Excellent Condition. Also 1995 Ford Taurus, AM/FM CD Player, All Power, Excellent Condition. Call 886-9695 after 5pm.

160-Motorcycles

For Sale 1993 Ford Crown Victoria, 138,000 miles, \$1,200. call 606-874-0467

1998 Chevy S-10, 2.2L 5-Speed, 100K Miles, Pewter, Chrome Wheels, Ground Effects, CD Player, asking \$2,500 Call 358-9214

1996 Pontiac Grand Am, New Tires, Black, 46K Miles. Call Between 4pm-5pm 886-9894

For sale 1991 Toyota Corolla needs work \$800 firm call 606-886-8339 after 5 pm.

FOR SALE: 1988 Pontiac Bonneville, no title, good for parts. \$600 obo. Call 874-4094.

140-4x4's

FOR SALE: Honda '93 Fourwheeler, Honda '97 300 Fourwheel drive. Looks good and runs good. Call 886-0875.

205-Business Oppt.

Looking For Serious People! 3-5K weekly potential. Training provided. Call 24 hours 1-888-523-5004

180-Truck's

1997 S-10 Blazer 4x4 For Sale. Loaded up, auto, asking \$5,500. Call after 5pm 606-285-304

Wanted used full size pick-ups 1998 thru 2003, will pay cash call 800-789-5301

1994 Chevy S-10, 150K Miles, Red, New Rims & Tires, Can be seen at Mike's B & W. Call 886-1764

EMPLOYMENT

When responding to Employment 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.

210-Job Listing

EverCare, LLC., an agency designed to assist persons with Developmental Disabilities in the Martin, Pike and Floyd County area, is now accepting applications for Full-Time, Part-Time & Temporary employment. Certified Nursing Assistants welcome to apply. Please mail resume to EverCare, Attn. Wilma SLone, PO Box 818, Hindman, KY 41822 606-946-2078

New company establishing business in Eastern KY is seeking a self-starter, who is willing to build a business and share in profits as an **Oil Field Cement Truck Operator.** Must be able to calculate volumes and slurries, and bid and carry through jobs from start to finish. Call Vicki at 877-304-1040 for more info.

Project Engineer - Job Opening with an established Eastern Kentucky Mining Company. Applicant must have experience in surface & underground mining and coal processing, be able to coordinate and direct multiple projects simultaneously, working knowledge of AutoCad, Microsoft Office, including Excel and Word and have current state and federal training certificates. **Please send resumes to: Human Resources Dept., P.O. Box 188, Prestonsburg, KY 41653.** Please No Phone Calls or In Person Calls; interviews will be scheduled during March, 05. An Equal Opportunity Employer-M/F/D/V

Needing a Maintenance Man for Super 8 of Prestonsburg. Full-Time & Competitive Wages. No Phone Calls Please, Apply in Person.

Extencicare is now offering **Tuition Debt Release, Childcare Reimbursement, & Sign On Bonuses for up to \$3,000.** We are currently seeking an **Occupational Therapist or Certified Occupational Therapist in Salyersville, KY.** For additional information contact Jennifer Weimer at 1-800-395-5000 Ext. 8254 or fax 414-908-8626 or email jweimer@extencicare.com

Wanted - Maintenance Technician for an area apartment complex, must have experience, dependable vehicle and own hand tools. Fax resume to Laurel Run Management Group 396 Cave Run Lake Road, Salt Lick, KY 40371. Benefits Available (606) 683-3300

220-Help Wanted

Mountain Manor of Paintsville is taking applications for LPN and CMA positions. Excellent pay and benefits. Apply in person at 1025 Euclid Ave., Paintsville, KY between 8am-4:30pm Monday-Friday.

Medical Secretary Needed to work Mon.-Fri., 9:30-4:30, Prestonsburg and Martin Office, prefer some Secretarial and Billing Experience. Call 886-1714 or 285-9000

Nurse Practitioner/Physician Assistant-An Eastern Kentucky Hospital has an opening for a full-time Family Nurse Practitioner/Physician Assistant to work collaboratively with a Physician to provide mental health services in the surround-

ing community. The ideal candidate must have a minimum of 3 years of mental health experience. This is an excellent opportunity for a highly motivated energetic and creative individual to work autonomously in a community-based setting. The salary is negotiable and is linked to an attractive benefit package. Interestee candidates should forward resume to: **The Floyd County Times, P.O. Box 390, Prestonsburg, KY 41653 E/O/E**

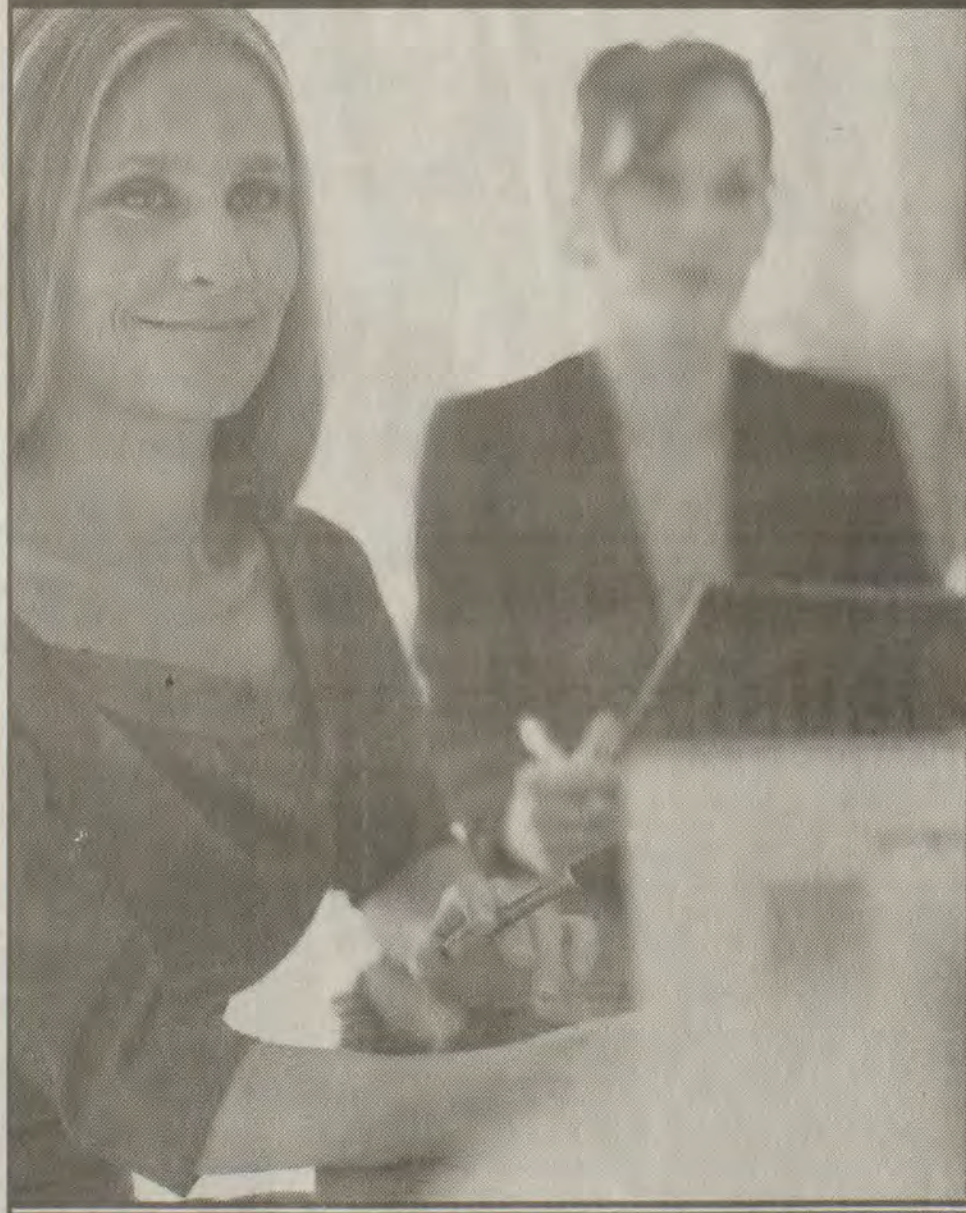
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CUSTOMER SERVICE SPECIALISTS provide courteous, efficient service to customers responding to inquiries, accurately obtaining or providing information and initiating problem resolutions. To qualify, you must hold a high school diploma or equivalent, be able to communicate well and type at least 30 words per minute. For MANAGEMENT POSITIONS, call center experience is preferred.



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410-Animals

For Sale: 3 Saddle Mares & Horse Trailer, Call 874-4478

445-Furniture

Almar Furniture Big Selection of Living Room, Dining Room, Bedroom, Washers, Dryers & Much More. 606-874-0097

Solid Wood Office Desk For Sale. Call 789-6320 or 367-1506

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480-Miscellaneous

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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

530-Houses

For Sale: 2-Story, 3 BR, 2 Bath Home Conveniently located between Prestonsburg & Paintsville on Route 1750, Built 1997; 2 Car Insulated Detached Garage, Plus Lots of Parking. Large Yard; Private Country Setting! Nice! Call after 6pm 886-0571

For Sale: 4 BR, 1.5 Bath on Rt. 1750; Price \$134,900 "Make Offer"! Call Sharon Craft at American Way Realty 886-9100

570-MobileHomes

1996 Clayton Mobile Home-14x70 3 BR, Hardwood Floors, Dishwasher \$9,500 must be moved. 874-5534

Winter Clearance Price on New 32x76 Norris 4 Bedroom 2 Bath, Over 2,300 Sq. Ft., Living Room, Den, Stone Fireplace, Wall Oven & Microwave, Cook Top, SBS, Island Kitchen, Oak Cabinets, Computer Center + \$1,000 Tax Relief Refund Through February. Call 1-800-406-5274

Final clearance 2004 lot models and 2005 models now available! If you are serious about purchasing a new home you need to be with experienced staff to get the right home at a great price. The Home Show-South William son, Inc. US 119, Belfry, Ky. 41514 606-353-6444 or toll free 877-353-6444

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RENTALS

610-Apartments

Duplex For Rent: 2 BR Central Heat & Air, Total Electric, Excellent Condition. On US 23 North, 1 Mile From Prestonsburg, No Pets. Call 889-9747 or 886-9007

For Rent in Prestonsburg on N. Arnold Ave. Upstairs 1 BR Apt. with private entrance. Furnished including utilities & TV. \$500 per month + \$500 Deposit. Call 886-6460 or 226-2399

1 & 2 BR Apartments on KY 321 between Highlands Hosp. & Davis' Market. Central H/A, W/D Hook-up, \$325 per month + \$200 Dep. Call 789-5973

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ADMINISTRATIVE ASSISTANT

Human Resources Department System Center - Hazard

Resumes are being accepted for the position of Administrative Assistant at the Appalachian Regional Healthcare System Center Office in Hazard, KY. This position will provide administrative support for the ARH Executive Director of Human Resources and departmental staff.

We are seeking an administrative professional with an Associate's Degree or equivalent and several years of experience as an executive secretary or administrative assistant. Proficiency in Word, Excel, PowerPoint and other Microsoft office applications, Dictaphone transcription, and a typing speed of 70 wpm are required. Candidates must possess proven independent decision making skills. Strong written and verbal communication skills are necessary as is the ability to handle multiple tasks in a fast paced environment. This position has frequent contact with ARH leadership, staff and union employees, and must handle communication at the highest level of professionalism and confidentiality. Experience in a healthcare human resources setting is highly desirable but not mandatory.

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Please send detailed resume with cover letter to: Marilyn Hamblin, System Professional Recruiter, Appalachian Regional Healthcare, PO Box 8086, Lexington, KY 40533; e-mail: mhamblin@arh.org; FAX: 859-226-2586. EOE

www.arh.org



Appalachian Regional Healthcare The Medical Centers of the Mountains

REFRIGERATION MECHANIC

McDowell ARH Hospital McDowell, KY

Appalachian Regional Healthcare is seeking candidates for a full time Refrigeration Mechanic for the McDowell ARH Hospital in McDowell, KY. This position is responsible for performing maintenance and construction tasks related to refrigeration, air conditioning, and heating.

Requirements include high school diploma or equivalency and four (4) years of experience in the refrigeration, air conditioning and heating field. Combinations of technical school, apprenticeships, on-the-job training will be considered as experience requirements. Successful candidate must obtain a Refrigeration Recovery Certificate within 6 months of employment and must pass an EPA approved test and be certified.

Excellent compensation and benefits package. For application information, please contact: Human Resources Department, McDowell ARH Hospital, Route 122, PO Box 247, McDowell, KY 41657. Telephone: 606-377-3400, Ext. 333. EOE

www.arh.org



Appalachian Regional Healthcare The Medical Centers of the Mountains

HOME SERVICES ASSOCIATE

ARH Division of Home Services Hazard, KY

The ARH Division of Home Services is accepting resumes for the position of Home Services Associate at the not-for-profit healthcare system's home health agency in Hazard, KY. Reporting to the Director of Durable Medical Equipment, the successful candidate will coordinate and assist with activities of the ARH HomeCare Store/Agency to include maintenance and preparation of financial spreadsheets, reports and records.

Requirements for this full time position include high school graduation or equivalency with at least two years of business and inventory experience. A college degree and two years experience in a healthcare setting are preferred. Travel will be necessary and relocation may be required—excellent advancement opportunity.

Please send resume to or contact: Lisa Cornett, ARH Division of Home Services, 100 Airport Gardens Road, Suite 5, Hazard, KY 41701 or call 606-439-6952; e-mail: licornett@arh.org. EOE

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Reds, RHP Ortiz avoid arbitration, agree to \$3.55 million contract

THE ASSOCIATED PRESS
 TAMPA, Fla. — The Cincinnati Reds and right-hander Ramon Ortiz reached a one-year, \$3.55 million deal on Friday, a few hours before their scheduled arbitration hearing. The agreement also includes a \$4.55 million club option for

2006, with a buyout of up to \$250,000 depending on how Ortiz does this year. Ortiz had requested \$4 million this season, while the Reds offered \$3.45 million. Reds general manager Dan O'Brien praised Ortiz for his willingness to reach the agreement. "It takes two to make a deal,"

O'Brien told reporters at the Reds' spring training camp in Sarasota, where Ortiz reported with other Cincinnati pitchers this week. "We're very happy to have it behind us, and we can go on about our business." Ortiz concurred, saying he wants to make a fresh start in Cincinnati.

"I'm very happy," Ortiz said. "I told my agent, 'Try to finish my contract, because right now I only want to think about baseball.'" It was baseball's final scheduled arbitration hearing for this year. Of the 89 players that filed for arbitration this year, only three went to hearings. Team

owners won two of them. It was the fewest number of hearings since major league baseball began using arbitration. The Reds plan to use Ortiz in the starting rotation. They obtained him in a trade with Anaheim on Dec. 14. The Reds sent right-hander Dustin Moseley to the Angels.

Ortiz, 31, alternated between the starting rotation and the bullpen for the Angels last year. He went 5-7 with a 4.43 earned run average in 34 games, including 14 starts and 20 relief appearances. Prior to 2004, Ortiz started in all 123 of his big-league appearances.

Prestonsburg Junior Basketball



PEE-WEE DIVISION TEAMS



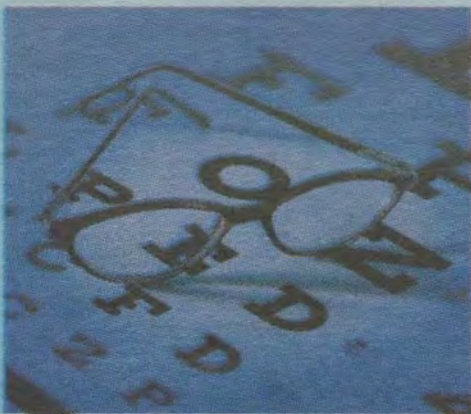
February 20, 2005



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Supplement to
The Floyd
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2005



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The neurosurgery program will be expanded over the next few months bringing new procedures and the most innovative equipment to our facility.

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Daily Arthritis Symptoms Plague a Population in Pain

(ARA) - Despite tremendous advancements in treatments available for rheumatoid arthritis (RA), a nationwide survey by the Arthritis Foundation shows that nearly 70 percent of people currently receiving RA treatment still experience pain, stiffness and fatigue on a daily basis. Results also reveal that more than one-third rank their quality of life with RA at only a five out of ten. To identify unmet needs of the RA community regarding treatment options and quality of life, the Arthritis Foundation, in collaboration with Harris Interactive, surveyed 500 adults with RA. The most common medications used to treat RA include disease-modifying antirheumatic drugs (DMARDs), such as leflunomide or methotrexate, and biologic response modifiers (BRMs), such as etanercept, adalimumab, anakinra and infliximab. While half of the people surveyed report that some symptoms, such as joint pain, stiffness, and swelling are reduced by medication, 49 percent report they continue to change their daily household activities as a result of their arthritis. This survey brings to light the need for aggressive research in the treatment of rheumatoid arthritis, a disease affecting more than 2.1 million Americans, says Dr. John H. Klippel, president and CEO, Arthritis

Foundation. It is a clear indication that we still have a great deal of work to do to improve quality of life for people with RA when more than one-third of the people surveyed feel their condition affects their ability to control their own future or perform daily activities, in spite of taking their medication. The Arthritis Foundation encourages people with RA to play an active role in their treatment by asking their physicians about the latest treatments available, as well as promising new research on the horizon. Despite significant improvements in treatment for RA over the past 10 years, the survey also found that among those affected by the disease: * More than 50 percent are extremely concerned about their ability to take care of themselves or the likelihood of becoming disabled in the future* The two most important factors in possible new treatments for RA are that the medication relieves pain more completely or provides longer periods of relief from their pain* The top three concerns about RA treatments are the potential for long-term consequences for overall health, an increased risk of infection, and inadequate relief of fatigue* Nearly three-quarters are very or extremely interested in having their treating physician tell them about new RA

therapies * Nearly two-thirds are very or extremely interested in having their treating physician tell them about new RA clinical trials for which they might qualify and spend more time explaining RA medications. These findings clearly show that patients desire more information and heightened communications with their treating physicians, says Dr. Eric Ruderman, medical advisor to the Arthritis Foundation and assistant professor, Feinberg School of Medicine, Northwestern University. This represents a call-to-action to the healthcare community to expand our dialogue with patients about current treatments, discuss new RA clinical trials and keep them abreast of emerging research, such as different approaches to impact the immune cell interaction in RA. Arthritis is the nation's leading cause of disability, costing the U.S. economy more than \$86 billion annually. RA is an autoimmune disease in which the body's immune system attacks healthy joint tissue and causes inflamma-

tion and joint damage. The disease often persists for many years, typically affecting many different joints throughout the body, and causing damage to the cartilage, bone, tendons and ligaments of the joints. RA affects women three times more often than men, primarily in the childbearing years of a woman's life. For more information about steps you can take to improve your quality of life with RA, contact the Arthritis Foundation at (800) 283-7800 or visit www.arthritis.org. The Arthritis Foundation offers free information, materials and access to iRA Connect, an interactive online community and comprehensive resource created by and for people living with rheumatoid arthritis as a creative means to connect with others who have been touched by the disease. Courtesy of ARA ContentEDITOR'S NOTE: The survey mentioned in this article was conducted by Harris Interactive, Inc. on behalf of the Arthritis Foundation through a grant from Genentech, Inc. and Biogen Idec.

Public Health, libraries partner for Children's Dental Health Month

FRANKFORT — National Children's Dental Health Month is being observed throughout February at participating libraries throughout the Commonwealth in partnership with the Department for Public Health. At these libraries, children will receive free toothbrushes as rewards for attending special oral health programs and reading books about oral health.

"We must raise our children's awareness of good dental health habits, such as brushing and flossing daily, for our children," said Dr. James Cecil, Oral Health Program Administrator in

the Department for Public Health. "We want these children to have better oral health than previous generations of Kentuckians and appreciate libraries in helping us with this vital goal."

According to a 2001 Kentucky Children's Oral Health Profile, in which 5,603 third and sixth grade children in Kentucky's public schools were screened, 28.7 percent had untreated tooth decay. A 2002 survey from the federal Centers for Disease Control found that 42.3 percent of Kentuckians 65 and older have lost all their natural teeth.

Toothbrushes were provided to requesting

libraries by the Kentucky State Oral Health Program within DPH. The Kentucky State Oral Health Program funds, conducts or otherwise facilitates programs or activities in the following areas: dental screening; dental sealants; early childhood caries/baby bottle tooth decay prevention; fluoridated community water supplies; fluoride supplements (tablets/drops); fluoride varnish; needs assessment/oral health surveys; oral health education/promotion; spit tobacco cessation; and community water fluoridation.

Some libraries may be hosting special events.

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Public forum on gaps in health insurance to be held in Prestonsburg

FRANKFORT — A public forum aimed at learning more about the problems Kentuckians face with health insurance has been set for Tuesday, Feb. 22, at 6:00 p.m., in the Johnson Building on the campus of the Big Sandy Community and Technical College in Prestonsburg.

Part of a series of public forums on the problems of the under- and uninsured being held in the state's 15 Area Development Districts (ADD), the meeting will feature a brief presentation on the scope of the problem in Kentucky and the five counties in the Big Sandy ADD, then focus on the work now underway to study the problem and propose and advance solutions. To make attendance more convenient, food will be served.

In 2003, according to population projections from the State Data Center and county-level estimates of the uninsured from The Lewin Group, a national health research organization, the average uninsured rate for the five counties in the Big Sandy area stood at 18 percent in 2003, the highest rate registered among ADDs. Martin County had the highest rate of uninsured in the ADD and the fourth highest rate in the state at 19.4 percent, while Pike County had the lowest at 16.2 percent. By contrast, uninsured rates in the state's urban triangle were the lowest in the state. The highest rates were found in southeastern counties where ADDs averaged an uninsured rate of 18 percent and a dozen counties registered even higher rates.

These estimates show that approximately 27,358 people in the five-county area of the Big Sandy ADD had no health insurance in 2003.

Overall, the U.S. Census Bureau estimates the state's rate of uninsured at 14 percent in 2003 compared to 15.6 percent nationally, a rate which has climbed steadily since 2000. Kentucky's rate of uninsured, on the other hand, has fluctuated in recent years, rising in 2002 and 2003 but remaining

consistently below the national average throughout the 1990s and into the early part of this decade.

In its annual economic report for 2003, the University of Kentucky Center for Business and Economic Research reported that Big Sandy ADD employers offered 80.3 percent of eligible salaried and 82.9 percent of eligible hourly employees individual health insurance in 2002. An estimated 84.4 percent of salaried employees participated in the health insurance plan offered by their employer, compared with 78.4 percent of hourly employees, the third lowest participation or take-up rate among hourly employees found among the ADDs.

The second lowest percentage of eligible salaried employees were offered dependent coverage in the Big Sandy ADD (77.0 percent), while 82.2 percent of hourly employees were offered dependent coverage. Employers contributed significantly lower percentages of the cost of these benefits, but 63 percent of salaried employees, the highest rate found among all the ADDs, took advantage of the availability of these benefits. Similarly, 51.6 percent of hourly employees purchased dependent coverage, the third highest take-up rate found among the ADDs.

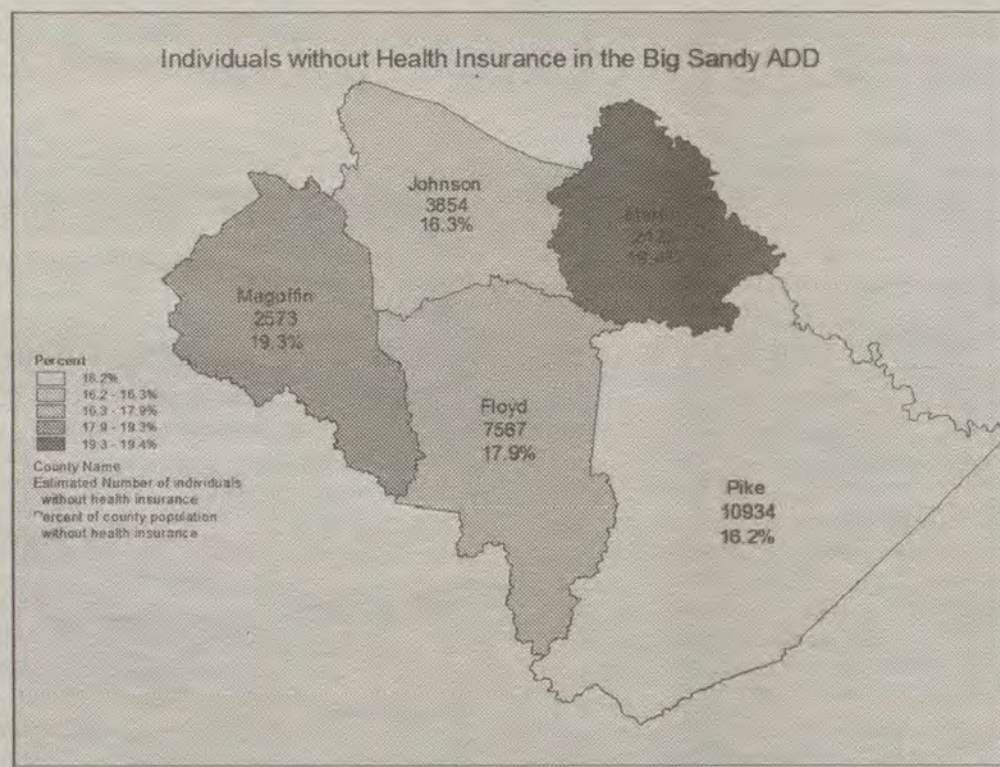
The Kentucky Health Insurance Research Project is funded by a federal state planning grant from the Health Resources and Services Administration, which facilitates state-level responses to the problems of the uninsured. The University of Kentucky's Center for Excellence in Rural Health based in Hazard, Kentucky, is the principal recipient of the grant, working in partnership with the Kentucky Long-Term Policy Research Center, a state agency, and the University of Louisville's Center for Excellence in Urban Health.

A multidisciplinary team from these institutions will examine the scope of the prob-

lem of under- and uninsured through large- and small-group meetings; statewide surveys of the general population and small businesses, which are far less likely to provide health insurance; and an analysis of the economic cost of uninsured. Additionally, the project will analyze policy options available to the state and propose strategies for increasing access to health insurance. Research consistently shows that people without health insurance are more likely to postpone attention to health care needs or forego them altogether.

"This research project will give our state an important foundation of knowledge about the scope of the problem of uninsured here and give us the opportunity to identify workable strategies to help us address these gaps in health care," said Professor Michael Samuels, principal investigator for the project and an endowed chair and distinguished scholar in rural health at the University of Kentucky's Center for Excellence in Rural Health. "Our overriding goal, one that is shared by citizens and policymakers alike, is that of bringing more and more people into the ranks of the insured where they can get the health care they need when they need it and avoid costly health consequences. In turn, they will become more productive members of our communities and enjoy a higher quality of life, something all of us benefit from."

For further information on the public forums, contact Michal Smith-Mello or Suzanne King at the Kentucky Long-Term Policy Research Center at 800-853-2851 or 502-564-2851. Should you have special needs and wish to attend the forum, please contact Ms. Mello or Ms. King at least seven days in advance of the meeting. The full schedule of public forums and more information about the study are available at the Center's web site at: www.kltprec.net/news.htm.



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Nutrition label know-how Recognize the signs of a heart attack

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The food label isn't a federal conspiracy against the public. It was actually designed so you could effectively and easily consume a healthy diet. This information from the U.S. Food and Drug Administration will help you decipher any food label.

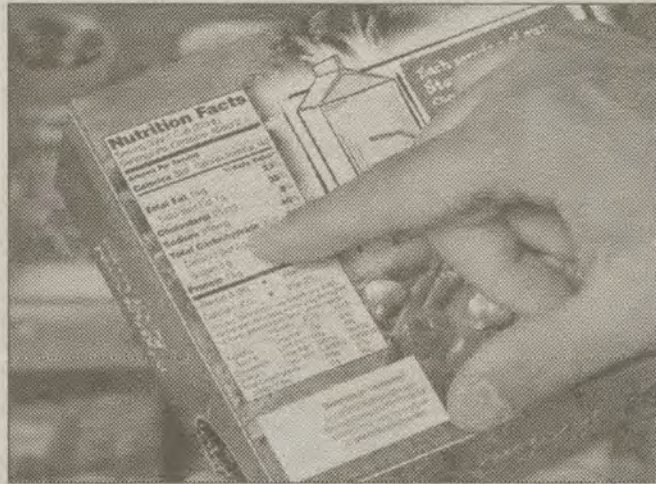
Serving Size: This is the first thing you'll see under the heading "Nutrition Facts." It is listed in units that you'll know like cups or pieces, followed by the metric amount (the number of grams). Pay attention to the serving size, and then consider how many servings you are eating. Those three handfuls of chips could take the serving size through the roof!

Calories and Calories from Fat: The calories on the label show how much energy you get from a serving of this food. Calories from fat means how many calories in a single serving come from fat. Note that the number of servings you eat determines the number of calories you consume.

The guide is based on a 2,000 calories a day diet. So 40 calories is low, 100 calories is moderate and 400 calories or more is high.

Nutrients: This part of the label can help you both limit and increase your nutrient intake. Nutrients such as fat, cholesterol and sodium are listed first, in yellow, and are items that people should limit. Words in blue or below a black bar, such as vitamin A, C, calcium and iron, are items people are encouraged to consume.

You'll also see % Daily Value (%DV) in the right-



Don't get confused over food labels. Understand the labels, and you'll be able to make quick and informed dietary decisions.

hand column of the nutrients' section. These percentages can help you determine which nutrients contribute to your daily recommended allowance. The column doesn't add up vertically to 100 percent because each nutrient is based on 100 percent of the daily requirements for that nutrient. Overall, 5 percent DV or less is low for all nutrients and 20 per-

cent of a nutritionally balanced diet.

Proteins: The %DV for protein only has to be listed if the product is meant for children or infants, or if the product is touted as "high in protein."

Sugars: Sugar doesn't have a %DV because no recommendations have been made by the FDA about the total amount to eat in a day.

Heart pain is nothing to take lightly. Yet surprisingly, 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 from heart-related problems before they get to a hospital, immediate action can prevent many of these tragedies.

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 dis-

comfort in one or both arms, the back, neck, jaw or stomach.

- 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 having a heart attack. Watch what you eat by following a diet low in saturated fat, cholesterol and salt. Keep your health in check by managing your weight; getting regular medical checkups; monitoring your cholesterol and blood-pressure levels; not smoking; and exercising.

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Doctors say kids should skip juice — even the natural kind — and stick with water, milk

by J.M. HIRSCH
Associated Press Writer

Soda in a sippy cup?

Most parents wouldn't dream of it. Researchers say that when a baby's bottle or cup is filled with juice parents might as well be pouring Pepsi.

A growing body of science is linking sweet drinks, natural or otherwise, to a host of child health concerns, everything from bulging bellies to tooth decay.

"All of these beverages are largely the same. They are 100 percent sugar," Dr. David Ludwig, an expert on pediatric obesity at Children's Hospital Boston, said recently. "Juice is only minimally better than soda."

The trouble is that parents who are quick to limit a child's soft drink consumption often overlook or even encourage juice indulgence thanks to the beverage's good-for-you image.

That image can be overstated. Though healthy in moderation, juice essentially is water and sugar. A 12-ounce bottle of grape soda has 159 calories. The same amount of unsweetened grape juice packs 228 calories.

The \$10 billion juice industry maintains that a conclusive link between its products and obesity has yet to be established, but researchers say sugar is sugar, and sweet drinks of any kind must be consumed with care.

Overuse of juice is a relatively recent phenomenon. Before the rise of soda, juice and other sweetened drinks during the latter half of the 20th century, water and milk were children's primary beverages.

In a nation where nearly a third of chil-

dren are either overweight or at risk of becoming overweight, health officials now say high-calorie beverages have little place in a young child's diet.

"With the possible exception of milk, children do not need any calorie containing beverages," Ludwig says. "What is needed to replace fluid loss and satisfy thirst is the same beverage we've been drinking for millions of years, and that's water."

The danger of juice is that too much can throw off the balance of calories and nutrients children need, according to Dr. Terrill Bravender, director of adolescent medicine at Duke University Medical Center.

In very young children, too much juice cuts the appetite for nutritionally superior breast milk or formula. In older children, it often supplements other foods, potentially adding hundreds of excess calories.

Part of the problem is that the calories in juice are so concentrated. Just half a cup of apple juice has 60 calories, the same as a whole apple, but without the fiber that makes fruit filling.

In 2001, the American Academy of Pediatrics issued guidelines saying fruit juice should not be given to children younger than 6 months, and that there is no nutritional reason to give it to them before their first birthday.

After that, juice is optional, though the group favors whole produce and urges parents to limit juice to 4 to 6 ounces a day for children up to 6 years old, and to no more than 8 to 12 ounces for older children. Experts say pudgy children should avoid juice altogether.

Those guidelines concern the juice industry, which markets 6 3/4-ounce juice boxes

and bags to kids. Children drink about a quarter of all juice consumed, according to the U.S. Department of Agriculture.

Carol Freysinger, executive director of the Juice Products Association, says some producers have felt an impact since the pediatric guidelines were released, but she wouldn't elaborate.

She is critical of doctors telling parents to eliminate juice, saying it gives a bad name to a healthy beverage and could prevent people from getting important nutrients juice offers.

Despite the guidelines, 60 percent of 1-year-olds drink juice, averaging 11 1/2 ounces a day, according to 2002 USDA data. That's up from 57 percent less than a decade before.

The USDA also found that more children younger than 1 are drinking juice, up from 35 percent to 39 percent, though they are drinking less of it.

While juice can be a healthy way to occasionally get picky children to consume more fruit, researchers say using it too often can exacerbate bad eating habits by training kids to prefer something sweet.

Dr. William Dietz, with the division of nutrition and physical activity at the Centers

for Disease Control and Prevention, says parents need to be firm. Caloric beverages can blur that line.

Kimberly Kwitkiwski, a mother of twin 2-year-old girls, has found a middle ground. She is careful about her daughters' sugar intake, but since Jade and Jillian won't drink straight water, she spikes it with a few ounces of low-sugar juice.

Over the course of a day, the Hooksett, N.H., woman's children get only about 4 or 5 ounces of light juice.

Despite her vigilance, Kwitkiwski says it's easy to be confused by mixed messages, especially on product labels. She wonders how many parents realize "no added sugar" doesn't mean "low sugar."

Ludwig also is critical of juice marketing efforts, saying parents are easily misled into thinking they are making healthy choices. He was particularly critical of one bagged juice beverage's claim that it "hydrates kids better than water."

"This is an example of how children's diets can be perverted by the unbridled actions of the food industry when it places private profit ahead of public health," he says.

UK offers free prostate screenings

LEXINGTON — University of Kentucky Markey Cancer Center will offer free prostate cancer screenings from 4:30 to 6:30 p.m. March 16. Registration is required.

The free screenings are made possible, in part, through the support of Toyota Motor Manufacturing Kentucky Inc.

Prostate cancer is the second most common cancer in men, and most cases are diagnosed in men over the age of 40. To qualify for screening, men must be age 40 or older, must not have been screened for prostate cancer in the past year, and must never have been diagnosed with prostate cancer.

Because of their increased risk for the dis-

ease, men with a family history of prostate cancer and minority men age 35 or older are also eligible for the free screenings.

The screening will be held in the Whitney-Hendrickson Building, UK Markey Cancer Center. To register or for more information, call UK HealthCare at (859) 257-4488 or (866) 340-4488.



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It's never too late to get in shape

According to The National Institute on Aging, less than one-third of Americans over 55 are physically active. But those who have adopted a regular exercise program are living longer and enjoying their years to the fullest.

In fact, regardless of age or state of health, older adults can significantly slow the deterioration of both body and mind by engaging in regular cardiovascular exercise and strength training. Research shows that older adults who exercise have a lower risk of coronary heart disease; lower risk of hypertension; decreased blood pressure; control of late-onset diabetes; relief for arthritis pain; increased bone density; reduced risk of fractured bones; better balance; ability to avoid accidental injuries; maintenance of personal independence; and can engage in active activities such as skiing, running and cycling.

Trainer and track competitor Bill Collins is proof that an active lifestyle promotes good health throughout your life. At age 53, Collins holds the world age group record in the USA Masters Outdoor Track and Field Championships as well as the 200-meter record in three different age groups. He's won 10 World Masters titles and more than 70 American Masters crowns, and he hasn't been beaten in years! His world records in the

100, 200, and most recently, 400 meter races, make him the fastest runner alive for his age. No one in his age group anywhere in the world has run as fast.

Collins should inspire anyone who leads a sedentary lifestyle, especially older adults who, at 50, are slowing down or feel it's too late to start an exercise program. Collins has no intention of slowing down. Presently, he is only a 1/2 second off his best running time achieved at age 18. In fact, he ran faster at age 50 than when he was 40 — thanks in part to a healthy exercise plan.

EXERCISE PROGRAM TIPS

For those who are older like Collins and want to get in shape, the American Academy of Family Physicians offers these tips for starting an exercise program:

- Wear comfortable, well-fitting clothing and sturdy shoes with good arch support and an elevated and cushioned heel to absorb shock. Collins friends call him "X-man" for the CW-X Performance Conditioning Wear tights he wears. It's a new technology that allows runners of all ages to maximize their performance because it supports muscles and joints and reduces fatigue. Collins wears them while running, biking, and hiking. For

more information, visit www.cw-x.com.

- Check with your doctor first, then start slowly with exercises you are most comfortable with. You'll be less likely to injure yourself, and you will prevent soreness. Start with walking. As you become used to it, you can increase the intensity of your workout.

- Engage in some type of aerobic activity (walking, swimming or bicycling) for at least 30 minutes every day and resistance or strength training two days per week.

- Warm up for five minutes before each exercise session by walking slowly or stretching. Cool down with more stretching for five minutes (longer in warm weather).

- Don't exercise if you feel under the weather, have a cold, the flu, or another illness. Wait until you feel better. If more than two weeks pass, be sure to start slowly again.

- If your muscles or joints are sore the day after exercising, you may have overexerted yourself. Next time, exercise at a lower intensity.

- If pain or discomfort persists; if you have chest pain or pressure; have trouble breathing or have excessive shortness of breath; are light-headed or dizzy; have difficulty with balance; or feel nauseous while exercising, talk to your doctor.



At age 53, trainer and track competitor Bill Collins proves that staying active is crucial for maintaining proper fitness and good health no matter how old you are.

Make healthy eating a pregnancy priority

Once you find out you are pregnant, there are many changes that you must make to your lifestyle. It is important to make the care of your growing baby a priority — this small person is relying on you as his lifeline. This includes stopping the consumption of harmful substances, such as alcohol, cigarettes and drugs (prescription, over-the-counter or illegal) during the duration of your pregnancy term. It also means nourishing your baby with healthy foods, full of the vitamins and nutrients he needs to develop properly.

Healthy eating may seem like a no-brainer to many moms-to-be, but sometimes it isn't as easy as it seems. When contending with raging hormones, a waning appetite or crazy cravings, making sure you are eating enough of the right foods may not be high on your list of priorities. But it should be.

DIET ROADBLOCKS

Sure, you know you're supposed to eat your vegetables and adhere to a healthy diet, but you can barely get down dry crackers

and water, right? Don't worry, even though your baby is growing quickly and requires a variety of nourishment during your pregnancy, sometimes it's impossible to follow a strict pregnancy diet. Many factors affect what and how you eat in the weeks to come. Rest assured that with the help of prenatal vitamins and the fact that often these symptoms come and go quickly, it is possible to take in enough healthy foods to feed your growing wonder.

The following are some healthy diet obstacles you may face and how to overcome them:

Morning sickness: Many women experience morning sickness during their pregnancy. Better termed "all-day sickness," this feeling of queasiness or vomiting can occur any time of the day or night, and usually persists through the first trimester of your pregnancy. Morning sickness can definitely put a stop to your best-laid plans of a well-rounded diet. Even if you are able to eat and enjoy foods, they just may not stay down very long!

Food aversions: Maybe you

loved a meal of chicken parmigiana before you were pregnant, but now the thought of the Italian delight has you running for the bathroom. Pregnancy hormones do strange things to a woman, including affecting her appetite and her choices in foods. The foods you once loved may no longer seem appealing and vice versa. If certain healthy foods repulse you, look for other tolerable options.

Food cravings: You've heard of women eating pickles and ice cream while pregnant, right? No matter how strange this food combination may seem, cravings are quite common during pregnancy, but may not always be this extreme. You may feel a certain affinity to a food and you need to eat it over and over. Some experts believe a woman craves the foods her body needs most, like citrus fruits, which are good sources of vitamins and antioxidants. Others believe that cravings lack explanation, except to be once again attributed to raging hormones. Many cravings are similar, including dairy products, carbohydrates

and fruits. The key to conquering cravings is to try to substitute healthier versions. Indulge in a low-fat frozen yogurt instead of an ultra-premium ice cream. Or just eat the food you crave in moderation.

Anything goes attitude: Many moms-to-be adopt a philosophy that they can eat as much of whatever they want when pregnant; hey, they're going to gain weight anyway. However, this attitude can be dangerous to you and your fetus. Pregnancy does not give you the "free pass" to overeat. Gaining excessive weight can tax your heart, increase your chances of getting diabetes and put a strain on your fetus as well as make it much more difficult to give birth in a natural and healthy way. Plus, it will be that much more difficult to shed those extra pounds post-delivery. Although you're "eating for two," that extra person is small and only requires about an additional 300 calories per day. Do the math — that does not equal an entire cheesecake!

SO WHAT SHOULD I EAT?

Following the normal dietary guidelines you are accustomed to will help you keep on track. Grain products, vegetables, fruits, protein foods, and milk and milk products will give you the nutrients you and your baby need.

- Grain products provide carbohydrates, your body's main source of energy. Choose 6 to 11 servings of whole-grain or fortified products such as whole-wheat bread, cereals, brown rice or pasta.

- Fruits and vegetables provide important vitamins and minerals, as well as fiber to aid digestion. Choose at least three vegetables and two fruits every day, including a juice or fruit rich in vitamin C, such as an orange.

- Protein foods, such as meat, fish and dried beans, are crucial for your baby's growth. Choose 3 to 4 servings per day. One serving equals 2 to 3 ounces of lean meat, poultry or fish, or one egg. If you are a vegetarian and don't eat any animal products, be sure to eat tofu and other soy products, dried beans and nuts, as well as a variety of grains daily.

- Milk and milk products help build your baby's bones and teeth. Choose 3 to 4 servings a day of low-fat milk, yogurt or cheese, or calcium-fortified soy milk and other soy-based products if you are a vegetarian or are lactose intolerant.

- Sparingly eat sweets and fats as they can accentuate your growing waistline even further. Plus, limit your salt intake, which can cause water retention and swelling in the body.

Also, be sure to check with your doctor about the foods that should be avoided at all costs. Many will advise steering clear of processed meats, like cold cuts or hot dogs, which can contain bacteria and preservatives that can make you ill. Many seafood products are off limits because they may contain mercury or bacteria as well. Some natural foods and herbs are also on the no-can-do list. Your health-care provider can tell you more.

With a little knowledge, patience and appetite, you can feel secure that you are adequately feeding the new life growing inside of you.

Heart failure: Are you at risk?

More than a half million Americans will be diagnosed with heart failure this year, and the number of people suffering from the syndrome is expected to double during the next few decades as the U.S. popula-



tion ages. So the chances are good either you or someone you know will one day be diagnosed with heart failure.

If allowed to progress without treatment, heart failure has a great impact on quality of life and can shorten life expectancy. In the United States, it is the single most frequent cause of hospitalization for people over age 65, and more people die from heart failure than from all forms of cancer combined. It is the only cardiovascular disease on the rise.

Although the word heart failure has an ominous ring, it does not mean that the heart has stopped or is about to stop suddenly. Heart failure means that the heart is not pumping blood as well as it should through its chambers to the rest of the body. Heart failure is a common condition that can be caused by a heart attack, long-term high blood pressure, a heart valve abnormality, a viral infection of the heart or a genetic condition that runs in families. Sometimes the exact cause of heart failure is not known.

In its advanced stages, heart failure limits a person's ability to do even simple everyday tasks; but new treatments can be very effective in slowing and stopping the progression of the disease and in some cases can even reverse the process. The key is early diagnosis and treatment. People with risk factors such as high blood pressure, blockages in their coronary arteries, damaged heart valves, family history or diabetes should ask their doctor about their risk of developing heart failure.

No matter the initial cause, the effect tends to be the same. The weakened heart must work harder to keep up with the demands of the body and this is why people with heart failure often complain of feeling tired and why they develop symptoms of congestion.

Other symptoms of heart failure include:

- Shortness of breath, which can happen even during mild activity
- Swelling in the feet and legs from fluid retention (results in weight gain)
- Cough with frothy sputum
- Difficulty breathing when lying

down which may waken you from sleep at night

Although heart failure can be a serious and progressive disease, individuals with heart failure can live active and fulfilling lives with proper intervention and treatment. Once diagnosed, it's important to work with your health care provider to develop a treatment plan and to follow it. Proper medications in the right doses, careful monitoring and self-care are the basis of effectively managing heart failure.

Better understanding of the disease has led to development of new treatments and management strategies — from medication to implantation of devices to surgery.

In addition to taking medicines exactly as directed, persons with heart failure should:

- Weigh themselves every day
- Follow a low-sodium (salt) diet
- Get regular physical activity
- Quit smoking
- Avoid alcohol or drink sparingly
- Control body weight
- Monitor symptoms and learn when to consult a doctor or nurse

Friends and family members can help by learning about heart failure and the patient's treatment plan.

The Heart Failure Society of America has taken the lead in developing a series of modules on heart failure because education plays such an important role in helping patients manage their care successfully. By reading these modules, patients and individuals at risk can learn more about medications they are taking, following low-sodium diets, the importance of remaining active, managing their feelings, and learning how to evaluate treatments available.

All educational materials developed by the Heart Failure Society of America (HFSA) for patients, families, and individuals at risk can be found on the HFSA Web site: www.abouthf.org. Copies can be downloaded, or a complimentary hard copy can be ordered.

The Heart Failure Society of America is a nonprofit organization of health care professionals and researchers who are dedicated to enhancing quality and duration of life for patients with heart failure and preventing the condition in those at risk.

Did You Know?

Serious consequences related to lack of sleep include problems with concentration and memory, behavioral, learning or social issues, frequent infections, blurred vision, and the inability to tolerate stress. That's why you should aim to get between 7 and 8 hours of sleep each night.

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Get the facts to fight flu symptoms

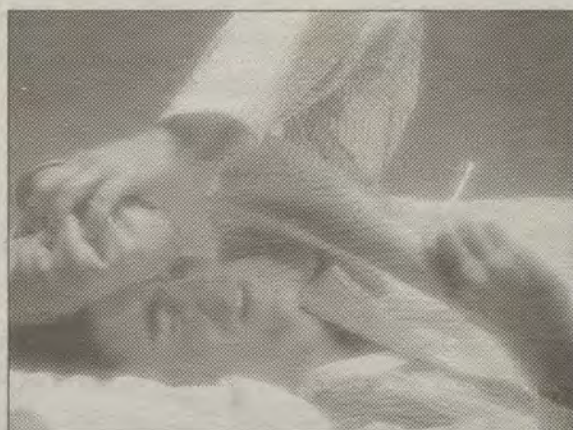
As the temperature drops and flu season arrives, people like you are starting to worry about getting sick — with good reason! With this year's major flu vaccine shortage more people may come down with the flu and it is important to get the facts about fighting flu symptoms.

If you do get the flu this year, you won't be alone. Experts say the flu, which is caused by a contagious respiratory virus, afflicts millions of people each year and it has already begun to take its toll this season. In an average year, 5 to 20 percent of the population gets the flu, and this season 28 states have already reported flu activity.

As luck would have it, the holidays fall right in the middle of flu season, which can begin as early as

October and end as late as May. If you get sick over the holidays, knowing how to treat your symptoms early can prevent the spread of illness to friends and family.

The first step to effectively treating symptoms is to distinguish between flu and cold symptoms since they can easily be confused. According to the Centers for Disease Control (CDC) with the flu, symptoms such as fever, body aches, extreme tiredness, and coughing are more common and severe. Colds, however, are milder and more likely to cause a runny or stuffy nose. Those who do come down with the flu may suffer from a range of symptoms, including high fever, headache, extreme tiredness, cough, sore throat, runny or stuffy nose, muscle aches and even nausea, vom-



iting and diarrhea.

Now that you know what the flu symptoms are, the second step is to be aware of how and when the virus can be spread. Droplets from coughing and sneezing spread the flu by person-to-person contact or by touching your nose or mouth after coming in contact with a

surface that had the virus on it.

People can pass the flu along even before they realize they're sick. "Once symptoms start, it is important to treat them with over-the-counter medications — they make you feel better and can help to prevent the spread of the flu," says Dr.

Holly Atkinson. Advil Flu and Body Ache, for example, relieves body aches and pains, fever, headache and nasal congestion associated with the flu. To help prevent the spread of the flu, Robitussin DM helps people with coughs that are more frequent and non-productive stop coughing. If you have a cough plus other flu symptoms, Robitussin Flu treats the cough and symptoms like headache, fever and body aches.

In addition to over-the-counter medications, the following tips may help you fight the flu this year:

- n Get lots of rest and avoid physical exertion
- n Drink plenty of liquids
- n Avoid using alcohol and tobacco
- n Rub ointment on and around a nose that is red and

raw from sniffing

n Use a humidifier in your bedroom and take hot showers to clear a stuffy nose

n Have some chicken soup — it has been proved to have a clinical benefit

n Dress in layers; when you feel warm remove a layer or two, and when you feel chilly, layers can be easily added

n Stay home and treat your symptoms to prevent spreading the flu to others

To find out when cough, cold and flu are in your area, sign up for Cough, Cold & Flu Alerts at www.robitussin.com and get \$1 off any Robitussin product. For more information on Advil and Robitussin or the flu, talk to a doctor or pharmacist, or visit www.advil.com and www.robitussin.com.



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Doctors fight fat with prescriptions ordering specific exercise routines

by J.M. HIRSCH
Associated Press

CONCORD, N.H. — Take two hikes and call me in the morning.

It may sound like an unusual prescription, but it's an increasingly common one at a hospital where physical fitness is part of doctor's orders for patients battling obesity.

The effort is the result of an unusual partnership between physicians and hiking enthusiasts. Just a few months old and already earning praise, the program involves several dozen doctors writing detailed, albeit symbolic, prescriptions for getting fit and then giving patients trail maps to accomplish it.

"The idea is to make a more specific explanation," said Dr. Charles Brackett, director of the program at Dartmouth-Hitchcock Medical Center in Lebanon, N.H.

"You can say, 'Walk this trail near your house twice a day,' as opposed to, 'You're supposed to exercise more.'"

That personalization is key. In weight-obsessed America follow-through on fitness and nutrition can be as much a problem as ignorance.

Studies show that the more concrete a doctor's advice, the more likely a patient is to heed it. While Dartmouth-Hitchcock's prescriptions aren't technically real, the hope is that the format makes the advice hard to ignore.

It made the difference for Gloria Beattie, a 72-year-old woman for whom Brackett prescribed fitness in December. Winter weather so far has kept her off the hiking trails, but the prescription motivated her to get on her treadmill.

Before that, the overweight woman got little

exercise, adding to her existing health problems. She already has lost 12 pounds and is eager for spring so she can head outdoors.

"It had a big effect," she said of the prescription. "If no one says anything, you just keep letting it go. But if they talk to you and explain why you need it ... you finally come to the realization that exercise is really the thing that you need."

Using the power of the prescription pad to encourage physical fitness isn't new, but in general medicine it is rare.

Though so-called exercise prescriptions are widely used by doctors at obesity clinics, the practice hasn't caught on with general practitioners.

Few primary care doctors talk about fitness and weight loss at all with patients, even obese ones, said Dr. JoAnn Manson, chief of preventive medicine at Brigham and Women's Hospital in Boston.

That's because the medical community has been slow to address lifestyle as a means of disease prevention, said Manson, co-author of a report urging doctors to counsel patients on exercise and weight control.

"A prescription for exercise may be the most important prescription a physician writes all day," she said.

"If a prescription for medication could reduce the risk of heart disease, stroke, Type 2 diabetes and osteoporosis by 40 percent, everyone would be clamoring for it. Well, a prescription for brisk walking has the potential to do just that."

More than half of American adults aren't active enough, and a quarter do no physical activity at all, according to the

Centers for Disease Control and Prevention.

Few doctors have embraced this approach for the same reason so many of their patients aren't out doing laps: lack of time.

The pressures of a busy practice leave many doctors little time to chat about fitness. But Manson says it's either find a way now, or spend much more time with the patient later dealing with the health consequences of obesity.

Brackett thinks he has found a way.

At Dartmouth-Hitchcock, exams of overweight and sedentary patients end with the doctor writing fitness advice on a prescription-like form, then offering a booklet of trail maps and a pep talk about physical activity and good health.

Total time: two to three minutes.

Doctors also can ask patients to buy pedometers (\$4 from the receptionist) and check a box on their charts to arrange for a student from Dartmouth Medical School, with which the hospital is affiliated, to make a follow-up call in a month.

Eventually, the hospital hopes to offer maps of more advanced trails so patients can progress to more challenging walks. The first map focuses on easy, level, sometimes even paved, hikes and paths.

The goal isn't to tell people to work out, but to work in physical activity, said Wally Elton, executive director of Upper Valley Trails Alliance in White River Junction, Vt., the hospital's partner in the program.

So far, the program has cost only about \$14,000, including printing costs and Brackett's time. Much of that has been covered

with a grant by Upper Valley Trails, with help from the National Parks Service.

Dr. Cedric Bryant, chief exercise physiologist for the American Council on Exercise, said programs like this are badly needed because efforts to get Americans to treat exercise as recreation rather than a lifestyle generally have

failed.

He says a doctor's intervention could make a tremendous difference.

It's too soon to tell how much of a difference Dartmouth's program will make. The clinic's doctors are still getting used to giving the advice, and the medical students have only begun follow-up calls.

But Dr. Mike Jensen, a

board member of the North American Association for the Study of Obesity, said no matter how small the effect, the effort will be worth it.

"The cost of what they're doing is practically nothing," he said. "So even if it only works in 5 percent of the people, that's a huge benefit because the cost is nothing."

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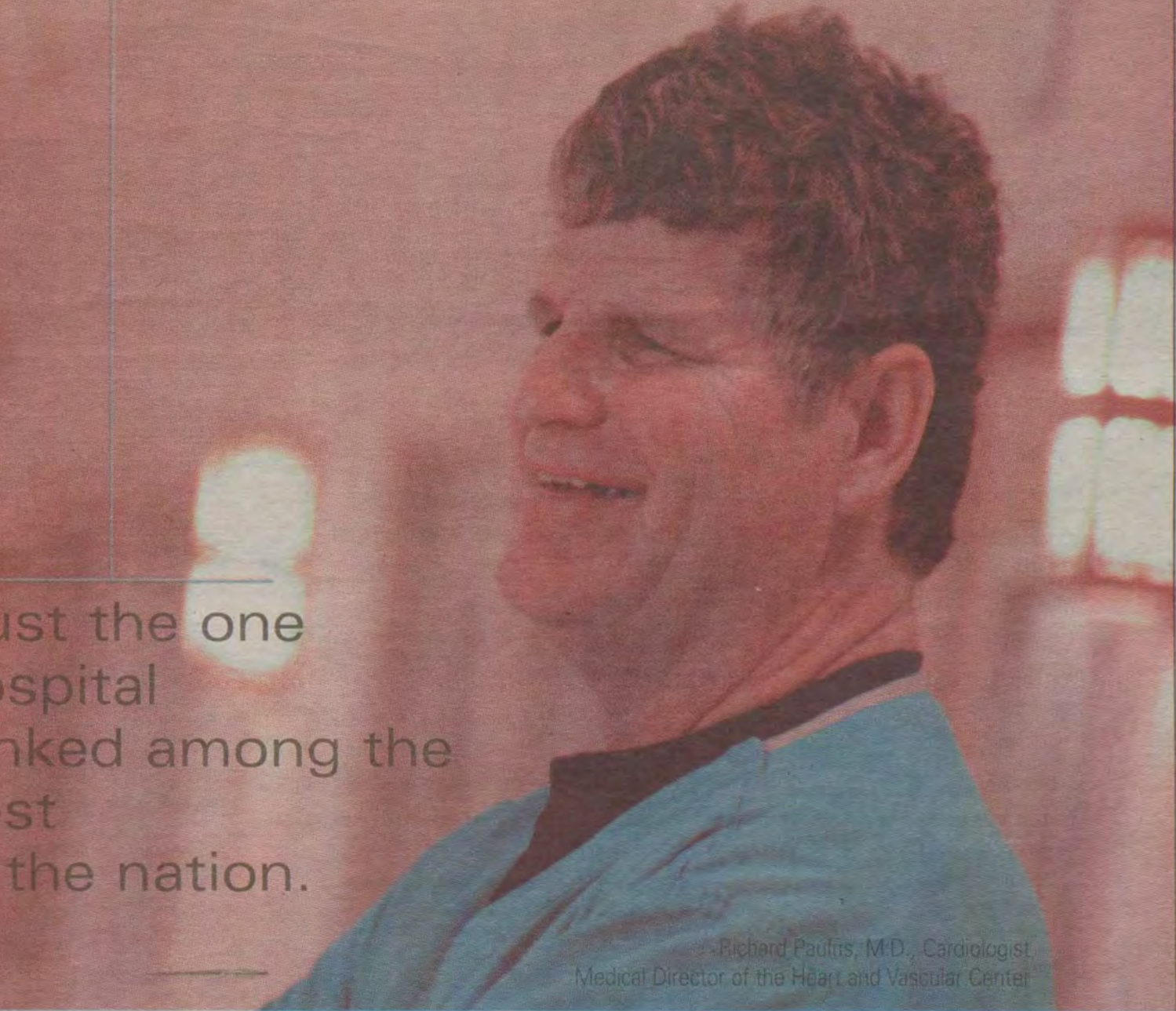
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