

Regional Roundup

Man in black holds up bank

PAINTSVILLE—A robber with a preference for the color black robbed a branch of the Citizens National Bank at gunpoint Tuesday. State police said a white male wearing a black wig and mustache, black jacket and black jeans entered the bank branch at Richmond Village at about 10:38 a.m. yesterday, and demanded money after producing a small handgun. He fled the scene in a black car, with about \$4000 in cash. The car was recovered a short time later in Paintsville. The case is under investigation by the Kentucky State Police and the Paintsville Police Dept.

Brothers die in airplane crash

BEDFORD, VA.—Two Martin County men were killed Friday, when they crashed into a mountain 30 miles northwest of Roanoke. Kevin Calloway, 22, of Lovely and his brother, Duwayne Douglas Calloway, 29, of Inez took off from the Big Sandy Regional Airport at about 5:30 p.m. Friday on what was scheduled to be a 2-1/2 hour flight. A search began Saturday morning, when Kevin Calloway failed to appear for work Saturday morning. The four-passenger Cessna 172 was spotted at about 9:45 Sunday, off the Blue Ridge Parkway in Bedford. Searchers from the Virginia Air Patrol were able to reach the crash site a short time later. (Lexington Herald-Leader)

Man shot twice, in two separate incidents

MAGOFFIN COUNTY — A Magoffin County man reportedly suffered two gun shot wounds in separate incidents Tuesday after instigating conflicts with acquaintances, according to a county sheriff's report. Carl Fletcher suffered the initial wound at 10 a.m. when he allegedly attacked Wanda Gibson with an ax, chasing her through Marcella Keeton's house. Gibson retrieved a .22 caliber pistol and shot him once in the left hip. He was transported to Paul B. Hall where he was treated and released.

At about 4 p.m. that same day, Fletcher returned to Keeton's home and fired his gun several times into a vehicle driven by Keeton. One bullet grazed the head of Danny Gasparac, a passenger in the car. Gasparac then reportedly returned fire, possibly wounding Fletcher in the shoulder area with the shotgun. Fletcher then retreated into a nearby wooded area and managed to elude police. (The Salyersville Independent)

Magoffin man sentenced by US District Court

According to Assistant United States Attorney Thomas L. Self, Jack Brent Crace, 26, of Salyersville was sentenced to one year imprisonment based on his plea of guilty to the charge of aiding and abetting the distribution of one pound of marijuana. Crace pleaded guilty on Dec. 5, 1989, to one count of aiding and abetting Motorman Oney in the distribution on Feb. 23, 1989, from the residence of Oney near the Millard-Hensley Elementary School in Magoffin County. He was ordered to be placed under supervised release for four years, following his release from prison.

Sloane announces Senate race

Jefferson County Judge-Executive Harvey Sloane made a whistle-stop in Prestonsburg Tuesday, announcing his candidacy for US Senate in 1990.

Speaking from a truck bed in a municipal parking lot in Prestonsburg, Sloane focused his address on economic and educational issues facing working families in Eastern Kentucky. He noted the need to diversify the region's economy, as coal loses its dominance in the region.

He also stressed the need to continue support for the efforts of the Appalachian Regional Commission, which has assisted in building highways and basic infrastructure in Eastern Kentucky.

Of key importance, said Sloane, is removing current Sen. Mitch McConnell from office.

"Mitch McConnell has canceled out the fine work of Sen. Wendell Ford for too long," said Sloane. "I say let's have two Democrats out there, pushing for Kentucky. Remember, it's the working people who have the votes and heart of Kentucky."

Sloane officially kicked off his



HARVEY SLOANE

campaign Monday night at a rally in Marlow's Palace in Pike County. He plans to head for Ashland tonight to continue a nine-day campaign announcement tour.

Lordy, Lordy
Ken is 40!
Happy Birthday
 Love, Sis

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 "Floyd County Time's"
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Catch ends 3/31/90

Boone Exhibit set for Frankfort

On Friday, June 1, 1990, the Kentucky Historical Society will open a new exhibit: "The Legend of Daniel Boone: The First Frontier Hero." The exhibit will celebrate the life and legend of Daniel Boone (1734-1820). Fifty artworks and illustrations of Boone and more than 25 artifacts attributed to him will explore the facts and fakes of "Booneabilia."

To celebrate this opening, a Wilderness Day Festival will take place on the Public Square surrounding the Old Capitol from 3 to 7 p.m. Visitors will be able to experience the sights, smells, and sounds of the frontier.

Crafts, demonstrations, period performers, pioneer games, and a street dance are among the many activities planned for this lively event. A projected rain date for the celebration is June 3, from 1 to 5 p.m.

Wilderness Day is another in the continuing series of "Old Fashioned Family Days," sponsored by the Kentucky Historical Society. This event, as well as the exhibit, is free and open to visitors of all ages.

The Old Capitol and History Museum are open 9 a.m. to 4 p.m. Monday through Saturday, and 1-5 p.m. Sunday.

Fire District (Continued from Page 1)

Representatives from the Martin Senior Citizens requested funding to expand their facility. Several senior citizens expressed gratitude for the Martin program, noting how the facility provides a place for activity and companionship for area seniors. Stumbo agreed to examine the need for expansion.

Billy Arms of East Point questioned the authority of the Court to buy vehicles for county work purposes, citing a 1986-87 state report which allegedly set limits on the Fiscal Court authority.

Hammond responded, noting that the court is constitutionally responsible for "...looking after the general business of the county."

"We have a system of representative democracy here," said Hammond. "I don't think citizens in the county don't want the magistrates to work on their roads. They've elected their magistrates to represent them and I can't think of any better system."

Mrs. T.A. Combs of Langley, speaking for the Langley League for Community Improvement, requested information about the county's garbage cleanup program, stating that her community group would like to assist in the pickup. Stumbo noted that the program would be held between May 14-26.

Haley Caudill, representing the Wheelwright High School's Journalism Class, also announced her class's

interest in joining in the cleanup.

Several resolutions were passed during the meeting. The Floyd County Clean-N-Green program was adopted, to run between May 14 through May 26. County equipment and personnel will work to pick up litter and debris around county roads and creeks.

A final settlement on the audit conducted for former Sheriff Henry Hale was accepted by the court. It was noted in the audit that Hale failed to publish an annual financial statement as required by Kentucky statute. Some \$58,243 in excess fees from the Sheriff's Department was presented to the county by auditor Mike Spears.

A portion of Crum Branch Road on Arkansas Creek was moved by the court to be deleted from the county road system, at the request of Coal-Mac Coal Co., who purchased the section of roadway. A final decision on the road will be made at the next Fiscal Court meeting.

The court also agreed to void a check written to Pikeville Ready Mix for \$694.

In final discussion, Magistrate Gerald DeRossett stated that he did not wish a county vehicle to be purchased for his use (see related story).

Present at Friday's meeting were Judge Stumbo, and Magistrates DeRossett, Jackie Owens, Betty Caudill and Erma Tackett.

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New Vehicle

(Continued from Page 1)

DeRossett noted that negative publicity given to the vehicle purchase and the response of his constituents affected his decision not to accept the use of a county vehicle.

"It really got blown out of proportion," said DeRossett. "People were talking that we were getting Cadillacs or something. That was never in my mind. I just wanted something to work the roads."

DeRossett said the magistrates met privately last Friday to discuss the situation, and he and magistrates Caudill and Tackett decided not to request the use of a vehicle. Owens, said DeRossett, still wanted one for official use in District 2.

"I'll probably be the one to use this truck the most... I can serve the people in my district better with this."
Magistrate Jackie Owens

The magistrates agreed to sign a directive to Judge Stumbo, authorizing the purchase of a single Blazer from Music-Carter-Hughes in Prestonsburg, valued at \$16,983. DeRossett also noted he had worn out two vehicles and was working on a third, since his election to magistrate.

"These were never intended for our private use," said DeRossett. "They were just to give the county

better service. But like I said, I don't want people to think I'm taking taxpayers' money."

Owens said he realized he would receive criticism for his decision to take a county vehicle, but noted that the need for the vehicle, rather than media criticism, prompted his choice.

"You can't let radio stations and the papers affect your vote," said Owens. "When I started in my district, there was a tremendous amount of work that was needed, because we were eight to 10 years behind on other districts. We've done a lot and are coming up, but there's still a lot to do. This truck will be used solely for the county, to serve the county."

Currently, Fiscal Court owns about 26 pickups, Wagoneers, and cars. Twelve of those are listed for use by the Sheriff's Department, one is used by Judge Stumbo, and one is available for use by the county road crew foreman.



Rice, Wright to wed

Mr. and Mrs. Marvin Rice of Allen, announce the forthcoming marriage of their daughter, Janet, to Michael Wright, son of Mr. and Mrs. Ronald Wright of Printer. The wedding will be solemnized at the Lancer Baptist Church at 4 p.m. on Saturday, March 24. The gracious custom of open church will be observed. Refreshments will be served in the reception hall following the ceremony.

Nursing workshop planned at MSU

Diagnosing problems in infants, toddlers and preschool children is the subject of a workshop set for March 28-30 at Morehead State University.

The two and one-half day session is sponsored by MSU's continuing education program for nursing and allied health care professionals, state Cabinet for Human Resources and Department of Health Services Maternal and Child Health Division.

Participants in "Pediatric Assessment II" will learn to perform a systematic neurological and musculoskeletal nursing assessment and to differentiate between normal and abnormal findings as related to these systems.

Applicants are asked to bring a Denver kit, reflex hammer and a tuning fork to the workshop.

Nancy Frodge, nursing instructor at Maysville Area Vocational School, will teach the workshop. She is ANA certified in maternal care health.

Cost of the workshop is \$90 which includes refreshments and handout materials. The program begins at 8:30 a.m. each day and closes at noon on the last day. It is set for the Adron Doran University Center.

Nurses attending the session will receive contact hours as approved by the Kentucky Board of Nursing.

Additional information is available from MSU's department of nursing and allied health sciences at 783-2632.

Use ipecac wisely, pharmacist advises

In conjunction with Poison Prevention Week, parents are advised to keep on hand the non-prescription medicine syrup of ipecac to induce vomiting in case children accidentally eat or drink a poisonous material.

Parents should have a one-ounce bottle of syrup of ipecac for every child in the household, according to Jim Rotsart, vice president of professional operations for Revco Drug Stores. However, Rotsart cautions that the medication should be used only on the advice of a physician or pharmacist.

Rotsart explained that syrup of ipecac is an emetic, a substance that removes potentially toxic agents from the stomach by inducing vomiting.

Prepared from ipecac powder, a natural product derived from a tropical plant, the syrup contains two substances that cause vomiting.

In children over one year of age, the recommended dose of syrup is one tablespoon. Children under one year may be given one to two teaspoons, Rotsart said.

Ipecac does not work well if the stomach is nearly empty, he added. Therefore, he recommends that one or more glasses of water be given immediately after the ipecac to distend the stomach partially.

Vomiting should occur in 15 to 20 minutes, he said. But if it has not occurred, the initial dose of syrup of ipecac should be repeated.

There are instances when syrup of ipecac should not be given. Most important, it should not be given when the swallowed poison is caustic, such as most cleaning compounds, or if the poison contains petroleum solvents or turpentine. If the syrup is given in such cases, the regurgitated material can burn the esophagus, throat or lips on the way up as well as down.

In addition, vomiting should not be induced when the patient is convulsing or not fully conscious, the pharmacist said.

DAJANI JOINS MARH

Rima K. Dajani, MD, board certified in pediatrics and neonatology, began practicing at McDowell Appalachian Regional Hospital on March 12.

Dr. Dajani formerly was clinical instructor of neonatology at Wayne State University, Children's Hospital of Michigan, in Detroit.

The doctor is available for appointments at the hospital in McDowell. To schedule, call 377-3400.

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Southside Mall Mon.-Sat. 10-9. Sun. 1-6.

Weddington Plaza Mon.-Sat. 9-9. Sun. 12-6.

Paintsville Mon.-Sat. 10-9. Sun. 12:30-6.

Courthouse News

MARRIAGE LICENSES ISSUED

(March 12 through March 16)
 Angela Rowe, 26, of Auxier and Christopher Osborne, 21, of Prestonsburg; Naomi Hall, 16, of Prestonsburg and Robert Spradlin, 19, of Allen; Susan Bowman, 45, of Wheelwright and Eugene Skenns, 42, of Melvin; Billie Harrington, 23, of Jasper, Ohio and Earnie Gillian, 22, of Jasper, Ohio; Kimberly Willy, 23, of Prestonsburg and Gerald Hall, 24, of Kite;
 Krinda Flannery, 19, of Martin and Barry Bailey, 19, of Hueysville; Tara Mullins, 19, of Kite and Nelson Reynolds, 22, of Pippa Passes; Stepheney O'Canas, 17, of Price and Jonathan Moore, 27, of Price; Penny Wright, 20, of Highland, Ohio, and Billy Parson, 43, of Highland, Ohio.

PROPERTY TRANSFERS

(March 12 through March 16)
 Henry and Kmealie Keathley to Georgia and Jimmie Salisbury, land on Tolers Creek; Jackie and Janet Cooper to Joe Patton Jr., land on Arkansas Creek; Loretta and McIntire Risner to Alex and Alverta Samons, land on Left Beaver; Albert and Dorothy Osborne to Steve Martin, land at Martin; Loberta Younce to Walter and Janet Hall, land on Abner Fork; Emmett and Jennifer Branham to James and Lizzie Branham, land on Mud Creek;
 Curtis and Billie Owens to Ronald and Diana Owens, land near Garrett; Robert and Glo Hicks et al to Goldie Vincent, land in Wayland; Board of Education of Floyd County to Floyd County School District Finance Corp, land at site of Left Beaver High School; Greeley and Eliza Dotson to Barbara and Graydon Slone, land on Rough

and Tough Fork; Margaret Mosley to May Metal Products, land on Rt. 1428; Harkins Builders, Inc. to Billy and Deborah Slone, land on Daniels Creek; Jim Keathley to Virginia Keathley, land on Beaver Creek;

Clay and Jennifer Allen to Larce and Pearl Lewis, land on Mutton Fork; Jimmy and Georgia Salisbury to Roger and Vanessa McKinney, land on Tolers Creek; First Guaranty National Bank to James Boyd et al, land in Allen; Ronnie and Sammie Hatfield to Samuel and Dara Huffman, land on Levisa Fork; Dorothy and Dingus Johnson et al to Latrilla Flannery, land on Abner Fork; Monroe and Irma Newsome to Garry Newsome, land on Royal Hollow; Betty Phillips et al, James Halbert et al, land in Martin;

Roberta Hawkins to Danny Joe Anderson, land on Left Beaver; Margie Kidd to Susan Howell, two tracts of land on Little Mud; William and Ethel Bailey to Gerald and Linda Johnson, land on Beaver Creek; Calvin and Alice Clay to Eddie Clay, land on Shee Branch of Cow Creek; Dingus and Rita Smith to Dean Smith, land on the Big Sandy; Brown Food Service to Harold and Pluma Stumbo and Branham and Baker Coal Co., land in Prestonsburg.

DISTRICT COURT

Those found guilty in district court following pleas or verdicts were:
 Brian Prater, 20, of Prestonsburg, theft by unlawful taking, probated 30 days; Crit Caudill, 30, of McDowell, AI, disorderly conduct, resisting arrest, probated 30 days and fined \$57; Dave Trimble, 38, of Hager Hill, trafficking in schedule IV drugs (Valium), probated 30 days and fined \$57;

Connie Arnett, 33, of Martin, theft by deception, fined \$47 and required to pay restitution.

SUITS FILED

(Editor's note: Suits filed are not indicative of guilt and present only claims of the person or institution filing the action.)

Roger Staniford v. Kenneth Waggoner, for damages caused in an alleged accident in Sept., 1989, on US 23 in Floyd County. Plaintiff says defendant collided with him, causing bodily harm, loss of income, mental anguish, and destroyed his vehicle. Seeks damages, costs and other entitled relief.

Janita Renee Cochran of Hi Hat v. Kentucky Finance Co., for damages caused when plaintiff was accosted by a representative of defendant and was forced to pay \$112 on a debt that she owed. Seeks judgment for punitive damages not to exceed \$1 million, plus costs and attorney fees.

Tony and Teresa Patrick v. Larry Wheeler of Blaine, for damages caused in an alleged accident on US 23 in Dec. 1989. Seeks damages for injuries, loss of earning and medical costs, plus all court costs and other entitled relief.

Edith Spears et al v. William Morrison of Van Lear, for damages caused in an alleged accident which occurred on Rt. 3 in Sept, 1989. Seeks damages for permanent injury, pain and suffering, lost wages and medical expenses, and other entitled relief.

Nello and Truly Francis v. Sterley Francis et al., regarding a dispute among shareholders and operators of Francis Water Co. of Garrett. Plaintiffs say defendants have acted against articles and by-laws of the corporation. Plaintiffs seek a restraining order to prevent defendants from acting on behalf of corporation. Also seeks an interim trustee to be appointed, and for all costs and other entitled relief.

First Guaranty National Bank v. Lackey and Carol Ferrell of Prestonsburg et al., for payment of alleged debt of \$6,902 plus interest.
 Elbert H. Fugate of Hi Hat v. David

and Gail Osborne of Martin, for damages caused in an alleged accident on Ky. 122 in Dec. 1989. Seeks damages for pain and suffering, medical costs, permanent injuries, costs and other entitled relief.

Gregory Howell of Estill v. Ross Bentley of Wayland, for damages caused when defendant allegedly struck the plaintiff with his car in Nov. 1989. Seeks damages for pain and suffering, medical expenses, permanent injury and other entitled relief.

First Guaranty National Bank v. Adrian and Peggy Rector of Martin, for payment of alleged debts of \$60,806 and \$5,466, plus interest.

First Guaranty National Bank v. David Pack and Emma Pack, for payment of an alleged debt of \$4,899 plus interest, court costs and other entitled relief.

CARD OF THANKS

The family of William Arthur (Willie) Craft would like to extend their gratitude and give special thanks to all of the friends, relatives and neighbors who helped to comfort us in our time of sorrow.

We would like to give special thanks to Reverend Jerry Castle and pianist Larry Duty.

We would also like to thank the Carter Funeral Home staff who made everything as comforting as possible.

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APPALACHIAN REGIONAL HOSPITALS

Rima K. Dajani, M.D., Board Certified in Pediatrics and Neonatology will begin practicing in the McDowell Appalachian Regional Hospital on March 12, 1990.

Dr. Dajani joins ARH following an appointment as clinical instructor, Neonatology at Wayne State University, Children's Hospital of Michigan, in Detroit, Michigan.

Dr. Dajani is available for appointments at the McDowell Appalachian Regional Hospital, McDowell, Kentucky (606) 377-3400.

ARH is a not-for-profit health care system operating hospitals, ambulatory clinics, pharmacies, home care stores, and home health services in Hazard, Harlan, Whitesburg, Middlesboro, West Liberty, McDowell, and South Williamson, Kentucky; Man, Beckley, and Grafton in West Virginia; and in Wise, Virginia.



Discussing county finances

Floyd County financial officer Delores Dingus talks with State Auditor Bob Babbage during the recent meeting of the Kentucky Association of County Treasurers and Finance Officers. Babbage spoke to the group about county government audits and current legislation that would affect treasurers and financial officers.

Unemployment rate jumps from December to January

Seasonal losses in construction, service and trade jobs and a series of short-term layoffs related to the auto industry helped to push unemployment rates up in 99 Kentucky counties in January, including Floyd. Kentucky's jobless rate jumped from a revised 5.3 percent in December to a preliminary 6.7 percent in January. However, compared to January 1989, 102 counties had lower rates, while 17 counties had higher rates and one stayed the same, according to the monthly Cabinet for Human Resources labor trends report. Twenty-nine counties had jobless rates at 10 percent or above in January, up from only eight counties in December, but fewer than the 53 counties with double-digit unemployment in January 1989. In the Big Sandy District, unemployment grew from a revised 5.9 percent in December to a preliminary 8.9 percent in January. Rates ranged from 7.9 percent in Floyd County to 18.2 percent in Magoffin County, the district's only double digit rate. Johnson County had 8.3 percent, Pike

was next at 8.4 percent and finally Martin County, at 9.4 percent. The monthly sample of claimants of unemployment insurance benefits showed 38.5 percent had worked in mining, 16.8 percent in construction, 15.6 percent in trade and 12.5 percent in services. The US rate also rose from 5.1 percent in December to 5.9 percent in January. The comparable state and national rates are not seasonally adjusted. According to the department's report, the counties to be in if seeking employment are, in order: Woodford County which recorded the lowest rate (2.5 percent), followed by Fayette (3.0); Oldham (3.4); Kenton (3.5); Jessamine and Shelby (3.6 each); Boone (3.8); Campbell and Franklin (4.1); and Russell (4.5 percent). The counties with the highest rate of unemployment, again in order, are: Carter County (18.1 percent), (18.2); Elliott (17.9); McCreary (15.9); Fulton (15.8); Morgan (15.2); Clinton (13.8); Estill (13.7) and Livingston (13.0).

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P'burg police kept busy by wrecks

by Tess A. Whitmer
Staff Writer

No one can say that Prestonsburg Police officers didn't earn their pay these past few days. With the snowy weather Monday, officers handled seven accidents within about two hours. One thing that made for a longer and costlier process was the fact that several of the persons involved in auto collisions had no proof of insurance on them.

"It's a federal law that a person must either have proof of insurance on them or in their car at all times during operation," said Assistant Chief of Police Roy Roberts. "Canceled checks, payment stubs or a person's testimony are not proof. And it takes that much more time, paper work and expense for this very avoidable inconvenience."

Such a citation carries a minimum penalty of \$500 and goes on a person's driving record. A second offense results in the person's driving privilege being suspended for six months.

In one of the more serious wrecks on Monday, Linda Conn and two passengers in her vehicle were taken by P&B Ambulance to Highlands Regional Medical Center where they were treated and released.

According to Sgt. Gerald Clark, Conn was traveling north on KY 1428 in front of the Blue Sky Motel when she attempted to brake for a car stopped in front of her. She lost control of her vehicle and hit a car owned by Madeline Burchett parked at the motel.

Conn's 1977 Chevy bounced off Burchett's '83 Chevette and knocked into the motel, damaging the wall. Burchett's car was knocked into a third auto owned by Teresa Neely who lives behind the motel. Roberts assisted Clark in the accident.

While on the way to the hospital to receive information on the report, Clark and Roberts spotted another accident on the Combs Bridge and went to investigate.

Roberts reports that Dennis Brooks of Athens, Ohio, was traveling south on US 23 with his wife and two children, when he lost control of the vehicle due to slick road conditions. He then ran into the rear end of a car driven by Gregory R. Conn of Lexington, knocking Conn into a third vehicle owned by Vernon Crisp of Martin.

A fourth car coming up on the

scene was also involved. Trying to avoid the others, Eddie Justice of Castlewood, Va., applied his brakes, lost control of his car and hit the rear of Brooks' vehicle. The first three men were all cited for failure to show proof of insurance, Roberts said.

The Combs Bridge was the site of a second four-car pileup Tuesday. This time the vehicles were traveling north and the accident was handled by Sgt. Sue Blackburn. At about 2:13 p.m. the chain reaction occurred when Johnny Ross of Prestonsburg was unable to stop in time to avoid the cars slowed down to allow a tractor-trailer into the left lane.

Ross struck the rear of a vehicle owned by Larry J. Kassab of State College, Penn., who struck John K. Shannon of Prestonsburg, who struck Everett Johnson of Wheelwright. Ross's vehicle sustained the most damage, and he was taken to Highlands Regional Medical Center where he was treated for a laceration above his right eye, according to Blackburn. The officer noted that the collision backed traffic up considerably in both lanes and the scene was cleared about 2:50 p.m.

Another incident worked by Clark and Roberts, occurred Monday at about 11:45 a.m. at the intersection of KY 1428 and Friend Street. Reportedly, William Mullins of Estill was driving his van on 1428 when he was struck in the left rear by Shawn Johnson of Prestonsburg coming from Friend Street. Johnson attempted to flee the scene, heading toward the parking lot of the First Commonwealth Bank. Witnesses to the scene pointed out the direction Johnson headed to Clark and Roberts who were driving by the area.

Clark reported that he saw one male and one female running from the parked vehicle toward the Floyd County Library and pursued them. When caught, Johnson was placed under arrest. Clark cited him for no proof of insurance, expired registration plates, failure to register transfer of vehicle, no registration receipt and attempting to elude a police officer.

Also on Monday, Sgt. Blackburn worked an accident at the intersection of Arnold Avenue and US 23 involving a church bus. The First Baptist Church Bus driven by Patricia Hites was in the left lane attempting to turn left from Arnold Avenue onto US 23. The traffic was heavy so

she decided to back up and change lanes in order to make a right hand turn, according to Blackburn's report. In the process of backing, Hites failed to see Linda Lenox of Prestonsburg stopped in traffic behind her, and she backed into Lenox.

Two accidents were reported by Officer Ralph Frasure, as well. On Friday at 9:30 p.m., Tiffany Click of Martin and James Goodman of Prestonsburg were both traveling south on US 23. Click attempted to get into the right lane, failing to notice Goodman. She struck his vehicle in the left rear.

The second incident occurred on Saturday at 7:20 p.m. when Bobby Burchett of Ivel was backing from a parking space at Jenny Wiley Village and struck a car owned by Tresa Brewer of Frankfort in the left hand door, according to Frasure's report.

Officer John Hunt also handled two accidents this weekend. Attempting to exit the Holiday Inn parking lot at 2:25 a.m. Sunday, Marvin Marsillett of Prestonsburg hit a sign pole. Hunt reports that Marsillett recorded a .22 blood alcohol level and he was arrested for driving under the influence and lodged in the Floyd County Jail.

Hunt also worked a parking lot incident at Druther's in Prestonsburg Saturday evening. Gerald George of Endicott backing out of a parking space struck an unoccupied vehicle parked next to his owned by Johnny McKinney of Prestonsburg.

Tuesday afternoon a mishap occurred involving a tractor-trailer and a Cadillac, according to Clark. Neal Williams was driving the 18-wheeler through downtown Prestonsburg attempting to make a furniture delivery. As he turned from left from Court St. onto First Ave. the tail end of the truck swung around and smashed into a parked '83 Fleetwood knocking it up onto the sidewalk. The car, owned by Helen Wells, sustained moderate damage to its driver's side.

Argument results in theft of truck

An argument between two men at the Kentucky Motel Monday apparently resulted in one stealing the other's truck, according to Sgt. Gerald Clark of the Prestonsburg Police Department.

At around 4 a.m. Monday, Michael Riley phoned the police and reported that he had been assaulted and his keys and vehicle had been stolen by his roommate Donald Duke, police records indicate.

According to Clark, both men had been drinking and began arguing when Duke took Riley's truck. When the police officers went to look for the truck, they instructed Riley to stay in his room, but upon their return he was outside knocking on the door of the motel office.

Clark cited Riley for alcohol intoxication and transported him to the Floyd County Jail.

Apparently there was about \$220 damage done to the hotel room, according to police reports. The owner of the motel, Tom Lafferty, signed out a warrant against Riley for third degree criminal mischief, police said.

At about 8:45 a.m., Sgt. Clark arrested Duke as he returned to the motel with the truck. Duke was cited for reckless driving, operating on a suspended license and theft by unlawful taking (auto). The vehicle was impounded and Duke was also lodged in the jail. Detective Sgt. Jeff Stumbo and Assistant Chief Roy Roberts also assisted in the investigation.

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Adult Education Week proclaimed

Floyd County Judge-Executive John M. Stumbo, sitting, signed a proclamation Tuesday declaring the week of March 18-23 Adult Education Week. Danny and Ann Greene, flanking Stumbo, represented the David School and the Floyd County Adult Literacy Council. Sheila Patton, right, represented the Christian Appalachian Project. Other organizations involved in the adult education effort in Floyd County include Prestonsburg Community College, Mountain Comprehensive Care, and the Floyd County School System.

April Deadline near for farm aid

April 2 will be the final day for producers to apply for the Disaster Assistance Program, which provides for payments to any farm producer who has suffered a significant loss of 1989 crops due to damaging weather conditions.

Crops eligible for disaster payments are any crop produced for commercial purposes, including hay and tobacco. Production losses must be proven by either sales slips or appraisal.

Anyone interested should contact the ASCS office at 785-5402 or 886-8738.

All ASCS programs are administered without regard to race, color, creed, religion, physical handicap, marital status, age, sex or national origin.

The loss must be more than 40 percent of estimated normal production for the crop for farms participating in the 1989 ARP, 50 percent for non-participants.

Applications should be filed with the ASCS Office in the county where the crop was produced.

Trailer fire at Prater Creek


A call at 1:55 a.m. Tuesday sent two Allen Fire Department trucks and 10 firefighters to a trailer fire on Prater Creek.

Firefighters arrived at Ryan's Trailer Court in Rice's Branch on Prater Creek at about 2:05 a.m., according to Captain Joe Reynolds, following a call from Ilene Bartham, who had reported a fire in her trailer's hot water heater.

Firefighters cut the power to the structure, extinguishing the flames. Reynolds said that little damage was done to the trailer, and no injuries were reported during the incident.

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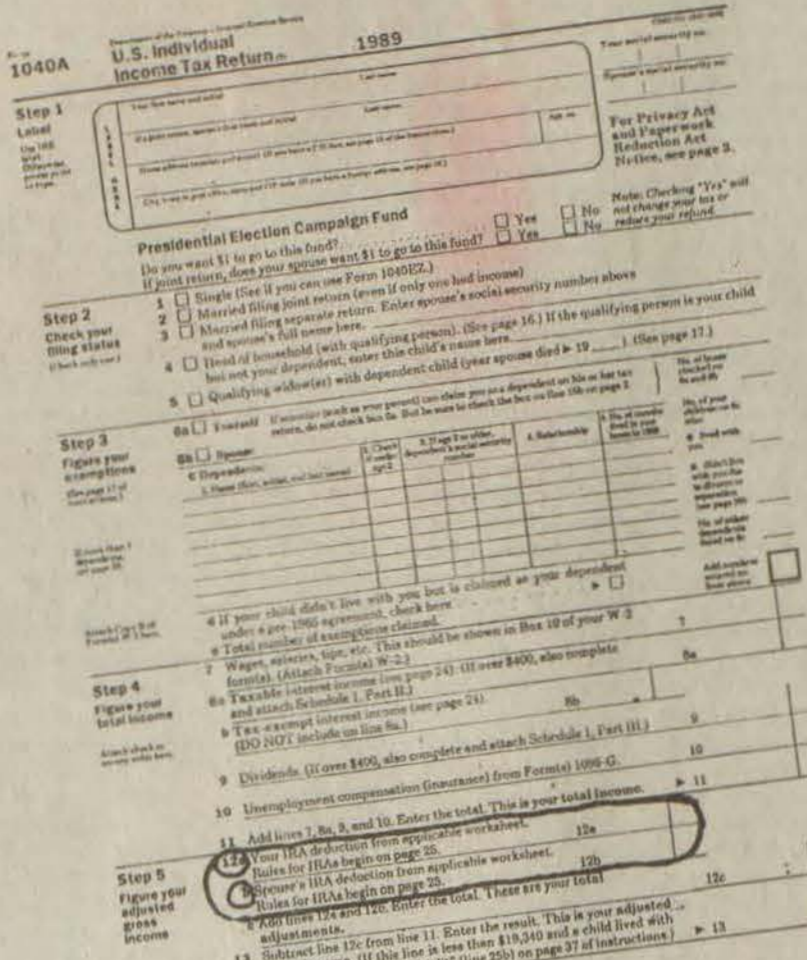
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Health Watch

Why kids are flabby

By Robert Engelman
Scripps Howard News Service
One reason American children are getting so notoriously flabby, some fitness specialists suggest paradoxically, is that the nation is obsessed with competitive sports.

That kids are out of shape, despite the shift many adults have made to exercise, is not in doubt. The President's Council on Physical Fitness and university researchers in Michigan and Louisiana have conducted surveys that agree that the average schoolchild gets tuckered out by exertion more quickly than children did 20 years ago.

A council study found that 40 percent of children from five to eight years old already had at least one risk factor for a heart attack later in life—either high blood cholesterol, high blood pressure or low capacity for exertion.

A lot of reasons have been advanced for all this, too much television and fast food among them. But another factor is that kids just don't exercise much, and when they do it's often not the kind of exercise that contributes to overall fitness and health.

Fitness specialists have been lobbying for years to get more physical education into schools. Most valuable would be classes that encourage children to engage in aerobic exercises that build the heart. But successes have been few.

Dr. Thomas Wesley Allen, director of sports medicine at the University of Medicine and Dentistry of New Jersey, argues that competitive sports in school may be doing many kids more harm than good.

"Many children lose enthusiasm for physical activity early on because they are pressured to play little league sports with a 'win-at-all-cost' attitude," Allen writes in a commentary on the problem.

In particular, he worries, smaller and weaker children get turned off to physical exertion and "these alienated children may never develop the fitness levels they need to be healthy adults."

Agility, weight control, self-esteem and life-long fitness are better goals for children than learning how to be a winning athlete, Allen suggests. His advice to parents:

—Exercise with your children to set an example.

—Help them identify sports they enjoy and can stay with.

—Teach them such values as cooperation, fair play and the importance of risk-taking.

—Make sure coaches give advice on conditioning and require warm-up and cool-down exercises.

—Encourage and practice a relaxed attitude about sports.

The roadside fruit and vegetable stand is a fixture of highway travel, but there's no guarantee that what it sells is more nutritious than the fluorescent-lit produce at the supermarket.

So say some food scientists at the University of Maine who measured the vitamin C content of fruits and vegetables in both locales. The overall conclusion: Some are better on the road, some at the grocery store.

Sampling produce from roadside stands and grocery stores in central Maine, food science professor Rod Bushway and several colleagues found that for freshness, the farm stands were clear winners. Most of their food was harvested within a day of when it was offered for sale. Supermarket produce, by contrast, took seven to 10 days to reach the bin.

Cabbage, nonetheless, tended to have more vitamin C in grocery stores than at roadside stands. Broccoli, cantaloupe, green peppers and spinach had similar amounts of vitamin C in both locations. Tomatoes, potatoes and cauliflower had significantly more vitamin C at the farm stands.

In recent years supermarkets have improved their methods of storage and delivering, Bushway suggested, so that for most fruits and vegetables there may be no particular nutrition advantage in going right to the source.

The researchers are hoping to compare more nutrients in produce from farm stands and grocery stores, as well as sugar and taste differences.

"It will be interesting to see if the freshest fruits and vegetables really taste better to most people," Bushway said.

Radio power added

WKCB radio station in Hindman received a new power increase in February, according to general manager Butch Hays.

The increased power, said Hays, allows the station to offer stronger and improved sound to Knott, Perry, Floyd and Letcher counties and new broadcast power into Pike, Magoffin, Wolfe and Leslie counties and some parts of Virginia.

Hays also announced the station's new music format of all-time favorite hit music.

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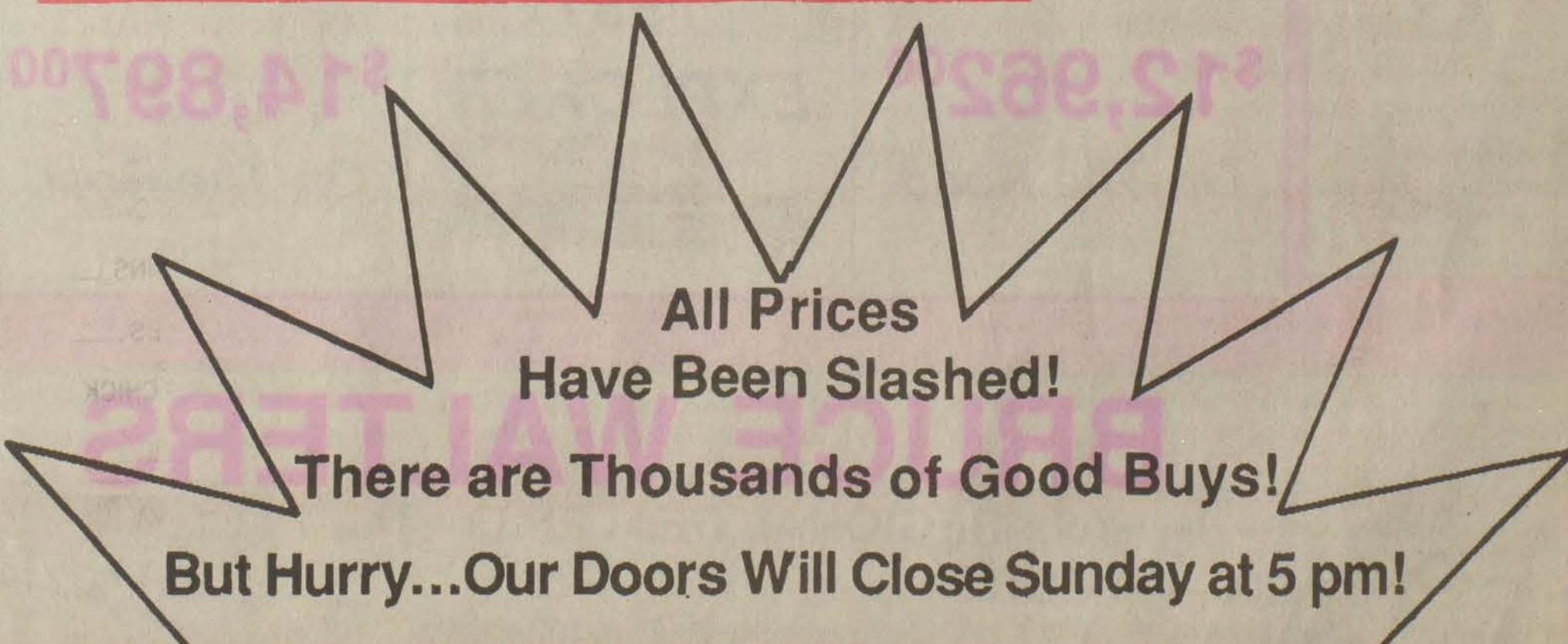
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By Ed Taylor,
Sports Editor

The Floyd County Times

Sports

Section

B

Wednesday, March 21, 1990 B 1

MARTIN JR. PRO: EAST REGIONAL CHAMPIONS

After three days of playing basketball, the Martin Junior Pro junior varsity basketball team, captured the Eastern Regional championships with a 52-46 victory over a tough Madison County team.

A large crowd followed the Martin, McDowell and Maytown squads to Richmond for the regional tournament played at the Madison Central High School.

The Purple Flash team won its way into the finals of the double elimination tournament by defeating the Madison County team earlier in the second round.

Both teams started the game on the nervous side as neither could manage to find the basket in the early going of the championship game. Martin's Beau Tackett hit an eight-footer off the left side to give Martin a 2-0 lead. Terrance Mullins followed with another off the left side, and baskets by Jason Blevins and Michael Stephens gave Martin an 8-0 lead. Madison County's John Roberts scored on a turnaround just before the quarter ended to make it 8-2.

"... you can't win without a team and that's what we've got, a bunch of kids who play well together."
Coach Barry Hopkins

Justin Hopkins, smallest man on the court, scored two quick buckets in the second stanza, one an offensive rebound, to put the Purple Flashes up by 10 points, 12-2. With Martin leading 16-10, Kevin Robinson, hustling after the ball and working for opening shots, canned two baskets and two free throws as Martin held a half-time lead of 22-14. Adam Coleman had two hard charity tosses in the span.

Madison County made a game of it in the third period, scoring on a three point play by Walker to cut the lead to 22-17.

However, that's when Blevins went to work canning seven straight points to move Martin back out to a 29-19 lead. But the Tigers were not

through as they mounted a comeback with six unanswered points to close to within four, 29-25. Madison County cut it to three, 31-28, on a technical foul on the Martin team for guarding back court (third time).

"We deserved to win."
Adam Coleman

Cold free throw shooting plagued the Martin team in the fourth period. Martin missed six free throws in the final quarter, and three of those were in bonus situations. Blevins started the fourth quarter off with a lay up and he was fouled on the play.

After converting the free throw, Martin was up by six, 34-28. Thomas Jenkins grabbed two offensive rebounds for Martin and hit two nice turnaround jumpers to help Martin keep a six-point advantage. Madison County came out in the fourth quarter and tried to press the Martin team; however, Martin's Blevins kept getting behind the press for some easy baskets.

When Martin's offense needed a lift someone came off the bench to pick it up: case in point, Hopkins and Robinson. Rocky Newsome, who had a great tournament, was offensively in the championship game. Madison County could get no closer than the six points, falling to the Martin team, 52-46.

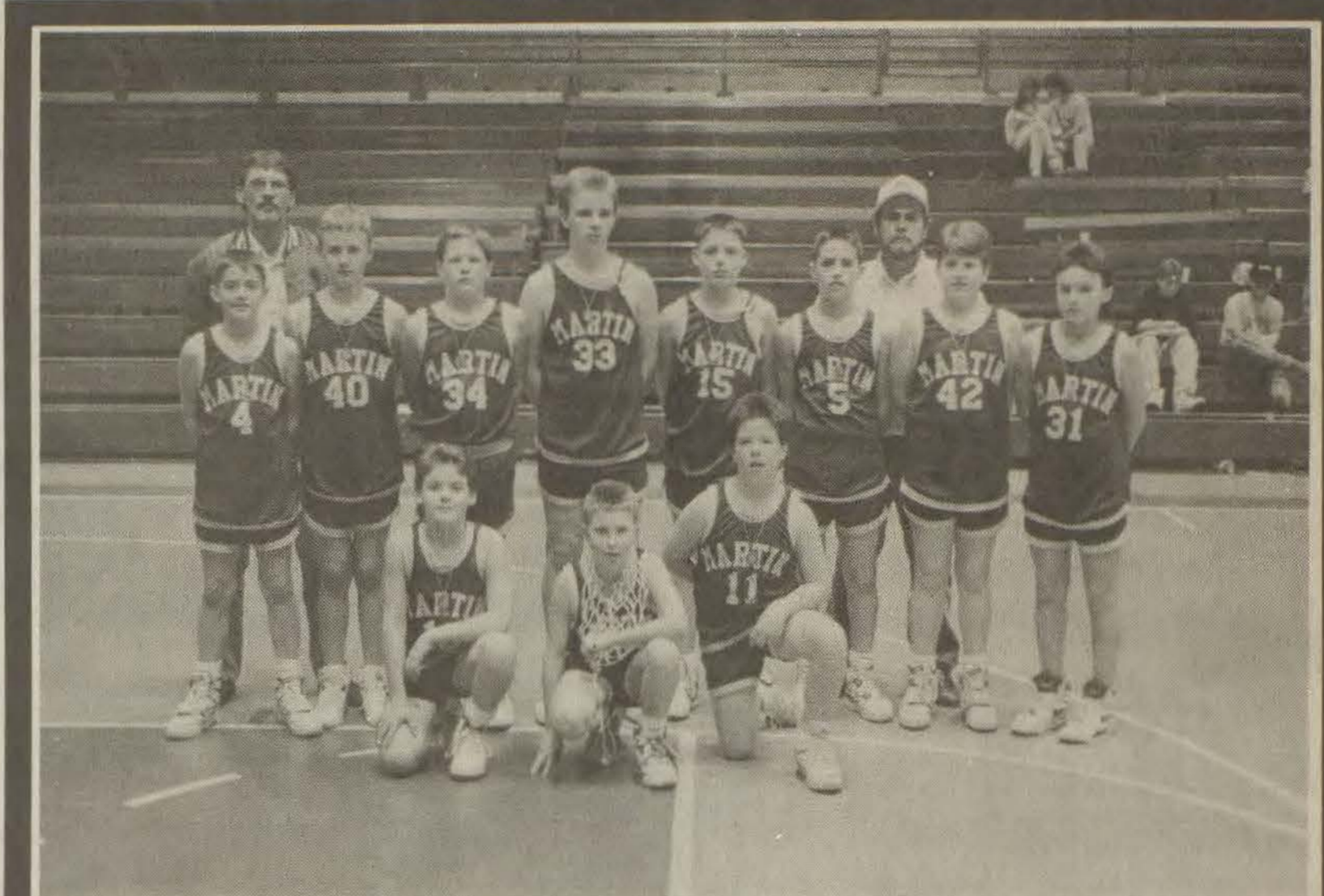
Blevins led the Martin squad in scoring with 18 points. The big center also was intimidating under the basket as he had five blocked shots. Jenkins finished with six points as did Robinson.

Ramont Walker led Madison County in scoring with nine points. Devin Barnett and Jarrod Rigney scored eight points each.

Martin missed a total of 12 free throws in the game. Several were bonus shots. Madison County went to the line seven times and connected on four shots.

According to Martin coach Barry Hopkins, his team came into the tournament and played real well.

"The kids played well the whole tournament," he said. "They pretty well knew their roles and what they were doing. We had a couple of kids



Eastern Regional Champions

The Martin Junior Pro basketball team was crowned champions of the Kentucky Eastern Regional basketball championships at

Richmond last weekend. Martin defeated Madison County, 52-46, to go undefeated in the double elimination tournament.

a little more outstanding than the others, but you can't win without a team and that's what we've got, a bunch of kids who play well together. They came down here and accomplished more than anybody expected them to."

Assistant coach Steve Jenkins sees the years past finally paying off for this Martin team.

"The reason we won was a combination of years of preparation on these boys' part," the assistant coach stated. "They have been playing in tournaments every year and that, plus the

long hard struggle, has got them where we are today and that is plus the preparation."

"It feels good to win," says Kevin Robinson of his team's championship win. "We just went out and won it."

"This tournament was not as rough as the Scott County tournament (which Martin also won)," says Beau Tackett. "The games there were much closer."

Adam Coleman says that he was tired after playing all the games in the three-day period. "We deserved

to win," he said.

Justin Hopkins, who had a couple of key baskets in the second period says of his team's win, "It was awesome. We're going on now and win the state."

The Martin team will advance to the Kentucky Junior Pro State Tournament on March 30, 31, and April 1 also in Richmond, as the team tries to make the National tournament in Knoxville, Tenn.

Parents of the players accompanied them on their trip to the regional meet and were there forming a human

tunnel for the Martin team to run through. To these parents, it was just as big as the "sweet sixteen" in Louisville.

Madison County (46) John Roberts, 5; Regan Taylor, 2; Kyle Lynch, 6; Kenan McWhorter, 4; Devin Bennett, 8; Ramont Walker, 9; Chad Eades, 4; Jarrod Rigney, 8. Martin (52) Terrance Mullins, 4; Beau Tackett, 4; Jason Blevins, 18; Mike Stephens, 4; Justin Hopkins, 4; Thomas Jenkins, 6; Adam Coleman, 2; Kevin Robinson, 6; Rocky Newsome, 4; Robbie Merlon, 0. Madison Co..... 2 12 14 18 46 Martin..... 8 14 9 21 52

Maytown overcomes shaky start; defeats Middlesboro in overtime

The Maytown Junior Pro, junior varsity team, opened the 1990 Eastern Junior Pro Regional Basketball Tournament at Richmond Friday night in a game against Middlesboro.

The Wildcats overcame a 15-3 first quarter deficit to defeat Middlesboro, 43-39, in overtime behind a 16-point performance by Wesley Collins. The Wildcats were unable to find the basket in the first quarter of play as the Maytown team seemed nervous. A free throw by Estill Stumbo and

John Moore's basket accounted for the Maytown scoring in the first.

After Brad Burkhardt hit a free throw to give Middlesboro a 16-3 lead, Maytown scored seven unanswered points to pull within six, 16-10. Matt Crawford led the charge with six second quarter points. Maytown trailed at the half, 19-12.

The Wildcats' defense tightened up in the third period, as they held the Eagles to only four points in the third stanza. Moore scored early to make it 19-14. Two charity tosses by

Crawford made it 19-16. It was 23-21 at the end of the third stanza. Wesley Collins' two baskets cut the lead to two.

Trailing 28-23 with 4:05 remaining in the game, Maytown scored six straight points to take its first lead at 29-28. Two baskets by Collins and Crawford's two free throws led the Wildcats. Bob Green and Wayne Hammoc buckets put Middlesboro back out by three, 32-29.

Collins hit again for a 32-31 Eagle lead. Robbie Bledsoe hit a shot from the corner and was fouled with 1:40 remaining. Bledsoe missed the free throw and Stumbo took the rebound where he was fouled.

Stumbo hit the first charity toss and missed on the second attempt where Collins pulled down the missed shot and put it back for Maytown and tied the game at 34-34.

With 29 seconds remaining in regulation play, Crawford was fouled and had two free throws. Crawford missed the first one and connected on the second for a 35-34 Maytown lead.

With 11 seconds to go, again Crawford went to the line with two shots. He connected on the first, 36-34, and missed the second one that could have iced the game for the Wildcats. Shane Berry fired a shot from beyond the three-point mark and hit to tie the game at 36-36 and send it into overtime.

Crawford's basket at the start of the overtime gave Maytown a short-lived 38-38 lead. After Buell missed from the charity stripe, Collins sent Maytown ahead for good, 40-38, with a turnaround jumper. Buell's free throw made it 40-39, and Chad Martin got an insurance basket for Maytown with 23 seconds to go.

Besides Collins' 16 points, Crawford added 12. Bledsoe led Middlesboro with 15 points and Buell finished with eight.

Maytown shot 18 free throws in the game, connecting on 11. Crawford made six in the game.

Maytown (43) Estill Stumbo, 2; John Moore, 4; Matt Crawford, 12; Wesley Collins, 16; Chad Martin, 4. Middlesboro (39) Wayne Hammoc, 2; Scott Chaney, 4; Shane Berry, 4; Robbie Bledsoe, 15; Brad Burkhardt, 1; Brian Greene, 2; David Kelly, 1; Chris Buell, 8; Bob Green, 2. Maytown..... 3 9 9 15 7 43 Middlesboro..... 15 4 4 13 3 39

Congratulations
To All
Junior Pro
Teams

ED TAYLOR
Sports Editor

Martin Purpleflash survives scare from Madison #1, 48-43

Ask any coach around and he will confess that it is hard to beat a team three times. For the third time in two weeks the Martin and Madison County #1 junior pro basketball teams met — this time in the third round of the championship series.

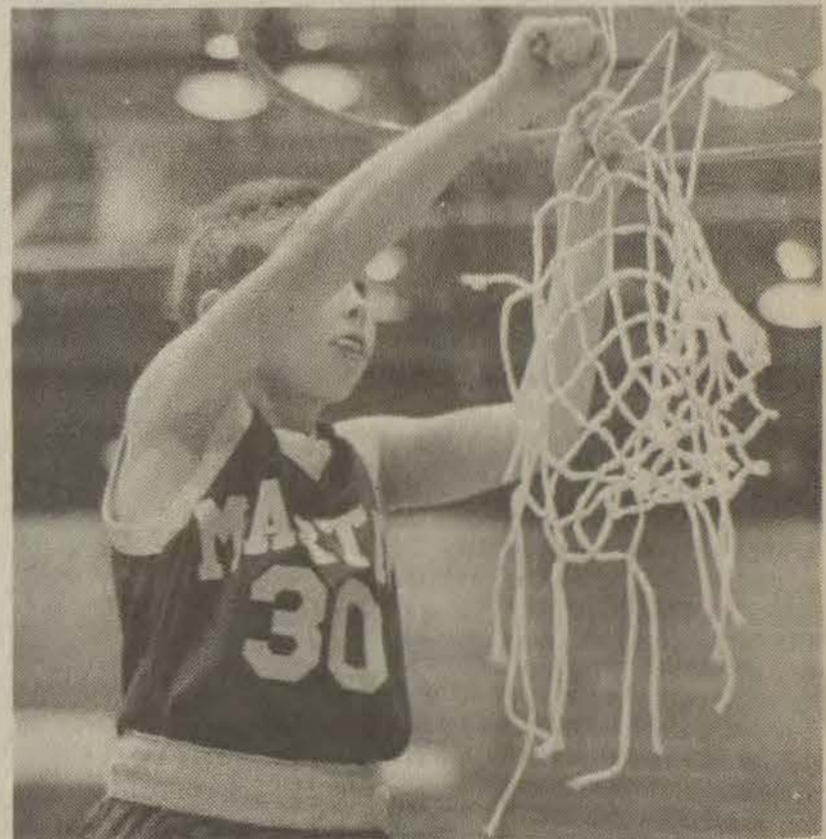
Martin had defeated Madison County #2 in round one and won over McDowell in round two. Madison County, who got a first round bye, defeated Maytown in round two to advance to Martin for the third time. The two teams met in the Georgetown tournament earlier with Martin winning both of those contests.

This time around the Purple Flash got 19 points from Rocky Newsome and 13 out of center Jason Blevins to help defeat the Madison County Tigers, 48-43.

It was a hard-played game for both teams as Madison County coach Bob Roberts wanted this one badly. The Madison County bench was whistled for two technical fouls as assistant coach Wayne Lynch disagreed with a walking call and was whistled for a technical. When he continued to complain about the first one, the referee stuck him with a second one.

Rocky Newsome made three of the four technicals that gave the Purple Flash a four-point lead at 19-15. Kenan McWhorter tossed in a 15-footer, and Regan Taylor's basket at the end of the half tied the score at 19-19 as Madison County fans roared their approval.

Madison County took its only lead of the game, 21-19, on a basket by Ramont Walker at the start of the third period. The score was tied at 23 and 25 until Martin scored two baskets while Madison County was missing free throws. A basket by Terrance Mullins and Rocky



Bite your tongue

Dustin Hopkins, Martin Junior Pro, takes his turn in cutting down the Madison Central High School nets in celebration of the Martin team winning the Kentucky Eastern Regional junior pro basketball tournament.

McDowell loses in first round, 59-28

The McDowell Junior Pro basketball team drew a first round bye in the Eastern Regional Junior Pro tournament at Richmond last weekend. The McDowell team faced Martin a 9 a.m. game Saturday and fell to the Purple Flash, 59-28.

Terrance Mullins led the Martin team in scoring with 13 points. Michael Stephens added 11 for the winners.

Joe Bryant got McDowell on the scoreboard early with a basket. After that Martin started hot and outscored McDowell, 15-2, to take a 15-4 lead. Martin led at half time, 15-8. Mullins had eight points in the first quarter. Stephens had seven first quarter points.

Martin's defense held the McDowell team scoreless in the second period as the Flash ran off nine unanswered points to lead at the half, 24-8. Thomas Jenkins had six second-stanza points for Martin.

Martin made it 20 points early in the third period on buckets by Jenkins and Rocky Newsome. T.T. Pack then hit a jumper and a free throw for McDowell to make it 30-11. A 11-6 spurt made it 41-17 going into the final quarter.

Kevin Robinson made it 43-17 on a short jumper, and Martin spread it out to as much as 28 points, 49-21. Mark Tackett and Ashley Tackett hit back to back baskets for a 49-25 Martin lead. C. K. Dings scored six unanswered points at the close of the game for the final margin of 59-28.

McDowell fell to the lower bracket while Martin advanced in the upper bracket.

For Martin, Jenkins finished with eight points. Beau Tackett had seven. Joe Bryant led McDowell in scoring with 15 points. Pack and Ashley Tackett each had four points.

See McDOWELL, B 7



Let's get Matt!

Matthew Mayo (22) tries to avoid the defenders from Middlesboro in junior pro training league action at Richmond last weekend. The Martin junior pro team was taking part in the Eastern Regionals at Madison Central High School.

Lovely powers ALC in opener; falls in nightcap

The college baseball season is in full swing as the Alice Lloyd Eagles just completed a sweep to the Southland, returning last Thursday to entertain the Cobras of Virginia Inter-mont in a double header at Allen Park.

ALC will be playing all its home games at the local ball park until the school's new field is completed.

Freshman first baseman Jeff Lovely, former Magoffin County standout, powered the Eagles to a first game win over the Cobras. Lovely had two doubles in the first game in driving in four runs to lead the Eagles to a 6-3 win. The stocky first baseman went two-for-three in the first game.

Freshman Todd Justice, former Prestonsburg standout, started on the mound for the Eagles and pitched the first 4-1/3rd innings. Justice left the game with the score tied at 3-3.

"I wish I could have stayed in there and got my first win," the hard throwing left-hander said.

Mark Cavins got the win in relief of Justice. Losing pitcher was Charles Musick who started for Virginia Inter-mont. Neil West had the only long ball for Alice Lloyd with a drive over the center field fence in the fifth inning, a solo shot.

Lovely had one RBI in the first, two in the fifth, and with Tim Trusty (former Prestonsburg standout) on second base in the sixth inning, Lovely drove the ball in the gap in right center for a run producing double. It

turned out to be the winning run, as Cavins retired the Cobras in order in the seventh for the win.

Jack Calhoun and Trusty each had two stolen bases for the Eagles. Steve Miller had one.

In the nightcap of the twin bill, the "gopher ball" haunted the Eagles as the Cobras got a second inning three-run homer from Brian Hooker and a solo shot from Paul Artrip, leading off the fourth inning en route to a 5-4 win.

In the third inning, Chris Laughlin led off with a base hit as his drive to straight away center field hit off the fence. Laughlin, not known for his speed, could get no farther than first base on the drive. Artrip then followed with a single past shortstop, and both runners moved up on a passed ball. After Jamie Kiser fanned, Hooker hit the second pitch over the fence in left field for a three-run shot

and a 3-0 Inter-mont lead.

ALC put two runners on in the second inning when Lovely got a two out base hit to left field and Todd Justice followed with a base on balls. On a pass ball both runners moved up. Dave Tackett then grounded to short to end the threat.

Virginia made it 5-0 in the fourth when Artrip led off with his solo home run. Kiser singled past shortstop. Hooker's ground ball to short forced Kiser at second base; however, Hooker came around to score the fifth Cobra run on a two-bagger by Eric Beckenlark.

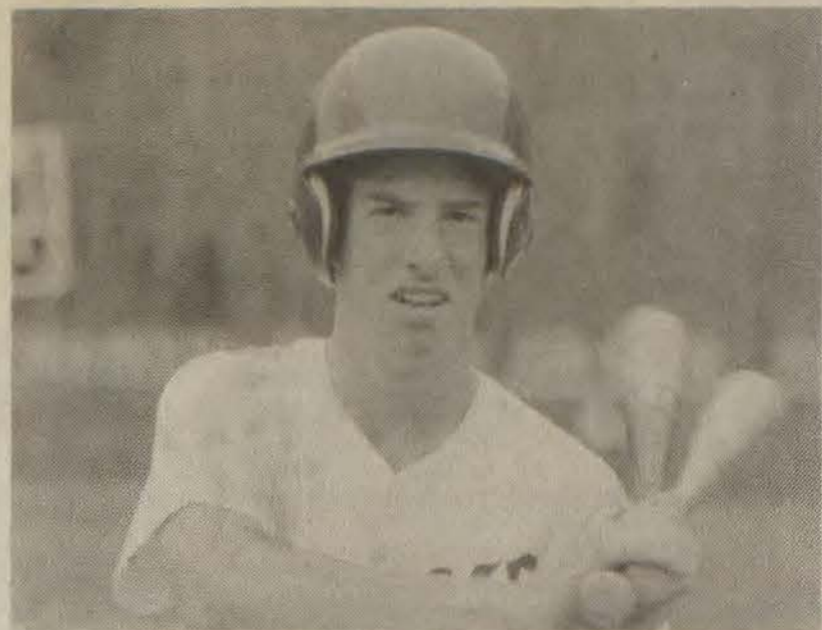
The Eagles avoided a shutout in the bottom of the third when Jack Calhoun walked, stole second. Miller grounded to short, moving Calhoun to third. West then popped-out in disgust to the catcher for the second out. Cavins then drew a walk on a 3-2 pitch. With Clark at the plate, Cav-

ins was caught in a rundown and Calhoun crossed the plate before the tag was put on Cavins.

ALC went out quietly in the bottom of the fourth and fifth innings still trailing 5-1. However, in the bottom of the sixth the Eagles started making some noise. With two out, Cavins drew a walk on four pitches. Tim Clark singled to left, with Brian Hall (former McDowell player) running for him. Trusty then hit a long drive over the left center field fence to make it 5-4.

Virginia left the bases loaded in the top of the seventh, but ALC was unable to score in its half of the seventh and fell to the visiting Cobras, 5-4.

The win and loss brought the Eagles' record to 9-5 on the season. The Eagles will host Cumberland college on Saturday, March 31, at Allen Park in a 1 p.m. doubleheader.



Former Blackcat

Todd Justice of Alice Lloyd College is in the on deck circle as he waits to bat against Virginia Inter-mont in baseball action at Allen Park on Thursday. Justice is a starting pitcher for ALC and a former Prestonsburg Blackcat.

Sports Roundup

Mills new

Lady Eagles mentor

Pippa Passes — Alice Lloyd College head baseball coach John Mills has been named as the new head coach of the Lady Eagles basketball team next season. Mills has been the school's baseball coach for the past two years and has served as assistant basketball coach at the Knott County school under Joe Stepp and Jim Stepp.

Adkins still to attend

Marshall despite penalties

Paintsville — Keith Adkins, former high school standout with the Paintsville Tigers and former member of the Fighting Irish of Notre Dame, says that the penalties imposed on Marshall University by the NCAA have not altered his decision to play for the West Virginia college.

Marshall was placed on two years probation and barred from post season play next year. Adkins says that hopefully everything will work out all right and he will still have two years in which to get some tournament play.

Accidental Discovery May End Obesity

Suppresses calorie absorption
SWEDEN—Medical researchers at the University of Kuopio, in Finland, have discovered (accidentally) a new weight-loss formula. The new discovery appears to enable an overweight individual to lose pounds and fatty tissue without conventional dieting or exercise.

Scientists made the discovery while searching for a formula to lower cholesterol. In a controlled study of a test group of people, cholesterol levels remained unchanged but the doctors were astounded to find that every patient who used the formula lost weight. The published report of this study stated, "A highly significant decrease in body weight was seen" in patients who received the formula.

The formula was then tested at another prestigious European university hospital. Again, all patients lost weight even though they did not change their eating habits. The report detailing this study, published in the British Journal of Nutrition, stated: "Body weight was significantly reduced even though the patients were specifically asked not to alter their dietary habits". One patient in this study lost more than 30 pounds.

According to one informed source, the active ingredient comes from a 100% natural botanical source and contains no drugs or stimulants. When taken before mealtime it bonds with the food you eat and "ties up" calories, especially those from fats, suppressing their absorption.

A significant portion of the calories ingested therefore pass through the digestive system unabsorbed. The body has to get energy to replace the lost calories, so it starts to burn stored fat, which can result in rapid body weight loss. Clinical testing has verified the safety of this formula for long-term use.

The formula is marketed in capsule form in the United States under the trade name Cal-Ban 3000. A firm located in Tampa, Florida, has exclusive North American distribution rights. A review of the customer files of this company revealed the names of hundreds of people who have lost as much as 20, 40 or 80 or more pounds overall with Cal-Ban 3000. This appears to be a golden opportunity for people who are plagued by fat and cellulite that they can't seem to lose by conventional methods.

Cal-Ban 3000 is reasonably priced at \$19.95 for a 3-week supply and \$38.95 for a 6-week supply. Postage and handling is \$3. VISA, M.C., AMEX and COD orders are accepted. To order call TOLL-FREE 1-800-537-3723 or purchase locally at Brooks Pharmacy, 222 Church St., Betsy Lane, KY.

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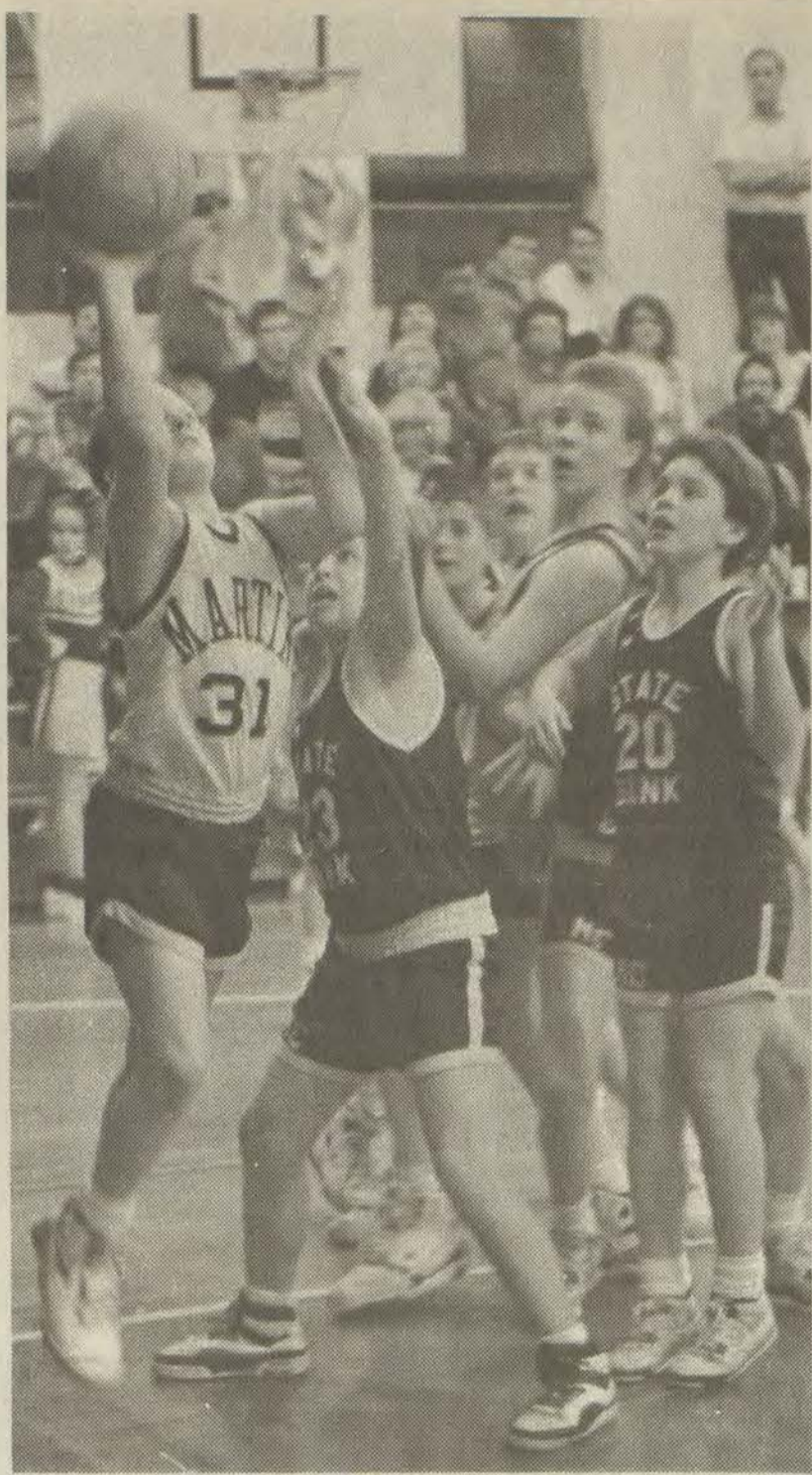
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Watch Michael shoot

Michael Stephens (31) of Martin seems to have everyone spellbound as he drives around the Madison County defense for this easy basket in basketball action at Richmond over the weekend. The Martin junior pro team won the Eastern Regional basketball tournament to advance to the state.

Martin easy winner over Madison #2

The Madison County Number 2 junior pro basketball team fell hard to the Martin Purple Flash, 57-33, in Eastern Regional Tournament action at Madison Central High School in Richmond Friday night.

Jason Blevins and Rocky Newsome combined for 33 points in leading Martin to victory. Blevins tossed in 16 points and Newsome had 17, even though he did not play the first quarter.

Newsome was one for six in the free throw department. Blevins had six block shots and, except for some called fouls, the big center could have been credited for nine.

Martin jumped out to a 9-2 lead behind the first quarter scoring of Blevins who scored the first six of the game. Robbie Merion and Michael Stephens each scored a basket in the first quarter.

Madison County was able to stay within six points of the Martin team mostly on the scoring of Alan Barger. After cutting the Martin lead to three points, 15-12, each team exchanged baskets until Newsome hit two baskets before half time. Martin went to the dressing room with a 25-18 lead.

Thomas Jenkins opened the Martin third quarter with a short base line jumper, and Newsome scored off a steal to propel Martin to an 11-point advantage, 29-18, with 4:40 to go.

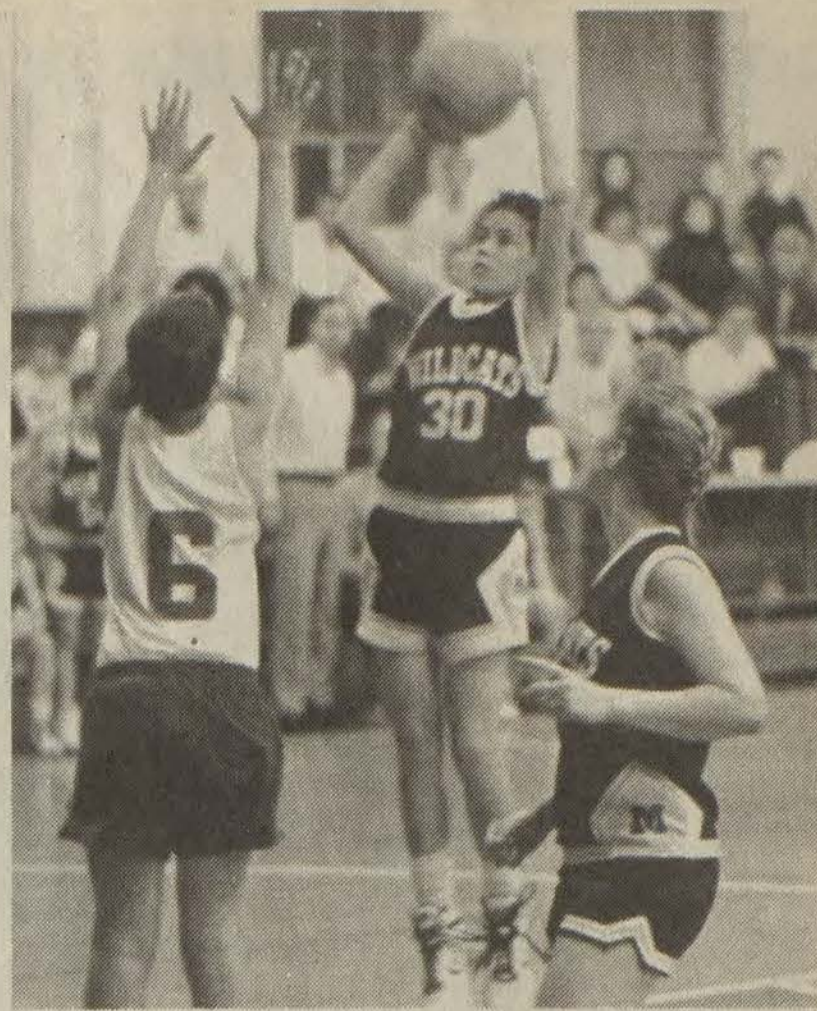
Martin made a 12-3 run with Blevins scoring eight points on some good passes from Newsome. C. K. Dingus finished off the third period scoring with a basket from outside.

Kevin Robinson scored on a nice jumper from 10 feet out to give Martin its biggest lead at 20 points, 49-29. The lead seemed to break the spirit of the Madison County team, who never could get back in the game in losing 57-33.

Brandon Long led the Tigers in scoring with 10 points. Alan Barger finished with nine points. The loss dropped Madison County down to the losers bracket. The win allowed Martin to advance in the winners bracket.

Martin (57) Jason Blevins, 16; Robbie Merion, 3; Michael Stephens, 4; Kevin Robinson, 6; Justin Hopkins, 3; Rocky Newsome, 17; Thomas Jenkins, 4; C.K. Dingus, 2; Adam Coleman, 2.

Madison County No. 2 (33) Nathan Wells, 4; Brian Puckett, 1; Jason Fritz, 4; Brandon Long, 10; Alan Barger, 6; John Clines, 5.
Martin.....11 14 18 14 - 57
Madison Co. #2..... 7 11 5 10 - 33



Jumper by Crawford

Matt Crawford (30) hits on this shot over Robbie Bledsoe (6) of Mid-dlesboro in the opening game of the Kentucky Eastern Junior Pro basket-ball tournament at Richmond over the weekend. Crawford led a late charge in the overtime win by the Wildcats of Maytown over Mid-dlesboro.

Purpleflash

(Continued from B 1)

Newsome gave Martin the lead. The Tigers managed to stay within two points of Martin.

After Newsome's basket with 5:10 remaining in the game put Martin up 35-29, Madison County hit a spurt of five unanswered points to make it 35-34 with 4:20 remaining.

Blevins hit a base line jumper, and Newsome followed with a 12-footer, and the Purple Flash held a five-point lead, 39-34.

Martin led 46-41 late in the game when the team was called for a three second call giving the ball back to Madison County. John Roberts hit two free throws to draw to within three, 46-43. However, the Tigers could come no closer as they made some mental mistakes down the stretch and had to put Martin on the free throw line.

Martin hit five of seven free throws down the stretch in the final stanza. Four of those were by Michael Stephens. Madison County connected on five of six in the final minute and

a half of the fourth quarter.

Michael Stephens scored eight points for Martin, and teammate Terrance Mullins tossed in six.

Chad Eades and John Roberts each tossed in 10 points to lead Madison County and Ramont Walker scored eight.

Martin (48) Michael Stephens, 8; Robbie Merion, 1; Jason Blevins, 13; Terrance Mullins, 6; Justin Hopkins, 2; Rocky Newsome, 19.
Madison County (43) Chad Eades, 10; Ramont Walker, 8; Devin Bennett, 4; Kenan McWhorter, 4; John Roberts, 10; Regan Taylor, 2; Chris Minter, 4; Kyle Lynch, 1.
Martin.....10 9 14 15 - 48
Madison Co#1..... 8 11 10 14 - 43

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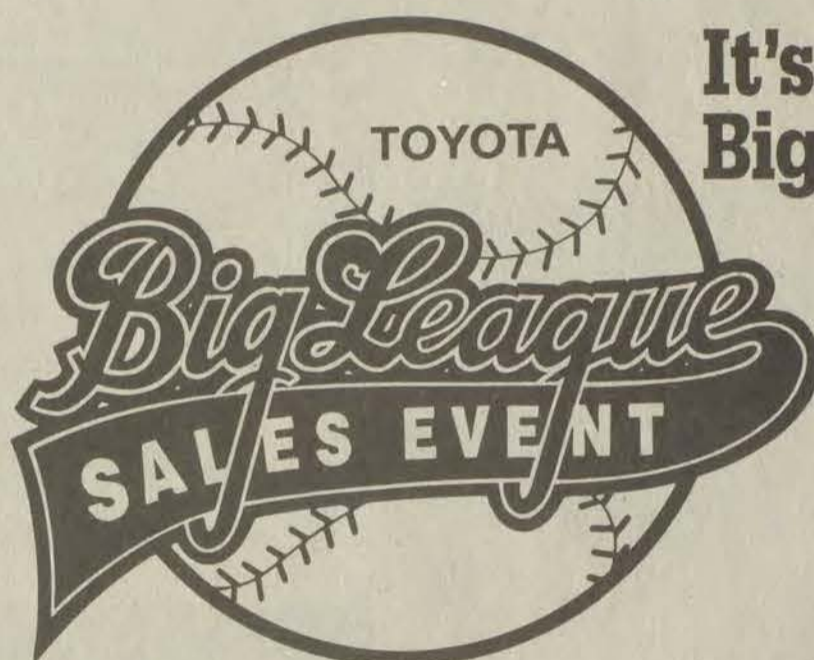
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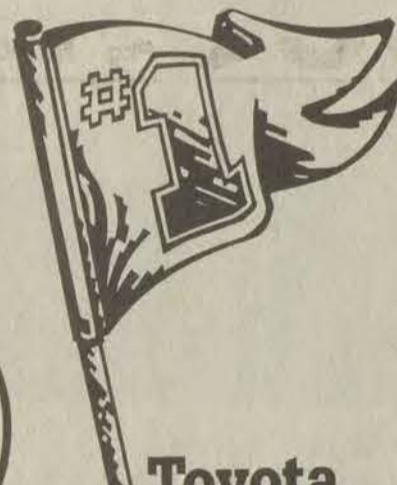
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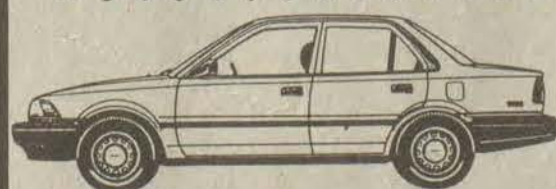
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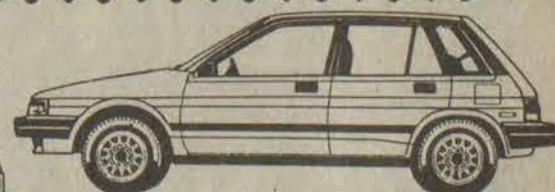
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EAST REGIONAL TOURNAMENT



Maytown Junior Pros Training League

The Maytown Wildcats training league did well in the basketball tournament at Richmond over the past weekend, finishing with a 2-2 record. The Wildcats went three overtimes before losing to Middlesboro in the first game of the tournament.



McDowell Junior Pros

Coach David Turner's McDowell junior pros were one of three Floyd County teams in the Eastern Regional Junior Pro basketball tournament last weekend at Richmond. The McDowell team did well and represented the area with good sportsmanship.



Maytown Junior Pro Cheerleaders

These three girls were on hand at the Kentucky Eastern Junior Pro Regionals to cheer on the Maytown Wildcats last week at Madison Central High School in Richmond. They did an excellent job.



Fans congratulate Martin Jr Pros

Family and fans crowded around the Martin junior pro team as the Purple Flash had just defeated Madison County and won the Eastern Regional Junior Pro basketball tournament. The team will now advance to the state tournament later in the month.



Maytown Wildcats Junior Pros

The Maytown Junior Pro basketball team made a good showing in the recently held Eastern Regional Junior Pro basketball tournament at Richmond over the weekend. The Maytown team placed fourth in the tournament with a 2-2 record.



McDowell Training League Team

The McDowell junior pro training league participated in the Eastern Regional junior pro basketball tournament at Richmond. The tournament was held at the Madison Central High School gym.



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2844	2' 7 1/2" x 4' 3 1/2"	58.88
3030	2' 11 1/2" x 2' 11 1/2"	54.44
3044	2' 11 1/2" x 4' 3 1/2"	59.88



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Chris Slone Day in Prestonsburg

Danny Hamilton, left, presents a signed proclamation to Prestonsburg standout Chris Slone in recognition of Chris Slone Day In Prestonsburg. The recognition was for scoring 1000 points in his high school career and for contributions made to the community.



Looks at a pitch

Jeff Lovely of Alice Lloyd College looks at a pitch against Virginia Intermont. Lovely had four RBIs in the first game to lead the Eagles to a 6-5 victory over the Cobras.

Maytown eliminates Madison

The Maytown Wildcats Junior Pro basketball team eliminated Madison County #1 from the Eastern Regionals at Madison Central High School in Richmond, 60-54. The win was Maytown's second in the tournament, against only one defeat.

The Wildcats had to hold off a charging Tiger team as they cut what was a six-point Maytown lead down to one, 31-30. Maytown went on top, 31-25, on a free throw by Chris Bailey. Madison County then ran off five unanswered points to pull to within one point.

Matt Crawford then took the ball to the basket for Maytown for a score, and he was fouled. Crawford converted the three-point play and

pushed the Wildcats back out by four points.

After a John Clines bucket, baskets by Chad Martin and Wesley Collins made it 38-32. However, Madison County came back on a bucket by Clines and a Brandon Long free throw to cut it back to three. Tommy Brown connected on two free throws to give Maytown a five point margin.

Again the Wildcats could not stand prosperity, and Nathan Wells scored four straight points to make it a one point game, 40-39, at the end of the third quarter.

Both teams exchanged baskets in the early going of the fourth period.

Then Maytown scored nine straight points to take a big 10-point lead, 51-41, with 3:30 remaining in the game. The Wildcats pushed it out by 12 points, 55-43, with 2:38 to go.

At that time the Maytown fans started chanting "Wildcats, Wildcats" with victory in sight.

Leading 60-49 on a Estill Stumbo bucket, Madison County scored the last five points to give the final margin of 60-54.

The win allowed Maytown to finish no less than fourth place in the tournament. The loss dropped Madison County out of the regional tournament. Maytown hit six of eight free throws in the final quarter. Madison County was three of five attempts.

Watkins, Whitt reel in prizes in fish tourney

Byrdstown, Tenn. — Tee Watkins of East Point and Paul Whitt of Salyersville placed in the top 10 of the Red Man Division Opener of fishing competition at Dale Hollow. Watkins finished in the number five spot while Whitt finished in the 10th position.

Ken Bledsoe of Rockwood, Tenn., placed first by boating a limit of six bass weighing 25 pounds, two ounces. Bledsoe collected \$2,627 of the cash purse which totaled \$10,679.50. A field of 239 anglers competed in the event.

Watkins collected a prize of \$552 for boating four bass weighing 14 pounds, 12 ounces. Watkins cranked flats in Spring Creek using Bomber Model A crankbaits.

Whitt boated four bass weighing 11 pounds, six ounces for 10th place and prize money of \$150. Whitt also received \$1,000, a Browning/Lew's reel and a one week vacation for claiming the big bass honors for the event with a six pound, 10 ounce catch.

The next stop along the Red Man Tournament Trail for Mountain Division anglers will be April 1 on Herrington at Bryant Camp. Entry deadline is March 21.

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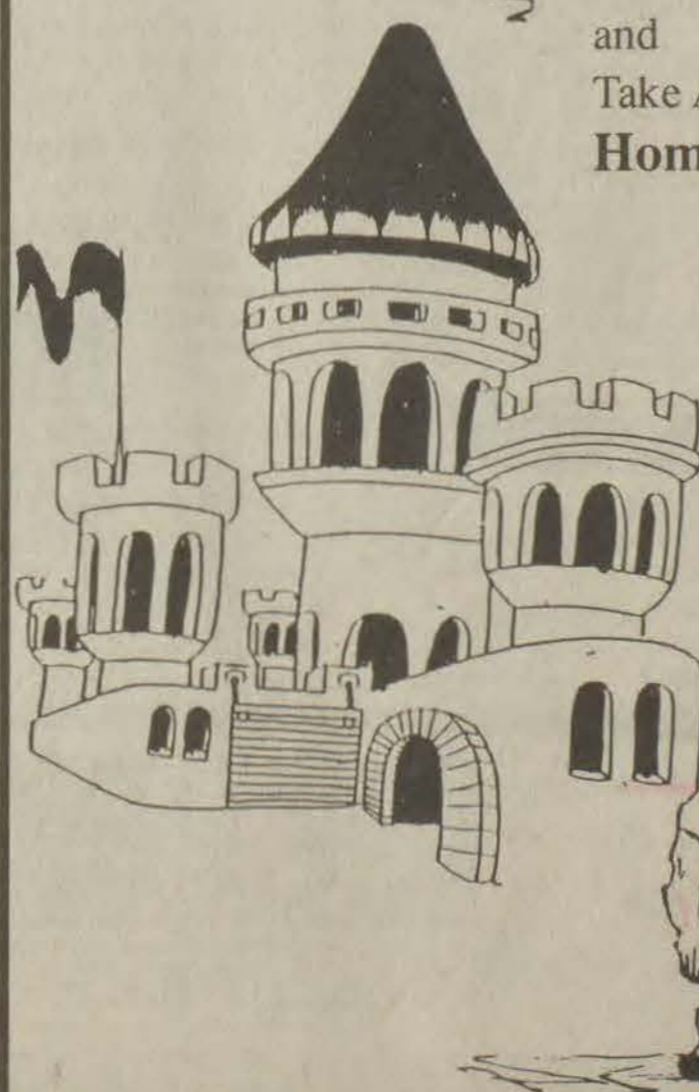
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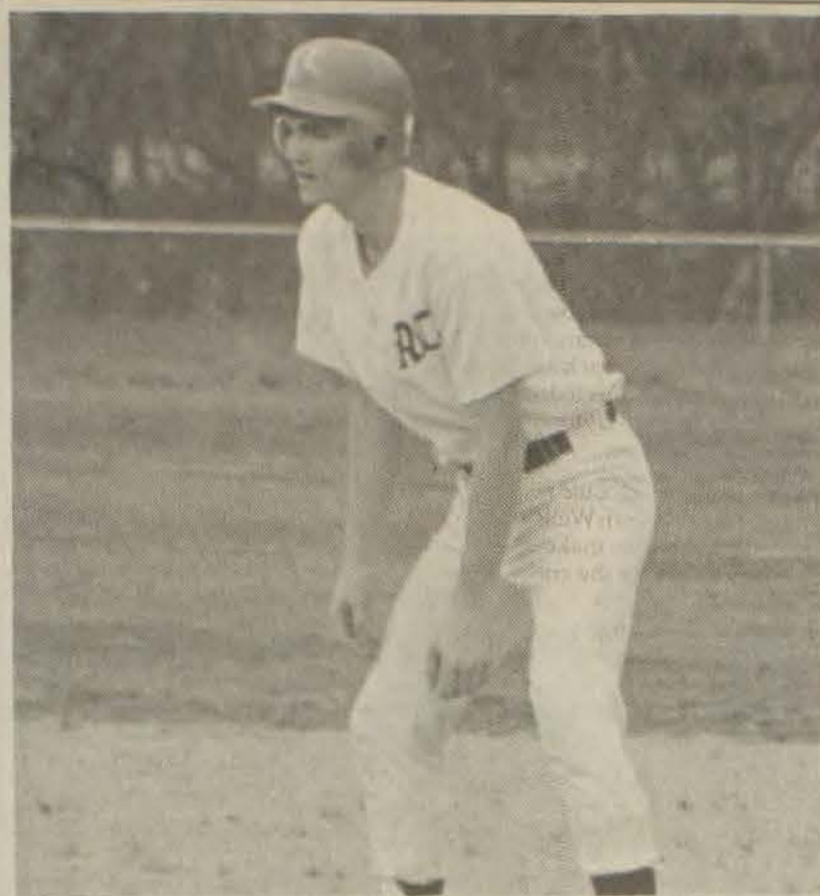
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Hall gets lead

Brian Hall of Alice Lloyd College (formerly of McDowell) gets a lead off first base in college baseball action at Allen Park last week. Hall scored on Tim Trusty's three-run homer as the Eagles fell to Virginia Intermont, 5-4.

Slow start hurts Maytown in losing to Middlesboro, 55-40

After building a reputation in the Eastern Regionals as a comeback team, the Maytown Wildcats just couldn't do it the third time around as they fell to Middlesboro, 55-40, and were eliminated from further competition in the junior pro regional tournament played at Madison County on Saturday afternoon.

Maytown had defeated the Middlesboro team in overtime in the first game of the tournament on Friday night. In that game the Wildcats had to come from behind in a shaky start also.

Maytown spotted Middlesboro 10 points and had to play catch up ball the rest of the way. Middlesboro placed three players in double figures in winning over the Wildcats. Chris Buell led the way with 14 points. Both Brian Greene and Robbie Bledsoe tossed in 12 points.

Maytown also had three players hit double figures with John Moore getting 14 points. Matt Crawford had 12, and Wesley Collins added 10.

Middlesboro jumped out to a quick 10-0 lead and the Wildcats were not

able to score until 2:02 to go in the period, when Moore hit a side line one hander. Nick Halbert added two free throws as the first quarter ended with Middlesboro on top, 12-4.

After Collins grabbed an offensive rebound and stuck it back in, Middlesboro outscored the Wildcats, 8-1, to claim a 20-7 lead. An 8-2 Maytown spurt cut it to 22-15 at the half.

Middlesboro extended its lead to 11 points, 26-15, on baskets by Wayne Hammoc and Brian Greene.

In the fourth quarter Maytown cut the lead to seven, 40-33, with 4:46 remaining. Maytown had the ball coming down court when the official called an official time out because of an injured Middlesboro player. When play resumed, the ball was given to Middlesboro instead of Maytown.

The Wildcats' Wesley Collins was hurt in the game and had to be carried off the floor.

Maytown (40) John Moore, 14; Nick Halbert, 2; Wesley Collins, 10; Matt Crawford, 12; Estill Stumbo, 2.

Middlesboro (55) Chris Buell, 14; Brian Greene, 12; David Kelly, 4; Shane Berry, 4; Robbie Bledsoe, 12; Scott Chaney, 4; Wayne Hammoc, 4.

Maytown.....4 11 12 13-40
Middlesboro.....12 10 16 15-55

Legals

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McDowell

(Continued from B 1)

Martin (59) C.K. Dingus, 6; Robbie Merion, 2; Michael Stephens, 11; Terrance Mullins, 13; Kevin Robinson, 3; Thomas Jenkins, 8; Adam Coleman, 0; Justin Hopkins, 2; Rocky Newsome, 4; Jason Blevins, 4; Beau Tackett, 7.

McDowell (28) Joe Bryant, 15; T.T. Pack, 4; Ashley Tackett, 4; Nicholas Little, 1; Jason Tackett, 2; Mark Tackett, 2.

Martin.....15 9 17 18-59
McDowell.....8 0 9 11-28

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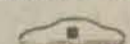


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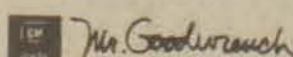
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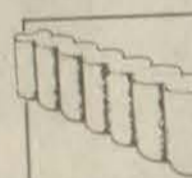
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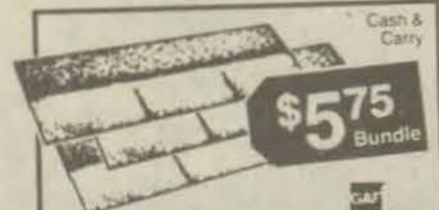
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Odds 'N Ends

WEDNESDAY, MARCH 21

80th Day, 285 To Go
 Fragrance Day
 Memory Day
 National Teenagers Day
Aries The Ram: In the astronomical/astrological zodiac, the period March 21 through April 19 is identified traditionally as the sun sign of Aries the Ram. The ruling planet is Mars.
International Day For The Elimination Of Racial Discrimination: Anniversary of the killing of 69 African demonstrators at Sharpeville, South Africa, in 1960. A day to remember those who have fallen victim to racial injustice.
King Strang Birth Anniversary: Perhaps America's only crowned king, Jesse James Strang was crowned King of the Mormons on Beaver Island, Mich., in 1850; he ruled his kingdom until his assassination in 1856.
Notable births: Johann Sebastian Bach, German organist and composer, 1685-1750; Benito Pablo Juarez, Symbolic leader of liberation and of Mexican resistance to foreign intervention, 1806-1872; Peter Brook, director, 65; Cesar Chavez, labor union official, 63; Timothy Dalton, actor, 44; Phyllis McGinley, poet, 85.

THURSDAY, MARCH 22

81st Day, 284 To Go
 NCAA Division II Basketball Championship
 National Collegiate Division I Championship Finals
 Arab League Day
Space Milestone: Soyuz 39 launched two cosmonauts on this day in 1981 and docked at Salyut 6 space station, where they were greeted by a previous team of cosmonauts.
Notable births: Rosa Bonheur, French landscape painter, 1822-1899; George Benson, singer and guitarist, 47; Werner Klemperer, actor, 70; Karl Malden, actor, 76; Marcel Marceau, actor and pantomimist, 67; Pat Robertson, TV evangelist, 60; William Shatner, actor, 59; Stephen Sondheim, composer, 60; Andrew Lloyd Webber, composer, 42.

Society items for Wednesday's Paper must be received no later than 10 a.m. Monday morning

West to Eastern

An 'older' student faces future with a look back

by Barbara P. Martin

(Editor's note: The author has written about her Right Beaver community, Floyd County and Appalachia. In a series of articles, she will share her findings and observations with readers of *The Times*. This first article introduces us to how she got started on her research, and, at the same time, gives some bits of history that many may identify with.)

Upon realizing that I had to go to college to fulfill my life's desires, I promptly asked an older student, who was commuting to Alice Lloyd College, if I could pick a day and go along for a visit. Mrs. Hubert Allen was getting an education in spite of the fact that she was a busy housewife with twin boys to raise. Hubert, being an easygoing fellow, was all for it. In fact, she brought interesting things home to talk about.

Permission granted, I set about looking at my puny wardrobe to discover what might be in it that would impress Miss June (Buchanan) and the other Caney instructors and cause them to think that I could be a good prospective student. I had always heard that clothes make the person.

After much looking and trying on, I decided on the purple, two-piece suit I had made myself for Easter out of cotton-blended yard goods, which I had bought at Grigsby's 5&10-cent Store in Martin — three yards for \$1. I borrowed the "broughton" paper pattern — old timers used to say "fotched on" — from Mrs. Earl Warrens, who was a natural-born seamstress and had a pattern for almost every kind of wearing apparel. To make it a little moresnazy, I embroidered my initials, in white, onto a fake pocket on the upper left side of the jacket. Huge, shiny buttons completed the decorations. These were hard to find. I had to look in all the stores in Martin before I found them.

When the previously planned day arrived, I walked out to Bailey's General Store in Eastern, sat on the porch on the lazy bench and talked to Fred and Rebecca Bailey until Allen Brothers' early bus came along.

When I saw it coming, I ran across the road with my 25-cent fare in hand and flagged it down by waving my right arm up and down, repeatedly, until I saw that the driver was beginning to slow down, an indication that he had seen the prospective passenger. Sometimes people stopped the bus just to see if someone in particular was on it.

This strange new experience was repeated several times that summer. In brief snatches each day, I told the Baileys my plan to enter college at age 34 to become a physician. Upon graduation from Maytown High School 17 years before, my plan had



BARBARA P. MARTIN

been to enter Berea College of Nursing.

After this long delay, it seemed only common sense to try to reach the top in order to make up time. As it happened, I was only able to get two years of pre-medical training. Serious health problems prevented me from reaching my goal, but I was able to work in the Medical Center setting for 10 years as a secretary. I watched "General Hospital" first hand and made many long-lasting friends. Thank God, I had the nerve to try.

As the bus approached the residence of Hubert and Clotene Allen, I pulled the cord, which rang the bell to signal the bus driver to stop. I had arrived at the appointed hour. Clotene was ready to go in her white middy blouse, pleated skirt (hemmed seven inches below the knee), white nurses oxfords and red tie — the required Caney Creek Junior College uniform. This style had been established by Alice Lloyd about 1917.

Goose pimples began to move up my spine in anticipation of becoming eligible to wear such a uniform in the near future.

Clotene gathered her thick books together with a spiral notebook and a

Job Corps needs books

The Carl D. Perkins Job Corps Center in Prestonsburg is expanding its library and is asking for donations of books.

Staff member Len Grant says the center can use "just about any kind of printed materials — novels, textbooks, magazines." He added that donated materials can be picked up by center staff.

Persons with publications to donate may call Grant at 886-1037 between 8 a.m. and 4 p.m., Monday through Friday.

pen. Imagine that! The professors insisted that you take notes with a fountain pen. Most of my writing heretofore had been with a pencil since bladder pens always leaked, and scratch pens required too much time dipping into the ink to be practical. Later, I was to discover that a ball point pen with a fine point suited me just fine.

We walked out to the car with much enthusiasm and took off with those mysterious textbooks lying in the seat between us. I itched to look inside. Clotene gave permission to do so, and I began to inspect their contents, marveling at the events of Ancient and Medieval History for several miles.

The rapid pace of the car caused me some concern as to whether this was a safe venture. My inability to drive brought on these feelings, along with the fact that I had been very much a homebody for too many years.

In those days, cars were such a luxury that many people walked or caught rides by standing and waiting alongside the road. Local bus service was confined to Highway 80, from Prestonsburg to Wayland, with many hours between runs.

We passed several Caney students standing along the road, waiting for their ride. The girls' red and white uniforms and the boys' white shirts with ties easily labeled them. Clotene

waved to them with a big smile, and soon I began to do the same.

"Hey," I thought, "This might be fun!"

The day at Caney Creek went well. The many people we met were quite interested to know that I planned to enter classes that summer, a fact given before I had really made up my mind — which finalized the decision to do so.

The following June, I was a Caney student, wearing the much admired uniforms, which Mrs. Nora Martin of Turkey Creek, Langley, was good enough to help me piece together from the remnants she found at her home. Her daughters had discarded them in good condition after their Caney experience.

Caney student supervision was quite practical, to my great surprise. Many tales had come to me of the strict, impossible rules set down by Alice Lloyd, and my greatest fear was that I would unwittingly get expelled from Caney. The highest mortification of that day! With this in mind, I enrolled in the Ancient and Medieval History class, bought Clotene's book cheap and her nurses' oxfords for 50 cents. I was in business.

Outfitted with the five uniforms Nora gave me, I combined living on campus with commuting, in order to meet family needs. The idea was to wear one uniform per day, but due to

the hard work involved to wash, starch and iron the yards of material, I was forced to change them every other day.

When the class work demanded more and more time, I was guilty of not following that rule. As many others will testify, clean uniforms were much sought after. Borrowing was attempted among the students, but it was not a very successful undertaking.

Another problem I had expected turned out not to be a problem at all. I had feared the other students would resent an older student among their ranks. To my surprise, there were many others like me, and as it happened, we just held the place that seemed to be reserved for us.

We shared the work by taking on a one-hour per day job, which changed every two weeks. That way we got experience in various places.

Since I had worked in the Maytown High School library in my senior year, I began in the Caney Creek Junior College Library. My rotation took me through various jobs in the kitchen, where I was fascinated to watch so much food prepared at one time.

The experiences were good and I would like to share some of them with you. Keep in mind though that if you ever get the chance, go for yourself. All things are better first hand.


Hug Day

The Betsy Layne Headstart visited the Betsy Layne Senior Citizens Center on Tuesday, March 13. They made crafts and the seniors entertained the children with music and skits.

County Kettle



County Kettle

Is a feature offered by the *Floyd County Times*. Send all recipes, kitchen tips and suggestions to "County Kettle," The *Floyd County Times*, P.O. Box 391, Prestonsburg, KY 41653

Whether being served by the glass or using it for cooking, wine can add an air of elegance to many dishes. The trick is knowing how to use wine and which of the many varieties is appropriate for each dish. This week County Kettle offers recipes from David Sandeman, chairperson and chief taster-blender of the House of Sandeman — world renowned shippers of ports, sherries and madeiras since 1790.

While traditionally recognized as an aperitif or dessert wine, sherry is gaining awareness for its versatility as an accompaniment to many different foods. The at-home cook will find that even the humblest of foods, such as condensed soup, can be enhanced by a splash of sherry. With a little ingenuity, the variety of sherries available can be used to flavor many dishes.

Small servings of sherry enhance a dish, and the standard serving of sherry is smaller than the average serving of table wine, an important consideration in light of the current trend towards moderation.

Famed restaurateur Alfonso, owner of the El Bosque Restaurant, in Jerez came up with this sherry-flavored recipe, inspired by traditional Spanish cuisine:

PIERNA DE TERNERA AL DON FINO
 (Braised Veal Don Fino)
 2 lbs veal stew meat, cut into 1-inch

pieces, patted dry flour for dredging the veal

5 Tbsps olive oil
 1 onion, chopped
 4 carrots, sliced
 2 leeks, white part only, chopped
 1 garlic clove, minced
 1 cup Sandeman Don Fino Sherry
 2 cups beef stock, or canned beef broth
 2 bay leaves
 2 Tbsps minced fresh parsley leaves

Preheat oven to 350 degrees. Dredge the meat in the flour, shaking off any excess; season with salt and pepper to taste. Heat 3 Tbsps of olive oil in a casserole over moderately high heat. Add veal, and cook until evenly browned. Transfer veal to a plate.

Add remaining oil to the casserole and cook the onion, carrots and leeks over moderate heat, stirring occasionally, until the onion is golden. Add the garlic, and cook for one minute while stirring. Add Sherry, beef stock, bay leaves, salt and pepper to taste.

Return the veal to the casserole, bring the liquid to a simmer over high heat while stirring. Braise veal by placing covered casserole in the oven for 1 to 1-1/2 hours, or until tender. Skim any fat from the casserole, discard bay leaves and garnish the veal with parsley. Serves 4.

Sparkling wine and oysters make an undisputed match, but what about pairing sparkling wine with the main

course, desserts or even more controversial — the salad?

Popular belief holds that the flavor of any wine is spoiled by the acidity of a salad dressing. Yet, a cool, crisp meal could be enhanced by the light effervescence of a flute of Piper Sonoma sparkling wine.

California wine and food pairing consultant Beverly Anderson offers a solution. A dressing can actually complement a wine if three rules are adhered to: 1.) Add a touch of sweetness, preferably honey to soften the wine's acid base, 2.) Add a bit more oil, preferably a mild olive oil or nut oil, such as almond, hazelnut or walnut, and blend them with some of the fruit vinegars, such as apple, pear or champagne, then 3.) Mix a bit of the accompanying wine into the salad dressing and voilà! A perfect match.

You can serve a sparkling glass of Piper Sonoma Brut to add ingenuity and elegance to almost any warm weather menu.

PIPER SPARKLING VINAIGRETTE

1 Tbsp Piper Sonoma
 1 Tbsp champagne vinegar
 1 Tbsp tangelo juice
 1 Tbsp lemon juice
 1 tsp honey
 3/4 cup mild olive oil
 Salt and pepper to taste

Whisk the sparkling wine, vinegar, tangelo juice, lemon juice, and

honey in a small bowl until mixed. Gradually whisk in oil. Continue whisk until slightly thickened. Salt and pepper to taste. Makes 1 cup.

SHRIMP AND ENDIVE SALAD

4 Belgian endive
 1-1/2 lbs shrimp
 Sorrel Mayonnaise (recipe follows)

Separate the endive leaves, rinse and pat dry. Arrange endive in a circle around the salad plates. Coat the inner circle with Sorrel Mayonnaise and top with shrimp or toss the shrimp with the dressing and fill the center. Serves 6.

SORREL MAYONNAISE

1 egg
 1 Tbsp Piper Sonoma Brut
 1 Tbsp lemon juice
 1/2 tsp sugar
 1/2 tsp salt
 1/4 tsp pepper
 1 cup mild olive oil or nut oil
 1 bunch sorrel (may substitute 1/3 bunch spinach, cleaned and dried)

Process egg, sparkling wine, lemon juice, sugar, salt and pepper in a food processor fitted with a steel blade for 7 to 8 seconds. With the machine running, add oil in a thin steady stream through the feed tube to make a thick mayonnaise. Turn off, add coarsely torn sorrel leaves. Process until finely chopped. Makes 1 cup.

The classic and varied flavors of port are the perfect finish to any meal,

many agree. Always serve port at room temperature, in glasses large enough for swirling. Tiny glasses don't allow port to breathe or allow you to savor the aroma to the fullest. Tradition dictates that the host serve first to the guest on his immediate left first, then pass it clockwise around the table.

At the table, a port, such as Sandeman Founders Reserve is best accompanied by hard cheeses. Since port is a fortified wine, a strong cheese, such as Blue Stilton or Cheddar, complements the fruitiness of port without overwhelming its robust taste. Serve with plain wheat crackers and water biscuits that don't interfere with the richness of the cheese or wine.

Port is an admirable partner when paired with the luscious desserts favored by American palates, as in this delightful recipe:

CARAMELIZED PORT WINE FLAN WITH LEMON

The rind of 2 lemons, white pith removed, cut into julienne strips.
 1-1/2 cups sugar
 3 cups milk
 4 large eggs
 4 egg yolks
 1/2 cup Sandeman Tawny Port

Preheat oven to 325 degrees. Lightly butter a 6-cup mold or baking dish. In a saucepan of boiling water blanch the lemon strips for 5 minutes, drain them and refresh under cold

running water. In the saucepan combine 1 cup sugar with 1-1/2 cups water, bring the mixture to a boil, and simmer it for 10 minutes, or until the peel is translucent.

Strain the lemon peel, reserving the syrup, and set it aside. Return the sugar syrup to the pan, and simmer over moderately high heat until the syrup turns golden. Pour the syrup into the prepared mold, tilting the mold to coat the bottom and scatter the lemon peel over the caramel.

In a saucepan combine the milk and remaining sugar. Bring to a simmer over moderately low heat, stirring occasionally. In a bowl, whisk whole eggs and egg yolks together until frothy, blend in 1 cup of the hot milk mixture and return to the pan. Cook the mixture over moderately low heat for one minute, stirring constantly. Remove the pan from the heat and stir in Port.

Strain the custard into the mold, skim any froth from the surface and set the mold in a shallow baking pan, filling halfway. Cover and bake for 1 to 1-1/2 hours, or until a toothpick inserted near the center of the custard comes out clean.

Remove the mold from the baking pan and let cool. Cover and chill for 3 to 4 hours or overnight. To unmold the flan, dip the mold quickly in hot water and invert onto a shallow platter. Serve with slices of fresh orange and glasses of Sandeman Port.

Society Events

By Docia Woods



LOCAL CHURCH WOMEN HOLD MEETING

Members of the Local Church Women's Organization met Friday, March 16, at 10:30 a.m. at the Community United Methodist Church. Orela Smiley, president, was in charge of the meeting.

Marian Masters, wife of the pastor there, served doughnuts, coffee and juice and opened the meeting with prayer. The minutes were read by Dorothy Osborne, secretary.

Smiley, discussed the forthcoming Holy Week services to be held at the First United Methodist Church, April 9-13.

The president also discussed with the group, plans for a Youth Center, to, hopefully, be established here within the near future, and much enthusiasm was shown regarding this project.

Osborne asked that members contact their representatives and senators, in regard to the Task Force on Education Reform and the possibility of Kentucky being used by some of the other states as a "garbage dumping ground."

A "Thank You" card was read from Faye Ruffin, who once worked with the Loaves and Fishes Food Pantry, sponsored by this group and the Prestonsburg Ministerial Association. Ruffin, who recently moved to another state, thanked the members for their assistance in her endeavors, here.

The president announced that the next meeting would be held Friday, May 3, at 10:30 a.m., at the First United Methodist Church, and she stressed that women from all churches throughout this area are welcome to attend.

Smiley closed the meeting with prayer.

Present, and the churches they represent, were: Smiley and Sara Goble, First Presbyterian; Osborne, Pleasant Home Baptist; Mabel Donahoe, St. Martha's Catholic; Jane Wallace, First United Methodist; Docia Woods, First Baptist; and Masters, of the host church.

LAMPLIGHTERS HOLD WEEKLY MEETING

The Lamplighters of the First Baptist Church of Prestonsburg met in the fellowship hall there Tuesday, March 13, at 3:45 p.m.

In the absence of Patsy Evans, Tom Foy presided. Foy discussed the cantata, which will be presented at this church on Sunday, April 8, in which this group will perform.

Prayers were asked for Lucy Regan's sister, Clara Cass, and Ada Meade's brother, Lawrence Maggard, both of whom have been ill, and for the forthcoming Sweet Sixteen basketball tournament, in which some of the members of this church were to participate.

Foy dismissed the meeting with prayer. Present were Julia Curtis, Foy, Judy Hooker, Docia Woods, Myrtle Allen, Dixie Webb, Meade, Lucy Regan, Roberta Sloan and John Evans.

The group meets at the same location each Tuesday, at 3:45 p.m. All senior adults are invited to attend.

REPUBLICAN WOMEN MEET IN PAINTSVILLE

The Kentucky Federation of the Republican Women's Board of Directors' meeting was held at the Carriage House, in Paintsville, Friday, March 9, at 7 p.m. The meeting was conducted by the state president, Mae Hoover.

Ladies from Scott, Lawrence, Jefferson, Russell, Oldham, Kenton, Johnson and Floyd counties were in attendance.

Floyd County women attending were: Maxine Bierman, Duna Combs and Judy Johnson.

HOSTS GUEST

Ulabon Acree of Martin had as her weekend guest recently, Richard Pulliam of Paris, Ky. During that time they attended the Renfro Valley Barn Dance.



DOROTHY OSBORNE



Orela SMILEY

LESLIE ESCORTED TO LEXINGTON

Cathi and Allyson Leslie, daughters of Mr. and Mrs. Gerald Leslie Jr. of Lexington, came here recently to accompany their grandmother, Maman Leslie, back to their home, where she remained until Wednesday of last week. While there, she consulted her doctor.

CLUB HEARS PROGRAM ON CHOLESTEROL

The Community United Methodist Women met Tuesday, March 13. Marian Masters opened the meeting with prayer. She also gave the treasurers report. The group discussed plans for a retreat for United Methodist Women, to be held at the church on Saturday, March 31.

The program included a cholesterol screening by Delores Carpenter and Shelia Henson of the Floyd County Health Department.

Dr. Tony Mounts presented an informative program on cholesterol's function in the body's metabolism. Food items for Mount's demonstration were furnished by the hostess.

Attending were Leota DeRossett, Jean Burke, Pam Leslie, Gail Cooley, Linda Smith, Kim Compton, Nancy Tackett, Cheryl Sexton, Ernestine Collins, Goldie Music, Marian Masters, and the hostesses, Debbie Patton, Sharon May and Rita Mounts.

DONAHUE FAMILY VISITS

Mrs. James Donahoe had as her visitors recently, members of her family, including: Michael Donahoe of Flatwoods, Col. James Donahoe II of the US Air Force, who is stationed in Honolulu, Hawaii, and Mr. and Mrs. John Donahoe and their son, James of Lexington.

BILLY GRAHAM FILM TO BE SHOWN AT FIRST BAPTIST

On Sunday, March 25, at 6 p.m. the newest film by Evangelist Billy Graham's World Wide Pictures, entitled "Caught," will be presented at the First Baptist Church of Prestonsburg.

According to the Rev. Steve Hopkins, pastor of this church, "This true-to-life dramatic story portrays the power of one person caring for another, and can provide the ideal opportunity for introducing people to Christ."

The public is invited to see this film.

KIWANIANNES REMINDER

The Prestonsburg Kiwanianes will hold their regular luncheon meeting Thursday (tomorrow), March 22, at 12:30 p.m. Hope Whitten, president, urges all members to attend this event, at which Jane Wallace, program chairperson, has promised there will be an interesting and worthwhile program.

BRACKETT SPEAKS TO BRYAN STATION DAR

KSDAR State Registrar, Mrs. Ray Brackett, a member of the John Graham Chapter DAR, spoke on the topic "Highland Images," to Bryan Station DAR on Wednesday, March 7, at a luncheon held at the French Quarter Suite Hotel, Richmond.

On behalf of the chapter, Regent, Mrs. William Steele, presented Brackett with a gift. Brackett remained as overnight guest of John and Laura Brackett Thrasher, returning home on Thursday evening.

RUMMAGE SALE ITEMS WANTED

Members of the GFWC/KFWC Prestonsburg Woman's Club are reminded to bring clothing and other items they wish to contribute to the forthcoming rummage sale, to the club's Arts and Crafts House at Archer Park from 2-5 p.m. on March 25 and 26. The dates of the rummage sale will be from 9 a.m. to 2 p.m. on March 30 and 31. The public is invited to attend.

MINI CLASS REUNION

Mrs. Mitch Patterson and son Daniel of Versailles were here recently for a visit with her parents, Mr. and Mrs. Gorman Collins Sr., and other relatives. While here the former Pam Collin, was visited by two of her former classmates at Prestonsburg High school, Jane (Osborne) Bond and Anne (Laferty) Howard.

SAUNDERS HOME FROM FLORIDA

Mr. and Mrs. Delmas Saunders who have spent most of the winter months in Florida, were welcomed back home to Floyd County a few days ago.

COLLINS VISIT RELATIVES

Mr. and Mrs. Gorman Collins Sr. spent a few days this past week visiting with relatives, including Mr. and Mrs. George Evans Jr., Mr. and Mrs. Paul Vaughn and Malaree Collins in Lexington, and Mr. and Mrs. Mitch Patterson and son Daniel in Versailles.

FLOWERS ON THE ALTAR

Flowers on the altar of the First United Methodist Church during services there this past Sunday morning were "In loving memory" of Mary Alice Bennett from her family: Frank, Kenneth, Mary Sue and Carl Ed.

ADAH CHAPTER, OES HOLDS MEETING

Adah Chapter #24, Order of Eastern Star, met in regular session, Monday, March 12, at 7 p.m. The regular business was conducted with Mollie Hyden, worthy matron, presiding.

Those present were Hyden, Shelby Willis, Donald A. Willis, Lorena Wallen, Lillia Mae Price, Belle Conn, Jane Hicks, Paulina Owens, Burieta Gearhart, Patsy Evans, Rebecca Rasnick, Thelma Hebnor and Ronald Hebnor.

The next meeting will be Monday, March 26, at 7 p.m. at the Lodge Hall.

See SOCIETY EVENTS, C 3

Pharmacy Footnotes



By HAROLD COOLEY

THE TROPICAL PHARMACY

People are beginning to realize the important role that tropical rain forests play in stabilizing the global environment. These magnificent forests purify the atmosphere by absorbing carbon dioxide, and in doing so they slow down the "greenhouse effect." By burning rain forests, man releases nitrous oxide into the atmosphere which breaks down the protective ozone layer. What many people do not realize is that the rain forests are also enormous natural pharmacies. The tropical plant species found in these tropical regions provide us with one-quarter of all known pharmaceuticals. Each year, drug manufacturers test millions of dollars worth of tropical plants for the medicinal value. Only one percent of tropical plant series have been tested. The remaining 99 percent may go up in flames if rain forests destruction continues.

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EYE INSTITUTE

Society Events

(Continued from C2)

JOHN GRAHAM CHAPTER HOLDS MEETING

John Graham Chapter, NSDAR, met Tuesday, March 6, at 3:30 p.m. at May Lodge, with the regent, Mrs. Carl R. Horn, presiding.

The DAR rituals were led by the chaplain, Mrs. J.G. Stepp, the Pledge of Allegiance was led by Mae Kendrick, the president general's message by Dorothy Osborne, and the national defense message, "Mission of the Military," by Virginia Goble. The minutes were approved as read and the treasurer, Olga A. Preston, gave her report.

The recording secretary, Brackett, reported the death of Edna Earl Mays, Louisa Chapter, March 3. The late Mrs. Mays had served as Sixth District Director, as state chairperson, and had worked in many capacities with the John Graham Chapter. Brackett read messages from the state insignia chairperson, Mrs. Irvine Shelton, and Charlotte H. Stagner, by-laws chairperson. She reported that John Graham Chapter member, the late Martha Preston Crisp's granddaughter, Beth Williams, had won the Excellence in American History medal from the California DAR. She read correspondence from Jane Lampton Chapter, Columbia, Ky., inviting members to attend the 50th anniversary tea, which will honor two charter members, Mary Broadus and Elizabeth Jones, Saturday, March 17, at the Adair County Library, from 2-4 p.m.

Pauline Burchett reported on correspondence with Jack Howard of Dwale on the condition of Revolutionary soldier John Graham's cemetery at Emma. Also, correspondence with Ralph Leslie, owner of the surrounding land, was mentioned.

Brackett introduced James Vanhoose, chairperson, Floyd County Bicentennial Committee, who summarized events to take place by 1992. High on the list is restoration of the 1817 Samuel May home, Prestonsburg, a one-room school to be removed to the campus of Prestonsburg Community College as a school museum, and a Floyd County Bicentennial History, 1800-1992.

This book will contain the history of Floyd County, histories of 65 communities, churches, schools, civic organizations, clubs, memorials, tributes, businesses, 50-year anniversaries and family histories. Family histories and one picture will be printed with no cost to the families, the length to be about 500 words.

After the meeting, members en-

joying dinner were Alice Harris, Fannie Runnels, Preston, Kendrick, Goble, Opal May, Pam Wollford, Dorothy Osborne, Horn, Burchett, and Brackett. "Happy Birthday" was sung to Norma Stepp, and a candle-lit cake was served to her and others in attendance. Members welcome Vivian Hale, who had been unable to attend meetings for several years. Hostesses were Harris, Runnels, Goble and Kendrick.

The next regular meeting will be a noon luncheon held jointly with the Ashland Chapter, Sons of the American Revolution, with James B. Goble, president, Saturday, April 28, at the May Lodge. The guest speaker will be Robert Castle, president, Auxier Historical Society. Hostesses will be Preston, Horn and Osborne.

WACKERLE RECEIVES SCHOLARSHIP

Jessica Wackerle, a junior at Dausouise University, in Halifax, Nova Scotia, recently received an \$800 scholarship to be used during the present semester, from this university. With psychology and English as her majors, she is an "A" student, and works at two part-time jobs.

She is the daughter of Barry and Susie Woods Wackerle, of Bridge Water, Nova Scotia, and the granddaughter of Docia Woods and the late Carl Woods of Prestonsburg. She and her brother, Reuben Woods Wackerle, spend a part of their summer months here, while she works at Jerry's Restaurants and heat at the Food City Grocery Store. Both are members of the First Baptist Church of Prestonsburg.

HRMC AUXILIARY HOLDS MEETING

The Highlands Regional Medical Center Auxiliary held its monthly meeting Saturday, March 17, at 2 p.m. in the cafeteria there. Gladys Allen, president, presided. Garnett Fairchild, devotional leader, read a poem entitled, "I Said a Prayer For You Today." Annis Clark read the minutes of the February meeting.

On behalf of the group, Allen presented Clark with a gift and a card of thanks for her years of dedication as secretary; then, she installed Lee Boswell as the new secretary. Financial reports were distributed to those in attendance.

Discussions were held regarding a memorial for a late member, Christine Spradlin, and the possibility of serving soft drinks to families of surgical patients at the hospital. Committee members, Gladys Allen, Kathy Allen, and Garnett Fairchild will make the decisions regarding these two matters.

Delegates to the KHA in Louisville, on May 15-16, will be Gladys Allen, Annis Clark, Fairchild and Danese Amburgey.

Angel food cake and coffee were served to Sina Blanton, Nelva Lewis Fairchild, Amburgey, Jess Mahan, Gladys Allen, Clark, Allie May, Helen Clark, Margaret Harris, Jean Burke and Lee Boswell.

WALLACE SPEAKS TO AARP MEMBERS

Members of the Jenny Wiley Chapter #3528 AARP met Friday, March 16, at 6 p.m. at the cafeteria of the Highlands Regional Medical Center, with Dorothy Osborne, president, presiding. The invocation was given by James Goble, former president. Following the dinner, the group held their meeting in the Floyd Room at HRMC. Alice Harris read the minutes.

Osborne recognized the former presidents of AARP, including Jack Freed, Goble and Orville Cooley, and Chalmer Frazier, a member of the Kentucky AARP Legislative Committee.

She also presented the names of this year's officers and committee chairperson, as follows: Gladys Allen, first vice president; Sarah Laven, secretary; Delmas Saunders, treasurer; Ruby Akers, legislative committee; Mildred "Honey" May, health care; Otela Smiley, program; Sina Blanton, community services; Myrtle Allen, telephone; and Docia Woods, publicity.

The board of directors is composed of Osborne, Allen, Laven and Saun-

ders, and the advisory committee includes, Osborne, Freed, Cooley and Goble.

It was reported that Eugene Akers, brother of a member, Ruby Akers, had recently passed away in Lexington.

Frazier discussed the passage of the living wills, by the Kentucky Legislative Committee, and said that State Rep. Greg Stumbo had much to do with its passage.

These members were recognized by the president as observing birthdays since the group's last meeting in November, 1989: Alice Harris, Matilda Johnson, Marie Goble, Audrey Mullins, Grace Moore, Tilden Collins, Shirley Callihan, William Callihan, Arthur W. Haywood, Shirley Lewis, Flem Blanton, Jean Blackburn, Lakie Burchett, Pearl Robertson, Dorothy Osborne and Otela Smiley.

The president expressed concern for the passage of legislative bills relating to the Task Force on Educational Reform, and what she referred to as "the possibility of Kentucky becoming a garbage dump for other states." She also recommended a county-wide cleanup.

She said that Marty Backus, publisher of the *Floyd County Times*, is

chairperson of a project for the cleanup program for Floyd County, and that his group holds meetings on the fourth Wednesday in each month at noon at the May Lodge. She urged members to participate in this project.

She also announced that the AARP once again has members who assist in the preparation of income taxes, and that they meet each Tuesday and Friday, from 8:30 a.m. to 3 p.m., at the Floyd County Library.

Smiley, program chairperson, presented Robert Wallace, who spoke on "Libraries, and the Importance of Reading." Wallace said that in (about

1955-56, Kentucky became enthusiastic about book mobiles and public libraries. He listed as members of the local Bookmobile board, for which he once worked, as: Lon Hill, Orville Pearson, Avonell Cooley, Anna Sue Stumbo and V.O. Turner. He said that he and others, including the late Henry Stumbo, Ed Music and the late Senator Doug Hayes, participated in a book mobile demonstration at the Kentucky State Fair, and described their means of book transportation to the book rally as "somewhat like a milk truck."

See SOCIETY EVENTS, C4

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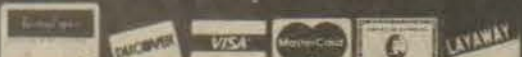
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Society Events

(Continued from C 3)

He said the first location of the Bookmobile in Prestonsburg was in the supply room of the service station of the late Alec Spradlin, and from there, it moved to the old Floyd County High School and finally to the Floyd County Library.

He mentioned the late Paris Conley and Homer Lee Hall as among those who assisted in getting the Bookmobile started, and helping toward its progress.

Wallace said he began work as the Prestonsburg Community College librarian in 1964 and told of the progress of this (from which he is presently retired) throughout the years.

Kathryn Frazier, a member of the Floyd County Bicentennial Committee, told of some of the projects planned for this event, including the restoration of the Bascom May House and the Floyd County History to be published. She said this committee meets the last Monday of each month at 4:30 p.m. at the First United Methodist Church here and urged those working on this project to attend.

Osborne said the next dinner meeting of the AARP would be at this same location, the third Friday in April, at 6 p.m.

Attending Friday night's event were Osborne, Freed, James and Marie Goble, Orville and Gladys Cooley, Smiley, Sina and Flem Blanton, Kathryn and Chalmer Frazier, Allen, Mabel Donahoe, Harris, Jane and Robert Wallace, Fannie Runnels, Woods, Maman Leslie, Hager White, Johnson, Goldie Music, Collins, Jean Blackburn, Burchett, Robertson, Haywood, Sally Goble, Shirley and Bill Callihan, Ocie and Otis Ousley, Nelva and Shirley Lewis, Mullins and Grace Moore.

P'BURG HOMEMAKERS HOLD MEETING

The Prestonsburg Day Homemakers met Tuesday, March 13, at 1 p.m. in the fellowship hall of the First United Methodist Church, Dorothy Stover, president, was in charge of the meeting.

Fannie Runnels presented the devotional including two poems entitled "March" and "Day." Shirley Callihan read the minutes and gave the roll call and the financial report.

Frances Pitts, Floyd County Home Economist, made several announcements, which she said would be included in the next Homemakers' Bulletin. "Happy Birthday" was sung by Beverly Hackworth.

Mary Sue Moore presented an interesting and enlightening program on "Doing Business at the Bank."

It was announced that the club's president would present a needlepoint demonstration on Tuesday, March 27, at 1 p.m. at the Prestonsburg Walmart. All Homemakers and others are invited to attend.

Peg Hewlett showed a jacket decorated by her and presented as a gift to Mrs. Champ Gibson of Maytown several years ago.

Mildred Branham, Dorothy Osborne and Moore, hostesses, served petite sandwiches, decorated beet slices, coffee and soft drinks to Pitts, Stover, Hackworth, Callihan, Hewlett, Phyllis Herrick, Barbara Dawson, Hope Whitten, Judy Kittle, Jane Wallace, Mabel Donahoe, Anna Harris, Ann Alley, Julia Curtis, Myrtle Allen, Fannie Runnels, Nancy Webb and Gypsy Jones.

The next meeting will be at the same location, Tuesday, April 10, at 1 p.m. with Smiley, Wallace and Sloan as hostesses. Members are asked to bring new kitchen gadgets to this meeting.

FORMER DRIFT RESIDENT DIES

Friends and relatives of Eugene Akers, formerly of Drift, more recently of Louisville, were saddened to learn of his death at the home of his daughter in Lexington during the latter part of last week.

He was a brother of former Floyd County Tax Commissioner, the late Clive Akers, and Ruby Akers of Drift, president of the Floyd County Teachers' Association.

COLLINS FUNERAL ATTENDANTS

Among those attending services for Chris Collins at the Hall Funeral Home, Martin, recently were Mr. and Mrs. Gorman Collins Sr., Mary Kay Wills, Savanna Wills, Amy Calhoun and Mr. and Mrs. Gorman Collins Jr. and daughter.

Martin News

by Nancy Taylor

James and Johnny Adkins of Reynoldsburg, Ohio, formerly of Hunter, were in town for the district basketball tournament. Adkins' nephew, Mike Duddleson, plays basketball for McDowell. Both are the sons of Flora Conn of Hunter.

Deepest sympathy to the family of Bosh Pety who passed away this past week in Lexington. Pety was a long time business man in Martin.

Home from the hospital is Jennifer Risner, who has been hospitalized with the flu. She is doing much better now and we wish her well. She is the daughter of Barry and Anna Risner of Martin.

We wish to take this space to wish Grace Flannery of Martin a belated happy birthday and hope that she had a wonderful day.

It has been reported that Barbara Bevins' father has been in the hospital. He is home now and, according to Barbara, he is improving and doing well.

We made a mistake on Trevor Fitch's (my nephew) age in announcing his birthday. Trevor is 14 years old, not 13. Her enjoys collecting baseball cards and playing basketball.



Grandbaby arrives

A daughter, Natalie Renee, was born to Michael and Sharon Johnson Worthley of Patterson, Cal., on Dec. 11. She weighed 8 pounds, 5 ounces and measured 20 inches long when she was born at Dameron Hospital in Stockton, Cal. She is the granddaughter of Goldia Johnson and the late Henry Johnson of Martin and the great-granddaughter of Pearle Johnson of Martin. The new arrival has two sisters, Stephenie, 10, and Brittany, 2.



Celebrates 91st birthday

Bertha Salyers of the Mountain Parkway celebrated her 91st birthday Sunday, March 18. She is the mother of four children (two deceased), five grandchildren, eight great-grandchildren and one great-great-grandchild. She is still very active and has an hour-and-a-half religious program on WDOC on Sundays.

Photography show at PCC art gallery

A reception will be held from 5-7 p.m. on Wednesday, March 28, for the opening of "Paradise Found, Paradise Lost: A Photographic Essay of Post Industrial America." This show is a series of photos taken this past year by T. Mark Miller and Estil Robinson, both of Prestonsburg.

Miller is a sociology instructor at Prestonsburg Community College. He is a freelance photographer for The Floyd County Times and has contributed photos to the PCC Penguin.

Robinson is a PCC alumnus and currently enrolled at the University of Kentucky. He has also been a freelance photographer for The Floyd County Times and is presently doing photography work for The Floyd County Journal. He has also contributed pictures to the PCC Penguin.

About 50 color and black and white photographs from around the US will be on exhibit from March 28 to April 10.

Allen, Wright to wed

Mr. and Mrs. Marvin Rice of Allen, announce the forthcoming marriage of their daughter, Janet, to Michael Wright, son of Mr. and Mrs. Ronald Wright of Printer. The wedding will be solemnized at the Lancer Baptist Church at 4 p.m. on Saturday, March 24. The gracious custom of open church will be observed. Refreshments will be served in the reception hall following the ceremony.

Births

HIGHLANDS REGIONAL MEDICAL CENTER

March 6: A son, Charles Edward Hinkle, to Pamela and Lonnie Hinkle of Inez; a daughter, Timra Lee Jacobs, to Jeannie Ann Hackworth of David.

March 8: A daughter, Britiany Nichole Arms, to Merrona and Eugene Arms of Prestonsburg.

March 9: A son, Nathan Paul Pavolko, to Judy and Jason Pavolko of Dwale; a daughter, Courtney Michele Crum, to Lisa and Edgel Crum of Prestonsburg; a son, Benjamin Dean Yates Jr., to Tonya and Benjamin Yates of Prestonsburg.

March 12: A son, Cory Elster Cook, to Ada and Robert Cook of Debord.

PAUL B. HALL

REGIONAL MEDICAL CENTER

March 8: A son, Loren Chase Lewis, to Dedra and Loren Green Lewis of Salyersville.

March 9: A daughter, Tiffany Station, to Glenda and Willie Station of Inez; a son, Jared Austin Meade, to Sheri and Bruce Meade of Nippa.

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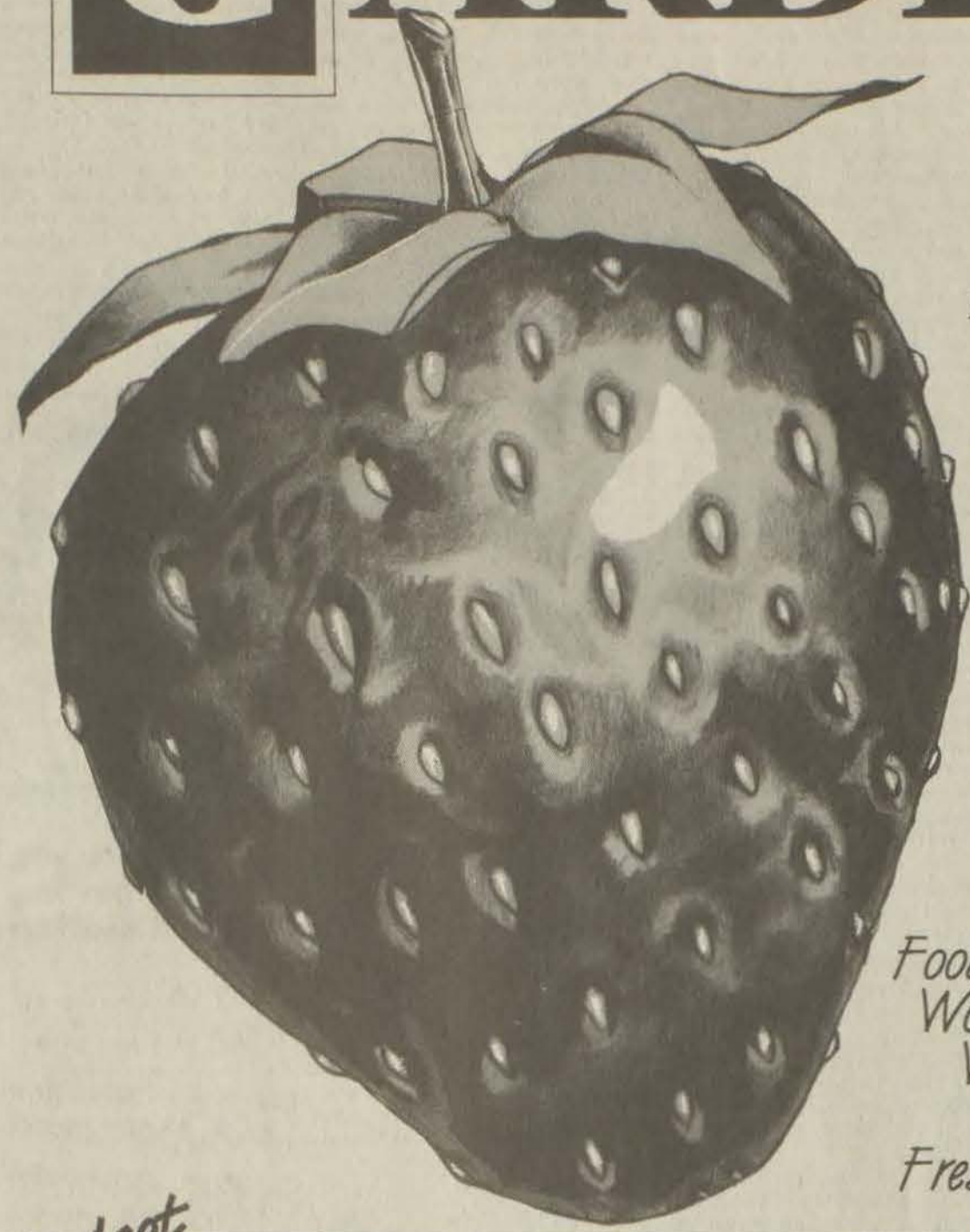
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Seniors cheer up youngsters

The Betsy Layne Senior Citizens recently visited the children's floor at the Pikeville Methodist Hospital to entertain the young ones with Valentine Cards which they helped to make. Since it seemed to brighten and cheer the children the seniors were asked back again, and plan on making that next trip soon, noted Darlene Walker, center director.



MENU

- Wednesday, March 21:** Salmon loaf with sauce, macaroni and cheese, cole slaw, cornbread, apple sauce and milk.
- Thursday, March 22:** Country style steak, mashed potatoes, Lima beans, whole wheat bread, gelatin and milk.
- Friday, March 23:** Chicken with noodles, glazed carrots, spinach, roll, yellow cake and milk.
- Monday, March 26:** Oven baked pork chops, mashed potatoes, broccoli with cheese, roll, cookie and milk.
- Tuesday, March 27:** Meatloaf, green beans, steamed cabbage, corn bread, banana nut cake and milk.
- Wednesday, March 28:** Ham shanks, pinto beans, stewed potatoes, cornbread, pudding and orange juice.

**No meals will be delivered this day to the Betsy Layne Senior Citizens Center since they are having a fund raising breakfast Tuesday. The price of the breakfast is \$2 and center director Darlene Walker said that donated food items such as eggs, bacon, sausage and jelly are still needed. Walker requests these items be brought in by Thursday, March 22.*

WAYLAND AREA

Mildred Halbert, center director smiles, laughter and good food were the order of the day Friday, March 9, when the Betsy Layne Senior Citizens were entertained by the Wayland Area seniors in a "re-acquainted" get together at Wayland. The two groups had known each other previously by having attended the Martin center before the Wayland center became a reality. Fourteen from Betsy Layne attended the covered dish luncheon, joined by 40 from Wayland.

At a board meeting on Monday, March 12, it was announced by Mildred Halbert, director of the Wayland center, that beginning Friday, March 23, and continuing each Friday thereafter, there will be a bus at 9:30 a.m. at Bentley Market at Topmost to pick up any senior citizens who wish to be transported to the Wayland center for games, quilting, crafts, lunch and generally "getting acquainted" with the center and its members.

She also advised that if there is anyone living alone who does not have someone living close to assist in preparing meals and is not able to do for him or herself to call the Wayland Center at 358-4161, and a meal will be brought to that person free of charge. An envelope for a contribution will be placed on the tray, but a contribution is not required or requested, but strictly voluntary.

The director also advised that every other Wednesday, there will be a nurse at the Wayland center to check blood pressures. Also there is a literacy class that day for anyone wishing to work toward a GED and, of course, lunch is served every Monday, Wednesday and Friday.

It was reported by Halbert that another van driver has been added to the staff to assist the present driver and to be available in her absence.

The overnight trip to Buckhorn Lake has been set for Monday, April 9. Reservations may be made by calling the center. A four-occupancy room is \$35 each person, which includes all meals and registration fees. There will be games, contests, a movie and lots of good fellowship in the midst of beautiful scenery.

The next board meeting is Monday, April 23, at 7 pm. at the center.

Ashland Center slates two shows

An art exhibit and a musical program are on the schedule of public activities at the Paramount Arts Center in Ashland during April.

Forty oils and watercolors by award-winning Lexington artist Dixie Ann Ross will be on display at the Center's gallery throughout April. The display will feature paintings of landscapes, still lifes, animals and flowers.

A reception for the artist is planned for April 10 from 5:30-7 p.m. Regular gallery hours are 10 a.m.-4:30 p.m., Tuesday through Saturday.

The mountain music of Ecuador comes to the mountains of Kentucky when the Ecuadoran Indian music group Americamanta appears in concert Monday, April 23 at 7 p.m. at the Center.

The concert is part of a tour of Kentucky sponsored by the international arts program of the Kentucky/Ecuador Partners of the Americas. Tickets are \$6 for adults and \$3 for children and college students with valid IDs.

For information, call 324-3175.

Hughes celebrates 78th

On the evening of Saturday, March 10, Robert H. Hughes celebrated his 78th birthday at the home of his granddaughter, Elizabeth Hughes Spears in Paris, Ky.

Family members attending were Hughes' son and daughter-in-law, Henry and Cora Wright Hughes, and his granddaughter, Anna Cole Hughes.

Also joining the festivities were friends, Harmison and Eva Hale and the Rev. Harold Dorsey, all formerly of Prestonsburg.

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**Prescription drug abuse:
A problem for some seniors**

It is becoming evident that a growing number of elderly are abusing prescription drugs which lead to serious addiction problems. The fact that the elderly are abusing their medication shouldn't be a surprise considering the amount of prescriptions that many of them take.

Some may intentionally abuse drugs even though they may have never had a problem with drugs or alcohol.

They may be lonely widows or widowers seeking the attention they crave by repeatedly visiting their doctor with real or imagined illnesses. Other prescription drug abusers are long-time alcoholics who use medications to further anesthetize themselves.

Some who deliberately abuse their medications fall into the category of "doctor shoppers" who go from physician to physician to get more and more prescriptions.

But many elderly people are unwilling abusers. They may not think to report every medication they take to each of their doctors, leading to a potentially dangerous mix of incompatible drugs.

Other seniors, particularly those who take several prescriptions daily, may misuse their medications out of confusion over whether it's the blue or red pill they take four times a day.

Studies also show that as their eyesight deteriorates, many seniors have trouble distinguishing drugs by color.

Another form of abuse is prescribed medication. The problem is particularly prevalent among patients with medications designed to prevent rather than alleviate health problems, such as heart ailments and ulcers. Because they're not experiencing pain, they feel no need for their medications.

Prescription drug abuse is easily avoided if one carefully follows his or her doctor's instructions on use of prescription drugs and exercises the following cautions:

—When given a prescription ask the doctor exactly what it's for and when and how you should take it.

—Double-check with your doctor about possible side effects of combining prescription drugs with alcohol.

—Don't assume that over-the-counter drugs are harmless when taken with other medications. Check with your physician to be sure you're safe in using any remedy other than those prescribed for you.

—Be sure each of your physicians has a complete list of the drugs you're taking, including over-the-counter medications.

—If you're under the care of several doctors for multiple problems, designate one as your primary-care physician and be sure he/she knows all the drugs you're taking. He can then determine the compatibility of those drugs and coordinate dosages with your other physicians.

—If you're taking several medications a day and have trouble remembering when and which drugs to take, ask your primary-care physician if he

or she can simplify your routine. You can also check to see if your pharmacy stocks pill dispensers that feature individual compartments labeled with the day and time to help you keep track of when to take your medications.

—If someone else is assisting with your medications, make sure they speak with your physician and pharmacist about how each drug should be taken.

For more information regarding alcohol or drug abuse, call the Careunit, Our Lady of Bellefonte Hospital, (606) 836-3148.

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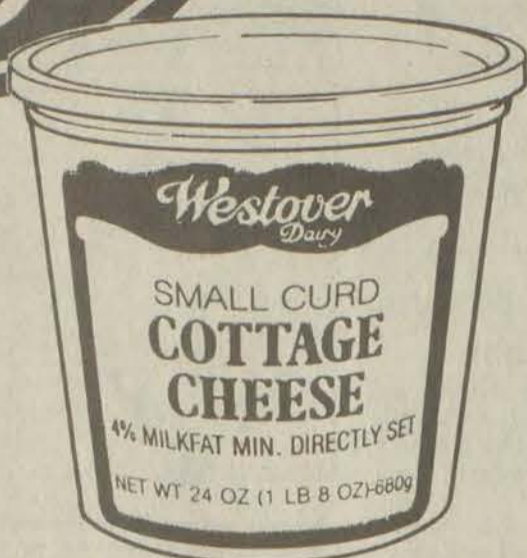
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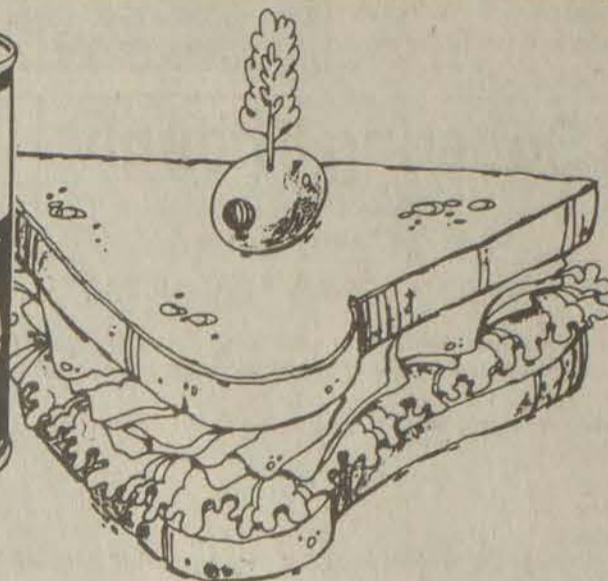
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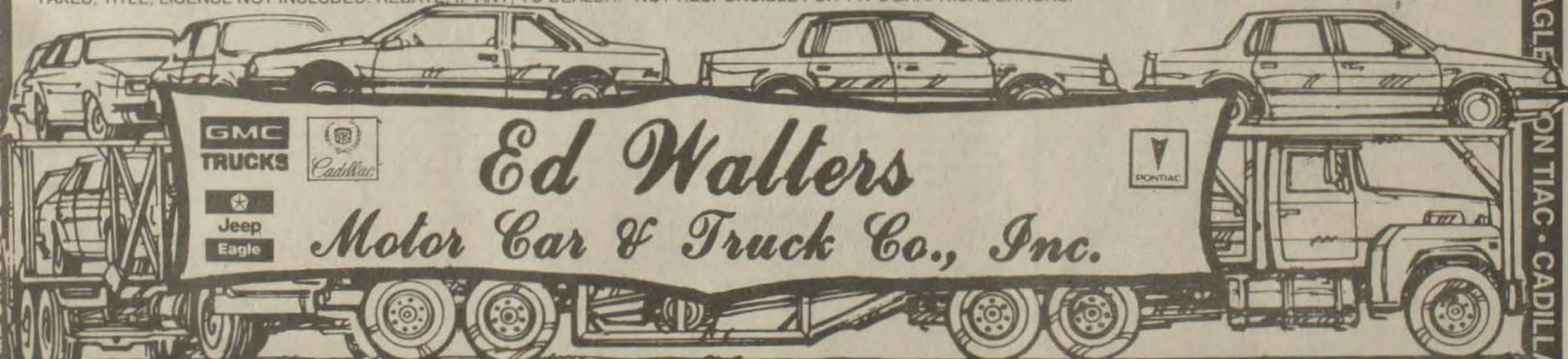
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