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The Floyd County Times

Prestonsburg, Kentucky 41653

Speaking of and for Floyd County

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Volume LXVII, No. 25

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Attorney General asked to investigate solid waste program; public corruption, election fraud allegations :

Grand jury requests special probes

by Susan Allen
Staff Writer

A Floyd County Grand Jury is asking that the state attorney general's office investigate alleged public corruption in Floyd County and the county's solid waste department.

Grand jurors issued their report Monday, their last day of service, requesting that a special grand jury be impaneled to deal with "the pos-

sible criminal violations with the problems concerning solid waste in Floyd County."

"The grand jury (also) request(s) that the attorney general... investigate allegations of public corruption and allegations of election fraud in Floyd County," the report said. "The grand jury request(s) that the attorney general... make a thorough investigation of these matters with prosecution of any person or persons who

are deemed to be in violation of the applicable laws..."

Commonwealth Attorney John Earl Hunt was directed by the grand jury to forward their report to the attorney general's office.

Hunt could not be reached Tuesday to comment on how he intends to proceed with the grand jury's request.

Floyd County Circuit Court Judge John David Caudill said Tuesday that he thought it was premature to im-

panel a special grand jury to investigate the solid waste department because a state audit of those books is incomplete.

"The investigation of (the solid waste department) is too early on," Judge Caudill said. "I may very well (impanel a special grand jury) later. I have to make a determination whether or not a regular grand jury can take care of it or if it actually needs a special grand jury."

"As I understand the law, before the special grand jury (is seated), I have to have proof why a special one is needed," Caudill explained.

Judge Caudill said that state auditors are expected to complete their probe of the solid waste department next month and he will "re-examine" the issue.

Judge Caudill said that the grand jury did not ask for a special grand jury to be seated to investigate alle-

gations of public corruption.

Ed Lynch, a spokesman for the attorney general's office, said Tuesday that the grand jury's report has not been received in that office, but once it is, their requests will be considered.

"I know a number of investigations by this office have been initiated by grand jury requests," Lynch

(See Grand jury, page three)



Mud slide near Maytown closes road

A mud slide Monday afternoon at Henry's Branch near Maytown closed the main road. Residents in the area were concerned that more of the hillside could come down and damage homes in the area. State mining officials were at the scene Tuesday and federal funds will be sought to clean up the slide. See story on page two. (photo by Susan Allen)

Council starts plan to collect past due taxes

by Scott Perry
Times Editor

Their search for new sources of revenue is taking Prestonsburg City Council members down a well-traveled path where some city businesses have apparently strayed from the straight and narrow.

Council voted Monday evening to actively seek collections on past due occupational tax license fees, which could bring in several thousand dollars.

City finance officer Mark Wells told council that he had prepared a list of delinquent accounts that included more than 100 city businesses that had not paid minimum license fees for one or more of the last five years. Some, he added, had never paid.

Occupational license fees are yearly charges businesses pay for the right to operate within the Prestonsburg city limits. They vary according to the type of business and can range, city clerk Sue Webb said Tuesday, "from \$10 to thousands."

Minimum license fees collected by the city are separate from the one and one-half percent tax on employee payrolls in Prestonsburg.

Council put some soft edges on their hard line effort to collect past due license fees, agreeing Monday to offer a 30-day grace period during April to businesses that are behind in payments. The city will forgive penalties and fines due on those delinquent accounts if they are brought up to date during the month. After that,

businesses which refuse to settle up could face legal action.

Council also directed Wells Monday to research delinquencies in occupational taxes for employee withholdings, suggesting a similar approach for collecting those past due amounts.

In other business Monday, council accepted a low bid of \$74,520 from Elgin, Inc. for a new city street

(See Council, page two)

Liquor store owners, state ABC cooperate in crackdown :

Underaged buyers nabbed in sting

by Susan Allen
Staff Writer

State Alcoholic Beverage Control officers cited eight adults and six juveniles on alcohol related charges Saturday night during a new sting dubbed Operation Intercept.

Six of the underage adults were charged with attempting to purchase alcoholic beverages and two adults

were charged with unlawful transaction with a minor for allegedly purchasing alcohol for juveniles.

Charged Saturday with attempting to purchase alcoholic beverages were: Richard Blackburn, 19, of Louisa; Jason Marcum, 18, of Louisa; Franklin K. Fitzpatrick, 18, of Prestonsburg; Lisa K. Stephens, 20, of Allen; and Brent A. Hamilton, 18, of Hager Hill. Johanna C. Burke, 18,

of Hager Hill, was charged with being a minor in possession of alcoholic beverages.

Rodney D. Stepp, 22, of Inez, was arrested for unlawful transaction with a minor for allegedly purchasing alcoholic beverages for juveniles. Cordell W. Griffith, 21, of David, was charged with two counts of unlawful transaction with a minor.

The names of the juveniles cited

in Saturday night's operation were not released, but some were from Prestonsburg, Hager Hill, Flat Gap and Inez.

In a separate investigation on Sunday, ABC officers charged Louise Spradlin, 64, of Meadows Branch, with trafficking in alcoholic beverages on Sunday.

ABC assistant chief of enforcement Don Stevens said Monday that agents seized over two cases of beer and a small amount of cash from Spradlin's residence. Spradlin was lodged in the Floyd County Jail Sunday, Stevens said.

ABC agents worked out of three establishments Saturday, the Liquor Locker in Highlands Plaza; County Line Liquors near the Johnson County line; and Top Cat Liquors on Route 3. Business owners gave ABC agents permission to work in their stores under Operation Intercept and owners participated voluntarily.

Under Operation Intercept, officers targeted minors attempting to purchase alcoholic beverages and adults purchasing alcoholic beverages for minors.

Wheelwright man arrested by task force on cocaine trafficking charges

by Susan Allen
Staff Writer

Members of the Mountain Area Drug Task Force and the Floyd County Sheriff's Department arrested a Wheelwright man Friday after he allegedly sold crack cocaine to undercover officers.

After a three-week investigation, Bobby Hood, 22, was charged Friday with trafficking in a controlled sub-

stance, crack cocaine and cocaine, after he allegedly sold an undercover officer one "eight-ball" of crack cocaine and "one eight-ball" of powder cocaine. An eight-ball is approximately three-and-a-half grams of cocaine or crack cocaine.

After Hood's arrest at Charlie's BP near Wheelwright, officers executed a search warrant at Hood's home and found a small amount of marijuana and drug paraphernalia, a

task force spokesman said Monday. Officers also seized \$1,200 in cash and a 1990 GEO Prizm.

On Monday, additional charges were brought against Hood in connection with his arrest Friday. Floyd Sheriff Paul Hunt Thompson charged Hood with first degree possession of a controlled substance, crack cocaine; first degree trafficking in a controlled

(See Cocaine, page two)



Timber

A rockslide near Porter School on old U.S. 23 pushed a power pole and its transformer onto a vehicle owned by Marcus Owens Sr. around 5:30 p.m. Sunday. The downed power line shut off electricity in various communities of Floyd County. (photo by Marcus N. Owens)

Rehired employee says case still open

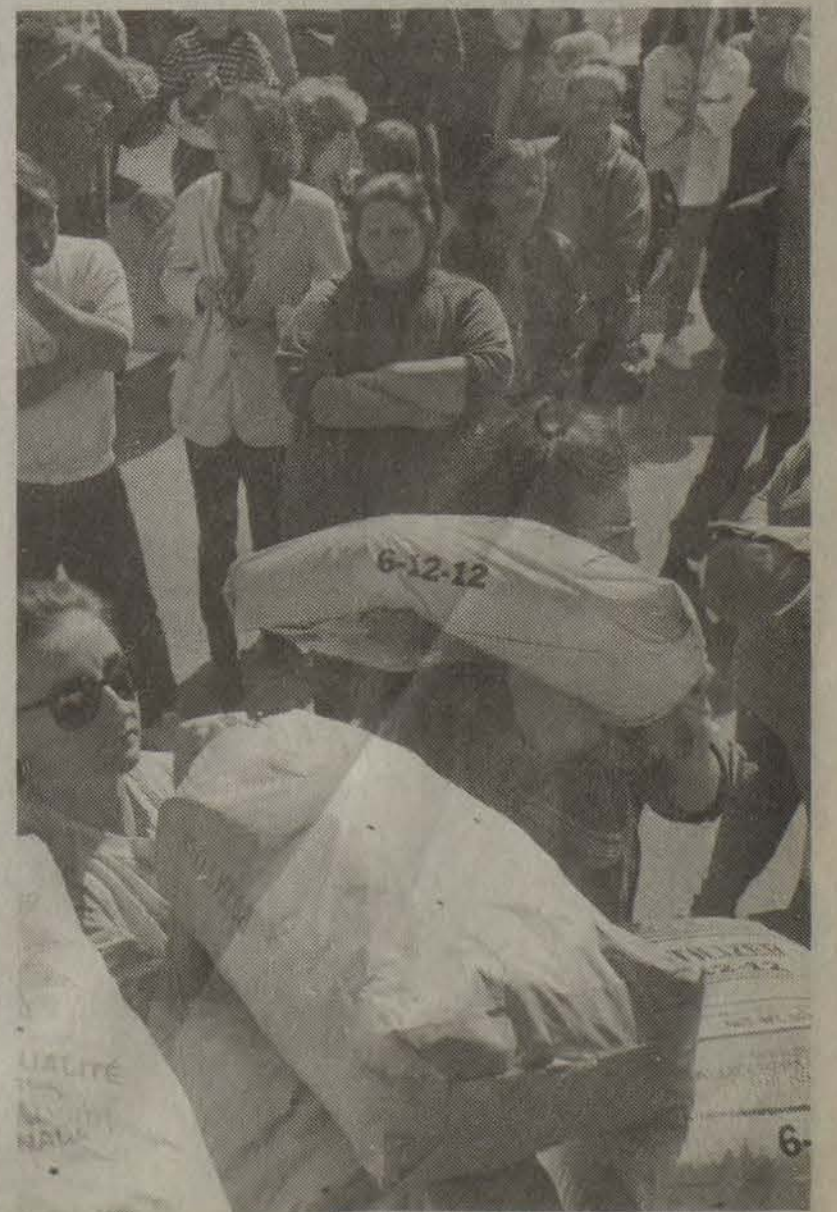
by Susan Allen
Staff Writer

A former Floyd County road department employee, who was terminated from his job last year, said Monday that he is not close to settling a federal lawsuit he filed against the county.

Fred Mynhier, who was a mechanic at the county garage, said he was dismissed from his job because he hired an attorney in an attempt to receive the same amount of pay and benefits as other county road employees.

Mynhier was not fired from his job, he said, but terminated because he sought to receive equal pay and benefits as full-time road department

(See Employee, page two)



Free spuds

Christian Appalachian Project held its annual distribution of free seeds at Martin to area gardeners who participate in its programs. Included in the giveaway were bags of seed potatoes. (photo by Janice Shepherd)



Operation Intercept conducted in Floyd
State Alcoholic Beverage Control officers worked in Floyd County Saturday night conducting Operation Intercept. The program is aimed at preventing juveniles and minors from buying alcoholic beverages. Lisa Cox, at left, worked with ABC officers at Top Cat Liquors. (photo by Susan Allen)

Employee

(Continued from page one)

employees.

In a copy of a report from Mynhier's hearing for unemployment, finance officer Deloris Dingus testified that Judge-Executive John M. Stumbo received a letter from Mynhier's attorney, Mickey McGuire, requesting that Mynhier "be made a regular employee."

In the report, Dingus testified that there was not a position available in the road department and Mynhier was notified "his services were no longer needed." Dingus also said that if the judge-executive had not received the letter from Mr. McGuire, Mynhier "would have continued to work as a contract laborer" for the road department.

Last week the fiscal court voted to rehire Mynhier as a mechanic in the road department at a pay of \$6 per hour. The court did not discuss the specifics of Mynhier's lawsuit.

In a letter to Mynhier's attorney, Jay Barrett, the court's attorney, Russell Davis of Pikeville, said that Mynhier's hiring would be uncondi-

tional and effective immediately and that he would receive "the usual benefits for his job classification."

Barrett said Tuesday that Davis has asked him to draft a settlement proposal outlining alleged damages in the case.

Mynhier said Monday that road department employees receive over \$9 per hour. He added that he wants his case settled in federal court.

A hearing on the case is set for June 6 in U.S. District Court in Pikeville.

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Slide strands residents

by Susan Allen
Staff Writer

A mud slide Monday afternoon at Henry's Branch near Maytown is apparently mining related and state officials will seek federal assistance to clean up the debris.

Paul Rothman, director of the Division of Abandoned Lands, said Tuesday that state inspectors were assessing the damage Tuesday morning and that once the review is finished, federal funds will be sought to remedy the situation.

"We had (previously) worked in that area," Rothman said. "As soon as we have an idea of what we're looking at, we will put together a cost estimate. Once we have that cost estimate, we will submit a request for maintenance funds from the Office of Surface Mining. We can try to expedite that."

Rothman said it was his understanding that the slide posed no immediate danger to residents living in the area, but that there was additional "material" on the hillside that could come down.

Monday's slide blocked the road at Henry's Branch, which is just off KY Route 80, and residents estimated that from 70-100 people were hindered from getting to the main road. The slide blocked access to approximately two and a half miles of the road.

Janet Webb, who just moved into a home in the slide's path, didn't feel comfortable about staying in her home.

"All day I saw and heard trees shaking," Webb said Monday evening. "We just moved in Friday. I wouldn't go in and lay down in that house for anything."

Susan Goins, who lives above the

slide, couldn't get to her home and said she would probably stay at her parent's home, located several hundred feet from the slide. She suspected that residents near the slide would watch the area all night.

"It's going to be a good vigil, I'd say," Goins said.

Goins said that there have been problems with the reclaimed mining site before and she hoped the problem can be corrected.

Edna Click, who owns the property and has watched the hillside shift over the years, said Monday that slides have happened there before. She said that reclamation employees had wanted to work in the area last year, but she asked them not to.

"It's been reclaimed all over," Click said.

Several residents who live near the slide kept busy Monday evening digging ditches to divert the runoff coming off the hillside. Several inches of mud covered areas in yards surrounding the site.

Rothman said Tuesday that a cost estimate and plan of action is expected to be completed this week.

Traum joins Class of 1994

Carolyn Traum of Prestonsburg has been selected to participate in Leadership Kentucky's tenth class.

Leadership Kentucky brings together each year 50 of the state's most promising leaders for seven monthly programs that address critical issues facing the state. They meet and talk with Kentucky's current leaders and explore through a systematic educational program the state's opportunities, needs and resources.

Participants in Leadership Kentucky are selected as a cross-section of citizens representing a variety of backgrounds.

Panel to review applicants for judicial post

by Susan Allen
Staff Writer

A meeting of the 31st Judicial Nominating Commission is scheduled to be held Wednesday (today) at the Floyd County Courthouse to consider two applicants who have filed to fill the vacancy in the Division I Circuit Judge's office.

The nominating commission will review the applications and forward the names of qualified candidates to Governor Brereton Jones for consideration. The governor will have 60 days to make the appointment from among the nominees.

The names of the two candidates are confidential, but the names of candidates referred for consideration will be made public once the governor has been informed.

The appointee will serve as circuit judge until after the November General Election. Two candidates, District Judge Danny Caudill and attorney Paul Burchett, are seeking the circuit judge's seat in the November election.

A judicial vacancy was created in Division I in January when Circuit Judge Harold Stumbo died.

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Cocaine

(Continued from page one)

substance, powder cocaine and crack cocaine for allegedly selling it to undercover officers on March 18; first degree trafficking in a controlled substance, crack cocaine, for allegedly selling officers the drug on March 8; cultivating marijuana, over five plants; carrying a concealed deadly weapon; two counts of possession drug paraphernalia; and two counts of possession of marijuana.

At his arraignment Monday morning on the trafficking charge, Hood pleaded not guilty and bond was set at \$40,000 cash.

Hood was arraigned on the additional charges Tuesday morning and was placed under an additional \$37,000 cash bond.

Council

(Continued from page one)

sweeper. The sweeper will be paid for with funds usually allocated toward the per diem payments to council members. Council voted in January to allocate their pay toward purchasing the street sweeper;

- proclaimed April as "Clean Up Month" in Prestonsburg and agreed to support the Prestonsburg Woman's Club's Adopt-A-Block program; and
- approved a plan to allow city employees to participate in the Commonwealth Credit Union.

All members were present for the March 28 meeting.

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Grand jury

(Continued from page one)

said Tuesday. "Including the Letcher County investigation. It's something that's given great credibility."

In Letcher County, a local grand jury requested an investigation by the attorney general's office into alleged public corruption in that county. Since that investigation began in late 1991, 10 people have been charged and a circuit judge pleaded guilty to bribery charges. Among those charged are the former county judge-executive; the former jailer; the former commonwealth attorney; and a commonwealth detective.

Apparently three people appeared before the grand jury earlier this month to offer evidence concerning public corruption and election law violations, according to the grand jury report.

One of those witnesses was former Democratic judge-executive candidate Dale McKinney. McKinney sued Floyd County Judge-Executive John M. Stumbo for alleged election law violations after he was defeated in the May Primary. Stumbo has maintained that he committed no wrongdoing in May Primary. McKinney's

lawsuit is pending before special Judge Douglas Combs of Perry County.

Judge Combs could not be reached Tuesday to determine if the grand jury's request would delay any ruling in the case.

Under KRS 15.200, if a grand jury requests, in writing, assistance from the attorney general's office, the attorney general may intervene or direct any investigation of any criminal action in the commonwealth.

In a separate statute, KRS 29A.220, any chief circuit judge may summon for cause a special grand jury to deal with any situation requiring a lengthy investigation which cannot be dealt with during the term of a regular grand jury.

A regular grand jury can be in session for up to 20 days during the time they are selected. A special grand jury can be seated for up to 90 days and an additional 90 days can be requested by the circuit judge.

KET tax call-in can save you time

Help is on the way for the Kentucky taxpayer mired in those April blues. Produced in conjunction with the Kentucky Revenue Cabinet, Kentucky Taxes: Answers That Save You Time, airing on KET at 8 p.m. Monday, April 4, will provide concrete answers to many common questions and problems.

Viewers will learn the 25 differences between federal and state income tax requirements, said Janis Stewart, Revenue Cabinet spokes-

person, as well as where to go for help. Betty Claycomb, taxpayer ombudsman, also will appear on the program to explain the services provided by the taxpayer service centers and identify their locations and days of operation.

The program also will feature a special message from Revenue Cabinet Secretary Kim Burse and phone numbers taxpayers can call for more help.

Upfront Classifieds

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UPFRONT CLASSIFIED—\$5.00/week, 20 words or less; 15¢ for each word over 20. This price includes Wednesday's Floyd County Times. Call Kari at 886-8506 to place your ad.

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FOR SALE: Riding lawn mower. Twin cylinder, 18 HP with 4' mowing deck and snow blade. \$1,200. Call 285-9404.

FOR SALE: Wolff tanning bed. Suggested retail price, \$2,495; now \$1,800. Call 606-886-7959.

FOR SALE: Sears Craftsman riding lawn mower. 10 HP, 36" cut. Will sell or trade for motorcycle. Call 358-2939 after 6 p.m.

FOR SALE: Tappan washer and electric dryer. Only used 2 months. Paid \$800 new; will sell for \$500 o.b.o. Call 874-9020.

FOR SALE: Commercial toning bed; round bed w/stool and accessories; day bed w/all accessories; couch and chair; table and chairs; TV; black bedroom suit; all wood barstools; outdoor furniture; floor model home stereo. Call 606-886-1966.

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FOR SALE: 1973 20 ft. Arrow motor home; also, 1987 Plymouth Horizon. Call 447-2341.

1987 TOYOTA HALF-TON PICKUP. Automatic with overdrive. Newly rebuilt engine with 9,000 miles. Four new tires. Silver/gray. Call 285-3936.

FOR SALE: 1985 Chrysler Fifth Avenue. Low miles, new tires, exhaust and battery. \$1,900 or will trade. Also, Stamina step machine, \$75. Call 478-8201.

1992 GMC SAFARI MINI VAN. Eight passenger. Teal blue/silver, light gray interior. Loaded, including AM/FM stereo cassette. 64,000 miles. Asking \$10,950 (negotiable). Call 478-1397.

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YARDSALE: Monday-Tuesday, April 4-5 at 97 North Mays Avenue, Goble Roberts (two story brick on left). Round bed w/stool; daybed w/all accessories; couch and chair; table and chairs; TV; black bedroom suit; outdoor furniture; all wood barstools; floor model home stereo; brass items; linens; dishes; odds and ends; exercise bike. Call 606-886-1966.

STANVILLE FLEA MARKET: Open Friday, Saturday and Sunday. Spaces available for rent. For more information call 478-5288.

YARD SALE: 50 Josephine Drive. Friday and Saturday, April 1-2. Boys and girls clothes; adult clothes; household items.

GARAGE SALE: Saturday, April 2, 8:30-2:30. 1.5 miles up Abbott Creek Road. Typewriters; Commodore color computer monitor; Commodore disk drive; Commodore 64 games; printer; clothes; knick knacks. Reasonable prices.

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Viewpoint

Wednesday, March 30, 1994



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ALLAN S. PERRY III—Publisher-Editor

Liberty of thought is the life of the soul—Voltaire

The Rebs shall rise again

by Scott Perry

A lot of high school teams that qualify for the state basketball championships...the prestigious Sweet Sixteen...are just happy to be there.

Allen Central High School's Rebels proved last week that they deserved to be there.

The Rebs, in their state tourney debut, became the first Floyd County team in more than two decades to win a game in the Sweet Sixteen.

They made it to the "Elite Eight" before running into tourney favorites and eventual champ Louisville Fairdale.

Had the luck of the draw been different, we might have been watching ACHS in the title game.

The Rebels certainly proved themselves worthy, taking Fairdale down to the wire before running out of time and gas.

Along the way, they charmed the crowd and won the hearts of all the fans who pull for the little guys...the small schools that have neither the resources nor the numbers to match up with the metropolitan schools.

Ah, but the Rebels had players.

Losers? There's not one among them.

Mark our words...
The Rebs shall rise again.

...so will the river

Well, old Mother Nature is performing her annual spring cleaning chores in Eastern Kentucky, raising the rivers and rinsing away our litter.

What a shame.

Every year the spring rains wash tons of trash from our hillsides and riverbanks while the majority of us look on with indifference or just turn our backs to the mess altogether.

We've never quite understood how so many people can get so

worked up over a proposal to build a landfill or another type of solid waste disposal system all the while ignoring the open sewer that the Big Sandy and many of its tributaries have become.

We should spend less time worrying that our region will become a dumping ground for others' waste and more time worrying about the mess we've made ourselves.

Or, we can just keep watching it float on by every time we get a good rain.

Letters to the editor

Letters To The Editor

Letters to the Editor are welcomed by the *Floyd County Times*. In accordance with our editorial page policy, all letters must include the signature, address and telephone number of the author. Letters must be received no later than 10 a.m. Tuesday for publication in Wednesday's issue and 10 a.m. Thursday for Friday's issue. Letters may be sent to Editor, *The Floyd County Times*, P.O. Box 391, Prestonsburg, KY 41653. Letters may be edited for clarity and length.

Donations make a difference

Editor:

I would like to thank all Floyd Countians who supported KET during its on-air membership drive, TeleFund '94, held March 5-20.

Your contributions will ensure that a variety of things continue to happen on KET: outstanding children's programming, essential educational services such as GED ON TV and college credit courses via television, community outreach, and more.

Your support of KET will make a positive difference in the lives of countless Kentuckians this year.

Thank you for making KET happen in Floyd County.

Carrie Cinnamond
Friends of KET

Customer needs help with television line

Editor:

I would like you to print the following letter if you see fit. I hope it will do some good.

I address this to Tel-Com, Harold, Ky. This concerns the quality and quantity, or the lack of these in reference to T.V. transmission on Turkey Creek, Route 777, Langley, Ky. This is in no way meant to degrade the T.V. servicemen. They usually come and try to take care of the problem in a relatively short time. They have just about lived here on the "holler," recently. What gives? Our T.V. has been out about one-third of the time this month. This is a common thing for this "holler." Some months it is must worse. The equipment must be breaking down because the repairmen seem competent.

There seems to be one spot in particular on Turkey Creek that is creating much of our local problem. Many times residents along Rt. 777 from the junction of it with Rt. 80 on up Turkey Creek for approx. 1 1/4 miles will have T.V. The rest of us above that point on to the head of the creek will not. As I am writing this letter our television service is out. We have checked with our neighbors below us and from that point in reference mentioned before 1 1/4 miles up Rt. 777 from new Rt. 80 have television. All of us above that point to the head of the creek don't. This has happened several times this month and many, many times in the past. There must be a faulty piece of equipment at that spot. I have reported this many times to the answering service of Tel-Com. I am sure they know

about this trouble spot because there have been so many calls to them from this area.

Why not fix it for good with a piece of equipment that will do the job? This would save them money in the long run and be a great boost for Tel-Com's public relations.

To try to watch UK basketball, the Olympics and the NCAA tournament has been a struggle. We spend more time going to other areas to watch the activities (and by the way, those areas are on Tel-Com and they have T.V.) than we do at home. We are beginning to feel like, "On the Road Again," Willie Nelson, here on the creek.

This month it has been off March 4, 5, 17, 18, 19, 20, 26, and 27 that we know of. This is atrocious considering the \$23.00 plus we pay per month. Someone please check this out. Help!

Lowell L. Martin
Langley

Reader thinks taxpayers' money isn't filling the holes

Editor:

We in Auxier cannot remember when our magistrate, Gerald Derossett, has cleaned the ditches and repaired the roads.

We now have holes in the road big enough to bury two Labrador dogs. There is scarce evidence of ditches.

We, as part of Floyd County, are entitled to representation and services which we do not have. Regardless to whether he received lots of votes in this precinct he is still our servant.

Notice that in the area the Derossett's live there are good, well-kept roads and ditches. We expect the same.

For someone representing us, our servant, who received \$32,000 a year salary and works only two (2) hours a month at \$13.30 an hour, we expect and want some service. We will be at the next Fiscal Court meeting on April 15, at 10:00 a.m.

M.C. Osborne
Auxier

Proud Rebel fan

Editor:

They were referred to as the "team from the mountains," and that's what they were. Allen Central Rebels are boys from the mountains from generations full of dignity and pride.

Having a nephew, Phillip Patton, who played, and a nephew, Kevin Spurlock, that sits on the coach's bench, I am doubly proud. But, I wonder if these Rebels know how proud their fans are of them?

To win the district, the region, and their first game at the state finals with two of their starters gone, they never gave up.

Kevin Stumbo and Ronnie Sammons came in and played a super fine game. The Rebs never gave up the fight.

A wise coach, Jimmy Gray, from Allen Grade School, used to tell his student athletes before they got off the game bus to "remember who they were and where they came from."

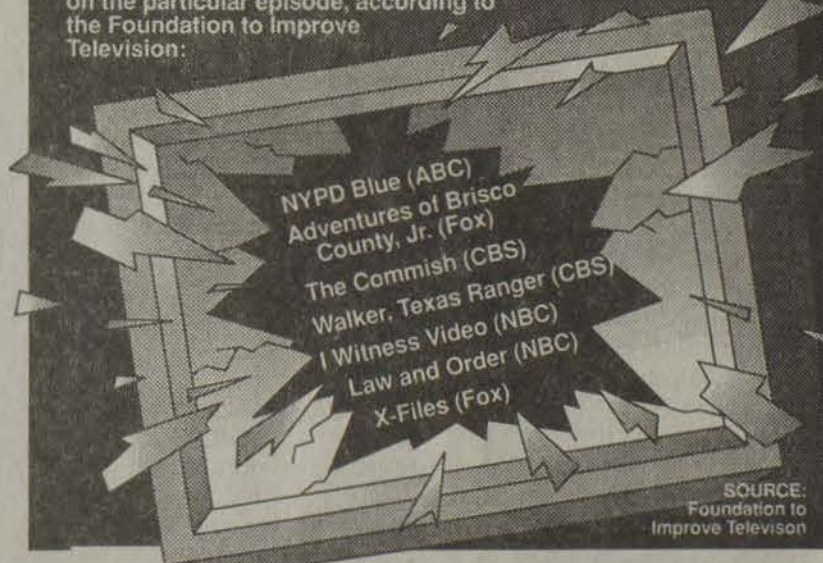
I think that's exactly what those Rebel Boys did!

Yep! I'm proud.

Cindy Parsons
Allen

New crop of TV violence

Network series that warrant a violence advisory, depending on the particular episode, according to the Foundation to Improve Television:



SOURCE: Foundation to Improve Television

Coffee Break

by Scott Perry

We've got two words for David Kessler, head of the U.S. Food and Drug Administration...

Eighteenth Amendment.

That, you'll recall, was the beginning of Prohibition, a disastrous attempt to eradicate the manufacture, sale and consumption of alcohol in the country.

Kessler has apparently forgotten how utterly foolish it was to try and keep Americans from indulging their vices during Prohibition because he has suggested recently that another bad habit ought to be banned.

Cigarettes.

There is no doubt that smoking is bad for you, but we don't need new-age Elliott Nesses raiding the local convenience stores to save us from ourselves.

Before adding cigarettes to the list of contraband, Kessler might want to make a quick study of how poorly we're faring in

the war against other illegal drugs. Any questions?

Fact is, we cannot and will not win the war on drugs because the only real solution to the problem is unacceptable.

To effectively curb the sale of illegal drugs and the crime it spawns, we have to take the profit out of the business.

The most logical way to accomplish that would be to give the stuff away, for free.

We can't permit that, though, because of the potential for the dramatic escalation in drug abuse...especially among young people...and the probability of turning our nation into a land of zoned-out zombies.

As a result, we're spending billions of dollars for drug interdiction but accomplishing little in the battle against drug addiction.

Can't win for losing.

In like a lion, out like a lamb. Hah!

March is making anything but a tranquil exit this week as the waters rise, the mud slides and the rocks fall all over Eastern Kentucky as a fitting epilogue, no doubt, to an obstinately obnoxious winter.

What's next, a swarm of locusts?

Uh, forget we said that.

Can't be too careful what you ask for, you know.

Knock on wood.

You probably didn't know that golf is a critical element in the effort to reform health care in Kentucky.

It is, in a round about sort of way.

See, the legislature has warned that it will not have enough votes to pass health care legislation unless Senate-deleted construction projects are restored to the state budget.

A new golf course at Jenny Wiley State Park was one of the projects cut after a property tax hike on manufacturing machinery was trashed by the Senate Budget Committee.

The House says the golf course and other projects must be restored to the budget or they won't enact health care reforms.

That means legislators will probably revive the tax on manufacturers, whether they play golf or not, to resolve the health care stalemate.

Now, the big question is this...

Will the manufacturers get free medical attention or will they have to call ahead for a tee time?

-Other Voices

Medical Center in transition

by William D. Hacker, M.D.
Vice President
Health Services
Appalachian Regional Healthcare

After the governor and legislature have compromised over health care reform, who will make it work?

Perhaps no individual will play a more important role than the next chancellor of the University of Kentucky Medical Center. The chancellor is responsible for training 2,500 students in five health colleges. The university hospital employs 6,600 people. The college of medicine, with \$172 million in revenues, ranks as the 16th largest company in Kentucky.

The next chancellor, says UK President Charles Wethington, must be able to meet "one challenge greater than all the others: the challenge of dealing with health care reform and whatever reform means to an academic health science center."

In April President Wethington will recommend one of three finalists to succeed Chancellor Peter P. Bosomworth who retires in June. Also this spring, UK will graduate its 30th class of young physicians. Unfortunately, many of these medical students with whom I have talked, and the general public, know little of the extraordinary history of the medical center. They are especially foggy about the innovative programs that were launched when the state decided to build a second Kentucky medical school in Lexington (the first is at the University of Louisville).

As a UK medical school graduate of 1972 who practiced pediatrics in southeastern Kentucky for over 18 years and who recruited other doctors to join me, I appreciate the tremendous emphasis on primary care that has been a tradition at the UK center. I also know something of the struggle to return it to this focus when the lure of bigger bucks for specialized practitioners made the innovative medical center of 1960 look for awhile, in the 1970s, like the rest of the country's schools.

As the medical center began to drift away from primary care, Dr. Bosomworth was at the helm when UK got back on course and reemphasized training generalists for rural Kentucky, where two-thirds of our people live.

During the last two years, 61 percent of the college of medicine graduates have entered into a primary care residency as compared to the national average of less than 30 percent. This improvement occurred at the same time that UK developed world class programs in cancer research, Alzheimer's disease, and several other areas.

If rural Kentucky, its health needs too often underserved, is to fare well in health care reform, we must hope that the new chancellor will renew the vision and maintain the commitment to primary care of our first medical center vice president, William Willard, M.D., who convinced extremely talented academicians to move here from all over the country and start a medical school "from scratch." He intended for UKMC health professionals to work as a team to produce "excellence" in basic science research, patient care, and meeting community needs.

When the first students entered in the fall of 1960, they were exposed to the first department of community medicine in the country. Health care delivery was taken out of the intensive care unit and practiced in rural regional clinics. In 1960, it was highly innovative to view the patient from Willard's perspective, not as a disease but as a person, with a family, and from a community.

Early classes produced a high percentage (72 percent) of graduates who entered primary medicine—pediatrics, obstetrics, general internal medicine, and family practice. Many were also attracted to community medicine and preventive health. Ten percent of the first 180 medical college graduates entered this field and near one-third of the class of 1966 continues in community medicine or senior jobs in large health care organizations.

As the nation began to take notice of Willard's success, many of the original faculty left to do great things elsewhere and the UKMC slowly experienced a shift in direction, a transformation influenced by national trends. In 1965 Medicare and Medicaid had a major impact on physician and hospital incomes. The money was in specialty medicine, the number of students entering primary care declined, and UK, like other medical

schools, began to value more those departments—trainers of specialists—that earned more money. Despite a growing need for generalists, the UKMC was turning out more specialists whose fields restricted them to urban areas.

When Bosomworth became chancellor in 1982, the UKMC started returning to its original mission. Services to rural physicians were expanded, students were sent out to spend time with rural doctors, and UK helped more rural kids prepare to take exams that would admit them to medical training. In 1993, new chairs in pediatrics, medicine, and family practice were added. The UKMC primary medicine program was ranked by U.S. News and World Report as one of the best in the nation. The hospital was rated among the top 100 in the United States.

The importance of a chancellor's leadership to the good health of all Kentuckians cannot be exaggerated. The chancellor has the most leverage to influence the future of health care education, research, and delivery of services in Lexington and far beyond Fayette County.

Editor's Note: Dr. Hacker is Vice President for Health Services at Appalachian Regional Healthcare, Lexington, and founded pediatrics clinics in Corbin and London.



-Other Voices

Protect those you love...

By Rhonda Crisp, RN
Community Health Educator
Our Lady of the Way Hospital
The results are in and the statistics are alarming:

Cigarettes kill 500,000 Americans each year; 1,100 each and every day die from smoking-related diseases (SRD's); 3,000 American teens become addicted smokers each and every day; of these 3000 teens who become regular smokers we expect in their lifetime that: about 30 will be murdered, about 60 will die in traffic accidents and about 750 will be killed by a smoking-related disease; one of every six deaths is caused by smoking; 90% of smokers become regular smokers before they turn 21; and the facts just keep on showing their ugly heads.

With results such as those shouldn't we be doing something about this health concern which affects all of us, smokers and non-

smokers alike? We have the responsibility as citizens, parents, healthcare providers to take a stand and do what is correct. Call your representatives and voice your support of HB679.

(HB679) Synar Amendment Bill has recently gotten out of committee and is headed for the house. This bill requires that states prohibit the sale of tobacco products to children under 18 and demonstrate compliance. It would enact the basic enforcement procedures and reporting procedures requiring compliance with federal law. (The current Kentucky law does not deal with compliance.)

Failure to comply with Synar Amendment will cost the state approximately \$14 million between 1995 and 1998 and at least \$5.5 million every year thereafter.

HB679 specifies that:
—Procedures will be in place to limit youth access to tobacco by retailers and vending machines.

—Each tobacco retailer must notify their employees that sale of tobacco products to persons under 18 is unlawful.

—The state will carry out compliance checks and make statistical reports as required by the federal government.

In Kentucky 31.2% of the population smokes; in the Big Sandy area 35.4% smoke. Kentucky leads the nation in lung cancer, emphysema, and heart disease. Our state is eight in the nation in cancer deaths.

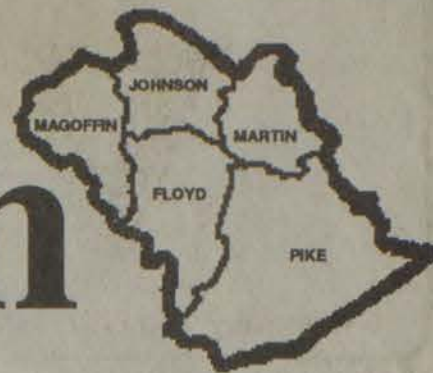
Children can easily purchase tobacco products. In a recent national survey, 76 percent of eighth graders and 91 percent of tenth graders said it is very easy to obtain cigarettes. The children I speak with during my Tobacco Prevention presentations further validate this ease of purchase. (Through the funding of a grant from the E.O. Robinson Foundation, I have had the pleasure of offering programs on Tobacco Prevention to the county schools. Last year during the spring and fall months, I was able to speak to 1,000 children throughout Floyd County. Of these 1,000 students, 188 have shared that they smoked cigarettes and 105 shared that they used smokeless tobacco.)

It is crucial we stand and support this bill. Call your representative and leave a legislative message on the message line at 1-800-372-7181. For more information you may phone Lisa Newsomer of the American Lung Association, at 1-800-LUNG-USA.

Our future lies in your hands—exert your power, voice your support, and protect those you love from becoming just another statistic.

Around the

Region



The Numbers Game: Kentucky Lottery Results

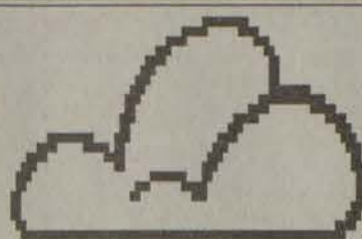
Saturday's
Results
March
26

LOTTO KENTUCKY 09-20-37-38-44-47

Next Estimated Jackpot \$6.8 million

POWERBALL 01-03-10-24-25-14

Next Estimated Jackpot \$20 million



WEATHER WATCH

WEDNESDAY (TODAY): Cloudy with a 60 percent chance of rain or snow. High in the lower 40s.

WEDNESDAY NIGHT: A 40 percent chance of showers until midnight then clearing. Low around 30.

THURSDAY: Sunny and cool. High 45-50.

THURSDAY NIGHT: Clear. Low in the lower 30s.

FRIDAY: Mostly sunny. High 55-60.

Information provided by the Jackson Weather Service

\$5 million grant for abandoned mine, lands program awarded to Kentucky

The Interior Department's Office of Surface Mining Reclamation and Enforcement (OSM) has awarded the Commonwealth a \$5 million abandoned mine lands (AML) grant.

The funds will be used to fund high priority abandoned mine reclamation projects at sites referred to the state by OSM. The sites had been under consideration for reclamation by OSM on an emergency basis. Referral to the state is necessary because funds for emergency reclamation have reached the statutory "cap" for this fiscal year.

Funds for the AML grants come from fees charged to coal producers of both surface and underground mined coal. —Staff report

State to screen Martha Wells for radiation

Screening for radiation hot spots in the Martha Oil Field should begin any day now after several area landowners met with officials from the Kentucky Health Services Department Monday.

State officials conducted the public meeting Monday morning in Paintsville to answer landowners' questions and to collect input from the landowners that will help the State Department for Health Services decide how to begin the project.

Russ Leach with the state's health services department, gave those attending some background on Radium and the current situation in the oil fields at Martha. Leach then discussed how the state was going to go about the surveying.

Leach said he didn't think the Radium posed any serious danger.

"We're dealing with something that has a risk, but not a very high risk," Leach said.

Leach was assisted by Mike Wilcox, with the radioactive materials section.

The two officials explained that aerial maps will be used in the survey. Leach said landowners need to fill out a form to help the surveyors locate their land. This will also help surveyors identify where the hot spots are.

Once the surveys are completed, Leach said all the information would be shared with the public.

Citizens at the meeting expressed concern about their safety, especially the use of the land for farming.

Leach addressed those concerns, saying that the farming areas and water injection areas would be high on the priority list for screening. —Big Sandy News, Louisa

Sports and the emergency room

Basketball heads the list of 1991 sports-related injuries treated in U.S. hospital emergency rooms. Figures are estimates for those who participated at least once a year*:

Sport	Injuries	Participants in millions
1 Basketball	646,678	26.2
2 Bicycle riding	600,649	54.0
3 Baseball, softball	459,542	36.1
4 Football	453,684	13.3
5 Soccer	150,449	10.0
6 Swimming	130,362	66.2
7 Volleyball	129,839	22.6
8 Roller skating*	113,150	26.5
9 Weightlifting	86,398	39.2
10 Fishing	84,115	47.0
11 Horseback riding	71,490(a)	10.1
12 Skateboarding	56,435	8.0
13 Ice hockey	54,601	1.8
14 Gymnastics (b)	44,877	n/a
15 Wrestling	43,894	n/a
16 Golf (c)	38,626	24.7
17 Tennis	29,936	16.7
18 Ice skating	29,047	7.9
19 Water skiing	26,633	9.0
20 Bowling	25,417	40.4

*Bicycling and swimming figures are for those who participated six or more times per year; (a) 1989 figure; (b) excludes trampolines; (c) excludes golf carts

SOURCE: National Safety Council; Consumer Product Safety Commission; National Sporting Goods Association

ESPRESSO CAFE & KC Music

Free Admission

Proudly Present

"An Evening with George Gentry"

Come Listen to Lexington Artist George Gentry play his highly stylized fusion of Jazz, Blues, & Pop.

Fri. - April 1 8 pm - 11 pm
Sat. - April 2 8 pm - 11 pm

Espresso Cafe
Weddington Square
ADMISSION FREE!

Community Calendar

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

Clark Family Resource Center

•Child care for school-age children from 3-5:30 p.m. Monday-Friday when school is in session. Fees are \$1 per hour. Limited openings are available. To enroll or for more information, call the center at 886-0815.

•Health services: Kindergarten physicals will be given starting in April.

•Quit smoking program: The Clark Family Resource Center and the Floyd County Health Department are offering "FreshStart," a quit smoking program. It consists of four one-hour sessions during a two-week period, Tuesdays and Thursdays, April 11, 13, 18, and 20. For more information or to register, call 886-0815. Free of charge.

Diabetes class

The "Living Well" with Diabetes class will be held on Thursday, March 31, in the Learning Center at Highlands Regional Medical Center. Class will begin at 6:30 p.m. The topic for this month's class will be "Converting Recipes to Diabetic Exchanges." Please bring a recipe with you.

Spring conference

The Eastern Kentucky Council of Teachers of Mathematics will hold its sixth annual spring conference, "Mathematics-The Next Step," on March 31, at May Lodge and Wilkinson-Stumbo Conference Center, Jenny Wiley State Resort Park.

Advisory council to meet

The parent advisory council of Prestonsburg High School will meet on March 31, at 7 p.m. in the school's library. The April 1 disbursement of BINGO funds is the topic.

Meeting place changed

Victims of Domestic Violence Support Group has changed its meeting place to the Floyd County area. If you are interested in attending or for more information, call 1-800-649-6605.

Activities at Auxier

The Auxier Freewill Baptist Church will be having Communion and Feetwashing services Thursday, March 31, at 7 p.m. and a preaching service Friday at 7 p.m.

The play, Heaven, will be presented Saturday night at 7 p.m. Sunrise services will be Sunday morning at 6 a.m.. Breakfast prepared by the men will follow.

Duff resource center activities

•The Floyd County Health Department is now doing physicals for 5th graders and those children that

will be entering kindergarten this fall. You must have an appointment for this physical. The exam is done at the nurses station in the resource center at school. If you are interested in scheduling an exam for your child, please call 358-9878. Your child is eligible regardless of income with a maximum charge of only \$3 for those over income guidelines.

•GED classes every Monday, Wednesday and Friday from 8-11 a.m.. Instructor is Judy Lucas.

Open house

The Prestonsburg Elementary Family Resource Center will be having open house on April 1, from 8 a.m. until 4 p.m. Everyone is invited to stop by and view the center.

The following programs and services will be available:

- CPR classes (day, evenings and Saturdays)
- GED classes
- Basic computer class
- Helping children cope with death
- A 3-hour parent session on stress management, dealing with anger, and alternatives to spanking.
- Nutrition

•Quit smoking program: "Fresh Start"

Most of the above programs are free of charge. However, some programs will require a small fee. For additional information, contact the center at 886-7088, Monday-Friday, 8-4.

Help for veterans

Volunteers of America veterans program provides free help to veterans who are at risk of homelessness. The program can get veterans back on their feet by linking them with employers, housing and other service providers. The program serves Lawrence, Johnson, Martin, Magoffin, Floyd, Pike and rural Boyd counties. For information, call 886-3582. Veterans can call collect if they live outside the "886" area.

Support group for bereaved parents

"Mothers of Angels," is a support group for bereaved parents and their families who are coping with pregnancy loss/ miscarriage, stillbirth, postpartum/neonatal death, or the loss of a child of any age. The group meets the last Wednesday of each month at 7 p.m. in the Floyd Room at

Highlands Regional Medical Center.

The March 30th meeting will include guest speaker Jack Frost, the South Central Kentucky chapter leader. For more information, call 886-3643 or 789-5025.

Good Friday Service and Easter Cantata

Christ United Methodist Church at Allen will have their annual "Good Friday" Service and Easter Cantata on Friday, April 1, at 7 p.m. The Cantata is under the direction of Jerry B. Lafferty, choir director. Everyone is invited to attend.

100th birthday party

The children of Florence Tackett, formerly of Melvin, are planning a reception in honor of her 100th birthday on Saturday, April 2, at the Riverview Manor Nursing Home in Prestonsburg, from 1-4 p.m. Tackett is the daughter of the late Owen and Lydia Elliott Bryant and widow of Will Tackett.

Free trees

The Floyd County Conservation District will be giving away trees on Friday, April 1, from 9 a.m. until 4 p.m. at their office on 37 South Lake Drive (2 doors down from the Strand Theatre). Each person will be able to pick up 5 each of Pine Oak, Black Walnut and White Oak, also 10 White Pine for a total of 25 trees, on a first-come, first-serve basis. For additional information, contact the office at 886-3128.

Ag agent to visit

Jerry Little, agriculture agent from Johnson County, will be visiting the Floyd County Extension Office, Thursday, March 31, from 8-12. Anyone with questions regarding insect control, gardening, pruning, etc, is welcome to call 886-2668 or stop by the office at South Lake Drive, Prestonsburg.

Breakfast Buffet

A Breakfast Buffet will be held at Jenny Wiley State Park on April 7 at 8:30 a.m. It will be hosted by the Big Sandy Area Labor Management Committee with keynote speaker, Dr. John Calhoun Wells, director of the Federal Mediation and Conciliation Service, Washington, D.C. Tickets are available from committee members or call Rebecca Derossett at 886-0510, for \$12 each.

Also scheduled is Carol Palmore of the Kentucky Secretary of Labor. The group will tour American Standard Plant, Paintsville, following the program.

Civil War drama

An original Civil War drama titled "The End in Sight" will be presented at the Family Life Center auditorium of the First United Methodist Church of Prestonsburg. This feature-length drama will be presented in two performances, Thursday, March 31, at 7 p.m. for only \$2 per ticket and Friday, April 1, at 6 p.m. with dinner theatre for only \$5 per ticket.

For more information or to reserve tickets, call 886-8031 or 886-8431. Tickets for the Thursday performance can be purchased at the door. A nursery is provided.

AA orientation at PCC

Continuing Education/Community Services of Prestonsburg Community College, in conjunction with the Alcoholics Anonymous public Information Committee, will present an AA orientation entitled "Is AA for Me" on April 5, from 6-8 p.m. on the PCC Campus.

The workshop will feature information about the recovery process that is involved from the disease of alcoholism. Volunteers will share their personal AA experiences. Registration for the orientation can be completed by calling 886-3863 and asking for CE/CS. Everyone is welcome to attend.



Mr. and Mrs. Sammy Adams of McDowell would like to announce the marriage of their daughter, Alicia Dawn, to William Michael Nalle. Mike is the son of Scarlett Wallen of Paintsville and Bruce Nalle of Ashland. Alicia is the granddaughter of Mr. and Mrs. Herman Mullins of Hi Hat and Mr. and Mrs. Tom Adams of McDowell. The wedding will take place on April 9, 1994 at the First Baptist Church of McDowell at 5:30. The reception will immediately follow the wedding in the McDowell gymnasium. They would like to take this opportunity to invite all their friends and family to join them in this celebration of their love.

You have a legal, moral and God-given right not to be beaten, threatened or assaulted.
Call someone who can help...
886-6025 (Floyd County)
1-800-649-6605 (Outside Floyd County)

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BOYS 10 1/2 - 3 Black INF. 4 - 10 (Wide Width) 1 LESS

Shoe Show

PRESTONSBURG VILLAGE, PRESTONSBURG
Hours: Mon.-Sat. 10-9, Sun. 1-6

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3 HEEL HEIGHTS 10.98 2 PRS. \$20
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Shoe Show

PRESTONSBURG VILLAGE, PRESTONSBURG
Hours: Mon.-Sat. 10-9, Sun. 1-6

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\$47 ea. pc. TWIN	\$57 ea. pc. TWIN	\$87 ea. pc. TWIN	\$97 ea. pc. TWIN	\$127 ea. pc. TWIN
\$57 ea. pc. FULL	\$67 ea. pc. FULL	\$107 ea. pc. FULL	\$127 ea. pc. FULL	\$147 ea. pc. FULL
\$77 ea. pc. QUEEN	\$87 ea. pc. QUEEN	\$127 ea. pc. QUEEN	\$147 ea. pc. QUEEN	\$167 ea. pc. QUEEN
	\$94 ea. pc. KING	\$117 ea. pc. KING	\$137 ea. pc. KING	\$157 ea. pc. KING

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Reception for the artist

A community reception was held last week in Pikeville College's Weber Gallery with Chicago artist R. C. Nichols. Pictured with his art work in the background are Nichols and Pikeville College art instructor Carolyn Jacobs Whitman.

Revenue Cabinet launches Use Tax Information campaign

The Kentucky Revenue Cabinet is launching a public awareness campaign to remind taxpayers they are responsible for paying use tax on most mail-order purchases of tangible personal property such as clothing, magazines and other related items from out-of-state vendors. Individuals are responsible for remitting a 6 percent use tax on their out-of-state purchases when Kentucky sales tax has not been included in the purchase amount. The use tax should be reported on the 1993 Individual Income Tax Return: Form 740, line 23; Form 740-S, line 17; or Form 740-NP, line 41; or by completing Revenue form 51A113 (O), Consumer's Use Tax Return. Taxpayers failing to report and pay the use tax on a timely basis are subject to interest and penalties.

Revenue Secretary Kim Burse says, "We realize that many people don't understand or, in some instances, don't even know about use tax. Therefore, it is common for them to neglect this tax obligation by forgetting to record out-of-state purchases and to remit payment on their individual income tax returns. Usually, big ticket items, like furniture and appliances are more readily associated with use tax. However, use tax also applies to other items bought out-of-state when Kentucky sales tax is not included in the purchase price; for instance, mail-order merchandise like books, magazines, garden seeds, toys and clothes."

ing, and credit. It was adopted into the Kentucky Civil Rights Act in 1992.

"Kentucky Civil Rights Decisions, 1972-1992," reprints 23 important civil rights decisions in which either complainants were represented by the Commission or the Commission was a litigant. The reference book, now in its third edition, includes six new decisions which have been added since the second edition was published in 1989.

The 23 decisions include one decision involving race discrimination in public accommodation; three decisions involving race discrimination in housing; and 19 cases involving employment, including one based on religious accommodation, eight based on sex discrimination, three involving religious discrimination, three involving race discrimination, three involving age discrimination, and one involving retaliation.

The Commission recommends that public accommodations providers review the brochure and that law libraries statewide maintain a copy of the book of civil rights decisions for use as a legal reference.

Floyd County's unemployment rate is recorded at 7.5 percent

In the Big Sandy region, the jobless rate jumped from a revised 7 percent in January to a preliminary 8.2 percent in February. Local rates ranged from 7 percent in Martin County to 12.4 percent in Magoffin County, the only county in the ADD with a double-digit rate.

The monthly sample of claimants of unemployment insurance benefits showed 26.3 percent had worked in mining, 23 percent in construction, 18.7 percent in trade and 14.3 percent in services.

Rights Commission releases two new publications

The Kentucky Commission on Human Rights has released two publications whose purpose is to give providers of public accommodations and the legal community a better understanding of Kentucky's civil rights laws.

"Public Accommodations Compliance Guidelines to the Americans With Disabilities Act" is a brochure which explains the ADA to providers of public accommodations such as restaurants, service stations, retailers, and theaters.

"Kentucky Civil Rights Decisions, 1972-1992," is a 122-page book of reprints of important judicial interpretations of the Kentucky Civil Rights Act which will serve as a reference book of civil rights decisions for attorneys, and for civil rights scholars and researchers.

"The ADA brochure explains what public accommodation providers need to do in order to avoid discrimination complaints from persons with disabilities under the ADA," said Beverly L. Watts, Executive Director of the Commission.

"Public accommodation providers should follow the guidelines in the brochure before they are forced to do so by a discrimination complaint."

The brochure uses a question and answer format to explain the ADA's key public accommodations provisions. Those include "readily achievable" barrier removal; "reasonable modification" to policies and practices; "undue burden"; and "effective communication."

In addition to restaurants and retailers, the brochure is targeted at barbers and hairdressers; office buildings; banks; auditoriums; hotels and motels; offices of doctors, lawyers, and accountants; and public buildings.

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Elizabeth Ann Leslie
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Couple to exchange vows

Mr. and Mrs. Steve R. Leslie of Emma announce the engagement and forthcoming marriage of their daughter, Elisabeth Anne, to Stephen Ray Castle of Paintsville, son of Hobert Castle of Paintsville, and Mr. and Mrs. James W. Bryan of Lumberton, North Carolina.

Elisabeth Anne is currently employed as a managing sales representative for Excel Telecommunications, Inc. The groom attended Wilson High School, and is serving under enlistment in the United States Air Force.

A private wedding ceremony will take place on Saturday, May 7.

Local hospital sponsoring "Healthy Secretary" Seminar on April 27

In recognition of National Secretary Day, Our Lady of the Way Hospital is sponsoring its annual "Healthy Secretary" seminar for office personnel—secretaries, receptionists and clerks on Wednesday, April 27, from 10:00-3:00 at the Jenny Wiley Lodge

in Prestonsburg. Employers are encouraged to give office personnel the special gift of attending the "Healthy Secretary Day" during National Secretary Week.

The program will include a lunch buffet, the opportunity for a Health Risk Appraisal, blood pressure and pulse oximetry screenings and a variety of presentations on health/professional topics. Each participant will receive a long-stemmed rose bouquet, a "Women's Good Health Journal," a packet of health education materials and a day-timer sample calendar pack. Attendance prizes from local businesses will be awarded.

The "Feeling Your Best" segment will feature Mary Montgomery, R.N., B.S.N., Clinical Instructor of Pikeville College and Rhonda Crisp, R.N., of Our Lady of the Way. The "Working Your Best" segment will feature Deborah Floyd, Ph.D., of Prestonsburg Community College, Eileen Rectenwald of Children's Service, Mountain Comprehensive Care and Mazola Salmons, Associate Professor of Prestonsburg Community College. The "Looking Your Best" segment will feature a fashion show presented by Martins Department Store in Prestonsburg.

Pre-registration for Healthy Secretary Day is required by Thursday, April 15. A Health Risk Appraisal will be sent by mail to those wishing it and must be returned by April 20 in order to get it processed in time for Healthy Secretary Day. To make reservations or to get additional information call Our Lady of the Way Hospital's Community Health Education Department at 285-5181, Ext. 388.



Wins awards

Steven G. Porter of Prestonsburg, recently competed in the Mid-East states affiliated print competition hosted by the Professional Photographers of Ohio at the Hyatt Regency/Greater Columbus Convention Center in Columbus. Porter was one of the 327 photographers entered in the six-state regional competition. Each photographer was permitted to enter four prints. All four of Porter's prints received the Gold Corner of acceptance, with three of the prints receiving a Blue Ribbon and the other print receiving a Red Ribbon.

PCC nursing grads pass national exams

Fifteen December graduates of the Associate Degree in Nursing program at Prestonsburg Community College passed national exams in February, the Kentucky Board of Nursing has informed the college.

Their passing of the National Council Licensure Examination for Registered Nurses gives 1993 nursing graduates at PCC a 91 percent pass rate.

Those who passed the exam are Lola M. Arnett and Vivian Gasparac of Salyersville; Lois Ann Landers of Prestonsburg; Vikki Lyn McGuire of Emma; Theresa Moore of Minnie; Walter Keith Murry of Mealy; Wendy Rae Pack of Inez; Jacqueline Pennington of Flat Gap; Allison E. Skeans of Sitka; and Tora Stone of McDowell.

Also passing were Robert L. Barker and Greta S. Blair of Paintsville and Denise M. Cline, Teresa Anne Newsome and Trulena Jonette Sword of Pikeville.

Some of those who graduated in December did not take the February exam.

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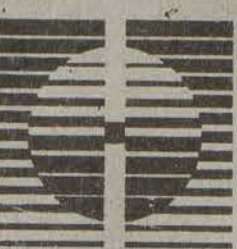
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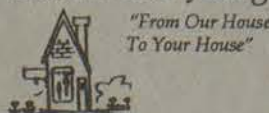
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Obituaries

Charlie "Short" Akers

Charlie "Short" Akers, 77, of Dana, died Sunday, March 20, at Highlands Regional Medical Center, following a long illness.

Born December 10, 1916 at Dana, he was the son of the late Burley and Gracie Conn Akers. He was preceded in death by his wife, Mary Boyd Akers. He was a retired coal miner, formerly employed by the Hite Preparation Plant. He was a member of the Little Salem Regular Baptist Church and a member of the U.M.W.A. District 30, Local No. 9845 at Martin.

Survivors include two sons, Perry Akers and Larry Akers, both of Dana; two brothers, Willard Akers and Johnnie Akers, both of Dana; four sisters, Nelva Lewis of Prestonsburg, Nollie Robinson and Bertha McClanahan, both of Florissant, Missouri, and Edna Redding of St. Louis, Missouri; three grandchildren and one great-grandchild.

Funeral services were Wednesday, March 23, at 1 p.m. at the Hall Funeral Home Chapel with the Regular Baptist Church ministers officiating.

Burial was in the Boyd Cemetery, Prater Creek at Dana, under the direction of Hall Funeral Home.

This obituary is reprinted due to an error in last Wednesday's newspaper.

Thelma

Kendrick Goble

Thelma Kendrick Goble, 56, of Sullivan, Ohio, formerly of Tram, died Wednesday, March 23, at the Southwest General Hospital in Middleburg, Ohio, following a long illness.

Born November 20, 1937 at Tram, she was the daughter of the late George and Ida Kendrick Crum.

Survivors include her husband, Alfred L. Goble; three sons, Steve Edward Stewart of New London, Ohio, Albert L. Goble of Sullivan, Ohio, Glenn Hartsock Jr. of Ft. Wayne, Indiana; five daughters, Pamela Watson of Betsyl Layne, Judy Doran of Harold, Percilla Goble, Edna Jean Lower, both of Sullivan, Ohio, and Teresa Lynn Howell of New London, Ohio; three stepsons, Alfred D. Goble, Danny Goble and Charley Goble, all of Sullivan, Ohio; two stepdaughters, Donna Mullins and Marie Frye, both of Sullivan, Ohio; two brothers, Gary Crum of Tram and Bobby Crum of Pikeville; four sisters, Roseina Thompson, Trudy Crum, and Gloria Jean Pugh, all of Pikeville, and Panzy Gumm of Somerset; 12 grandchildren, one great-grandchild, and 12 step-grandchildren.

Funeral services were Monday, March 28, at noon, at the Hall Funeral Home Chapel with the Rev. Dan Frederick officiating.

Burial was in Davidson Memorial Gardens at Ivel under the direction of Hall Funeral Home.

Serving as pallbearers were Herman Jones, Kenny Goble, Randall Iricks, Charlie Baker, Alfred Goble and Steve Stewart.

Charles A. Ramey

SMSGT Charles A. Ramey, 58, of Enon, died Saturday, March 26, in the USAF Medical Center Wright Patterson AFB.

Born November 9, 1935 in Paintsville, he was the son of Edward Ramey of Riceville and the late Eulah Baldrige Ramey. He served his county during Vietnam with the U.S. Air Force, retiring at the rank of SMSGT in September of 1981, after more than 20 years of military service. He was presently employed as a security specialist with the Wright Patterson Air Force Base. He was a member of St. John's Lutheran Church, Vandalia, Ohio; Fraternal Order of Eagles Wright Aerie No. 2641, Fairborn, Ohio; and the Gold Wing Riders and the Rolls Royce and Bentley Owners Association.

In addition to his father, he is survived by his wife, Carol Ramey; three daughters, Cathy L. Dorsey of Pinch, West Virginia, Carla A. Zarecki of Enon, Ohio, and Crista L. Addis of Springfield, Ohio; one son, Charles A. Ramey Jr. of Enon, Ohio; three brothers, Edward Ramey Jr. of Somers Point, New Jersey, Harold Ramey of Lancaster, Ohio, and Larry Ramey of Holden, West Virginia; one sister, Peggy Sheppard of Delbarton, West Virginia; and six grandchildren.

Funeral services were held Tuesday, March 29, at 7 p.m. at the St. John's Lutheran Church in Vandalia, Ohio, with the Rev. Henry Seibert officiating.

Arrangements were under the direction of Belton Funeral Home in Fairborn, Ohio.

Vivian H. Bradley

Vivian H. Bradley, 58, of Wayland, died Friday, March 25, at the University of Kentucky Medical Center, Lexington.

Born July 16, 1935 in Garrett, she was the daughter of the late Andy and Eva Hicks.

Survivors include her husband, Dingus Bradley; four sons, James D. Bradley of Cincinnati, Ohio, and Danny, Jeffrey and Rodney Bradley, all of Wayland; three daughters, Teresa Paige of Wayland, Brenda J. Blair of Allen, and Pam Frasure of Sugargrove, West Virginia; four brothers, Vernon Hicks of Indiana, Virgil Hicks of Raven, Virginia, Vester Hicks of Cleveland, Ohio, and James Jacobs of Wayland; five sisters, Viola Crum of Wayland, Nancy Holbrook of Detroit, Michigan, Marie Watson of Paintsville, Ohio, Vernie McKee of Howe, Indiana, and Genie Honaker of Raven, Virginia; and four grandchildren.

Funeral services were Monday, March 28, at 1:30 p.m. in the Hall Funeral Home Chapel with the Regular Baptist Church ministers officiating.

Burial was in the Green Bradley Cemetery at Wayland under the direction of Hall Funeral Home.

Serving as pallbearers were Moses Frasure, Greg Blair, Danny Bradley, Jeff Bradley, Rodney Bradley and James Bradley.

Gracie Whitaker Slone

Gracie Whitaker Slone, 68, died Sunday, March 27, at Highlands Regional Medical Center following an extended illness.

Born March 14, 1926 in Prestonsburg, she was the daughter of Brosey Slone of Warsaw, Indiana, and the late Willie Whitaker. She was a member of the Salyersville Pentecostal Church. She was preceded in death by her husband, Ike Slone.

In addition to her mother, she is survived by two sons, Eugene Slone of Bonanza and Gary Slone of Claypool, Indiana; four daughters, Thera May Newsome and Patricia Warrick, both of Warsaw, Indiana, Brenda Holland of Bonanza, and Jewlene Slone of Prestonsburg; two brothers, Lewis Whitaker and Jessie Whitaker, both of Silver Lake, Indiana; five sisters, Annie Owens of Silver Lake, Indiana, Vina Cleveland and Zora Sparks, both of Warsaw, Indiana, Nora Irwin of Wildwood, Florida, and Ora Lee Shepherd of Claypool, Indiana; 13 grandchildren and five great-grandchildren.

Funeral services were Tuesday, March 29, at 1 p.m. at the Floyd Funeral Home Chapel with the Rev. Eugene Haney officiating.

Burial was in the Slone Cemetery, on Middle Creek Road, Prestonsburg under the direction of Floyd Funeral Home.

Serving as pallbearers were Jack Knapp, Archie Newsome, Travis Newsome, Tommy Holland, Dale Warrick and Chris Warrick.

Oral Gibson

Oral Gibson, 74, of McDowell, died Sunday, March 27, at St. Joseph's Hospital, Lexington, following a short illness.

Born April 1, 1919 at Dorton, he was the son of the late Garland and Elizabeth Castle Gibson. He was a retired coal miner, formerly employed by the National Mines Corporation and a member of the U.M.W.A. District No. 30, Local Union No. 70 at Wayland. He was also a U.S. Air Force Sgt. in World War II.

Survivors include his wife, Bernice Stewart Gibson; one daughter, Debbie Gibson of McDowell; five brothers, Charles Gibson of Fairborn, Ohio, Guy Gibson and Buford Gibson, both of Florence, Jack Gibson of Florida, and Junior Gibson of Ohio; one sister, Juanita Gibson of Florida; and two grandchildren.

Funeral services will be Wednesday, March 30, at 11 a.m. at the Hall Funeral Home Chapel with the Clergymen Adrian Hall, Gerald Hopkins and Leonard Kiser officiating.

Burial will be in the Lucy Hall Cemetery at McDowell under the direction of Hall Funeral Home.

Clifton Hughes

Clifton Hughes, 63, of Honaker, died Saturday, March 26, at the Central Baptist Hospital, Lexington, following a long illness.

Born December 14, 1930 at Honaker, he was the son of the late Alex and Sally Lawson Hughes. He was a retired coal miner and member of the U.M.W.A. Local No. 30.

Survivors include his wife, Odessa M. Hughes; three sons, Cary Hughes of Richwood, Ohio, William Hughes of Bucyrus, Ohio, and Keith Hughes of Honaker; five daughters, Daisy H. Long of Nevada, Ohio, Brenda Foley of Richwood, Ohio, Bea Rathers of Bucyrus, Ohio, Eunice Hoffman of Galion, Ohio, and Marelle Adkins of Honaker; three brothers, Will Hughes of Pikeville, R. B. Hughes of Honaker and Jack Hughes of Pigeon Forge, Tennessee; two sisters, Tildal H. Cole of Galveston and Billy Helen Spears of Pikeville; 16 grandchildren and four great-grandchildren.

Funeral services were Tuesday, March 29, at 11 a.m. at the Honaker Church of Christ at Honaker with the clergymen Bennie Blankenship, Junior Kidd, Bob McKinney and Richard Bowers officiating.

Burial was in the Collins Cemetery at Honaker under the direction of Hall Funeral Home.

Goldie Hall Hamilton

Goldie Hall Hamilton, 85, of Teaberry, died March 27, at the Pikeville Methodist Hospital following a short illness.

Born September 8, 1908 at Teaberry, she was the daughter of the late Alex and Mary Hamilton Hall Tackett. She was a member of the Samaria Regular Baptist Church at Teaberry. She was preceded in death by her first husband, Jay Lee Hamilton, and her second husband, Bert Hamilton.

Survivors include five sons, Jay Lee Hamilton of Beaver, Eugene Hamilton, Ralph Hamilton, and Le Roy Hamilton, all of Teaberry, and Don Hamilton of Taylor, Michigan; four daughters, Shirley Reynolds of Beaver, Lokie Johnson of Teaberry, Magdeline De Villez of River View, Michigan, and Vickie Lynn Bryant of Beaver; one brother, Virgil Ray of Pikeville; one sister, Becky Hall of Galveston; 28 grandchildren, 30 great-grandchildren and nine great-great-grandchildren.

Funeral services will be Wednesday, March 30, at 10:30 a.m. at the Samaria Regular Baptist Church at Teaberry with the Regular Baptist Church ministers officiating.

Burial will be in Davidson Memorial Gardens at Ivel under the direction of Hall Funeral Home.

Ruby Mae Bentley

Ruby Mae Bentley, 53, of Garrett, died Friday, March 25, at the University of Kentucky Medical Center, Lexington, following a heart attack.

Born December 12, 1940 in Portland, Tennessee, she was the daughter of Herschel Meador and Eva Nell Harper Meador of Portland, Tennessee. She was a self-employed hairdresser and owner of Mi-Lady Salon.

In addition to her parents, she is survived by her husband, Bill Bentley; one daughter, Alison Gaye Albert of Tallahassee, Florida; three sisters, Dorothy Phelps of Wyoming, Mildred Harris of Nashville, Tennessee, and Virginia Skinner of North Carolina; and one granddaughter.

Funeral services were Monday, March 28, at 2 p.m. at the Wilkinson and Wiseman Funeral Home in Portland, Tennessee, with Ricky Stamps officiating.

Burial was in the Maple Hill Cemetery in Portland, Tennessee, under the direction of Hindman Funeral Services.

Lillie "Marie"

Mitchell

Lillie "Marie" Mitchell, 62, of Shelby, Ohio, died Thursday, March 24, at Riverside Methodist Hospital, Columbus, Ohio, following a three-month illness.

Born September 4, 1931 in Breathitt County, she was the daughter of Polly Watkins Noble of Shiloh, Ohio, and the late Roscoe Noble. She moved to Floyd County as a young girl, then moved to Shiloh, Ohio in 1953. She lived in the Shiloh area for the past 41 years. She was a 1952 graduate of Garrett High School. She was a former employee of the Shelby Bubble Gum Company and attended the Tiro United Baptist Church.

In addition to her mother, she is survived by her husband, Eugene Mitchell; four sisters, Easter Adams of Mansfield, Ohio, Geneva Williams and Sarah Crose, both of South Carolina, and Geraldine Barre of Mansfield, Ohio; two brothers, Clay Noble of Shiloh, Ohio, and Troy Noble of Alabama.

Funeral services were Monday, March 28, at 11 a.m. at the Noble Road, United Baptist Church, in Shiloh, Ohio, with pastor S.T. Adkins officiating.

Burial was in the Mt. Hope Cemetery in Shiloh under the direction of Eastman Funeral Home.

(More obituaries on A 11)

Trilby Allen May

Trilby Allen May, 86, of Maytown (Langley), widow of John May, died Sunday, March 27, 1994. A native of Floyd County, she was a daughter of the late Melvin V. and Lula Gayheart Allen. A graduate of Morehead Normal School, she taught in the Floyd County school system. She assisted many students in Floyd County in continuing their high school education by opening her home as a local residence, before there were roads to bring them to school. She retired after 21 years of service with the Human Resources Department of Kentucky. She was a member of the Episcopal Church of The Good Shepherd, Lexington, Homemakers of Floyd County, Daughters of America, and the Democratic Women's Club. She served on the original Governor's Task Force on Aging and helped establish and maintain several senior citizen centers in Eastern Kentucky while serving as a board member of the Big Sandy Area Development Board. She was tireless in struggling against corruption in county government.

Survivors include a son and daughter-in-law, Roy and Elizabeth May of Maytown; two daughters and sons-in-law, Anna M. and Kenneth V. L. Miller of Lexington, and Loreita and James McCoy of Nicholasville; eight grandchildren, Beverly May of Combs, Melvin May of Maytown, Kennie Gill of Arlington, VA, John V. L. Miller of Santa Fe, NM, Virginia and James Miller of Lexington, Donna Areaux of Nicholasville, and Charles Little of Lexington; four brothers, Howard E. Allen of Willard, Kentucky, Woodrow Allen of Grayson, James Allen of Langley, William Curtis Allen of Sun City, Arizona; two sisters, Elva Kirby and Anna Mae Curtis both of Greenfield, Indiana, and five great-grandchildren. She was preceded in death by two infant sons and a grandson.

Funeral services will be at 11 a.m. Wednesday, at the Maytown United Methodist Church, Maytown (Langley), with Rev. Robert Sessum officiating. Burial will be in the family cemetery in Eastern.

Visitation was from 5 to 10 p.m. Tuesday at Hall Funeral Home, Martin, Ky., and Mrs. May will lie in state from 10:00 until 11:00 a.m. Wednesday, at the church.

Pallbearers will be her grandsons and sons-in-law.

(pd. obituary)



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Obituaries

Marie Akers Conn

Marie Akers Conn, 78, of Dana, died Saturday, March 26, at her residence.

Born February 27, 1916 in Dana, she was the daughter of the late Farley and Ora Akers. She was a member of the New Life United Baptist Church at Banner, for 20 years.

Survivors include her husband, Johnnie Conn; two sons, Jackie and Joe Conn, both of Dana; two daughters, Juanita Hamilton of Harold and Darlene Campbell of Prestonsburg; five brothers, Simon Akers of Dana, Avery Akers of Betsy Layne, John Clinton and Brice Akers, both of Lexington; one sister, Madeline Stoneacre of Zanesville, Ohio; five grandchildren and one great-grandchild.

Funeral services were Monday, March 28, at 10 a.m. at the Hall Funeral Home Chapel with the United Baptist Church ministers officiating.

Burial was in the Boyd Cemetery at Dana under the direction of Hall Funeral Home.

Serving as pallbearers were Tarry Boyd, Freddie Hunt, Darrell Campbell, Mickey Hall, Brian Boyd, John Campbell and Bobby Joe Akers.

Eugene Hamilton

Eugene Hamilton, 61, of Detroit, Michigan, formerly of Teaberry, died Wednesday, March 23, at Wyandotte General Hospital, Wyandotte, Michigan, following an extended illness.

Born February 26, 1933 in Teaberry, he was the son of the late William and Maudie Jordan Hamilton. He was a disabled employee of Ford Motor Company. He was preceded in death by his wife, Shirley Mae Newsome Hamilton.

Survivors include one son, Gary Hamilton of Detroit, Michigan; one daughter, Jeanette Bryant of Southgate, Michigan; one brother, James Hamilton of Teaberry; six sisters, Magalene Wright of Liverston, Tennessee, Betty Jo Tackett, Peggy Hall and Christine Howell, all of Teaberry, Catherine Bentley of Ecorse, Michigan, and Norma Jean Kashin of Lincoln Park, Michigan; and two grandchildren.

Funeral services were Saturday, March 26, at 10 a.m. at the Nelson-Frazier Funeral Home Chapel with the ministers of the Regular Baptist Church ministers officiating.

Burial was in the Hamilton Family Cemetery at Teaberry under the direction of Nelson-Frazier Funeral Home.

Fisher Tuttle

Fisher Tuttle, 79, of Hollybush, died Sunday, March 27, at Our Lady of the Way Hospital following an extended illness.

Born February 17, 1915 in Caney Creek, he was the son of the late George and Racheal Stone Tuttle. He was a retired coal miner and a member of the Old Beaver Regular Baptist Church at Minnie and the UMWA Local No. 5899 at Wheelwright.

Survivors include his wife, Norsie Chaffins Tuttle; six sons, Matt E. Tuttle of Hazard, Ivan Allen Tuttle of Phoenix, Arizona, Orville Eugene Tuttle of Texas, Larry Tuttle of Denver, Colorado, Haze Tuttle of Houston, Texas, and Bill Tuttle of Manchester, New Hampshire; three daughters, Rosetta Stone of Hollybush, Gracie Mae Branham of Delaware, and Bertha Mae Miller of Mesa, Arizona; and 30 grandchildren and 19 great-grandchildren.

Funeral services will be Thursday, March 31, at 11 a.m. at the Hollybush Old Regular Baptist Church with the ministers Ed Moore, Billy Hamilton and Ersel Huff officiating.

Burial will be in the Stone Cemetery at Hollybush under the direction of Nelson-Frazier Funeral Home.

Joshua Case

Joshua Case, 76, of New London, Ohio, died Saturday, March 26, at Fisher-Titus Medical Center in Norwalk, Ohio.

Born October 22, 1917 in Floyd County, he was the son of the late Henry and Mary Worrex Case. He moved to New London in 1952. He worked in the coal mines and hauled coal in Kentucky. He also drove a cement truck for Sam Falbo Ready Mix of Lorain, Ohio. He was a member of the Fitchville Church of Christ.

Survivors include his wife, Birchie Case; one daughter, Gwen Anderson of New London, Ohio; one son, Orbie Case of New London, Ohio; one sister, Ganna Spears of New London, Ohio; one brother, Dallas Case of New London, Ohio; and six grandsons.

Funeral services were Tuesday, March 28, at 2 p.m. at the Fitchville Church of Christ with burial in the Fitchville Cemetery under the direction of Eastman Funeral Home.

Lewis Wright Jr.

Lewis Wright Jr., 58, of Allen, died Monday, March 28, at his residence following an extended illness.

Born May 17, 1935 in Emma, he was the son of Aretta Branham Wright of Allen and the late Lewis Wright.

In addition to his mother, he is survived by three brothers, Eugene Wright of Columbus, Ohio, Donald Wright of Morehead, and Phillip Leslie of Prestonsburg; and three sisters, Earnestine Ward of Martin, Betty Pitts of Columbus, Ohio, and Lois Faye Walke of Jacksonville, Florida.

Funeral services will be Wednesday, March 30, at 1 p.m., at the Nelson-Frazier Funeral Home Chapel with Jack Howard officiating.

Burial will be in the Leslie Cemetery at Emma under the direction of Nelson-Frazier Funeral Home.

Easter Revival

Martin Freewill Baptist
Friday & Saturday, April 1st & 2nd
7:00 p.m.

Friday Night Communion Service

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Revival

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FREEWILL CHURCH**

March 27-April 3, 1994

7:00 p.m. nightly

with Evangelist Buddy Kendrick

Communion and Foot-washing Service
Thursday, March 31, 1994

Pastor, Joe Coleman

Special Singing Nightly

"GOOD FRIDAY SERVICE"

APRIL 1, 1994 - 7:00 P.M.

**CHRIST UNITED
METHODIST CHURCH**

ALLEN, KENTUCKY

EASTER CANTATA

Presented by:
Christ United Methodist Choir



CARD OF THANKS

The family of Charlie "Short" Akers wishes to thank all those friends, neighbors, and family who helped them in any way upon the passing of their loved one. Thanks to those who sent food, flowers, prayers and words of comfort expressed. A special thanks to the Regular Baptist Ministers for their comforting words, the Sheriff's Department for their assistance in traffic control and the Hall Funeral Home for their kind and professional service.

The family of Charlie "Short" Akers

Card of Thanks

The family of Blanche Ramey Smith would like to extend its sincere appreciation to everyone who shared their time and assistance during our recent sorrow. The passing of a mother and a friend is a great loss. Thanks to our Prestonsburg and Elkhorn City relatives, neighbors and friends who brought food, sent flowers, or shared a kind word. Special thanks to the Mountain Manor Nursing Home of Prestonsburg for the loving care given our mother prior to her departing this life. Thanks to Minister Darrell Griffith for officiating at her services and the Elkhorn City Methodist Church choir for their beautiful singing. Thanks to the Elkhorn City Police for their assistance with traffic control and to Bailey Funeral Home for their kind, caring, and professional service.

THE FAMILY OF BLANCHE RAMEY SMITH

Card of Thanks

The family of Laura Darby would like to extend its thanks to everyone who assisted during the loss of our wife and mother. Thanks to our family, friends, and neighbors who brought food, sent flowers, and gave of their time. Special thanks to the staff of Mountain Manor Nursing Home. Thanks to Ministers Gordon Fitch and Abe Vanderpool for their comforting words. Special thanks to all the singers. Thanks to the Martin City Police Department and the Floyd County Sheriff's Department for their assistance with traffic control, and the Nelson-Frazier Funeral home for their kind, caring and professional service.

THE FAMILY OF LAURA DARBY

CARD OF THANKS

The family of Terry Edward Tackett wishes to gratefully acknowledge the thoughtfulness and kindness of friends, relatives, and neighbors in the loss of our loved one. Thanks to all who sent food, flowers, prayers or spoke comforting words. We are especially grateful to the Regular Baptist Ministers for their comforting words, the Sheriff's Department for their assistance in traffic control and the Hall Funeral Home for their kind and efficient service.

The family of Terry Edward Tackett

CARD OF THANKS

The family of Ruth W. Martin would like to extend their appreciation to all those friends, neighbors and loved ones who helped comfort them during their time of sorrow. Thanks to all who sent food, flowers, prayers or spoke comforting words. A special thanks to the Clergyman Randy Osborne for his comforting words, the Sheriff's Department for their assistance in traffic control and the Hall Funeral Home, for their kind and professional service.

The family of Ruth W. Martin

There will be a FRIED CHICKEN & DUMPLING DINNER

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Eucharist and Foot Washing

Good Friday 4/1/94 7:00 p.m.
SOLEMN LITURGY OF THE LORD'S PASSION

Passion from the Gospel of Saint John

Holy Saturday 4/2/94 8:00 p.m.
SOLEMN EASTER VIGIL
Baptism, Confirmation and Eucharist
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Easter Sunday 4/3/94 11:00 a.m.

EASTER SUNDAY MASS
Rededication to our Baptismal Promises

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He has risen • alleluia

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REG.: \$249.95 — VELVET 2-POSITION RECLINER! Has tufted back for added comfort and 2-position unit. Available in blue, brown and mauve. NOW: \$98

REG.: \$434.95 — PILLOW BACK RECLINER! Triple pillow back spoiler recliner. Has 3-position rocker unit. Available in factory select velvets. NOW: \$233

REG.: \$489.95 — CHASE ROCKER/RECLINER! Available in beautiful velvet fabrics. Available in assorted colors. NOW: \$244

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REG.: \$539.95 — 5 PC. COUNTRY DINETTE! Has large pedestal base with 5 solid wood windsor back chairs. Available in blue or white finish. NOW: \$244

REG.: \$709.95 — 7 PC. COUNTRY DINETTE! Includes trestle table with 6 solid wood windsor back chairs. Available in country blue, white or green finish. NOW: \$333

REG.: \$709.95 — 7 PC. PINE DINETTE! Includes trestle table with 6 windsor back chairs. NOW: \$333

REG.: \$439.95 — 5-PC. BLACK DINETTE! Contemporary black and laminated top dinette. Includes square round table with metal base and 4 black metal chairs with padded seats. Very stylish. NOW: \$198

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TABLES AND LAMPS!

REG.: \$399.95 — LIVING ROOM TABLES! 3-pc. black and brass with mirrored tops. Rectangular cocktail and two square ends. NOW: \$168

REG.: \$239.95 — CONTEMPORARY OAK TABLES! 3-pc. contemporary solid wood tables with inlayed top. NOW: \$78

REG.: \$579.95 — COUNTRY OAK TABLES! 3-pc. country oak table group. Has medium oak finish. Includes oval cocktail and 2 ends. NOW: \$298

REG.: \$229.95 — CONTEMPORARY LIVING ROOM TABLES! 3-pc. contemporary brass, black and glass cocktail and 2 end tables. NOW: \$98

REG.: \$339.95 — QUEEN ANNE TABLE GROUP! Includes oval cocktail, one square end and one round end. Available in cherry or oak. NOW: \$148

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DRUNKS DO WORSE IN AUTO CRASHES

That old myth about drunks having a better chance of surviving automobile accidents than sober folks isn't true. Crash victims who have been drinking actually are twice as likely to succumb to injuries.

"Alcohol worsens any injury resulting from an impact; it renders a person more vulnerable," says Dr. Patricia Waller, director of the University of Michigan Transportation Research Institute.

An institute study of 600 automobile crash victims shows those who had been drinking suffered longer periods without breathing and brain damage than people who hadn't been drinking.

The study noted alcohol also heightens the likelihood of sometimes fatal shock, disrupts heart rhythm, and when the spinal cord is damaged increases the risk of permanent paralysis.

Twice as many drinkers die from these injuries after auto accidents than non-drinkers, Waller said.

Using a designated driver doesn't lessen the risk of death-dealing car injuries, Waller added. If a person is a passenger during a car crash and has alcohol in the blood, all of the above hazards apply.

Health Watch

by Don Kirkman
Health Writer
Scripps Howard
News Service

at Ohio State University's Arthur G. James Cancer Hospital in Columbus, Ohio, are using radioactive "seeds" to eradicate the last vestiges of muscle cancers in preschool children.

Using a three-pronged anti-cancer strategy, physicians are overcoming rhabdomyosarcomas—tumors that attack muscles in the head, neck, limbs, body and

eyes.

As in many anti-cancer treatments, the therapy uses drugs to shrink the tumor and surgery to remove most of it. The new twist comes after surgery when radioactive isotope "seeds" are used to knock out lingering cancer cells.

The seeds are implanted at the cancer site for two to five minutes twice per day. The seedings continue for six days with each treatment, generating the equivalent of several hundred medical X-rays.

Thus far, the triple treatment has produced excellent results, says the hospital's Dr. Subir Nag.

THERE'S A possibility that DPT (diphtheria-pertussis-tetanus) vaccinations may cause a tiny number of life-threatening chronic brain dysfunctions, a U.S. Institute of Medicine committee says.

The committee says the possibility can't be discounted because British researchers are suspicious of brain and neurological illnesses that occur shortly after children get DPT shots.

(See Health Watch, AA 2)

Section

AA

Health Nurses	AA 2
Healthful Eating	AA 2
HIV/AIDS	AA 2
Treating the Common Cold	AA 4
Alzheimers	AA 4
Cancer Pain	AA 5
Brain Power	AA 5
Women Smokers	AA 5

Wednesday, March 30, 1994

The Floyd County Times

Health

No pity parties for Tipton

by Pam Shingler
Contributing Writer

- You've got a migraine.
 - Your dog bit the hand that feeds it.
 - Your wife ran off and left the kids with you.
 - You caught your boyfriend with your best friend.
 - You've got too much money for the money.
- If you checked one or more, you're probably planning a pity party.

But don't invite Sheila Tipton. She's not into that activity.

Tipton contracted cerebral palsy when she went without oxygen for eight minutes after her birth. The condition, created by brain damage, impairs the muscles—for life. The doctor's prognosis: The baby would not live, or, if she did, she would be a vegetable.

The 23-year-old college student puts on a wide, half-moon smile, her cheeks turn round as apples and her eyes disappear when she tells the story. She's living proof that doctors are sometimes wrong.

Getting to where she is, however, has not been easy. She does not walk. Her hands don't always do what she wants them to. Her words are often slurred and hard to understand. She needs someone to help her with common tasks, such as washing her hair and, sometimes, eating.

"It hasn't been that easy since day one for me," Tipton says matter-of-factly, no hint of tears, no frown.

Her introduction to schooling did not bode well for success. From first grade on, the Louisville native experienced frustration, depression and even physical abuse.

In first grade, a teacher shook her so hard a vein broke in the child's arm. "She was always complaining about me spilling things and not standing straight. Sometimes she would grab me by the hair," the Prestonsburg Community College sophomore recalls.

At a Louisville high school, one teacher predicted that the young woman "would never amount to anything."

"There were times when I wondered, when I felt like giving up," Tipton says. "But with the help of my mom and grandmother and my determination, the more they said I couldn't, the more determined I was to prove them wrong."

Determination, however, sometimes has its limits. Ill health forced her to quit high school. "It just about killed me to give up something I loved," she says.

As if she weren't plagued enough, when Tipton was 18, she began having muscle spasms that last from a few minutes to several hours. She had been able to walk haltingly until that time, but the spasms sapped her control and she had to resort to a wheelchair.

She says she floundered for about a year and entered counseling for depression and anxiety.

But she wasn't stopped. She passed the GED exam and was accepted into the vocational adjustment program at Carl D. Perkins Rehabilitation Center at Thelma.

In the fall of 1992 she took the giant step of entering college. She is now one of a group of students who are based from the center to PCC for classes, each with a challenge that would send weaker mortals to bed.

A three-wheel motorized cart takes Tipton from class to class. Unable to write quickly, she takes notes on a laptop computer.

The slowness in her hands does not daunt the student's first love—drawing. Last year one of her drawings won a prize in Dream Factory competition in Louisville. Then she worked with a professional artist during summer break, and a collage she created sold at auction.

She plans to transfer to a four-year institution to major in art therapy when she completes an associate's degree at PCC next fall.

Tipton is quick to commend people who help her. She is particularly fond of PCC professors Laura and Leo Weddle, who, she says, have been a "major inspiration" in her life.

"They treat me like an individual, not like a person in a chair," she says. "They understand what I go through and they've helped me see things I can do."

She also points specifically to Dr. Don Barlow, Dr. John Shiber and Mazola Salmons, all of whom "take the time to sit down and talk with me." And she's found a second home in the college's Counseling Center where she says she gets "a lot of encouragement."

Tipton says college has boosted her self-confidence and changed her for the better. "I'm a totally different person from when I first started college," she says. "I was very shy at first and stayed to

myself a lot."

Now she has blossomed into an advocate of persons with "physical challenges." Even with halting voice, she makes speeches on behalf of handicapped people and points out ways the college can improve services to them.

In the rehabilitation center newsletter recently, Tipton wrote: "... (college) is like a place where I can

(See Tipton, AA 2)



Overcoming obstacles

Sheila Tipton has overcome many obstacles in her life. She is attending Prestonsburg Community College where she is improving services for handicapped students. (photo by Pam Shingler)

WalkAmerica for healthier babies

Children and adults in the Big Sandy area are dusting off their walking shoes for the March of Dimes WalkAmerica Sunday, May 22 at Paintsville Lake. Registration begins at 1:30 p.m. and the walk begins at 2 p.m. on the Kiwani's Hiking Trail.

WalkAmerica adult walkers could win a 25-inch console color TV. Youth walkers could win the grand prize of a Sega Genesis, sponsored by K-Mart. Other prizes include picnic chairs, jackets, sweatshirts and T-shirts.

For more information about the prizes, or to obtain a sponsor form, call Lisa Burke at 789-9324, or Susan Martin at 329-0703.

Funds from the WalkAmerica will be used to improve the health of babies by preventing birth defects and infant mortality, the main mission of the March of Dimes program. The March of Dimes accomplishes this mission through programs of community service, advocacy, research, education and direct grants.

The Kentucky East Chapter of the March of Dimes serves as a catalyst to bring together organizations and individuals to improve maternal and infant health. In addition, the March of Dimes now offers Babies and You, a free program that provides prenatal education classes in workplaces, clinics and agencies.

March of Dimes' Advocacy Program involves educating elected officials on the needs of pregnant women and their infants and lobbying for programs and funds to make the system work for our nation's

babies. One example of a March of Dimes-supported program funded by the government is the successful WIC program, or the Special Supplemental Food Program for Women, Infants and Children. This program provides vouchers for milk, baby formula and other nutritious items for families in financial need.

Nationally, the March of Dimes has spent millions of dollars on ground-breaking research into causes and treatments for the more than 3,000 birth defects not identified.

For example, many babies born prematurely have severe breathing difficulties due to underdeveloped lungs. Surfactant treatment, developed in the mid-1980's with the help of funding from the March of Dimes, now helps to save the lives of these fragile infants.

In one year alone, the Kentucky East Chapter of the March of Dimes provided approximately \$20,000 worth of education materials to schools, community organizations and individuals free of charge. These materials address topics such as preparing for pregnancy, Down Syndrome, teen pregnancy and more. In addition, the March of Dimes has professional education materials to train nurses and other healthcare providers.

Locally, the Kentucky East Chapter funds programs that reach individuals and families from Frankfort to Ashland to Pike County and Somerset.

Approximately twenty grants are given annually in amounts ranging from \$250 to \$5,000.



by Dr. Juan Jose Ortiz
Cardiologist

THE HOSPITALIZATION OF A HEART ATTACK

Heart disease remains the number one killer of Americans. There are many processes that lead to heart attacks or myocardial infarctions (MI). The most common mechanism involves coronary artery blockages. Other causes of MI's include coronary artery spasm, drugs (i.e. cocaine), severe anemia, blood clots to the coronary arteries, and debilitating medical conditions that limit oxygen to the heart such as severe lung disease. Whatever the pathway, the first hours of an MI are crucial.

The first part of initiating therapy includes the recognition that the worsening chest pressure/pain and/or shortness of breath represents poor blood flow to the heart and may lead to an MI. Remarkably, many heart attacks arrive in unusual ways, such as dangerous rhythms (too slow or too fast), sudden fainting, pain in the jaw, neck, back, arms or abdomen. Surviving to reach the hospital is critical.

The Emergency Room (ER) can be an intimidating place to patients and their families (as well as to some nurses and doctors). If a patient's blood pressure, pulse, and respiratory rate are relatively stable at the time of presentation, management can be planned according to a step wise progression depending on risk factors, EKG changes, past cardiac history, etc. Unfortunately, many patients arrive at the hospital in a pre-terminal condition. Many heart attack victims, if alive to reach the hospital, are in the process of dying from her unstable condition despite a full cardiopulmonary resuscitation.

In the ER, agents are started to reduce the workload of the heart, limit blood clots, improve oxygen flow, and address dangerous rhythms. As well, immediate assessments are made to determine the amount of cardiac damage that has ensued. Some patients have a pre-infarction syndrome, termed unstable angina. Their hospital course is different than that of an acute MI.

In some medical centers, patients are rushed directly to the catheterization lab to open blocked arteries. At times, blockages cannot be opened and bypass surgery has to be done. The vast majority of hospitals are not designed to perform emergency catheterizations, and, it has been proven that this expensive strategy is not appropriate for all heart attacks in the emergency setting.

The standard of care for an acute MI includes a simple aspirin (to prevent platelet functioning), blood thinners to limit the progression of blood clots, nitroglycerin to reduce coronary spasm, and beta blockers to safely lower blood pressure and slow the heart rate.

Since the mid 1980s, a new mode of therapy has evolved that has significantly improved mortality subsequent to an MI. This new therapy entails the use of clot busting medications called thrombolytics. These meds have led to improved heart function and thereby have limited deaths. These powerful agents must be administered through an IV within six hours of the start of a heart attack or they won't work. These meds are not without risks. Approximately one in a thousand patients develop a severe bleed or even a stroke. The gain, though, far outweighs the small risks of a bleed.

Patients are initially managed in the Coronary Care Unit. The first 24-48 hours determine, most often, how a patient will manage and whether he or she will survive the event.

Aggressive management is especially indicated if there exists the potential for decompensation. The sickest patients are identified by recurring chest pain, arrhythmia, or heart failure, when fluid builds up in the lungs from a weakened heart. These patients should immediately be cathed to proceed on to angioplasty or bypass.

Patients who remain stable should undergo an exercise stress in approximately 7-10 days after the heart attack. If the stress test is positive, this will lead to further measures to minimize the risks of future MI's. A catheterization will show how critical the blockages are.

Expected tests in the hospital include an echocardiogram to determine how well the heart functions as a pump. X-rays will show if there is marked heart failure. Unfortunately, one can also expect many blood tests, IV's and silly ICU gowns that reveal more than one wishes.

If one passes the initial stress test, the expected outcome would be discharge with a subsequent full stress test in six weeks. A once a year stress test would be an appropriate way to diagnose potential cardiac problems before they became manifest clinically. Anytime that chest pain or other trouble intervenes, an immediate evaluation should be made by a doctor.

Of course, although not enough people listen, all patients should be taught that smoking cessation, cholesterol lowering, exercise, diabetes and blood pressure control as well as weight loss will lower the chances of future cardiac events. Life may be a little less fun, but it may last a little bit longer with less episodes of pain for the patients and those who love and depend on them.

Editor's Note: Dr. Juan Jose Ortiz, a cardiologist with Eastern Kentucky Cardiology Association at Highlands Regional Medical Center, will respond to questions from our readers. His phone number is at 886-8511.

HIV/AIDS report reemphasizes need for education

The newest Surgeon General's Report to the American public on HIV infection and AIDS should prompt Kentuckians to pause, think about the implications of the AIDS epidemic and redouble their efforts to stop HIV and AIDS, according to an Extension family sociologist with the University of Kentucky College of Agriculture.

"More than 12 years have passed since people started to die of AIDS. According to the report, about 1 million Americans are now infected with human immunodeficiency virus (HIV), the virus that causes AIDS. About one out of every 100 American men and 1 out of every 800 women are infected," Hansen said.

By the end of 1992, 250,000 Americans had developed AIDS and 170,000 had died. That is nearly three times the number of Americans who died in the Vietnam War. During 1993 alone, another 47,000 to 66,000 Americans may die of AIDS and an estimated 40,000 to 80,000 will get infected with HIV, he said.

Hansen said other sobering facts in the report include:

- * Although most reported AIDS cases continue to be among men who have sex with men and among injecting drug users, cases due to heterosexual contact have been increasing over the last several years.

- In 1992, 9 percent of the total AIDS cases and 39 percent of reported AIDS cases in women were attributable to heterosexual contact. That represents an increase of nearly 42 percent since 1990.

- * Most people with HIV infection and AIDS live in big cities, but the number of people developing AIDS in smaller cities, towns, and rural areas is growing. In a separate report prepared last year, the National Commission on AIDS pointed out that the number of new AIDS cases diagnosed in rural communities across the country is growing at an alarming rate and that AIDS education is virtually non-existent and desperately needed in rural communities.

- * About 100,000 women in the United States are infected with HIV. They comprise 11 percent of all AIDS cases, and the percentage increases each year. Half of the cases of AIDS in women have been reported in the last two years.

- * Teenagers are getting infected. The teen years are often a time of experimentation with drugs and sex. Because they rarely see people their own age who have AIDS, some teens don't believe they can become infected with HIV. They need to realize that the time between getting infected with HIV and developing AIDS can be 10 years or more. Therefore, many people with AIDS who are in their 20s (currently 1 of 5 reported with AIDS) were infected while they were teenagers.

"Because there is no cure for AIDS, education remains the best hope for stopping the spread of HIV and AIDS. Concerned Kentuckians can begin by educating themselves and their families about HIV/AIDS and its relationship to sex and drugs," Hansen said.

The Surgeon General's report itself is a good place to start. "Know the Facts about HIV," "Are You at Risk?" "How to Protect Yourself from HIV Infection," "Living with HIV and AIDS" and "How You Can Stop AIDS" are among the topics discussed. The report is available in English and in Spanish from the National AIDS Hotline. (Telephone 1-800-342-AIDS, Deaf Access 1-800-243-7889 (TTY), Spanish 1-800-344-7432.

"Parents should teach their children how to protect themselves against HIV infection and other sexually transmitted diseases. A free brochure on how to talk to children about HIV infection and AIDS is also available from the National AIDS Hotline (1-800-342-AIDS)," he said.

Concerned Kentuckians also can ask themselves if their community, club, organization, employer or religious group has a program to teach HIV prevention and help people with AIDS. If so, they can support those programs. If not, they can start a program or talk to somebody who can.

"Acquiring scientific, dependable information about HIV and AIDS is a first step in meeting the challenges we all face from what the Surgeon General calls the epidemic of our generation," he said.

Tipton

(Continued from AA 1)

be me, and each day I go I look forward to learning. I love PCC!"

Every day of her life, Tipton has faced what seem insurmountable obstacles. But don't expect her to show up at anybody's pity party.



Nursing service

Jeremy Moore is taking advantage of the nursing services at Duff Elementary with nurse Pam Patton.



Pressure check

Clark Elementary student Judy Bailey gets her blood pressure checked by nurse Thelma Laferty.

Health nurses screen area students at resource centers

The Floyd County Health Department has recently employed two community health nurses to work in conjunction with the Family Resource Centers in the Floyd County School System. These nurses will be rotating between seven schools to offer screening examinations to the children in Floyd County.

Pam Patton will work with the Duff, South Floyd, Maytown and McDowell Family Resource Centers, and Thelma Lafferty will work with the Allen, Betsy Layne, and Clark Family Resource Centers.

During this first year of operation, services offered will be limited to Well Child and EPSDT screenings on fifth grade students and those enrolling in school. These examina-

tions will fulfill the requirements for entry into kindergarten and to preschool programs in the public school system and entry into sixth grade. All immunizations needed will be given at the same time as the examinations.

Each of these centers has been furnished with equipment purchased by the Floyd County Health Department. It is the goal of the health department to bring more services into communities throughout Floyd County through the use of these resource centers.

Parents may call the resource centers to make appointments with these nurses. Parents need to accompany the children on the day of the appointment.

Frying food may not be best answer, AHA says

Why fry?

Before you answer, think about a fact of frying: Like a sponge, food absorbs more fat when it is fried in a lot of oil, shortening or lard. That can add total fat, saturated fatty acids and cholesterol in your diet. That could contribute to obesity and high blood cholesterol, risk factors for heart disease. And that's not good. Cardiovascular disease, America's No. 1 killer, claims more than 923,000 lives a year.

The American Heart Association recommends you limit total fat intake to less than 30 percent of the calories you eat each day. Your saturated fat intake should be less than 10 percent of total calories. Cholesterol intake should be no more than 300 milligrams per day.

It may be easier to stay under these limits if you cook other ways. For example, you can bake, braise, broil, grill, roast, steam and microwave. These methods are healthier because they help retain vitamins and minerals and keep fat and calories to a minimum.

Still want to fry? If you do, then at least eat fried foods less often and in

smaller portions. And keep these tips in mind:

- Fry smaller amounts of food at a time at higher temperatures. Your food will cook quicker and not soak up as much fat.
 - Stir-fry or pan-fry. The high heat and less oil means less fat is absorbed. Oven-frying is another good method.
 - Use a wok or nonstick skillet.
 - Spray your pan or skillet with vegetable oil spray. Be sure you follow directions on the can and don't use spray near an open flame.
 - Use oils such as canola, corn, safflower, sunflower seed, sesame seed, soybean and olive. They have less saturated fatty acids.
 - Use vegetable margarine instead of lard or butter, selecting those that have less than 2 grams of saturated fat per tablespoon.
 - Use low-fat breading.
 - Drain your food on a paper towel. That soaks up extra fat.
 - Remove skin and visible fat before cooking poultry and meats.
- For more information, contact your local American Heart Association or dial 1-800-AHA-USA1 (1-800-242-8721).

Variety is key to healthful eating

It's easy to fall into the habit of eating the same tried and true foods week after week—but National Nutrition Month is a perfect time to try some delicious new tastes. Head for your supermarket's fresh produce section, and you'll find a wealth of fruits and vegetables to give you the variety of flavors and nutrients you need for good health.

Eating a variety of nutritious foods is recommended by many dietitians, not only in the U.S. but also abroad. One article recently reported that the Japanese government advises the Japanese public to eat 30 different foods regularly to maintain good health.

American diets tend to be low in several nutrients needed for good health. But eating five daily servings of fruits and vegetables, as health authorities recommend, can supply many of the nutrients we need. For example, vitamins A (beta-carotene) and C are essential to strengthening the immune system and possibly preventing cancer development as well. Vitamin A is abundant in dark green and orange vegetables and fruits, including apricots, cantaloupes, winter squash, sweet potatoes, pumpkin, carrots, broccoli, Chinese cabbage, and spinach. Vitamin C is plentiful in oranges and other citrus fruits, cantaloupes, kiwis, green and red peppers, broccoli, and tomatoes. Tropical fruits

like papayas, starfruit, and mangos also have plenty of these vitamins.

Eating a variety of fruits and vegetables also gives us essential minerals, including iron, magnesium, potassium and zinc. Iron-rich foods include cooked spinach and legumes like dried beans (especially when

eaten with a vitamin C-rich food). Potatoes contain fair amounts of iron, and lots of potassium and magnesium. Magnesium also comes from beans, and dark green vegetables. Selenium, which protects body tissue, is abundant in whole-grain products (like whole-wheat bread), which also provide zinc.

Eating Healthy?

How big a role do fruits, vegetables and grains play in your diet—and do you get enough different kinds? Take this little quiz to find out where you stand and how you could add more of these nutritious foods:

How often do you:	Daily	Several times a week	Once a week or less
1. Eat fruits, vegetables, or juices that are high in vitamin C?	3	2	1
2. Eat fruits or vegetables that are high in vitamin A?	3	2	1
3. Eat at least four servings of whole-grain foods per day?	3	2	1
4. Eat at least five different kinds of fruits and vegetables?	3	2	1
5. Have fruit for breakfast?	3	2	1
6. Have a fruit or vegetable at lunch?	3	2	1
7. Have a fruit or vegetable at dinner?	3	2	1
8. Have grain products for breakfast?	3	2	1
9. Have grain products for lunch?	3	2	1
10. Have grain products for dinner?	3	2	1
11. Snack on fruit, vegetables or grain products?	3	2	1
12. Eat more than a half-cup of fruit or vegetables at a meal?	3	2	1

If you got a score of 30 or higher, you're doing a fairly good job of eating enough dietary fiber, and if most of your answers are in the "daily" column, you are probably getting enough fiber and have a good start on meeting your nutrient needs. However, if your score is less than 25 and many of your answers are in the "once a week" column, then fruits, vegetables and grains need to play a larger role in your diet.



Saluting The Physicians of Appalachia

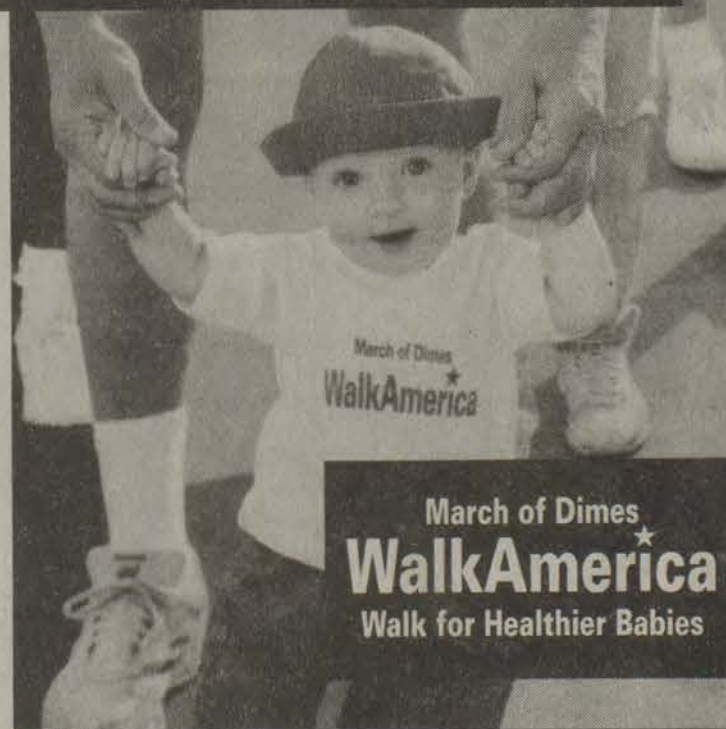
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March of Dimes
WalkAmerica
Walk for Healthier Babies

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It's March of Dimes WalkAmerica. The first, the biggest, the most successful walking event in the nation.

It's your chance. That special opportunity to join over 850,000 walkers in 1,450 communities for a day of fun, friendship and caring to fight birth defects and infant mortality.

Save the date:

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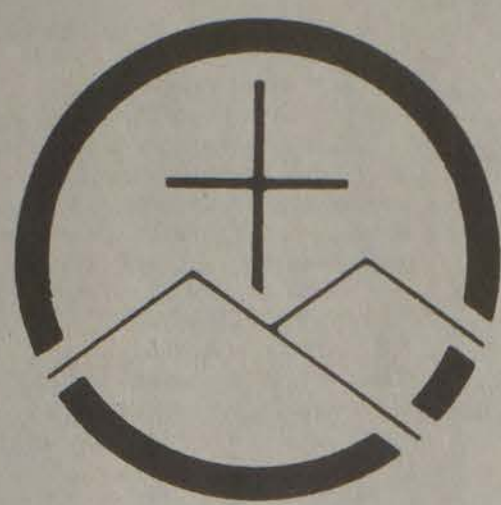
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We'd like to extend a heartfelt "thank you" to them for their continued loyalty, support and the highest quality of service to their community.

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Raghu Sundaram, M.D.
Internal Medicine
285-3263

Gan Maddiwar, M.D.
General Surgery
285-3276

Chandra Varia, M.D.
Gynecology
285-9221

Lowell Martin, M.D.
Family Practice
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Prem Verma, M.D.
Family Practice/Emergency Medicine
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Roger May, D.O.
General Practice
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Clarita Vicher, M.D.
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Krishnarao Potnis, M.D.
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Terry Wright, M.D.
Family Practice
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Specialty Clinic

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Nita Abhyankar-Pahyde, M.D.
Ophthalmology

Jayalaksmi Pampati, M.D.
Rheumatology

Daniel Rowe, M.D.
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Uday Shankar, M.D.
Gastrologist

Ballard Wright
Surgery/Anesthesiology

Emergency Room Physicians

Ghaith Bayasi, M.D.

Paul Brizendine, M.D.

Steve Conrotto, M.D.

Basel Dabas, M.D.

Robert DiGiulio, M.D.

Richard Patterson, M.D.

Francisco Puig, M.D.

Ronald Ross, M.D.

Thomas Styer, M.D.

Francisco Urrego, M.D.

Call 285-5181 for appointment.

First Steps Project helps parents spot developmental delays early

Where can the parent of a baby or young child go with questions about normal development? Now the help is right at their fingertips.

The First Steps project from the Kentucky Department for Mental Health and Mental Retardation Services gives parents a toll-free number and valuable information about developmental delays in children from birth to 3 years of age.

"Parents are usually the first to notice if their child is not growing or learning at the same pace as other children," said James Henson, assistant director for the state's Division of Mental Retardation.

"First Steps provides resources to alert parents to potential concerns and gives them facts so they know what the average child can do," he said. "We cannot stress enough how important it is to identify children with delays or potential delays early and get them services as soon as possible."

The First Steps promotion includes a packet with a brochure that lists some developmental guidelines for age groups from birth to 3 years, a toll-free referral line (1-800-442-0087), and a poster. Materials will be sent to 5,000 Kentucky physicians, health centers, hospitals, and local mental health and mental retardation centers by the end of September.

"The most critical developmental period is the first two years," Henson said. "The earlier we can detect problem areas and get help for a child, the better chance we have of preventing developmental delays. Early intervention also is crucial to relieving family stress and it's cost effective for society as a whole."

Of the approximately 53,000 babies born in Kentucky each year, 1 of 10 is at-risk of some developmental delay before the age of 3 years. Developmental delays are identified in two categories: 1) biological or physi-

cal conditions, such as Down's syndrome or cerebral palsy, which are likely to cause delays, and 2) a delay in a skill area such as communication, cognitive, physical, social-emotional and adaptive.

"Currently, we're only identifying about one-fourth of the children who have developmental delays or conditions that could cause delays.

Through our early intervention services we can screen and evaluate children to find out if there's a problem, at no cost to the family," he said. "If the child is eligible for help, the department can coordinate and help access available services."

For children who receive early intervention services, the results are encouraging. Henson said studies have shown that children who have disabilities or are at-risk and get these services are less likely to need special education later and usually score higher on tests in school.

Early intervention services also are cost-effective because as adults, these children are less likely to need special services, be on welfare, or in institutions, and are more likely to graduate from high school and get post-secondary education and a job than those who do not get early attention, he said.

"There's really no reason for a child not to get help," Henson said. "With First Steps, parents have a chance to answer their questions and address their fears, and help them decide if they need services."

Information about First Steps will be available from physicians, health centers, hospitals, local mental health and mental retardation centers and by calling Linda Wainscott or Germaine O'Connell at the state Department for Mental Health and Mental Retardation Services at (502) 564-7700. Groups can contact Wainscott or O'Connell about a First Steps video.



Tips for treating the common cold

by Don Kirkman

It's that season again, the time of year when we fight like crazy to keep from getting "the bug that's going around." We try every known defense, hoping to keep the common cold from disrupting our lives at home and at work.

Most adults get two to four colds a year, with all the symptoms that make even the hardest of us miserable—runny nose, clogged sinuses, uncontrollable coughing, sore throat, achiness and that run-down feeling. Most colds last an average of seven to 10 days.

Because colds are caused by viruses they can't be cured, and doctors can't vaccinate against them. About all we can do is treat our symptoms.

There are dozens of ways to do that, from old-fashioned home remedies to modern medicine.

Doctors say treating your symptoms will help ease the discomfort, shorten the cold's life and reduce the spread of the virus among family, friends and coworkers.

Chicken Soup and...

When the bug attacks, doctors suggest drinking plenty of fluids to

loosen sticky mucus in the upper respiratory passages. Hot fluids such as tea and coffee are best for easing stuffiness. And yes, Mom was right about chicken soup.

Many over-the-counter preparations treat cold symptoms and bring fast relief. Decongestants open the nasal passages when you have a stuffy nose and clogged sinuses. Antihistamines suppress sneezing and dry up nasal secretions.

To relieve the stuffed-up feeling and sniffles, a non-prescription decongestant and antihistamine will help.

Time release medicines are especially effective for treating cold symptoms because they provide a uniform level of medication by evenly releasing their active ingredients for 12 hours.

Doctor's Orders

Doctors recommend using nose drops for no more than three days at a time. If you have a cough that produces little or no mucus, a cough suppressant will help silence it. If your cough produces a lot of mucus, an expectorant will help loosen secretions so you can cough them up.

For fever, pain and that "blue" feeling associated with colds, take aspirin or acetaminophen. And to relieve a sore throat, drink lots of liquids, gargle and try an over-the-counter cough and sore throat preparation.

Before you take any medicine, however, read the labels and side effects warnings. And don't self-medicate for more than a few days. If your symptoms persist, see your doctor.

For a free booklet on cold prevention and treatment, write to: "How to Beat the Common Cold," 445 Park Ave., Dept. NU, 12th Floor, New York, NY 10022.

Blinding disease of the eye

If you are 40 or older, you may be one of the 204,000 Kentucky residents suffering from a blinding eye disease, according to the Kentucky Society to Prevent Blindness.

The eye disease, age-related macular degeneration (AMD), is the number one cause of blindness in the U.S. AMD affects a small area in the back of the eye causing those afflicted to see objects as wavy or blurry. People with AMD may also see dark or empty spaces in the center of their vision. If you have any of those symptoms, you are urged to see your eye doctor immediately.

There are two types of AMD: wet and dry. In "wet" AMD, tiny blood vessels grow, break, and then leak blood and fluid into the eye. If detected early, the leaky blood vessels can be sealed with laser treatment.

"Dry" AMD is the more common form of the disease. Unlike the wet form, there is currently no effective treatment to halt the progression of "dry" AMD. However, many research centers are studying various new treatments, including the use of zinc and interferon.

While signs of AMD begin to appear among individuals age 40 and older, the disease most often strikes people 60 years and older. People who have a family history of AMD are at a higher risk of developing the eye disease later in life.

During the next 20 years, the number of AMD victims will drastically increase because high-risk baby boomers will have signs of the disease.

The Kentucky Society to Prevent Blindness, in an effort to educate Kentucky residents about AMD, declared February as National Awareness Month for Age-Related Macular Degeneration.

The Society is offering a free brochure which includes a home eye test to help detect the signs of AMD. To receive information about AMD, contact the Kentucky Society to Prevent Blindness, 101 W. Chestnut, Louisville, KY 40202, or call 584-6127; outside Louisville, 1-800-828-1179.

What to do about HIV pregnancies

by Don Kirkman
Scripps Howard News Service

Researchers have discovered the anti-AIDS drug AZT sharply reduces HIV transmission from pregnant women to their unborn children.

The drug's beneficial effect on unborn children was pinpointed during a three-year test conducted by 59 American and French AIDS treatment centers.

A preliminary analysis shows only 8.3 percent of the infants who received the drug before and after birth contracted HIV from their mothers. In contrast, 25.5 percent of the children who didn't receive AZT became HIV positive.

Federal officials said the treatment isn't perfect but obviously is very promising. The test's results were so good that an evaluation board recommended all HIV-positive pregnant women be given AZT.

Henceforth, HIV-positive mothers will receive AZT during pregnancy and while giving birth. Their infants will continue receiving the drug during the first six weeks of life.

Approximately 4,300 HIV-positive American infants have been born during the 12-year AIDS epidemic and 2,615 have died.

The research was sponsored by two agencies of the National Institutes of Health in Bethesda, Md., and two French health research agencies.

SMOKING CIGARETTES and simultaneously using cocaine can cause a fatal heart attack.

Both bad habits constrict the heart arteries and reduce blood flow, say researchers at the University of Texas Southwestern Medical Center in Dallas and the University of Iowa.

UT's Dr. David Hillis said smoking and cocaine's deadly combination was confirmed during a study of

42 persons who were divided into three groups: smokers, cocaine users and smokers-users.

Hillis reported the smokers had a marked decline in blood flow; the cocaine users had a larger decline, and the smokers-users had an especially large fall in blood flow.

The smoking-cocaine combination may be the reason some young people are suffering cardiac catastrophes Hillis said.

A UNIVERSITY OF Iowa psychiatrist has determined that the thinking part of women's brains is more active than men's, but doesn't know what that means.

Using a PET scanner (a machine analyzes brain tissue and blood flow, among other things), Dr. Nancy Andreasen has discovered that women have a larger volume of blood flowing through the brain's thinking area than men.

Does that mean women think harder than men? Or is their thinking less efficient than men's?

Stay tuned. The research is continuing.

IF YOU'RE TRYING to break the smoking habit, the first two weeks will determine whether you'll be successful, according to Drs. Susan Kenford and Michael Fiore of the University of Wisconsin Medical School.

They studied 200 smokers who used nicotine patches. Of those who successfully quit, more than 40 percent didn't smoke at all during the first two weeks. Of those who couldn't stop, 90 percent continued smoking during the first two weeks.



Ten warning signs of Alzheimer's disease

Betty Anderson didn't know what to make of her husband, Bob. A college professor, he had become more and more forgetful—absent-minded, she thought at first. But then he started to ask her the same questions over and over, forgetting her answers and even that he'd already asked the question. He'd get lost driving in the neighborhood and misplace his keys and wallet frequently. Betty began to finish sentences for Bob, who increasingly fumbled for words. She didn't think anything could help Bob—or herself.

Many people assume that memory loss, confusion and disorientation are a normal part of aging. They are not. In fact, they can be symptoms of Alzheimer's disease, the most common dementia. While Alzheimer's disease currently has no prevention or cure, help is available for those who have the disease, and those who care for them. Furthermore, these same symptoms might have another cause, such as depression, nutritional imbalance or drug interactions, and could be reversible. So it's important to see a doctor for a thorough examination.

When informed about symptoms, people can make better decisions

about when and where to seek help. That's why the Alzheimer's Association has launched a major educational campaign called "Is It Alzheimer's? Ten Warning Signs."

If someone you love has begun to show several of these warning signs, and particularly if the symptoms are getting worse, you should arrange for a thorough examination by a physician:

- Recent memory loss that affects job performance
- Difficulty performing familiar tasks
- Problems with language
- Disorientation of time and place
- Poor or decreased judgment
- Problems with abstract thinking
- Misplacing things
- Changes in mood or behavior
- Changes in personality
- Loss of initiative or enthusiasm

"Loved ones with Alzheimer's disease need and deserve care tailored to their illness," says Stuart Roth, association chairman. "Caregivers need support, too. Our 220 chapters in 50 states are here to help."

For a copy of "Is It Alzheimer's? Ten Warning Signs" and to locate the chapter nearest you, call 1-800-272-3900.

Telemedicine transforms face of rural health care

The pockets of poverty beyond the facade of a medical clinic in Appalachia belie the scene inside, where advances in new technology are allowing country doctoring to merge with advanced medicine.

Telemedicine, using the vast array of new telecommunications technology, enables the doctor in one room of the clinic to receive an instantaneous second opinion from a specialist in another state.

A few doors away, the clinic's only other physician holds a video conference with university medical specialists who illustrate their opinions with electronic images.

Elsewhere, a nurse communicates electronically with a home-bound patient, receiving critical health data, while electronic bulletin boards automatically collect the latest medical information and continuing education programs via personal computer link-ups.

In these and dozens of other ways, telemedicine is making a significant difference in the quality of medical practice in rural America.

Reach Out and Diagnose Someone

At the end of 1992 there were 20 million Americans living in areas where the ratio of medical centers to patients was 1 to 3,500 or worse.

These communities, ranging from Appalachia and the South to the wide open spaces out West, are isolated as much by poverty and topography as by distance.

The ability to electronically transmit detailed information over distances is invaluable to patients and medical personnel in such areas.

And it may actually reduce medical costs for the nation.

The Health Care Technology Institute reports that sending X-rays, EKGs and ultrasound electronically would save an estimated \$1.7 million in travel costs for radiology special-

ists who now travel from one region to another.

Another \$288 million could be saved on the cost of images lost in the mail as a result of shipping records between physicians' offices, or those that are misplaced, the institute reports.

According to a July 1992 report by Arthur D. Little, Inc., America's health-care bill can be reduced by more than \$36 billion each year with the establishment of an electronically based health-care information network.



Savor the Possibilities

The possibilities are intriguing. In the Tidewater area of Virginia, public television is used to provide nursing education programs so nurses don't have to travel long distances to get the education they need for professional growth.

The U.S. military has demonstrated the use of telemedicine for patients injured in combat.

In the current climate of debate over health-care costs, a number of issues are being examined carefully, such as whether government regulations should be changed to facilitate further development of these systems, and how these systems should be evaluated.

Also in question are what factors insurance companies should consider when they reimburse telemedicine consultations.

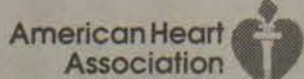
Given the dramatic improvements communication technology has already made in delivery of health services in rural America, such questions are likely to become permanent fixtures in the landscape of medical politics.

"The family suggests that memorial contributions be made to the American Heart Association."

When people want to honor a loved one and fight heart disease.



1-800-AHA-USA1



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Dr. Potter, Dr. Wright, and Dr. Ahmed
Potter Medical Clinic, and
Wheelwright Medical Clinic

Would like to welcome and introduce Manohara Munimuddappa to the people of Floyd County. Dr. Mano will be the new pediatrician at Wheelwright Medical Clinic.

The Wheelwright Medical Clinic is open five days a week, Monday thru Friday 9 a.m. to 5 p.m.

Dr. Mano will have extended hours on Monday, thru Thursday, 5 p.m. to 6:30 p.m. at the Potter Medical Clinic.

For Appointments call
452-2706 or 358-2381.

Women smokers face another worry

By Don Kirkman
Scripps Howard News Service

Women who smoke and receive X-ray treatments for breast cancer greatly increase their chances of contracting lung cancer later in life.

This warning, issued by researchers at Columbia-Presbyterian Medical Center in New York, is based on a study of nearly 1,100 Connecticut women who were treated for breast cancer.

"This is the first time that a combined risk for lung cancer from cigarette smoking and therapeutic radiation has been shown," Columbia Presbyterian's Dr. Alfred Neugut said. "Women who have been exposed to both cigarette smoke and radiation may have a large potential risk for developing lung cancer."

Neugut and his research team estimate that breast cancer victims exposed to radiation alone are three times more likely to contract lung cancer than those who didn't receive X-rays.

The risk soared when women were exposed to both X-rays and cigarette smoking.

Neugut said lung cancer showed up among women who were treated for breast cancer before 1980 when radiologists used wide-beam X-rays. Today's narrower X-rays have reduced the possibility of later lung cancer but the X-rays are still a hazard, he indicated.

Women who are worried about the possibility of contracting breast cancer shouldn't smoke, he added.

The findings were published in *Cancer*, a journal for physicians.

TWO ELECTRICAL devices that appear to reduce arthritic pains are being evaluated by the Food and Drug Administration.

According to reports at a recent meeting of the American College of Rheumatology, a device called Bionicare 1000 markedly decreases pain caused by osteoarthritis and rheumatoid arthritis.

The device also improves joint function and reduces swelling and morning stiffness, said Dr. Thomas Zizic of Johns Hopkins School of Medicine in Baltimore. The device can be used at home, particularly while arthritic patients are sleeping.

In contrast, the electric stimulation technique called Biomagnetic

Therapy is designed for use at physical therapy centers. It pulses electromagnetic waves through a donut-shaped device that doesn't touch the skin, Dr. David Trock of Danbury (Conn.) Hospital said.

The FDA may license the devices next year.

FEMALE COSMETOLOGISTS who use formaldehyde and other chemicals during their first three months of pregnancy are twice as liable to suffer miscarriages as other women, physicians at the University of North Carolina's School of Public Health say.

The finding is based on a study of more than 8,300 North Carolina cosmetologists.

Because the women used a substantial number of chemicals, it was impossible to pinpoint which chemicals caused the miscarriages, UNC's Dr. Esther John said in the March issue of *Epidemiology*.

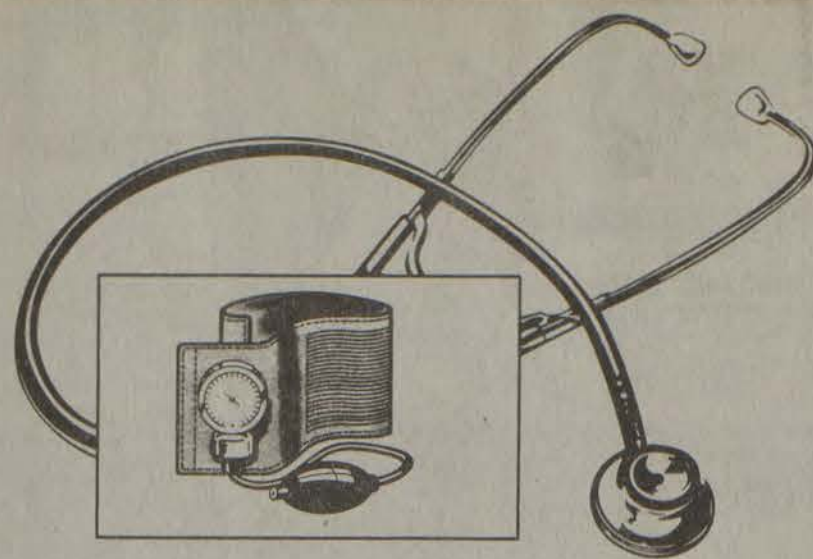
John recommended that cosmetologists work in well-ventilated areas, wear gloves and safety goggles, keep lids on chemical containers, wash their hands before eating and avoid formaldehyde.



THE MESSAGE about the dangers of cigarette smoking to unborn children has gotten through to most women, but many resume smoking after they give birth, complains Dr. Marianna Sockrider, a specialist in children's lung diseases at Baylor College of Medicine in Houston.

What's happening, she says, is that mothers who quit smoking while they're pregnant think they've saved their unborn babies from the evils of tobacco smoke. But when they resume smoking after their baby is born, the danger to their child is obvious.

Sockrider says second-hand cigarette smoke is far more dangerous to children than the amount of cigarette-caused poisons that the unborn are exposed to.



Is radial keratotomy right for you?

Recently, much of the popular literature including *Consumer's Digest*, *Consumer Reports on Health*, *Vogue* magazine, and others have discussed the pros and cons of radial keratotomy, sometimes called RK surgery. Radial keratotomy is an operation that has been in practice since the mid-70s, primarily in Russia at that time, and later in the United States. It is a procedure designed to reduce the amount of nearsightedness in an eye.

A person is nearsighted if, without glasses, objects are blurry at a distance, but the person can see objects up close. A person is extremely nearsighted if he/she has to hold material six inches or closer in order to see it. This person is probably a bit too nearsighted to undergo radial keratotomy and be able to see well without glasses.

As a person ages, glasses are likely to be needed at some point in order to see well out of both eyes at both near and far. If a person sees well at a distance, then at approximately age 40, a person will experience symptoms of presbyopia, that is, old eyes. With presbyopia, reading becomes more difficult, in fact, many people complain "my arms are too short." In planning surgical correction for nearsightedness, this fact should be considered, and under correction of the non-dominant eye is often advised so as to preserve reading vision without glasses.

Dr. Catherine Newton, an ophthalmologist specializing in cornea and external diseases of the eye, says these facts are important when considering radial keratotomy. Radial keratotomy is an operation designed to flatten the cornea, the clear, dome-like structure covering the colored part of the eye. The procedure is done with topical anesthesia applied as an eye drop. While instrumentation has improved over the past 10 years, surgical skill combined with the body's healing response are the main variables. The body's response varies from person to person, so it is important to see how the first eye responds before surgery is planned for the second eye.

"Radial keratotomy changes the cornea permanently," said Newton. "It is important to have a careful examination by an ophthalmologist to rule out abnormalities in the cornea and eye that would make this procedure undesirable."

"For example, a number of patients who must wear rigid contact lenses in order to see well may actually have a subtle form of a disease called keratoconus. Another group of patients have changes in the back layer of the cornea which gets worse with age, and may even require corneal transplantation in their later years. Corneal transplantation can be done following radial keratotomy, but it makes the operation more difficult and increases the risk of a poorer outcome."

Ideal candidates for radial keratotomy include people who are moderately nearsighted and have worn contact lenses, but have had problems wearing contact lenses. Or, they are those who would like to wear contact lenses but cannot because of allergy or job constraints. Radial keratotomy is probably not a wise choice for people whose occupation or recreational activities put them at risk for getting hit in the eye. However, radial keratotomy may be a

reasonable choice for the average nearsighted person who wants a bit more freedom from glasses or contact lenses.

It is important to recognize that in addition to glasses, contact lenses and radial keratotomy, other methods for the correction of nearsightedness are being investigated. One method is the Excimer laser which flattens the cornea centrally by using light energy. Results with the laser demonstrate very good visual acuity following surgery. However, visual acuity may not address the issue of vision quality, and some patients have described feeling as though they are looking through fog following Excimer laser surgery. Another method being investigated is the intrastromal corneal ring. Advantages to this procedure are reversibility, no scar in the central visual axis of the cornea, and a more shallow incision than radial keratotomy. However, the procedure is highly experimental and the results still vary.

Radial keratotomy is an option that can produce good results, but not everyone is a candidate for the procedure and the results cannot be guaranteed. It is important that the ophthalmologist be skilled in corneal surgery. Ask if the surgeon is a fellowship-trained corneal surgeon who frequently operates on the cornea or is the surgeon a comprehensive ophthalmologist whose main surgery is cataract surgery. If the latter is the case, ask how many radial keratotomy operations the surgeon has performed? If the surgeon is relatively inexperienced, ask if he/she plans to have an experienced radial keratotomy surgeon assist.

Experts say no to cancer pain

Too many cancer patients in Kentucky suffer needlessly from pain. Most of the suffering could be avoided if pain were treated more aggressively. But less than 30% of cancer patients get adequate pain relief, says Lin Edwards, RN, chair of the Kentucky Cancer Pain Initiative.

New national cancer pain control guidelines, issued by the Agency for Health Care Policy and Research (AHCPR), recommend that health care providers and patients should communicate freely about pain. Also, pain should be assessed on a regular basis and treated as necessary. These guidelines were announced at a news conference in Washington, D.C. today.

The guidelines target common barriers that prevent proper control of cancer pain, such as misconcep-

tions about cancer pain shared by health professionals and patients. Perhaps the most persistent barrier is the unfounded belief that giving patients opioid drugs, such as morphine, will lead to addiction. Another myth

is that the very old and very young are less sensitive to pain than other age groups. Recommendations include:

- * Beginning pain therapy with the simplest, least invasive option and building from there as circumstances warrant.

- * Adding an opioid if pain persists or increases, and augmenting the potency or dosage, as warranted;

- * Using oral medications if the patient can swallow and if not, using transmucosal, sublingual, rectal or other noninvasive routes.

- * Using infusion and injection only when less costly and less invasive methods prove ineffective or impractical.

- * Techniques, such as relaxation exercises, imagery and hypnosis, may be used concurrently with drug therapy, but they should not be used as substitutes for drugs.

AHCPR's clinical practice guidelines, which include consumer versions in English and Spanish, are being distributed to physicians, nurses and other professionals involved in cancer care, and to hospitals, hospices, cancer patient advocacy groups and others. Single free copies of *Management of Cancer Pain: A Quick Reference Guide for Clinicians* or consumer versions, can be ordered from the National Cancer Institute's Cancer Information Service, 1-800-4-CANCER (1-800-422-6237).

The Kentucky Cancer Pain Initiative (KCPI) will join other state initiatives to promote the guidelines.

"We need to let people know that pain medication is not addictive; that reporting pain does not show weakness. Pain does not have to be an inevitable consequence of cancer," Edwards said. Kentucky's volunteer group was formed in 1993 to focus on educating professionals and the public about effective pain management for cancer patients. For more information about KCPI or the pain control guidelines, call the Cancer Information Service at 1-800-4-CANCER; Lin Edwards, RN, Hospice of Louisville, (502) 456-6200; Pam Temple, Kentucky Cancer Program, (502) 852-6318; David O'Nan, Kentucky Division of the American Cancer Society, 1-800-ACS-2345.

Cocaine can harm most people than the user alone

Persons addicted to cocaine affect a lot of people. They have wives, husbands, children, friends and neighbors and co-workers. It is obvious that cocaine abuse harms the user. Cocaine addiction also injures the users family, friends and employer.

The addicted person places his home, financial security and physical and mental health in jeopardy. Like alcohol, cocaine abuse effects all aspects of a person's life.

Cocaine, particularly in the form of crack, is one of the most powerfully addictive drugs. Cocaine causes chemical changes in the brain that results in an intense craving for more cocaine.

Anyone who tries cocaine, or occasionally uses cocaine, risks becoming addicted. Cocaine can become the center of a person's life. Cocaine becomes more important than family, friends, job or health. For those addicted to cocaine relationships, family obligations and job responsibilities lose all meaning.

There is no typical cocaine abuser. The drug cuts across all income, racial, professional and age groups. A cocaine user can be anyone rich or poor, young or old, man or woman.

For more information regarding alcohol and drug abuse contact the CareUnit, Our Lady of Bellefonte Hospital 1-606-836-3148.

Eat Your Way to Good Health With '5 A Day'

When it comes to setting personal goals, Americans put one goal ahead of all others: losing weight.

Year after year, we resolve to improve our diets for the sake of both our health and our waistlines. And year after year, we fail.

The trick is not to cut back. The trick is to fill up. Fill up on fruits and vegetables—at least five servings a day. Fill up on breads, pasta and grains too.

Our problem is not that we eat too much, but that we eat too much of things like high-fat and high-sugar foods. We're also too sedentary—simple exercises, like walking on a consistent basis, help control weight. But maybe we're learning.

The most recent survey of American eating habits done for the National Cancer Institute shows more Americans are getting the message about eating better—at least when it comes to fruits and vegetables.

According to NCI surveys:
• The percentage of Americans who knew they should eat five daily servings of fruits and vegetables has tripled from just 8 percent in 1991 to nearly 30 percent today.

- Forty-four percent of adult Americans recently tried to eat five or more servings each day.

- Seventy-five percent of those surveyed said eating fruits and vegetables was "quite likely" to help lower the amount of fat in their diet, and 48 percent believe eating fruits and vegetables would "quite likely" help prevent cancer.

- Fewer people think they should eat just one daily serving of fruits and vegetables—down from 34 percent in 1991 to just 10 percent today.

Unfortunately, while Americans are hearing the "5 A Day" message, most still are not acting on it, says Peter Greenwald, director of NCI's Division of Cancer Prevention and Control.

NCI surveys show that when asked how many servings of fruits and vegetables people ate yesterday, only about 13 percent said they ate five. Most Americans are eating only three servings.

The good news is that all we need to do in order to get our 5 A Day is add two more servings of fruits and vegetables to our daily diets. It's a simple, delicious solution to a healthier you.

Exercise to enhance brain power

What is the connection between the mind and the body? Common education focuses on how the brain directs the body's activities, but less understood is how the body's activity level affects one's brain power. New research indicates that exercise can do much more for the brain than ever thought before—it can actually lead to greater intelligence.

According to neuroscientist Carl Cotman, University of California, Irvine, heightened mental and physical stimulation as a child builds more connections between brain cells. Having more connections per brain cell allows more information to be processed, enhancing mental function.

Additional research conducted by Dr. Kathleen Blomquist, director of The University of Kentucky, evaluated aerobic exercise and its ability to build mental prowess. Exercise increases oxygen and sugar available to the brain, helping it function better. And many activities such as cross-country skiing, cycling and jogging provide these kind of aerobic benefits.

When researchers gave memory tests to a group of adults then put one-third of them on an aerobic exercise program, after two weeks the exercisers tested at least 15 percent smarter. Retested months later, they scored even higher than non-exercising participants.

In addition to building mental

abilities, maintaining aerobic fitness helps offset the loss of capillary production later in life. People who are participating in aerobic exercise have a greater number of capillaries—or connections—supplying blood to the brain. Because of these increased connections, there is greater resistance to aging-related problems such as memory loss and Alzheimer's disease.

As John F. Kennedy once said, "Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. Intelligence and skill can only function at the peak of their capacity when the body is strong, Hardy spirits and tough minds usually inhabit sound bodies."

HATS OFF TO OUR DOCTORS

- Mary A. Hall, M.D.—Family Practitioner
- Percival Pajel, M.D.—General Medicine
- Francisco Rivera, M.D.—Surgery
- Clarita Vicher, M.D.—Internal Medicine
- Ruben Singayao, M.D.—Surgery/Medicine
- Kenneth Grimes, M.D.—Radiology
- Susan Brenner, M.D.—Internal Medicine
- Mohammed Ashraf, M.D.—Internal Medicine
- Miguel Alcorido, M.D.—Internal Medicine
- Bellur Jwalanaiah, M.D.—Pediatrics

McDOWELL APPALACHIAN REGIONAL HOSPITAL



A Look At Sports

by Ed Taylor
Sports Editor

77TH ANNUAL STATE TOURNAMENT LACK-LUSTER COMPARED TO PAST SEASONS

Although the 77th Annual Boys' State High School Basketball Tournament was enjoyable, it still lacked the luster of past tournaments.

It seemed that the main concern was whether the tournament would ever return to Louisville. Of course, the recommendation from KHSAA Commissioner Billy Wise to the Board of Control will be to hold the event in Lexington the next five years.

While I enjoyed the tournament very much and I like Freedom Hall as the tournament site, still the absence of some of the state's top players took away from the classic event.

Missing were players like Scott Padgett, Elton Scott, Charles Thomas and Tony Pietrowski of Corbin. The only players that were known by name were Louisville Males' Louis Richardson (the state's leading scorer) and Cameron Mills (who is walking on at UK).

But there were other good players who showed up and were showcased, Dwayne and Patrick Saulsberry of Muhlenberg North; Frank Lee of Boyd County; Eric Martin of Fairdale; and a freshman by the name of Thomas Jenkins, as well as Jason Martin of Allen Central.

The Allen Central Rebels made the mountain folks proud of the way they handled themselves and played during the tournament. They lost to eventual champion Fairdale, but gave the top-ranked Bulldogs all they wanted.

Coach Johnny Martin did an excellent job getting his team ready for the tournament. He is an outstanding coach.

It wasn't until the final two minutes-plus of the game that Fairdale opened up the big lead.

"I was going for the win," said the Allen Central coach. "I wasn't interested in just keeping the game close. That's why we went to the press late in the game and they scored over it."

The Allen Central coach said that it was the best two weeks of his life and a thrill just to take his team to the greatest show on earth.

While Jenkins and Martin were named to the All-Tournament team, that doesn't mean the others did not perform well. I thought Steve Turner did an excellent job on the boards, as he has all season. Phillip Patton showed why the Rebels were regional champions with his continued good inside play. When Patton fouled out against Fairdale, Coach Martin picked that as a turning point.

"We couldn't stop Eric Martin inside," said Martin, "when Phillip fouled out. Ronnie (Samons) played well for us, but Phillip was a better defensive player."

Samons did look good in the tournament. He had eight points in the final game. Kevin Stumbo did a remarkable job filling in for the injured Jeremy Hall. Stumbo will be back next season and then he will have valuable experience to bring with him.

Jeremy Hall. What can you say about him? He no doubt would have had a super game against Fairdale had he not suffered the adversity that he did.

That type of game was made for a player like Hall. He would have ripped the nets for 30 or more points with the run he was on. Having to leave the quarterfinal game could very well have cost him a spot on the All-Tournament team.

I'm glad I was there and got to see a very, very good Allen Central team that could compete with any team in the state. This was not just a basketball team that came from the 15th Region, but a team that gained respect from the opposition. You just had to be there to experience it.

Coach Martin will return two starters, along with Stumbo, who could start anywhere else. The

(See A Look At Sports, B4)

Martin, Jenkins named to State All-Tournament team

by Ed Taylor
Sports Editor

What does Allen Central senior Jason Martin and freshman Thomas Jenkins have in common with such notables as Palmer Crum (Betsy Layne), Ed DeCoursey (Wayland), Kelly Coleman (Wayland), Bruce Belcher (Wheelwright), Ricky Hall (McDowell), Pat Tallent (Maytown), Randy Click (Maytown) and Glenn Turner (McDowell)?

Plenty! Both followed the afore-

mentioned as members of the State All-Tournament team. The two Rebels become the first Floyd County players to be named since Turner was in 1971.

Jenkins and Martin led the Rebels in the two state tournament games played last week in Louisville's Freedom Hall.

Martin averaged 22 points per game for the two contests, scoring 27 in game one and finishing with 17 in the second game.

"I thought Jason played a great

state tournament," said his coach Johnny Martin. "The first half in the Fairdale game they were concentrating on him and he did not score in the first half."

Martin surprisingly pulled down four rebounds against Shelby County in game one. He had one assist and one steal.

Against Fairdale, Martin had two assists and drilled three three-point baskets. He had two treys versus

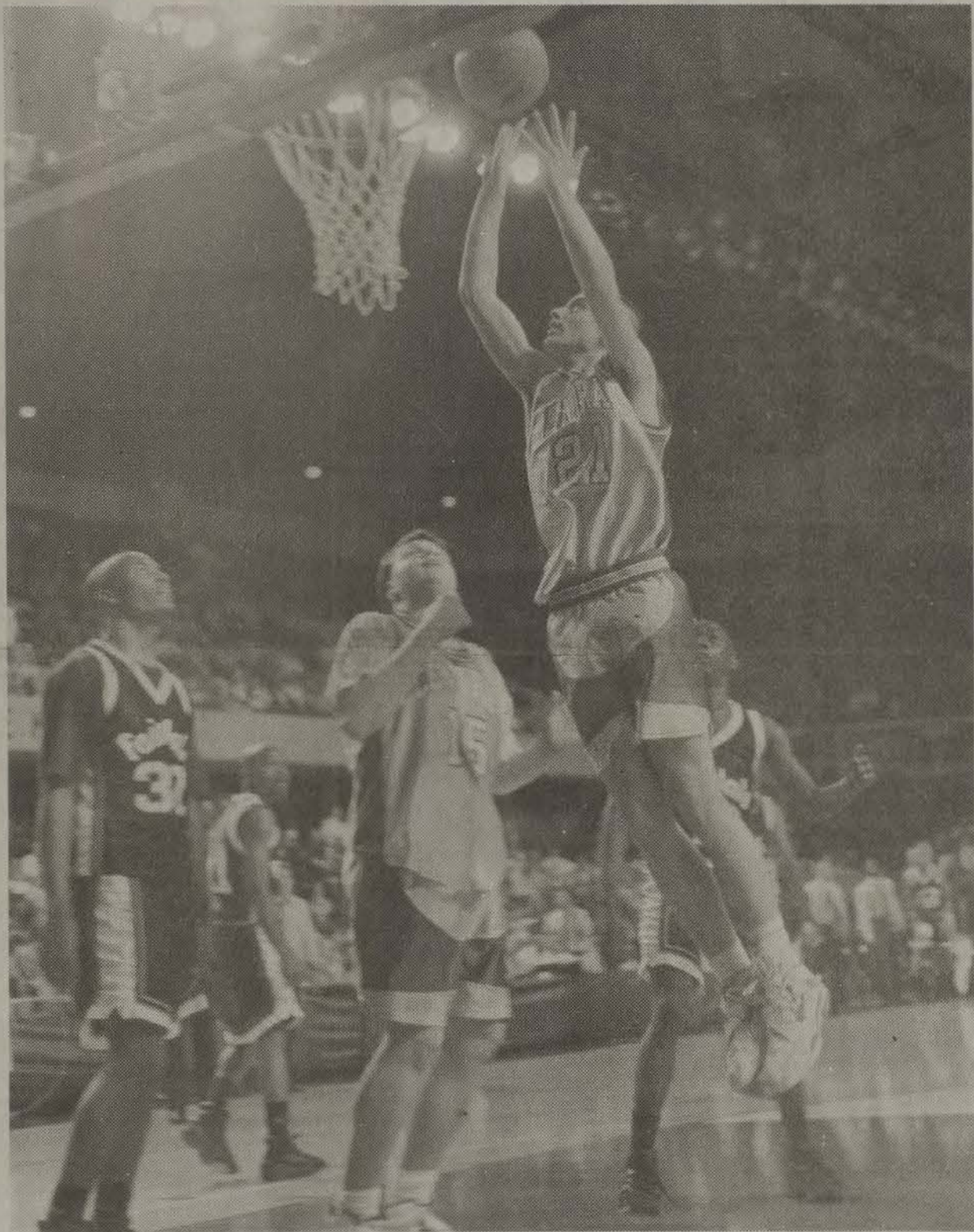
(See All-Tournament, B 3)

77th Annual Kentucky State Sweet 16 All-Tournament team

Rashawn Morris	Fairdale
Eric Martin	Fairdale
Brian Franklin	North Hardin
Jason Martin	Allen Central
Thomas Jenkins	Allen Central
Louis Richardson	Lou. Moore
Joe Harney	Cov. Holy Cross
Frank Lee	Boyd County
Pat Saulsberry	Muhlenberg North
DeWayne Saulsberry	Muhlenberg North
Cameron Mills	P. L. Dunbar
Travis Byars	P.L. Dunbar

Rashawn Morris, Most Valuable Player

Final two points of season...



Final two points!

Allen Central's Thomas Jenkins (21) scored the final two points of the season for the Rebels when he laid the ball into the basket against Fairdale in a quarterfinal game at Louisville's Freedom Hall. Jenkins had a game-high 27 points, but the Rebels dropped a 91-76 loss to the Bulldogs. (photo by Ed Taylor)

Jenkins no Rodney Dangerfield when it comes to basketball

by Ed Taylor
Sports Editor

Every time Rodney Dangerfield appears on the tube, he uses the same old cliché, "I get no respect around here!"

Allen Central's Thomas Jenkins was no Rodney Dangerfield at the 77th Annual Boys' State Basketball Tournament last week. The freshman earned and got respect from fans, opposing coaches and the press after his stellar performances in the two games the Rebels played.

Jenkins scored nine points in the first game against Shelby County (Allen Central 74, Shelby County 65) and burned the nets for 27 points in the quarterfinals against Fairdale.

But it wasn't just the scoring the freshman did, but his overall play that included, most importantly, a very positive attitude.

Jenkins did not intend to do all the scoring in the two state tournament games. He just wanted to be Thomas Jenkins, a kid who just wanted to win.

Against Shelby County he pulled

(See Jenkins, B 2)

Hall suffers bad sprain; big-name tournaments want Rebels

by Ed Taylor
Sports Editor

The Allen Central Rebels made their first trip to the Sweet Sixteen this past week, and it was not without injuries.

Junior point guard Jeremy Hall was the target point as he suffered a sore jaw and then a badly sprained ankle against Fairdale in game two.

The extent of Hall's injury was first thought to be a broken ankle. Later, X-rays revealed only a bad sprain.

Hall jaw was aching after his first-quarter collision with a Fairdale player. The junior guard staggered, bent over after the blow and then folded to the floor. He was taken off the floor but later returned in the second quarter.

Rebels make "Most Wanted" list
The success the Rebels enjoyed

in Louisville this past week evidently caught the eye of a couple of prestigious tournament committees. The King of the Bluegrass, one of the nation's top five tournaments, has shown interest in having the Rebels play in next year's tournament.

Also, the Tournament of Champions are looking to book Allen Central for next year in their nationally-known event.

Coach Johnny Martin said that he has some decisions to make.

"We're already committed for the WYMT Classic next season at Knott County Central," he said. "I've already signed contracts for that one. We'll have the All A Classic next year."

That leaves the Rebels with only one other tournament they can compete in next season during the regular season.

"I've got to decide what to do," he said.

Rebels play Fairdale close before Wales takes charge in fourth to lead Bulldogs 91-76

Jenkins wins over fans, media with 27-point performance

by Ed Taylor
Sports Editor

The 77th Annual Boys' High School Basketball Tournament has taken its place in the record books, but the Allen Central Rebels will be savoring the event for months to come.

It was a very determined basketball team from Floyd County that captured the hearts of many fans when they faced top-ranked Fairdale in the quarterfinals on Friday afternoon at Louisville's Freedom Hall.

While the Rebels dropped a 91-76 setback, the game was played much closer than the final score would indicate.

"What a gutsy performance by a team," said Fairdale coach Lloyd Gardner. "They came at us from all angles. It's hard to put a team away when they are hitting remarkable threes."

"Give them credit, they hit the threes and went to the boards against us. Give my assistants credit for the win. They told me, 'Coach, if you don't get out of the man-to-man defense, we're going to lose.' They said that very quietly."

The Bulldogs forced Allen Central into 18 first half turnovers and still the pesky Rebels stayed around as Fairdale could not put them away.

"Put them away?" said Coach Gardner. "You can't put a team away that hits three-pointers like they do."

The Rebels hit seven of 17 three-point attempts to cause Fairdale's coaching staff some problems.

Allen Central lost point guard Jeremy Hall for good when he went down with an ankle injury in the second quarter. Earlier, Hall had to leave the game in the first period when he appeared to have been hit in the side of his head. He bent over in pain and then collapsed to the floor.

He returned to the Rebels' lineup in the second period and then suffered the ankle injury. Kevin Stumbo replaced Hall in the lineup and drew the praise of his coach afterwards.

"Kevin played a great game for us," said Allen Central coach Johnny Martin. "In fact, if Kevin doesn't play as well as he did, we get blown out. He handled the pressure and gave us a great effort."

It was the performance of freshman Thomas Jenkins that kept the Rebels close, especially in the third period. Jenkins led the Rebels in scoring with 27 points and 12 of those came in the third stanza.

His three-point basket, a desperation shot as time ran out to end the third period, brought the partisan crowd to their feet cheering for the Rebels.

Coach Gardner wasn't surprised at the play of the freshman Jenkins.

"No, I wasn't surprised," he said. "We knew he was a good player. We knew he could shoot the basketball. He's going to be a great player."

After three quarters it was Fairdale 59, Allen Central 56.

"When Thomas hit that three at the end of the third quarter I started believing," said Coach Martin. "I thought that we were going to win it — win it all!"

Tony Wales had different thoughts

Fairdale (91)

players	2pt	3pt	fta-m	tp
T. Wales	11	0	3-2	24
Strawter	1	0	4-1	3
Davis	0	0	0-0	0
A. Wales	0	2	0-0	6
Morris	3	0	2-2	8
Martin	10	0	4-4	24
James	1	5	2-2	19
Jones	2	1	1-0	7

Allen Central (76)

players	2pt	3pt	fta-m	tp
Jenkins	8	2	9-5	27
Turner	0	1	0-0	3
Patton	1	0	4-4	6
Hall	1	2	2-1	9
Martin	3	3	2-2	17
Samons	4	0	0-0	8
Stumbo	3	0	1-0	6

Fairdale.....22 16 21 32 - 91
Allen Central....13 17 26 20 - 76

as he took charge of the Bulldogs' offense in the fourth quarter, despite having four personal fouls, and scored 14 of his team-high 24 points. A heated exchange of words between Wales and Coach Gardner gave the guard a wake-up call.

Phillip Patton's free throw to start the fourth period pulled Allen Central to within one, 59-58. Eric Martin completed a three-point play and Wales short jumper made it a six-point Fairdale lead, 64-58.

Jason Martin, who was held scoreless in the first half, got involved in the offense and hit a three-pointer. Ronnie Samons tipped in a missed shot to narrow the lead to one, 64-63.

Allen Central hung around at the five-point margin, but the Rebels were tiring as they played a short bench.

Samons had two layups to give Allen Central close at 78-72. A 13-2 run by Fairdale with just over two minutes remaining ended the Rebels hopes of an upset. Fairdale went to their five-man spread and slashed the Rebels' zone for short jumpers by Wales.

"Fairdale is a great team," said the Allen Central coach. "They caused us to turn the ball over 18 times in the first half, but I thought we did better in the second half (seven turnovers) and handled the pressure better."

"I actually think they played slower than we did. Thomas played a heck of a game for us. Eric Martin had an outstanding fourth quarter against us. He was tough inside. He fouled Phillip out. They just started flashing the middle on us and scored out of it."

Jenkins entered state tournament lore when he scored more points in one game than any other freshman. But the frosh said that fatigue took over in the fourth quarter.

"They have such a strong bench," he said. "We were tired toward the end. Our bench was not as long and we just ran out of gas."

Jenkins, in commenting on his desperation shot at the end of the third quarter, said that he asked his teammates, "How did it ever go in?"

Coach Martin said that the loss of

(See Rebels, B 3)

All-Tournament

(Continued from B 1)

Shelby County.

"I couldn't have asked for any more from Jason," said his coach. "He played hard in both games. He has that awkward-looking shot, but it still goes in and that's all that matters."

Jenkins had a quiet nine points in the first game against Shelby County, but was a factor in the Rebels 74-65 win. He pulled down nine rebounds against the Rockets and had two assists.

As a freshman, he captured the hearts of many nonpartisan fans. Jenkins scored a game-high 27 points against Fairdale in a game that Allen Central lost 91-76. Jenkins collected seven rebounds against the Bulldogs and had one assist and one steal while playing 32 minutes of the game.

"Thomas played a good tournament, especially in the Fairdale game," said Coach Martin. "I told them before the game that it would be the type of game that they could make a name for themselves."

"It was the type of game for a player like Thomas. Slashing to the basket. It was a wide-open type of game that he plays well in."

Coach Martin warned Jenkins that he would have to be more of a ball handler against the Fairdale press.

"I told him that they would be keying on Jeremy (Hall) and he would

have to come up and handle the basketball more. I know that's a lot to ask of a freshman, but he's not your typical freshman."

Martin said that he told Jenkins and Hall that when they went to the Blue Chip camps this summer, they wouldn't have to stand in the back of the line and wait to play.

"They have made a big name for themselves," he said, "and they can tell the instructors where they want to play."

Coach Martin said that he meant it when he said in his press conference that Jenkins "could be as good as he wants to be."

TURNER SAYS CONGRATULATIONS

Teammate Steve Turner stated that the two Rebels deserved the honor of being named to the all-tournament team.

"I just want to congratulate Jason and Thomas on being selected for the All-Tournament team," he said. "They are both deserving of it. They played as well as anyone in the tournament."

"Also, I want to thank all the fans that came out to support in Louisville, and for the cheerleaders and all their hard work. They don't get the credit that they deserve. They get the fans up and that gets us up."

Turner, who worked the boards very hard in both games, had 17 rebounds in the two games and hit three three-pointers.

"I hated that Jeremy hurt his ankle because he was a big key against Fairdale," said the senior forward. "We went down there and gave it our best."

REBEL FANS WELCOME HOME TEAM

Upon their return home Sunday, the Allen Central Rebels were welcomed home by their fans in festivities that included a motorcade to the school.

"It was a big parade," said Coach Martin. "It was as big as the sendoff we had."

Rebels

(Continued from B 1)

Hall was a big one for the Rebels and he thinks that he is going to be a big-time college player.

"I think in the tournament he has shown what kind of player he really is," said the Allen Central mentor. "He can pull up and hit the threes and he is going to be a big-time guard."

The Allen Central coach thought his team was still in good shape when they went to the locker room at half-time trailing by only eight, 38-30.

"Jason doesn't even score in the first half and we're only down eight," he said. "So, at halftime I thought we were in good shape and we came back out and played with a lot of confidence."

Allen Central shot over 59 percent for the game, hitting 28 or 47 field goal attempts. The Rebels hit 47 percent from the three-point arch. Allen Central scorched the nets in the third period hitting 11 of 13 attempts for 47 percent shooting. They were 12 of 18 from the charity stripe.

Allen Central turned the ball over 25 times in the game. Fairdale had 14 turnovers and shot 56 percent for the game. The Bulldogs hit eight of 18 three-pointers for 44 percent.

Although Martin failed to score in the first half, he did finish with 17 points. He, along with Jenkins, picked up the offense for the Rebels in the second half. Martin hit three three-pointers in the second half.

Hall finished with nine points, including two threes, before leaving in the second quarter. The junior point guard was destined for a strong offensive game as he hit two threes in the first quarter. He had 18-foot jumper to start the second quarter and hit one of two free throws before departing with the injury.

Samons finished with eight points in his first state tournament. Stumbo tossed in six as did Patton. Steve Turner had one trey for three points. Turner pulled down eight rebounds to lead Allen Central. Jenkins had seven and Patton five.

Wales and Martin each finished with 24 points to lead Fairdale. Antwan James tossed in 19 points and he hit five of six three-pointers.

Martin had eight rebounds for Fairdale.

"James' threes kept us in the game," Coach Gardner stated after the game. "When Allen Central made their run, he came back and hit a couple of threes that helped us."

Fairdale scored 29 points off the Allen Central turnovers and that was the downfall for Allen Central. Most of those came toward the end of the game when Fairdale scored six straight layups.

Allen Central finished the season with a very impressive 28-8 record.

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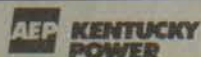
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A role model to remember

by Aileen Hall
contributing writer

Kentuckians are likely the greatest basketball fans in the nation. We mark our calendars, plan our meals and other involvements around our favorite team's schedules. This is especially true when tournament time, that time we call March Madness, comes along.

With so much attention focused on the games, it's only natural that we think of those athletes we admire most, those whose personalities and abilities have made them into role models. We don't usually forget those who inspired us in some special way.

Pete Maravich was a star basketball player for the Louisiana State University Tigers when I first saw him back in 1968. His team, coached by his father, Press Maravich, was playing the University of Kentucky Wildcats, coached by Adolph Rupp, at Memorial Coliseum in Lexington. A fan of the Wildcats, I usually focus my attention on Kentucky's players and I remember that Dan Issel was great in that game. But this young man from L.S.U.—they called him "Pistol Pete"—fairly stole the show, even in the warm-up practice.

His straight hair was cut in a loose and boxy style and he was wearing what he called his "lucky socks" with the elastic all worn out. As he ran up and down the floor, dribbling the ball in front or behind him and shooting with an uncanny accuracy, his hair bounced over his ears and the socks wobbled around his ankles. From that game on, I was a Maravich fan. I watched all his televised games and read about him in newspapers and magazines. I learned that his love of basketball began when he was three and his father taught him to dribble and handle the ball with ease.

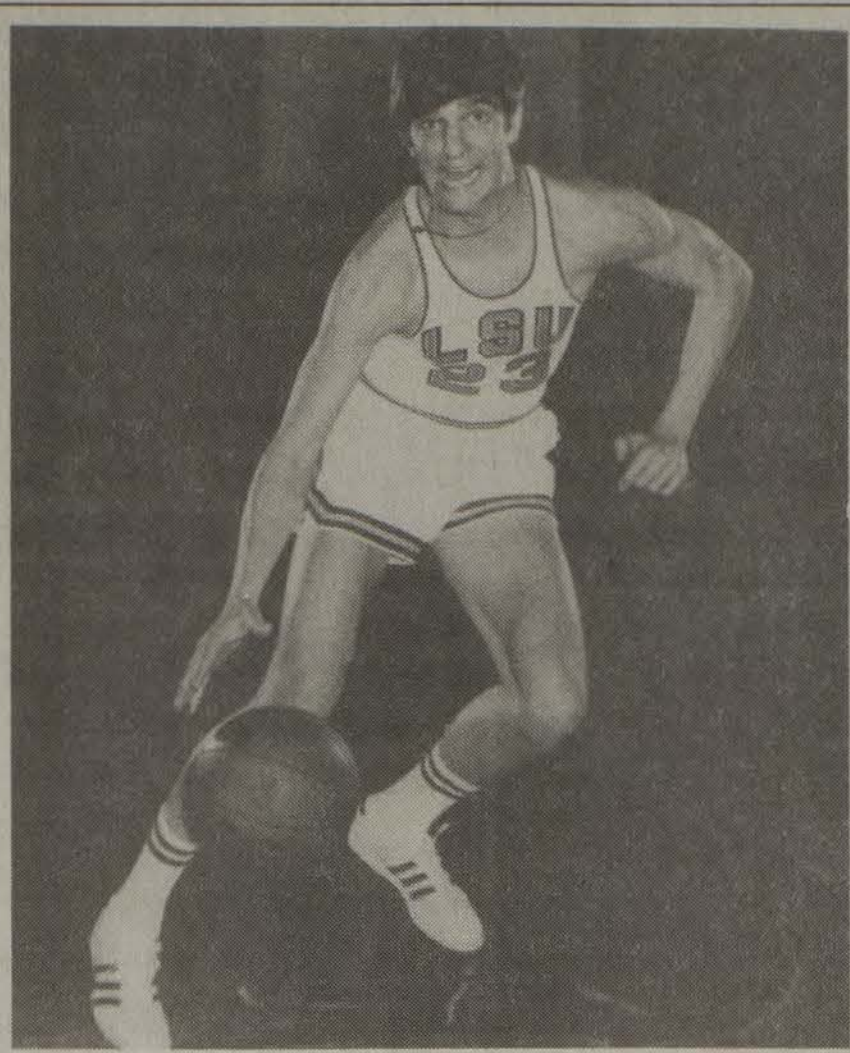
From the start of his college career in 1967, Pete was billed as the one who would put Louisiana basketball on the map. Those first games were played in the old John M. Parker Agricultural Center known as the "Cow Palace," but today's arena is the modern Pete Maravich Assembly Center that honors his memory.

His career at L.S.U. lasted three years and he became the All-Time NCAA scoring leader with 3,667 points, an average of 44.2 for 83 games. Even before the days of the three-point shot, he once scored 69 points against Alabama and another 66 against Tulane. His many honors included being named first team All-American for each of his college years, 1968, 1969 and 1970, and Naismith Award winner in 1970, the year he led his team to the NIT Final Four.

Maravich received the richest contract ever offered a college player when he signed with the NBA's Atlanta Hawks in 1970. Seven years later he signed a \$3 million agreement as a charter member of the New Orleans Jazz. He also played for the Utah Jazz and Boston Celtics before his 10-year professional career ended and he was inducted into the NBA Hall of Fame.

In his Hall of Fame acceptance speech he said, "I even took the basketball to bed with me until I was 14 years old. I would just lie there in bed throwing it up and doing fingertip drills." He was so comfortable with a basketball that it was like an extension of his arm.

Pistol Pete was living what many of us would call "the good life" with his wife Jackie and their two young sons, Jaeson and Joshua, in



"Pistol Pete" Maravich

Clearwater Beach, Florida. They owned a luxury home, several expensive cars and whatever comforts money could buy. But wealth did not bring happiness and he realized that he had left the most important thing out of his life. So great was the void that one night, when sleep wouldn't come, he cried out, "Oh God, can you ever forgive me?"

The response to his question was as it always is when asked in sincerity. Pete Maravich found the meaning of real peace in a committed Christian faith, and it gave a whole new purpose to his life. He founded Pistol Pete's Basketball Camp at Clearwater Christian College in 1983 and worked with many children as he would his own boys. He became a commentator for college basketball games and an inspirational speaker for various programs, always anxious to share his faith.

He was 40 years old and he and his family had moved back to Louisiana when he went to Pasadena to help with a Christian broadcast titled "Focus on Family." Some friends invited him to participate in a basketball game and there, in the activity he loved, he collapsed and died January 5, 1988.

Maravich's records and highlights are endless. Here are just a few:

- ***All-Time NCAA Career Scoring Leader with 3,667 points, an average of 44.2 points for 83 games.
- ***Ranks 1st, 4th and 5th for most points in a single season in NCAA history. Averaged 44.5 points in 1970; 44.2 points in 1969 and 43.8 points in 1968.
- ***Scored 69 points vs. Alabama, Feb. 7, 1970.
- ***Led LSU to the NIT Final Four in 1970, its first post-season appearance in 16 years.
- ***Unanimous first team All-American in 1968, 1969, 1970.
- ***Naismith Award winner in 1970.
- ***Member of the National Basketball Association Hall of Fame after 10-year career with Atlanta Hawks, New Orleans and Utah Jazz and Boston Celtics.

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vent and continuous overhang vents. (Vents should be sized for a minimum of 2 CFM per sq. ft. of attic floor area). Remember - you must have vents low such as in overhang as well as vents high, such as ridge vents so the air comes in at the bottom and out at the top. This system works on the gravity method and is only effective if both applications are used. This type of ventilation has shown to be adequate and is very inexpensive to install and cost no energy for operation or maintenance.
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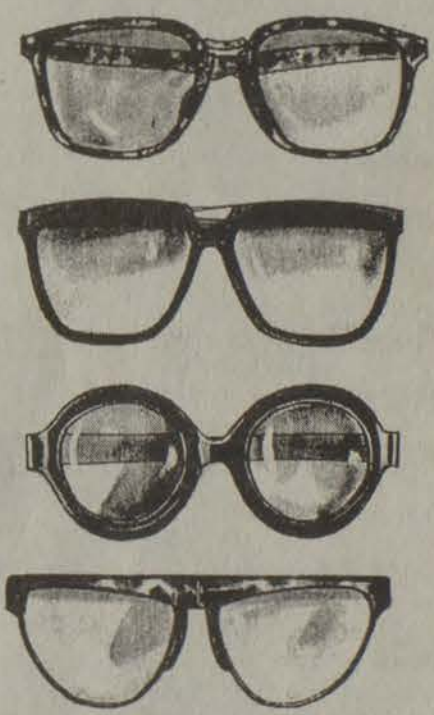
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Spots an opening!

Allen Central's Phillip Patton went to the basket as he got behind the Fairdale defense to score two points. Patton fouled out late in the game and finished with six points and seven rebounds. Allen Central lost to the Bulldogs 91-76. (photo by Ed Taylor)



Hall goes down!

It was a blow to the Allen Central Rebels when point guard Jeremy Hall went down against Fairdale in the quarterfinal game. Doctor Ira Potter and coach Johnny Martin looked on as Hall was administered to after falling to the court. He returned to the lineup and later suffered a sprained ankle that ended his season. Hall had nine points before leaving for good. (photo by Ed Taylor)

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This week I would like to explain a little about Carolina rigging. This is an excellent way to catch a boat load of fish. It is also a good thing to turn to when all else fails.

Carolina rigging is using a 3/4 to 1 oz lead sinker (I use brass myself) and tying on a swivel to your line. In between this swivel and brass sinker is a glass bead. You then take 18" to 4', or a little more if necessary, of fishing line and tie it to the other end of the swivel. At the end of this you tie your hook. A 2/0 hook usually works best because you want a small hook to keep the weight out of the lure.

With this set-up you have a high floating lizard or worm that you move, say 2 to 3 feet, using sweeps of your rod. The sinker that drags along the bottom with the glass bead will make noise as it hits gravel or rocks or is pulled through grass or any other cover.

This is the method that is used to locate a lot of my fish in the early spring. I'll fish it along main lake points and points just inside major

coves. You want to make sure these points are the ones bass will be using during their migrating route towards spawning grounds.

Two very effective baits to use with Carolina rigging are either a Carolina rig lizard or a Bass Pro Shops ripple stick. Some of the hottest colors include pumpkin-chartreuse, pumpkin seed, watermelon seed, and green gourd. These colors work great in either the lizard or ripple stick.

The equipment that I use is a 7' St. Croix bait casting rod in medium to heavy action. I spool on 15 lb. camoflague Triple Fish and use a 2/0 VMC hook with the above baits.

This method of fishing isn't only a good bet in the spring, it will also catch fish year round. In the last Top 100 at Maryland's Potomac River, I was catching 15 to 20 good keepers a day on the Carolina rig back in a creek. I would use it on low tide on the outside edges of grassbeds. Then when the tide moved back in, I'd catch them on the back edge of the grass on a buzz bait.

So don't forget the Carolina rig

and remember to key in on this style of fishing that best fits you! Keep a positive attitude. Keep casting, and Keep FISHING!!!

KDFW to host Turkey seminar at PCC

The Kentucky Department of Fish and Wildlife will be hosting a turkey hunting seminar March 31 at Prestonsburg Community College.

The seminar is scheduled to start at 7 p.m. and will feature state champion caller Doug Adkins.

The seminar is free to those interested in attending. For more information contact Larry Short at 886-9608.

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Sports in Kentucky

Bob Watkins

GRADING UK'S SEASON AND A COACH WHO NEEDS TO GO SEE QM

Grading Kentucky Wildcats and Rick Pitino's performance this season?

(Tongue in cheek) B-plus on technical program—end result (should have won at South Carolina, but did put Dale Brown in his place, and won SEC Tournament).

C-minus on style points. Mostly in light of Rodrick Rhodes' technical fouls in losses to Georgia and Arkansas; Travis Ford's free throw she-nanigans at Tennessee; and UK going to its 3-panic offense against Marquette.

On the serious side Pitino is a solid coach most of the time, but the record tells us at least two coaches in the SEC are his equal as plot 'n planners and two others are better recruiters. And there is more.

Lon Kruger (Florida) and Eddie Fogler (South Carolina) are Pitino's equal in matters tactical and motivation. Neither enjoys the number and quality of players or the national stage from which Pitino operates, the University of Kentucky, and yet...

Recruiting, Nolan Richardson (Arkansas) and Dale Brown (LSU) have signed players Kentucky shoppers for. Latest examples: Corliss Williamson, Darnell Robinson, Randy Livingston and Ronnie Henderson.

Outside the SEC? From Charles O'Bannon and Jacque Vaughn to Raef LaFrenz, the recruiting bat average is somewhere around Pitino's weight.

These elements aside, it is Pitino's thinly veiled disdain for our state and condescension toward Kentucky fans generally that is most alarming.

UK's coach seems to have the idea the typical fan, "has no chance for a date tonight, has nothing else to do in life (but call Big Blue Line)"; or those who schmooze him at \$10,000 business seminars in summer or follow his team to Hawaii in winter.

Somewhere in between is QM. A quiet majority of thoughtful, well-spoken and educated Kentuckians who know basketball, revel in UK victories (mostly via television, since there are no-o-o-o tickets), but who do not contemplate suicide when an Arkansas choral group strikes up a rendition of Soooooo-ie Pig.

Live and die with the 'Cats? No. Winning a game is a high all right, but I suspect UK's QM is more concerned with getting to work on time, paying off the mortgage, tithing at church and raising children, instead of figuring how to afford a trip to Maui.

I would bet a buck two that every one of them is perplexed and disappointed to hear Pitino's boorish remark in whatever context, "You try to ignore fans." And, "I really don't care what anybody in Kentucky thinks."

Like so many celebrities, Pitino has (at his own peril) insulated himself from the QM, and bunkered-up with hangers-on and cronies who huddle at Bravos and tell him how terrific he is.

The media, UK's coach has charmed (most), and, in one instance, got a mole into the Fourth Estate (sort of).

Pitino maintains an adversary stance with Herald-Leader beat writer Jerry Tipton; but has charmed Louisville Courier-Journal sports writer Mark Coombs.

Bonus point? Pitino landed a column writing job for cheerleader (and barely literate) Jersey Red Ford on The Cats Pause.

He already owns most radio and television rights.

Media relations aside, a seldom remembered and never addressed item came to mind on UK's Senior Day. In Pitino's hiring speech he

vowed to be a Wildcat Lodge abolitionist, and was more emphatic that graduating athletes was paramount, a first priority.

A noble remark with a genuine ring that played well on the six o'clock news. But a season after their names and numbers had been hoisted into the Rupp Arena rafters, Richie Farmer, Deron Feldhaus nor Sean Woods had a college degree.

Current four seniors? Two are on schedule to graduate this spring, Travis Ford and Jeff Brassow, both in five years.

But Gimel Martinez and Rodney Dent are "one year shy" of earning degrees, a Mar. 2 report said. Curious, Martinez and Dent have been in Pitino's "personal instruction-accented program for four and two years respectively, and each is a year short of earning what he came to Lexington to get. (stop laughing)

Both players have indicated their immediate plans are to pursue, you got it, professional basketball careers overseas.

UK's next (hoops) class? To date Pitino has scholarship commitments from three high schoolers, Scott Padgett, Allan Edwards and Antoine Walker. To date only Padgett has qualified under college entrance requirements and is signed.

Bottom line on all this? UK loyalists may view their coach with high hopes and admiring minds, but ought to see him with clear eyes too. Pitino is a solid coach, but probably not as inspired as some fans, media (and he) think.

If he cares about Kentucky—I, along with some QM-types doubt it—Pitino should make time to get out, drive a country road, visit a barbershop, stop for a burger in a 'burg (Prestons and Williams), and listen to folks the way C.M. Newton did a few years ago.

He might learn what we already know. This Kentucky is a special place with unique and proud people who are "pretty smart" about lots of things ... UK basketball included of course.

NCAA REFLECTIONS

As we wait breathlessly for a report on Michael Jordan's first bus ride, last week was tough, huh?

- Some of your favorites came and went in the NAAs? Mine too, Jeff Brassow, Ernest Nzigamasabo, (CBS's) Ann Meyers, Darrin Horn, John Chaney.

- Good riddance to the Spin Doctor of Whine, Dean Smith.

- Bob Knight told Bob Costas he is not a horse's patoot, that, someday when he's standing at the pearly gates St. Peter will "look at the things I've done and say come on in." "Geez.

- College hoops loses Cal's Jason Kidd to the NBA.

- About June's NBA draft, I was wrong about instant stardom for Shaq and Chris Webber, so I'm probably wrong about Cliff Rozier too, but...

UK'S MARQUETTE LOSS?

SHELF IT WITH...

Kentucky fans must put the

Marquette loss on the closet shelf alongside other special NCAA low lights—Villanova ('88), LSU ('86), Georgetown ('84), and (egad!) Middle Tenn. ('82).

Common thread? One day UK's shooters got out of bed and couldn't shoot one into the Gulf of Mexico.

Time to move on. Biggest roster hole? Jeff Brassow's spot. No, no, not the clutch points, rebounds, steals, assists or deflections.

Brains and heart and scabs on his knees.

Idea for Rick Pitino: Remember Too Slow, Too Little and Not Quick Enough a few years back? Their shirt numbers and names are hanging in the Rupp rafters. Pelphrey, Feldhaus and Farmer.

With fellows like Tick Rogers and Brian Kiser (UofL), Mike Fralix and Darrin Horn (WKU) and Brad Divine (EKU) flourishing elsewhere ('cause they play with Brassow brass, heart and head), Da Coach ought to entertain idea of investing a scholarship in another Too Slow, Too Little... Kentucky kid. Maybe Tony Pietrowski, Corbin.

PARTING SHOT

In a mock NBA draft in the LA Times recently Louisville's Cliff Rozier was chosen 13th. Not bad? Ahead of Rozier were four freshmen and a sophomore.

After watching Rozier in the NCAA Tournament, hey Cliff, stay in school.

NEXT WEEK: Reflections from the 77th Boys State Tournament, and views from Cincinnati Bengals placekicker Doug Pelfrey.

And so it goes. Have a point of view you would like to share? Write to Bob Watkins, Sports In Ky., P.O. Box. 124, Glendale, Ky. 42740.

KENTUCKY'S 2,000 POINTS CLUB

The all-time leading point-makers in Kentucky high school history continues. Added to the Sports In Ky. list this week: Darrell Griffith, Winston Bennett (Male), Frank Ramsey and Jim Mitchell (Madisonville).

Goal? 100 in 2,000 Points Club.

KY GIRLS TOP SCORES

Geri Grigsby (McDowell, Miss Basketball '71), national record holder in career points (4,385), points in a season (1,885), season scoring average (49.6) and career average (46.1), is added to (the top) of Sports In Ky.'s 2,000 Points List this week.

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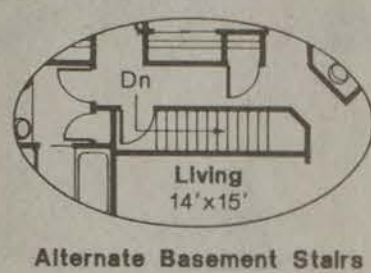
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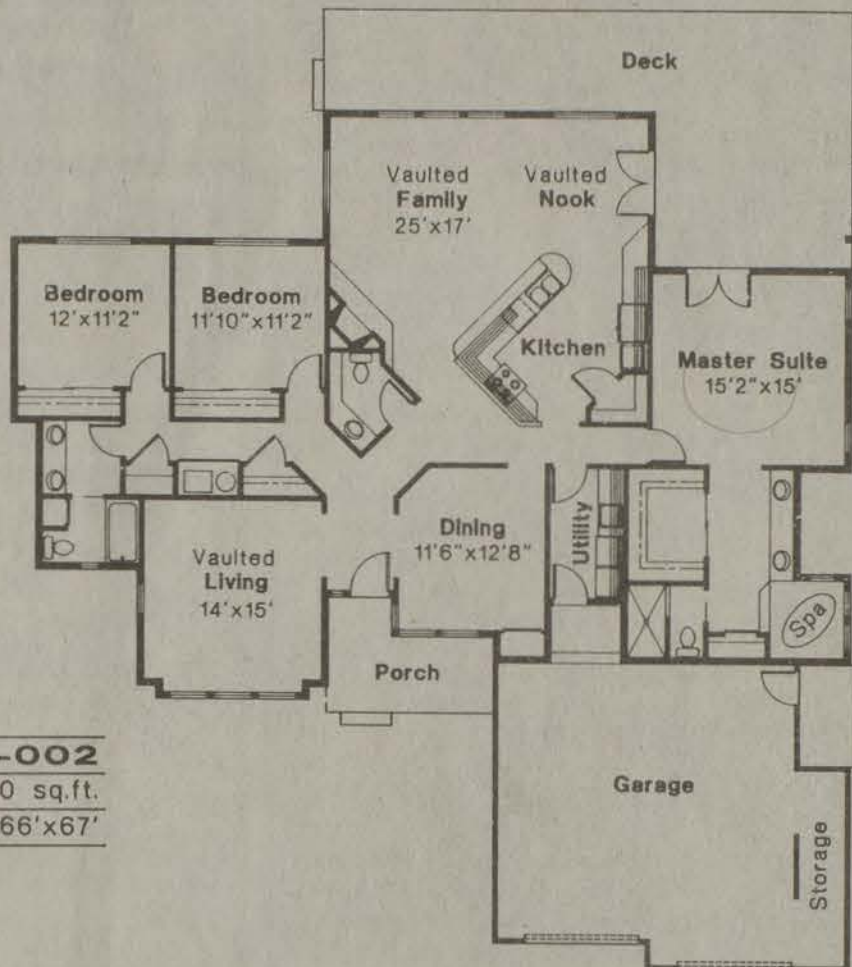
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The kitchen also comes complete with a step-in pantry, double oven and an eating nook. Glass doors that open onto a wide deck make outdoor dining a breeze. From the kitchen, it's only a few steps to a pocket powder room, a full size utility room and a formal dining room with a built-in hutch.

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Coach Halbert attends his 48th state tournament

by Ed Taylor
Sports Editor

At the 77th Annual Boys' High School State Tournament, one could look through the crowd and find many familiar faces.

There was Monroe Jones, former coach at Wheelwright; Alvin Radliff, former coach at Johnson Central and now at Bath County; Keith Henry, coach at Betsy Layne; Alan Osborne, Betsy Layne principal; Johnny Ray Turner, Johnson Central coach; and Gordon Parido, Prestonsburg coach.

But a very familiar face to many fans who have attended the classic over the past years was former Martin coach Denzil "Hoss" Halbert.

Coach Halbert (many like to refer to him as coach) attended his 48th state tournament in Louisville this past week.

Halbert, despite having heart surgery back in the fall, made the trip and attended every game.

The former Purple Flash coach is being nominated for the Kentucky Hall of Fame Class of '95. Letters have poured into the Floyd County Times in an effort to draw the attention of the Board of Control in Lexington to get a popular coach elected to the Hall.

Letters from as far away as California, Nevada, Texas, Kansas and other states have been sent in as "The Legend" is a household name with many former Floyd Countians who believe Hoss deserves the honor.

The former Martin coach enjoyed the atmosphere of the tournament and thinks that Freedom Hall is the place to hold the annual event.

"I like it better than Rupp Arena," he said. "I love Louisville for the tournament, but it is unfortunate that it just doesn't draw good there. I like it over Rupp, two to one. But they have to go where the bucks are."

With the win by Fairdale over P.L. Dunbar (59-56) Halbert believes the best team won after overcoming adversity.

"They had to overcome adversity three times," he said. "So, I think they were the best team. They just out-quicked everyone else."

"I thought Allen Central played admirably well and without Jeremy (Hall)," he said.

Halbert didn't think there were as many good teams as there have been in the past, but there were two or three outstanding teams.

"(Louisville) Moore was an outstanding team, as well as Muhlenberg North and North Hardin," he said.

Halbert, who was also the county athletic director, viewed the Moore/Mason County game as the most important game in a battle of two top teams.

"Those were the sorriest officials of the whole tournament," he said. "A game of that magnitude needed top flight officials."

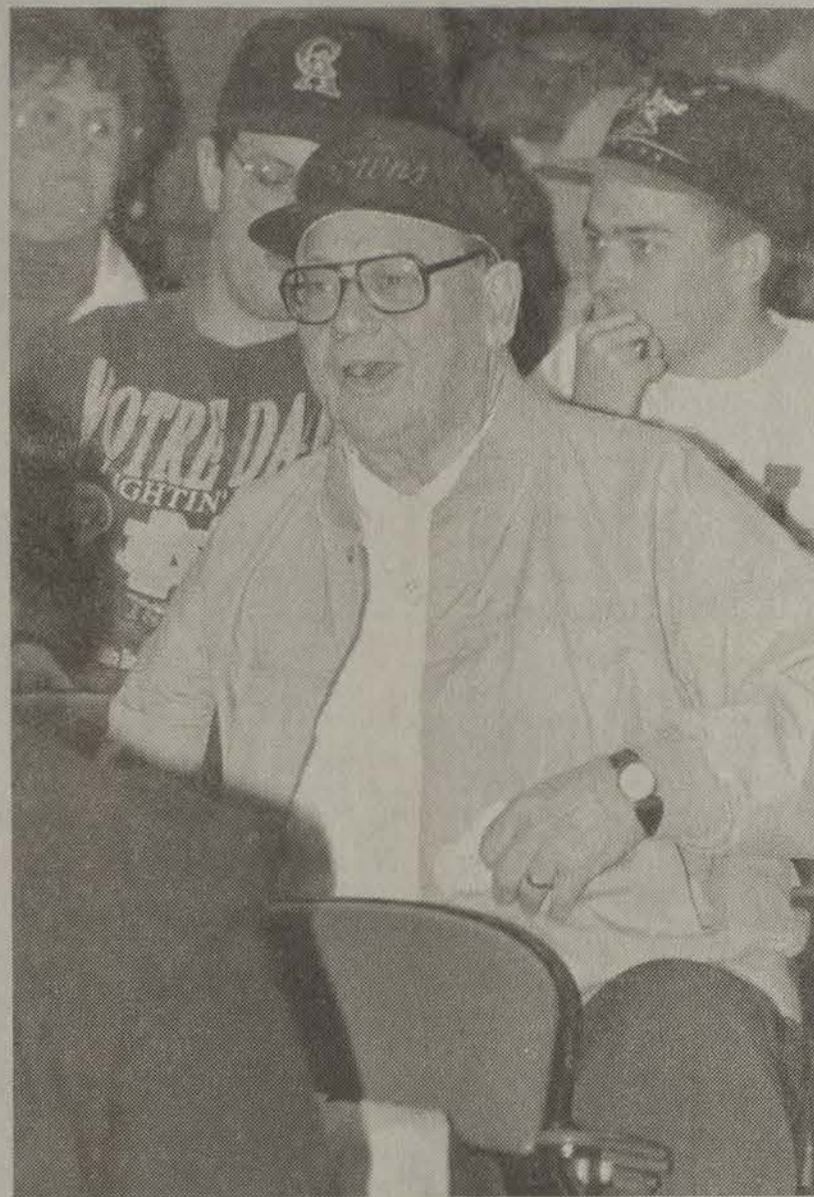
"In the game of basketball, when a

team leaves the mountains, they allow the hand checking and hacking. A fellow who was sitting behind me said that he heard that coaches coach, players play and referees win ball games. I turned around and said, 'Amen.'"

Hoss appreciated the following of Allen Central's fans.

"Allen Central had a lot of people there. They sure did," he said. "If they had made it to the semifinals, everybody would have been here."

While Halbert enjoyed the tournament, he plans to return next year at Rupp Arena "the good Lord willing."



Denzil "Hoss" Halbert

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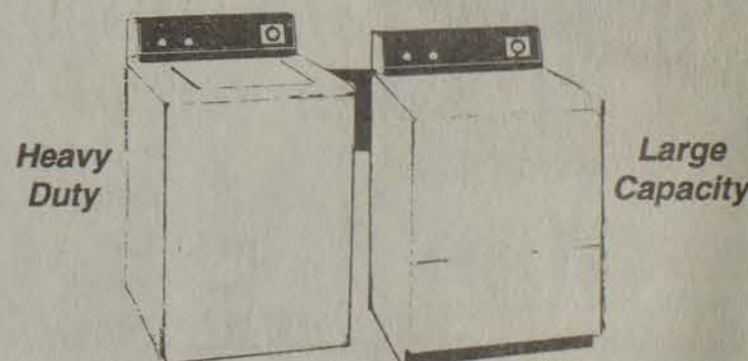


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A Look at Sports

(Continued from B1)

Rebels will have some talented players that will work into the lineup. The Rebels will be a solid team once again next season.

ALL-CONFERENCE BANQUET ON HOLD...
Mr. Alan Osborne, principal of Betsy Layne High School, informed me that the All-Conference Banquet, originally scheduled for this past Monday night, has been rescheduled for Monday, April 18 at Betsy Layne High School.

"We didn't have time to contact the schools to see how many would be attending," said Mr. Osborne. "So, we decided to wait until after spring break to have it."

The banquet is for boys and girls who were named to the All-Conference team, based on their performance during the regular season.

Well, the basketball season is over and it is time to turn our attention to America's favorite pastime and that is baseball.

This coming Sunday night the Cincinnati Reds will host the St. Louis Cardinals (how about that Hoss?) in the first game of the season. The game will be beamed across America by ESPN and can be heard locally over the airwaves on WMDJ-FM.

I hope that Reds fans are not expecting too much from this group (half will probably be traded before the season is over) despite them being in the weakest of the three National League Divisions.

Rob Dibble just can't seem to get anyone out in spring training. Kevin Mitchell has a sore thumb and can't play. Tom Browning has been shelled from the mound (five homers in five innings) and Jose Rijo is not his usual self and is having a horrible spring.

Gone is the main man in Chris Sabo (go Orioles) and replaced by Tony Fernandez, who is really a shortstop. Bret Boone seems to be the team's second baseman with Hal Morris holding down first base.

The only real bright spot is Barry Larkin at short. Who will play the outfield? Whoever is healthy and wants to play. Davy Johnson will last longer than Tony Perez did as manager of the Reds, but will not make through a full season before being fired.

The Reds are questionable all the way around, from the starting pitching rotation to the bullpen and right on out to the outfield (Jacob Brumfield, Roberto Kelly and Kevin Mitchell). This team proved last year they have no heart to be a winner and will finish fourth in their division. It's going to be a long season and I hope that Marty and Joe are ready.

Until Friday, good sports everyone and be good sports!

Thomas Edison had only three months of formal schooling.

Francis officiates in second state tournament

by Ed Taylor
Sports Editor

For every high school referee, working a state tournament game is a dream that either does or never does come true.

For Garrett's Frankie Francis, the dream has come true twice as he called his second state tournament in back-to-back seasons. For the veteran official, it was the highlight of his career.

"If I don't ever referee again, this has to be the highlight of my career," said Francis, who calls out of the 14th Region.

Officials for the annual classic are chosen by a rating system from coaches and assigning secretaries from around Kentucky.

Francis called his first-ever state tournament last year in Rupp Arena where he thinks he has accomplished two feats.

"I've called in Rupp Arena and now in Freedom Hall. I've had to work hard all year and stay physically able," he said.

Francis said that preparing one's self for the big show starts with the first officials clinic of the year.

"An official is showcased at the state tournament and I think working on your mechanics and hustle are two areas you need to get ready for," he stated. "It starts the first of the year in getting ready."

The tournament will be held in Lexington next year and, the next four seasons after that, if approval comes from the Board of Control next month. For Francis, the move is a good one from a financial standpoint.

"I feel the people in Louisville have spoken," he said. "They spoke with their attendance (lack of). I prefer Lexington over Louisville. It is centrally located for everyone and there you can visit old friends."

Francis, by getting a superior rating over the season, had his choice of officiating the girls' state tournament or the boys' and he chose the latter.

"It's not that I have anything against refereeing girls' basketball," he said. "That was my choice at the time. Maybe someday I will call a girls' tournament."

Francis said that he received many compliments about his working the two games. But, it's not just all work on the floor for an official.

"No, we also work as alternates," said Francis, who was at the scorer's table for two games, including the championship contest. "We sit there and keep track of every foul, every shooter, wrong shooter and all the details of the game."

"That way, if there is a question, then they can look at the computer and make the right decision. It takes a lot of time to do. You want to watch the ballgame, but you are too busy doing your job."

Francis said that everything was business when you are an official at the state tournament.

"I still feel that it is the greatest show on earth and I am just proud to have been part of it," he said.

While it is all hard work and business, there are humorous times. At halftime of the championship game, the million-dollar shootout was held with the participant taking a half-court shot for a million dollars.

"I was in the dressing room dressing," said Francis, "and two policemen came and checked my credentials. A representative from Lloyds of London (who was insuring the contest) came in and told me that I was to be the judge of the million-dollar shootout."

"They told me that if the shooter makes the shot and his toe is on the line and you call it, you are the one who will need a police escort," he said, laughing.

The person who took the 'million-dollar' shot missed, and Francis didn't have to make the decision.

The Garrett native was pleased to see Allen Central at the tournament and was equally pleased with the showing they made at the "big dance."

"I sat on the Allen Central side," he said. "Naturally, I wouldn't get to call one of their games, and wouldn't want to. But I thought they had tremendous fan support."

As for next season, Francis said that he was just going to take a 'wait and see' attitude and see how he does physically.

"I have to train physically each year," said Francis. "I assess myself each year. If I don't call at all next year, then this will have been the highlight of my career. I've worked hard and I feel good about myself. It was a homecoming of sorts for me this year with Allen Central there, knowing you had people in the stands hollering for you."

Hunter Safety Class scheduled for March 31, April 1, 2

A Hunters Safety Class, along with a Bowhunters Class, will be held at the McDowell Elementary Family Resource Center on March 31, April 1 and 2.

The classes will be held from 6 p.m. until 9 p.m. on March 31 and April 1. On Saturday, April 2, the hours will be from 8 a.m. until noon.

For more information, contact Greg Kidd at 377-6826.

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Tournament attendance down; concerns KHSAA

by Ed Taylor
Sports Editor

Just like everyone else who relies on the almighty dollar for survival, the Kentucky High School Athletic Association (KHSAA) is concerned about its revenue, and that concern could keep the Sweet Sixteen in Lexington's Rupp Arena for the next five seasons (through 1999).

According to outgoing KHSAA Commissioner Billy Wise, he is going to recommend the move to Lexington from Louisville at the Board of Controls April 20 meeting. The meeting will decide whether the tournament will be held at Freedom Hall again.

The attendance figures for this year's tournament were down from the last time the tournament was held in Louisville in 1992. That year 92,466 attended the eight sessions of the four-day day. The figures for this year's tournament is expected to fall even below that.

Less than 10,000 watched the championship game between Louisville Fairdale and P.L. Dunbar. The city of Louisville failed to support the tournament financially and the city may have to come up with a million dollar guarantee if the Sweet Sixteen is to return to Freedom Hall.

Ticket prices for the tournament ran at \$12 and \$6 which is up from previous years. That may have some affect on the decline in attendance, plus the high prices for everything else that surrounded the tournament. Wise said that the board would study the price of admission.

The KHSAA is desperately looking to retire the huge debt they have been saddled with after construction of a state of the art building in Lexington.

Keith coaches last game

Long-time Clay County coach Bobby Keith coached his last high school basketball game when his Tigers faced eventual champion Fairdale in the opening round. The Tigers ended the veteran coach's reign with a 77-75 setback.

Keith has made 15 Sweet Sixteen appearances with his Clay County teams.

Mr. Basketball candidate?

While no favored Mr. Basketball candidate was taking part in the Sweet Sixteen, there may have emerged another one that could very well be Mr. Basketball in the state, Louis Richardson.

Richardson was by far the most dominant player in the state tournament and also was the state's leading scorer with 32 points per game during the regular season.

Richardson was very effective at both ends of the court. He may have grabbed an edge over the likes of Scott Padgett, Elton Scott, Todd Conley or some of the others whose name has been linked to the award.

Big name teams and players

missing in Sweet Sixteen

Another reason for the lack of attendance at the Sweet Sixteen could be the absence of some of the state's top teams, as well as players.

Marion County, with tall-man Elton Scott, was missing as well as Harlan and Charles Thomas. Corbin, who was upset in the 13th Regional Tournament missed the big dance and so did their star player Tony Pietrowski, who many think is the legitimate choice for Mr. Basketball.

Watch out next year for Lee!

Frank Lee of Boyd County made a strong argument for Mr. Basketball consideration next season. The muscular guard was very impressive in his state tournament appearance.

Lee scored a game-opening 37 points against Wayne County on Thursday. He averaged 24 points a game this season and he is being courted by major colleges already.

Downing goes from one tournament to the next

One of the busiest workers at this year's state tournament was KHSAA

Sports Information Director Brooks Downing. Downing spent the first week at the girls' state tournament and then logged some miles from Bowling Green to Louisville for the boys' event.

"I haven't been home yet," he said, going in a rush.

Downing was busy coordinating the tournament and was kept on the move during the four days.

From press row

Several area radio stations covered the four-day tournament from

Louisville, beaming the play-by-play back to the mountains.

Locally, James Allen, Rick Hughes and Joe Back (WQHY) handled some of the games for the Mountain Basketball Network.

Jason Blanton (WSIP) worked the Schoolboy Radio Network. Walter Clyde Dingus was busy keeping things working for WDHR out of Pikeville.

It was a hard-working four days for the boys of the air waves. But they sacrificed so that they might bring all

the action into the homes of those who couldn't make the trip.

Campaign on to save tournament in Louisville

Wherever you went in Louisville, there were signs urging the city to support the KHSAA 77th Annual Tournament in hopes of keeping it in the city.

The tournament brings a lot of revenue into town. Ironically, the Louisville city schools had the least attendance as their teams advanced in the tournament.

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Section C

Society News	C 2
Births	C 2
Kim's Korner	C 2
Sunshine Lines	C 3
From the Mountains	C 3
Farm and Family	C 4
County Kettle	C 5
Business/Real Estate	C 6
Classifieds/Legals	C 7-11

IT MUST'VE BEEN A TRICK
I became a tad suspicious one day last week when at least three of my colleagues asked me if I'd seen the picture of the hair ball.
"Man, did you see the size of that thing?" one of them asked.
Of course, I knew exactly what they were talking about because, yes, I had indeed seen the picture of the hair ball.
In case you didn't, though, what they were referring to was a photo in a local daily newspaper (not a supermarket tabloid, mind you) of a 55-pound, 37-inch-round ball of hair that had been found in one of the bellies of a cow that had been slaughtered at the IBP processing plant in Holcomb, Kansas.
It looked to me to be about the size of two basketballs and was about four times bigger than Mary Warren's head. (She was identified as the lady from the Finney County, Kansas Historical Society Museum who was also in the picture, and proudly posed with her hand atop the fuzzy sphere.)

Anyway, what I'm wondering is, since there were all sorts of stories about pictures in that particular issue of the paper (everything from Whitewater to the NCAA basketball tournament), why did these people with whom I associate, these folks with all sorts of college degrees, only want to talk to me about cows? And what on Earth would make them think that I'd be interested in seeing a picture of a humongous hair ball?
I mean, just because I enjoy John Wayne movies and just because my favorite Little Jimmy Dickens' tune is "Bessie the Heifer" doesn't mean I'm a real cowboy. Just because I've mentioned in previous columns that fresh cow manure will ease the pain of sunburn and that old-timers believed that tea made from the scrapings of a cow's horn will cure yellow

jaundice, doesn't make me particularly partial to cows anymore than I am to horses or cats or dogs or any other familiar farm critter.
Maybe it has something to do with all this new KERA stuff, and since all my colleagues are teachers, perhaps they all got together and decided it would be an excellent, valued outcome if they could trick me into writing about this... this aberration of nature in my column.
Now, isn't that utterly ridiculous? I'll be the first to admit that sometimes my column does leave a little to be desired, and sometimes may even be correctly categorized as a bunch of bull when it comes to subject matter, but cow hair balls? Give me a break.
So, if it were indeed a trick, it didn't work. I didn't fall for it. You'll never catch me using this column for commentary on something as trivial as hair balls and cows, especially when I could be writing about those old days back in Muddy Branch when I was swimming with dead mules in the Number One Pond, riding Austin Daniels' sway-backed pony, or burying live cats just for the sake of having a good funeral.



Clyde Pack

Wednesday, March 30, 1994

The Floyd County Times

Lifestyles

Go to college and see the world

by Janice Shepherd
Managing Editor

When Mary Slone bid farewell to her high school years at McDowell High School, she thought she was also bidding farewell to educational trips she had made with her school chums. She was wrong. These days she's seeing the world, and receiving college credit for it, too.
Slone, a senior at Berea College, recently returned from England. She and 16 of her fellow students traveled to London, England as part of Berea College's London Travel course.

Slone, a daughter of Bobby Slone of McDowell and the late Nedra Slone, said if all her classes were like the London Travel course, she would have a 4.0. She also thinks the travel courses are the perfect opportunity for students in Eastern Kentucky to gain experience.
"We're cut off culturally," Slone said. "You get to see a new point of view."

The trip was a dream come true for Slone, who's a fan of British literature. The students' first excursion was to a British museum where Slone saw the original copy of Handel's Messiah. She walked on the streets where Charles Dickens walked and visited Shakespeare's home.
"It blew my mind," Slone said.

At first, Slone was disappointed in London. She wanted history. She wanted 19th Century London, and what she got was an asphalt jungle. "It was very metropolitan, like a large city in the United States," she said.

But once the group started visiting historic places, Slone said she got to see "the real London," and her expectations were "surpassed." The course, London Travel, allowed students to study different aspects of British culture, including theatre, museums and architecture. The students visited Buckingham Palace, the Houses of Parliament, Westminster Cathedral and the Victoria and Albert Museum.

Slone was also amazed at the British people's propensity of being well-informed about world events.

"Londoners keep up with what's going on," Slone said. "I first knew about the big snow in Louisville from

reading the Irish Times."

The trip to England was part of Berea College's winter short term, a four-week session that began January 1. Study is intensive during the term, and is only one course of special interest, such as the course London Travel. During the trip to London, students kept a journal.

Last year at Berea, Slone traveled to Spain through the Kentucky Institute of Internal Study. Students studying a language, such as Spanish, lived for one month in a host country where the language is the native tongue.

While in Spain, Slone watched a bullfight, an experience she won't soon forget, though she never actually witnessed the killing of a bull. To the Spanish, Slone said, a bullfight is a drama, not a sport. "There are three acts. In the first act they test the bull. A man comes out on a horse. He has a spear and hits the bull on the neck.

"Three banderillero bring out shorter, hand-held spears. They call it dancing with the bull, and they put those spears in the bull," Slone said. The third act is the matador facing the bull.

Slone recommends traveling because travelers yearn for home. "You can't appreciate home until you have left and come back," she said. Slone hopes to one day live in Alaska, a state she thinks is America's last frontier, and teach high school English. And,

after she has seen her share of the world, she wants to return to Eastern Kentucky to teach and to write.

Slone works in the admissions office at Berea. A training coordinator, she trains students for various jobs.



World traveler

Floyd County native Mary Slone, second from right, is becoming a world traveler by attending college. Slone is pictured in London England with her fellow travelers. The trip was part of a course at Berea college and Slone earned college credit for the travel experience.

Holland sees no end to Civil War drama

by Janice Shepherd
Managing Editor

Often, an ending is merely a beginning, as two Civil War soldiers, disillusioned with their country and their God, discover in Rev. Russ Holland's Easter play, "The End Was In Sight."

Holland's play, which will be performed on March 31 and April 1 at the First United Methodist Church in Prestonsburg, opens on the last day of the Civil War. Scene Two of Act One sets the pace for the high drama. The scene is an outdoor Confederate worship service, held two weeks before Easter. The minister, portrayed by Jim Kennedy, preaches a message that God will deliver

victory to the Confederacy if the troops will only clear their minds of doubt and disbelief.

The Confederate officers know they are doomed and that their defeat is at hand. Angered, a lieutenant, portrayed by Bill Frazier, attacks the minister.

"Go ahead and call out for God, preacher!" Lieutenant Stephens yells. "You'll find he isn't home to a Southerner's prayer. He only speaks to Yankees these days."

The lieutenant is kept from harming the minister by his colonel, Tom Ireland, portrayed by Holland.

The play revolves around the characters of Col. Ireland and Lt. Stephens. As the two journey homeward to McMinnville, Tennessee, they are met with many challenges.

"These two Confederate soldiers grew up together," said Holland, during an interview. "They went to war together. The war was a challenge to their faith. They saw terrible things."

Holland won't reveal the ending to his play, but said it is powerful. "This is a play of great hope and triumph of the human spirit," he said. The play's last act takes place on Easter Sunday.

Holland admits the play is not a typical church play for Easter. It is a play of high drama, anger, despair, depression and hostility, Holland said, but it is also a story of redemption.

Holland's portrayal of Colonel Ireland was powerful during a dress rehearsal last week at the church. He immersed himself in Ireland's character and took on the mannerisms of a Southern officer whose soul is tormented by the human destruction he has witnessed. Holland seems to pull the audience into the scene with him to experience the travail of a human spirit at its lowest.

A Civil War buff, Holland based his play on accounts he has read about the war. He used some factual names and places in his play. Tom Ireland is Holland's great-great-great-grandfather and McMinnville, Tennessee is his mother's home town. Holland has two Confederate generals on his family tree.

Several props used in the hour-long production are also authentic, such as an antique lamp, sword and tin-type photo. The cast will also use several items loaned to them by members of the 5th Kentucky Confederate Re-enactment Unit.

Eleven members of Rev. Holland's church, First United Methodist in Prestonsburg, have speaking roles in the production. In addition to Holland, Frazier and Kennedy, the cast includes Rebecca Haywood, Wes Holland, Willie Barrowman, Emily Damron, Cara Meece, Greta Hicks, Amber McKinney, and Doug Herman, who will portray a union soldier.

Charlotte McFall is the producer and Matthew Bond is the director.

Friday's performance, which will be a dinner theatre, is almost sold out. Dinner will be at 6 p.m. and the play begins at 7 p.m. Tickets for Friday's performance are \$5 each.



Theatrics

Rev. Russ Holland, pictured in center, portrays Col. Tom Ireland, in a drama he wrote for Easter. Also pictured are Doug Herman (left), who portrays Richard Kerr, a Union private, and Bill Frazier, who portrays Lt. Stephens, a Confederate officer. (photo by Janice Shepherd)



Close to HOME
by Joe Adams

THE SMILE'S FAMILIAR BUT NOT THE FACE

The boy scanned the man's picture in the family photo album and frowned.
"I don't know who it is, dad," my puzzled 4-year-old said to me.
"I think you know him," I said. "Look again." Another view produced the same blank expression. Who is this stranger supposed to be anyway?

Then my son's face lit up.
"Is that you, dad?"
You know you're getting older when your own son doesn't recognize your high school senior picture from just 14 years ago.

So what if I had more hair then and about 60 fewer pounds to fit in my clothes? I didn't think I looked that different.

But I find myself having to rethink a lot of things now that this body of mine is in its 30s.

There's more than a wrinkle or two looking back at me from the mirror now. And every time I play a pickup basketball game I just know someone is going to have to call an ambulance for me before it's over.

Even pestering my father isn't the ball game it once was.

I used to love to catch him watching television with his back to me. I would slip up behind him, curl my index finger under my thumb, and delight in the "thud" my uncoiled finger would make as it stuck his bald head.

It seemed so funny then. It's not so funny now. In fact, I haven't pointed out his baldness to him in ages.

It's too risky.
My hair isn't as thick as it used to be. If I keep up the badgering he might not let me borrow his wig when I need it later.

Gotta watch what I say more closely now, too.

I used to have a favorite line for friends who had ballooned from the lean image in their old pictures.

"Who let the air out of your bag?" I used to ask when the old pictures got passed around.

Now I'm too busy answering that question to ask it.

A PUFF-FACED STRANGER

Strange how getting older alters your views on things.

Maybe it's just that I've grown up, but the nature of aging seems to have changed over the years.

A few years back I could guess practically anyone's age within a couple of years. Now anyone under 25 might as well be in junior high school for all I can tell.

And old isn't what it used to be, either. I used to think 50 was over the hill. Now I'm not sure that 90 is.

Look at folks like Tina Turner and George Burns.

Even if I get lucky and hold up as well as they have, I can see already there will be some adjusting to do.

A few friends at a recent reunion hadn't seen me in a decade or more. For some reason, not all of them recognized the puff-faced home boy in the size 40 jeans.

"I didn't know you at first but it didn't take long after I saw your smile," one elementary school friend told me.

What a relief.
At least my teeth hadn't changed—although I can't even count on keeping them for good.

In the meantime, I'm picking up all the tips on handling this aging thing that I can.

I learned a lot by watching an 80-year-old cousin's recent encounter with a 70-something friend.

They saw each other last about 30 years ago. She wasn't sure it was him and he wasn't sure who she was, given that she didn't look the same either.

Then she called him by name and asked the hard question.

"Don't you know me?"

Seeing he was stumped, she volunteered her name. He did a doubletake, paused and said:

"Why you've changed your hair!"

I'm going to remember that line. I may need it sooner than I think.

Joe Adams is an eastern Kentucky native who writes a family-oriented column. Write him at "Close to Home," 1839 Kettler Drive, Lutz, FL 33549.

Kim's Korner

Floyd County Goes to State
Last Thursday two Floyd County buses loaded with students representing our county headed for Bowling Green to Western Kentucky University for the State Forensics Competition.



by
Kim Frasure

Approximately 1,500 students from 120 counties participated.

The talent here has been mentioned before, yet it's worth repeating, believe me.

Hats off and a big congratulations to Wesley and Leslie Fugate from Adams Middle School. Floyd County's state finalists. We're very proud of you both.

To all those who traveled the distance, and what a distance it was, we're proud of all of you!

Allen Central Way to Go!

The Rebels sure made those of us back here in these here hills proud in last week's state tournament. Hats off, A.C.H.S.!

Siblings

I really don't know which would've been worse, stuck riding in a bus for six hours not being able to smoke, or driving from Bowling Green with my two precious daughters in the back seat.

When, I ask, will the day come that I don't have to hear, "Stop lookin' at me. You stop lookin' at me," back and forth, banter, banter, banter?

Screams so shrill the hair on the back of the neck would stand straight up.

The youngest can't seem to do anything remotely right.

And the oldest is always getting to do everything. I bet you I heard this at least 1,199 times from the second we pulled out onto 64 till we pulled in the driveway at home.

They can't agree on anything. How I look forward to the day when they treasure each other's company.

Until ten, T.G.F.M.T.F.
Till next week.

Society News

Harold Homemakers meet

Harold Homemakers Club met March 16 at 10 a.m. at the Boldman Methodist Church. Carma Sturgill was in charge of the meeting. A special devotional program was given by Frances Pitts.

Sylvia Allen collected dues, with each member answering roll call by different ways to use bed covers.

Lesson for the day, "Decorating with Quilts and Quilted items," was presented by Pitts.

Members and guests attending the meeting were Maudie Hill, Eva Roberts, Opal Henton, Sylvia Allen, Elizabeth Little, Ruby Staton, Elizabeth Wolford, Pauline Wallace, Frances Pitts, Carma Sturgill, Jody Patterson, Lillian Sturgill, Sandy Love, Paula Ferrell, Emily Akers, Brandise Ferrell, Faye Sammons, Yvonne Taylor.

The next meeting will be at the church April 20.

Cong. Rogers visits local Allen church

Congressman Harold (Hal) Rogers was a visitor at the Christ United Methodist Church at Allen during Sunday morning worship services on March 13.

Rogers had been the special guest speaker at the Pikeville Republican Women's Annual Lincoln Day Dinner on March 12.

CPR recertification

Our Lady of the Way Hospital will offer a CPR Recertification course at Seton Complex Class Room, Martin, on Friday, April 8. Registration will begin at 8:30 a.m. Class will begin at 9 a.m.

This course is for anyone wishing to be recertified in Cardiopulmonary Resuscitation. Certification by OLW is through the American Heart Association. Pre-registration is required.

For more information, contact the Community Health Education department at 285-5181, Ext. 388. Class limited to eight people.

Births

HIGHLANDS REGIONAL MEDICAL CENTER

March 6: A son, Trey Austin, to Vivian and Ronald Tackett of Salyersville; a daughter, Andrea Lee Ann, to Jennifer and Ritchie Martin of Prestonsburg.

March 7: A son, Michael Cory, to Ellen Sue and Michael Prater of Emmalena.

March 8: A son, Douglas Kelly-Joe, to Karen Marie and Orville Douglas Cook Jr. of Garrett.

March 10: A daughter, Elizabeth Loren, to Lisa Watkins and Edmond Watkins Jr. of Hueysville; a daughter, Ariana Michaela Majilang, to Darla Lynn and Beter of Auxier.

March 11: A daughter, Cody Shane, to Ricky and Brenda Alcers of Grethel; a son, Alex Wade, to Preston Wade and Alicia Clauder Mullins of Melvin.

March 12: A daughter, Jessica Ann, to Melinda Ann Ross of Salyersville; a son, Derick John, to Sherri and George Burchett, Jr., of Hippo; a son, Darren James, to Sherri and George Burchett, Jr. of Hippo.

March 14: A daughter, Leah Michele, to Marian Michele and Robert Joe Goodman of Salyersville.

PIKEVILLE METHODIST HOSPITAL

February 7: A daughter, Keisha Lashae, to Keithella and Steve Matney.

March 12: A daughter, Kayla Danielle, to Deidra Chantay and Perry Dale Taylor; a son, David Kyle, to Katrina Joann and David Spencer Colley; a daughter, Hallie Donielle, to Anna Ruth and Ples Johnson.

March 13: A daughter, Makayla LaDawn, to Joy Denise Rose; a daughter, Ashley Keegan, to Amber Lynn and Brant Keegan Ratliff; a daughter, Ashley Lynn, to Emma Lee and Burnis Van Bentley.

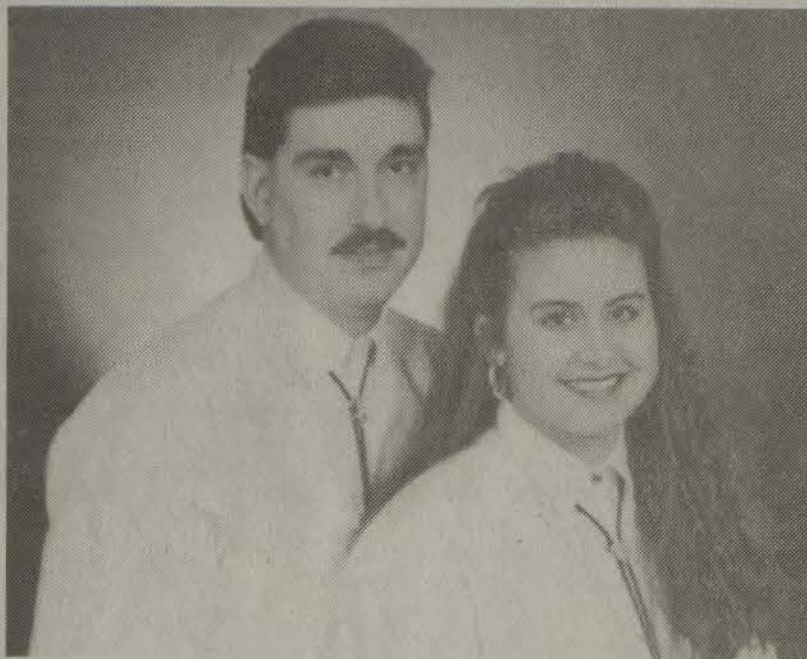
March 14: A daughter, Makeshia Leshae Hamilton, to Monica Akers; a son, Brandon Shawn, to Flora Ann and Robert Harold Lay; a daughter,

Kimberly Faith, to Eva Gail and Johnny Dotson; a son, Kyle Dean, to Belinda Joyce and Kelster Dean Williamson; a daughter, Chandra Brooke, Jennifer Denise and Earl Reed May II.

March 15: A son, Jacob Von, to Annette and Terry Lee Vanhooze; a daughter, Meagan Samantha, to Angela Sue and William Gordon Chaney; a daughter, April Lynne, to Patricia Lynn and Stevie Mack Slone;

a son, Adam David, to Ernestine and David Dotson; a son, Austin Sean, to Angela Michelle and Teddy Sean Melton; a son, Derek Charlie Joe, to Leah Michelle and Ruben Joe Clifton.

March 16: A son, Nathan Edward, to Jamie Lavonne and Edward Dale Tackett; a daughter, Chasity Dee Dawn, to Stephanie Blankenship and Adam Daniel Estep; a son, Dalton Wayne, to Daletta Lynn and Jeffrey Wayne Boyd.



Stapleton, Layne to wed

Mr. and Mrs. Buel Stapleton of Harold announce the engagement and forthcoming marriage of their daughter, Janel Lee Stapleton, to Paul Bufford Layne, son of Mr. and Mrs. Bufford Layne of Betsy Layne. The wedding will be held April 23, at 1:30 p.m. at Betsy Layne Freewill Baptist Church. The custom of open church will be observed.

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Performing Artists to feature Comedy, Music, and Storytelling

Laura Lee and Michael Duncan O'Connell, founders of Craney Creek Center for the Arts, will be coming to the area to present, "Faces of Kentucky", a live concert featuring country comedy, hilarious stories, audience involvement, toe-tapping tunes of gospel, folk, and mountain music and unforgettable musical parodies. The duo has

performed at thousands of theatres, festivals, schools, conventions, and state parks throughout the nation.

The Duncan O'Connells are currently on an extensive, state-wide tour of Kentucky presenting their new drug prevention variety show entitled, "Lookin' Out For Me". They are also presenting their original historical drama, "Miss Cora"—The Moonlight Schools Lady, for several literacy organizations and special groups throughout the state. "Miss Cora" was an official Kentucky Bicentennial Chautauqua Presentation and is frequently featured on Kentucky Educational Television.

"Faces of Kentucky" is a comedic variety show which brings to life some famous and not-so-famous characters from Kentucky's past. Also featured is the duo's original parody, "Friday Night at the Wal-Mart".

The program will be presented on Thursday, April, 7th at South Floyd High School Gym at 7:00 o'clock. For more information, contact Eric Lawson at 452-4553.

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1(606)624-3979

There's something new to remember. From now on, when you make long distance calls to telephone numbers *within* Kentucky's 606 area code, dial 0 or 1 + 606 and then the number you're calling.*

The nation's continued telecommunications growth has created a shortage of telephone numbers. By dialing the appropriate area code on *all* long distance calls, numbers are freed up for new business and residential customers.

If you have long distance numbers within the 606 area code on any programmed services or equipment like Speed Calling, Call Forwarding, modems, or even a FAX machine, now's the time to reprogram them. Effective April 2, 1994, dialing the area code will be *necessary* to complete long distance calls to telephone numbers within the 606 area.



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*Local calls will not be affected. For customers of South Central Bell's Area Calling Service (ACS), there will be no change in how you dial calls to other numbers within your ACS calling plan area.



50th anniversary

Thurman and Maxie Hackworth of Mountain Parkway celebrated their 50th anniversary February 22 at their home with their family: Elmina and Junior Nelson of Mountain Parkway; Jarvis Hackworth of Salyersville; Mike and Karen Nelson of Mountain Parkway; Charlie, Tammy and Matthew Amburgey of Garrett; Doug, Sherry and Kyle Greene of Prestonsburg.



The Red Fox of the Mountains by Jadon Gibson

Doc M. B. Taylor, the Red Fox of the Mountains, learned on May 13, 1892, that Bad Ira Mullins would be bringing a wagonload of whiskey across the mountain to Virginia the following day.

He had his old enemy Talton Hall on trial for murder and the courthouse was well fortified. Now came the opportunity to be rid, once and for all, of his other nemesis, Bad Ira Mullins.

The Fox enlisted the help of Cal and Henan Fleming and climbed to the top of Pine Mountain where they planned an ambush. Rising early the next morning, the Fox patiently eyed the Kentucky terrain through his telescope while the others waited.

After awhile the Fox spotted Ira's jolt wagon, chocked full of whiskey, making its way toward Pound Gap.

The Red Fox and the Flemings dropped down the south side of the mountain as they prepared to ambush Old Ira's party from a vantage point overlooking the dusty road. Covering their faces with green veils, the men waited behind a large rock.

After several minutes they could hear the wagon lumbering toward them.

As the entourage came into view they saw Ira's brother, Wilson Mullins, rifle in hand, walking in front of the wagon. The Fox's heart-beat quickened as the horses and wagon appeared in view. Lorenzo Mullins, Ira's wife, sat next to John Chappel, a farm hand, who held the reins.

Fox saw Wilson's wife, Jane, following behind the wagon astride a horse and Ira's son, John, and his friend, Greenberry Harris, lagging along behind.

"Hold your fire, boys," Fox whispered as he held his left arm out in front of Cal and Heenan. "Let's wait and see if Ira's in the wagon."

As the wagon passed through Pound Gap and neared their hiding place, the Fox could see the wagon full of straw and then, yes, it was Bad Ira Mullins, alive in the flesh.

A roar of Winchesters thundered through the nearby mountains as the bushwhackers opened fire on Ira and his fellow travelers. The attack was so sudden and swift that there was hardly an answer to the barrage of gunfire.

Jane Mullins whipped her horse into a gallop and headed toward the county seat of Wise, Virginia, as the Red Fox and the Flemings fled into the hills.

She found Deputy Sheriff John Miller at the Wise County Courthouse and reported the ambush.

"Sheriff, it was Old Doc Taylor and those Flemings, Cal and Heenan. There were three of 'em and I heard their voices. It was them, Sheriff! I'm a 'feared they've killed Ira and all of them—everyone but me."

She had no way of knowing that Ira's 14-year-old son had run like the wind, back into Kentucky, grasping his overalls to keep them from falling around his ankles. His suspenders had been shot in two. The other five, including Ira, were dead, each shot numerous times. The assassins quickly removed several hundred dollars from the clothes of the victims before vanishing into the brush.

Deputy Sheriff Miller would later say that he believed Jane Mullins right from the beginning. The Fox had told him about Ira's bootlegging many times and Miller sensed the Fox's intense hatred for Mullins just the day before when they discussed

him. The sheriff also noted the Fox's absence from Talt Hall's trial during the preceding 20 hours. In recent days Fox had willingly stood guard over Talton Hall, taking only brief respites for rest and nourishment.

At the conclusion of Hall's trial a verdict of guilty was read and Talt was sentenced to hang, "by the neck until dead."

The parts of the puzzle to the Ira Mullins murder started falling in place after the visit from Jane Mullins. After the sheriff and several deputies investigated the murder scene, a posse comprised of twenty-two of the best available men was organized to hunt for the Red Fox of the Mountains and the Flemings.

Editor's note: Read more of the true story of the Red Fox of the Mountains in a future issue of the Floyd County Times.

*Jadon Gibson, a Floyd County native, is a free-lance writer from Harrogate, TN. His writings, From The Mountains, are both historical and nostalgic. Don't miss a single column.

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Star Construction at Banner, Ky. was broken into Wednesday night, 3-23-94. Items stolen were 2 generators, 1 water pump (commercial), chain saws, chain hoists, belts, hooks, and various other hand tools.

If you have any information that will lead to the apprehension and prosecution of the perpetrator, please call the State Police at

1-800-222-5555

or
Star Construction
874-1263

Subscribe today

Sunshine Lines



by Beverly Carroll

I would like to take this opportunity to thank the Floyd County Times. This newspaper continues to be very supportive of our senior citizens. Your weekly Sunshine Lines column is sponsored by the Appalachian Research and Defense Fund of Kentucky, Inc. (legal services) at Prestonsburg. It is an outreach effort on behalf of the free Benefits Counseling Program in Floyd, Johnson, Magoffin, Martin, and Pike counties. The purpose of this program is to inform senior citizens of the benefits available to you and to help assure that you get what is legally and rightfully yours.

Today, we will be starting a two part series on... well, you figure it out.

"Everybody needs somebody sometime."

Think about the truth in that statement. Each of us can look back and recall times when we were grateful to have had somebody to come to our rescue. There have been times when we have helped others.

I remember three nuns stranded on the interstate in Illinois. The car radiator hose had broken. There they stood, fully clothed in long habits, under a blistering sun, miles from the nearest service station. You can imagine how grateful they were when a passerby stopped to give assistance.

On those rare occasions when I have experienced a flat tire while driving, I appreciated the service rendered by each man who stopped to change it.

Once, when I was confined to very limited activities, Lutheran women came by to check on me daily—for five months. (I'm not Lutheran, but this group of women knew the meaning of doing unto others as you would have them do unto you.)

Perhaps you have experienced a medical emergency when you had to rely on someone to take you, or a loved one, to the hospital.

Or, maybe when adding milk to a recipe, you learned you were 3/4 cup short. Thank God for good neighbors.

As a result of the recent heavy rains, there may have been a mud slide nearby. The large trees, with exposed roots, were threatening to your home and the safety of your family. In the process of razing these trees, the chain on your saw broke. Your friend, up the hollow, came to your rescue. He brought his saw and assisted you in clearing the debris.

All of these situations are stressful at the moment we are forced to deal

Civil War

(Continued from C 1)

Tickets may be purchased at the door for Thursday's performance.

Both performances will be held in the Family Life Center at the church. A nursery will be provided. For more information about the performances, call 886-8031 or 886-8431.

The actors have brought their drama to students in the area, performing a few scenes from the play to students at Prestonsburg Elementary. They are also making plans for more performances in Floyd County schools.

When the performances conclude, the end won't be in sight for Holland. He is currently writing a sequel for next year's Easter production that he promises will be more action-packed than this year's production.

with them. Once the problem is eliminated, the stress becomes non-existent. These, however, are short-term, low-stress situations. Solutions were easily found to conquer the problems. Unfortunately, these are not the worst problems we encounter in life.

Life has its ups and downs. For most of us it is a voyage of triumph and tragedy. One day we find ourselves on top of a mountain where everything seems to go right for awhile. The next day, we may be on the downslide, struggling to find solutions. We want to stop the momentum from carrying us down into the deep, dark valley of despair. Most of the time, most of us are able to succeed. Yet, sometimes, we hit bottom and find ourselves wallowing deeper and deeper into a pit of psychological quicksand. By now we have allowed ourselves to be swallowed up in a personal crisis and are fast becoming our own worst enemy. But the feeling of hopelessness that has overtaken us, can be overcome. It is my opinion that for most of us, before we reached this point, we needed professional intervention. Yet, because of our fears, our pride, or our misconceptions, we did not reach out. Remember, "Everybody needs somebody sometime." We'll discuss this further next week.

Until then, however, if you are a senior citizen having to deal with a lot of problems that are getting you down, give me a call. It is the purpose of the Benefits Counseling Program For Senior Citizens to work with you in an effort to link you with a mental health professional that may be able to help you. Emotional pain, if untreated, can be just as deadly as physical diseases are. When one dies as a result of a disease of the body, it is usually referred to as death. Oftentimes, when one dies from no longer being able to tolerate emotional pain, it is called suicide. Our number, should you have a need, is 1-800-556-3876.



Sharing the dream

Betsy Layne seniors Norma Spencer and Avery Akers celebrated their February birthdays at the Betsy Layne Senior Citizen Center.

THERE'S NO HIDING THIS DEAL.

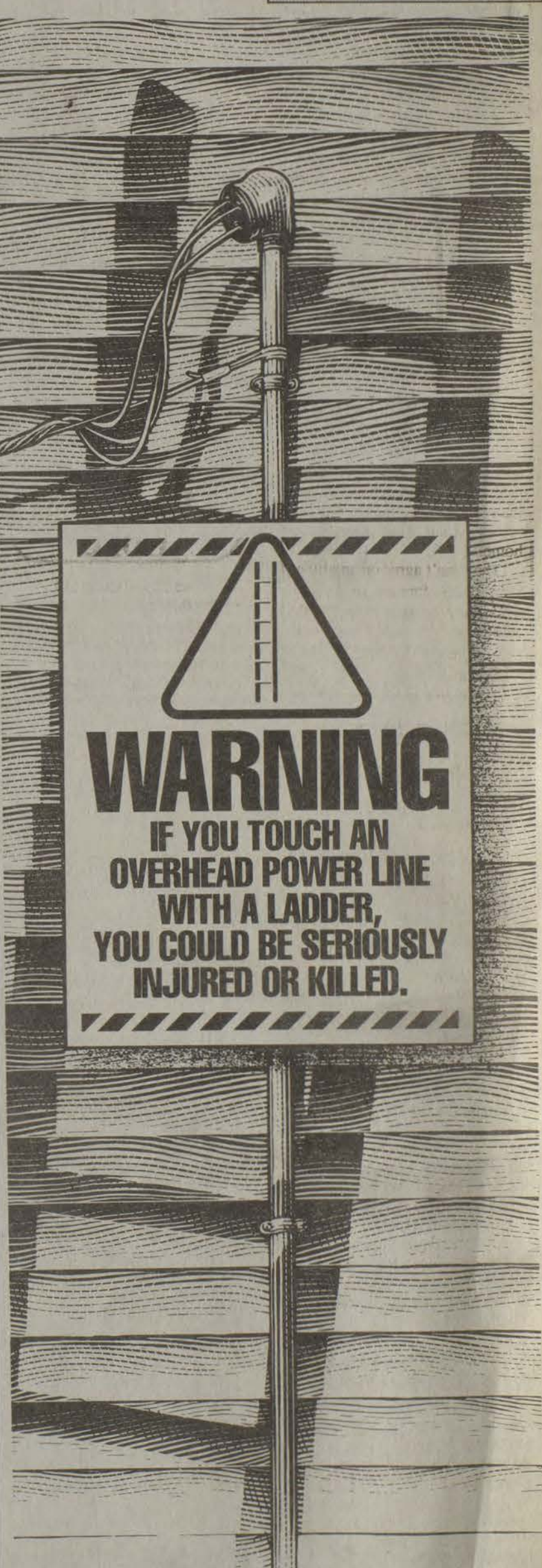
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Farm & Family



Agriculture and classrooms

Alberta Slone, J.D. Adams Middle School, Floyd County, recently participated in an "Agriculture and the Environment in the Classroom" workshop held in Frankfort. Pictured at the reception at the Governor's Mansion are (left to right) Dr. Jack Morgan, workshop coordinator; Jeff Rice, KAEC board member; Commissioner Ed Logsdon, who presented Slone with an "Honorary Commissioner of Agriculture" certificate; Slone; Libby Jones, wife of the Governor; Sister Amelia Stenger, KAEC board member; and Mike Ovesen, KAEC board member.



Teaching agriculture

Patricia Dye of J.D. Adams Middle School, Floyd County, recently participated in an "Agriculture and the Environment in the Classroom" workshop held in Frankfort. Pictured at the reception at the Governor's Mansion are (left to right) Dr. Jack Morgan, workshop coordinator; Jeff Rice, KAEC board member; Commissioner Ed Logsdon, who presented Dye with an "Honorary Commissioner of Agriculture" certificate; Dye; Libby Jones, wife of the Governor; Sister Amelia Stenger, KAEC board member; and Mike Ovesen, KAEC board member.

Blood drive March 29-31

Despite many rumors, it is true that donating blood is safe and simple. All materials are used only one time and then disposed of. There is no danger to the donor of contracting AIDS by giving blood.

Check it out for yourself. The Prestonsburg Donor Center will be holding its monthly blood drive on Tuesday, March 29 through Thursday, March 31. Hours on Tuesday are from 11 a.m. to 7 p.m., and on Wednesday and Thursday from 10 a.m. to 6 p.m. Blood donors will receive a free T-shirt. For more information, contact Georgia Sanders at 886-1557.

All five dairy breeds featured at Kentucky national show and sale

Five dairy breeds will be featured April 8-9 during the 32nd annual Kentucky National Dairy Show and Sale Program at the Kentucky Fair and Exposition Center in Louisville. Approximately 300 head of dairy cattle with Kentucky National status will be exhibited during the five shows and sales. The animals will compete for over \$40,000 in premiums.

The Kentucky National Dairy Show and Sale Program is co-sponsored by the Kentucky Department of Agriculture, the Kentucky Ayrshire Cattle Club, the Kentucky Brown Swiss Breeders' Association, the Kentucky Guernsey Breeders' Association, and the Kentucky Holstein Cattle Club, and the Kentucky Jersey Cattle Club.

"The events affords dairy producers an excellent opportunity to buy high quality animals for their herds," said Agriculture Commissioner Ed Logsdon. "It is a showcase for Kentucky purebred dairy cattle."

The schedules for the show and sale program are:

Friday, April 8:
Kentucky National Brown Swiss—Show at 8:30 a.m. and sale at 11:00 a.m.
Kentucky National Holstein—Show at 10:30 a.m. and sale at 1:30 p.m.

Saturday, April 9:
Kentucky National Ayrshire—Show at 8:30 a.m. and sale at 10:30 a.m.
Kentucky National Jersey—Show at 10:30 a.m. and sale at 1:00 p.m.
Kentucky National Guernsey—Show at 1:00 p.m. and sale at 4:30 p.m.

For more information about the event, contact Mike Wilkerson, Kentucky Department of Agriculture, Division of Shows and Fairs, 500 Mero Street, Floor 7, Frankfort, KY 40601. His phone number is (502) 564-4983.

Four Kentucky counties eligible for USDA emergency loans

Farmers Home Administration State Director Thomas G. Fern recently announced that 63 Virginia counties/cities have been designated to receive emergency loan assistance through FmHA due to damages and losses caused by a severe winter ice storm and flash flooding, which occurred on February 9, 1994, through February 12, 1994.

As a result of this designation in the State of Virginia, counties in adjacent states that are contiguous to one or more of the 63 Virginia counties are named as contiguous counties whereby eligible family farmers may qualify for FmHA EM loan assistance. For this designation, the affected counties in are Bell, Harlan, Letcher and Pike.

FmHA will make physical and production loss loans up to \$500,000 with a statutory 4.5 percent interest rate, subject to a test for credit. The actual loan amount will be limited to the amount necessary to restore the farm to its pre-disaster condition, in addition to covering crop, livestock and machinery losses. Applications will be received through November 10.

According to Fern, loan applications forms may be obtained at the Farmers Home Administration offices serving the counties designated.

GATEWAY LIVESTOCK MARKET

Saturday, March 26
Mt. Sterling, Kentucky

CATTLE AND CALF RECEIPTS: 860.
CATTLE WEIGHED AT TIME OF SALE. (COMPARED TO WEDNESDAY). Slaughter cows steady to \$1 higher; slaughter bulls, \$1-\$2 higher; feeder steers and heifers steady.
SLAUGHTER COWS: Breaking Utility and Commercial, 2-4, \$44-\$48; high Cutter and boning Utility, 1-3, \$47-\$52; Cutter 1-2, \$42-\$47; Canner and low Cutter, \$35-\$42.
SLAUGHTERBULLS: Yield grade 1, 1240-1600 lbs., indicating 80-82 carcass boning percent, \$60.50-\$64.50; yield grade 1-2, 1055-2095 lbs., indicating 77-79 percent, \$52.50-\$56.
FEEDER STEERS: Medium to Large Frame No. 1, 300-400 lbs., \$103-\$115; 400-500 lbs., \$92.50-\$110; 500-600 lbs., \$85-\$94.50; 600-665 lbs., \$79.50-\$85; few 715-760 lbs., \$75-\$78; Small Frame No. 1, 285-400 lbs., \$90-\$103; 400-500 lbs., \$87.50-\$95; 500-600 lbs., \$80-\$88; Medium Frame No. 2, 500-600 lbs., \$78-\$85; 600-735 lbs., \$73-\$79.
FEEDER HEIFERS: Medium to Large Frame No. 1, 200-300 lbs., \$94-\$104; 300-400 lbs., \$85.50-\$94; 400-500 lbs., \$80-\$86; 500-600 lbs., \$77-\$84.50; 600-725 lbs., \$72.50-\$77; Small Frame No. 1, 295-400 lbs., \$76-\$85; 400-500 lbs., \$75-\$82; 500-600 lbs., \$70-\$75; Medium Frame No. 2, 300-500 lbs., \$75-\$82.50; 500-650 lbs., \$68-\$75.
STOCK COWS AND CALVES: Medium and Small Frame No. 1-2, indicating 3-10 years of age with 125-325 lb. calves at side, \$510-\$870 per pair.
STOCK COWS: Medium and Small Frame No. 1-2, indicating 3-10 years of age and bred 2-8 months, \$370-\$630 per head.
BABY CALVES: \$75-\$230 per head.

HIGHLANDS REGIONAL
The Medical Center of Eastern Kentucky,
A Subsidiary of Consolidated Health Systems
Glaucoma Clinic
David T. Garrett, M.D., Ophthalmologist
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Glaucoma Consultation and Surgery
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County Kettle

CARROT PINEAPPLE CAKE

1 1/2 c. flour
1 c. sugar
1 tsp. baking powder
1 tsp. soda
1 tsp. cinnamon
1/2 tsp. salt
2/3 c. cooking oil
2 eggs
1 c. shredded raw carrots
1/2 c. crushed pineapple with syrup
1 tsp. vanilla

Sift together dry ingredients. Add oil, eggs, carrots, pineapple and vanilla. Mix until all ingredients are moistened. Beat 2 minutes with mixer on medium speed. Pour batter into greased and floured 9 x 9 x 2 inch baking pan. Bake in 350° degree oven for 25 minutes.

CREAM CHEESE FROSTING:

3 oz. pkg. cream cheese, softened
4 tsp. soft margarine

Mix cream cheese and margarine. Beat in 1 teaspoon vanilla and dash of salt. Gradually add 2 1/2 cups powdered sugar. Add 1/2 cup chopped pecans.

(Recipe courtesy of the Floyd County Extension Service)

GREEN BEAN - SOUR CREAM CASSEROLE

2 Tbsp. margarine
1/4 tsp. salt
1/8 tsp. pepper
2 Tbsp. flour
3/4 c. milk
1/2 c. sour cream
2 Tbsp. chopped onion
1 (17 oz.) can French-style green beans, drained
1/2 c. Swiss cheese, shredded
4-5 Tbsp. toasted bread crumbs

Melt butter in saucepan over low heat. Blend in flour, salt and pepper. Cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat and stir in milk. Return to heat and stir until thick and smooth. Remove from heat and stir in sour cream and onion. Place green beans in 1 1/2 quart casserole and pour sauce over them, stirring to mix well. Top with Swiss cheese, then bread crumbs. Bake 20-25 minutes at 325 degrees. (Recipe courtesy of Floyd County Extension Service)

SUNSHINE SALAD

1 large orange jello
2-3 small cans mandarin oranges
1 large frozen orange juice
2-3 bananas, sliced

Use orange juice in place of cold water to make jello. Drain oranges, add to jello. Add banana slices. Chill. Just before complete, stir few times and then let jell. Just serve on a leaf of lettuce or plain. Top with Dream Whip or whipped cream. Goes great with baked ham or turkey. (Recipe courtesy of Floyd County Extension Service)

HEAVENLY DELIGHT

1 small pkg. vanilla instant pudding mix
1 c. boiling water
1 small can crushed pineapple
1 c. milk
1 small pkg. orange-pineapple jello

angel food cake, 3 c. broken into about 1 inch squares

Mix pudding mix and milk in small bowl. Mix jello and water in separate bowl. In large mixing bowl, add these. Add pineapple. Place pieces of angel food cake into oiled casserole dish and spread over bottom. Pour mixture over cake. Refrigerate for about 4 hours. When ready to serve, spread with topping, such as Cool Whip or whipped cream. (Recipe courtesy of Floyd County Extension Service)

EASTER EGG CANDY

3 lb. confectioners sugar
3/4 c. white corn syrup
2 sticks margarine (solid, not whipped)

Mix together well and form into egg shapes. Makes about 17 eggs. Let eggs firm up in refrigerator for at least 3 hours before coating with chocolate.

COATING MIXTURE:

1 lb. milk chocolate chips
3/4 c. melted paraffin

Melt paraffin in top of double boiler over boiling water and add chips. Mix well. Use sterilized large hat pin or large decorator's nail to dip eggs into coating. After coating, lay carefully on wax paper to drain and harden. Allow to cool thoroughly before decorating. Use pastry tube or decorator tube to pipe fluting, flow-

ers and leaves onto the egg.

DECORATIVE ICING:

2 lb. confectioners sugar
1 stick margarine
2 Tbsp. water or milk, more if needed

Mix together to consistency to apply through pastry tube. Use food coloring to tint as desired.

You may also use these variations:

Coconut: To basic mixture add 1/2 cup coconut.

Peanut Butter: To basic mixture add 1/2 cup peanut butter and 1 teaspoon vanilla.

Cherry Nut: To basic mixture add 1/2 cup English walnut pieces and 1/4 cup crushed maraschino cherries.

Maple Nut: To basic mixture add 1/2 cup English walnut pieces and 1 teaspoon maple flavor. (Recipe courtesy of Floyd County Extension Service)

DILLED POTATO SALAD

2 1/2 pounds red-skinned potatoes, scrubbed and cut in 1-inch chunks (7 cups)

DRESSING

1/3 cup each reduced-fat mayonnaise and reduced-fat sour cream
2 tablespoons each cider vinegar and water
2 tablespoons each snipped fresh dill and finely chopped onion
2 teaspoons prepared white horseradish
1/2 teaspoon each salt and pepper

For garnish: snipped fresh dill, sliced radishes

Cover potatoes with cold water. Bring to a boil, reduce heat, partially cover and boil gently 15 to 20 minutes until tender.

While potatoes are cooking, whisk all dressing ingredients in a large bowl.

Drain potatoes. Add to bowl. Toss gently to mix and coat. Cover and chill at least 2 hours for flavor to develop. Toss before serving. Sprinkle with dill and radishes.

BABY CARROTS WITH MINT

2 pounds baby carrots, peeled or scrubbed and trimmed
2 tablespoons olive oil
1/2 teaspoon minced garlic
1/2 teaspoon salt
1/4 cup chopped fresh mint

Bring 1 quart water to a boil in a large deep skillet. Add carrots, cover and boil gently 10 to 15 minutes until tender. Drain in colander.

Heat oil in skillet. Add garlic and cook over low heat 2 to 4 minutes, stirring occasionally, until tender but not browned.

Add carrots and salt and stir over medium-high heat 1 to 2 minutes until carrots are hot and coated with garlic oil. Remove from heat and stir in mint.

well blended. Add a few drops of green food color. Stir to blend. Add additional drops of food color if darker shade desired.

To decorate, combine 3 drops of green food color with 1/2 teaspoon water. Sprinkle over coconut and toss to evenly tint coconut.

Frost each cookie with green icing, leaving outer rim unfrosted. Dip tops into tinted coconut. Gently press coconut into icing. Place 3 or 4 jelly beans in the center of each "nest." Press into icing.

FROM THE CRISCO KITCHENS

COCONUT NEST COOKIES

Cookies
1 3/4 cups all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1/4 teaspoon salt
2/3 cup firmly packed light brown sugar
1/2 plus 2 table spoons Butter Flavor Crisco Stick (or 1/2 cup plus 2 table spoons)

Icing
2 cups confectioners sugar
3 to 4 table spoons milk
1 teaspoon vanilla
Green food color

Decoration
1 cup shredded or flaked coconut
Green food color
1/2 teaspoon water
Mini jelly beans

Heat oven to 400 degrees F. Grease baking sheet with Butter Flavor Crisco.

Combine flour, baking soda, baking powder, and salt.

Combine brown sugar, Butter Flavor Crisco, and granulated sugar in large mixing bowl. Beat at medium speed of electric mixer until well blended. Beat in egg, milk, and vanilla.

Place oats and coconut in blender or food process container. Process until ground. Add to creamed mixture at low speed until blended. Add flour mixture. Mix on low speed just until blended.

Shape dough into one-inch balls. Place 2 inches apart on greased baking sheet. Flatten very slightly with palm of hand.

Bake 7 to 9 minutes, or until lightly browned. Cool 2 minutes. Remove to cooling racks.

For icing, combine confectioners sugar, milk, and vanilla. Stir until

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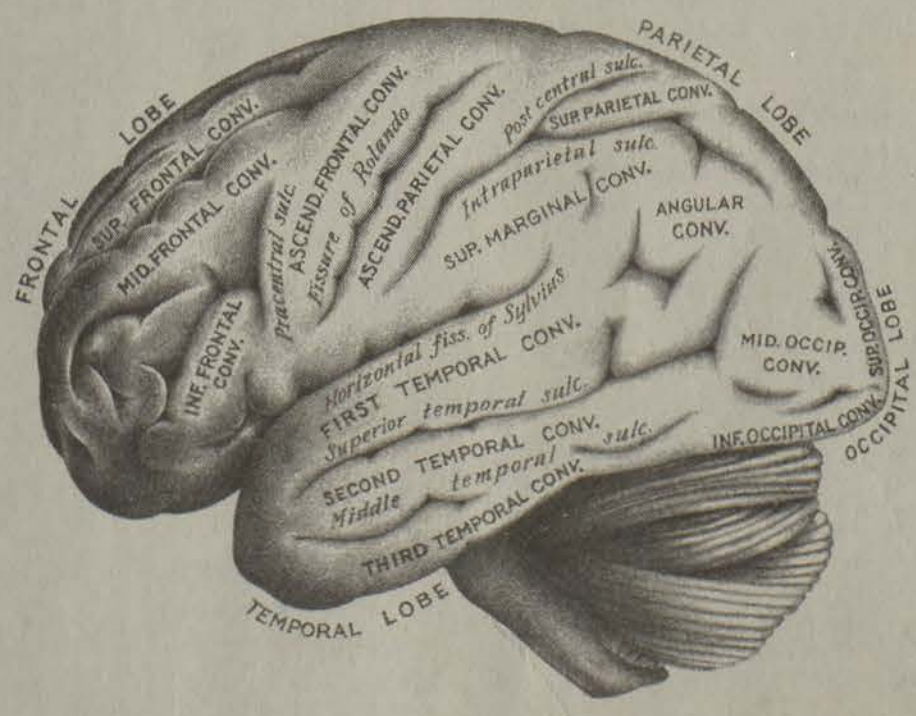
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Business/Real Estate



Floyd Tech places first

Shelia Jenkins, Office Technology student, at Floyd County Technical High School won first place in Business Procedures at the FBLA Regional Conference at Morehead State University. She will be representing her chapter at the state conference in April at Louisville. Her advisor and instructor is Doris Lawson.

Local doctor retains membership in AAFP

Dr. Nicholas R. Jurich of Prestonsburg has completed continuing medical education requirements to retain active membership in the American Academy of Family Physicians (AAFP), the national association of family doctors.

AAFP members are required to complete a minimum of 150 hours of accredited continuing medical study every three years. The AAFP, which has more than 750,000 members, is one of the largest medical specialty organizations in the country. It was the first national medical group to require members to keep up with medical advancements through regular continuing medical education.

Dr. Nicholas R. Jurich has been an active AAFP member since 1975.



Jonni Ousley

Critical Care awards banquet

The "In Search of Excellence" Banquet was held March 22. The annual banquet honors the critical care nurses at Highlands Regional Medical Center. Each critical care nurse is evaluated by her colleagues on skills, critical thinking, knowledge, and interpersonal relationships.

An award, consisting of plaque, pin, and trip to the National Teaching Institute for Critical Care, is presented to the nurse considered most worthy by her peers.

The 1994 In Search of Excellence award was presented to Jonni Ousley, RN, CCRN, by Dr. Rodney Handshoe. This is the second time Jonni has earned the award.

She has worked in HRMC's ICU since 1987, during which time she has obtained certification in critical care (CCRN) from the National Association of Critical Care and is currently completing her BSN degree.

A Floyd County native, she is the daughter of Karen and John Harris. She and her husband, Jack Ousley and their daughter, Kathryn reside in Prestonsburg.

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BETSY LAYNE
A well-constructed home with 3 bedrooms, hardwood floors, fireplace and eat-in kitchen. Basement with built-in garage and workshop/office. Could be used as commercial or residential. **\$85,000** (2-821) Ruth Cox, 478-9216.



BETSY LAYNE
The large living room with brick fireplace in this ranch home makes a cozy setting for any gathering! Eat-in kitchen with lots of cabinet space, 2 or 3 bedrooms. Close to shopping, church, and school. **46,995** (2-796) Ruth Cox, 478-9216



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PRESTONSBURG
New carpet, new roof and nice in-town location. Call today for your appointment to see this affordable home. 3 bedrooms, 1 1/2 baths, large back yard and nice front porch. Only **\$39,900**. (2-813) Marcie Estep, 789-1943.



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Thursday, March 31, 1994 at 6:00 p.m.

Wheelwright, KY



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PERSONAL PROPERTY: Two living room suites, console stereo, dishwasher, end tables, coffee tables.

DIRECTIONS: Lot #161 on Maple Street in downtown Wheelwright.

REAL ESTATE TERMS: 20% down on day of auction, balance due within 30 days. Announcements made day of sale take precedence over previous written material or statements made. **PERSONAL PROPERTY TERMS:** Cash in full and removal on day of auction.



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Ellen Holbrook ... 874-9558 Joyce Allen ... 886-2523
Glen Holbrook ... 349-2866 Brenda Sturgill ... 285-9803
Linda Starett ... 874-0044



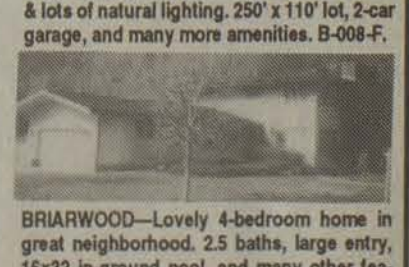
SPURLOCK—3-bedroom, 1.5-bath house. Newly decorated with new carpet. Most of the furnishings included. Convenient location. Great for the first-time home buyer. H-003-F.



COPPERS LICK—ABBOTT CK.—Beautiful 2-story contemporary, offering hardwood floors & lots of natural lighting. 250' x 110' lot, 2-car garage, and many more amenities. B-008-F.



RT. 1428—Conveniently located between Allen and Martin. 3 bedrooms, fireplace and 2 out-buildings. This one won't last long at this great price! \$46,900.00. A-002-F.



BRIARWOOD—Lovely 4-bedroom home in great neighborhood. 2.5 baths, large entry, 16x32 in-ground pool, and many other features you need to see. H-019-F.



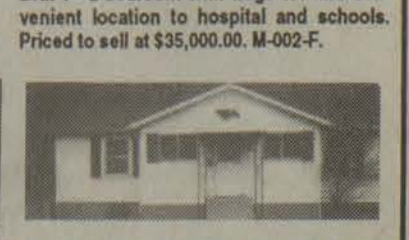
MIDDLE CREEK—Newly remodeled home with 4 bedrooms on 2.5-acre lot. Vinyl siding, convenient to town, shopping, and Clark School District. B-002-F.



DRIFT—2-bedroom with large lot and convenient location to hospital and schools. Priced to sell at \$35,000.00. M-002-F.



ABBOTT CREEK—Country home with city convenience, 3 or 4 bedrooms with 2.5 baths, large family room, sunporch, plus 4-car detached garage, on 3/4-acre lot. S-024-F.



WHEELWRIGHT—New decor is offered in this budget-priced home. Convenient, in-town location, on large fenced lot. \$35,500. B-003-F.



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FOR SALE: Three bedroom, two bath ranch style house. Spacious living room. Large lot, beautiful location. Mountain Parkway, five minutes from Prestonsburg. Call 886-8167 for appointment.

FOR SALE: 6+ acres at Cave Run Lake near Longbow Boat Dock. City water. Will finance. Call 606-768-3204.

FOR SALE: Sixty-two acre farm, timber and house (new roof). Six miles south of Wayland in Knott County on Rt. 7. Call 606-358-9318.

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FOR SALE: Lots and acreage. Ready for building. Utilities available. Near Prestonsburg. Call 886-2818.

HOUSE FOR SALE: Three bedroom, two bath brick. Half mile up Right Fork of

Rice Branch, Banner. Call 874-9456.

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FOR SALE: 1989 GMC 3/4 ton truck. Five speed manual, 4WD, air, AM/FM cassette, bed liner, 58,000 miles. 1991 Plymouth Voyager SE Minivan. Loaded with everything. 25,000 miles. 1991 Chevy Conversion Van. TV, VCR and Nintendo hookups, front and rear air, front and rear stereo. \$17,000. Call 297-6368.

NOTICE OF SALE: A 1984 Pontiac (VIN #1G2AK37A1EB228426) will be sold to satisfy labor and storage bill at Shep's Auto Clinic, 283 Jockey Hollow, Auxier, KY 41602. Phone 886-1849. Auto formerly belonged to Betsy Blackburn.

LOCAL AUTO DEALER GUARANTEES AUTO FINANCING. If you work—you drive!! No co-signers necessary. Low down payment required. Call Mr. Green at 606-437-6282 for more information.

FOR SALE: 1990 Olds Cutlass Calais S. P.S., air, tilt, cruise, two door, Quad 4 engine. 36,000 miles. \$6,500. Will take good, dependable work truck as partial trade. Call 606-874-0098 after 6.

FOR SALE: 1990 Pontiac Grand Am. Four door, gray, tilt steering, AM/FM cassette, new tires. 68,000 miles. \$5,600. Call 874-2972 after 6 p.m.

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1980 TOYOTA CELICA GT. Four cylinder, five speed, air, stereo, sunroof, new paint. \$900.
1978 GMC PICKUP. Six cylinder, three speed, stereo, new fenders, doors, rocker panels, paint, clutch and brakes. \$1,200.

FOR RENT: Two bedroom house on Riverside Drive, Prestonsburg. \$400/month, \$150 deposit plus utilities. References required. Call 886-3404.

FOR RENT: One bedroom apartment. Four miles west on Mountain Parkway. All utilities paid. Call 886-6061 or 886-1368 after 5 p.m.

FOR RENT: One bedroom furnished apartment. \$200/month plus utilities and security deposit. No pets. Call 377-6881.

FOR RENT: 60x40 ft. building. Can be used for business or office space. Call 886-6753.

FOR RENT: Small furnished trailer. Suitable for couple or one person. Call 886-8724.

For Rent

TOWNHOUSE APARTMENT FOR RENT: Two bedroom. Stove, refrigerator, central air/heat. Five minutes from Prestonsburg at U.S. 23 and Rt. 80. \$390 month plus utilities, \$350 deposit. One year lease. No pets. Call 886-6551 or 353-8077.

1,000 SQ. FT. RETAIL OR OFFICE SPACE for rent. Call Jim at 886-4001 for more information.

COMMERCIAL LOT FOR RENT OR LEASE: Between Allen and Prestonsburg. Road frontage. Call 874-9878.

FOR RENT: Two bedroom apartment. Junction of Rt. 3 and U.S. 23 at Auxier Heights. Call 886-3552 after 5 p.m.

FOR RENT: Two bedroom apartment. No pets. References and deposit required. Abbott Road. Call 886-3453.

FOR RENT: Furnished one bedroom efficiency apartment. \$350 per month, utilities paid. References and security deposit required. Call 886-0010.

FOR RENT: Very nice, clean two bedroom trailer. Partially furnished and partial utilities paid. No pets. Deposit required. For more information call 886-3628.

FOR RENT: Three room furnished apartment. Suitable for one or two people. Call 874-9817.

FOR RENT: 2 one bedroom furnished apartments. One on Central Avenue and one at Briarwood. Call B&O Rental Properties, 886-8991.

FOR RENT: Two bedroom house on Riverside Drive, Prestonsburg. \$400/month, \$150 deposit plus utilities. References required. Call 886-3404.

FOR RENT: One bedroom apartment. Four miles west on Mountain Parkway. All utilities paid. Call 886-6061 or 886-1368 after 5 p.m.

FOR RENT: One bedroom furnished apartment. \$200/month plus utilities and security deposit. No pets. Call 377-6881.

FOR RENT: 60x40 ft. building. Can be used for business or office space. Call 886-6753.

FOR RENT: Small furnished trailer. Suitable for couple or one person. Call 886-8724.

FOR RENT: Furnished one bedroom chalet or unfurnished house. Located near college. No pets please. Lease/security deposit required. 886-3565.

FOR RENT: One bedroom apartment. Partially furnished. \$300/month. Deposit required. Call 886-2880.

FOR RENT: Furnished efficiency apartment. All utilities including cable and phone. \$325/month. Also, sleeping rooms for \$275/month. Blue Sky Motel, 886-2797.

HOUSE FOR RENT: Carter Avenue. Two bedroom, living room, dining room, kitchen, bath, utility room. Nice location. No pets. Deposit required. Year lease. Rent: \$275/month. Available April 5. Call 789-3206 days; 789-1688 nights; or 886-8822.

HOUSE FOR RENT: Two bedroom house with new carpet, 1 1/2 bath, utility room, central heat/air. Located on new U.S. 23, one mile from Prestonsburg. Suitable for couple or single. References and deposit required. No pets. Phone: 886-9007.

NOW TAKING APPLICATIONS for large two bedroom apartments in Eastern area. Call 358-9142.

SPACIOUS THREE BEDROOM HOME in Downtown Prestonsburg. Two baths, carpet, small fenced back yard. One story. \$400/month plus deposit and utilities. Phone: 886-2922 or 886-2524.

Petry's
Of Martin Recliners starting at \$149
La-Z-Boy Recliners \$299
Part's & Service for most major brand appliances
Open Mon.-Sat.
285-9620

RESPIRATORY REHABILITATION
A comprehensive program to improve the quality of life for people with chronic lung disease
Commonwealth Respiratory Consultants
3151 Custer Drive Lexington, KY 40517
Call 1-800-833-0290

Available Soon!
We are presently taking applications for 1-bedroom apartments at Highland Terrace. These apartments are for people who are age 62 or older, or are mobility impaired.
If you are interested, you may apply at Highland Terrace office between 8:30 a.m. and 12 Noon, Monday thru Friday, or call 886-1925 or 886-1819
E.O.H.

Bolen Appliance Service
Repairing, Buying, Selling Washers, Dryers, Stoves and Refrigerators.
New and Used Parts.
Special Orders.
When you want the Best, Call:
358-9617 or 946-2529

MARTIN COUNTY COAL CORPORATION
P.O. Box 5002
Inez, Ky. 41224
has a position available for a
ROD PERSON
(Survey Crew)

Applicants must have a valid Kentucky Miner Certificate for Underground and Surface Mines with all training up to date. Applicant must possess a valid drivers license, high school graduate minimum.

Three years experience required. Their responsibilities will include assisting in all surveying operations for underground and surface mines including spads, property line establishment, pit surveys, check surveys, control levels and construction surveys.

This is an opportunity to work for a progressive company with an excellent wage and benefit package.

Interested, qualified candidates should contact any of the Department of Employment Services Offices in Prestonsburg, Paintsville or Salyersville, Kentucky.

Monday thru Friday 8:00 a.m. to 4:30 p.m. or in Inez, KY
Thursdays (only) Old Martin County Courthouse Room 100
9:00 a.m. to 2:00 p.m.
Martin County Coal Corporation
WE'RE WORKING TO CREATE MORE GOOD JOBS
AN EQUAL OPPORTUNITY EMPLOYER

IVEL, KY. ONLY
New
14-wide 3 BR.
Central air, skirting, W/D., Ref. and stove
Now only
\$16,995.00
Plus Tax & Title
You Can't Touch This!
IVEL, KY.
Rainbow Homes
on the 4-lane, on the hill
Ph: 606-478-4530
We won't be undersold Bottom Line!!!

CME INC.
MEDICAL BILLING SPECIALIST
COOLEY MEDICAL EQUIPMENT, INC. has positions available in the BILLING DEPARTMENT at both the Pikeville and Prestonsburg locations. Applicant must have comprehensive computer skills, two years medical billing experience or equivalent. Position offers excellent pay and benefit package. Apply in person ONLY at CME in Pikeville or Prestonsburg. NO PHONE CALLS AND ONLY APPLICANTS MEETING REQUIREMENTS SHOULD APPLY.

The Floyd County Times
is Now Taking Applications for Part-time Work in the Circulation Department
Requires daytime hours and also some nighttime hours—2 nights per week.
Must have valid Drivers License
Come by the Floyd County Times office, 112 S. Central Avenue.
• No Phone Calls Please •

FREE MERCHANDISE with any pool purchase
SWIMMING POOLS
6" top rail, 20 mil vinyl liner, sand filter, 1 h.p. motor filter kit, non corrosive safety ladder, thru wall skimmer, thru wall inlet and directional air flow. Plus 50 year warranty
HOLIDAY POOLS, INC. Mon.-Fri. 9:30-5 Sat. 9:30-2
2973 Piedmont Rd., Huntington (304)429-4788

LEARN TO DRIVE TRACTOR - TRAILERS
NO EXPERIENCE NEEDED
No Need To Quit Your Present Job!
VETERAN INQUIRIES WELCOME!
ALLIANCE
TRACTOR - TRAILER TRAINING CENTERS
WYTHEVILLE, VA
AS SEEN ON TV
Financial Aid Available For Those Who Qualify
1-800-334-1203

NOW ACCEPTING APPLICATIONS
For 1-and 2-bedroom apartments.
Regency Park Apartments
U.S. 23 (Below Hospital)
886-8318
from 9 a.m.-3 p.m.
E.O. HOUSING OPPORTUNITY
7-20-94

CONNELLY PAY LAKE is now under new management. Located Rt. 30, Salyersville. Stocking Thursday, March 31. For more information call 349-6474.

PAGEANT. Wanted: Girls age 4-19 for the 1994 Miss KY Coed/Teen/Pre-teen/Princess Scholarship Pageant. For application and information call 1-800-818-2225.

VISIT THE LARGEST PANELING CENTER in Eastern Kentucky at Goble Lumber. Over 80 different prefinished panels in stock and as low as \$3.99 per panel. Call Goble Lumber, 874-9281.

WANTED: Violin teacher to teach my eight year old son. Call 874-0335.

Want To Buy

WANT TO BUY: Standing timber. By percentage, by the thousand, or by boundary. Have references. Phone 606-349-4028.

WANT TO BUY TIMBER. By boundary or by the thousand. Will reclaim property to owner's specifications. Call 606-886-3313.

WANT TO BUY: Disk and tiller that fit a Mitsubishi Buck tractor. Call 886-9957.

Mobile Home Sales

DELUXE 16x80 THREE BEDROOM, TWO BATH with durable vinyl siding and shingled roof. Less than \$250/month. The Affordable Housing Mart, 537 New Circle Road, Lexington; 293-1609 or 800-755-5359.

FOR SALE: 14x70 mobile office. Three patio doors, 65 ft. deck. \$9,500 firm. Call 606-478-4530.

Pointers For Parents

Helping Kids Make Responsible Decisions

(NAPS)—Peer pressure can affect anyone, at any age. But it is an especially powerful influence on young people, particularly if they are unsure of themselves. Peer pressure can be positive, such as the competition to get good grades. But when peer pressure encourages inappropriate behavior, such as smoking, drinking or skipping school, parents need to be concerned.

Parents can combat negative peer pressure by working with their children to help them make responsible decisions. Establishing open lines of communication with children early on is critical to helping them mature into self-assured, responsible adults.

How can we help children make responsible decisions?

If your child can talk with you, no matter how personal the subject, then you can help guide him or her in making good decisions. Building strong family relationships and open lines of communication will help your child handle peer pressure and make responsible decisions.

Showing an interest in your children's activities and helping them set realistic goals are an important part of preparing them for adulthood. If your child announces a desire to try out for the track team, you can help by discussing the time and dedication needed for training and competition.

Another way to raise strong and independent children is to encourage problem solving at an early age. The more practice children have making decisions during the early years, the greater their decision-making skills will be later in life.

The Family Course Consortium is a group of

GREAT SELECTION OF GOOD USED MOBILE HOMES. Call 606-478-4530 for details. We will deliver.

IF YOU OWN YOUR LAND, it won't cost you a penny out of your pocket for the home of your choice. Financing up to 25 years. The Affordable Housing Mart, 537 New Circle Road, Lexington; 293-1609 or 800-755-5359.

LARGE SELECTION OF SINGLEWIDE HOMES starting at only \$850 down plus easy financing. The Affordable Housing Mart, 537 New Circle Road, Lexington; 293-1069 or 800-755-5359.

PRIVATE SALE: Sealed bids are now being accepted on a 1991 Southern E mobile home, 14x70, serial #SL1301. Date and time of sale: 4/13/94 at 12 noon. Bids must be submitted before date of sale. Any and all bids can be rejected. The home can be seen by appointment only at: Clayton Mobile Homes, Hwy 10, Harold, KY 41635. Phone 1-800-533-9052.

SPACIOUS 28X60 THREE BEDROOM, TWO BATH. Spring Special: Delivery and set up for less than \$275/month. The Affordable Housing Mart, 537 New Circle Road, Lexington; 293-1609 or 800-755-5359.

TRAILERS FOR SALE: 12x60 three bedroom; 12x55 two bedroom; 12x50 two bedroom. Not over \$2,500 each. Call 946-2833 after 5 p.m.

WE WILL CUSTOM BUILD ANY MOBILE HOME FLOOR PLAN FOR YOU. Offices, salons, etc. Bring us your plans! Call 606-478-4530.

New & Used Furniture

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

ROSE'S USED FURNITURE: Gold and diamond watch; old costume jewelry; organ; trombone; old clarinet; two sectionals; bedroom and living room sets; dinettes; washers, dryers, stoves, refrigerators (30 day warranty); bookshelves; baby cradle and changer; cribs; recliner; beds; dressers; chest. Come on by and check us out. Located between Allen and Lancer red lights on Rt. 1428 (across bridge to Goble Roberts). Call 886-8085; or 886-3463 after 5 and Sundays.

Carpentry Work

EAST KY GUTTER, SIDING AND ROOFING 5" and 6" seamless gutters; siding; shingle roofs; replacement windows; decks. Free Estimates. Call James Hall at 285-9512 or 1-800-277-7351.

ROOFING, CARPENTRY, SIDING, windows, concrete, room additions, garages. Call Johnnie Ray Boyd at 606-886-8293. Twenty years experience. References furnished.

Heating/Air Conditioning

BLANTON HEATING AND AIR CONDITIONING Sales, Service Installation. High efficiency electric and gas units. Electrical services available. Free estimates. Call 874-2308.

Plumbing

PORTER PLUMBING COMPANY ALLEN, KY Commercial, residential and service work. Licensed and insured. Rotor roter service, drain cleaning, etc. CALL US FIRST! 874-2794.

The Light Stuff

(NAPS)—Stuffing meats, poultry—even fish—makes any meal more festive and helps turn an ordinary dinner into a party. It's no longer limited to a specific season though, for most of us, cooler temperatures combined with the approach of holiday/winter entertaining gives the idea special appeal.



But, you say, aren't stuffed foods heavier and more fattening...won't they wreak havoc with a weight control program?

Not if you steer clear of traditional recipes loaded with sausage, butter and the like. Try a tasty, high fiber base of multigrain crumbs or, for a real change, lightly cooked root vegetables, spinach, celery and green onions. Flavor with an herbal blend—tarragon and chive, rosemary and thyme. As a binder, add a few drops of olive or canola oil plus shreds or tiny cubes of a unique reduced fat cheese that melts smoothly in baking/grilling.

Called Jarlsberg Lite, it's already a favorite with many people for munching, easy snacks and sandwiches, salads and pasta dishes. Lower in calories and sodium as well as fat, it provides mellow, nutty richness and a deceptively "creamy" texture that turns diet-conscious stuffings into luscious treats.

Take a fresh look at that celebration roast or bird. This simplified, streamlined kind of stuffing also gives new flair to the family chicken, chops, rolled fish fillets.

Did You Know?

(NAPS)—If you suspect you're a victim of credit fraud, notify your credit grantors immediately, advise the experts at Equifax, one of the world's largest consumer information companies.

At some point, one in five Americans will experience depression, a condition that tends to recur, thus requiring long-term treatment. A new antidepressant drug, Paxil (paroxetine hydrochloride), has been shown to be effective in preventing relapse of depression in patients who were treated for up to one year.

UPFRONT & PERSONAL

Miss the deadline? Want to get your ad closer to the front?

Then place your ad in our new **Upfront Classifieds!**

These ads will be featured in the front section of the Wednesday newspaper. The deadline for placing the ad will be Tuesdays at 3 p.m. The cost is **\$5.00** for 20 words (15¢ for each word over 20).

This is a deal that's hard to beat! Call today and use your MC/VISA or stop by our office at 112 South Central Ave., Prestonsburg.

Don't Wait! Call Today!

886-8506, ask for Kari

Subscribe to the Floyd County Times • 886-8506

"I Found It At A Yard Sale!"

Clear Out! Cash In!



Let an ad in our classified display clear out unused things in your home, and bring in the cash.

To place an ad that gets results, **Call 886-8506 and ask for Rebecca.**

HINTS FOR HOMEOWNERS

Carpet With Lifetime Stain Resistance

(NAPS)—What's underfoot needn't add greatly to your overhead if it's a quality carpet that has these three unique features:

- Lifetime, built-in stain protection against most common household stains.
- Lifetime fade resistance to sunlight.
- Lifetime wear resistance.

Many homeowners find they can save a good deal of money on carpet replacement and cleaning by making an investment in a lasting, quality carpet such as Lees for Life Carpets from Lees. These carpets are different from others in three important ways:

- Stain resistance in conventional nylon carpet is achieved by applying a coating to the top of the carpet. It's engineered to last for only five years. Because Lees for Life Carpets' stain-resistance is built-in, it is permanent and warranted for the life of the carpets. It will not wash off or wear off. This includes installations in high-traffic areas such as stairs.
- Most conventional nylon carpets will fade and lose color over time when exposed to sunlight. Lees for Life Carpets have lasting color permanent resistance to fading warranted for the life of the carpets.

Lees for Life Carpets are Lees' most fashionable, durable carpets. Lees assures purchasers of the carpets' timeless beauty by warranting their wear resistance for the carpets' lifetime.

No need to worry when spills occur if your carpeting has lifetime stain protection built-in.

The carpets are available in several styles and textures, including Winning Ways, a dense texture; On the Town, a fashionably-tight texture; Grand Voyage, a beautifully-tailored, formal texture that makes a bold fashion statement with its breathtaking array of 72 shades; and a good-better-best textured trio called Enduring Tradition, Enduring Legend and Enduring Splendor. There are

three saxonies, classic Dream Maker, sumptuous Star Treatment, and opulent Palesse; and three "High Style" carpets—Designer's Touch, an elegantly decorated, textured saxony styled in subtle tone-on-tone colorways; Bel Rivage, an exquisite, top-of-the-line velvet look with the rich, warm appearance and matte luster of the finest wool carpets; and Syncopation, a delicately-defined pindot pattern on a solid color cut pile.

Call 1-800-533-7496 for your nearest Lees for Life dealer.

PUBLIC NOTICE

Notice is hereby given that Danny Tackett, HC 72, Box 314, Price, Ky. 41636, has filed an application with the Natural Resources and Environmental Protection Cabinet to build a garage and storage building measuring 30 ft. x 60 ft. The property is located 4.2 miles south of McDowell on Route 122 by Left Beaver Creek. Any comments or objections concerning this application shall be directed to: Kentucky Division of Water, Water Resources Branch, 18 Reilly Road, Frankfort, Kentucky 40601. Phone: (502) 564-3410. 3/30, 4/5

Legals

ADVERTISEMENT FOR BIDS

1. Sealed bids will be received for Modernization Program 36P027904-z which includes the following work for the Paintsville Housing Authority: Bid A: Modernization of two Paintsville Housing Authority Projects (KY 027-001 and KY 027-003); Bid B: Handicap Accessibility and Miscellaneous Repairs for Project Areas KY027-002 and KY027-004; Base Bid C: Emergency Gas Line and Meter Replacement for Project Area KY027-002. The project also includes the following work for the Martin Housing Authority: Base Bid D: Modernization of Project Area KY38-002; and Base Bid E, work on the Community Room. Bids will be received in triplicate in the office of the Housing Authority of Paintsville, 700 Sixth Street, Paintsville, Kentucky, until 2:00 p.m., EDT, on April 7, 1994, at which time and place all bids will be public opened and read aloud.

2. Lump Sum Bids are desired for interior and exterior modernization of apartments in Paintsville Project Areas KY 027-001, KY 027-002, KY 027-003 and KY 027-004. The project also includes modernization work for projects at the Martin Housing Authority, Area KY 038-002. Work includes, but is not limited to, demolition, general construction, mechanical and electrical work.

3. Owner reserves the right to reject any or all bids and to waive any informality.

4. Bids may not be withdrawn for 60 days after bid date.

5. Bids shall be accompanied by a Certified Check or Bid Bond, payable to the Owner, in amount not less than 5% of bid.

6. Successful Bidder shall provide an acceptable Performance and Payment Bond within ten days of

receipt of a Notice of Intent to Award the Contract.

7. Contract Documents may be examined at the following places:

- A. CMW, Inc., 326 South Broadway, Lexington, Kentucky 40508
- B. Brandstetter/Carroll, Inc., Lexington, Kentucky 40517
- C. Housing Authority of Paintsville
- D. Housing Authority of Martin
- E. F. W. Dodge Corporation Plan Room in Lexington
- F. AGC Plan Room, Lexington, Kentucky
- G. ABC Plan Room, Lexington, Kentucky

8. Prospective bidders, subcontractors, and material suppliers may obtain contract documents from Lynn Blue Print and Supply Co., 328 East Vine Street, Lexington, Kentucky 40507. Phone: 606/255-1021. Deposit and charge schedule is as follows:

GENERAL CONTRACTORS

There will be a required deposit of \$75.00 per set. Each General Contractor is allowed up to two sets. This deposit will be refundable to Contractors making legitimate bids and returning plans and specifications in good condition to Lynn Blue Print and Supply within 14 days of bid date. Deposit check should be made payable to CMW, Inc. if a General Contractor requests more than two sets of plans and specifications, in addition to the \$75.00 per set refundable deposit, there will be a separate, nonrefundable \$15.00 per set service charge required, made payable to CMW, Inc.

MODERNIZATION PROGRAM HOUSING AUTHORITY OF PAINTSVILLE, KENTUCKY PRIME MECHANICAL AND ELECTRICAL CONTRACTORS

There will be a required deposit of \$75.00 for one set. Each prime mechanical and electrical subcontractor is allowed one set of plans. This deposit is refundable to subcontractors returning plans and specifications in good condition to Lynn Blue Print and Supply within 14 days of bid date. Deposit check should be made payable to CMW, Inc. If a prime mechanical or electrical subcontractor requests more than one set of plans and specifications, in addition to the \$75.00 per set refundable deposit, there will be a separate, nonrefundable service charge of \$15.00 per additional set. This service charge should be made payable to CMW, Inc.

MISCELLANEOUS SUBCONTRACTORS AND SUPPLIERS

There will be a required deposit of \$75.00 for one set. This deposit is refundable to subcontractors and suppliers returning plans and specifications in good condition to Lynn Blue Print and Supply within 14 days of bid date. Deposit check should be made payable to CMW, Inc. There will also be a \$15.00 per set nonrefundable service charge required. This service charge should be on a separate check made payable to CMW, Inc.

MAILING CHARGES

If bidding documents are requested to be sent by mail, include a check for \$10.00 per set, made payable to Lynn Blue Print and Supply, to cover cost of handling and postage.

HOUSING AUTHORITY OF PAINTSVILLE

By: Susie Williams, Executive Director
Housing Authority of Martin

By: Helen P. Ison, Executive Director
F-3/25, W-3/30

NOTICE OF INTENTION TO MINE

Pursuant to Application Number 436-5121, Renewal No. 2

In accordance with the provisions of KRS 350.055, notice is hereby given that Buck Coal, Inc., 300 South Lake Drive, Prestonsburg, KY 41653 has filed an application for renewal to an existing underground coal mining operation. The proposed renewal will have a disturbed area of 21.44 acres of surface disturbance and underlie an additional 1734.11 acres of underground area making a total area of 1755.55 acres within the Amended Permit boundary, located 1.0 miles northwest of Beaver in Floyd County.

The proposed renewal area is approximately 0.75 mile west from KY-979's junction with Mitchell Branch Road and is located 0.75 miles west of Mud Creek. The latitude is 37° 24' 37" N. The longitude is 82° 39' 55" W.

The proposed renewal area is located on the McDowell USGS 7 1/2 minute quadrangle map. The proposed renewal area will disturb land owned by Willie Mitchell and Crit Mitchell Heirs. The proposed renewal area will underlie land owned by Walker & Carmel Tackett; Carmel Lee Tackett; Emmitt & Nannie Paige; Blaine & Zella Slone; Polly Johnson; Bob Mitchell; Lilly Hamilton; Coal Mac, Inc.; Kay Preston; Phil Hall; Lina Howell Estate; Sie Jr. & Betty Hall; Carl E. & Anna Rose Bentley; Ernestine McKinney; Mitch Blankenship; Charles & Lena Page; Ire Lee & Frannie Jones; James Jones Estate; Richard & Betty Moore; Wade Frasure; Thomas & Kim Gayheart; Boone Frasure; Della Vance; Green & Helen Gayheart; Nick Cooley; John & Ida Mae Keathley; Donna Terry; Noel Blankenship; Premium Elkhorn Coal; Waris Alley; Bobby Page; Elkhorn Coal Corporation; Opal & Willie Moore; Drexal Dean Hall; Michael Collins; Mary Hamilton; Dorothy Moore; Charles Baxter; Edd Jr. & Shirley Mosley; Mike Kinney; Raymond Hall; Delores Stumbo; Moses & Roberta Frasure; John Henson; Willie Mitchell; Doffie & Burlene Henderson; Edward & Bernice Mitchell;

Bank of Josephine; Willard & Peggy Osborne; Maudie Flack; Sarah Hamilton; Crit Mitchell, Jr.; Crit Mitchell Heirs; Paul R. Mitchell; Leroy & Vivian Keathley; Samuel Hamilton; Margeret & Ricky Robinson; Timothy Paul Reynolds; Levi Mitchell; Levi & Mary Ann Mitchell; Walker R. & Ella Ruth Hall; Joe Reynolds Heirs; Kennis Hamilton; Roger Lee & Loretta Tackett; Willie G. Tackett; Sterling Hamilton; Noah Vance; Ed & Susie Gayheart; and two unknown surface owners.

The renewal application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 1346 South Lake Drive, Prestonsburg, KY 41653-1397. Written comments, objections, or requests for a permit conference must be filed with the Director of the Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, KY 40601. W-3/23, 3/30, 4/6, 4/13

NOTICE OF INTENTION TO MINE

Pursuant to Application No. 860-5184

In accordance with KRS 350.055, notice is hereby given that Kentucky May Coal Company, 572 Village Layne, Hazard, Kentucky 41701, has applied for a permit for an underground coal mining operation located 1.80 miles east of Hall in Knott and Floyd counties. The proposed operation will disturb 6.75 surface acres and will underlie 700.00 acres, and the total area within the boundary will be 706.75 acres.

The proposed operation is approximately 1 mile east from Kentucky Route 1498's junction with Arnold Fork Road and is located on Mudlick Branch. The latitude is 37 degrees, 17 minutes, 50 seconds. The longitude is 82 degrees, 44 minutes, 28 seconds.

The proposed operation is located on the Wheelwright U.S.G.S. 7 1/2 minute quadrangle map. The surface area to be disturbed is owned by Anna Mullins. The operation will underlie land owned by Robert Thacker, Green Hall, Gilbert Little, Anna Mullins, Grady Stumbo and Benny Bailey, Dove Issacs, Larry Honeycutt, Primble Hall, Barris Hall, John Bentley, Isom Bentley, Ozark Slone, Maple Burke, Claude Anderson, Martin Johnson, Layne Johnson, James Lackey, Mario Slone, Noah Johnson, Rhoda and Flotilla Burke, Lester Gibson, Dave Burke and Ned Johnson. The operation will use the room and pillar method of underground mining. The operation will affect an area within 100 feet of Mudlick Branch public road and will involve permanent relocation of the public road. The operation will affect an area within 100 feet of Mudlick Branch public road and will involve permanent relocation of the public road. The operation will affect an area within 100 feet of Mudlick Branch stream and will involve temporary relocation of the stream. The operation will change the premining land use of forestland to a postmining land use of fish and wildlife habitat.

The application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Jackson Regional Office, Howell Heights, Jackson, Kentucky 41339-9689. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Permits, #2 Hudson Hollow, Frankfort, Kentucky 40601.

This is the final advertisement of this application; all comments, objections, or requests for a permit conference must be received within thirty (30) days of today's date. 1t.

PUBLIC NOTICE

Sandy Valley Transportation Services, Inc., will conduct a public hearing on Monday, April 18, 1994 at 10 a.m., 80 Resource Drive, Prestonsburg, Kentucky. The purpose of the public

hearing is for the consideration of an application for federal funds for capital purchases and operating assistance for the time period of July 1, 1994 through June 30, 1995. For rural public transportation services in Floyd, Johnson, Magoffin, Martin and Pike counties in Kentucky. There is no significant environmental impact. All policies and regulations regarding individuals with disabilities and the elderly will be compiled with accordingly. All comments are encouraged and can be presented in person, or through written submissions. The application will be available for public inspection at SVTS' office, 80 Resource Drive, Prestonsburg, Kentucky, beginning on April 1, 1994. W-3/23, 3/30

There are two ways of spreading light: to be the candle or the mirror that reflects it. —Edith Wharton

NOTICE (OF FILING OF SETTLEMENT)

I, Frank Derossett Jr., Clerk of the Floyd District Court, do hereby certify that the following settlements of estates have been filed in my office, and anyone desiring to take exception to said settlement must do so on or before April 29th, 1994, at 9:00 a.m.

Settlement	Case Number	Estate	Fiduciary	Date
Annual	81-P-226	Lottie Johnson	Ruth Branham	02-28-94
Final	89-P-078	Janna McKinney	Lowie McKinney	03-03-94
Final	90-P-161	Sylvia Huff	Loretta Hayes	03-23-94
Final	92-P-00073	Edith Terry	Leon Parrigan & Sam Parrigan	02-28-94
Final	92-P-00187	Elsie B. Hall	Roberta Stephens	03-16-94
Final	93-P-00033	Jim Conn	Nova & Sarah Conn	02-24-94
Final	93-P-00219	Bridie Conn	Delano & Ronnie Newsome	02-28-94
Final	93-P-00264	Mitchell Huff	Loretta Hayes	03-23-94
Final	93-P-00301	Ruby Conn	Norman Conn	03-10-94

LEGAL NOTICE (NOTICE OF APPOINTMENT)

I, Frank DeRossett Jr., Clerk of the Floyd District Court, do hereby certify that the following persons have been appointed fiduciaries by the District Court. All persons indebted to an estate should settle with the fiduciary within six (6) months from the date of appointment.

Date of Appt.	Case Number	Estate of	Fiduciary-Address	Attorney-Address
02-02-94	94-P-00064	Orpha Akers Box 185 Drift, Ky. 41619	Kenneth Ray Akers Box 185 Drift, Ky. 41619	
02-22-94	94-P-00065	Marcum Reynolds P.O. Box 466 Allen, Ky. 41601	Gliva M. Reynolds P.O. Box 466 Allen, Ky. 41601	Keith Bartley P.O. Box 1378 Prestonsburg, Ky. 41653
02-23-94	94-P-00066	Alka M. Burchett 1044 Abbott Ck. Prestonsburg, Ky. 41653	Fred Miller 1702 Springview Lane Chattanooga, Tenn. 37421	Robert C. Bishop P.O. Box 311 Prestonsburg, Ky. 41653
02-25-94	94-P-00067	James W. Peltrey 30 N. Lake Dr. Prestonsburg, Ky. 41653	Dollie M. Peltrey P.O. Box 523 Prestonsburg, Ky. 41653	John Mann P.O. Box 1090 Prestonsburg, Ky. 41653
02-28-94	94-P-00068	Darling Newsome P.O. Box 211 Bypro, Ky. 41612	Emmagene Newsome P.O. Box 211 Bypro, Ky. 41612	John Mann P.O. Box 1090 Prestonsburg, Ky. 41653
02-28-94	94-P-00069	Edna Blackburn H.C. 89, Box 800 Allen, Ky. 41601	Ronnie Blackburn H.C. 89, Box 800 Allen, Ky. 41601	
03-01-94	94-P-00070	Lacey Chambers Branhams Creek Grethel, Ky. 41631	Josephine West & Rita Newsome Branhams Creek Grethel, Ky. 41631	Kim W. Wright 401 N. Lake Drive, Suite 4 Prestonsburg, Ky. 41653
03-01-94	94-P-00071	Kenis Clark H.C. 74, Box 375 Honaker, Ky. 41639	Shirley C. Belcher Rt. 2, Box 118 Grundy, Va. 24614	Robert C. Bishop P.O. Box 311 Prestonsburg, Ky. 41653
03-02-94	94-P-00072	Ella Belle Moore College St. Prestonsburg, Ky. 41653	Robert N. Moore H.C. 70, Box 720 Prestonsburg, Ky. 41653	
03-04-94	94-P-00074	Ada Osborne P.O. Box 698 Martin, Ky. 41649	Bobby N. Osborne 168 Bridge Br.Rd. Allen, Ky. 41601	Jim Hammond P.O. Box 311 Prestonsburg, Ky. 41653
03-04-94	94-P-00075	Bruce Spencer H.C. 72, Box 307 East Point, Ky. 41216	Dessie I. Spencer H.C. 72, Box 307 East Point, Ky. 41216	Robert C. Bishop P.O. Box 311 Prestonsburg, Ky. 41653
03-07-94	94-P-00076	John D. Osborne H.C. 89, Box 840 Allen, Ky. 41601	Alice Osborne H.C. 89, Box 840 Allen, Ky. 41601	
03-07-94	94-P-00077	Ida Higgins Minnie, Ky. 41651	Jami Martin Box 271 McDowell, Ky. 41647	
03-08-94	94-P-00078	Lora W. Hall S. Lake Drive Prestonsburg, Ky. 41653	Robert Waddles P.O. Box 173 Eastern, Ky. 41622	
03-08-94	94-P-00079	Hillard Bryant Martin, Ky. 41649	Leary Bryant Martin, Ky. 41649	
03-09-94	94-P-00081	Jeanette M. Bowles 120 Graham St. Prestonsburg, Ky. 41653	William Kendrick P.O. Box 700 Prestonsburg, Ky. 41653	Martin L. Osborne P.O. Box 700 Prestonsburg, Ky. 41653
03-10-94	94-P-00082	Matthew B. Johnson P.O. Box 147 Bevinsville, Ky. 41606	Claude Johnson P.O. Box 147 Bevinsville, Ky. 41606	
03-10-94	94-P-00083	Stanislaw Platkus 900 Camp Rd. Ligon, Ky. 41604	Darrell Platkus 801 Camp Rd. Ligon, Ky. 41604	Robert C. Bishop P.O. Box 311 Prestonsburg, Ky. 41653
03-10-94	94-P-00084	Earl Johnson Box 382 Weeksbur, Ky. 41667	Mildred A. Johnson Box 382 Weeksbur, Ky. 41667	Robert C. Bishop P.O. Box 311 Prestonsburg, Ky. 41653
03-11-94	94-P-00085	Jonas L. Miller 102 N. Arnold Ave. Prestonsburg, Ky. 41653	William E. Miller #8 Goble St. Prestonsburg, Ky. 41653	John Allen P.O. Box 441 Prestonsburg, Ky. 41653
03-11-94	94-P-00086	Pearl R. Shepherd Hueysville, Ky. 41640	Margie L. Stone H.C. 80, Box 945 Langley, Ky. 41645	Jerry Patton P.O. Box 1300 Prestonsburg, Ky. 41653
03-11-94	94-P-00087	Alonzo Stratton H.C. 74, Box 210 Ivel, Ky. 41642	Eunice S. Stratton H.C. 74, Box 210 Ivel, Ky. 41642	Robert C. Bishop P.O. Box 311 Prestonsburg, Ky. 41653
03-11-94	94-P-00088	Adam Puninske Rt. 3, Water Gap Rd. Prestonsburg, Ky. 41653	Faye Nelson 153 Finance Hollow Prestonsburg, Ky. 41653	Tim Parker 1202 N. Lake Drive Prestonsburg, Ky. 41653
03-14-94	94-P-00089	Joe Davis Box 74 Hueysville, Ky. 41640	Sarah A. Reffett Box 74 Hueysville, Ky. 41640	Martin Osborne P.O. Box 700 Prestonsburg, Ky. 41653
03-14-94	94-P-00090	Ernestine Stratton Box 11 Allen, Ky. 41601	Sandra Gasto 417 Oak Street Ypsilanti, Mi.	Robert C. Bishop P.O. Box 311 Prestonsburg, Ky. 41653
03-18-94	94-P-00091	Dannie R. Johnson 365 Rice Br. Prestonsburg, Ky. 41653	Mary L. Johnson 365 Rice Branch Prestonsburg, Ky. 41653	Tim Parker 1202 N. Lake Dr. Prestonsburg, Ky. 41653
03-21-94	94-P-00092	Samuel Fraley Box 35 Wayland, Ky. 41666	Phyllis Fraley 616 Tenth St. Ashland, Ky. 41101	Robert C. Bishop P.O. Box 311 Prestonsburg, Ky. 41653
03-21-94	94-P-00093	Jimmie Smith Logan County West Virginia	Charlotte Clausen Huntington, W. Va.	Frank Heaberlin P.O. Box 700 Prestonsburg, Ky. 41653
03-22-94	94-P-00094	Henry A. Campbell Box 835 Prestonsburg, Ky. 41653	Nancy E. Campbell Box 835 Prestonsburg, Ky. 41653	William G. Francis P.O. Box 700 Prestonsburg, Ky. 41653
03-22-94	94-P-00096	Josephine Nelson Box 148 Dwale, Ky. 41621	Billy & Roger Nelson Dwale, Ky. 41621	
03-23-94	94-P-00098	Raymond Waddle P.O. Box 222 W. Prestonsburg, Ky. 41668	Thomas R. Waddle 400 Abbott Road Prestonsburg, Ky. 41653	
03-23-94	94-P-00099	Jones H. Frasure Box 1243 Martin, Ky. 41649	Phil Ray Frasure Box 220 Eastern, Ky. 41622	
03-24-94	94-P-00101	Charlie Akers H.C. 74, Box 60 Dana, Ky. 41615	Perry Akers H.C. 74, Box 60 Dana, Ky. 41615	John Mann P.O. Box 1090 Prestonsburg, Ky. 41653
03-24-94	94-P-00102	Rebecca Miller 283 S. Riverside Dr. Prestonsburg, Ky. 41653	Norman Miller P.O. Box 666 W. Van Lear, Ky. 41265	John Mann P.O. Box 1090 Prestonsburg, Ky. 41653

FOR SALE

1979 CHEVY IMPALA
 Good transmission, good rims, good rear end. Good for parts.
 Price negotiable.
 Call 285-3992

INVITATION TO BID

Sealed proposals will be received by the Floyd County Board of Education at 69 Arnold Avenue, Prestonsburg, Kentucky 41653, until 10:00 a.m. on April 6, 1994, at which time and place they will be publicly opened and read aloud. Said proposals will be for furnishing all materials and labor, and performing all work as herein described.

The work to be performed includes the design, construction, and erection of one (1) double classroom mobile unit, size 28'x66', for Prestonsburg Head Start.

Proposals will be received for and include all costs pertaining to the design and erection of the facility including all architectural, structural, mechanical, electrical, and equipment thereto—per the requirements of the bidding documents as prepared by the owner.

The Information for Bidders; Form of Bid; Form of Contract; Forms of Performance and Payment Bonds; Specifications; and other Contract Documents may be examined or obtained at the Maintenance Department Office, Director of Facilities office, at Allen, Kentucky.

Bids must be accompanied by certified check or bid bond in the amount of five percent (5%) of the bid amount, made payable to the Floyd County Board of Education as stipulated in the Information for Bidders. A bidder may not withdraw his bid prior to thirty (30) days after the actual date of the opening thereof.

The successful bidder will be required to furnish a performance and payment bond in an amount equal to one hundred percent (100%) of the contract price. The premium for these bonds shall be included in the proposal amount.

The owner reserves the right to accept any proposal; to reject any or all proposals; and to waive any informalities in proposals received where such acceptance, rejection or waiver is considered to be to the best interest of the owner; and to reject any proposal where evidence or information submitted by the bidder does not satisfy the owner that the bidder is qualified to carry out the details of the contract documents.

For further information, call Gregory Adams, Director of Facilities, at 874-2049.

W-3/23, 3/30, 4/6

COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT

C. A. NO. 92-CI-00700 DIVISION NO. 1

The Bank Josephine... Plaintiff VS. NOTICE OF SALE

Dale L. Meade, et al... Defendants

By virtue of a Judgment and Order of Sale of the Floyd Circuit Court rendered at the Courthouse door in Prestonsburg, Kentucky, to the highest and best bidder, at public auction, on the 7th day of April, 1994, at 10:00 o'clock a.m., same being a day of the regular term of the Floyd Circuit Court, for cash or upon a credit of thirty days at the rate of 12% per annum, the following described property, to-wit:

A certain tract or parcel of land lying in Allen, Floyd County, Kentucky and more particularly described as follows:

Beginning at a point in the center of C & O Railway's main line track in the direction of Martin from Beaver Junction and located 700 feet South of the switch on present siding number 1208 and which is 126 feet South

of the now existing 574 foot siding and running 90 degrees from this beginning point in a Western direction and in to the hill a distance of 175 feet; thence turning in a Northern direction and running parallel with the center of main line track and an approximate distance of 600 feet to a point at which a 90 degree turn to the East would intersect with an culvert on Road 1428 and thence in a Southern direction with the road rights-of-ways and C & O Railway rights-of-ways to an intersection of the line of the beginning.

Being the same property conveyed to the parties of the first part, Dale L. Meade and Cheryl Meade, his wife, from Leonard Hall and Bulavene Hall, his wife, by deed dated February 19, 1984, of record in Deed Book 292, Page 48, in the office of the Floyd County Court Clerk, and from Michael S. Hall, single, by deed dated January 1, 1985, of record in Deed Book 292, Page 52, in the office of the Floyd County Court Clerk, and being the same property in which Leonard Hall and Bulavene Hall, his wife,

conveyed their undivided one-half interest to The Bank Josephine by deed dated March 26, 1993, recorded in Deed Book 365, Page 259, Floyd County Court Clerk's records.

Only a one-half undivided interest in said real property is being sold and one-half undivided interest of The Bank Josephine in said property is not being sold.

This property is sold subject to property taxes due Floyd County, Kentucky.

The amount of money to be raised by this sale shall include the costs of advertising of this sale and the fees and commissions for conducting this sale.

For the purchase price the purchaser must execute bond with approved surety or sureties, bearing legal interest from the day of sale until paid and having the force and effect of a judgment with a lien retained upon said property as a further security. Bidders will be prepared to comply with these terms.

Given under my hand, this 12th day of March, 1994.

James R. Allen, Master Commissioner Floyd Circuit Court W-3/23, 3/30, 4/6

NOTICE OF INTENTION TO MINE

Pursuant to Application Number 836-5288 Renewal

In accordance with KRS 350.055, notice is hereby given that Buck Coal, Inc., 415 South Lake Drive, Prestonsburg, Kentucky 41653 has applied for renewal to an underground coal mining operation located 1.6 miles northeast of Hi Hat in Floyd County. The operation will disturb 1.90 surface acres and will underlie 362.19 acres, and the total area within the permit boundary will be 364.09 acres.

The proposed operation is approximately 1.5 miles southeast from State Route 122's junction with Spewing Camp Branch Road and located 0.1 mile east of Spewing Camp Branch. The latitude is 37° 24' 40". The longitude is 82° 43' 22".

The proposed operation is located on the McDowell U.S.G.S. 7-1/2 minute quadrangle map. The operation will affect surface owned by Wheelwright Mining Company and will underlie land owned by Isaac Spears, Mary Jane Anderson, Wheelwright Mining Company, Teddy Frasure, Sam & Nora Martin, Dee & Polly Howell, Richard Stumbo, Bill & Shirley Mosley, Green & Helen Gayheart, and Bert Dye.

The amendment application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, Kentucky 41653-1397. Written comments, objections, or requests for a permit conference must be filed with the Directors, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601.

W-3/16, 3/23, 3/30, 4/6

PUBLIC NOTICE

Upon and on this date after publication of this notice, I will no longer be responsible for any debts incurred by anyone other than myself.

Fred Mynhier Box 542 Allen, Ky. 41601 W-3/30, F/1

PUBLIC NOTICE

Upon and on this date after publication of this notice, I will no longer be responsible for any debts incurred by anyone other than myself.

Damon Newsome P.O. Box 633 Prestonsburg, Ky. 41653 F-3/25, W-3/30

INVITATION TO BID:

The Floyd County Schools are accepting sealed bids for surplus buses/vehicles. Bids must be sealed and marked "School Surplus Buses/Vehicles Bid". Bid information may be obtained by contacting Earl D. Ousley, Director of Transportation, at the Floyd County Bus Garage in Martin, Telephone 285-9443.

Bids will be opened at 10:00 a.m., Thursday, April 14, 1994, at the Floyd County Schools Administrative Offices in Prestonsburg, Ky. James M. Osborne, Chief of Operations, Floyd County School District W-3/30, 4/6

NOTICE OF INTENTION TO MINE

Pursuant to Application Number 836-5262, Renewal

In accordance with KRS 350.055, notice is hereby given that Coal-Mac, Inc., P.O. Box 3428, Pikeville, Kentucky 41502, has applied for renewal of a permit for an underground coal mining operation located 0.5 miles southwest of Craynor in Floyd County. The proposed operation will disturb 2.0 surface acres and will underlie 192.6 acres, and the total area within the permit boundary will be 194.6 acres.

The proposed operation is approximately 1.5 miles southwest from KY 979's junction with Mink Branch Road and located 1.5 miles on Mink Branch. The latitude is 37° 26' 13". The longitude is 82° 38' 50".

The proposed operation is located on the McDowell U.S.G.S. 7 1/2 minute quadrangle map. The surface area to be disturbed is owned by Chester Newsome. The operation will underlie land owned by Chester Newsome, Joseph Mining Company, Sie Hall, Blaine Slone, David Akers, John Hall, Donna Terry, and Kelly Hamilton.

The application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 S. Lake Drive, Prestonsburg, Kentucky 41653-1455. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601.

W-3/30, 4/6, 4/13, 4/20

NOTICE OF PUBLIC SALE

April 15, 1994 at 11:00 a.m. a 1989 Ford Bronco II, serial number 1FMEU14-TKUC38592 will be sold to the highest bidder for CASH "as is where is" at the First Guaranty National Bank, Martin, Ky. to satisfy the unpaid balance of a Installment Contract signed on September 3, 1991. The vehicle may be inspected prior to the sale. The undersigned reserves the right to bid. The buyer will pay all taxes and transfer fees.

First Guaranty National Bank Collection Department Martin, Ky. 41649 W-3/30, 4/6, 4/13

NOTICE OF BOND RELEASE

In accordance with KRS 350.093, notice is hereby given that Highwire, Inc., P.O. Box 940, Paintsville, Kentucky 41240, has applied for Phase III bond release on Permit Number 836-0191, which was last issued on January 23, 1990. The application covers an area of 71.76 acres located 6.5 miles Northeast of Prestonsburg in Floyd County, Kentucky.

The permit area is approximately 1.5 miles South of Daniels Creek Road's junction with Ky. Route 3 and located 0.50 mile South of Daniels Creek. The latitude is 37° 43' 30". The longitude is 82° 39' 00". Approximately 100% of the original bond amount of \$251,300.00 is included in the application for Phase III Bond Release.

Reclamation work performed to date includes: Backfilling and grading; soil sampling and testing; fertilizing, seeding and mulching completed May, 1988; and establishment of an adequate vegetative cover.

A public hearing on the application has been scheduled for May 24, 1994 at 9:00 a.m. at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, Kentucky 41653. The hearing will be cancelled if no request for a hearing or informal conference is received by May 20, 1994.

Written comments, objections or requests for a public hearing or informal conference must be filed with the Director, Division of Field Services, #2 Hudson Hollow, Frankfort, Kentucky 40601, by May 20, 1994.

W-3/30, 4/6, 4/13, 4/20

TO WHOM IT MAY CONCERN

I, Herma K. Ousley, will no longer be responsible for any debts other than my own. It has come to my attention that after I moved from Ky., there were several debts made in my name. I did not have any knowledge of this until after the debts were made. I am not, and will not be responsible for these debts. If I am notified of any more debts, my lawyer will be contacted once again, and legal action will be taken against those who are making debts in my name.

Herma K. Ousley Key West, FL.

NOTICE OF INTENTION TO MINE

Pursuant to Application Number 836-5307

In accordance with KRS 350.055, notice is hereby given that MATT/CO, Inc., P.O. Box G20, Prestonsburg, Kentucky 41653, has applied for a permit for an underground coal mining operation located 0.50 mile northeast of Emma in Floyd County. The proposed operation will disturb 15.61 surface acres and will underlie 729.15 acres, and the total area within the permit boundary will be 744.76 acres.

The proposed operation is approximately 0.24 mile north from Kentucky Route 1428's junction with Kentucky Route 194 and located 0.08 mile east of the Levisa Fork of the Big Sandy River. The latitude is 37° 38' 30". The longitude is 82° 41' 45".

The proposed operation is located on the Lancer U.S.G.S. 7 1/2 minute quadrangle map. The surface area to be disturbed is owned by Eddie B. Merritt. The operation will underlie land owned by Eddie B. Merritt, Ed Leslie Estate, Forrest Burchett, Troy Whitt, Clyde Burchett, William Jarrell, Irvin Harris, Roland Blackburn, Leonard Goble, Rosie Woods Estate, Columbus Jarvis, and Gale Burchett.

The application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, Kentucky 41653. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601.

W-3/16, 3/23, 3/30, 4/6

NOTICE OF HEARING PRESTONSBURG PLANNING AND ZONING COMMISSION 04-21-94 6:00 p.m.

The Prestonsburg Planning and Zoning Commission has scheduled a hearing on a request for a special exception to the city's sign ordinance. The hearing is in regards to signs installed at the corner on Porter Lane and University Drive and pertains to signs installed for Absher Enterprises, Long John Silver and Jerry's Restaurants. The signs were installed by Unisign Company in violation of zoning regulations and without permits issued by the city. The meeting is open to the public.

Larry Adams Zoning Enforcement Officer W-3/30, 4/6

NOTICE OF INTENTION TO MINE

Pursuant to Application Number 836-5306, Renewal

In accordance with KRS 350.055, notice is hereby given that MATT/CO, Inc., P.O. Box G20, Goble Roberts Addition, Prestonsburg, Kentucky 41653 has applied for renewal of a permit for an underground coal mining operation located 0.50 mile north of Emma in Floyd County. The proposed operation will disturb 8.05 surface acres and will underlie 948.60 acres, and the total area within the permit boundary will be 956.65 acres.

The proposed operation is approximately 0.50 mile north from State Route 1428's junction with State Route 194 and located 0.50 mile north of Cow Creek. The latitude is 37° 38' 40". The longitude is 82° 29' 29".

The proposed operation is located on the Lancer U.S.G.S. 7 1/2 minute quadrangle map. The surface area to be disturbed is owned by Peachie Merritt. The operation will underlie land owned by Peachie Merritt, Ed Leslie Estate, John D. Branham, Forrest Burchett, Gale Burchett, Troy Whitt, Clyde Burchett, William Jarrell, Irvin Harris, Roland Blackburn, Leonard Goble, Rosie Woods Estate and Columbus Jarvis.

The application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, Kentucky 41653. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601.

This is the final advertisement of the application. All comments, objections or requests for a permit conference must be received within thirty (30) days of today's date. W-TFN.

NOTICE OF PUBLIC SALE

April 1, 1994 at 11:00 a.m. a 1984 Mercury Cougar, serial number 1MEBP9ZF-8EH615381 will be sold the highest bidder for CASH "as is where is" at the First Guaranty National Bank, Martin, Ky. to satisfy the unpaid balance of a Installment Contract signed on August 25, 1993. The vehicle may be inspected prior to the sale. The undersigned reserves the right to bid. The buyer will pay all taxes and transfer fees.

First Guaranty National Bank Collection Department Martin, Ky. 41649 W-3/16, 3/23, 3/30

NOTICE OF INTENTION TO MINE

Pursuant to Application Number 836-5287 Amendment

In accordance with KRS 350.070, notice is hereby given that Buck Coal, Inc., 415 South Lake Drive,

Prestonsburg, Kentucky 41653 has applied for an amendment to an underground coal mining operation located 1.3 miles northeast of Hi Hat in Floyd County. The amendment will underlie an additional 910.34 acres, and the total area within the permit boundary will be 1477.62 acres.

The proposed operation is approximately 1.8 miles southeast from State Route 122's junction with Spewing Camp Branch Road and located 0.1 mile east of Spewing Camp Branch. The latitude is 37° 24' 26". The longitude is 82° 43' 08".

The proposed operation is located on the McDowell U.S.G.S. 7-1/2 minute quadrangle map. The amendment will underlie land owned by Polly Tackett Estate, Marcetta Newman, Teddy D. Lawson & Doug Frazier, Eugene & Mack Hall, Bill M. & Shirley Mosley, Carl Collins, Virgil & Margaret Conn, Green & Helen Gayheart, William Howell Heirs, Walker Bevins, Ernest Bevins, Turner Elkhorn Mining, Alvin & Myrtle Gayheart, Lonnie Akers, Ed Mosley, Jr., Julie Marie Wilson, Jeff & Elizabeth Henson Heirs, Margie Parson, Carl Butler & Patricia Mosley, Sam & Nora Martin, Wheelwright Mining Company, Virnus & May Issac, Levi Hall Estate, Kennel Dye Estate, Ida May Reynolds, Virgil & Jean Hall, Pink Osborne, Troy Howell, Woodrow & Betty Caudill, Michael & Cora Hobson, Charles R. & Ethel Bradley, and Bank Josephine.

The amendment application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, Kentucky 41653-1455. Written comments, objections, or requests for a permit conference must be filed with the Directors, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601.

W-3/16, 3/23, 3/30, 4/6

NOTICE OF INTENTION TO MINE

Pursuant to Application Number 836-0248

In accordance with KRS 350.055, notice is hereby given that Pen Coal Corporation, P.O. Box 193, Rt. 1, McComas Road, Dunlow, WV 25511, has applied for a permit for surface coal mining and reclamation operation affecting 238.22 acres located 0.57 miles northwest of Collier in Floyd County. The proposed operation is approximately 0.64 miles southeast from KY-80's junction with KY-122 and is located 0.37 miles west of Eel Branch. The latitude is 37° 35' 20"N. The longitude is 82° 45' 00"W.

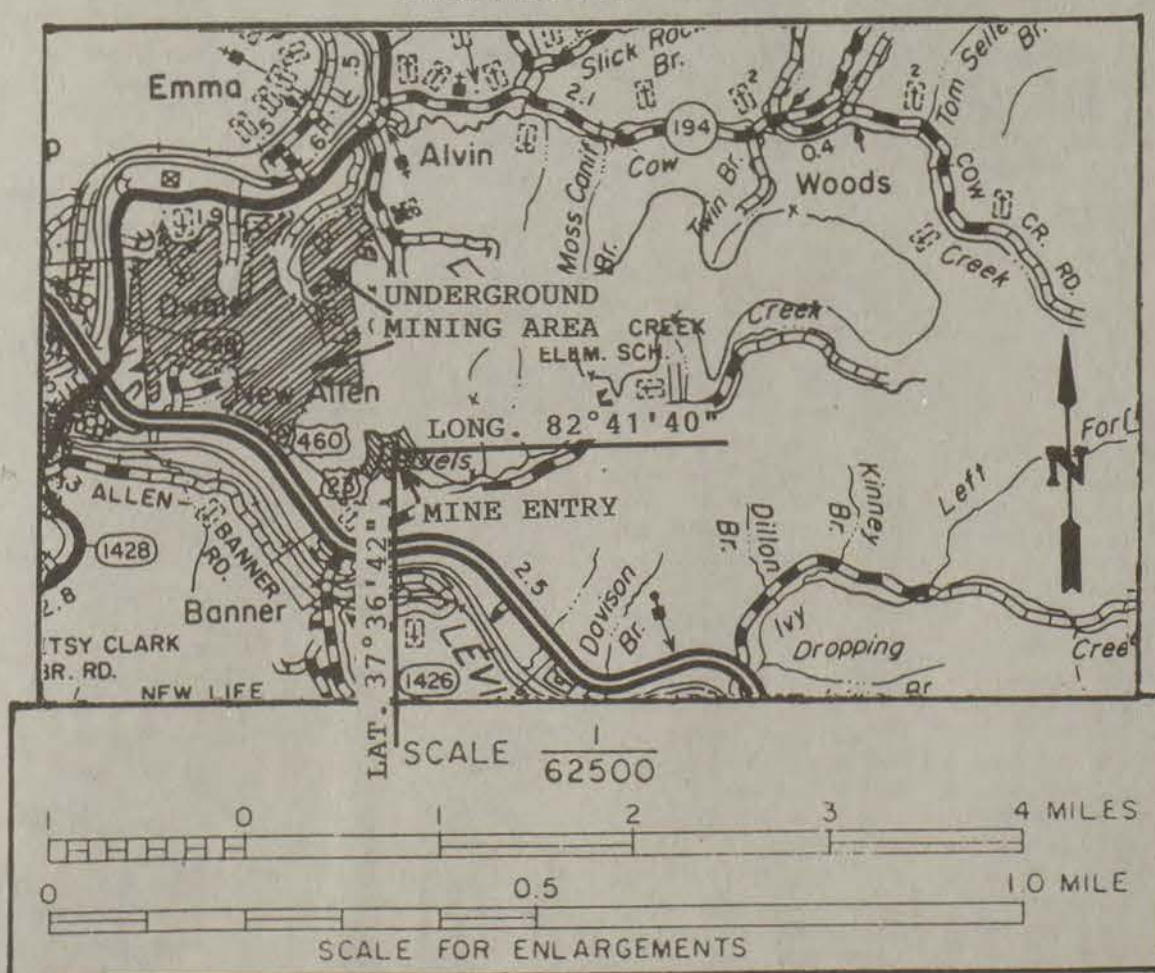
The proposed operation is located on the Harold and Martin USGS 7 1/2 minute quadrangle map. The operation will use the Contour, Area method of surface mining. The surface area is owned by Curtis and Beatrice Jarrell; Alma Land Company; Jacob Crisp Heirs; Josephine C. Hayes; Bentley Heirs; William Darrell & Roberta D. Stephens; Sam & Della Jarrell Estate; David & Geneva Hall; Elmer C. & Lucy Peters; and Frances Crisp.

The proposed operation will affect an area within 100 feet of Public Road(s) KY-80, CR-1076, CR-1010 and CR-1322. The proposed operation will not involve relocation of the public road(s).

The application has been filed for public inspection at the Department of Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, KY 41653-1455. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, KY 40601.

This is the final advertisement of this application; all comments, objections, or requests for a permit conference must be received within thirty (30) days of today's date. 1t.

LOCATION MAP



NOTICE OF INTENTION TO MINE

Pursuant to Application 836-5266 Amendment 2

In accordance with the provisions of KRS 350.070, notice is hereby given that Richardson Fuel, Inc., 16232 U.S. Route 23, Catlettsburg, Ky. 41129, has filed an application for an amendment to an existing underground coal mining and reclamation operation. The amendment proposes to add an additional 1.90 acres of surface disturbance and underlie an additional 600.0 for a total proposed permit acreage of 1735.04 acres located 1.0 miles North of Banner in Floyd County.

The proposed operation is approximately 0.5 miles Northeast from Old Daniels Creek Road's junction with U.S. 23/460 and located 300 feet North of Daniels Creek. The latitude is 37° 36' 42". The longitude is 82° 41' 40".

The proposed operation is located on the Harold and Lancer U.S.G.S. 7 1/2 minute quadrangle maps. The surface area to be disturbed by this amendment is owned by H.D. Fritzpatrick, Heirs. The proposed amendment will underlie land owned by those as shown on the attached map.

The application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, Ky. 41653. Written comments, objections, or request for a permit conference must be filed with the Director of the Division of Permits, #2 Hudson Hollow Complex, U.S. 127 South, Frankfort, Ky. 40601.

W-3/30, 4/6, 4/13, 4/20



Easter Sale!

MEXICAN PIZZA ROLL
79¢

PORK TENDERLOIN BISCUIT
99¢

EGG SALAD SANDWICH
99¢

M&M'S PLAIN OR PEANUT
3/99¢

SNICKER'S OR MILKY WAY
3/99¢

SUMMIT PAPER TOWELS
2/99¢

ARMOUR POTTED MEAT
4/\$1.00

REESE'S CUP 10 PACKS
99¢

GRADE A LARGE EGGS
69¢/DOZ.

DORITO'S
79¢

RED & WHITE POPCORN
BUTTERED OR PLAIN
10.5 OZ.
79¢

TREND LAUNDRY DETERGENT
32 OZ.
99¢

GURLEY'S SHOEBOX COOKIES
20 OZ.
ASST. FLAVORS
\$1.79

HOSTESS MULTI-PACK MUFFINS
BLUEBERRY, BANANA WALNUT, BROWNIES
\$1.99/BOX

FLAV-O-RICH 2% MILK
GALLON
\$1.89

TACO BELL BEAN BURRITO ORIGINAL TACO & MED. PEPSI
99¢ WITH 8 GAL. FILLUP
HAROLD & SHELBY LOCATIONS ONLY

BASKIN ROBBINS BUY 2 PRE-PACKED QTS. GET 1 FREE
SHELBY, HAROLD, GOODY & ZEBULON LOCATIONS ONLY

BURGER KING EVERYDAY VALUE MEALS
\$2.99
ZEBULON, LOUISA & GOODY LOCATIONS ONLY

PEPSI 12 PACK
\$3.29

BUY 3 SAVE \$1.00 WITH COUPON



PRICES GOOD MARCH 28 THRU APRIL 10 AT ALL COMPANY OWNED STORES

MANUFACTURER'S COUPON EXPIRATION DATE 4/17/94

SAVE \$1 OFF THE PURCHASE OF ANY THREE 12-PACKS OF PEPSI PRODUCTS

CONSUMER: Only one coupon per purchase. You pay sales tax and/or deposit charge. Coupon may not be assigned, transferred or reproduced. Any other use constitutes fraud. Cash value: 1/100¢. RETAILER: To receive payment, present this coupon to your local Pepsi-Cola representative or mail to: PEPSI COLA COMPANY, 927 N. Maya Trail, Pikeville, KY 41501. For each coupon you accept as our authorized agent in accordance with the terms of this coupon offer, we will pay you \$1.00. Invoices showing your purchase of sufficient stock to cover all coupons must be shown upon request. Coupon expires: 4/17/94.

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