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Inside This Issue

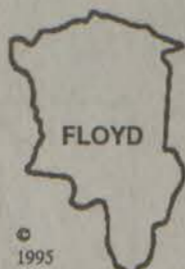
Council, not court should fill vacancy

Viewpoint

June 14, 1995

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Lifestyles



The Floyd County Times

Prestonsburg, Kentucky 41653

Speaking of and for Floyd County

USPS-2027-0000 Volume LXVIII, No. 47 50¢

Vacancy may open a new can of worms

Court order, selection process could pose conflict at PHS

by Scott Perry Times Editor and Susan Allen Staff Writer

With its principal leaving, its site-based council short one parent representative, and its renovation in question, Prestonsburg High School seems destined to be at the center of attention during the coming months, but then what else is new?

For much of the past five years, issues relating to the school have kept it in the news. Much of it has been unwelcome.

In late 1990, for example, a proposal to relocate and rebuild the school on Middle Creek touched off a controversy that led to the electoral defeat of a long-time school board member and prompted a review by the state Department of Education of construction projects

and policies throughout the district.

In 1991, a booster club-sponsored bingo game operated at the school was deemed illegal, and that issue contributed to the resignation of former principal Bob May.

Last year and early this year, a controversy involving an elected parent representative on the school's site-based council put Prestonsburg High back in the spotlight, and ongoing debates over

rebuilding or renovating the facility have caused a split among parents, teachers and in the community.

The school's turbulent past isn't likely to get any smoother in the near future, either.

Principal Karen Trivette will be leaving June 30 to take a similar position at Boyd County High School, and a brand new site-based

(See Vacancy, page two)



Trivette



Tackett

Youth hit by car is in critical condition

by Alisa Goodwill Staff Writer

A Prestonsburg child was hit by a pickup truck Tuesday morning when he attempted to cross University Drive near Hardee's.

Ricky Allen Hays, 8, was hit by a 1995 Dodge pickup truck about 9:16 a.m. Tuesday when he ran across the road and into the truck's path.

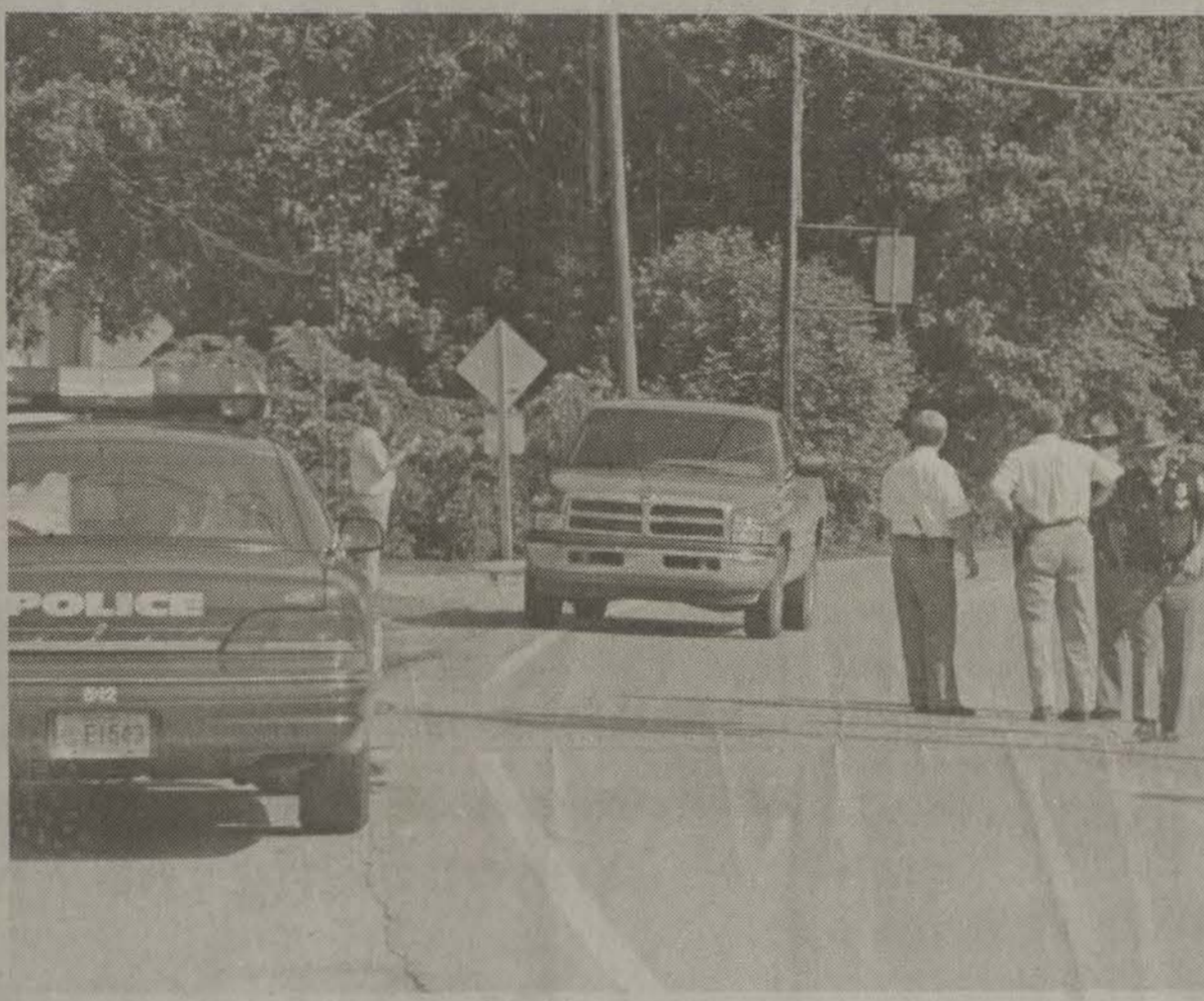
Sheila Goble, Hays' mother, said Ricky wanted to cross the road and she had told him no, but he took off running. Goble said the truck could not have missed the child because it happened too fast.

The truck, traveling north on Ky. 1428, was driven by Ryan M. Burchett, 16, of Nippa, with two passengers, Craig Ratliff, of West Van Lear, and Robbie Abrams, of Paintsville. All three were uninjured.

Hays was transported by Respond Ambulance Service to Highlands Regional Medical Center and then flown to Cabell Huntington Hospital. Hays has severe head trauma and is listed in critical condition. Hays is in the Cabell's pediatric intensive care unit.

Prestonsburg police, fire department and Respond's Advanced Life Support (ALS) unit responded to the accident.

The accident is being investigated by Prestonsburg police officers Roy Roberts, Anthony Castle and William Petry.



Accident scene

Prestonsburg police studied an accident scene on University Drive after an eight-year-old boy was hit by a pickup truck. The boy, Ricky Hays, is listed in critical condition at Cabell Huntington Hospital in their pediatric intensive care unit. (photo by Mike Burke)

City loses first round in effort to expand ambulance services

by Alisa Goodwill Staff Writer

In the battle of ambulance services, The Prestonsburg Fire Department lost the first round to be able to use their ambulance for transporting emergency care runs.

The city of Prestonsburg and the fire department were informed Monday by the Cabinet for the Interim Office of Health Planning and Certification that their application for a certificate of need had been denied as a result of a June 2 hearing requested by P&B Ambulance Service.

Prestonsburg City Attorney Paul P. Burchett said the city has an opportunity to request a formal review. He said that request has already been made.

"The city will continue to try to serve the citizens of Prestonsburg with the best emergency care unit possible," Burchett said. "We are not done trying to get a license to transport."

The hearing report stated the city's certificate of need was denied

because an emergency circumstance does not exist. In other words, it is not P&B's fault, or any other ambulance service, that time is lost from the time the fire department's rescue unit arrives at a scene to the time a private ambulance service is called.

The city's witnesses testified having an ambulance would cut down on response time. The city already responds to an accident scene and can provide all of the emergency care, except for transporting victims.

The hearing report stated that P&B testified that they have never received a call from the city and then were unable to respond. They also testified that they are always

(See Ambulance, page two)

Plan to raise garbage rate gets first nod

by Alisa Goodwill Staff Writer

After the Prestonsburg City Council meeting Monday, it appears that residents will soon be paying two dollars more a month to have their garbage collected.

Since 1991, residents have been paying eight dollars per month for garbage collection; however, an ordinance introduced Monday night would raise collection rates to \$10.00 per month. Plus, anyone using or wanting to use a roll cart will pay an additional two dollars per month.

Prestonsburg Mayor Jerry Fannin said the rates were being raised because of the increased cost of disposing garbage at landfills.

Fannin said the city also implemented a recycling program to help offset costs.

"I think recycling will help, but it will take everyone participating," Fannin said.

Commercial rates have been raised two or three times since 1991, while residential rates haven't been, he said.

"It is unfair to commercial businesses to continue raising their rates when residents remain the same," Fannin said.

Commercial rates are \$3.00 a loose cubic yard, which might not sound like much, but Fannin said some businesses have garbage collected seven days a week. With that kind of garbage output some businesses may be paying \$300 or more a month.

Fannin said that he does not foresee residential rates being raised again any time soon.

"I can't say they (residential rates) will never be raised again, but the next raise won't be soon," he said.

Fannin also said with the collection rate raise, senior citizens (age 60 and over) and people with dis-

abilities will still receive their discount. He said residents eligible for discounts will pay \$8.00 instead of \$10.00 per month.

In other business, the proposed budget for the 1995-1996 fiscal year had its first reading. This year's budget not only reflects the city's revenue and expenses, but also shows revenue and expenses for different organizations affiliated to the city.

Councilman Estill Carter, finance and revenue committee chair, said that the law states that different entities of the city must pass their budget through the city's.

Carter said the total budget is \$12,631,087, but only \$2,763,700 with a \$60,596 contingency fund is the city's.

The city's budget includes two new police cars, 10-yard and 20-

(See Garbage, page two)

Lightning may be the cause of weekend fire

by Alisa Goodwill Staff Writer

Lightning during Sunday night's storm may be to blame for a structural fire at a Trimble Branch home, a Prestonsburg Fire Department official said.

The Prestonsburg Fire Department received a call at 1:01 a.m. Sunday, right after a few of the firefighters heard a roll of thunder, Mike Wells, public information officer for the department, said.

Wells said nine firefighters responded to the call and were able to contain the fire to one upstairs bedroom.

The home, owned by Thomas Price, mostly received smoke damage, Wells said.

Eavesdropping rumor laid to rest; security of grand jury to be eyed

by Susan Allen Staff Writer

Security concerns don't appear to be hampering a special grand jury which began hearing testimony Tuesday into allegations of public corruption in Floyd County.

Special prosecutor Larry Fentress, with the attorney general's office, said Tuesday that security issues have been raised by jurors, but those concerns deal with the layout of the meeting room located in the Floyd County courthouse.

Reports that proceedings were interrupted Tuesday because of attempts by persons to eavesdrop on proceedings were not true, Fentress said. The prosecutor added, though, that he may request a guard be posted at the door to assure that no attempts are made to listen in on proceed-

ings. Grand jurors are meeting in the driver's testing room on the second floor of the courthouse, which is adjacent to an office sometimes used by sheriff's office personnel and across the hall from the driver's licensing renewal office.

Fentress said because the grand jury meeting room is located in a common hallway, security is an issue which will be addressed.

The first person called to testify Tuesday was Martin radio station owner Dale McKinney, who spent about two hours before the panel.

McKinney, who ran unsuccessfully for the Democratic nomination for judge-executive in the 1993 May primary, filed a civil lawsuit in connection with

(See Grand Jury, page two)

The prosecutor added, though that he may request a guard be posted at the door...

End of school year saves Adams from early flushing by health department

by Janice Shepherd Managing Editor

On the last day of the school year at Adams Middle School, a Floyd County Health Department inspector deemed the eighth grade boys' bathroom unsafe for use and ordered it closed.

In the restroom, steel closures had been ripped off doors, lighting fixtures had been pulled out of the walls leaving exposed electrical wires dangling, and every faucet handle had been broken, health inspector John Bailey reported June 7.

He also noted that the restroom had several missing ceiling tiles.

Bailey said he had heard unsubstantiated reports that the boys had removed the ceiling tiles in order to climb up into the ceiling and crawl over to the area above the girls' bathroom.

Bailey said the vandalism was the worst he had seen in recent years at a new school, and

Bailey said vandalism was the worst he had seen in recent years at a new school...

rated the school at 78 out of a possible 100 points. He ordered the school to close the bathroom facility and move the eighth grade students to the seventh grade wing.

Bailey had inspected the school

on May 31 and discovered that the bathroom was not safe for use due to lack of usable lavatories, a critical component of an inspection. He gave the school five days to correct the unsafe condition, and 90 days to correct other violations at the school.

Bailey said school or board personnel had misunderstood the five-day notice and thought they had 90 days to correct the situation. When he returned on June 7, the critical violation had not been corrected.

The school was in the process of making repairs, Bailey said. A janitor reported that he had repaired the lighting, but it had been destroyed again. During the second inspection, the janitor grabbed the dangling electric wires, though Bailey had warned him about the danger. The janitor received a shock from the live wires, Bailey said.

Also noted on the inspection report was structural damage to a room in the school. Bailey said the room had a crack in the wall so big that "you could see the daylight shining through."

Another problem at the school

(See Adams, page two)

Vacancy

council may have to find her replacement.

That council doesn't assume authority until July 1, and it does not yet have a full complement of members. Newly elected parent representative Steve Stephens died May 30, before assuming his spot on the council, creating a need for a

special election to fill that vacancy. The election is set for June 22.

Complicating the situation somewhat is the court-ordered reinstatement of former school administrator Thomas Tackett to an administrative position within the system.

Tackett may be assigned the principal's post at Prestonsburg by

superintendent Steve Towler, despite laws giving the authority for principal selection to site-based councils.

Towler said he had met with members of the outgoing and incoming councils at PHS and told them the choice of a new principal would be theirs, but he added Tuesday that because of the court ruling involving Tackett he may be forced to seek permission to override their decision.

Tackett, who was convicted in 1991 of a misdemeanor charge of abusing a teacher while he was serving as principal at Adams Middle School, was demoted to homebound teacher in 1992 by interim superintendent Eldon Smith. That demotion was ruled invalid by Judge Paul Burchett in 1994, and the court ordered Tackett reinstated to an administrative post.

Towler said he had been prepared to assign Tackett to the principal's position at Auxier Elementary School, but added that the imminent vacancy at PHS "throws a new wrinkle in the thing."

Towler said he hoped the Auxier council would accept his recommendation of Tackett, but if not he was prepared to seek a legal opinion on his authority to override the group and force Auxier or PHS to accept Tackett.

"I don't want to do that to Auxier or Prestonsburg, but if I have to, I'll get an interpretation if I can overrule the council's decision," Towler said.

The superintendent said he gave the PHS council a list of "ten or twelve" current school employees qualified for the high school's principalship, adding that the current site-based council may choose one of those individuals without advertising the vacancy.

If the current council declines to accept any of those potential candidates, the job must be posted for at least 30 days, making final selection the responsibility of the incoming council unless Towler is able to obtain a waiver on state law.

Under the Kentucky Education Reform Act, adopted in 1990, total authority for hiring school principals belongs to individual site-based councils.



The stems of cactus plants store water, which the plants use during long dry spells.

Garbage

yard garbage trucks, and a new fire truck.

Entities that must pass through the city's budget include the city's utility company, Archer Park, Prestonsburg Tourism Commission, Mountain Arts Center and the Prestonsburg Housing Authority.

In other business:
• Councilman Hansel Cooley, buildings and equipment committee chair, recommended that the old fire department building be repaired on site if it is cheaper than tearing it down and rebuilding it somewhere else.

Cooley's recommendation stems from a proposal made by the Floyd County Genealogical and Historical Society. The society proposed that the building be used as a

museum and a genealogy library.

Fred James, Sr., with the society, said the society owns a lot of old documents about Floyd County and has people across the nation requesting that information.

"It (current location) is an ideal place because it is out of the flood plain and is almost fire proof," James said.

If it is too expensive to renovate the building, the society would like to rebuild it at the archeological dig near Mountain Comprehensive Care.

Council agreed to have the committee further investigate the possibilities.

• Council authorized Tourism Director Fred James, Jr. to get a historical marker for President Garfield's House on First Avenue.

• Councilman Robert Allen, administration and personnel committee chair, said the committee met unofficially, and recommended unofficially, raises for four firefighters and the hiring of a safety officer.

Allen said the firefighters should receive the raises because they were asked last year to wait until the 95-96 fiscal year for their pay adjustments.

The pay adjustments will better reflect the firefighters' ranks and the number of years they have been at the department, compared to police officers with the same rank and same number of years of experience.

Council approved the unofficial recommendations.

• Fannin announced that the next city council will be held at the Community Methodist Church on July 26 at 6 p.m.

Fannin and all council members were present.

Grand Jury

(Continued from page one)

that election. McKinney sued former Judge-Executive John M. Stumbo, claiming that Stumbo engaged in election fraud in the primary race.

Depositions taken in that case, mainly from persons subpoenaed to appear before the special grand jury, offered no evidence of vote fraud.

McKinney's case was pending before special Judge Doug Combs of Perry County, but Stumbo died earlier this year.

Also called to testify Tuesday were Jason Spurlock; Velma Banks; Calvin Howell; Maggie Robinson; and Kenneth Roberts.

Several more witnesses have been called to appear before jurors today (Wednesday). Fentress said that jurors will hear evidence for most of the summer.

Other issues to be probed by jurors include the administration of the county's solid waste program; monies reported missing in the Floyd County Sheriff's Office; the lack of an E-911 service in the county; and allegations of government corruption.

Two previous Floyd County grand juries asked the attorney general's office to conduct an investigation into those areas of county government.

The special grand jury was impaneled May 31.

Adams

(Continued from page one)

was a leaking ceiling, he reported. The inspection revealed that a hall ceiling in the school was leaking in several places.

Monday, Bailey said the Floyd County School Board had been cooperative and had been working to correct the problems, including installation of a plaster ceiling in the boys' bathroom.

Bailey recommended that the school be monitored next year.

(Continued from page one)

Ambulance

(Continued from page one)

able to respond to calls within thirty minutes, if a vehicle is available.

The report stated that the city testified that P&B is not always available for emergency care runs. A written statement by Dotty Lafferty, of Prestonsburg, stated that when her neighbor, Annie Stumbo, was in need of an ambulance that P&B was not available. Lafferty's statement said she tried P&B three times, and twice she got an answering machine saying P&B was not available.

P&B testified that they do not have, nor ever had, an answering machine.

The report stated that P&B has seven primary ambulances and three backup units. Some are located in Martin and the rest in Prestonsburg.

Other documents show that P&B made 8,851 runs within one year, which averages out to be 25 runs per day for the year.

P&B called two witnesses to testify; Ernestine Clark, dispatcher for P&B, and P&B owner Charles Joseph. The city called four witnesses to testify: Fire Marshall Larry Adams; Peggy Rice, an employee of Big Sandy Transportation; Phillip Elliott, with Respond Ambulance Service; and Bill Calahan, with the fire department.

P&B was represented by attorney Phillip D. Damron. The city of Prestonsburg was represented by Burchett.

Joseph was unavailable for comment.

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Viewpoint

Wednesday, June 14, 1995

It is the height of absurdity to sow little weeds in the first half of one's lifetime and expect to harvest a valuable crop in the second half.

—Percy Johnston



A 4

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P.O. Box 391, Prestonsburg, Kentucky 41653

ALLAN S. PERRY III—Publisher-Editor

Liberty of thought is the life of the soul—Voltaire

Council, not court, should fill post

by Scott Perry

Regardless of the mitigating circumstances, and there are several to consider, the soon-to-be-opened can of worms at Prestonsburg High School doesn't need to be opened at all, by court order or anyone else.

Yes, the Floyd County School System is under orders to find an administrative post for Thomas Tackett, who a judge found was improperly demoted a few years ago.

And, yes, the resignation of Prestonsburg High principal Karen Trivette does provide a convenient opening for the school system to obey the court's directive.

But Kentucky law says the school's site-based council has the authority...and the duty...to fill vacancies in the principal's office, and the site-based council should be free to pick the best person for that post, without interference, without outside pressures and despite court edicts.

The site based council at Prestonsburg High has an important responsibility to fill an important position.

Under the Kentucky Education Reform Act (KERA), a school principal is arguably the most critical element in the

school-based decision making process.

The principal fills vacancies, assigns duties, and generally serves as the CEO of the school.

The site-based council is the principal's board of directors. It sets policies, budgets and guidelines, leaving most of the day-to-day operations to the principal.

For the whole process of individual school governance to work, the principal must be chosen on his or her abilities, qualifications and dedication to the goals the school council sets.

Assigning a person to that post simply to satisfy a court order doesn't provide much consideration for any of those qualities and it doesn't serve the interests of the teachers, students, parents, school council or the process of education.

The Floyd County School System is certainly in a fix over the court's decision concerning Thomas Tackett, but it won't fix anything by overruling or overriding the PHS school council, as has been suggested by superintendent Steve Towler.

The council has the right, under law, to make an independent decision on filling the principal's post, and it should remain independent in doing so.

—Letters to the editor—

Letters to the editor policy

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.

Senior citizens express thanks for support

Editor:
The McDowell Senior Citizens would like to thank everyone who helped with our Old Time Country Breakfast.

The people who bought tickets, sold tickets, came and ate at our senior citizens center, thanks for helping make our breakfast a great success.

The money will go toward helping the program, home delivered meals. This program is for people 60 or older unable to prepare themselves a nourishing meal; this money will help us be able to serve more meals.

A special thanks to Tootsie Akers, Mary Anderson, Darrell Youmans, employees of the McDowell hospital. These people helped with the selling of tickets, the cooking and the serving.

Thanks to Karen Slone, a school teacher at the McDowell Grade School, for her help in making take-out meals.

A special thanks to the doctor and nurses of the McDowell hospital for ordering take-out meals from us, thanks for your kindness and caring for the home delivered meals program.

To anyone who helped with our fund-raiser, May the Lord bless you.

Ellen Mae Brown
Senior citizens director

My personal thanks

Editor:
To the Floyd County Board of Education: Thank you for allowing me the privilege of teaching. We didn't always see eye-to-eye, but I thank you for the honor.

To my fellow faculty, principals, and support personnel through the years: Thank you for making me a part of your world. For the sharing of confidences, for the respect and love you gave me, I thank you.

To the parents: Thank you for entrusting me with your most prized possession, your child. Thank you for respecting my judgment and ability.

To the students from 1967-1995: Thank you from the bottom of my heart for letting me be a part of your lives. We didn't always agree and you didn't always accept my deci-

sions, but for allowing me to be a part of your growing years, I thank you and I love you.

To my family: For standing by me when I chose to return to school and for accepting my responsibilities outside the home for the last 28 years, I thank you. You'll never know the depth of my love for you.

To the people of Floyd County: Thank you for making this native West Virginian a true, "dyed in the wool" Kentuckian!

Doris Osborne
'93-'95 South Floyd High School
'67-'93 Wheelwright High School

Response to fund drive has been gratifying

Editor:
The results of our recent direct-mail campaign have been gratifying. Since we began our drive on May 9th, we have raised over \$2,700, and the money is still coming in. The following contributors deserve our thanks and appreciation:

William J. Barrows, ABW Engineering, Prestonsburg; Bill Harvey Howard and his staff at Prestonsburg City Utilities; Edward and Thelma Music of Prestonsburg; Brenda Scalf Wells of Coral Springs, Florida; William F. Fields of Perry Distributors in Hazard; John Allen of Prestonsburg; Sam and Linda Hatcher of Pikeville; Jean May Lambeth of Hendersonville, North Carolina; Jean A. Kinsey of Roanoke, Virginia; Monica Henderson of Louisville; and Floyd County Soil Conservation District of Prestonsburg.

Also, Walter Scott Harkins of Harkins Mineral Associates; Estill and Sallye Branham of Prestonsburg; Mrs. James Carter, Susan Carter Roberts, and Mr. and Mrs. Jim Carter II of Prestonsburg; Harold Cooley of Cooley Apothecary, Prestonsburg; F. S. VanHoose of VanHoose Lumber, Paintsville; William and Barbara Dickinson of Boston, Massachusetts; Mrs. Blaine R. Hall of Prestonsburg; Robert and Carolyn Branham of Pikeville; Paul and Bonnie Hughes of Prestonsburg; Cliff and Ann Latta of Prestonsburg; Donald and Drema Osborne of Prestonsburg; Edgar and Edith May of Shawnee Mission, Kansas; Thomas and Libby Flanery of Langley; John and Jean Rosenberg of Prestonsburg; and William and Phyllis Honshell of Wayland.

Others were Stuart Vance of Prestonsburg; Tom Ellis of Pikeville; E.

J. May of Regina; Lee and Michelle Hamilton of Montgomery, Alabama; James Hamilton of Keaton; Virginia S. Beldon of Huntington, West Virginia; Margaret S. Lockwood of Huntington, West Virginia; Prestonsburg Kiwanians; Jenny and William Bottoms of Prestonsburg; Hailu and Yeshi Bogale of Lexington; Don and Suzanne Childers of Ashland; Danny and Kathy Lowe of Prestonsburg; Thomas W. Fugate of Frankfort; Joe D. and Alice Martin of Lexington; Samuel B. May of Rutland, Ohio; Hope Elizabeth Bennin of Prestonsburg; Jack Stumbo of Versailles; Terry and Amy Diamond of Kingsport, Tennessee; Tom and Tammie Matjasic of Van Lear; and Fred and Joy James, Prestonsburg.

Robert Perry
President
Friends of the Samuel May House

Little league ballgame horrifies spectator

Editor:
Last night I went to a friend's sons' little league ballgame at Archer Park. People, you would have thought you were at a major league or world series game.

The parents of these little league kids need to grow up and act like adults. They know the rules and regulations of little league but they have no respect for any of them.

What I witnessed was horrifying. They had two 16-year-old umpires, they were very knowledgeable about baseball and taking all the years they had played ball and were calling an extremely good ballgame.

I don't know if it was the fact that the kids were young and they tried to intimidate these kids or they wanted to look big in front of other people, but things got out of hand.

One spectator was asked to leave the park. After several attempts, the game was halted as it should have been, until things were back to normal and this guy left.

He knows who he is. But what topped the evening off was one of the little league coaches, and he also knows and has a reputation for this, stopped the child who umped the last game and threatened to do bodily harm to him.

People, this is too much. A grown man threatening to whip a kid and

(See Letters A 5)

Coffee ☕ Break

by Scott Perry

If you car race fans aren't getting your fill of thrills and chills on the local stock car circuit, don't despair...have we got a show for you.

Just grab a lawn chair and head out to any of the intersections along new U.S. Route 23, where death-defying acts of desperation offer hours of non-stop entertainment.

See strings of impatient drivers pull into oncoming traffic without a care in the world for their own safety...or anyone else's.

Hear screeching tires and screaming drivers in a daily demolition derby that will rival any you've ever seen.

Learn some new words!

A warning, though. These scenes aren't for the faint of heart.

Things have a way of getting messy when drivers who choose to ignore traffic laws find they

can't ignore the laws of physics when their vehicles, and worlds, collide.

Guess we ought to jump on the media bandwagon and note that Monday was the first-year anniversary of the murders of Nicole Brown and Ron Goldman.

The trial of O.J. Simpson, meanwhile, is in its fifth month...with no end in sight and speculation that it might never end...with a verdict.

Have we had enough of this, or what?

With jurors dropping like flies, most because of the pressures accompanying long-term sequestering, there's talk of a mistrial and a possibility that we'll have to do this trial all over again.

Geez.

Why don't they just videotape

the thing, edit it down to a court-approved, lawyer-accepted version, then select a jury of viewers. They could watch it in a couple of days and return a verdict.

Then, add a couple of commercials for a ready-made, made-for-TV docudrama.

There's no business like show business.

We've always been amazed, given the number of rivers, creeks, ponds and lakes in these parts, that so many folks around here have never learned to swim.

What's more bewildering, though, are increasing numbers of news accounts detailing water-related mishaps that involve victims who not only couldn't swim, but who weren't wearing life jackets while they were on the water.

That's sort of like jumping out of an airplane without a parachute. If you can't swim, learn.

If you can't learn, wear a life preserver.

Better safe than sorry.

Sorry is the safest term to use in describing the weather we've been having so far this spring, though we're inclined to offer some more colorful adjectives.

It's not that we mind rain, it's just the timing of it.

Our grandmother used to suggest that our foul weather was caused by all those rocket ships we sent into outer space, tearing holes in the atmosphere on the way.

We're beginning to wonder if maybe she was right.

Somebody call NASA and ask them to hold off for a couple of

weekends, will ya?

Another group is planning a get-together soon to discuss Eastern Kentucky's future, which should put us in line for some sort of recognition in the Guinness Book of World Records.

We've discussed and debated our future so frequently that a couple of futures have come and gone...and we never even noticed it.

Could probably fill a library with the studies, plans and proposals developed for fixing what ails Eastern Kentucky.

Say, maybe our future is discussing the future.

Now if we could just find a way to get paid for it...

The Numbers Game: Kentucky Lottery Results

Saturday's Results
June 10

LOTTO KENTUCKY 13-15-16-21-36-42

Next Estimated Jackpot \$1.7 million

POWERBALL 11-20-28-35-44 20

Next Estimated Jackpot \$10 million

Letters

(Continued from page four)

then telling him he will wait until he is 18 years old, then he would whip his —

The child stood up for himself. The town police had to be called in. Doesn't this man know he could and may still go to jail if the parents of this kid press charges?

People, kids are kids and are protected from this kind of abuse. These two 16-year-old kids were doing a job and deserve respect. After all, they were doing this service so people's kids could play ball and maybe more on the big leagues.

People, get a life. Think of what your own kids must think.

I have three sons of my own. All my sons played baseball and not once did I have to make a scene like that.

Think of what the parents in that parking lot must have thought. I think this man needs to make a public apology to this child and the spectators at this ballgame in your paper.

Thank you for listening!

Ed Goble
Pikeville

P.S.: I talked to the mother of this child and told her she had legal grounds to file charges. This gentleman should feel lucky that she declined! I understand there is an opening for president of little league. People, do your thinking before you elect or think of electing this man.

AmeriCorps member service opportunity

Editor:

The Homeless and Housing Coalition of Kentucky is gearing up for its Year II AmeriCorps National Service Program in Kentucky which begins on September 1.

One of the five inaugural operating grants in the state of Kentucky, HHCK-AmeriCorps will place 30-40 direct service AmeriCorps members in non-profit, homeless and housing service providers across the state. These AmeriCorps members will commit a year of their lives in order to give service to their communities.

Over the past 10 months, AmeriCorps members under this program in Kentucky have built low-income housing, provided childcare for children in shelters, created new programs to address the needs of homeless individuals, and providing counseling and support for victims of domestic violence.

Each AmeriCorps member receives a living allowance for the year, individual health coverage, and child care (if eligible). This allows them to devote their full attention to provide needed services to their communities.

To reward this selfless giving of time and talent, the Corporation for National Service gives each AmeriCorps member an Educational Award of \$4,725 upon the successful completion of his/her year of service.

The AmeriCorps program which is currently being debated in the federal legislature allows communities to find their own solutions to their own problems under the broad guidelines from the Corporation for National Service.

The Homeless and Housing Coa-

lition of Kentucky's AmeriCorps program allows individual agencies to define their needs and how they will meet those needs through the placement of a direct service AmeriCorps member.

Anyone interested in the program or interested in committing to a year of service should call (502) 223-1834

or mail a postcard with your name, address and phone number to HHCK-AmeriCorps, 306 W. Main, Suite 513, Frankfort, KY 40601.

B. Todd Rogers
AmeriCorps Program Director
Homeless and Housing Coalition of Kentucky

Low-income Allen residents can hook up to city's sewer system free

by Susan Allen
Staff Writer

Allen City Commissioners are trying to find solutions for increasing the number of city sewer customers and to eliminating dogs running loose in the city.

At Monday's city commission meeting, commissioner Virgie Woods asked for an update on the number of customers who have signed up for the sewer service.

City clerk Bill Parsons said the number of customers is far below the 376 needed to hook onto the new system. Parsons said that many low to moderate income families who have not signed up are at risk of having to pay a \$1,500 tap-on fee.

Those families in that income bracket can sign up for the service for free, Parsons said, but after a deadline has been set for signing up new customers, those families will have to pay.

Households that are not in the low to moderate income bracket will have to pay a \$500 tap-on fee if they sign up before the deadline and a \$1,500 fee will be charged after the deadline has been set.

Woods said she felt that the commission needed to make people aware of the issue and explain the procedures and reasons why they need to hook onto the system.

Bids to build the sewer are expected to be let in July, Parsons said, and construction should begin soon after bids are awarded.

Parsons also said that those people who are not on the system once it is operational will most likely be cited by the Environmental Protection Agency and the county health department. If they are cited, the city will be ordered to remove their water meters until they have paid to sign up on the system, Parsons said.

Virgie Woods and commissioner Sharon Woods said they would be

willing to make door-to-door visits in order to inform residents about the situation.

Parsons said that the board needs to consider setting a deadline soon.

Commissioners agreed to discuss the matter further at the July meeting.

Also Monday, Greta and Bill Salisbury asked commissioners about the possibility of passing a leash law for the city to eliminate the problems of dogs running loose.

Greta Salisbury said that she was scratched on the leg by a neighborhood dog and told commissioners she doesn't feel safe walking the streets.

"My son got picked up by the head by a pit bull (in Florida)," Salisbury told commissioners. "You need to do something to put those dogs up before a child or a grown up gets mangled. I don't think it's safe for children or adults."

Mayor Chris Waugh told the Salisburys that commissioners had attempted to address the problem in the past, but no viable solution had been found. Waugh said that he would gather information about the problem and present to the board at the July meeting.

In other action Monday:
• commissioners adopted the city's 1995-96 budget, which did not include any raises for board members or city employees; and

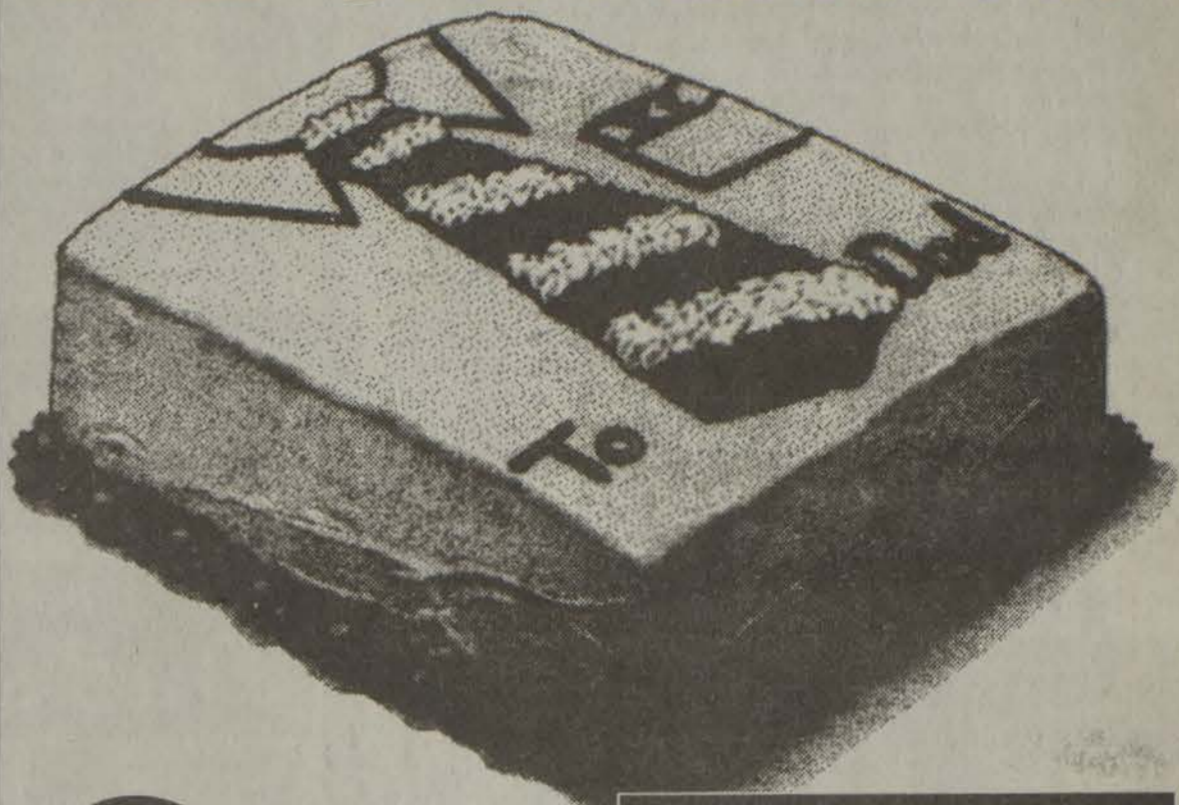
• commissioners held a short closed session to discuss personnel issues concerning the police department.

Big Sandy Area Community Action Program has openings in its senior training program. To apply, participants must be 55 years of age or older. For more information, call 874-2965.



Maytown Eighth Grade Class trip to Opryland where they spent two nights and three days. We would like to thank the people and parents who made the trip possible, and a special thanks to the seals tour.

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Cornerstone family center dedicated

A formal dedication service for the new Cornerstone Family Center in Harold was held June 4.

Immanuel Baptist Church in Pikeville hosted the Sunday afternoon service that featured leaders from the Enterprise and Pike Baptist Associations along with Kentucky Baptist Homes for Children staff in a time of dedication for the facility and the programs it offers.

The Center, a partnership effort between KBHC and the associations, opened earlier this year and is providing First Step Pregnancy Counseling and Adoption, Cornerstone Counseling, and Family Foster Care Services.

The Center, at 266 Cherry Street in Harold, was built through the work of local volunteers who raised funds and provided labor for its construction.

"It's truly a joy to now be providing services through this facility," said KBHC President Curtis Mooney. "Just a year ago we were celebrating our agency's 125th anniversary in Pikeville and talking about our 'dream' of helping families here. Now, through the Lord's goodness and the hard work of a lot of people, the dream has become reality."

Kentucky Baptist Homes for Children is affiliated with the Kentucky Baptist Convention. KBHC provides care for children who have been abused, neglected, or whose families

are in crisis. The agency assists more than 1,200 children and adults each year.

Residential programs include Spring Meadows Children's Home in Middletown, Glen Dale Children's Home in Glendale, the Baptist Youth Ranch in Elizabethtown, the Dixon Temporary Shelter in Dixon, the Baptist Youth Shelter in Morehead, the Genesis Home in Mayfield, and the Southern Region Shelter in Somerset.

KBHC also operates the First Step Pregnancy Counseling and Adoption service through an office in Louisville, manages private foster homes throughout the state, and provides independent living, college, and career services.

In addition to work through the Cornerstone Family Center, KBHC's Cornerstone Counseling ministry also provides professional Christian counseling to individuals and families through offices in Ashland, Berea, Bowling Green, Corbin, Erlanger, Frankfort, Henderson, Hopkinsville, London, Madisonville, New Castle, Pineville and Somerset.

Founded in 1869, Kentucky Baptist Homes for Children is the oldest Southern Baptist child care ministry and the largest private child care program in Kentucky.

Kentucky Baptist Homes for Children is accredited by the Council on Accreditation of Services for Families and Children, Inc.



GED diploma

Jobs opportunity and basic skills program participant Karen Cross received her GED diploma in May. Cross completed her class work through the Prestonsburg Adult Learning Center, operated by the David School. Pictured are Frank Salyers, Jobs coordinator, Cross and case manager Regina Whitt.

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Boys 8-14 Shorts \$18⁹⁹ Reg. \$27

Mens 505 & 550 in Stone & Bleach Jeans \$27⁹⁹ Reg. \$41

Girls 7-14 Jeans \$21⁹⁹ Reg. \$32-\$34

Girls 4-6x Jeans \$19⁹⁹ Reg. \$24

Juniors 550 & 512 Bleach & Missy 551 Stone Jeans \$29⁹⁹ Reg. \$48



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Men's Nike GTS \$29⁹⁹ Reg. \$55

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Solid, stripes & asst. plaids in Poly-Cotton Reg. \$24-\$30



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From left to right, Rev. Carl Boyd, Pike Baptist Association director of missions; Dr. Curtis Mooney, president of Kentucky Baptist Homes for Children; and Rev. Jim Smith, Enterprise Association director of missions, look over one of the brochures promoting the new Cornerstone Family Center following the ministry's dedication in Pikeville on Sunday, June 4. A partnership between the two associations and the children's ministry has brought professional Christian counseling, pregnancy counseling and adoption services, and foster care services to the Big Sandy area.

Big Sandy Area Community Action Program has openings in its senior training program. To apply, participants must be 55 years of age or older. For more information, call 874-2965.

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History tour

This group of University of Louisville Alumni recently brought their "Kentucky Neighborhood History Tour" to Prestonsburg for a visit to the Mainstreet District and Jenny Wiley State Resort Park. Mainstreet Manager Fred James; Floyd County Historical Society Representative F. A. James Sr.; and Billy Ray's Restaurant served as host to the group and their leader, Tom Owen.

Occupational safety and health courses offered

The Kentucky Labor Cabinet announced recently that it will be providing occupational safety and health training courses, at no cost to participants, for ten days, Monday through Friday, beginning June 12 and ending June 23.

The courses offered will be taught by Labor Cabinet officials who specialize in the field of occupational safety and health. The classes will be presented at the Daviess County Vocational Technical School in Owensboro.

Topics for the event during the week of June 12-16 include: introduction to safety and health, accident

investigation, hazard communication, office safety, noise/hearing conservation, permit required confined spaces, lockout/tagout, and fire safety and prevention. The courses to be presented during the week of June 19-23, include air contaminants and respiratory protection, bloodborne pathogens, cumulative trauma disorders and back care, personal protective equipment; indoor air quality, woodworking and machine guarding, welding, cutting and brazing, fall protection, powered industrial truck safety, and injury and illness recordkeeping.

In addition to the safety and health subjects, employers will benefit from the wage and hour course to be presented by staff of the Labor Cabinet's Division of Employment Standards and Mediation. The wage and hour program will be offered on Friday, June 19.

Registration for the course is encouraged to ensure adequate seating. However, registration is possible at the door. Additional information concerning the programs can be obtained by contacting the Division of Education and Training at 502-564-6895.

Friends of May House schedule clean-up dates

The Friends of the May House recently scheduled a clean-up session at the house to be held Saturday, June 17, at 10 a.m. through June 24, at 5 p.m.

Volunteers are encouraged to lend a hand. Cleaning supplies will be furnished. For more information, call Mable Lineberger at 886-6796.

The world of the living contains enough marvels and mysteries acting upon our emotions and intelligence in ways so inexplicable that it would almost justify the conception of life as an enchanted state.

—Joseph Conrad

Lykins captures crown in pageant



Madison Claire Lykins

Madison Claire Lykins competed in the 1995 Little Darling's Mother's Day pageant on May 13 at the Holiday Inn in Hazard.

She captured the pageant title in her age division and won the most beautiful, most photogenic, and prettiest eyes categories. She received five trophies and one tiara.

She is the daughter of Ralph and Kristy Gibson Lykins of Salyersville. Maternal grandparents are Gary Gibson of Letcher County, and Debi Montgomery of Magoffin County. Maternal great-grandparents are Ernest and Mildred Gibson of Wayland and the late Trabe and Helen VanHoose. Paternal grandparents are J. T. and Betty Jo Lykins of Salyersville.

Golden Ages

WHEELWRIGHT AND MCDOWELL SENIOR CITIZENS MENUS

Wednesday, June 14: Ground beef casserole (#10 scoop), noodles in casserole, sweet potato, cornbread, margarine, pineapples and 2% milk.

Thursday, June 15: Chicken strips (3 oz.), Japanese mixed vegetables, lima beans, wheat bread, margarine, fruited gelatin, 2% milk and sweet/sour sauce.

Friday, June 16: Ham salad sandwich (#12 scoop), baked potato, broccoli cheese soup, sandwich slices, 1 pkg. crackers, margarine, cookies and 2 percent milk.

Monday, June 19: Oven fried chicken, carrots, tossed salad w/dressing, white bread, margarine, frosted cake and 2% milk.

Tuesday, June 20: Scrambled eggs w/ham, oven fried potatoes, sliced tomato, biscuit, margarine, orange juice and 2% milk.



Dental Health Today

by Michael K. McKinney, D.M.D.

Improving your smile

When you're speaking, which are more visible, your upper or your lower teeth? If you look into a mirror, you'll discover that it's your lower teeth that are more noticeable. Now smile. Surprised? Your upper teeth are more noticeable now.

There's a good chance your dentist can improve upon your smile. He can check to see if your six upper teeth follow the upward curvature of the lower lip. This means that the two

upper front teeth should be slightly longer than the teeth next to them. If they're too short, they may give your face a frowning look.

If this is the case, an adjustment can be made to improve your appearance. If any of your teeth are of uneven length, he can contour their shape to make them even and to give the proper accent to your two front teeth, which should be longer. Chipped or broken teeth can be repaired. Even a tooth badly damaged by decay can be saved.

Your dentist has a variety of techniques he can use to change your smile. You can choose from cosmetic bonding, porcelain veneers, or crowns. Lots of these procedures can be accomplished without local anesthesia.

Why not let your dentist check your smile? You've got everything to gain.

Energy workshop to be held at Pikeville College

Pikeville College has been selected as one of five schools in the state that will participate in an Energy Workshop for high school chemistry and physics teachers. The five day workshop, which begins on Monday, June 19 and continues through Friday, June 23, will be held in the Armington Science Learning Center on campus.

The purpose of this workshop is to improve high school chemistry and physics teachers' understanding of what every consumer should know about energy, as well as demonstrate hands-on activities that meet KERA objectives and can be performed in a high school lab.

In addition to participating in classroom demonstrations, the participants will have the opportunity to learn from professionals in the community. Scheduled to speak are Mr. Robert Womble, Vice President of Research and Development of Ashland Oil Company; Linda Fowler of Appalachian Electric Power Company; Maurice Royster, Manager of Public/Government Relations for Equitable Resources Exploration (EREX); and Maurice Balley, former Pikeville College Chemistry Instructor and division chair for the Math and Science Resource Center.

All participants will receive invaluable resource materials including membership in the National Energy Education Development (NEED) Project and a subscription to Energy Exchange.

On Thursday, June 22, the Pikeville group will travel to Oak Ridge National Laboratories in Tennessee for a field trip.

Other schools participating in the workshop are Western Kentucky University, University of Louisville, Murray State University, and Eastern Kentucky University.

For more information, call Robert Arts, Director of the Math and Science Resource Center, at 437-3417.

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Big Sandy Area Community Action Program has openings in its senior training program. To apply, participants must be 55 years of age or older. For more information, call 874-2965.

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Obituaries

Hillard Meadows

Hillard Meadows, 65, of Claypool, Indiana, died March 7, 1995, in Kosciusko Community Hospital in Warsaw, Indiana.

Born July 19, 1929 in Prestonsburg, he was the son of the late Marion and Martha Hom Meadows. In 1947, he married Juanita Green, who died in 1972. In 1974, he married Daisy Deck, who died in 1987. He later married Mildred Teeple, who survives.

He worked at Clausing Inc., Warsaw, Indiana, for 17 years and was former owner of Hillard Trucking, retiring in 1993. He most recently worked at AMPI, Warsaw, Indiana.

In addition to his wife, survivors include four daughters, Sandra Tuggle of Burket, Indiana, Kay Slone of Pierceton, Indiana, Helen Streets of Elyria, Ohio, and Terry Hall of Ligonier, Indiana; one son, Gary Meadows of Warsaw, Indiana; two stepsons, Ed Teeple of Leesburg, Indiana, and Robert Teeple of Texas; 31 grandchildren and 20 great-grandchildren.

Services were at the McHatton-Sadler Funeral Home in Warsaw, Indiana. Burial was in the Hillcrest Cemetery in Pierceton, Indiana.

Draxie Bailey

Draxie Bailey, 61, of Pikeville, died Friday, June 9, 1995, at her home.

Born December 31, 1933 in Floyd County, she was the daughter of Stella Mae Burke Holbrook of Island Creek, Pikeville, and the late William B. Holbrook. She was a member of the Joppa Old Regular Baptist Church at Melvin.

In addition to her mother, she is survived by her husband, Henry D. Bailey; one son, Henry Doug Bailey Jr. of Pikeville; two daughters, Mary Stellana Barnes and Jayne Ellen Branham, both of Pikeville; six brothers, Ellis Holbrook of Betsy Layne, Charles Edward Holbrook of Warsaw, Indiana, James Earl Holbrook and Kenneth Wayne Holbrook, both of Pikeville, and William B. Holbrook Jr. and John Curtis Holbrook, both of Carrollton, Michigan; four sisters, Judith Ann Phillips, Betty Ruth Hobbs, Carolyn Lynn Gilliam and Cathy Gail Harville, all of Pikeville; and three grandchildren.

Funeral services were Monday, June 12, at 11 a.m., at the Joppa Old Regular Baptist Church at Melvin, with the Old Regular Baptist Church ministers officiating.

Burial was in the Holbrook Cemetery at Island Creek, under the direction of Justice Funeral Services.

Pallbearers listed for Edgar Daniels

Serving as pallbearers for the funeral of Edgar Daniels were Mike Ward, Milton Dye, Bill Harvey, Bob Ward, Miles Burchett and Bryan Harvey.

Robert D. Workman

Robert D. Workman, 52, of Ypsilanti, Michigan, died Monday, June 5, 1995, at St. Joseph Mercy Hospital, following an extended illness.

Born August 3, 1942 in Pike County, he was the son of the late Lon and Anna Gibson Workman. He lived in Floyd County before moving to Ypsilanti, Michigan. He worked as a painter and was a member of the Painters Local No. 514 and the Ypsilanti Moose Lodge No. 782.

Survivors include his wife, Patricia Bouchie Workman; three children, Sam Foddrill, Danny Hermosillo and Randy Hermosillo, all of Ypsilanti, Michigan; two brothers, John T. Workman of Proctorville, Ohio, and Leonard Workman of Pikeville; four sisters, Pauline Wallace of Allen, Lockie Little of Pikeville, Betty Daniels of Stanville, and Betty Thrice McCowan of Pikeville; and four grandchildren.

Funeral services were Thursday, June 8, at the Nie Funeral Home with Dr. T. Reynolds Hall officiating. Burial was in Highlands Cemetery.

Viola Jones Turner

Viola Jones Turner, 73, of McDowell, died Thursday, June 8, 1995, at the McDowell Appalachian Regional Hospital, following an extended illness.

Born September 15, 1921 at Bevinville, she was the daughter of the late Marion and Lucy Turner Jones. She was a member of the First Baptist Church at McDowell and a bookkeeper and accountant for Sizemore Mining Company for 30 years. She was a member of the senior citizens group.

Survivors include her husband, Edward Turner; one son, Terry Turner of Salyersville; one daughter, Rosemary Turner Rice of Owensville, Ohio; one sister, Sarah Cooley of McDowell; and three grandchildren.

Funeral services were Sunday, June 11, at 2 p.m., at the Hall Funeral Home Chapel with Rev. Harry Hargis officiating.

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

Serving as pallbearers were Ballard Jones Jr., Gregory Jones, Christopher Patton, Derrick Martin, Leonard Cieslack, and Tommy Hall.

Cornette Slone

Cornette Slone, 56, of Hi Hat, died Saturday, June 10, 1995, at Highlands Regional Medical Center, Prestonsburg, following an extended illness.

Born December 27, 1938 in Martin, she was the daughter of Sarah Johnson Ward of Buckingham and the late Will Ward. She was a member of the United Christian Church at Buckingham. She was preceded in death by her husband, Chester Slone.

Survivors include two sons, Ricky Slone of Buckingham and Chester Slone Jr. of Prestonsburg; two daughters, Diana Jones of Granite Falls, North Carolina, and Kim Tackett of Bevinville; three brothers, Joe Ward and Arthur Ward, both of Wabash, Indiana, and Bill Ward of Buckingham; five sisters, Dorothy Manns of Buckingham, Annette Farmer and Bethel Thornsberry, both of Wheelwright, Lilly Ward of Martin and Millie Dye of McDowell; and five grandchildren.

Funeral services were Tuesday, June 13, at the United Christian Church of Buckingham, with Bill Slone, Jeff Goble and others officiating.

Burial was in the Buckingham Cemetery under the direction of Nelson-Frazier Funeral Home.

Mazie Caudill Richardson

Mazie Caudill Richardson, 51, of Ligonier, Indiana, formerly of Knott County, died Tuesday, June 6, 1995, at her home.

Born September 15, 1943 at Hindman, she was the daughter of the late Franklin and Linda Short Caudill.

Survivors include her husband, Harold Richardson; one son, Rayford Caudill of Bluffton, Indiana; one daughter, Kimberly Renee May of Ligonier, Indiana; four sisters, Flora Click of Possum Trot, Lula Fay Caudill of Hindman, Hazel Caudill of Lackey and Karen McClure of Virginia Beach, Virginia.

Funeral services were Saturday, June 10, at 11 a.m., at the Hindman Funeral Services Chapel with Charles Mosley officiating.

Burial was in the Carr Fork Memorial Cemetery at Litt Carr, under the direction of Hindman Funeral Services.

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Frances Evelyn Click

Frances Evelyn Click, 60, of Paintsville, died Friday, June 9, 1995, at Highlands Regional Medical Center, following a short illness. Born July 7, 1934 in Floyd County, she was the daughter of the late Sye and Rosa Holt Tackett. She was an assistant city clerk at Paintsville City Hall.

Survivors include three daughters, Karen Leigh Ward of Paintsville, Vicki Rae Kiser of Rush and Tara Renee Allen of Langley; four brothers, Elmer Tackett of Weeksbury, Cecil Tackett of Knoxville, Tennessee, Edward Tackett of Bellevue, Michigan, and Efford Tackett of Ypsilanti, Michigan; four sisters, Wyoma Hall of Michigan, Elsie Holschultz of Newark, Ohio, JoAnn Allen of Staffordsville, and Virginia Keathley of Orlando, Florida; four grandchildren and one great-grandchild.

Funeral services were Sunday, June 11, at 3 p.m., at Preston Funeral Home Chapel with J.M. Scott officiating.

Burial was in the Henry Tackett Cemetery at Weeksbury, under the direction of Preston Funeral Home.

Exie Vanderpool Shepherd

Exie Vanderpool Shepherd, 80, of Elmrock, died June 7, 1995, at her home.

Born March 24, 1915 in Floyd County, she was the daughter of the late George and Matilda Engle Hicks.

Survivors include her husband, Bee Shepherd; four sons, Michael Vanderpool of Belleville, Indiana, Raymond Robinson and Rondall Conley, both of Hueysville, and Steve Vanderpool of Mongo, Indiana; six daughters, Frankie Hall of Wheelwright, Myrtle Hughes and Gaynell Handshoe of Garrett, Ann Bradley of Prestonsburg, Helen Donnaker of Albion, Indiana, and Hazel Brown of Larkslane; eight stepchildren; one brother, Rex Hicks of Hueysville; several grandchildren and great-grandchildren and one great-great-grandchild.

Funeral services were Saturday, June 10, at 1 p.m., at the Salt Lick United Baptist Church with Bethel Bolen and others officiating.

Burial was in the William Handshoe Family Cemetery at Elmrock, under the direction of Hindman Funeral Services.

Pallbearers listed for Patton service

Serving as active pallbearers for the funeral of Joe Taylor Patton were John Wohlford, Steve Layne, Billy Joe Ratliff, James Ratliff, John David Ratliff, John Phillip Layne, Ricky Layne, Michael Estill Smith, John Salisbury, Bill Salisbury, John Wayne Perkins and Brett Patton.

Honorary pallbearers were Joe Taylor Patton, James Salisbury, Morris Salisbury, Thomas Salisbury and Alex Patton.

Robert Craft Sr.

Robert Craft Sr., 76, of Prestonsburg, died Tuesday, June 13, 1995, at Our Lady of the Way Hospital, Martin, following an extended illness.

Born April 27, 1919 in Prestonsburg, he was the son of the late Robert and Florence Crace Craft. He was a disabled laborer.

Survivors include his wife, Martha Ellen Meade Craft; four sons, Robert Jr. Craft and Jimmy Craft, both of Prestonsburg, Bill Craft of Auxier and Eddie Craft of Allen; two daughters, Kathy Robinson of Allen and Rose McCoy of Auxier; 17 grandchildren and 14 great-grandchildren.

Funeral services will be Thursday, June 15, at 1 p.m., at the Nelson-Frazier Funeral Home Chapel with Abe Vanderpool officiating.

Burial will be in the Goble Cemetery at Auxier, under the direction of Nelson-Frazier Funeral Home.

Gertie

Stephens Walker

Gertie Stephens Walker, 91, of Wayland, died Wednesday, June 7, 1995, at Our Lady of the Way Hospital, Martin, following a short illness.

Born September 23, 1903 in Onieda, Tennessee, she was the daughter of the late Starlin and Mary Jane Vanover Stephens.

Survivors include four sons, H.G. Walker of Washougal, Washington, William G. Walker of Loatto, Indiana, Clifford S. Walker of Wolcottville, Indiana, and Raymond O. Walker of Morehead; one daughter, Annette Mills of Wayland; one sister, Grace Warick of Camas, Washington; 15 grandchildren and 17 great-grandchildren.

Funeral services were Sunday, June 11, at 11 a.m., at the Hall Funeral Home Chapel with the Elders Earl Slone and Jerry Manns officiating.

Burial was in the Martin Cemetery under the direction of Hall Funeral Home.

Serving as pallbearers were Harold Mills, Pete Mills, Steve Mills, Jerry Mills, James Gore and Roger Vinson.

Elmore Hubbard

Elmore Hubbard, 75, of Findlay, Ohio, died Friday, June 9, 1995, at Blanchard Valley Hospital.

Born August 27, 1919 in Floyd County, he was the son of the late Jim and Susan Wallen Hubbard. He was a retired employee of Centrex Corporation. He was a World War II veteran and served in the Korean Conflict. He served from 1943 to October 1953.

Survivors include his wife, Beulah M. Wright Hubbard; one daughter, Martha Bush of Versailles; one brother, Bill Hubbard of Wabash, Indiana; two sisters, Mary Margaret Green of Wabash, Indiana, and Bess Sizemore of South Whitley, Indiana; two grandchildren and two great-grandchildren.

Funeral services were Monday, June 12, at 11 a.m., at the Coldren-Crates Funeral Home in Findlay, Ohio, with Rev. Eugene Haney officiating. Burial was in the Maple Grove Cemetery in Findlay.

Stella Ramey Martin

Stella G. Ramey Martin, 82, of Drift, died Monday, June 12, 1995, at Highlands Regional Medical Center, Prestonsburg, following a long illness.

Born November 29, 1912 in Elkhorn City, she was the daughter of the late Grover C. and Cora Slone Ramey.

Survivors include four sons, Kermit Martin and Roger Dale Martin, both of Drift, Pervis Martin and Claude Martin, both of Kendallville, Indiana; four daughters, Dolly Meade of Printer, Cora Sue Hall and Barbara Allen, both of Drift, and Debbie Martin of Washington, D.C.; two brothers, Bill Ramey and Rex Ramey, both of Elkhorn City; three sisters, Opal Cole, Mae Belcher and Gay Robinson, all of Elkhorn City; 16 grandchildren and six great-grandchildren.

Funeral services will be Thursday, June 15, at 2 p.m., at the Hall Funeral Home Chapel at Martin, with the clergymen Ted Shannon and Bobby Lawson officiating.

Burial will be in the Drift Cemetery under the direction of Hall Funeral Home.

Serving as pallbearers will be the grandsons.

Pearlie G. Prater

Pearlie G. Prater, 75, 284 E. Second St., died at 2:15 p.m. Saturday, March 4, 1995, at Dukes Continuing Care Center, Peru.

She was born on July 22, 1919, in Blue River, Ky., to Winston Bradford and Elizabeth Slone Bradford.

She married Hi Prater in 1939, in Blue River, Ky. He died on Jan. 28, 1975.

Mrs. Prater was a homemaker.

Survivors include two daughters: Orbie Johnson, Peru; and Lorene Shanabarger, Kokomo; five stepdaughters: Chadge Sloan, Wabash; Sally Prater, Martin, Ky.; Jane Salmous, Prestonsburg, Ky.; Laudy Reffitt, Prestonsburg, Ky.; and Mary Coe, Wabash; one brother, Burlin Bradford, Prestonsburg, Ky.; two sisters: Bess Hackworth, Prestonsburg, Ky.; and Mary Bentley, Florida; six grandchildren; and nine great-grandchildren. She was preceded in death by her parents, husband, one stepdaughter, three stepsons, one brother, one sister and one granddaughter.

Funeral services will be at 10:30 a.m. Tuesday, March 7, at the Eikenberry-Eddy Funeral Home, with the Rev. Rod Correll officiating. Burial will be at the Santa Fe Cemetery, Miami County.


Friends may call from 7 to 9 p.m. today at Eikenberry-Eddy Funeral Home.



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Card of Thanks

The family of Woodrow W. Chaffin 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 Rev. Mike Caudill 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.

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Card of Thanks

The family of Hester Mae Meade DeLong 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 United 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.

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Floyd Countians starting at EKU this fall urged to attend summer orientation

You've graduated from high school in Floyd County.

And you've decided to attend Eastern Kentucky University this fall, joining approximately 160 other Floyd Countians enrolled at EKU.

The gulf between those worlds might seem imposing now, but you can cross a bridge that will make the transition much easier. It's called

summer orientation, and EKU has scheduled several dates from which you can choose.

About 2,000 new freshmen, and about that many parents, as well as about 800 transfer students, will get a welcome to University life during the annual orientation sessions, which start in late June and continue through late July.

The orientation session will include small-group tours, informational sessions, lunch, and an afternoon advising/registration session, after which students will leave with their fall schedule in hand.

Parents are welcome to participate in an agenda geared specifically for them. They'll attend special programs and have opportunities to visit with various administrators. Services available to students will be explained and a guided tour will be offered.

Sessions for new freshmen will be held June 20, 21, 22, 27, 28 and 29, and July 11, 12, 13, 17, 18 and 19. Orientation sessions for transfers will be held July 6, 24, 25, 26 and 27. Students who have already been admitted should have already received information about orientation, along with several possible dates that they might attend. Each of EKU's nine academic colleges has set aside dates to welcome and advise new freshmen interested in their programs. Any admitted student who has not received information about orientation should call (606) 622-2285. Students must schedule in advance the day they plan to attend.

Anyone who plans to attend Eastern this fall but who has not yet been admitted should call the admissions office at 606-622-2106, or toll-free in Kentucky, 1-800-262-7493, ext. 2106.

New freshmen and their parents also have the option to spend a night in a residence hall.

Eastern Kentucky University is a comprehensive university serving more than 14,000 students on its 560-acre Richmond campus, throughout its 22-county extended service region, and beyond.



Five generations of Rice

Recently, five generations of Rice, ranging in age from 11 months to 93 years old, gathered at Riverview Nursing Home. Included in this photograph is Caleb Russell Rice (age 11 months), Steven Russell Rice (age 30), Clarence Russell Rice (age 52), James Russell Rice (age 75), and Raleigh K. Rice (age 93).



Zachary Teague Bradshaw celebrated his tenth birthday on Tuesday, June 13, 1995. He is the son of Heather and Tommy Elkins of Jacksonville, Florida, and the grandson of Pat Bradshaw of Prestonsburg. Happy birthday, Zach!



Little Angels continue to sing

In May, Highland Avenue Freewill Baptist Church's Little Angels sang a tribute to mothers at Goble Roberts. Inclement weather did not stop their salute; the Little Angels gathered under the shelter and raised their voice in song. After singing the tribute, they headed for Pizza Hut for a pizza party. The group has grown from the eight original Little Angels to 54. After 10 practice sessions, they receive a Bible; 20, a Bible cover; 30, a pin; 40, a pin; 50, a trophy; and 75, a duffel bag. Forty-two Bibles have been issued and eight children are currently working on a duffel bag.

Births

HIGHLANDS REGIONAL MEDICAL CENTER

May 30: A daughter, Ashleigh Danielle, to Lisa Ann and Ronald Atwood Willis of Prestonsburg; a son, Taylor Douglas, to Tamberlyn Sue and Sherman Douglas Perry of Lovely.

May 31: A son, Brian Michael Keith, to Shannon and Brian Keith Adkins of Winchester.

June 1: A son, Cody Lee, to Norma Jean and Willie J. Robinson of Lovely.

June 2: A daughter, Kaitlan Janell, to Stephanie and Boyd Salyers of Ezel; a son, Tyler Daniel Hummel Lowe, to Jennifer Hummel of Inez; a daughter, Chasity Megan Nicole, to Rosa Lee and Everett Lee Sexton Jr.

of Staffordsville.

June 3: A daughter, Shelby Tanisha Ratliff to Selena Michelle Curtis of Thealka; a son, Cameron Blake, to Barry and Shawn Hamilton of McDowell.

June 4: A daughter, Kayla Michelle Hicks, to Rita Thornsberry of Garrett; a son, Ryan Keith Fitzpatrick, to Wendelin Dye of Royalton.

June 5: A son, Robert Wiley, to Tamy and Jimmy Ray Craft of Salyersville; a daughter, Mikki LeShea Lowe, to Wanda Sue Garza of Prestonsburg; a daughter, Hannah Rose, to Peggy Ann and Timothy Joe Dials of Pikeville; a son, Dylan James, to Cary and Baxter Wicker of Mousie.

Stumbo, Baldwin to wed



Angela Danette Stumbo and Guy Richard Baldwin

Mr. and Mrs. Danny Stumbo of Martin and Mr. and Mrs. Jimmy Baldwin of Oil Springs announce the marriage of their children, Angela Danette and Guy Richard.

The bride-elect is a 1989 graduate of Prestonsburg High School and a 1994 graduate of the University of Kentucky.

She is employed by the Department for Social Services.

The groom is a 1989 graduate of Johnson Central High School. He is employed by Worldwide Equipment Inc.

The wedding will be held on June 24, at 1:30 p.m. at the Wilkinson-Stumbo Convention Center, Jenny Wiley State Park. The custom of an open wedding will be observed.

After a honeymoon in Gatlinburg, the couple will reside in Martin.

Bacardi Rum

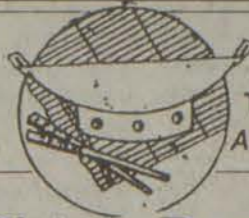
Half Gallon \$15.99 each All taxes paid

J & J Liquors
Betsy Layne • 478-2477

Big Sandy Area Community Action Program has openings in its senior training program. To apply, participants must be 55 years of age or older. For more information, call 874-2965.

30 Item Deluxe Buffet

Lunch Buffet
Sun. - Fri. - \$4.55
Fruit bar available.



Seafood Dinner Buffet
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All you can eat shrimp!

CHILDREN UNDER 3 EAT FREE

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CALL 886-8604 OR 8603 TO GET STARTED NOW.
PRO-FITNESS, 852 SOUTH LAKE DRIVE, PRESTONSBURG

It's The HOTTEST Automotive Sales Event of the Year!

ROAD FEVER FRENZY!

at Fletcher & Halls

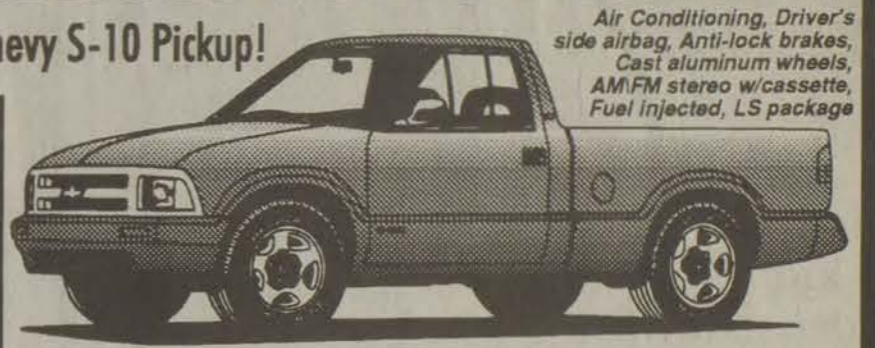
WIN A NEW '95 CHEVROLET S-10 PICKUP!

Fletcher & Halls is giving away a new 1995 Chevy S-10 Pickup!

Promotion Rules Are Easy & Simple:

- Complete a registration entry form at Fletcher & Halls. You must be 18 or older to enter. One entry per person per visit.
- Each Friday evening from June 16 through Sept. 1, a finalist will be chosen by random drawing. You do not have to be present to be chosen as a finalist.
- After each weekly drawing, all registration forms will be discarded. Registration begins again on Saturday morning for the next week's drawing.
- On Friday, September 1st, the last finalist will be chosen. Following that announcement, one of the twelve finalists will WIN THE TRUCK! (Finalists must be present at last drawing)

Sponsors' employees and their immediate families are not eligible.



Air Conditioning, Driver's side airbag, Anti-lock brakes, Cast aluminum wheels, AM/FM stereo w/cassette, Fuel injected, LS package

More Than 300 New & Used Cars, Trucks & Vans
EVERY VEHICLE ON THE LOT IS ON SALE RIGHT NOW!



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Air, AM/FM cassette, Anti-lock brakes, Air bag, Aluminum wheels, Exterior appearance package & More!
\$12,995*



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NEW '94 GEO TRACKER CONVERTIBLE
Only 1 Left at **\$9,995!**



'95 CHEVY BERETTA
SAVE **\$1,500!**



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SAVE UP TO **\$6,000!**

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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.

PHS council to meet

The Prestonsburg High School site-based decision making council will have a special-called work session on June 14. On the agenda to be discussed is staffing and scheduling.

Summer school

Allen Elementary School will be offering summer school for grades K-8 beginning July 3-July 26. School will begin at 8 and end at 1:30. Transportation will be provided and lunch will be served. If you have any questions, contact the school at 874-2165.

Retired teachers to meet June 15

The Big Sandy District Retired Teachers Association will meet at May Lodge, Jenny Wiley State Park, on Thursday, June 15. Registration will begin at 9:30 with the meeting starting at 10 a.m. Dr. Lola Damron, president, will preside over the meetings. The Johnson County Retired Teachers Association will present the program.

All members from the counties of Floyd, Johnson, Lawrence, Magoffin, Martin and Pike are encouraged to attend. Lunch will be served in the dining room after the meeting for those wishing to partake.

Reception for 60th wedding anniversary

The family and friends of Champ and Alda Gibson are having a reception in honor of their 60th wedding anniversary, on Saturday, June 17, at the Maytown School lunchroom from 2-5 p.m. All friends and family are invited.

Music association to meet

If you are interested in bettering your service, making friends, and becoming involved in an effort to spread the gospel in song, attend the next meeting of the Big Sandy Gospel Music Association, to be held at the First Baptist Church at Allen on Tuesday, June 20, at 7 p.m.

Moderation is key to kid's summer video game fun

The sounds of summer for children are as likely to include the beeps of a video game as the crack of a baseball bat.

University of Louisville child psychologist Bryan Carter says parents can take steps to make sure video games play a small but positive role in a child's summertime plans.

Adults can make video fun less consuming and less convenient by moving equipment to a common area of the house or requiring players to sit on the floor. Carter suggests steering children away from violent games and toward driving—or sports-related games or directing them to educational compute camps.

"Loved Always"

*It's been one year ago, today,
That I fell to the pavement of our driveway to pray.*

*I prayed, God please don't take him from me, Jen and Ty,
But He took you that day to a beautiful place our son calls
"Daddy's sky."*

*I sit and wonder why He took you so soon,
When I think back to that terrible day in June.*

*Then I think, God heard your prayer the week before,
And knew you no longer could take any more.*

*He knew what was best for you all along,
So He took you with Him to His beautiful home.*

*I'm looking at your picture as I'm writing this,
Only one person knows how often you're thought of, loved,
and missed; by our daughter, son and especially me,
You will always be my husband, their Dad, my H-o-n-e-y.*

*Although life goes on as God had planned,
You will always be loved by our children and wife, Nan.*

Micheal Newsome

Passed away June 9, 1994

Missing you, Honey, and Dad
Nan, Jen and Tyler

Written by your wife, Nan Newsome

Conservation district to meet

The Floyd County Conservation District will meet Tuesday, June 20, at 1:15 p.m., in the district office at 37 South Lake Drive, Prestonsburg. All interested persons are urged to attend.

Annual Zebulon Lodge picnic

The annual picnic conducted by Prestonsburg's Zebulon Masonic Lodge No. 273, will be held on Sunday, June 18, at shelter No. 2, in the area below Dewey Dam.

The festivities will begin at 1 p.m. and David Peters, master of Zebulon lodge, urges all members and their guests to attend.

Father and son night

A father and son night will be conducted at John W. Hall Lodge No. 950, F&AM, Martin, on Saturday, June 17, beginning at 7 p.m. Members and guests of the lodge are urged to attend. Members are asked to bring a covered dish.

Safe sitter class

Pikeville Methodist Hospital will offer a safe sitter class for boys and girls age 11-13, on June 21 and 22, from 9 a.m. until 3 p.m. in the education center. The students will learn child care basics, how to handle emergency situations and the business aspect of baby-sitting. There is a \$20 fee for course materials. Call 437-3500 to register.

Field visit to Floyd

A member of Hal Rogers' staff will visit the Wheelwright Senior Citizens Center on June 19, at 10 a.m. to assist any individual with problems with the federal government. If you have a problem with Social Security, Black Lung, the Veterans Administration or any other agency, a representative will be available to talk to you about the matter.

In Loving Memory of Verlie Spurlock

January 24, 1912-June 13, 1994



*It is hard to believe it has been a year since I was awakened only to hear the devastating news on that warm June night,
I couldn't believe that you had put up your last fight.*

*It fills my heart with joy when I think,
Of how you used to laugh, cry, and even wink.*

All we have now are memories you will live in our hearts forever.

Sadly missed by:
Children, Grandchildren,
& Great-Grand Children

Sibling class

On June 17, Pikeville Methodist Hospital will be offering a sibling class for children who are expecting a new baby in their family. The children will learn what to expect when the new baby comes home. They will tour the delivery room and see the nursery. There will also be tips for parents on how to adjust to the new family situation.

The class will be conducted in the eighth floor classroom from 10 a.m. until noon. To register call 437-3938. The class is free.

Pediatric CPR class

Our Lady of the Way Hospital will be offering a Pediatric CPR class on Friday, June 23, at the Seton Complex in Martin. The class is open to anyone wishing to become certified or recertified in Pediatric CPR. Registration for class will start at 8:30 a.m. and will begin at 9 a.m.

Pre-registration is required by Wednesday, June 21, and may be done by contacting the Community Health Education Department at (606) 285-5181, ext. 301 or 342.

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Sunday School 11 a.m.
Evening Worship 7 p.m.
Wednesday Prayer Service 7 p.m.
Saturday Evening Worship 7 p.m.

ADA MOSLEY PASTOR

Trimble Chapel Freewill Baptist Church Vacation Bible School

June 18-23

6:30-8:30 p.m.

Pastor, Joe Coleman

Everyone welcome

Card of Thanks

The family of Janet Gail Parsons 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 Tracy Patton 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 JANET GAIL PARSONS

Card of Thanks

The family of Noah Collins 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 John W. Hall, Lodge No. 950, Martin, Ky., for the Masonic service; the sheriff's department for their assistance in traffic control; and the Hall Funeral Home for their kind and efficient service.

THE FAMILY OF NOAH COLLINS

Card of Thanks

The family of Warnie Sammons would like to take this opportunity to thank everyone for their help during the loss of our loved one: those who sent food and flowers, or spoke comforting words. We deeply appreciate you all. A special thanks to the Clergyman Bennie Blankenship for his 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 WARNIE SAMMONS

GOSPEL SING

Faith Freewill Baptist

Saturday, June 17, 7:00 p.m.

Featuring: *The Blevins Family*

Joann Coleman, Divine Praise

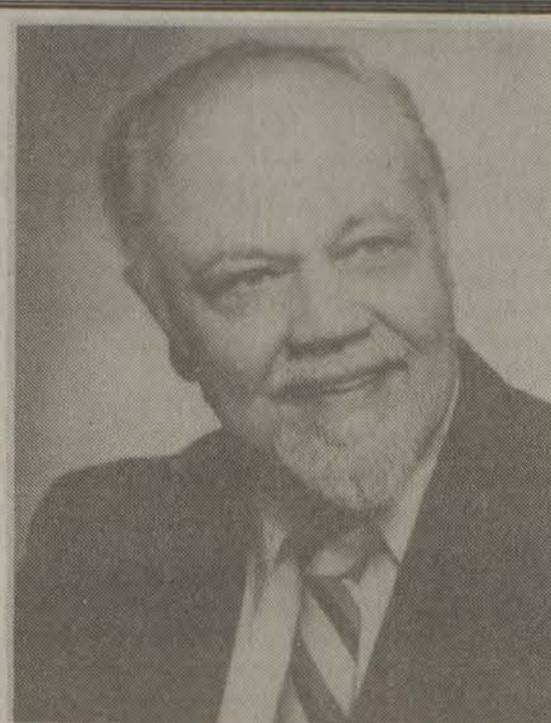
Church Singers

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Everyone Welcome

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* * *



Hear Dr. Donald Hustad, organist for the Billy Graham Crusades. Invite your friends and relatives to this wonderful opportunity to hear one of America's finest musicians.

Reception to follow.

First Baptist Church of Allen Organ Dedication

Sunday, June 25, 1995
at 3 p.m.

Card of Thanks

The family of Vanette Taylor wishes to express their appreciation to everyone who expressed their sympathy and condolences in any way. This includes friends and neighbors who sat with us when needed, sent food gifts, flowers, and gave us their moral support. Your love and support will never be forgotten.

We especially want to thank Nelson-Frazier Funeral Home; and Floyd County Sheriff's Department for their assistance in traffic control.

THE FAMILY OF VANETTE TAYLOR

Card of Thanks

The family of Woodrow Chaffin would like to extend their appreciation to all the friends, relatives, and neighbors for their kindness expressed during the loss of our loved one. We deeply appreciate the cards, flowers, food, comforting words, and prayers. We especially want to thank Ron Wright for the beautiful music; Rev. Steven Whitaker and Rev. Mike Caudill 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
WOODROW CHAFFIN

Card of Thanks

The family of Margaret Patrick Shepherd wishes to thank all of those who were so kind and considerate during our time of grief. We want to thank those who sent flowers and gifts of love. We are especially grateful to the Clergymen Glenn Hughes and Tim Bailey 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
MARGARET PATRICK SHEPHERD

CARD OF THANKS

The family of Charlos Fern Akers wishes to gratefully acknowledge the thoughtfulness of friends, relatives, and neighbors in the loss of our loved one. We deeply appreciate all who sent food, flowers, or spoke comforting words. A special thanks to the ministers of the Old Regular Baptist Church for their comforting words and the Nelson-Frazier Funeral Home for their kind and professional service.

The family of Charlos Fern Akers

Retail, restaurant and school inspections

Russell Wallace and John L. Bailey, health environmentalists, public health inspectors at the Floyd County Health Department

(Scores above sixty are passing scores. Any restaurant or business receiving a score below sixty can be immediately issued a notice to close or an imminent notice of closure.)

• Super 8 Motel, 98: Floor tile is cracked near an ice machine.

• Conley's Motel, 92: Floor tile is in very slight disrepair in room No. 4. Light fixtures in bathroom in room No. 6 detached from ceiling. Exit doors to rooms do not open outward.

Inspector's Note: The rooms inspected at this facility are basically very clean and in good repair.

• Clark Elementary, 89: No paper towels in some of the restrooms. Ventilation fan broken in kindergarten and first grade area. Some tiles are broken in the hallway. One fire extinguisher in fifth grade area is discharged.

Inspector's Note: School is very clean and repair is excellent.

• Clark Elementary cafeteria, 95: Popcorn machine stored in dishwasher area needs to be cleaned. One refrigeration unit in bad repair. Dishwasher gauges are in bad repair. Some floor tiles missing.

Inspector's Note: School is very clean and repairs are excellent.

• Betsy Layne High School, 88: Two water fountains in main lobby are not working. Also, one water fountain

in the 400 section water stream is too low. Boy's restroom urinal is not working. Broken faucets in lavatories. Floors, walls and ceilings need minor repair. Ceiling of several classrooms in bad repair. Previous leaks have damaged ceiling tiles.

• Betsy Layne High School cafeteria, 96: No proper hair restraints in use. Chest-type freezer door in bad repair. Wiping cloth solution not at required sanitization strength. Floor in bad repair, mostly around utility room.

Inspector's Note: Several areas of the food preparation area had collection trays containing several dead roaches. It appears as though the pest control program is effective. No live insects were noted during the inspection. The Board of Education is conducting their own spraying program.

• Mt. Christian Academy, 95: Upstairs boys' restroom ceiling needs repairing. Carpet also in bad repair.

• Mt. Christian Academy cafeteria, 98: Floors in bad repair. Ceiling in bad repair.

• Holiday Inn, 98: bottom of pool has crack. Ceiling in restroom in bad repair.

• Full House Bar & Grocery, 100: Very limited retail market food items, mostly snack foods. Facility is oper-

ated primarily as a bar. Owner wishes to retain her retail market permit which requires an inspection once a year by the local health department.

The facility has two restrooms, one male and one female. Both are in good working order and appear clean. This facility meets the requirements for a retail market, thereby meeting the requirements for a public building. No violations noted during inspection.

• Crider Grocery, 98: Floors in bad repair. Ceilings in bad repair.

• Layne's Grocery, 97: No self-closing door on restroom. Floor in bad repair.

• Super America No. 5588, not rated: Follow-up inspection. All critical violations have been corrected. Hot dogs and corn dogs are now being kept at 120° and 180°F.

Violations not corrected include no hair restraints being used and chemical test kits for rinse cycle needed.

Inspector's Note: Facility is clean and much effort has been expended by the shift manager, Judy Pack, to correct temperature requirements of potentially hazardous food items.

• Adams Middle School, 78. Inspection on May 31 revealed a critical violation, no handwash sinks in boys' eighth grade bathroom were working. School given 5-day notice to correct problem. Five days later, on the last day of school, June 7, item was not corrected due to a miscommunication between the personnel.

the board, and the inspector. Inspector John L. Bailey ordered the closure of the bathroom and the students were moved to another wing of the school. Critical violation has since been corrected.

Other violations at the school included two water fountains were not working, and two other water fountains were in bad repair. Several rooms have broken or missing ceiling tiles, including the boys' bathroom.

Some lavatories have too low water pressure. Door closures are broken in boys' eighth grade bathroom. Hall ceiling is leaking in several areas. Classroom 1 C has structural damage.

School given 90 days to correct its major violations.

• Adams Middle School cafeteria, 96: Popcorn machine needs to be cleaned. Tile in washing machine area in bad repair. One ceiling tile is missing.

• McDowell Elementary (old high school building), not rated: Inspection was conducted due to a complaint filed with the health department. Rest rooms were checked and found to be clean and only one water fountain needed cleaning.

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Floyd County program is part of D.C. learning fair

by Jennifer O'Neill
Contributing Writer

In the neighborly areas of Eastern Kentucky it's no surprise that community service has been a largely incorporated part of life as well as education. Continuing that heritage, Floyd County School Systems have reached the next plateau with a program called service-learning.

A bit more organized and a tad more conceptual, it challenges students not only to work toward community improvement, but to apply skills acquired in the classroom in solving real-world problems.

Recently, Prestonsburg High School students got to do a little service-learning via instructional experience with some eighth grade students at Allen Elementary.

Going into a classroom situation was surreal, and the effort at having a commanding presence alone inspired a whole new respect for the teaching profession.

The program's main goal was to prepare the group for a visit to the local nursing home where they would be sharing time with the elderly and constructing oral histories through friendship and conversation.

They discovered that one can nei-

ther converse nor be a friend when invisible barriers separate and prevent them from being comfortable with each other. Hopefully, students will be able to further develop their sense of security and skill while working with seniors in a care facility.

The best approach to breaking those barriers to make the effects of aging more real to them. So, they were made to sport some rather unusual props, like popcorn in their shoes to illustrate the pain of arthritis, special glasses that were taped to give them the experience of tunnel sight or obstructed vision due to stroke, and the taping shut of one side of, or the entire mouth, to serve as an example of paralysis. (Every teacher's dream.)

Even though they may have looked absurd, the discomfort and frustrations they felt after a while were very serious. Coming to terms with the possibility of a permanent "prop" was a rude awakening for most.

When questioned about how the demonstration made them feel, students commented, "Before, I laughed at people who had it because of the way they acted, but now I won't do it again because it hurts having arthritis!"...or, my favorite, "This program has been great in teaching us about older people. They got the point across to us that old is a part of life."

Students liked the project so much, they decided to take it on the road to the 1st Annual Service Learning Fair in Washington D.C., June 19-23. Mrs. Judy Burchell, a teacher at Prestonsburg High School, accompanied by a student representative, will serve as the embodiment of the spirit of Kentucky as a whole, to Washington, D.C.

Floyd County students earn doctor's degrees at osteopathic college

Two Floyd Countians received Doctor of Osteopathic Medicine (D.O.) degrees from the University of Health Sciences College of Osteopathic Medicine.

Ilyas Ikramuddin and Madonna Jannett Hall were two of 131 medical students who received the D.O. (Doctor of Osteopathic Medicine) degree from the University of Health Sciences College of Osteopathic Medicine (UHS-COM) Sunday, May 21, in Kansas City, Missouri.

Ikramuddin is the son of Syed and Kamar Ikramuddin of Prestonsburg. He is a 1985 graduate of Johnson Central High School. He received his B.S. degree from the University of Kentucky, Lexington, in biology in 1990. He will begin post-doctoral training this summer at St. Elizabeth Hospital Medical Center, Youngstown, Ohio, in internal medicine.

Hall is the daughter of Luther B. Hall of Pikeville and Janice Howell of Harold. She is a 1986 graduate of Betsy Layne High School. She received her B.S. degree from the University of Kentucky, Lexington, in microbiology in 1991. She will begin post-doctoral training this summer at Suncoast Hospital in Largo, Florida, in family medicine.

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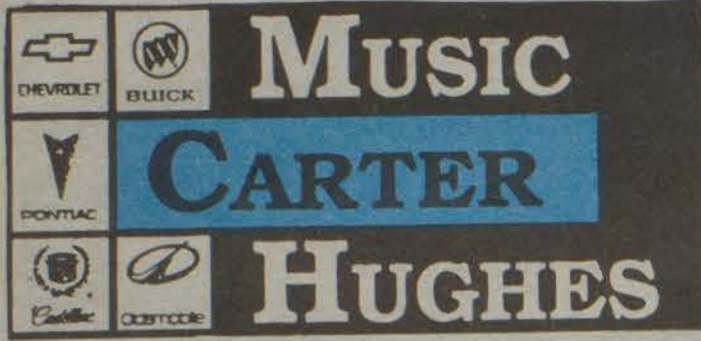
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Pontiac Grand Prix, 2-door, factory car, 3,000 miles	\$17,995
Pontiac Grand Am, GT, factory car, 3,000 miles	\$17,495
Olds Cutlass Supreme, 8,000 miles, blue	\$16,995
Pontiac Grand Am SE, V-6, factory car, 3,000 miles	\$16,888
Buick Skylark Limited, leather, 3,000 miles	\$16,333
Buick Century Limited, loaded, 3,000 miles	\$16,333
Pontiac Grand Am, blue, program car	\$14,995
Buick Skylark Limited, 3,000 miles	\$14,980
Olds Ciera, demo, loaded	\$14,980
Olds Ciera, demo, loaded	\$14,980
Olds Ciera, demo, loaded	\$14,980
Buick Century, demo, loaded	\$14,980
Buick Century, demo, loaded	\$14,980
94's	
Cadillac Sedan DeVille, program car, white	\$24,980
Mercury Cougar, 1-owner, aqua, 10,000 miles	\$15,995
Olds Cutlass, bright red, program car	\$15,480
Olds Cutlass, aqua, program car	\$15,480
Olds Cutlass, white, program car	\$14,980
Chevrolet Lumina Euro, white	\$13,995
Pontiac Grand Am, 2-door, v-6, red	\$13,495
Buick Skylark, v-6, 18,000 miles	\$12,990
Buick Skylark, aqua, limited	\$12,990
Buick Century white, program car	\$12,990
Buick Century, blue, program car	\$12,990
Olds Ciera, blue, program car	\$12,990
Pontiac Sunbird, 9,000 miles, v-6, NICE!	\$12,333
Chevrolet Cavalier, 8,000 miles, RS pkg	\$12,333
Chevrolet Corsica, auto, air, v-6	\$10,950
Pontiac Sunbird, 4-dr., loaded car	\$10,845
93's	
Chevrolet Camaro, bright red, 1-owner	\$13,495

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Ford Thunderbird, silver, local car	\$10,995
Pontiac Grand Am, aqua, 38,000 miles	\$9,950
GEO Prizm, auto, air, 32,000 miles	\$9,450
GEO Prizm, auto, air, maroon	\$7,774
91 & OLDER	
'91 Pontiac Grand Prix, 41,000 miles, red	\$12,495
'91 Pontiac Grand Prix, 1-owner, nice	\$9,950
'91 Buick Regal, 4-door, 1-owner	\$9,950
'91 Chevrolet Cavalier, wagon, auto, air	\$6,995
'91 Chevrolet Cavalier RS, blue	\$6,995
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'90 Buick LeSabre limited, 46,000 miles	\$9,880
'90 Buick Skylark Limited Edition, 46,000 miles	\$8,895
'89 Olds Cutlass, 1-owner, loaded	\$7,950
'89 Buick LeSabre Limited, loaded	\$6,990
'89 Pontiac Grand Am, auto, air	\$5,988
'88 Pontiac Trans Am GTA, loaded	\$8,995
'87 Chevrolet Caprice Classic, runs great	\$3,995
'85 Buick LeSabre, 1-owner, 79,000 miles	\$3,990
'84 Buick Century Limited, 46,000 miles	\$4,988
Trucks/Utility/Vans	
'95 Chevrolet Tahoe, sport pkg., white	\$27,980
'95 Chevrolet S-10, X-tra cab, 4x4, 7,000 miles, loaded	\$20,980
'95 Geo Tracker, convertible, 4-wd., 2,000 miles	\$14,990
'94 Chevrolet S-10, X-tra cab, automatic, v-6, loaded	\$15,980
'94 Chevrolet S-10, SS pkg., automatic, air, low miles	\$15,780
'94 Chevrolet S-10, P/U, auto, air, v-6	\$14,980
'94 Ford Ranger, 1-owner, x-tra cab	\$13,980
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Big shoes to fill at Betsy Layne High School

by Ed Taylor
Sports Editor

Betsy Layne head girls' basketball coach Bill Newsome would like to keep the two players who recently signed with Midway College for next season. But the coach realizes that will not be happening.

Melena Gearheart and Misty Clark have signed with Midway and will play their basketball at the next level

while pursuing a nursing career.

Gearheart was the eighth leading rebounder in Kentucky this past season and Clark has a list of accomplishments that any coach would be proud of.

While Gearheart played three years of basketball, Coach Newsome considers her first two years a time of re-learning.

"Melena really only played one year of what I call varsity basket-

ball," he said. "She played on the junior varsity team the first two years and did not play at all her sophomore season.

"The third year she came back and really had to learn everything over. Her senior year, we all know what she did becoming eighth in the state in rebounding."

Coach Newsome said that Gearheart, along with sophomore Pennv Tackett, had shown the most

improvement last year.

"Melena was a great ball player for us," said Newsome. "We have several sets of shoes to fill next season. Misty and Melena will be highly missed. Their shoes are big and I don't know if we can fill them or not."

Coach Newsome recalled the way Clark handled his team during last year's regional tournament at Belfry. "We didn't play the slow down

style of basketball the whole year. Of course, there was a reason for the slow down tactic we used," he said. "We took Belfry by surprise and I took my team by surprise."

"Misty was our point guard and did an excellent job of running the team against Belfry. Misty was very important to our team. She had some good coaches in grade school and, along with her talent, they put it all together."

Coach Newsome believes that confidence was the main thing with Clark and once it got flowing, she was tough to stop.

"Each year she would raise her game level with more confidence," he said. "She is a great basketball player, and a smart basketball player. She knows what a big game is. She may be a little lax some games, but

(See BLHS, B 3)

Clark, Gearheart sign with Midway

Gearheart finished strong senior year for Lady Bobcats

by Ed Taylor
Sports Editor

Betsy Layne's Melena Gearheart may have had her setbacks in the first three seasons of her high school basketball career. But she closed her career with a solid senior season when she finished eighth in the state in rebounding.

Gearheart recently signed a letter-of-intent to play basketball at Midway College this coming fall and will join teammate Misty Clark.

"I like the school at Midway," said Gearheart, who plans to major in nursing. "They have a good student to teacher ratio and you get a lot of attention. I really like that."

Gearheart said that she was looking forward to teaming with another Floyd Countian, Jenny Wiley, at Midway.

"Midway has come on strong the last three years with good players, especially Jenny Wiley," said Gearheart. "I'm looking forward to playing with her at Midway."

Gearheart said the atmosphere at Midway was very attractive to her. "Everybody is so friendly," she said. "And they seem ready to help. I really like the campus."

It hasn't always been roses for Gearheart in her high school career. She was in an automobile accident her freshman season and that set her back.

As a sophomore, she didn't get to play at all. Her junior season was like a learning season all over for her; but she came on strong late in her junior

season and was a big factor in the Lady Cats winning the 15th Regional Tournament.

"My freshman year I was doing pretty good until my accident," she recalled. "I missed half of that year and all of my sophomore season and that put a dent in my career."

"My junior year I came back when they didn't think I could. But it is my senior season that I will always remember. I improved the most then. I think that if I had had more time, I would have been a better player."

The doctors' advice to Gearheart was to not play again, but she was determined to prove them wrong.

"The doctors told me I shouldn't play again. They wouldn't let me my sophomore season and advised against it my junior year. But they did give me my release to play."

All Gearheart did last season was average 14 rebounds a game, good for eighth in the state.

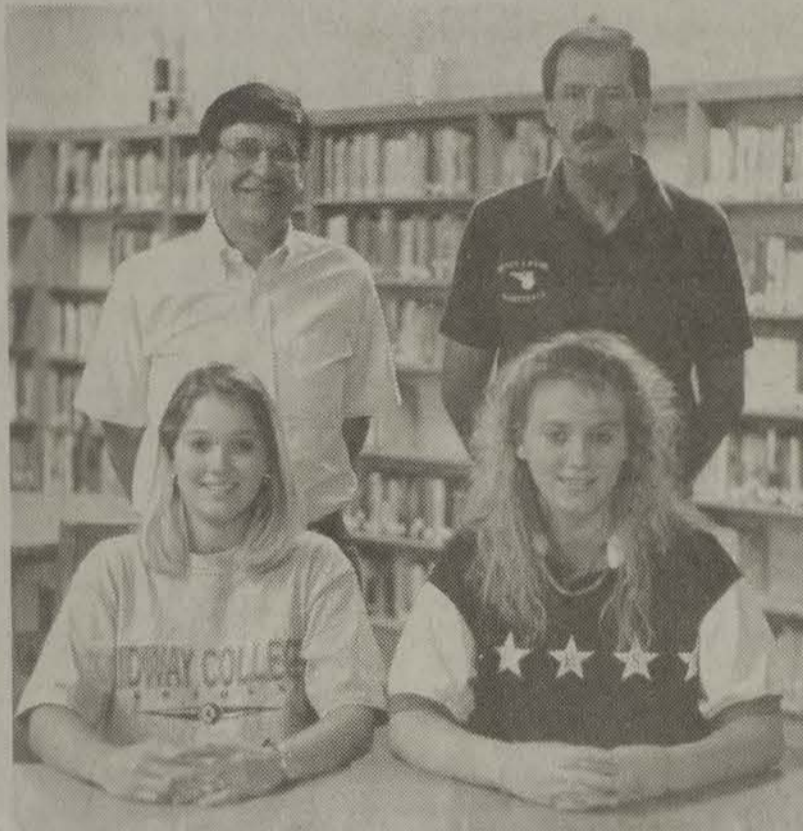
The injuries were on her mind as she returned for her junior year. The fear of injury was intimidating.

"My first year back I was scared," she admitted. "I was intimidated by it all. In the back of my mind there was that thought of getting hurt. It kept me from really mixing it up under the basket."

Going to the Sweet Sixteen in 1994 is the best memory that Gearheart will take to Midway College with her.

"I was in awe walking into

See Gearheart, B 2)



Signs with Midway College

Misty Clark (left) and Melena Gearheart signed with Midway College recently to play basketball next season. Looking on is assistant coach Junior Newsome and head coach Bill Newsome. (photo by Ed Taylor)

Walters repeats in Paintsville Pro-Am

by Jimmy Wheeler
Herald Staff Writer

Bruce Walters shot a 3-under-par 137 to capture the Championship Flight in the Paintsville Country Club Pro Am Gold Tournament this past weekend.

Despite numerous rain delays, the tournament was an overall success with 20 professional golfers and 123 amateurs competing for money and

prizes.

"It was a really good tournament," said Luther Conley, club pro. "The course was in really good shape, and despite the rain delays, everything went well."

The amateurs were divided into eight flights, including a championship flight, based on their qualifying score from last Friday.

(See Walters, B 4)

Clark likes her accomplishments heading to Midway

by Ed Taylor
Sports Editor

Former Betsy Layne point guard Misty Clark inked a letter-of-intent with Midway College recently and will take her basketball talent to the school that has started to make some noise in the small college ranks.

Midway has been in post-season play the last three years, playing in the national tournament.

Clark, who averaged 14 points per game and dished out seven assists per contest, will join former Allen Central standout Jenny Wiley at Midway.

Clarke said her high school years held many memories and that basketball was a big part of her life.

"I feel like I have accomplished a lot in my high school years," she said. "To me, basketball is my life."

Clark never became interested in basketball until the seventh grade. In her eighth grade season, she helped lead the Betsy Layne Elementary Lady Cats to a county championship. But her fondest memory of her playing days was the 1994 season.

"That year was, no doubt, the greatest season for me," she said. "My eighth grade season was unbelievable, but last year it was great going to the state tournament."

Clark said her trip to Eastern Kentucky University and Richmond for the girls' Sweet Sixteen was the highlight of her career.

"I'll always have good memories of my high school season," she stated. "It was just being with everybody,

knowing that what we accomplished we did as a team. Those are good memories."

Clark said that Midway was a logical choice for her because of the campus.

"I like it there. Coach Duncan seems to be a real good coach," she said. "I got to meet some of the players. Jenny Wiley will be there. She's a great ball player. I have always admired her."

"They have good height coming back next season and there are a couple of other girls there I know."

Clark's best game as the floor general for Betsy Layne came in the championship game of the 15th Regional Tournament last season when they faced the Belfry Lady Pirates.

Playing a game the Lady Cats were not used to, Coach Bill Newsome gave some needed advice to Clark.

"No, I didn't like the slow down game, but we had to do it to win," she said. "Coach (Bill) Newsome told me, 'Misty, you have to keep the ball in our hands over sixty percent of the time. We'll be all right if you do.'"

"Belfry had a great team and we just needed to stay calm. They had beaten us around 40 points 10 days prior to the regional tournament. Belfry just took us lightly and wasn't ready for us," she said.

Scoring has been one of Clark's strong suits during her high school career, but she was much overlooked

See Clark, B 3)

Risner signs to play football at Kentucky Wesleyan

Ed Taylor
Sports Editor

Prestonsburg head football coach Bill Letton said, "We're going to miss him," but former Blackcat linebacker Robbie Risner is looking forward to playing football for Kentucky Wesleyan this fall.

Risner signed a letter-of-intent with Kentucky Wesleyan last week in the school's library with Coach Letton present.

Wesleyan finished with a .500 season last year and played in the Great Lakes Conference in football.

Risner played the outside linebacker position for Prestonsburg last year and was a big part of the tough Blackcat defense that led them to the state championship game in '93.

"It's a nice school," said Risner about Wesleyan. "It is a good Division 2 school."

Risner said he was shown a lot of film highlights of the team during his first visit.

"They looked good but did finish five-hundred last year," said Risner. "I met some of the players and talked to them. They seemed nice and we seemed to get along well."

Coach Letton said that Wesleyan plans to use Risner at the linebacker slot and he may see some playing time at a strong safety.

"Probably they'll play him at a linebacker position," he said. "Depending on their scheme, there is a

possibility they will play him at a strong safety also."

The Kentucky Wesleyan campus caught the fancy of Risner.

"They took me on a tour of the campus and told me about everybody," he said.

Risner, who got a four-year scholarship, will also get a tryout with the Wesleyan baseball team as well.

"We're going to miss him, I know that," said Coach Letton about Risner's leaving. "We're real excited about him going to Wesleyan. He's

Middle schoolers invited to work out with Blackcats, attend summer camp

The Prestonsburg Blackcats basketball team is expected to make some noise in the fall when the 1995-96 season starts on December 1.

In the meantime, Prestonsburg coach Gordon Parido has issued an invitation to all Adams Middle School players who are interested and wish to work out with the team this summer and attend camp at Georgetown on June 24-29.

All interested players should call Coach Parido at 886-8488 or assistant coach Jackie Crisp at 886-2219.

PSA

excited about going and getting the opportunity to continue to play football. I just hope we can get down and see him play sometime."

Risner plans to major in Criminal Justice with elementary education as his secondary.

Although he has signed with Wesleyan, Risner hopes to attend Eastern Kentucky University in two years.

"That's my dream," said an excited Risner, "to transfer to Eastern and play for coach Roy Kidd. I want to go down there and be with my buddy Seth (Hyden)."

Risner was recruited by other schools but liked Wesleyan because it is a good school academically.

"Coach Williams, who recruited me, sent me instructions to run and exercise," said Risner, who expects to contribute as a freshman. "I really don't know how much I will contribute until I get down there."

"The coach talked with me and he thinks that I can come down and contribute early. But it's hard to do that," Risner said.

The former Blackcat sees an avenue of adjustments that he has to make.

"One is that the players are going to be bigger and stronger," he said. "That will make me want to work harder. The harder I work the better my chances in playing."

Risner will be going to the next

level with some advice from his coach.

"I've talked to him a little about going there," said Coach Letton.

"There's not only the football adjustments, but adjustments to going away from home as well.

"I told him that he will probably

be miserable the first two weeks, but they really go fast.

(See Risner, B 3)



Inks with Kentucky Wesleyan

Prestonsburg head football coach Bill Letton looked on as Robbie Risner signed a football letter-of-intent with Kentucky Wesleyan College. Risner expects to major in Criminal Justice. (photo by Ed Taylor)



Sports in Kentucky

Bob Watkins

Cawood adds to UK basketball reunion; baseball, UK athletics strapped for funds

Fans from across the Commonwealth turned a weekend reunion with their favorite former University of Kentucky basketball players into more than \$300,000 toward building the UK Basketball Museum in the Lexington Centre.

"If this thing is going to get built, it's going to be the fans who get it done," Cawood Ledford told Sports In Kentucky Monday. "Naturally, you have to have the big corporate bucks, but those same companies get hit on for everything. In the end, it's the fans who will make this idea work. And the museum is for them, after all. I sure hope it happens and I think it's going to."

The former voice of the Wildcats was part of the reunion. Teamed with Dan Isel and wife Sherry, Ledford and his wife Frances visited with fans Saturday, signing autographs and reminiscing.

"Dan and I had a good visit. It was all a lot of fun. A lot of fun," he said. "I'm willing to do whatever they ask me to do if I can help."

Ledford donated \$1,000. The former voice still travels to Lexington two to three times a week, remains popular on the speakers' circuit around the state.

"I did 26 engagements last year, many of them in western Kentucky, and that was too many," he said. "Too much traveling. You see, from my home here to Owensboro is the same distance as here to Atlanta."

Cawood Ledford has scheduled 14 speaking stops this year.

"And that's enough," he said.

Following the UK players reunion weekend, the museum campaign has now generated more than \$600,000 which, Ledford believes, "is probably enough to get construction started."

Having personally toured North Carolina University's impressive basketball museum in Dean E. Smith Arena, the UK one -- if all the planned features are implemented -- will be better by far.

MONEY, MONEY EVERYWHERE, BUT NOT A HALF-DOLLAR TO SPARE

Baseball: Speed up the game. Asked how to improve baseball,

speed up the game, a fan in Tennessee wrote to USA Today: last week "...play only three innings. That way the poor, overworked, underpaid players and owners can have more time to work on their golf game. After all, the fan just drove 60 miles, paid \$15 to park, \$6 for a Coke and hotdog and \$30 for his ticket. And can you believe he has the audacity to expect a ballplayer who is only making \$26,000 a game to stay on the field for three hours? Why, that's \$8,666.67 an hour. The indignity of it all.

UK basketball 'strapped' for funds? After the announcement that UK students attending Wildcat basketball games next season must pay \$5, director of athletics C. M. Newton reasoned that after all, students activity card rates had not been increased since 1979.

Newton conveniently ignored that college tuition costs have skyrocketed the last 16 years. Nor did UK's vicar of athletics mention a recent NCAA report that said the largest cost increase in college athletic departments today is in administrative salaries.

Idea: Instead of adding to the burden of students and their parents, beginning with Newton, Rick Pitino, Bill Curry and Larry Ivy, UK's Athletics Board ought to recommend athletic department employees making \$90,000 and above salaries ought to "take one for old state U," accept a percentage pay cut. And any future raises be based on first and foremost on graduation rates.

Footnote: Even as another UK Alumni Association letter arrived in my mailbox this week asking for donations, UK president Charles Wethington was trying to sell the myth that UK athletics are not funded by taxpayers' dollars.

UK TICKETS: HOT 'N NOT

Hold up your hand, please, if you believe UK officials are concerned with a backlash from their decision to hike ticket prices to Wildcat basketball games.

What happened last week is a thinly veiled example of "take it or leave it." UK basketball is strictly business and America's free enterprise system in action -- supply and demand. If full-time students are not willing to pay \$5 to get into Rupp Arena; and if the general public balks at 13 bucks instead of \$11 to occupy

a sky seat in Rupp Arena, the message is clear -- "step aside, please, there are people waiting behind you." Football? No increase this year. What a surprise.

Not even Newton or Wethington will test the bounds of credulity on this one by increasing ticket prices to football games.

UK, WKU CREATIVE FUND RAISING

Instead of squeezing students, the UK Athletics Association should climb down from Patterson Tower and do fund raising. Take a cue from Jim Lemaster and those involved with the UK Museum. Former UK stars were brought to Lexington last weekend to hobnob with adoring fans who will then be asked to make donations.

Western Kentucky University football coach Jack Harbaugh and son Jim will stage an auction June 28 to raise money for Hilltopper football. Among the items: two Super Bowl tickets, autographed footballs from Steve Young, Warren Moon, Emmitt Smith and Troy Aikman, sideline jackets from coaches Buddy Ryan and Marty Schottenheimer, hats from John Elway and Ozzie Newsome and golfer Kenny Perry. And the list goes on.

Alas, for UK athletics administrators it is less strenuous to vote in a student tax.

KY HIGH SCHOOL FOOTBALL

"High school football in this state is as healthy as it's ever been," says Jimmie Reed, executive director of the Kentucky High School Coaches Association. Reed, who stepped down as head coach at Washington County High after 17 seasons, has been involved with football most of his life. He was a 3-year letterman at UK, 1970-72.

How come Tennessee all-stars have thumped Kentucky nine of the 11 times?

"The thing I see most is that our top 15 players every year are as good as the top 15 of the states around us -- West Virginia, Ohio, Tennessee, all of them," Reed explains. "But the next group of, say 25, is where I see a marked difference."

Kentucky's current playoff system? "I love it and have been a supporter from the start because it gives smaller schools who never had one before, a chance to win a championship.

"The only change I would make in football today is I would start the season one week later, get us out of the heat. Then end the season at the same time. I'd like to see us start August 1 and play our first games Labor Day weekend."

Reed sees the expanding preseason bowl games as a major plus for the game. This year the Constitution Bowl debuts in Danville August 26 featuring Garrard County and Beechwood, followed by Danville and Russellville.

Tates Creek will host the Thoroughbred Bowl on the same date -- St. Xavier versus Henry Clay and Leslie County playing Ft. Thomas Highlands.

There will be the Heritage Bowl in Bowling Green; and the granddaddy of them all, the Recreation Bowl in Mt. Sterling.

"People who work putting these bowls together do an absolutely tremendous job," Reed said.

Asked about UK football, Reed offers a qualifier before giving a view. "I'm an unabashed Big Blue fan and I'm always optimistic," he says. (Reed's son J.D. will be a sophomore tight end). "I think we'll see a much more aggressive style this year. One thing about Bill Curry, my son will be a better person for having played for him. Bill's a fine man.

"Sometimes I think Bill is too nice though. But now he's surrounded himself with some coaches with some, uh, nastiness. I think that's something you have to have in this sport at this level. Some nastiness."

DIS 'N DATA

Just wondering....All those who believed ex-Notre Dame quarterback Gus OrNSTEIN was really considering a transfer to UK, please raise your hands....Certainly ex-UofL basketball player Troy Smith is remorseful for his responsibility in the death of girlfriend Kelly Dwyer. But a release from prison after just six months of a 5-25 year manslaughter conviction?

Irony Dept. After Gary Moeller was fined \$409 for his drunken spree in an Ann Arbor restaurant last month, the ex-Michigan football coach said, "It's hard to believe that in two hours, one's life can change so much."

Mickey Mantle would say, "Amen."

Rodrick Rhodes sojourn: Terrific kid, Rodrick Rhodes. The former

Kentucky player was at the NBA pre-draft tryout camp last week in Chicago and living up to form on two fronts. Roller Coaster Rod played well the first day...did not play well the second...and seemed mostly forgotten by the third. Later Rhodes told Lexington Herald reporter John Clay, "They (NBA scouts) like my athletic ability and my footwork. A lot of them say they want to see me shoot the jumper."

Rhodes says he hasn't taken an outside shot yet in part, because he doesn't "want my teammates to think I'm selfish."

Yo, Rod, if you aren't a least little selfish at a tryout camp, you're hisst-to-ree.

Speed up baseball: A fan's view - "threaten to require free autograph signings for kids if games exceed a time limit."

PARTING SHOT

Don Zimmer got up from his Colorado Rockies dugout seat in the fifth inning of a game last week and left. Quit baseball after 47 years. Said it wasn't fun anymore.

The popular Zimmer didn't want a fuss, a night in his honor at the ball park.

"I don't have to have no night," he said. "I'm a (bleeping) .238 hitter."

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. Or E-mail SptsInKy@aol.com

Gearheart

(Continued from B 1)

McBrayer Arena then," said Gearheart. "I loved it. That is my best memory."

Gearheart said the biggest disappointment came as recently as the past basketball season when the Lady Cats lost in double overtime to Pike Central in the regionals this year.

Her personal goal is to become a better basketball player and work at becoming a good nurse.

"There are going to be some challenges for me," she conceded. Such as "getting stronger for the college game, getting used to the college game versus high school, and the shot clock."

Gearheart is expected to play a forward position in college, the position she held down in high school.

"I loved my senior year at Betsy Layne," she said. "I wish I could live it over."

Gearheart came into the Betsy Layne program when it was "dragging" and was under the tutelage of Coach Bill Newsome, who seemed to revive the program.

"I saw the program begin to turn around my junior year," she said. "Coach Newsome worked us hard and we became a better team because of it."

There were many county rivals for Betsy Layne and Gearheart recalls competing against Allen Central over the years.

"I really enjoyed playing against Allen Central," she said. "Veronica McKinney is a real good friend of mine. I like the strong competition that Allen Central put on the floor." Coach Duncan had left some sum-

mer instructions for Gearheart.

"He gave me a pretty strict workout program for the summer," she said. "It involves running everyday and lifting weights two or three times a week."

While Gearheart will be a frosh next year, she is expecting some playing time.

"I think I can contribute a lot next year, especially in the middle. Hopefully, I'll get to play a lot."

Gearheart said her dad, Walter Fred Gearheart, was a very positive influence on her in her high school days.

"He was behind me all the way," she said. "He encouraged me when I didn't think I could do it."

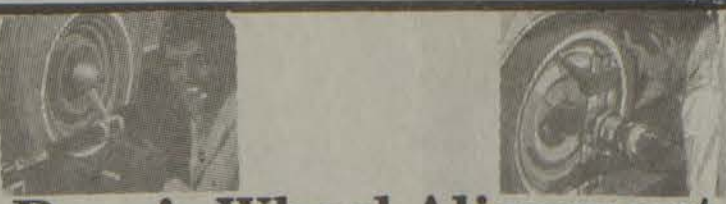
"Also, Coach Newsome and Coach Junior Newsome helped me an awful lot."

Gearheart was named to the All-County first team this past season. She was all-district her senior year and a Floyd County Times Player of the Week. She also received an invitation to play in the Belgium All-Star Tournament.

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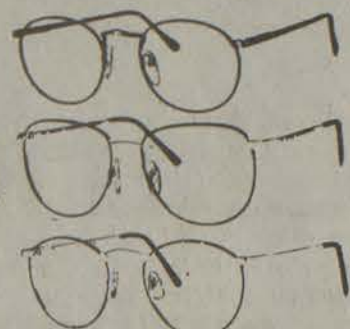
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Chupp sweeps East Kentucky Super Circuit

Randle Chupp, driving the Miller Brothers Coal/GRT race car backed up his Friday night victory at the Perry County Speedway with a win Saturday night at the Thunder Ridge Racing and Entertainment Complex in Prestonsburg.

The victory, Chupp's second of the season at Thunder Ridge, was worth \$2,000 to the 29 year-old Muscle Shoals, Alabama driver.

"It feels good to put together back to back wins against this level of competition," said an elated Chupp following the win. "We've been on the road racing for the last month and it's great to win one here on our home track."

Chupp took the lead at the drop of the green flag ahead of Junior Banks and the two immediately began to pull out from the rest of the seventeen car starting field.

Through most of the early stages Banks was able to keep Chupp in sight but, as the race continued, the distance between first and second continued to grow.

One of the best drives of the evening came from Grayson driver Jackie Boggs who started the race in the middle of the field and patiently began working his way to the front. After passing Barry Bragdon, E.M. Snowden and Mike Cornett to crack the top five, Boggs began to set his sights on the lead pack.

With 15 laps into the race, Boggs was able to dispose of David Dixon who encountered suspension problems that saw him fade from his third starting spot. Then, with less than 10 laps to go, Boggs slipped past Paul Harris to take third. In the closing laps Boggs was able to catch the second place car of Banks, but could never complete a pass.

BLHS

(Continued from B 1)

when the game was on the line, she would take over."

The veteran Betsy Layne coach said the two Lady Cat players can be an immediate impact at Midway College.

"Melena and Misty both can make an immediate impact there," he stated. "Coach Duncan told me he wanted some who could make a fast impact because he lost some players..."

"He wanted players who could make a fast impact into the program. I told him he had two I wish I could keep here."

Coach Newsome said there will be a vacuum in the middle that has to be filled with returning players. The Betsy Layne coach said he believes that other teams will exploit that fact.

"I look for some teams to target us there in the middle," he said. "We may have to try and play a different style of basketball next year. I've always been a coach that likes to go inside a lot. We'll have to make some big adjustments."

The two former Betsy Layne players will have to make some adjustments in their first two weeks at Midway.

"Just being away from home will be the biggest adjustment for them," he said. "Their grades or academics should not be any problem. Their basketball playing won't be any problem. But just being away from home might. They both had strict parents and haven't stayed away from home that much."

Clarification

The 15th Region Association Referees' Camp will be held June 19-22 at Belfry High School, not Pikeville High School as reported in Wednesday's edition.

Manners are like the cypher in arithmetic—they may not be much in themselves, but they are capable of adding a great deal to the value of everything else.

—Freya Stark



Walk for Special Olympics

Joining hands to raise money for the Special Olympics, this group of bankers volunteered their time and raised \$1,600, which went to benefit the Kentucky Special Olympics. The Kentucky Bankers Association is the premier sponsor of the state games.

Local banks join Walk for Special Olympics

On Saturday, April 22, the Bank Josephine and the First Commonwealth Bank joined other banks throughout the state in the 1995 Walk for Winners to benefit Kentucky's Special Olympics. Volunteers raised \$1,605 in contributions for the special program.

Kentucky Special Olympics is a program of physical fitness, sports training, recreation and athletic competition for children and adults who are mentally handicapped.

Special Olympics is unique in that it provides for competitors at all ability levels by assigning them to competitive divisions based on both age and actual performance.

Even participants in the lowest divisions may advance all the way to the International Games.

In Kentucky alone, over 12,000 participants train regularly to be Special Olympians. Approximately 2,000 of these competed at the state games held at Eastern Kentucky University on June 2-4.

The Kentucky Bankers Association is the premier sponsor of the state games. Donations received from their member banks help cover costs for the event. The Young Bankers Division of the Kentucky Bankers Association is committed to support the Summer Games by providing volunteers to staff the various awards areas of the games.

Local bankers who assisted at this year's games included Donna Roope and Brian Ousley of The Bank Josephine and Peggy Centers of the First Commonwealth Bank.

Clark

(Continued from B 1)

as being an assist person, a fact that has bothered her.

"I did get down-graded on my assists," she said. "I was scoring high and my assists were being over-looked."

Clark knows her limitations and her abilities as well, and thinks that she can contribute early at Midway.

"Coach Duncan talked with me a lot down there," she stated, "and said that if I work hard, he sees me playing as a freshman. I've been working out and I'll do my best."

Clark could see some playing time at the two-guard as well as the point, a position that she prefers.

"I'd rather play the two-guard," she said. "When Penny Tackett came into the game for us at Betsy Layne, I would move to the two-guard. I like the position."

Several people have had an influence on Clark's career, but her parents have stood behind her all the way.

"My parents and grandparents have been very supportive of me," she said. "During my sophomore season, my dad couldn't come to the games because he worked. But the last two years he has been there all the time, as well as my sisters."

As her high school career fades, Clark stated that Betsy Layne High School will have a warm place in her life, but that Midway College lies ahead and her concentration will be there.

"I always will remember walking into McBrayer Arena for the state tournament," she said. "When I walked into the gym my heart just stopped. It was scary not being there before. I was nervous."

"But I like it at Midway and I'm looking forward to starting a new career there," she said.

Clark said that all the pushing, encouraging and yelling from Coach Newsome and assistant coach Junior Newsome paid off.

Clark was named to the All-Regional teams her junior and senior seasons. She was all-district four years and all-conference three.

She was the 15th Region's Player of the Year and invited to the Kentucky/Indiana tryouts. She participated in the Belgium All-Star Tournament.

This past season she was named to the All-County First Team and named to the All-Tournament Team in the Pikeville Invitational.

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Risner

(Continued from B 1)

"You go from a situation where you know everything and you're a big part of everything."

"After that first week or two of adjustment, he will have a lot of fun. He'll make a big contribution down there for them," he said.

Risner is hoping that he doesn't experience homesickness.

"The campus is wide open," he said. "There are a lot of things to do there. It's a big town (Owensboro) and real nice."

"I liked to think I'm going there. I get to go away to school. I just hope I don't get homesick because it is a long way off."

Risner thinks the Wesleyan program is an upcoming program with players from Georgia and Mississippi on the roster.

Risner said Coach Letton has been a very positive influence on his life.

"The biggest influence would have to be Coach Letton," said Risner.

"The man has been there for me as he always has been there for his team."

"He treats you like you're his own son. I respect that man more than I respect anybody," said Risner.

"Robbie started at linebacker his junior year here at Prestonsburg," said Coach Letton. "Then we moved him to the other side, a position that was totally different, and he picked up on it real well."

"He was a little frustrated this past season because he got injured a couple of times. We never could keep him healthy."

"He fought through it and left a good positive attitude. He really had a good year for us," said Coach Letton.

In summing up the character of Risner, Letton said he was excitable.

"He has a great amount of enthusiasm. He provided a great amount of leadership for us. He's very competitive and that has carried over."

"We'll be hard pressed to fill his shoes," he said.

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UK Sports Medicine to open clinic at Highlands

The University of Kentucky Sports Medicine Center will open a sports medicine clinic at Highlands Regional Medical Center beginning Friday, July 7. The clinic will be located in Highlands Clinic on the Medical Center campus. Physicians in the sports medicine clinic will provide evaluative and surgical care to those with an active lifestyle, particularly athletes.

The sports medicine clinic will be staffed by David Caborn, M.D., Assistant Professor, Division of Orthopaedics and Director and Chief, Section of Sports Medicine University of Kentucky; and Darren Johnson, M.D., Assistant Professor of Orthopaedics, University of Kentucky Section of Sports Medicine. Drs. Caborn and Johnson will see patients in the clinic on a rotating basis. Sports related orthopaedic injuries requiring surgery will be performed at Highlands by Drs. Caborn and Johnson. Injuries common to sports medicine include anterior cru-

ciate ligament (knee), patellofemoral pain (knee), shoulder instability (rotator cuff), and ankle sprain.

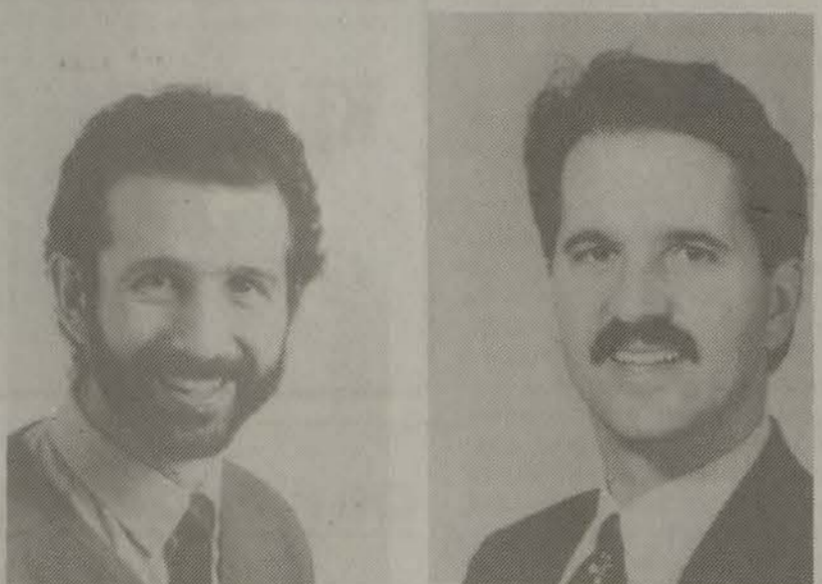
Dr. David Caborn is a Board Certified Orthopaedic Surgeon. He received his Bachelors Degree from St. Andrews University in Scotland; graduated from Medical School at Manchester University in Manchester, England; served his externship in trauma at White Horse General Hospital in the Yukon Territory, Canada; performed post-graduate studies in rheumatology/internal medicine at Northern General Hospital in Edinburgh, Scotland; a Residency in

Family Practice at Duke/FAHEC Family Medicine, Fayetteville, North Carolina; a Residency in Orthopaedic Surgery at the Greenville Memorial Medical Center, Greenville, South Carolina; and a Fellowship in Sports Medicine at the Center for Sports Medicine and Department of Orthopaedic Surgery, University of Pittsburgh, Pittsburgh, Pennsylvania.

Dr. Darren Johnson is a Board Certified Orthopaedic Surgeon. He received his Bachelor of Science degree in Biomedical Sciences from the University of California, Riverside/UCLA, Riverside, California; gradu-

ated from Medical School at the University of California, Los Angeles School of Medicine; completed his Internship and served a Residency in orthopaedic surgery at Los Angeles County-University of Southern California; and a Fellowship in Sports Medicine and Shoulder Surgery at the University of Pittsburgh, Pittsburgh, Pennsylvania.

The involvement of the University of Kentucky Sports Medicine Center with Highlands Regional Medical Center and Highlands Clinic brings the expertise of Fellowship Trained Orthopaedic Sports Medicine and their staff of athletic professionals to eastern Kentucky. Physician referral to the clinic is not required. Appointments can be made by calling Highlands Clinic at 886-7471.



Sports medicine

From left, David Caborn, M.D., Director and Chief of the Sports Medicine Center at the University of Kentucky and Darren Johnson, M.D., Assistant Director of U.K. Sports Medicine will staff an outreach Sports Medicine Clinic at Highlands Regional Medical Center.

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Walters

(Continued from B 1)

Prizes were given to the top five amateurs in each flight. First place collected a set of irons; second, a set of woods; third, a bag; fourth, a putter; and fifth, an umbrella.

The professionals competed for a top prize of \$2,000, and this year Dickie Linkous of Virginia walked away with the top prize after a three round total of 203.

The following is a list of the winners from each flight:

- 1st flight: Grover Justice, 68-70-138.
- 2nd flight: Larry Carroll, 72-71-143.
- 3rd flight: Shay Armstrong, 74-74-148.
- 4th flight: Rick Morgan, 81-74-155.
- 5th flight: Verl Newsome, 79-76-155.
- 6th flight: Mike Honeycutt, 79-78-157.
- 7th flight: Lonnie LeMaster, 93-90-183.

Some impressive scores were posted, and not only by the pros. Johnson Central High School basketball coach Johnny Ray Turner posted the low score for the tournament when he shot an opening round 65 in the first flight.

Unfortunately for Coach Turner, there was no prize for the low one-day score.

Trooper Island Golf Tournament in Pike County

The Post 9, Trooper Island Golf Tournament will be held at the Pub Link Golf Course, located at Lower Johns Creek in Pike County, on Tuesday, June 20, with a shotgun start at 8:00 a.m., playing best ball, scramble.

Each Golf Team will be comprised of four players; one player from each handicap range. (A player—0-7, B player—8-14, C player—14-18, and D player—18 and up.)

Prizes will be awarded for First and Second place teams, closest to the Pin and the Longest Drive.

Entry Fee for each is \$50, which includes Green Fee, Cart Fee and Mulligan. Total price for a team is \$200. Checks should be made payable to Trooper Island Golf Tournament and forwarded to: Detective Donnie Jack Phipps, Golf coordinator; Kentucky State Police, Post 9, P.O. Box 2528, Pikeville, Kentucky 41502 or call (606) 437-1711 for more information.

All fees must be received no later than Thursday, June 15.

Donations to Trooper Island are tax deductible. Support for Trooper Island provides the opportunity for less fortunate children throughout Kentucky to attend a summer camp.

Sports Quiz by Larry Duncan

1. Who was the first person to win a million dollars playing golf?
2. What was the last name of the brothers known as Dizzy and Daffy who pitched for the St. Louis Cardinals?
3. What is the distance run in the Kentucky Derby?
4. What sport can boast a hooker in a scrum?
5. What sport has the athlete performing a double axel?
6. What is the color of the bullseye on an official archery target?
7. What does the ref count to when a professional wrestler is pinned?
8. Who was the first man to don a helmet for the Indianapolis 500?

Sports Quiz Answers

1. Arnold Palmer, 2. Dean, 3. 1 1/4
4. rugby, 5. figure-skating, 6. yellow, 7. three, 8. Eddie Rickenbacker

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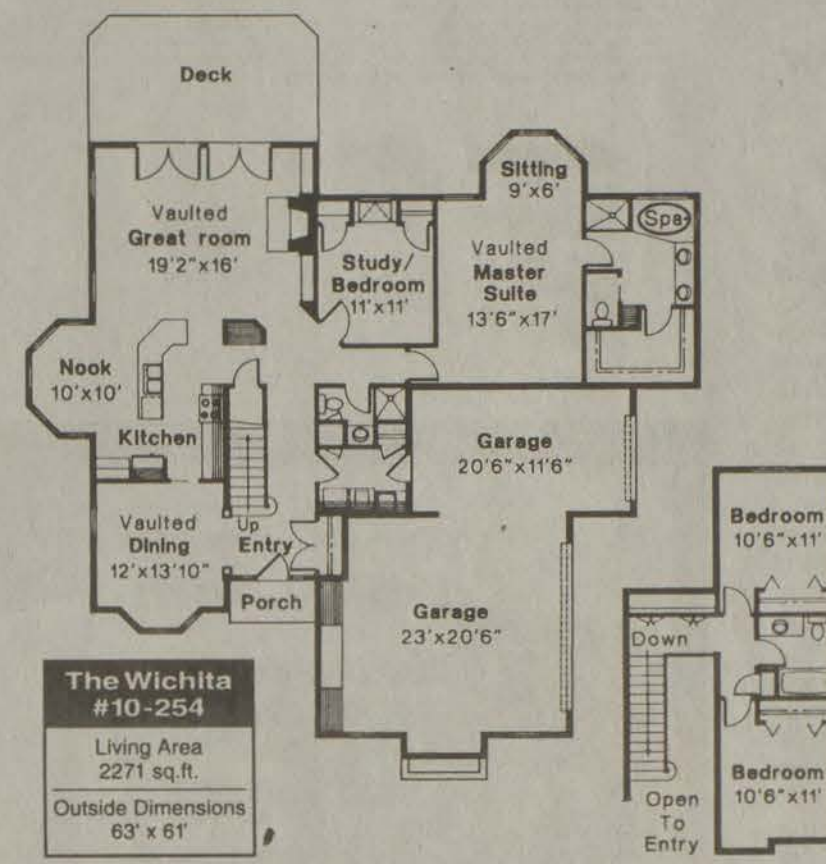
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Wichita is stately yet contemporary

By Associated Designs

Stucco, brick and multiple roof lines combine to make the Wichita visually appealing from every angle. Corner quoins add stateliness and impart a sense of permanence. This plan has a side-entry three-car garage with a workbench and storage.

What it doesn't have is a living room, but for many contemporary families that's no loss. Family members will likely spend most of their time in the bright and spacious great room anyway. Two sets of French doors provide natural illumination, and a vaulted ceiling augments the sense of openness. Shelves flank the fireplace.

The bayed dining room

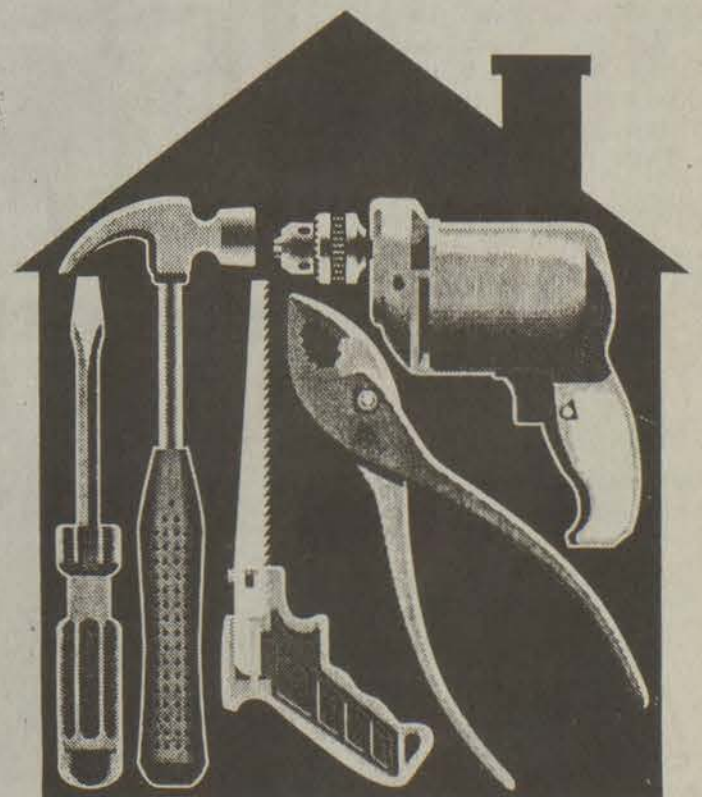
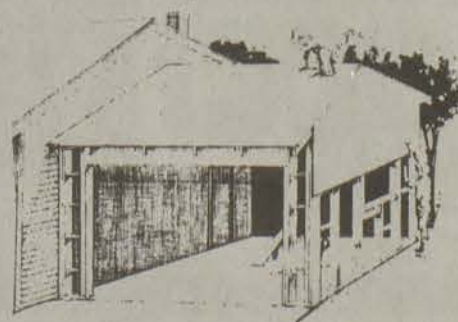
also has a vaulted ceiling. A pocket door allows you to shut out the noise and mess of the kitchen. Kitchen and nook have 10-foot ceilings. Cozy and inviting, the half-octagonal nook is a great place to linger over a morning cup of coffee or tea. Sink and dishwasher are built into a long work island. A storage closet is under the stairs, opposite another storage area. Utilities and a small powder room with a shower are mere steps away, equally convenient to the garage.

The master suite serves as a quiet adult retreat. Its bayed sitting area is ideal for reading or sewing. Bathroom features include a soaking or spa tub, a large shower, twin lavs, a walk-in closet and a

private toilet. The adjacent room could be outfitted as a bedroom, study or office. It has a window seat, nestled between two closets.

Two more bedrooms are upstairs in the Wichita, plus a bathroom and a big storage closet. The front facing dormer window could be built with a window seat.

For a review plan, including scaled floor plans, elevations, section and artist's conception, send \$15 to Associated Designs, 1100 Jacobs Dr., Eugene, Ore. 97402. Please specify the Wichita 10-254 and include a return address when ordering. A catalog featuring over 170 home plans is available for \$12. For more information



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Bassin with the Pros

WEATHER CONDITIONS OFTEN CHANGE BASS PATTERNS

In bass fishing, the term "pattern" usually refers to a particular set of conditions that determine where bass are located and what they're doing. It's also how the tournament pros describe what they're doing to catch those bass.

"The problem is," explains professional angler Randy Dearman of the Johnson Outboards Pro Staff, "a lot of conditions determine a bass pattern, and just about the time you do get them all figured out, the conditions change and the pattern becomes

something totally different." Dearman should know. He's been a guide on 90,000 acre Lake Livingston in Texas for more than 20 years and had plenty of experience with bass and how quickly their patterns can change.

"Something as simple as a clear sky becoming cloudy can change fish dramatically," he points out. "So can wind that begins to ripple a lake that had been calm."

"Bass react very quickly to changes like this, so anglers have to

be aware of the changes, too."

At this season of the year, two factors that change bass patterns rapidly are heavy rain and wind.

"Spring rains, which are often heavy, tend to push bass into very shallow water," explains the Johnson pro. "I don't know exactly why this happens, except that heavy rains may muddy water and perhaps the bass can find better water conditions in the newly flooded vegetation along the shoreline."

"When the water in a lake rises

because of the heavy rain, it's a great time to throw a spinnerbait right to the bank because the fish move into extremely shallow water."

Dearman says wind can also move bass into shallow water, especially if it blows consistently from the same direction for several days.

"A steady wind eventually blows plankton and algae to a shoreline, and baitfish soon follow," he explains. "Sometimes, the baitfish themselves may even get washed into shallow water by the waves."

"Then the bass move shallow to feed on the baitfish. Points, bluffs, and shorelines getting blown by the wind often produce excellent fishing, even though the water may be rough. This is a great time to use crankbaits or possible heavy spinnerbaits."

Perhaps the most unusual weather-related pattern change Dearman has seen in his years of bass fishing is what occasionally occurs during snowstorms.

"That's when you can sometimes

catch bass on topwater buzz baits," he says. "I've seen it happen several times, especially when the temperature is cold but it's calm and the snow flakes are big and fluffy. Why the bass decide to hit topwater lures then is a mystery to me."

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Big Sandy Senior Classic Horse Show Saturday

The Big Sandy Aging Advisory Council is sponsoring its third annual horse show Saturday, June 10 at Archer Park. The purpose of the horse show is to raise funds for the home delivered meal program to the frail elderly in Floyd, Johnson, Magoffin, Martin, and Pike counties.

The Big Sandy area includes 16 senior citizen centers who independently contract with the Area Agency on Aging to provide meals in their particular senior center, as well as home delivered meals to the elderly who cannot leave their homes. The 16 centers face increasing need and costs, with reduced funding assistance. Sadly, at this time, each of these areas maintains a waiting list for the home delivered meals.

The goal in presenting the Big Sandy Classic is to raise funds to share with individual centers so they may be able to feed more of the frail elderly in their communities. Each senior citizen center is working hard to develop a list of sponsors for this event. And all are working to put the show together with hopes it will exceed the prior years' shows.

Registration for the classic will begin at 4 p.m. The show will start at 6 p.m. Ticket prices are \$3 for adults, \$2 for ages six through twelve, and \$1 for children under six.

If you can't attend the show, you can donate to this cause. Please send donations to Big Sandy Senior Classic, 100 Resource Drive, Prestonsburg, Kentucky 41653.

Deadline nears for state games

The first two deadlines for entering some of the sporting events in the 1995 Bluegrass State Games is approaching fast.

June 23 is the deadline entry date for: Equestrian (Dressage/Combined Test), Soccer (Youth Divisions), Softball (Adult/Youth Divisions) and Tennis.

July 1 is the next deadline date for: Gymnastics, Soccer (Adult Divisions) and Volleyball.

Those interested in entering the competitions need to fill out an entry form found in the middle of the Bluegrass State Games entry booklet and send it to the Games office with a check for the proper entry fees.

The last deadline date will be July 7 for the remaining events: Archery, Basketball, Bowling, Canoeing/Kayaking, Chess, Croquet, Cycling, Diving, Equestrian (Hunter/Saddle Seat Division), Fencing, Golf, Horse-shoes, Karate, Power Tumbling, Racquetball, Shooting, Swimming, Table Tennis, Track and Field, and Wrestling.

The 1995 Bluegrass State Games will be held on July 28, 29 and 30 in Lexington. The Games are made possible with the help of the Founding Partner, The Valvoline Company, and Contributing Partners, the Commonwealth of Kentucky and the Lexington-Fayette Urban County Government.

For more information on the Bluegrass State Games or to receive an entry form, call 1-800-722-BGSG (2474).



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Kentucky Afield

CATCH AND RELEASE REQUIRES PRECAUTIONS

June 5 marks the beginning of National Fishing Week so celebrate by learning how to properly catch and release fish. Whether a fish is less than legal size or simply doesn't measure up to the angler's standards, it should be handled carefully before being released.

Some anglers do not realize the harm they can cause by roughly handling fish. Deaths during the first days after release result from deep hooking or squeezing the body cavity of the fish and causing internal injury. Long-term mortalities are caused by external bacterial infections due to the removal of the protective slime covering the fish. A fish may also die of internal infections caused by the stress of being caught.

The proper way to handle a fish without sharp teeth is to grasp its lower jaw between your thumb and forefinger. If possible, do not lift the fish out of the water because the water helps support its internal organs. Remove the hook and release the fish gently—don't throw it back into the water.

Toothed fish call for a different technique to avoid cuts. Grasp the fish across the gill covers with a wet hand and remove the hook. This should be done while the fish is partially submerged. A wet hand reduces the loss of the protective slime.

Here are some pointers to observe when releasing hooked fish to increase the chances that the fish remain healthy.

If possible, don't play a fish to exhaustion while trying to land it.

Immediately decide whether to keep the fish. Don't handle the fish with dry hands. Hold the fish in the water as much as possible. When removing the hook, don't squeeze the fish around the midsection or put fingers in its gills. If the fish has swallowed the hook, don't pull it out. Instead, cut the line as close to the hook as possible and leave the hook in the fish. When releasing the fish in the water, hold it gently until it acclimates. Move it slowly back and forth to help it regain its equilibrium.

IT'S TIME TO FISH FOR CATFISH AND BLUEGILL

Now is the best time of the year to fish for blue, flathead and channel catfish and bluegill. Water temperatures are 75°-80°—the temperatures at which these fish are most active.

The fish are more active at this time because they are spawning. This activity increases the chance of catching fish; however, timing is a key element to successful fishing. Remember that water temperature, not the calendar, decides this timing.

Rising water temperatures cause many physical changes in fish. The females develop eggs, and the males develop milt (sperm). Their metabolic rates increase so they need more food. Then, natural instincts begin urging them toward their spawning grounds.

Catfish begin spawning activities when water temperatures reach 75°. Anglers find blue catfish in Kentucky and Barkley Lakes and the Ohio River. Both flatheads and channel cats are found statewide; however, farm ponds provide the best quality channel cats. (Ask first—you must have the landowner's permission before entering private property.) Since suitable spawning sites are scarce in many Kentucky lakes, catfish will be concentrated during spawning.

Bluegill bite almost year-round, but one of the best times to fish for this panfish is when water temperatures are 70°-80°. This is when blue-

gill enter shallow water to spawn. These fish are community spawners so they will be concentrated with several nests located in a small area—sometimes only a foot apart.

KID'S FISHING TOURNAMENT

The Kincaid Bassmasters Club is sponsoring a Kid's Fishing Tournament in June. The event will be held at Kincaid Lake State Park (near Falmouth) on Sunday, June 18 from 9:00 a.m. to 11:00 a.m. The tournament will be divided into three age groups: 2-6 years old; 7-10 years old; and 11-15 years old. For more information please contact Jeff Hogue, president, at (606) 654-8056, or Don Odor, secretary, at (606) 472-3130.

FALCON BECOMES PAPA

Male 7/3, a peregrine falcon released in Lexington, has become a father. On April 25, John Castrale, nongame biologist with the Indiana

Division of Fish & Wildlife, reported that four chicks had successfully hatched in 7/3's nest the week before. This event marks the first-known reproduction by a Kentucky-released peregrine falcon.

7/3 originates from the Kentucky Department of Fish and Wildlife Resources' participation in a national recovery system to help remove peregrines from the endangered species list. It was released in downtown Lexington on June 26, 1993, and then it was seen in Indianapolis as early as February 1994. A year later he had paired up with Female 28W from Kenosha, WI, and the birds were seen sitting on eggs in downtown Indianapolis on March 17, 1995.

Now that the chicks are about five weeks old they will begin venturing out of the nest to try their wings. According to Castrale, this is dangerous time because "their flights may not be real strong, and they may flutter to the ground." However, he also said a faulty flight is not likely to injure the chicks—even from 30 stories above ground. Indiana Fish & Wildlife is using volunteers to watch the birds during this time to ensure that no harm comes to the birds if they do touch down during their flights.

Hunting and fishing license fees and donations to the Nature and Wildlife Fund support the peregrine falcon restoration program.

FISH AND WILDLIFE COMMISSION SELECTION JUNE 20

A meeting to select nominees to represent the Seventh Wildlife District on the Fish and Wildlife Resources Commission will be held at 7:30 p.m. Eastern Daylight Time, Tuesday, June 20, at Allen Central High School located on Highway 80 south of Prestonsburg.

Residents of the Seventh Wildlife District who have purchased a hunting or fishing license in each of the past two consecutive years (or who have hunted or fished in Kentucky during the past two years but are not required to buy licenses) may participate in the meeting.

The seventh district is made up of Breathitt, Floyd, Johnson, Knott, Lawrence, Leslie, Letcher, Magoffin, Martin, Perry and Pike counties.

Five nominees will be selected at the meeting and their names submitted to the Governor, who will appoint one of the five to a four-year term on the commission.

The Fish and Wildlife Resources Commission is a nine-member board which oversees the operations of the Department of Fish and Wildlife

Resources. The commission approves the department's budget, sets season dates and approves all regulations pertaining to hunting, fishing and wildlife conservation.

The current commission member from the seventh district is Paul Lyon, Salyersville.

PUBLIC MEETING ANNOUNCEMENT

The Kentucky Department of Fish and Wildlife Resources has scheduled two public meetings concerning Lake Cumberland tailwater trout

management. The meetings will be held on June 21, at 7:30 p.m. at the Lake Cumberland State Park in the Activity Center and on June 22, at 7:30 p.m. at the courthouse in Burkesville, Ky. The purpose of these meetings is to: Provide information on the status of the proposed closure of the Wolf Creek National Fish Hatchery; Explain the rationale for the present regulation; Receive input from the public; and Discuss ongoing tailwater studies and evaluation. For more information please contact Pete Pfeiffer, Director of Fisheries, at (502) 564-3596.

NASCAR Connection

by Ben Trout



STRICKLIN TO THE RESCUE

To say that Hut Stricklin has bounced from ride to ride on the Winston Cup Series would be a definite understatement. Since entering the WC ranks in 1989, the Alabama native has driven for a total of nine different car owners.

The bulk of his career has seen him behind the wheel of Bobby Allison owned machines. In 1993, he piloted the number 27, Junior Johnson owned car. In '94, he drove the Smokin' Ford of Travis Carter. At the conclusion of the '94 season, Jimmy Spencer was named to drive the Travis Carter stocker, and this move left Stricklin rideless for 1995.

Patiently waiting and keeping his options open, Stricklin missed out on the season's first seven events.

Then his break came when World of Outlaw turned NASCAR driver, Steve Kinser resigned from Kenny Bernstein's Quaker State team. Stricklin was then named driver for the Bernstein operation.

For lack of a better way to put it, it was simply a case of a mediocre driver joining at best, a mediocre race team.

But a quick look at the numbers, and it is plain to see that this new combination seems beneficial to both Stricklin and the team.

At Charlotte, in only his fourth race with the team, Stricklin had the Quaker State Ford running among the leaders. Settling for a seventh place run, Stricklin gave the Bernstein team its best showing of 1995.

At Dover the following week, things would only get better for Stricklin. He was able to once again flex a little muscle as he drove the number 26 Ford home to a fourth place finish.

And then in last Sunday's UAW GM Teamwork 500 at Pocono, Stricklin led his share of laps en route to a very strong fifth place showing.

Now, there is a twist to this story. Two weeks ago, Kenny Bernstein announced that this team was up for sale. And ever since the announcement was made, rumors have flourished as to who might shell out the bucks for this currently on-the-rise team.

Already, Dale Jarrett has made it

clear that the rumor that he and his father, Ned, might buy the team is false. Another buyer that is being tossed around the rumor mill is that of former driver, Buddy Baker.

Regardless of who is willing to purchase the team, one has to wonder if due to the team's recent new-found success, whether or not Bernstein is having second thoughts.

You can rest assured that, if indeed Bernstein follows through on his plans, the price tag on the Quaker State Ford is going up.

Stricklin has rescued this team from the depths and he has made it a front-runner, or at least it has been a front-runner for the last three races. Regardless, the team is now receiving media attention not for failing to make races, but for being up front when the checkered flag falls.

MSU is host of cheerleader camp in July

Morehead State University will host a summer camp for junior and senior high school cheerleaders sponsored by Eastern Cheerleaders Association (ECA) on Saturday, July 29, to Tuesday, August 1.

The camp will include several junior and senior high school squads from the area. They will learn new cheers, chants, sidelines, dances, jumps, band dances, several "fun" dances and partner stunts/pyramids. They will also participate in various workshops and squad "rap" sessions.

The emphasis for ECA's summer camp is crowd motivation and involvement. ECA's Personal Instructor program guarantees squads individual assistance throughout the camp. Ribbons and spirit mini-megs will be awarded daily.

Additional information is available from ECA, P.O. Box 475, South Hill, VA 23970. Telephone: (804) 940-4ECA(4322).

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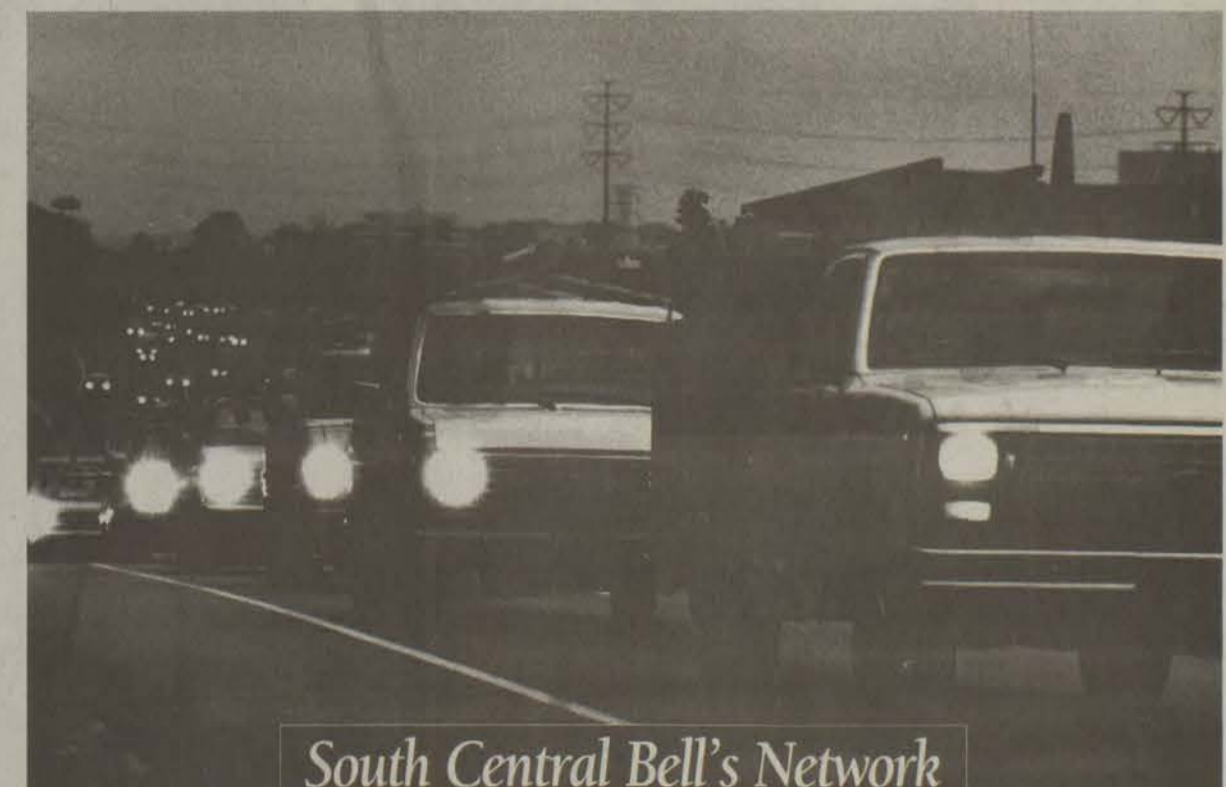
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New flag to depict stops for Great North American Race

Ashland will be featured on a new flag designed especially for the Interstate Batteries Great North American Race. Beginning in Ottawa, Canada on July 1, the vintage car competition will make 13 overnight stops before the checked flag comes down on July 15 in Mexico City, Mexico. Ashland is the only city in Kentucky to be included in the 13 overnight stops.

United States and Mexico, the race route and logo in full color. Each of the 110 race teams will receive a flag during the July 5th opening ceremonies in Ashland. Designed by Pamela Wise & Associates, the flag is sponsored by Ron Cartee's Arby's Restaurants.

"Because Ashland is the only overnight stop in Kentucky, we wanted to create a special memento of the event," said Johnda Brumfield, executive director of the Convention and Visitor's Bureau. "Also, we are competing with the 13 other cities in which the teams will spend the night for the title of the 'Great American City,'" she continued. "We want to show the racers what a warm and friendly place Ashland is."

"In addition to the flags, we have commissioned an artist to paint a race-theme mural on the side of a Winchester Avenue building and are encouraging downtown merchants to decorate their display windows to welcome the racers. If our city is selected, the Boyd County Public Library will receive a \$5,000 cash prize."

The two-member race teams are being sponsored by local individuals and businesses at \$100 each. Spon-

soring hosts are responsible for welcoming the teams and "hosting" the two team members for the evening. "We still have several opportunities for those who would like to be closely involved with the event as sponsors," said Brumfield.

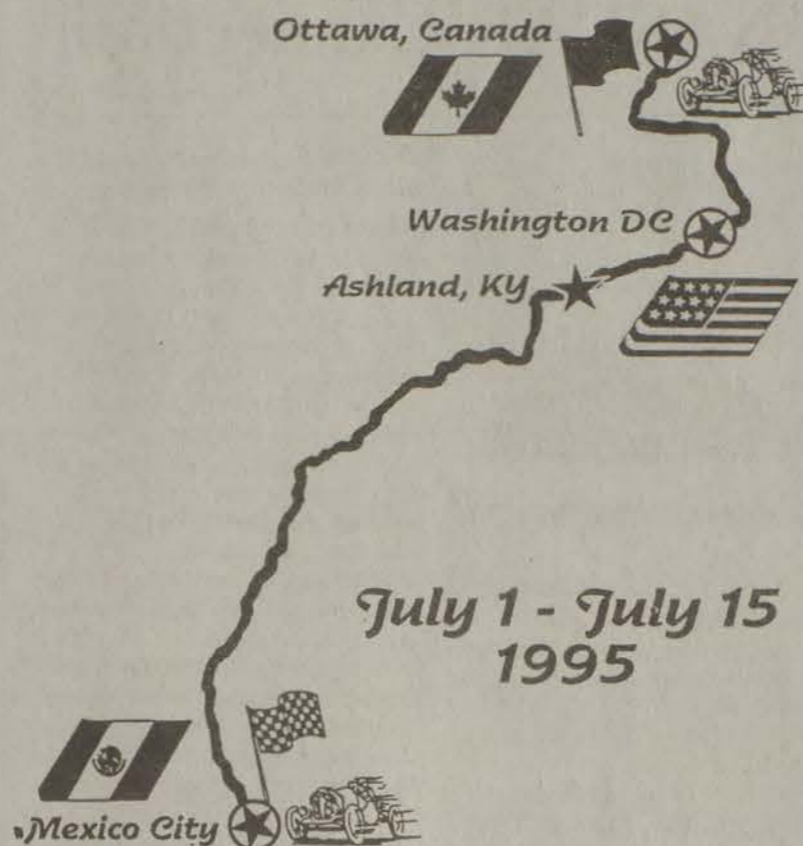
Brumfield described the plans to welcome the racers as involving the entire area. "We plan to begin our welcome at the West Virginia border and continue it until the race leaves the next morning for a Morehead pit stop and lunch in Lexington."

Media coverage will include live remote broadcast along the race route. Radio stations WRVC and WDDG plan to join the race teams in Virginia on July 4th and broadcast live commentaries along the race route into Ashland.



Watch those spikes!

Reds' pitcher Aaron Patton (52) went for the tag on a Giants' base runner during T-Ball play at Archer Park last Monday. It was a 'circle the bases and get me out if you can' affair. (photo by Ed Taylor)



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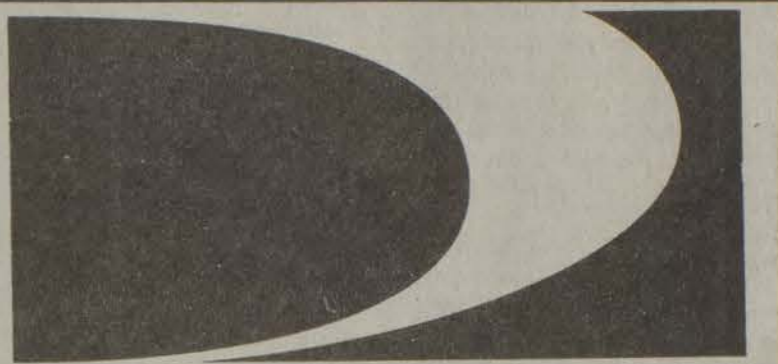
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Makes contact!

This Allen Rockies' had a healthy cut at the ball during Little League play at the Allen Park last Monday evening. The Rockies pulled out a win over the Indians (photo by Ed Taylor)



Ready for anything!

With hat in place, Andrew Lafferty of the Minnie Bullets was ready for anything that might be hit down the third base line. Lafferty plays in the Minnie Pee Wee League. (photo by Ed Taylor)



Just under the throw!

With all the rain missing our area, Little League Baseball play resumed at the Allen Park this past Monday evening. This Prater Creek Indian base runner slid safely into second base just ahead of the tag. (photo by Ed Taylor)

Prestonsburg baseball players help strike out blood shortages

Prestonsburg Donor Center, together with the Fifth Third Bank, will be presenting the first annual Fifth Third Bank Hall of Fame Community Blood Drive, June 20-22, at the Donor Center, North Lake Drive in Prestonsburg.

Area youth baseball players will be recruiting blood donors to give that week to help prevent a summer blood shortage. Hours for the drive are as follows: June 20: 11 a.m.—7 p.m.; June 21 and 22: 10 a.m.—6 p.m.

Ball players throughout central and Eastern Kentucky will be participating in the donor recruitment efforts. The top 20 players who sign up the most donors to give at the drive will be invited, along with their coaches, to a reception on June 19 where they will meet and be photographed with Johnny Bench. The top three teams having the most donors to give during the drive will receive cash prizes

donated by Fifth Third Bank for equipment and uniforms. First place will receive \$500, second place \$300 and third place \$100.

For more information on how a team can participate in the drive or how donors can give for their favorite team, call Georgia Sanders at the Prestonsburg Donor Center, 886-1557.

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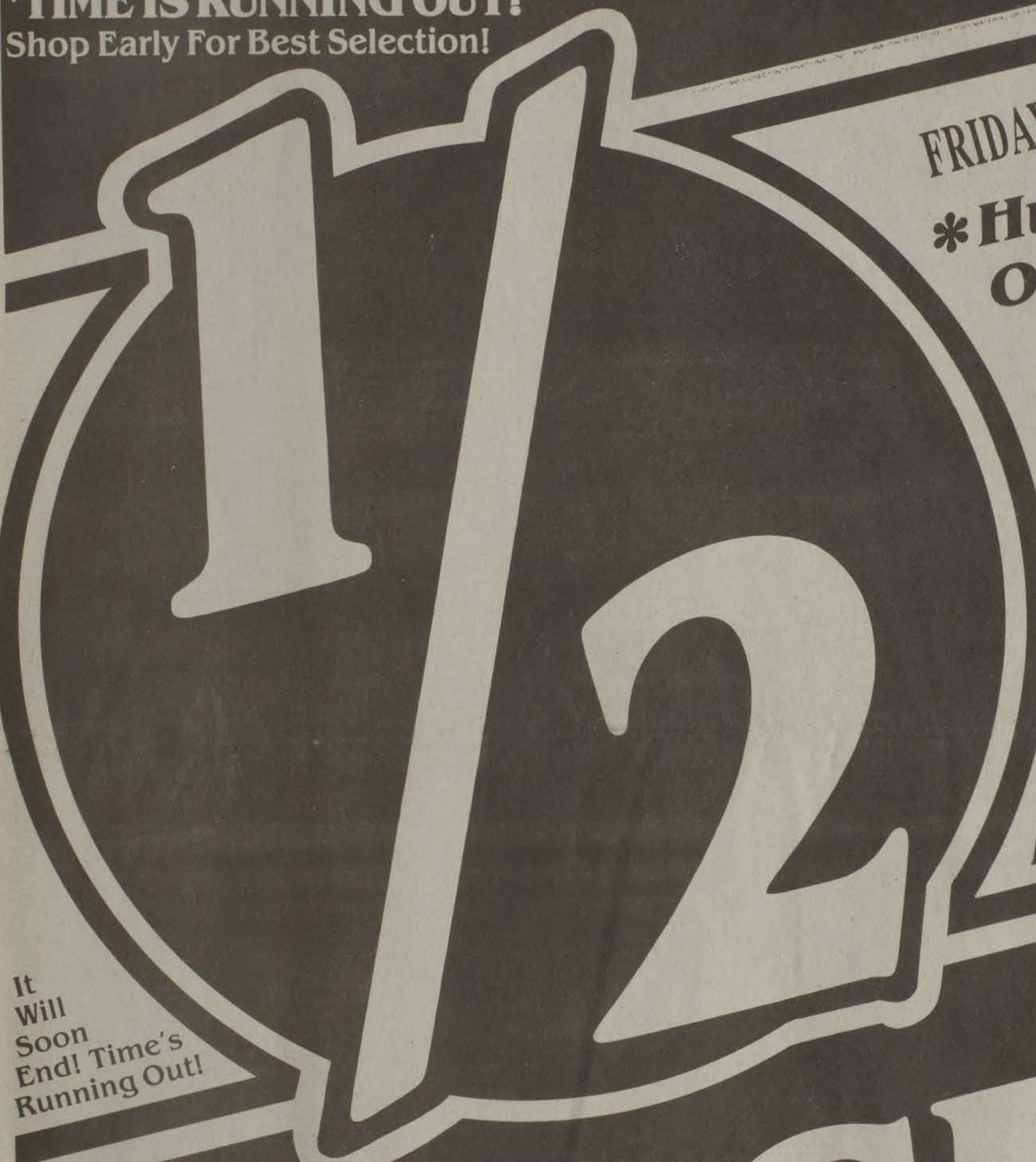
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PRICE! TIME'S RUNNING OUT! IT ENDS SOON!

I wonder what mom would think...

I think I'm open-minded enough to understand today's parental attitudes, but at the same time—deep down—there seems to be something barbaric about tying up your kid.

Don't misunderstand. I'm not suggesting for a second that those parents in the mall who loop those brightly-colored telephone cord-like things around their child's waist, then to their own wrist, are cruel and abusive.

After all, the kids seem quite happy with the freedom their long cord affords, and mom and dad are free to browse, too.

Furthermore, in crowded situations, I'm sure it's comforting to know that if your kid wanders off or straggles a little behind, all you have to do is reel him in.

I just can't help but wonder, though, what my own mother would think if she could see a three-year-old being led like a poodle.

Of course, families today don't even remotely resemble the families back when I was a kid,

and another thing she'd probably frown upon would be the amount of time that young kids today are left alone.

When I went to school on those cold, winter mornings, my mom was at the front door making sure I had all three of my coats buttoned and all four buckles on each of my Arctics snapped. When I got home in the afternoon, there she was again, making sure I was wearing the same cap I'd left home with and taking a minute or two to hear about some event that had taken place that day that was important to me.

Don't get me wrong. I'm not being critical of working mothers. I realize that with today's economy, even with two incomes, it's hard to make ends meet. I'm just wondering what my mom would think of the decline and fall of the family since today's moms have had to go to work.

Another thing mom would surely find distasteful would be the eat-in-shifts method of serving meals. Unlike modern families who tend to eat on the run, one thing we did was eat at the table—all at the same time. And, we ate hot meals, too. Of course, since this was all before television, frozen TV dinners didn't exist—nor did frozen radio dinners, for that matter. A hot breakfast to my mom was not a pop tart, and I doubt that she'd approve much of these microwaves, either.

I guess living in today's world has its price and I suppose that it's really not anybody's fault that among those things sacrificed for modern living is the family.

It is kind of sad, though, to think that more often than not it's the baby-sitter who discovers the child's first tooth or hears its first full sentence.

Being reared in the head of an Eastern Kentucky hollow forty years ago may not seem too desirable by today's standards, but it did have its advantages.

The family unit was one of them.

Poison Oak



Clyde Pack

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Wednesday, June 14, 1995

The Floyd County Times

Lifestyles

Prestonsburg native combines education and love for people

Experience can be a great teacher, and for some people, one experience will be a turning point. This was the case for Mike Partington, a sophomore majoring in computer sciences at the University of Kentucky in Lexington.

Mike, the son of Lynn and Christine Partington of Prestonsburg, is a 1991 graduate of Prestonsburg High School.

Mike has gained a great deal of knowledge since he started his college career, but the experience that shifted his focus happened far away from chalkboards and classrooms.

In the fall of 1992, Mike decided to serve a two-year mission in Korea for his church, The Church of Jesus Christ of Latter-day Saints.

"It was a wonderful experience and a great opportunity to learn the Korean culture," Mike said. "I really grew to love Korea."

The experience had a profound effect on Mike's life. "I can't think of any two years that gave me more in life. I packed so much into two years," Mike said.

"The experience helped shape who I've become at so many levels," he said. "It improved my presentation, communication and interpersonal skills, but more importantly, it changed my whole attitude about what is important in life."

Mike said, "Relationships with other people are much more important. During the two years I was in Korea, I was separated from my family, and

that made me realize just how important family is in my life."

While the Korean culture is different from American culture, Mike said that the experience helped him realize that "each culture has its own special spirit."

He said, "As Americans, we don't realize how blessed we are and how good our standard of living is."

After returning to the United States and coming back to UK, Mike said he realized his priorities had changed.

"The experience in Korea left me with an increased appreciation for human value and for relationships," Mike said. "It really has helped shift my focus more toward relationships with people and to learning to love others."

When Mike is at UK, he spends most of his free time at church activities.

"These activities give drive to my life," he said. "I feel fulfilled when I'm at the church and helping people."

Mike said attending UK was a natural step for him.

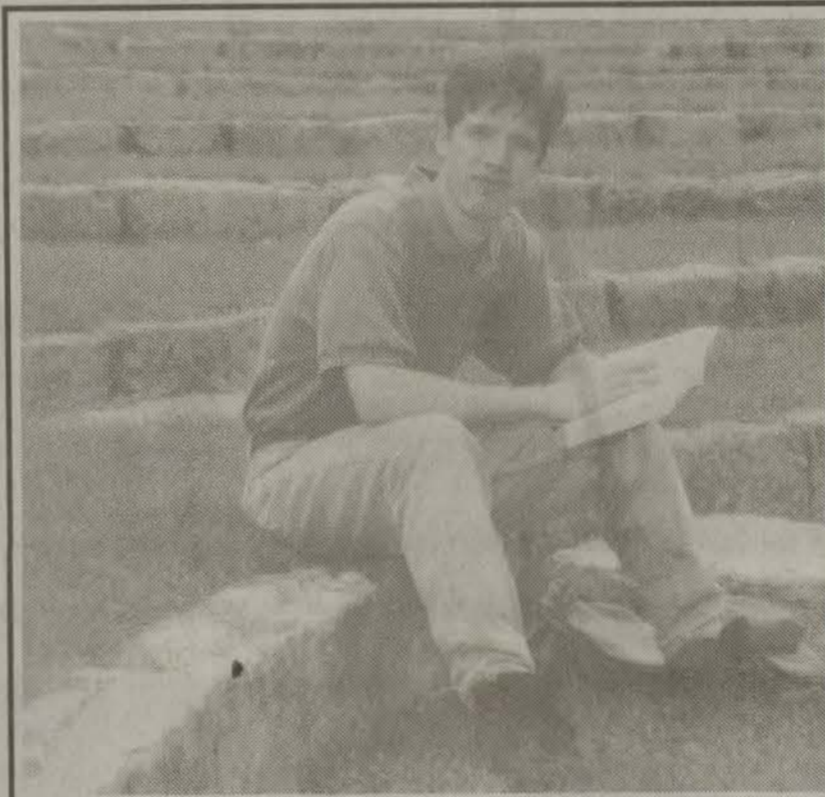
"UK had a couple of factors in its favor," he said. "Because I had a

fairly good academic record and scored high on the ACT, I was able to obtain some scholarship money to help finance my education."

In addition to financial pluses, Mike said, "UK had the element of being just the right distance from home."

He continued, "I really like it here. I like the campus and have been very pleased with the quality of education so far. I feel like all of my needs have been met here."

"It just felt right. UK felt like the place to be."



Home again

After a two-year service as a missionary in Korea, Mike Partington has returned to the University of Kentucky campus to pursue a career in computer sciences.

FROM THE MOUNTAINS
by Jadon Gibson



The Green Allen Brooks Story

During the first three decades of this century there were many moonshiners in Lee County, Virginia, sending wafts of deadwood smoke skyward and using the proceeds of their sales to purchase items which they needed to subsist.

Robert F. Giles was elected Lee County (Virginia) sheriff in 1928 after vowing to rid the county of the scourge of moonshine. After many initial failures, Giles asked for the assistance of Federal officers. With their assistance and along with his deputies he was able to greatly reduce the number of illegal liquor distillers.

During this time, informers told Sheriff Giles that Green Allen Brooks, a senior citizen who lived in the Piney Woods Community, in the westernmost reaches of Lee County, was moonshining but periodic raids in the years that followed netted them no evidence.

"Sheriff, we looked high and low," Deputy Robert Bailey told the sheriff in early April of 1935 following one of several raids at Brooks' farm. "We looked in his home. We took the paths leading into the hills. We checked Green Allen's barn and other buildings. We even poured out his milk to see if any was hid in there. We even dug in the garden. Nothing was there and he's madder than a skunk. He said he'd shoot us if we came back."

"Well, I just learned where he's got the still and where he's hiding it," the sheriff countered. "You're gonna call on Brooks again tomorrow."

Deputy Sheriff J.F. "Arch" Redmond and county officer Robert Bailey found the large still in operation on Brooks' property the following day. When they went to his house they caught the elderly man asleep and were able to arrest him without incident. A large quantity of corn liquor was also found in his house on a hill only a couple miles from Cumberland Gap. They arrested Green Allen and took him to Jonesville.

Brooks, who looked years younger than his age, was widely known and respected. He was part Indian and he inherited many of their skills which served him well in life. According to Richard Zanger in *An Eye For An Eye*, "Brooks was tall, straight as an arrow, with high cheek bones, large hooked nose, long black hair and piercing eyes. Even when he grew older he could outshoot, outrun, and outwrestle any of the young men, and his nerves were as steel."

Brooks didn't attend school but he had a keen desire to learn as he grew up so he visited schools to get reading material. His chores kept him way to busy for school but he studied at night.

Zanger wrote that "Brooks was like young Abe Lincoln, spending winter evenings reading by the fire and absorbing learning like a blotter absorbs ink. No one ever saw him when he wasn't reading or carrying a book in his coat pocket."

Brooks became so learned that he obtained a teaching job in Tennessee at the age of twenty. During the years that followed, he also became a justice of the peace. He bought a hundred-acre farm in the Hopewell Community where he lived.

Following the death of his first wife, Green Allen sold his farm to his son Ira for a modest sum and moved to Kentucky. A few months later he met and married his second wife, Sally. They bought a thirty-acre farm in the westernmost reaches of Lee County along Highway 58 near the state line. Despite Brooks' advanced age of seventy, in the years that followed they had three daughters, Beatrice, Bonnie and Connie.

According to former Cumberland Gap Mayor J.D. Estep, Brooks and Arch Kesterson went into business in the historic old city by starting Kesterson and Brooks Department Store, across from Estep's own grocery. Estep said Brooks was a good citizen while in Cumberland Gap.

He later retired to his western Lee County property but the meager earnings from his farm led him to moonshining.

Most mountain men in that era felt a man could do whatever he wanted to do on his own property. Most of them didn't think it was any more wrong to distill and sell moonshine than it was to raise and sell other farm products.

Lee County Sheriff Robert F. Giles thought otherwise, however, and he locked Green Allen Brooks in the Jonesville jail in April of 1935.

Editor's Note: Read more about the legendary Green Allen Brooks in Jadon's From the Mountains next week in the Floyd County Times.

Copyright 1995 Gibson Productions
 Jadon Gibson is a free-lance writer from Harrogate, Tennessee. His writings, *From The Mountains*, are both historical and nostalgic in nature. Don't miss a single issue.



Retirement day

Tom Wright, maintenance specialist for the Prestonsburg City Works Department, received a plaque and key to the city from Prestonsburg Mayor Jerry Fannin during Wright's surprise retirement party at city hall on May 31. (photo by Polly Ward)



A fond farewell

Peggy Bailey, administrative assistant for the city of Prestonsburg, gave 19-year employee Tom Wright a piece of cake during his retirement party on May 31. Wright's plans include lots of hunting and fishing. (photo by Polly Ward)

Society News

Call David Hereford
886-3057

Attend funeral

Those attending the funeral services for William Curtis Allen in Sun City, Arizona, were Thelma Turner, Prestonsburg, and her daughter, Teresa Ebert of Cincinnati, Mary Lou Harris of Louisville and Mr. and Mrs. James E. Allen of Langley.

Highlands Auxiliary conducts May meeting

The Highlands Regional Medical Center Auxiliary met May 23, at 4:00 p.m. in the cafeteria. The meeting was called to order by Danese Amburgey, president. Inspiration was given by Dorothy Stover. Secretary-treasurer's report was given by Annis Clark. Committee reports were given. Next inservice dates are June 13 and 15. Anyone wishing to attend will need to register. A PBX Volunteer is being checked, a volunteer would be needed five days a week, 8:00 a.m.-1:00 p.m.

A committee was appointed to check into a Gold Sale; they are Gladys Allen, Kathleen Setser and Betty Conn.

Next auxiliary meeting will be in September. Watch for the date and other dates in the monthly newsletter.

October 17, will be the Fall Auxiliary/Volunteer Institute at Boone Tavern, Berea. Anyone wishing to attend, call Kathy Allen.

Volunteers attending:
Jane Back, Jess Mahan, Gladys Allen, Lee Boswell, Jo Vaughan, Kathleen Setser, Patty Pack, Dorothy Stover, Jean Burke, Annis Clark, Garnet Fairchild, Danese Amburgey, Shirley Nelson, Elizabeth Ramey, and Kathy Allen.

KFWC Drift Woman's Club

The KFWC Drift Women's Club met at the Left Beaver Fire Station No. 2, May 15 with Ruby Akers, president, presiding.

The devotional, "Look on the Sunny Side," was given by Kathryn Youmans, followed by the Lord's Prayer and the Pledge of Allegiance to the American Flag.

The minutes of the April meeting were read by the secretary, Celia Little. The treasurer's report was given by Jerri Turner.

The president reported on the KFWC Convention April 27-30 at the Galt House in Louisville and the awards for the KFWC Drift Woman's Club.

KFWC president Clara Austin's Special Volunteer Service Award—a citation was presented to Ruby Akers, an individual club member who makes the most outstanding contributions in personal volunteer service to enrich the lives of other people.

The KFWC Drift Woman's Club received an honor certificate for meeting all requirements for a 100 percent club.

The KFWC Drift Woman's Club received an honor certificate—Kind News Certificate of Caring for adopting three teachers at McDowell Elementary School in order to assist children in developing compassion and a respect for all living creatures and the environment.

A certificate of recognition for outstanding service—100 percent subscription to GFWC Clubwoman Magazine.

A certificate of appreciation from Hugh O'Brian Foundation for demonstrating a commitment to the youth of this nation through support of the foundations programs.

A citation to KFWC Drift Woman's Club for Category I District VII.

A certificate of appreciation by CARE in acknowledgment of outstanding support and notable public service through empowering women.

The program on safety included a personal awareness test, discussion on safety throughout the house and pamphlets were distributed on "Be Safe in Your Car," and "Home, Crime Prevention Tips of Older Persons," and "Home Security—A Safety Check List."

The KFWC Drift Woman's Annual Horse Show will be July 15, at Archer Park, Prestonsburg.

Refreshments were served by the hostess Celia Little to Roney Clark, Ruby Akers, Violet Hall, Kathryn Youmans, Geraldine Ward, Cheryl Hall, Jerri Turner, Drema Wells, and Karen Slone.

Irene Reitz will be hostess for the June 19 meeting.

Turner dies

Friends and Family here were sorry to receive word of the passing of Clyde Turner of Winchester. A native of Floyd County, he was the son of the late Taulbee and Sudeth Turner. He operated a Gulf Service Station at Wayland for many years. He is survived by his wife, Maggie Auxier Turner and one daughter.

Friends of May House to meet

Friends of the Samuel May House will meet Thursday, June 15, in room 132, in the Johnson Building at Prestonsburg Community College.

Karla Nickelson of Kentucky Historical Society will be the guest speaker. The public is urged to attend.

Snavely celebrates 83rd birthday

Della Snavely celebrated her 83rd birthday at her home on May 27 with a cookout and a birthday cake.

Among those attending were Lexington residents: Betty Bartley and Missy; Artie Gadilier; Bob, DeAnne Dargavell; Gary and Ruth Ann Daniels, Catie and Tyler; Jason and Stacy O'Bradovich and Hallie; Barbara Daniels; Jerry and Rhonda Conner and Family; Tom and Jamie Click.

Also attending were Mary Bilotta of Cable, Ohio; Marie Anderson and Jeff of Springfield, Ohio; Rex and Teresa Redman Jr., Josh and Jacob, also of Cable, Ohio; Mr. and Mrs. Elon Daniels and Linda of Elwood, Indiana; Mr. and Mrs. George H. Daniels of Clearwater, Florida; Mr. and Mrs. Troy Hunter and family of Plymouth, Ohio; James and Faye Click, Sarah and Zachary of Ivel.

Those attending from the Prestonsburg area were Larry and Zoe Daniels, Leah and Matt; Kim Blackburn, Josh and Shelby, Chris Daniels and Tawyoa Hall; Randy and Lori Click and Steven; Winston and Draxie Dillon; Bub and Coty Dillon; Gertrude Harris; Randy and Jo Ann Crum.

Historical society to meet

The Floyd County Historical and Genealogical Society will meet Monday, June 19, at the Floyd County Library. Guest speaker will be Tom Matijastic and Carolyn Turner. The public is invited.

Guest speaker

Karla Nicholson, Local History Director of the Kentucky Historical Federation in Frankfort will be the guest speaker at the June meeting of the Friends of the Samuel May House on Thursday, June 15th at the Prestonsburg Community College.

Rice-Hamilton wed

Tina Rene Rice of Beaver and Reggie Chris Hamilton of Banner were united in marriage on June 10 at the Holiday Inn in Prestonsburg. The Hamiltons are attending Morehead State University.

Carroll-Ray wedding

Shelly Ann Carroll and James Scott Ray, both of Wheelwright, were married on June 10 at the Free Will Baptist Church in Wheelwright.

To our readers

I appreciate the many fine compliments we have received on the Society News. I look forward to more Floyd Countians calling or mailing us your social news. Your friends enjoy reading about birthdays, showers, births, vacations and visitors.

Hubbard-Hackworth wedding

Melissa Hubbard and Michael Hackworth were married on June 10 at the First Church of God in Prestonsburg.

Rebekahs meet

The regular meeting of Miriam Rebekah Lodge #31 was held at the home of Mabel Jean LeMaster on June 6, at 7:00 p.m. The Noble Grand Wanda Elste, presided.

Those on the sick list were recorded with several new names being added. All will be remembered in prayer.

Bills and communications were presented and all were disposed of. Thank you notes were received from several visitors who had attended our last meeting when the assembly president made her official visit.

Members were informed of a reception to be held July 16th from 2 5:00 p.m. for Walter Hammon of Frankfort who is Department Commander Patriarchs Militant of Kentucky at Merrick Lodge Hall, I.O.O.F., Lexington. All are invited to attend.

Birthday greeting were extended to Deborah Johns.

Members present for this meeting were the following: Wanda Elste, Susie Clifton, Mary Zemo, Virginia Goble, Hope Whitten, Dora Johns, Jean Hickman, Deborah Johns, Violetta Wright and Mabel Jean LeMaster. Members enjoyed cake and coffee at the close of the meeting.

Next regular meeting will be June 21, at 7:00 p.m.

SAR-DAR meet

John Graham Chapter held a luncheon-business meeting with the Big Sandy Chapter SAR Saturday, May 20, noon, at May Lodge, Jenny Wiley State Park. SAR President Dr. Larry Leslie, presided.

Invocation was given by Chaplain James B. Goble and the pledge of Allegiance to the Flag of the USA was led by past state president, Ray Brackett. The American's Creed was led by Eleanor Horn, chaplain, John Graham.

The Big Sandy Chapter voted to sponsor placing Revolutionary stones for Benjamin Hamilton, Morgan County, and Moses Stepp, Martin County. All legal work and stones had been obtained by late Big Sandy SAR president, Stephen R. Preston Brackett. Ray Brackett and Harman Station, Paintsville, will supervise the work.

Dedication of the "Steve Brackett Memorial Trail" at Jenny Wiley State Resort Park has been set for September.

Chairman Brackett announced that Junior ROTC medals had been awarded to Allen Central High School, Lawrence County High School, Paul Blazer, Greenup, Russell, and Boyd County High Schools.

Newly-elected officers for 1995-96 were: President, Dr. Larry Leslie; vice-president, John Wells III; Chaplain, James B. Goble, secretary/treasurer, Frank Fitzpatrick, historian, Clay Russell, chancellor, Senator John David Preston.

Frances Brackett announced that the dedication of the stone for Revolutionary soldier Simon Auxier (1751-1826) will be conducted by John Granham and Harman Station Chapters, along with the Big Sandy Chapter SAR and some members of the Auxier Historical Society, Monday, July 3, 1:30 p.m., at the Hopson Cemetery, Auxier. She also announced that members were invited to a Flag Day picnic Tuesday, June 13, 6 p.m., at the home of Nell Terry on Isaac Road near Louisa and that the Sixth District meeting would be held at the Carriage House, Paintsville, August 11, where John Graham Chapter will serve as one of the hostess chapters.

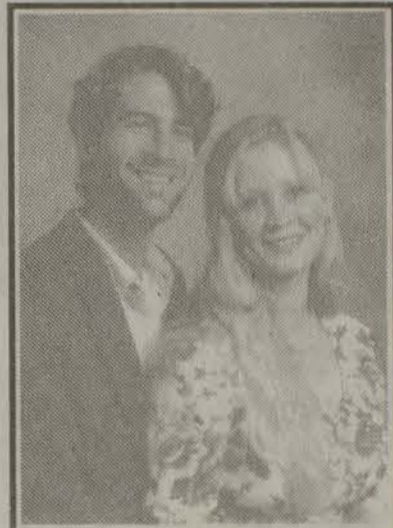
Officers elected for the 1995-1998 term are: Regent, Eleanor Horn; vice-regent, Dorothy Osborne; third vice-regent, Pamela Wohlford; chaplain, Betty Jean Conn; recording secretary, Frances Brackett; corresponding secretary, Fannie Runnels; treasurer, Karen Ousley; registrar, Virginia Goble; historian, Margaret Collins; and librarian, Norma Stepp. Margaret Collins is program chairman for the annual Flag Day and new officers were installed at that time.

Attends graduation

Delmas Saunders of the Abbott Creek Road attended the graduation of his granddaughter, Mary Remington "Mollie" Saunders from Washington & Lee University in Lexington, Virginia. Mollie received a Bachelor of Arts Degree Cum Laude in Psychology.

Attends Allen-Slone wedding

Friends and family from here who attended the wedding of Stacey Lynn Allen and Keith Slone were Ralph and Ruth Slone, Lisa and Johnny Sizemore, Ora Lea Little, Christy Howell, Barbara Slone, Dwight Slone, Michelle Blair, Ronnie and Ella Burke, Rhonda Burke, Kevin Blackburn, Paul Burke, Doug and Martha Burke, Thelma Perry, Donna Blackburn, John P. Wells, Mark and Shelia Sanders, Nikki Sanders, Savannah Wills, Marvin Marsellet, John Hill, Bobby Hackworth, Beth and Anita Hamm, Toni Allen, Jessica and Brandon Stapleton, Todd Goodman, Angie Potter, Amy Fyffe, Brian Music, Mr. and Mrs. Ezra Branham, Steve and Tonya Shelton and Becky Shelton. Stacy and Keith were married on May 20 at the Maxwell Street Presbyterian Church in Lexington. Keith is the son of Betty and Gold Slone of Prestonsburg.



July 1 nuptials planned by Ratliff and Briggs

Alisa Ratliff and Ryan Briggs wish to announce their engagement and forthcoming marriage.

Miss Ratliff is the daughter of Ardeth Jacqueline Ratliff and the late Bert Ratliff of Ivel. She is a senior at Morehead State University, completing a bachelor of arts degree in art. She is employed at Big Sandy Health Care.

Mr. Briggs is the son of Russell and Judy Briggs of Hager Hill. He is a 1995 graduate of Morehead State University with a bachelor of arts degree in English and theater arts. He will be attending Morehead State University in the fall as a graduate student.

The open wedding will be held on Saturday, July 1, at 6:30 p.m. at Mayo Memorial United Methodist Church on the corner of Third and Court streets in Paintsville. A reception will follow at the Holiday Inn in Prestonsburg.

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Society News

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Stumbo-Potter wedding

Lena Mae Stumbo and Randy Lee Potter, both of McDowell were united in marriage on June 10 at the Drift Pentecostal Church. Lena Mae is the daughter of Mr. and Mrs. Herl Stumbo and Randy is the son of Mr. and Mrs. Clarence Potter, Jr.

Awarded dental degree

Brian Wallace, son of Virginia and Frank Wallace of Prestonsburg has graduated from the University of Kentucky College of Dentistry. He plans to enter general practice in Prestonsburg.

Baby shower

Mrs. Estill Lee Porter, nee Kristie Thorpe, was honored with a Baby Shower at the home of Mrs. Winston Ford of Prestonsburg on Saturday afternoon, June 10. The colors of yellow and green were used throughout the house. Many family and friends called throughout the afternoon to bring gifts for the new baby. A dessert and punch was served to the guests.

Visits here

Peggy Spradlin Vital of Coral Gables, Florida was the guest of her son, Harry Alan Ranier last week. While here she visited with family and old friends. A native of Prestonsburg, she was the daughter of the late Glenn and Dora Spradlin. En route to Prestonsburg, she visited with her daughter, Toni Kay and school mates Peggy Herald Thompson and Mary Jo Shivel LePointe of Lexington.

Consults doctor

Lennie Grant was in Lexington last Friday consulting with his doctor. He was accompanied by his wife, Abby.

Nifty fifties meeting

The monthly meeting of the Reunion Committee for the Class of 1959, Prestonsburg High School, met Tuesday night.

This group, started in 1978, meets monthly on the second Tuesday night. Attending were Kathryn Parker Poe, Lydia Shepherd Hackworth, Madlyn Porter Burchett, Mary Lynn Sharp Pigman, Kloria Lafferty Osborne, Judith Howard Carter, Marty May Hicks and Janice Warrix James. This group had a "Surprise Guest" when Kentucky Basketball Star John Pelphrey, his wife and Mother stopped to visit. All the girls received his autograph.

Houseguests

Bill and Francis Shelton of Louisville visited Betty and Howard Stickler of Drift last week. Betty and Francis were luncheon guests at Jenny Wiley State Resort Park on Friday.

Visits here

Nell Music of St. Charles, Missouri has been visiting here with family and friends. She was the guest of her sister and brother-in-law, Mr. and Mrs. Russell Laven of Third Avenue.

Miscellaneous shower

Stephanie Dawn Moore, bride-elect of Leslie Bryon Scott, was honored with a miscellaneous shower given by family and friends. The color scheme of yellow and navy was carried out in the decorations of balloons and umbrellas at the Allen Central High School lunchroom. An overflowing group of relatives and friends called throughout the evening bringing gifts and best wishes to Stephanie and Bryon. They were wed on May 20 at the First Assembly of God Church in Martin. The Scotts are at home to their friends at their home in Garrett.

They will be moving to Lexington in the fall where Stephanie will be attending the University of Kentucky.

Attends graduation

Tabor Allen graduated from First Year Pre-School June 9 in Morehead. He received the Award for the student "Who loved to be read to the most." Attending from Prestonsburg were Vera Ford, Carolyn Ford, Winn Ford, Jenna Fannin and Toby Robinson. Tabor is the son of Kelly and Steve Allen, formerly of Prestonsburg.

11th birthday

Michael Fannin was honored on his 11th birthday with a family dinner at the home of his grandparents, Mr. and Mrs. Winston Ford Jr. on Arnold Avenue, Saturday June 10. Michael is the son of Mayor and Mrs. Jerry Fannin.

Visits here

Jack Snavelly of Choctaw, Oklahoma was here recently visiting his sister, Wilma Messer, brother Walter Snavelly and family and other family and friends.

Attends wedding

Dr. Mable Rowe Lineberger and Grace Rowe attended the wedding of Maria Dawn Gray and John Kirk Lineberger at the Parkway Baptist Church in Lexington on June 10. John is the son of Dr. Lineberger and the grandson of Grace Kirk Rowe of Prestonsburg.

Represents UK

Robyn Williams represented the University of Kentucky throughout the state during the college's Preview Nights.

Robyn, a Junior Chemical Engineering major is the daughter of Tom and Gwen Williams of Martin.

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A pleasant June garden

The yard of Adrian and Margaret Blackburn on Scott Court was selected as the Prestonsburg Woman's Club "Garden of the Month." A pleasing mixture of evergreen plantings draw the eye to the front of the house, which is accented with salmon geraniums in window boxes. "It doesn't require much care," Margaret said. "I always plant my flower boxes in the spring. My husband does most of the work." The Woman's Club judges liked the variety of plantings. "I felt it was really a representation of a pleasant environment with two large shade trees and a variety of textures and shapes..." said judge Mable Lineberger. "It all just went well together." (photo by Polly Ward)

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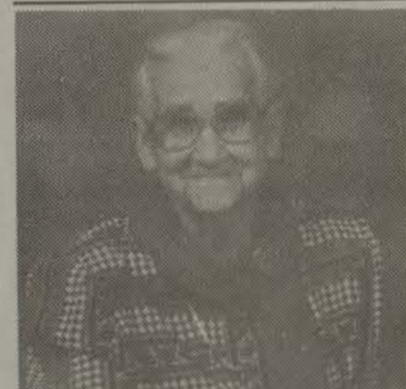
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86th birthday

Mrs. Hamie Warrix of Cow Creek was honored with a surprise birthday party for her 86th birthday. The party was held at the Town Branch Church where a chicken and dumpling dinner was served to over 100 people.



Amanda Allen receives masters degree

Amanda Allen, daughter of James Melvin and Gloria Allen of Freeport, Ohio, received her Masters of Science Degree in Athletic Training. She received her degree from the University of California Pennsylvania on May 6. She is certified by the National Athletic Trainers Association.

Allen is employed by the Health Trax Rehabilitation Services in Washington Pennsylvania, and will be providing Athletic Training Services in the fall for Bentworth High School in Bentlyville, Pennsylvania. She resides in Brownsville, Pennsylvania. She is the granddaughter of Ralph and Jean Spencer of Eastern and Woodrow Allen and the late Grace F. Allen.

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County Kettle

DEVILED EGGS
 12 hard-cooked eggs
 1/3 c. mayonnaise
 2 Tbsp. sweet pickle relish
 1 tsp. dry mustard
 1 tsp. red wine vinegar
 1/4 tsp. salt
 1/8 tsp. pepper
 Paprika
 Slice eggs in half lengthwise, and carefully remove yolks.
 Mash yolks; stir in mayonnaise and next five ingredients. Spoon into egg whites. Sprinkle with paprika.

STRAWBERRY SUNDAE PIE
 1 (16-oz.) can ready-to-spread chocolate fudge frosting, divided
 3 Tbsp. butter or margarine, melted
 3 c. Kellogg's Rice Krispies
 1 pint strawberry ice cream, softened
 3 Tbsp. milk
 Assorted fresh fruit: blueberries, halved strawberries, sliced kiwifruit and bananas.

Stir 3/4 cup frosting and butter together until smooth; fold in cereal until well mixed. Press on bottom and up sides of a deep-dish, 9-inch pan; freeze until firm.

Spread ice cream in crust; cover and freeze until firm. Stir remaining frosting and milk until smooth for sauce. Just before serving, arrange fruit on pie; serve with sauce.

MOCHA PIE
 1 (11.75-oz.) jar hot fudge sauce, divided
 1 (6-oz.) chocolate-flavored crumb crust
 1 pint coffee ice cream, softened
 1 (2.07-oz.) chocolate-coated caramel-peanut nougat bars (such as Snickers), chopped and divided
 1 pint chocolate ice cream, softened
 1/4 c. slivered almonds, toasted
 Spread half of fudge sauce into crumb crust; carefully spread coffee ice cream over sauce. Top with half of chopped candy bars.
 Freeze 2 hours.

Spread chocolate ice cream over candy bars; carefully spread remaining fudge sauce over ice cream. Top with remaining candy, and sprinkle with almonds.
 Freeze until firm.

MOONLIT BLUEBERRY PIE WITH ALMOND CRÈME CHANTILLY

Pie:
 4 c. fresh blueberries, washed
 3/4 c. sugar
 1/2 c. water
 2 Tbsp. cornstarch, dissolved in 2 Tbsp. water
 19-inch deep dish pie shell, baked
 1 Tbsp. butter
 4 Tbsp. Cointreau liqueur
 1/4 c. slivered almonds, toasted
 Combine 1 cup blueberries, sugar, and water in blender and puree until smooth. Pour mixture into medium saucepan and add dissolved cornstarch. Heat until thickened, stirring frequently. Stir in butter and Cointreau. Add almonds and remaining blueberries, stirring gently to combine. Pour into baked pie shell and chill.

Crème Chantilly:
 1 c. heavy cream, whipped
 2 Tbsp. sugar
 1/4 tsp. almond extract
 Combine cream, sugar, and almond extract in chilled small bowl and whip until stiff peaks form. Just before serving, spread on top of chilled pie.

ITALIAN GREEN BEANS
 1 pound fresh green beans
 1 medium onion, sliced and separated into rings
 3 cloves garlic
 1 tsp. vegetable oil
 2 Tbsp. water
 1 tsp. sugar
 1 tsp. dried basil
 1/4 tsp. salt
 2 Tbsp. grated parmesan cheese
 Wash green beans; trim ends, and remove strings.
 Add water to a depth of 1-inch in a large skillet; bring to a boil, and add

beans. Cover, reduce heat, and cook 6 to 8 minutes. Drain and immediately place in ice water. Let stand 5 minutes; drain well.

Cook onion and garlic in oil in a large skillet over medium-high heat, stirring constantly, until tender. Add green beans; cook 1 minute, stirring constantly.

Add 2 tablespoons water, sugar, dried basil, and salt; cook mixture 1 to 2 minutes, stirring constantly. Remove and discard garlic; sprinkle with Parmesan cheese.

GARLIC-PARMESAN MASHED POTATOES

3 cloves garlic
 3 1/2 c. firmly packed Ore-Ida Frozen Mashed Potatoes
 2 c. half-and-half
 1 whole egg yolk
 1/2 c. freshly grated Parmesan cheese

Boil garlic in water until soft and tender; remove skins and mash. Combine Ore-Ida Frozen Mashed Potatoes, half-and-half and garlic in saucepan. Bring to boil over medium to medium-high heat, stirring occasionally. Cook and stir 6 minutes; stir in egg yolk. Cook and stir 1 minute; stir in Parmesan cheese. Let stand 1 to 2 minutes; stir and serve.

STRAWBERRY JAM

2 qts. strawberries
 1/4 c. lemon juice
 7 c. sugar
 1 (1 3/4-oz.) package powdered pectin

Wash strawberries, remove caps and crush. Measure five cups crushed strawberries. Combine strawberries, lemon juice and pectin in a large saucepan. Bring mixture to a boil over high heat, stirring constantly. Add sugar; return mixture to a rolling boil. Boil hard one minute, stirring constantly. Remove from heat. Skim foam, if necessary. Carefully ladle hot jam into hot jars, leaving 1/4-inch headspace. Adjust caps. Process jam ten minutes in a boiling-water canner.

BAKED APPLE FRENCH TOAST

1/2 c. firmly packed brown sugar
 1/2 c. butter
 1/2 c. Strawberry Polaner All Fruit Spreadable Fruit
 2 tart apples, peeled and sliced
 1 loaf (12 inches) French bread, cut into 1-inch slices
 5 eggs
 1 1/2 c. milk
 1 tsp. vanilla

In a medium saucepan, cook sugar, butter and All Fruit until butter melts. Pour into a 9x13-inch baking pan and spread to coat bottom. Arrange apple slices over syrup. Placed bread slices over the apple slices. In a small bowl, whisk together the remaining ingredients and pour to coat bread. Cover and refrigerate overnight. Bake uncovered in a 350° oven 40 minutes or until knife inserted into center of bread comes out clean.

TACO SOUP

Soup:
 1 lb. extra lean ground beef
 1 medium (1/2 c.) onion, chopped
 1 medium green pepper, chopped
 1 (1 1/4-oz.) package taco seasoning mix
 1 (1-qt) bottle (4 c.) vegetable tomato juice
 1 c. thick and chunky salsa or picante sauce
Toppings:
 Land O Lakes Light Sour Cream or No-Fat Sour Cream
 Shredded lettuce
 Sliced green onion
 Chopped tomato
 Shredded Land O Lakes Cheddar Cheese

Baked tortilla chips
 In a four-quart saucepan cook ground beef, onion and green pepper over medium high heat, stirring occasionally, until beef is no longer pink (six to ten minutes); drain off fat. Stir in seasoning mix; continue cooking for one minute. Stir in vegetable tomato juice and salsa. Continue cooking, stirring occasionally.

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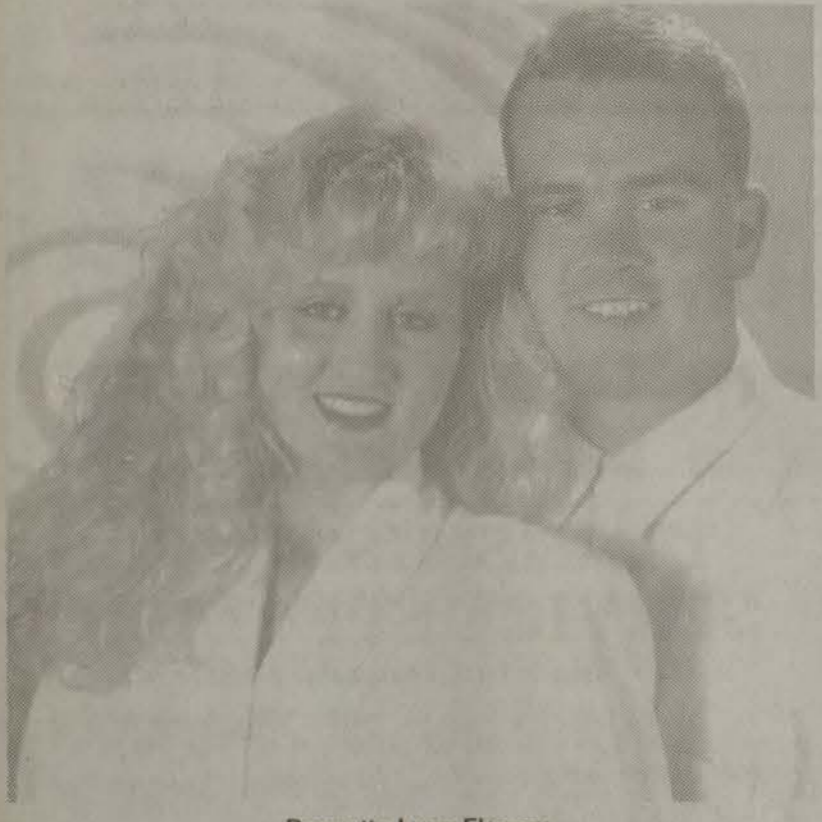
Two large buttermilk pancakes served with maple syrup, two eggs and choice of bacon or seasoned sausage patties.

Flanery, James will wed Saturday

Mr. and Mrs. Danny Flanery of Allen announce the engagement and forthcoming marriage of their daughter, Dannette Lynn, to F. Allen James III, son of Mr. and Mrs. Fred James II, of Prestonsburg.

Mr. James is a graduate of Prestonsburg High School and currently attends the University of Kentucky, majoring in mining engineering.

The ceremony will be held at the First Baptist Church, Irene Cole Memorial, Prestonsburg, on June 17, at 4:30 p.m. The gracious custom of an open church wedding will be observed.



Dannette Lynn Flanery
F. Allen James III

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Sunshine Lines

by Beverly Carroll

Senior citizens, we have certainly had our share of rainy weather lately. This is the kind of weather when I like to curl up and read a good book.

I trust you will become relaxed on your couch or in your favorite easy chair and read this week's article about two more senior citizens—people much like you—who left a lasting impression on me during my formative years. Keep in mind, as you read these short stories about Ollie and Oscar, that you, too, have touched the life of some young person in a special way. Like me, he or she may not realize, until many years hence, what a profound lesson you imparted. But because you had a positive influence on someone, your legacy will live on.

Ollie was an older man when I first met him. I was in the ninth grade when my family moved to a farm on which Ollie lived. He was somewhat of a recluse but as time went on he became more like a family member. Though quiet and reserved as he was, my parents, my brother and I learned to appreciate the fact he was there. I think the gentleman felt more secure knowing we were nearby.

Ollie had a very limited education and, so far as I know, he never held a regular job. But he was most always in demand. He did odd jobs for people in the vicinity around Southern Illinois where he lived.

He was always busy during harvesting season. Farmers would come to get him to help them in their fields only to learn that he had already left to help someone else. Looking back, Ollie's philosophy in regard to his being a hired hand must have been, "First come, first served." There were many days I recall having seen him leave at sunup and not return until long after dark.

When the crops were in and the hay was baled, he wasn't real busy again until butcher season. When the weather turned cold and stayed frigid, he had a list of people he would help with this annual chore. I don't know if he received money for butchering or not, but I do know that he always had enough meat to eat until the next winter. He was especially fond of pickled pigs ears, pigs feet, head cheese, blood sausage, and when it came to chickens—even their feet. During this time of year he always brought my parents fresh samples of his sausages. He was especially proud of his pickling products because he did the pickling himself. I liked most of the things he shared, but I never could bring myself to trying the blood sausage.

After the butcher season, there was a lull in his work activities until Spring when the farmers fletched him to help them with their plowing and planting. This cycle continued, year after year, until his mysterious death.

Acreage reports more vital than ever

Farmers are reminded that their crop insurance and certain U.S. Department of Agriculture benefits are in jeopardy, if they fail to file their planted acreage reports on time.

The reminder from Kathi Sparks, acting county executive director of the Consolidated Farm Service Agency, stated that crop insurance acreage reports must be signed by the insured or a designated agent by the required deadline for the crop and farm.

Acreage reports for farm program purposes must be filed at the CFSA County Office; however, crop insurance acreage report must also be filed with the insurance provider. If insured through a private crop insurance agent, the crop insurance acreage report must be submitted to that agent. If farmers purchased the basic, catastrophic insurance coverage (CAT) through the CFSA Office, they can sign their crop insurance acreage reports at the same time they report acreage for program purposes, Sparks said.

The other major risk management program, termed the Non-insured Crop Disaster Assistance Program (NAP), applies only to those crops for which insurance is not available.

The CAT and NAP coverage replaces the ad hoc crop disaster programs of past years. Unlike previous disaster programs, however, CAT and NAP require timely reports of planted acreage to receive benefits. Crop reports must be filed by July 15 for corn, burley tobacco and all uninsured crops. If you have any question you should contact the Johnson-Martin-Floyd-Pike County Consolidated Farm Service Agency Office by calling 606-789-3766 or visiting the office in the Mayo Shopping Plaza in Paintsville.

He was found burned in a field where he was working. When his remains were recovered, an empty gas can was found near his body. The coroner's report stated that his clothing had been saturated with gasoline. It sounded like suicide. Some speculated foul play. And yes, it could have been an accident. Ollie did like to bend his elbow holding a bottle from his hip pocket, and was seldom seen without a lighted pipe in his mouth. It was a sad time for our family as we

had grown to love him through the years. It was a sad time for the farmers he had helped through the years.

But in spite of the fact that Ollie was a bit unusual, liked his liquor, and kept to himself, when he did see my brother or me—usually in the cold winter months, he always had something positive to say. And he always said it with a smile. Sometimes through the years when I have caught myself becoming upset with a young person, I had a flashback to

Ollie. What an influence he had on my life. I know my brother and I—especially my brother—could not have been as angelic as Ollie led us to believe that we were. I know this now. But back then, his kindness, his acceptance and his lack of criticism, gave us positive psychological strokes that we needed. Today, kids still need them.

Now, here is a really short story about Oscar. Oscar was a short black man with snow-white hair. He is the

first black person I remember. He always sat on a bench in front of the bank—or at least that is the only place I ever saw him when I'd go to town with my mom or dad on Saturday mornings. When he saw us, he would always reach into his pocket and hand me pieces of candy while he and my parents chit-chatted.

That was way back in the mid-forties when I was a preschool tow head. Since then I learned that Oscar was a retired railroad worker. Today,

like Oscar was then, my hair is getting white. But back then I was too young to see a difference other than color. Today, almost half a century later, I still don't see a difference.

The Kentucky Benefits Counseling Program for Senior Citizens is here to inform all senior citizens of benefits that are available. We are here to help you get those benefits you rightfully deserve. Call us at 886-3876 or toll-free, 1-800-556-3876 if we can be of service to you.

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Health Matters

by Christopher Fleming

EATING FOR LESS STRESS; A HEART-HEALTHY DIET

Stress is influenced by many lifestyle choices. Most individuals are aware that exercise and relaxation techniques will help control stress. However, most are not aware that proper nutrition may also reduce the effects of stress on the body.

Stress is the body's reaction to change. Every time the body encounters a stressor, it produces adrenaline (a stimulant) which gives it extra energy to deal with the stressor. If the body encounters too much stress, stored nutrients can be drained, leaving one feeling weak, fatigued, and even more stressed.

The key to eating for less stress is to avoid foods that aggravate the stress response and increase the body's stores of the nutrients it needs to handle stressful situations. Caffeine is a stimulant as is adrenaline. Caffeine may intensify the effect of adrenaline and deplete the body's reserves of energy. Caffeine is found in coffee, tea, chocolate, and soda.

Alcohol is a depressant and can aggravate stress. All too often, people rely on caffeine to pick them up and alcohol to bring them down. Avoid this stress seesaw by restricting your use of both caffeine and alcohol. This will lead to an increase in your nutrient stores to better handle stress.

Your body has an increased need for protein and complex carbohy-

drates when under stress. These provide the energy that is released in response to stress by adrenaline. Good sources of low fat protein include peas, beans, fish, skinless poultry and lean meats. Complex carbohydrates are found in fruits, vegetables, and whole grain products such as breads, cereals, and pasta.

Stress-less eating is healthy eating. What you eat can affect your body's ability to handle stress. By following these nutritional tips, you will be helping your body better handle stress and improve your general nutritional health.

TIP OF THE WEEK: Never bounce when you perform stretching exercises. Instead, hold a gentle stretch for thirty seconds.

Editor's Note: Christopher G. Fleming is the Project Health Coordinator at Prestonsburg Community College. He has a bachelor's degree in Health and Physical Education, a master's degree in Education, and a Master's plus Thirty with emphasis in Exercise Science. Fleming is also a certified American College of Sports Medicine Health Fitness Instructor.



Savannah Brooke Meade

Wee Miss Shriner

Savannah Brooke Meade was crowned 1995 Wee Miss Shriner at the Pikeville College gym in April. She also received a trophy and banner.

Savannah is the 19-month-old daughter of Tony and Tammy Meade of Betsy Layne.

Her paternal grandparents are Warren and Laverne Meade of Harold and her maternal grandparents are Jo Johnson of Betsy Layne, and the late David Johnson.

Campbellsville College announces academic honors' list for Spring 1995

Campbellsville College has announced the academic honors' list for the spring 1995 semester.

The academic honors' list recognizes students who achieve a grade point average of 3.50 or above for the semester on a course load of at least 12 hours.

Local students named to the list were Mark M. Taylor, Marcha Laverne Wilson Thompson and Melinda Ruth Wilson.



McKay, Meade to wed

Mr. and Mrs. Charles McKay of Bevinsville, announce the forthcoming marriage of their daughter, Kelly, and John David Meade, son of Ronnie Meade of Hi Hat and Judy Meade of Martin. The ceremony will take place July 1 at the McDowell First Baptist Church. The couple will reside in Richmond.

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Mr. and Mrs. Chris Nalle

Branham and Nalle wed in May

The marriage of April Lynn Branham and Chris Nalle was solemnized in a double-ring ceremony May 20 at 6:30 p.m. on the lawn of the FCI Ashland Training Center in Ashland.

The bride is the daughter of Palmer Hall of Hi Hat and the late Arlene Meade Akers. The groom is the son of Scarlett Wallen of Tutor Key and Bruce Nalle of Ashland.

The bride, who was given in marriage by her five-year-old son, J. Dustin Branham, wore an ivory dress with a semi-length cathedral train. The satin dress was adorned with venise lace and clear sequins and beads.

Her veil was also ivory and was adorned with ivory roses and pearls. She carried a bouquet of white and peach roses.

The bride's attendants wore peach suits. Serving as her maid of honor was Tina Gearheart. Alicia Adams Nalle was matron of honor. Bridesmaids were Jill Stumbo, Genna Goble and Michelle Blevins.

The groom's attendants included Mike Nalle, best man; and Dwayne Rucker and Ricky Blevins, ushers. The ushers wore black tuxedos.

Lacy Leadingham of Ashland served as the flower girl.

Rev. Harold Dixon officiated at the outdoor ceremony. Outdoor decorations for the wedding reflected the bride's theme of ivory and peach roses.

During the ceremony, the bride and groom presented the bride's son, J. Dustin Branham, with a gold family medallion on a peach ribbon. The medallion promised the five-year-old that the couple would love and support him unconditionally.

A reception was held following the ceremony. A wedding cake, decorated in peach pearls, peach roses and a water fountain, was served. The cake was baked by Diane Adams of McDowell.

The bride and groom reside in Ashland where the groom is employed by Autozone. He is a graduate of Boyd County High School and is retired from the United States Coast Guard.

The bride is a graduate of McDowell High School and is employed by Master Cuts Beauty Salon in Ashland.

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WIN UP TO \$15,000!

1.

CARD 1				
B	I	N	G	O
7	24	45	59	75
11	29	31	51	
13	17	FREE	46	
2	21	39	60	62
6	25	36	47	66

2.

CARD 2				
B	I	N	G	O
15	30	35	60	75
10	23	37	55	7
14	16	FREE	47	
1	27	44	54	62
9	19	41	52	66

3.

CARD 3				
B	I	N	G	O
1	16	44	49	61
6	19	39	47	67
3	27	FREE	56	
13	22	35	55	7
12	24	31	48	75

4.

CARD 4				
B	I	N	G	O
15	22	43	46	62
12	16	33	50	68
1	19	FREE	49	
5	25	38	60	7
8	24	40	48	63

5.

CARD 5				
B	I	N	G	O
4	24	41	47	71
11	30	39	56	75
7	17	FREE	49	
13	16	31	54	6
3	19	32	44	66

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Live Broadcast

Letcher County Timber Ordinance

TOPIC: First reading of county ordinance to regulate the timber industry in the absence of any Kentucky state regulations

from Letcher County Fiscal Court

Tuesday, June 20, 6:30pm

WMMT-FM 88.7

Mountain Community Radio

(Pikeville & Prestonsburg at 88.1 - Paintsville at 89.3)



Business/Real Estate

Spring brings more jobs

Nearly 24,000 Kentuckians found jobs in April as the state's unemployment rate fell to a preliminary 4.7 percent.

It marked the lowest April rate since 1977's 4.2 percent. April's jobless rate was below the revised 5 percent March rate and last April's 5.4 percent rate, according to the U.S. Bureau of Labor Statistics. The bureau derives the rate from a household survey that counts the number of people working in the county where they reside.

"April marked the 14th consecutive month that Kentucky's unemployment rate was below 6 percent," said Carlos Cracraft, the state's labor market analyst. "This is the first time that such a continuously low unemployment rate has occurred since 1978-79."

"Many of the new jobs are tied to warmer weather. That's especially true for work in construction, services and retail trade, which all increased."

The U.S. jobless rate fell from March's 5.7 percent to April's 5.6 percent. It was the 38th straight month that Kentucky showed a lower jobless rate than the nation. Comparable state and national rates are not seasonally adjusted.

The services sector had the most increase in jobs (+5,700), according to Employment Services' employer survey. Most new jobs were in amusement and recreation, agricultural, personal, and health services. Services jobs have risen 10,900 from April 1994 to April 1995, Cracraft said.

Notable gains in eating and drinking places, building materials, hardware and garden supply dealers, and department stores, led the trade sector to a 4,800-job jump, Cracraft said.

"The trade sector has recorded more new jobs in trade in the past year than any other sector (+15,400

since April 1995)," he said. Construction grew by 3,000 jobs in April. The increase was spread throughout special trades, heavy construction, and general building.

The government sector rose by 700 jobs in April because increases in local education and local government. Since April 1994, federal and state government employment have decreased, while education jobs have gone up, Cracraft said.

The transportation, communications and utilities sector added 300 workers. The finance, insurance and real estate sector increased by 100 jobs in April.

Unlike most other sectors, manufacturing dropped (-1,000) in April due to seasonal fluctuations in some industries, and strikes at a couple of companies, he said. Most of the drop was in durable goods, which are items such as cars and large appliances that have an average useful life of three years or more.

Cracraft said manufacturing has added 7,500 workers since April 1994. About 4,500 of that increase was in transportation equipment.

Agriculture had a slower month than expected in April, causing employment in the sector to drop by 2,900.

The category that includes self-employed people, domestic employees and people working in family businesses rose by 1,000.

The BLS monthly count of Kentuckians working showed 1,774,943 people with jobs in April, up 23,689 from 1,751,254 employed in March 1995, and up 70,551 from the 1,704,392 recorded in April 1994.

The estimate of unemployed Kentuckians was 86,849 in April, down 5,731 from 92,580 in March, and down 10,463 from the 97,312 estimated to be unemployed in April 1994.

Kentucky's civilian labor force estimate for April was 1,861,792, up 17,958 from 1,843,834 in March, and up 60,088 from the 1,801,704 in the labor force in April 1994. The civilian labor force includes non-military workers and unemployed Kentuckians who are actively seeking work. It does not include the unemployed who have not looked for a job in the past four weeks.

Unemployment statistics are based on estimates and are compiled to measure trends rather than to actually count people who are working and/or unemployed.

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Brenda Sturgill—285-9803

Spring is here, so why not make a move to a new home? As a full-time agent, I can help you find a new home. Example: Be your own landlord! Two homes located on one acre; may be just what you need. Live in one & rent the other. Call Brenda Sturgill—your full-time agent! 285-9803



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REduced

PRESTONSBURG—3-bedroom home on corner lot in city limits. Convenient location and good price. E-002-F3.

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SALES ASSOCIATES:
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LANCER—A 3-bedroom, 1-3/4 bath with a large kitchen, large living room, formal dining room, family room, three covered porches that feature over 500 sq. ft. and utility building that features over 1100 sq. ft. Situated on a 120x170 lot.

STEPHENS BRANCH—Drastically Reduced! A beautiful 4-bdrm., 2-1/2 bath home, featuring liv. rm. w/fireplace, fam. rm. w/Buck stove, formal din. rm., a 2-car attached garage & a 2-car detached garage. Situated on 2 acres, m/v, with lots of privacy & five minutes from downtown Prestonsburg.

COMMERCIAL PROPERTY:
PRESTONSBURG—\$79,000. 5-unit apartment building with potential of \$1500.00 per month.
MARTIN, ON RT. 80—Approximately 1.5 acres, with 180 feet road front.
AUXIER—\$60,000. Store building and mobile home.
DWALE—INVESTMENT OPPORTUNITY. \$47,900. 2-unit apartment plus an office building.

TRIMBLE BRANCH—TOO GOOD TO LAST. A beautiful 3-bedroom, 2-bath home with a large den, family room, 2 fireplaces and central heat/air. This beauty has 2354 sq. ft. of living space plus 2 decks with privacy fencing and carport heat.

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Ron Cooley 886-8626
Hansel Cooley, Jr. 886-9220
Sarah Frances Cooley 874-2088

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Ivel Office
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MOUSIE (Mouth of Ball Branch)—20+ yr. old home with 1800± sq. ft. This lovely brick ranch consists of 3 bdrms., 1 full bath and 2 1/2 baths, entry, liv. rm., din.-kitch. combo, fam. rm. & utility room. The home is total electric with heatpump. The home features cathedral ceilings in kitchen, area with natural woodwork. Has an attached carport, storage building, concrete front porch, & wood deck in back of home. Call Hansel Jr. for further details or appt. to view.

IVEL—3,000± sq. ft. home with all the extras! 3 bedrooms, 3 baths, full basement with wet bar, carpet, 9-ft. sliding door, drywall and paneled walls, family room, recreation room & bath. Main floor has beautiful kitchen with oak parquet flooring. The home has natural woodwork, bow window in living room, ceramic tile in baths, 3 carports and underground utilities.

BETWEEN ALLEN AND MARTIN—Spacious 5-bedroom home with 4 baths, fully-equipped kitchen, 3850± sq. ft. The main floor consists of entry, l.r., d.r., kitchen, fam. rm., 5 bdrms., 3 baths, utility room, and office. The basement consists of storage area, recreation room, 1 bath & garage. Heated and cooled with (2) heatpumps, has (2) fireplaces, (5) atrium doors, 3 walk-in closets & a Jacuzzi in one bath. This is a beautiful home with lots of decking.

TOWN BRANCH ROAD & U.S. 23 INTERSECTION—TWO TRACTS:
1st tract—1,356± sq. ft. home with three bedrooms, 1-1/2 baths, living room, dining room, kitchen, and utility room. Gas heat, electric air, brick fireplace and a 1-car attached garage. This brick ranch is situated on 26.5± acres.
2nd tract—Commercial property on highly traveled U.S. 23 South. 34± acres.

U.S. 23 (NEAR PRESTONSBURG VILLAGE)—7± acres with city water available.
PRATER CREEK—Three building lots for sale. Less than 5± miles from U.S. 23.
ABBOTT CREEK (BONANZA)—Residential building lots for sale. Beautiful lots to build your dream home on. Lots vary in size. This location is private but convenient to Prestonsburg and Paintsville. All you need to do is drive by and pick your spot!

ACTION Auction & Realty 886-3700

ALLEN—Have your own horses and more! Nice home with 3 or 4 bedrooms, 2 baths and family room. Barn has 8 stalls and tack room. \$82,500 (40652)

WILSON CREEK - 3 bedroom home on 36 acres +/-, 3 stall barn, 45' long storage building, garage. REDUCED TO \$77,900 (40604) Jo Bentley, 886-8032.

LANCER -Nice Home! Fine Lot! Good Neighborhood! 3 bdrms. This 3 bedroom home has all \$55,500 (40703) Marcie Estep, 789-1943.

ABBOTT CREEK - 14 building lots in nice subdivision. Bring your house plans and pick the lot you want! Priced from \$6,250 to \$12,500.

BOLDMAN - Level mobile home lot with city water available. Approximately 1/2 mile from U.S. 23. \$17,900 (40638) Ruth Cox, 478-9216.

PRESTONSBURG - Don't spend another year paying rent when you can own this 3 bedroom home with convenient location. \$82,000 (40512) Marcie Estep, 789-1943.

BLUE RIVER - A beautiful 3 bedroom home with 2.5 baths, large family room with fireplace, over 1.5 acres! \$110,000 (41019) Marcie Estep, 789-1943.

Linked deposit low-interest small business and agribusiness loans

The Kentucky Treasury announced recently that the Kentucky Investment Commission approved the setting of lower rate interest on state investments in Kentucky banks where banks agreed to participate in the Kentucky Treasury Linked Deposit Program.

Participating banks will pass on the lower rate investment to lower interest loans for small business and agribusiness that meet Linked Deposit criteria. To qualified borrowers this will result in up to a three percent savings on normal business and agribusiness loans.

Linked Deposits, one of Kentucky's most exciting new opportunities to stimulate the state's economy and create or retain jobs for Kentuckians, will now be available in numerous financial institutions throughout Kentucky. Financial institutions in all sections of the state are participating. The Provident Bank of Northern Kentucky was the first financial institution to sign on to the program. Many banks will be on line within a week.

The Kentucky Linked Deposit Program, while combing the best of model programs in over 16 states, is unique in that no tax revenues are being used. The program is funded by a portion of unclaimed property moneys for which the rightful owners have not been found.

To qualify, borrowers must demonstrate job retention or job creation. Small business and agribusiness may use the loans for working capital, capital expense, or debt refinancing. For more information about the Linked Deposit program, potential borrowers should contact the Kentucky State Treasury at 1-800-465-4722.

Flooding and hail associated with severe storms in May damaged a significant number of tobacco fields throughout the state.

Jenkins honored for outstanding sales at Clayton's

Barry Jenkins, manager of Clayton Homes, Harold, was honored during the 1995 Awards Banquet, sponsored by CMH Homes, Inc., a division of Clayton Homes, Inc.

Jenkins was one of only 100 manufactured home retailers nationwide honored during the 1995 Awards Banquet, sponsored by CMH Homes, Inc., a division of Clayton Homes, Inc.

Clayton Homes ranked #18 among the 1994 Top 20 Sales Centers, which represent the top 10 percent of CMH dealers. Jenkins also received a plaque for outstanding sales achievement during the year.

During the April 7 awards ceremony in Atlanta, Jenkins was recognized and presented his awards by Jim Clayton, chief executive officer and founder of Clayton Homes, Inc., the nation's largest retailer of manufactured homes. Last June, Clayton was named the Southeast's Top Entrepreneur and was inducted into the Horatio Alger Association of Distinguished Americans in 1991.

Listed on the New York Stock Exchange, Clayton Homes is the nation's fourth largest producer of manufactured homes.

TWO BIG AUCTION SALES

TAUCTION

SATURDAY, JUNE 24, 1995

- GREAT LAND OPPORTUNITY!
- COMMERCIAL LAND ON RT. 80
- ROAD FRONTAGE ON RT. 550

We have been authorized to sell at an auction the following described properties:

- FIRST AUCTION AT 10:00 A.M.

This property is located on Rt. 550 at Lackey, Kentucky in Knott County. This tract of land consists of approximately 14.4 acres± with a large commercial lot ready to build on. This lot also has good road frontage on Rt. 550.

- SECOND AUCTION AT 11:00 A.M.

This sale is located near the Junction of Rt. 550 and New Rt. 80 at Garrett in Floyd County. The property consists of approximately 113 acres± on both adjoining New Rt. 80 on the north side and south side. This property is conveniently located between Hindman and Martin, Kentucky. It has great commercial potential. This is a rare opportunity to buy property on Rt. 80 at an auction.

James Orbin Childers
Real Estate Broker
Hindman, Kentucky

Col. Phillip Childers
Real Estate Broker & Auctioneer
Hindman, Kentucky

HINDMAN LAND AUCTION CO.

(606) 785-4938

Announcements Day of Sale Take Precedence Over Pre-Printed Advertisements

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226 S. Lake Drive, Prestonsburg
Independently Owned And Operated.

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REALTOR ASSOCIATES: AFTER 5:00 P.M.
Ellen Holbrook 874-9558 Joyce Allen 886-2523
Lynette Fitzer 874-9564 Brenda Sturgill 285-9803
Linda Starett 874-0044 Lillian Baldrige 886-8459

REduced

BULL CREEK—Only a couple of miles from town on 3-1/2 acres with a barn is this brick home. 3 large bedrooms with 2 marble baths, family room with stone fireplace. \$80,000.00. L-002-F3.

PRESTONSBURG—An older home that reflects charm. Conveniently located on Arnold Ave. within walking distance to schools, banks, and churches. R-002-F3.

MARTIN—Three-bedroom, two-bath modular on one acre±, nicely landscaped lot. \$42,000. H-016-F3.

NEAR DEWEY LAKE—3-bedroom home, large lot, within 1/2-mile of fishing, boating and water sports. G-001-F3.

******* MORE GOLD LISTINGS *******
STONECOAL—5-bedroom house, 1-1/2 baths with extra lot. L-001-F3.
WHEELWRIGHT—3-bedroom house with carport and on a corner lot. E-001-F3.
LANCER—Affordable 3-bedroom with full basement and city amenities. C-011-F3.
WAYLAND—5 bedrooms with chain-link fencing. \$22,500. SM-001-F3.

STEVENS REALTY

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UNDER CONTRACT

CONVENIENT TO TOWN, YET COUNTRY LIVING. Beautiful natural wood and stone decor. You must see to appreciate this unique home. \$66,000.00. C-005-F.

LAKEVIEW VILLAGE: Reduced, \$89,900. Wonderful 3-bedroom, 1.5-bath home with fireplace. Privacy, yet close to town. Lovely setting with a great view. G-001-F.

NEW LISTING—\$25,000

PIKEVILLE (CITY LIMITS): Wonderful family home features four bedrooms, three baths, kitchen and kitchenette, two fireplaces, above-ground pool, and much more. \$129,900. W-004-P.

WEEKSBURY, State Route 466: 6.5 acres. See plat in office. D-001-F.

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The Classifieds

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The Floyd County Times

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Noon Monday

Shopper
Wednesday, 5 p.m.

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Wednesday, 5 p.m.

606-886-8506

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REGULAR CLASSIFIED—\$7.25/wk., 20 words or less; 15¢ for each word over 20. This price includes Wednesday & Friday's Floyd County Times and Monday's Eastern Kentucky Shopper.

UPFRONT CLASSIFIED—\$5.00/wk., 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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advertisements. Ads which request or require advance payment of fees for services or products should be scrutinized carefully.

CONSOLE/SPINET PIANO for sale. Take on small payments. See locally. Call 1-800-343-6494.

FOR SALE: 22,500 BTU Kevinator window air conditioner. Call 874-9818.

BAD OR NO CREDIT? Gov't homes and properties available. Down payments from \$0. Easy to qualify. For current listing call toll free! 1-800-378-4901, ext. H-1757.

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For Rent

APARTMENT FOR RENT: One bedroom. Located on Abbott Road. \$270/month plus electricity. Call 886-6662 after 5 p.m.; or call 886-8187 days.

APARTMENT FOR RENT: Three bedroom. Central heat/air. Located between PCC and Highlands Regional on Auxier Road. Call Dr. Gopal at 886-1714 for information.

FOR RENT IN PRESTONSBURG. One bedroom apartment. Central heat/air. \$275/month plus utilities and \$150 deposit. Call 886-3404.

FOR RENT OR LEASE: Approximately 5,000 sq. ft. office space. North Lake Drive, Prestonsburg. Call 886-4001.

FOR RENT: One 2-bedroom house, unfurnished. Also, one 4-room furnished apartment. References required. Call 886-6578 or 886-3154.

FOR RENT: Two bedroom mobile home. Total electric. Stove/refrigerator. New carpet. Good location between Prestonsburg and Paintsville. Call 886-9007 or 789-5933.

FOR RENT: Three bedroom, two bath brick house. Located at Eastern. \$425/month. Call 285-9553.

WANTED

Successful car dealership has an opening for

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Call: 358-9617

Available Soon

Two, three and four-bedroom apartments for low income families. Apply at Cliffside Housing, 8 a.m. - 12 noon and 1 p.m. - 4:30 p.m., or call

886-1819

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

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For Sale

CAR BATTERIES from \$19.95. Cash for old batteries. 8D-1400cca \$99.95. The Battery Connection, Paintsville. Call 789-1966.

FOR SALE: Electric cook stove, \$100. Also, 7 adult turkeys. Call 358-9898.

FOR SALE: Cole key cutting machine with all key blanks and key fobs. \$400. Also, glass and metal compartment shelves for store. Call 358-2912.

FOR SALE: 1991 Honda Nighthawk. 250 motor. Nice. Asking \$1,000. Call 285-9473.

FOR SALE: 15 ft. StarCraft fishing boat. Ready to fish. 35HP motor. \$1,400 (negotiable). Don't have time to use it! Call 886-1909.

1985 HONDA XR100. Asking \$300. Call 886-8585.

1993 GOLDWING INTERSTATE. 1500cc. Low miles. Garage kept. Warranty. \$8,000. Call 606-265-3526.

FOR SALE: Walnut dining room set with four chairs and buffet; also, one large office desk. Call 874-9685.

FOR SALE: New Pro-12 MTX speaker box, two 12s, two Mids, two tweeters; Pioneer 100x100 amp. Call 886-3379.

FOR SALE: 1985 Nissan 300ZX. Loaded. \$4,000. 25 HP Johnson electric start, \$825. Also, 6 HP Johnson with tank, \$425. Call 886-6358.

FOR SALE: 1982 Yamaha 440 LTD. Call 874-2050 for more information.

FOR SALE: Couch and chair in good condition. \$100. Call 889-9113.

FOR SALE: Zenith 23-inch floor model TV, pecan wood, \$125; end table, \$40; refrigerator, \$300. Call 886-3403 after 5 p.m.

FOR SALE: Two window air conditioners; riding mower; dryer; 19 inch TV; stereo; speakers; sewing machine; ping pong table; 40 channel CBs. Call 886-9203 after 5 p.m.

FOR SALE: 1988 Procraft fish/ski boat. Model 1660V. 90 HP Mercury, tilt and trim, walk thru windshield, top. \$6,500 o.b.o. Call 886-2896.

FOR SALE: 48 bulb Wolff tanning booth. Call 452-4400.

FOR SALE: 1994 Playbouy Pontoon boat, motor and trailer. Already docked at Jenny Wiley. \$8,500. call 874-8141.

80 ACRE FARM. Cow Creek. City water, blacktop road. 15 acres bottom land. Existing farmhouse. Call 874-9262.

FOR SALE: Three bedroom home with basement on 40 acres of land with two out-buildings, single car garage, trailer site and marketable timber. Natural gas heat. Good garden spot. Located on Caney Fork of Middle Creek, about 5 minutes from Martin and 15 minutes from Prestonsburg. Call 889-0501.

FOR SALE: New house. Three bedroom, two bath. All electric. Over 1,500 sq. ft. Large lot. Five miles north of Paintsville, 465 Hill-top Road. \$85,900. Call 606-789-4465 or 606-789-3904.

FOR SALE: 100x100 lot located in Maytown. Call 285-3536.

GOV'T FORECLOSED homes from 5%. Delinquent Tax, Repo's, REO's. Your area. Toll free 1-800-898-9778, ext. H-6778 for current listings.

FOR SALE: DP Ultra Gym-pac weightlifting outfit. Like new. Call 874-2660.

GRAVELS FOR SALE: Pick up or delivered. Also have topsoil for sale. Call 886-6458.

HAY FOR SALE: \$1.50 per bale in the field. Also, 350 Chevy motor and parts for a 1976 Chevy 4x4. Call 886-6590.

SALE!! Cabinets; sinks; windows; doors; tubs; commodes; furniture; appliances; porch things; 1980 Corvette; Chevy dually truck; 21 ft. Cabin Cruise boat. Lots more! Call 285-3004. No refunds.

SUNQUEST WOLFF TANNING BEDS. Commercial - Home Units From \$199 Buy Factory Direct and SAVE! Call TODAY for NEW FREE Color Catalog. 1-800-462-9197.

TROPHY CAMPER FOR SALE. Also have lots for sale and trailer lots for rent. Call 606-886-6713 after 8 p.m.

Real Estate For Sale

16 ACRES ON GOOSE CREEK. Mostly hillside and timber. Enough level land for house site. \$8,000. call 517-529-4223.

HOUSE FOR SALE: Wayland Bottom. Three bedrooms, 2 1/2 baths. Full basement, chain link fence, large deck. \$28,000. Call 358-4152.

HOUSE FOR SALE: Three bedroom brick. Five miles east of Salyersville on Burning Fork. 3/4 acre lot. Call 606-349-3632.

LAND FOR SALE: 20+ acres. Large flat bottom suitable for house site. Hillside. Ten minutes from Prestonsburg on Rt. 114. Call 606-358-2700.

PRIME HOUSE LOTS FOR SALE. Off Junction 1750, Bee Fork area, Abbott Creek, Bonanza. Serious inquiries only. Deed restrictions. 789-9003.

TWO STORY HOUSE FOR SALE: Four bedroom, one bath. Extended living room, large kitchen and dining room combined, utility room, new central heat/air, half basement, front porch covered in Sierra stone. Also, back deck and lots of storage space. Located in West Garrett. Serious inquiries only. Call 606-358-2340 or 606-358-4241.

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GOVERNMENT FORECLOSURE SALE
Wednesday, June 21, 1995
12:00 Noon
at the
site of the below described property
Abbott Creek Road, Floyd Co., KY
Prestonsburg, Kentucky

Sale Price \$30,000

This is a three bedroom home. It is located in a quiet neighborhood. It consists of a living room, kitchen, three bedrooms, and one bath. This property is considered suitable for the FmHA Program. This would be an excellent buy for an investor interested in rental property or for resale after repairs.

LEGAL NOTICE

Notice is hereby given that on Wednesday, June 21, 1995, at 12:00 Noon, at the property site, Abbott Creek Road, Prestonsburg, Floyd County, Kentucky, in order to raise the sum of \$37,767.94 principal, together with interest credit subsidy granted in the amount of \$12,516.00, plus interest in the amount of \$5,349.24 as of March 23, 1995, and interest thereafter on the principal at 9.8300 from March 23, 1995 until the date of Judgment, plus interest on the Judgment amount (principal plus interest to the date of Judgment) at the rate of 6.28%, computed daily and compounded annually, until paid in full and for the costs of this action, pursuant to Judgment and Order of Sale, being Civil Action No. 95-8 on the Pikeville Docket of the United States District Court for the Eastern District of Kentucky, entered on May 1, 1995, in the case of United States of America vs. Timothy Ousley, ET AL., the following described property will be sold to the highest and best bidder:

House and lot located on Abbott Creek Road, Prestonsburg, KY in Floyd County. Being the same property conveyed by deed dated 11/18/87 and recorded in Deed Book 314, page 602, Floyd County Court Clerk's Office.

TERMS OF SALE: Ten percent (10%) of the bid price (in the form of a Certified Check made payable to the U. S. Marshal) on the day of the sale with good and sufficient bond for the balance, bearing interest at the rate of 6.28 per annum until paid, due and payable in thirty (30) days and said bond having the effect of a Judgment. Upon a default by the Purchaser, the deposit shall be forfeited and retained by the U.S. Marshal as a part of the proceeds of the sale, and the property shall again be offered for sale subject to confirmation by the Court.

This sale shall be in bar and foreclosure of all right, title, interest, estate claim, demand or equity of redemption of the defendant(s) and of all persons claiming by, through, under or against them, provided the purchase price is equal to two-thirds of the appraised value. If the purchase price is not equal to two-thirds of the appraised value, the Deed shall contain a lien in favor of the defendant(s) reflecting the right of the defendant(s) to redeem during the period provided by law (KRS 426.530).

Inquiries should be directed to:

Margaret L. Tiley,
Acting County Supervisor
RECD/USDA
Prestonsburg, Kentucky
Telephone: 606 886-9545

FREE MERCHANDISE
with any pool purchase

SWIMMING POOLS

6" top rail, 20 mil vinyl liner, sand filter, 1 1/2 p. motor, filter sand, vacuum system, test kit, non corrosive safety ladder, thru wall skimmer, thru wall inlet and directional aim flow. Plus 50 year warranty.

24' Round \$1,295⁰⁰
16X32 Oval \$1,995⁰⁰
All Sizes in Stock

HOLIDAY POOLS, INC.
2973 Piedmont Rd., Huntington (304)429-4788
Mon.-Fri. 9:30-5
Sat. 9:30-2

OUR LADY OF THE WAY HOSPITAL

EMPLOYMENT OPPORTUNITY

Our Lady of the Way Hospital has an immediate opening for a PRN (whenever needed) Dietary Aide. Job Qualifications: High school diploma or GED. Experience preferred, but not required. Must be able to work flexible shifts/hours.

Applications will be accepted Monday through Friday, 9:00 a.m. to 4:00 p.m. in the Administrative Department or call (606) 285-5181, ext. 302.

An Equal Opportunity Employer
A member of the Sisters of Charity Health Care Systems.

OUR LADY OF THE WAY HOSPITAL

EMPLOYMENT OPPORTUNITY

Our Lady of the Way Hospital has an immediate opening for a PRN (whenever needed) Housekeeper. Job Qualifications: High school diploma or GED with one to three months related experience and/or training. Must be able to work flexible shifts/hours.

Applications will be accepted Monday through Friday, 9:00 a.m. to 4:00 p.m. in the Administrative Department or call (606) 285-5181, ext. 302.

An Equal Opportunity Employer
A member of the Sisters of Charity Health Care Systems.



606-478-4530

The Sales are Up and the Interest Rates are Down at Rainbow Homes. Call 478-4530 and Ask About Our Daily Specials

THIS WEEK'S SPECIALS

24 x 60 REPO	MAKE AN OFFER
12 x 50 USED HOME	\$1,995.00
28 x 60 FLEETWOOD	\$38,995.00
14 x 70 HORTON	\$18,995.00

WATCH FOR A MONEY SAVING AND EXCITING EVENT HAPPENING ON OUR LOT JUNE 23, 24 AND 25

'96 MODELS ARRIVING DAILY

RAINBOW HOMES IVEL, KY

1/2 way between Prestonsburg and Pikeville on the 4 Lane on the Hill

606-478-4530

Position Advertisement

Highlands Wellness seeks highly motivated **Fitness Instructors** to fill full-time and part-time positions at the wellness facility atop the new medical office building adjacent to Highlands Regional Medical Center. Responsibilities will include instructing members and guests on equipment, checking members in and out, and monitoring participants in the fitness area. Applicants must possess current CPR and First Aid certifications. Bachelors Degree in Physical Education or related field, aerobics certification, or fitness certification a plus.

Please submit cover letter and resume by June 28, 1995 to: Gina Gullo, Consolidated Health Systems, 5032 Ky. Rt. 321, P.O. Box 787, Prestonsburg, KY 41653. An Equal Opportunity, Affirmative Action Employer.



Mountain Christian Academy in Martin, Kentucky is now accepting applications for the part-time position of head coach for the elementary basketball team to begin in the fall of 1995.

Mountain Christian Academy was founded in 1983 as an inter-denominational school. It serves pre-school through eighth grade students regardless of race, religion, color, sex, national or ethnic origin.

Resumes should be mailed to:

Dr. Parker Tiller, Dean
Mountain Christian Academy
P.O. Box 1120
Martin, Kentucky 41649

FOR RENT: Two bedroom apartment at Auxier. \$300/month plus utilities. Deposit. Call 886-6512.

FOR RENT: A-Frame house. Clean. \$125 deposit, \$300/month. Serious calls only. 874-2358.

FOR RENT: Near College. Beautiful unfurnished one bedroom apartment. Also, furnished one bedroom chalet. References, lease and security deposit. 886-3565.

FOR RENT: Three bedroom mobile home, \$80/week, Mountain Parkway; two bedroom mobile home, Caney Fork, \$70/week; one bedroom apartment in Prestonsburg, \$87.50/week, utilities paid. Ronald Frasure, 886-6900.

FOR RENT: New one bedroom apartments at Hueysville (18 miles from Prestonsburg). \$275/month plus deposit and electric. Call 886-9478.

FOR RENT: Three bedroom brick home on large lot. Ideal for family w/children. Located two miles on Corn Fork, near Dewey Lake. \$450/month. Call 874-0262.

FOR RENT: Three bedroom brick home. Located at Middle Creek. \$450/month. Deposit required. Call 874-8967.

FOR RENT: Fully furnished one bedroom apartment at Garrett. Easy access to Rt. 80. Call 358-3469.

FOR RENT: One bedroom house. Furnished or unfurnished. McDowell. Call 377-2520.

FOR RENT: At McDowell. One bedroom furnished apartment. \$200/month plus utilities and security deposit. HUD accepted. Also, chest type freezer for sale, \$125. Call 377-6881.

FOR RENT: Building at Allen, KY. Former location of Sandy Valley Hardware. Call 886-2278, leave message.

HOUSE FOR RENT: Two bedroom. Located behind Our Lady of the Way in Martin. \$300/month plus utilities. Security deposit and references required. Call 285-9977

ONE BEDROOM APARTMENT. Utilities paid. \$350/month, \$150 security deposit. Near PCC. Call 886-0008 or 889-0208.

TOWNHOUSE APARTMENT FOR RENT. two bedroom. Stove, refrigerator, Central heat/air. Good location at U.S. 23 and Rt. 80. \$390/month plus utilities. \$350 deposit. One year lease. Call 886-6551 or 353-8077.

TRAILER FOR RENT: Two bedroom, two bath. Eastern, behind ACHS. Chain link fence, carpet, front/back porches, outside building. \$330/month. Deposit required. Serious inquiries only. 358-4208.

TRAILER FOR RENT: New Allen. Akers Trailer Court. Deposit required. Call 874-8151 or 874-2114 after 5 p.m.

Autos For Sale

1986 PONTIAC GRAND PRIX. Black exterior, red interior. 4.3 V-6, a/c, p.s., p.b., new muffler and shocks. Good condition. \$2,200 o.b.o. Call 452-9571.

1987 PLYMOUTH SUNDANCE. Automatic, AM/FM cassette, air conditioning. Good condition. \$2,500. Call 889-9113.

1989 CADILLAC DEVILLE. Four door. Book price \$10,975, selling for \$8,975. Must see to appreciate. Call 358-9844 after 6 p.m. or leave message on recorder.

1991 GEO STORM. Red. Two door. Standard shift. Stereo/cassette. Perfect condition. 66,000 miles. Asking \$6,000. Call 377-9265.

FOR SALE AS IS: 1981 AMC Eagle car. Four speed. Four wheel drive. \$700. Phone 358-3045 after 3 p.m.

FOR SALE: 1985 Oldsmobile Cutlass. One owner. Can be seen at Ken's BP, 886-6351.

FOR SALE: 1985 Buick Regal and 1985 Oldsmobile Supreme. Both in good condition. Call 874-2502.

FOR SALE: 1988 Ford Thunderbird Turbo Coupe. 5-speed standard, air, stereo/CD player. Recently serviced, several new parts. \$4,000. Call 874-0262.

FOR SALE: Chevy S-10 truck. 2.8 V-6, automatic. \$2,000 o.b.o. Call 886-8853.

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.

GARRETT AJTO SALES GARRETT, KY 358-4288

1980 CHEVY SILVERADO CAR HAULER. 350, four speed, air, stereo. 87 model metal. New engine. Extra clean. Road ready. Best offer. 1992 GMC PICKUP. V-8, automatic, air, stereo. All power. Loaded. Runs new. Sharp truck. \$7,800.

1992 FORD RANGER. Four cylinder, five speed. Runs and looks new. \$5,800.

1989 JEEP COMANCHE PICKUP. Four cylinder, five speed, glass top, stereo, wheels. Sharp truck. \$3,200.

1990 CHEVY LUMINA. V-6, automatic, air. Loaded. \$4,800.

1989 OLDS CUTLASS SUPREME. V-6, automatic, air, stereo. Very clean. \$4,800.

1988 OLDS CALAIS FE3. Quad 4, automatic, air, stereo. 88,000 miles. Very clean. \$3,200

1988 PONTIAC GRAND AM. Four cylinder, automatic, air, stereo. Runs new. \$2,800.

1988 CHEVY MONTE CARLO SS. 350 automatic, air. Runs excellent. \$3,800.

1989 DODGE SPIRIT. V-6, automatic, air, stereo. Loaded. Ground effects. Aluminum wheels. Nice car. \$3,800.

1984 FORD F-150. Six cylinder, three speed w/overdrive. SWB. Cold air. Clean truck. \$2,000.

1985 GMC S-15. Four cylinder, five speed, air. \$2,000.

1982 TOYOTA 4X4. Four cylinder, four speed. Cold air. Runs great. \$1,800.

1979 FORD BRONCO 4X4 XLT. V-8, automatic, air. Loaded. Runs excellent. \$1,300.

1982 DODGE HI TOP CONVERSION VAN. V-8, automatic, cold air, stereo. Clean inside/out. \$2,300.

1982 CHEVY IROC Z-28. V-8, automatic, air, T-tops, stereo. New tires. \$2,300.

1979 FORD F-150. V-8, automatic, stereo, SWB. 37,000 actual miles on engine and transmission. No rust. \$1,600.

1984 CHEVY S-10. V-6, automatic, air. Loaded. Tahoe package. New engine and transmission. Runs excellent. \$2,200.

1982 FORD F-150. V-8, automatic. Good work truck. \$500.

1978 CHEVY STEP VAN. V-8, automatic. Runs great. \$1,000.

1979 PONTIAC TRANS AM. V-8, automatic, air, aluminum wheels. Sharp car. \$1,900.

1979 CHEVY CAPRICE CLASSIC. V-8, automatic, air. Runs excellent. \$850.

1976 LINCOLN MARK IV CONTINENTAL. V-8, automatic, air. Glass top. Loaded. Florida car. \$800.

1981 FORD FAIRMONT. Six cylinder, automatic.

1979 FORD F-150 4X4. Looks and runs good. \$1,800. Call 874-9518 or 886-9012.

1986 MERCEDES 190E. All power. Sunroof. Good condition. For more information call 478-3411.

1979 FORD F-150 4X4. Looks and runs good. \$1,800. Call 874-9518 or 886-9012.

1986 MERCEDES 190E. All power. Sunroof. Good condition. For more information call 478-3411.

Employment Available

\$35,000/YR. INCOME potential. Reading books. Toll Free 1-800-898-9778 Ext. R-6778 for details.

NEED EXTRA \$600+ MONTHLY? Part time working 5-7 hours per week from home. 30 billion \$\$ industry. RED HOT PRODUCT! 1-800-267-5160 (24 hour recorded message).

NOW ACCEPTING APPLICATIONS in the Floyd County Times Circulation Department. Position is part time, Monday-Friday (no weekends). Day and night shifts. Apply in person at the Floyd County Times, 112 South Central Avenue, Prestonsburg. No phone calls please.

NOW HIRING: Individual needed to re-stock counter-top displays in Prestonsburg area. FT/PT. Call 1-809-474-6484, ext. 862, 8 a.m.-8 p.m., 7 days.

\$40,000/YEAR INCOME potential. Home typists/PC users. Toll free 1-800-898-9778, ext. T-6778 for listings.

AVON. BUY OR SELL. Call Jancy at 886-2082.

BIG SANDY AREA COMMUNITY ACTION PROGRAM, INC. is beginning an innovative program to provide in-home crisis-oriented counseling and support to families to prevent the unnecessary out-of-home placement of one or more family members into foster, group or institutional care. The program will teach families a wide range of new skills using a cognitive-behavioral model. The program will be operated in Floyd, Johnson, Magoffin, Martin and Pike counties. Applications are now being accepted for four positions including one supervisor/director position, preferably with a Master's Degree and no less than a Bachelor's Degree in human services, social sciences or education, and three therapist positions with a Bachelor's Degree in human services, social sciences or education. Knowledge of crisis intervention, communication and parenting skills, cognitive and behavior interventions helpful. Must have driver's license, insurance and own transportation. Client-related mileage will be reimbursed. Work schedule will be a 40-hour flexible work week, including some evenings and weekends. Starting salary for the supervisor/director is \$21,196; and \$16,404 for the therapists. Excellent fringe benefits package. Applications should be submitted through the Department for Employment Services through June 19, 1995. We are an Equal Opportunity Employer.

DENTAL ASSISTANT POSITION AVAILABLE. Respond to: 1009 Mays Branch Road, Prestonsburg, KY 41653.

MUDCREEK SENIOR CITIZENS PROGRAM, INC. is seeking resumes from individuals interested in being the director of the program. The director is responsible for the provision of an array of services to the elderly in that area. Applicants must be mature, responsible, have experience in managing staff, and eager to work with the Board of Directors and the senior citizens in developing programs for the elderly. Applicants must have a high school education and experience working with the public. Resumes will be accepted until June 19, 1995. Resumes should be sent to the attention of: Betsie Carroll, BSADD, 100 Resource Drive, Prestonsburg, KY 41653.

DENTAL ASSISTANT POSITION AVAILABLE. Respond to: 1009 Mays Branch Road, Prestonsburg, KY 41653.

MUDCREEK SENIOR CITIZENS PROGRAM, INC. is seeking resumes from individuals interested in being the director of the program. The director is responsible for the provision of an array of services to the elderly in that area. Applicants must be mature, responsible, have experience in managing staff, and eager to work with the Board of Directors and the senior citizens in developing programs for the elderly. Applicants must have a high school education and experience working with the public. Resumes will be accepted until June 19, 1995. Resumes should be sent to the attention of: Betsie Carroll, BSADD, 100 Resource Drive, Prestonsburg, KY 41653.

EDUCATIONAL VACANCY Pikeville Independent Schools. Principal at Pikeville Elementary School K-6 (700). Valid Kentucky principal certification required; excellent salary based on rank and experience; 240 days; SBDM school. Send letter of interest, resume, certification credentials, 3-5 professional recommendations, and any supporting documents to: John Waddell, Superintendent, Pikeville Independent Schools, P.O. Box 2010, Pikeville, KY 41502. Applications accepted until July 1, 1995 or until position is filled.

GREAT OPPORTUNITY for men or women to make up to \$50 or more in your spare time selling 12-14K gold jewelry. Call 606-886-6713.

HELP WANTED: Waitress. Average income \$10/hour. Call 606-789-5788, ask for Manager.

IF YOU ARE A PERSON WITH a good car, likes to travel and want a good job, call 285-5095.

EARN UP TO \$1,000 WEEKLY STUFFING ENVELOPES at home. Be your boss. Start now. No experience. Free supplies. Free information. No obligation. Send self-addressed stamped envelope to Neptune, 300-G, 10151 University Blvd., Orlando, FL 32817.

POSTAL JOBS Start \$12.08/hr. For exam and application info call 219-769-8301 ext. KY556, 8 a.m.-8 p.m. Sun-Fri.

INSTRUCTION LEARN TO DRIVE TRACTOR-TRAILER

- No Experience needed
- DOT Certification
- Full or part-time training
- Placement Dept.
- Financing available
- CDL Training

ALLIANCE TRACTOR-TRAILER TRAINING CENTERS
WYTHEVILLE, VA
Call Toll Free
1-800-334-1203

EAST KY. SINGLES

LOOKING FOR THAT CERTAIN SOMEONE IN LIFE THEN TRY -DATELINE- CALL AND LEAVE SHORT PROFILE OF YOURSELF (NO NAME NUMBER OR ADDRESS) YOU WILL BE ASSIGNED A PRIVATE VOICE MAIL #. THEN BROWSE THRU AVAILABLE PROFILES. 1-900-884-9206 ext. 1729 \$2.99 min. MUST BE 18yrs + PROCALL Co. (602) 954-7420

NOW ACCEPTING APPLICATIONS IN THE FLOYD COUNTY TIMES CIRCULATION DEPT.

Part-time: Monday thru Friday
Day and night shifts
APPLY AT 112 S. CENTRAL AVE.
No Phone Calls, Please! • E.O.E.

RAINBOW HOMES, INC. Paintsville 606-789-3016

NEW 2 Bedroom, 14 Wide \$151.83 Per Month \$826.80 Down

Price includes setup, delivery, KY sales tax, **FREE Washer & Dryer**

Come on in and see Gene, Rod, Morrison, Pat, Marvin or Ruby. . . **FOR THE DEAL OF A LIFETIME**

NEW 3 BR/2 BATH DOUBLEWIDE \$254.61 Per Month \$1388.60 Down

Price includes setup, delivery, KY Sales Tax, **FREE Central Air!!!**

Come in and see Gene, Rod, Morrison, Pat, Mavin or Ruby **FOR THE DEAL OF A LIFETIME!!!**

RAINBOW HOMES, INC PAINTSVILLE 606-789-3016

NOW ACCEPTING APPLICATIONS For 1, 2 and 3-bedroom apartments.

Regency Park Apartments
U.S. 23 (Below Hospital)
886-8318
from 9 a.m.-3 p.m.

SALESPERSONS WANTED

Annual earning potential of \$50,000.

Self motivated people apply in person at **John Gray**

Pontiac, Buick, GMC Truck, Inc. Rt. 460, Paintsville, KY

JOB OPPORTUNITY

Jerry's Restaurant in Prestonsburg is now taking applications. Waitresses, cooks and dishwashers.

Jerry's offers BC/BS insurance, paid vacations, meals & uniforms.

APPLY IN PERSON ONLY!

No phone calls, please Applications may be obtained Mon.-Fri. 3-4 p.m. only!

Bankruptcy • Divorce • Foreclosure • Tax Liens • Charge Offs

TURNED DOWN ELSEWHERE?

John Gray
Pontiac, Buick, GMC Truck, Inc. can help. Our staff has the edge to overcome bankruptcy, slow credit or even no credit.

\$100,000,000 to loan

Commonly Asked Questions:
DOWN PAYMENT? Industrywide among the lowest percentage available.
CAN I TRADE IN A VEHICLE? Yes, bring in your title registration.
LENDER RATES? Interest rates based on year of vehicle financed, the length of the loan and prior credit history.
WHAT VEHICLES ARE AVAILABLE UNDER YOUR PROGRAMS? Nothing is excluded under our programs, and we always stock a fine selection of new and used.

What should I bring with me?
1. PROOF OF INCOME Recent pay check stubs, W-2 statements, income tax return, VA. compensation statement, social security benefits, retirement income statement, child support benefits
2. LEGAL DOCUMENTS Bankruptcy papers with court list of creditors and discharge notice, divorce decree, separation agreement, judgement, suits and collection notices
3. IDENTIFICATION Driver's license, social security card
4. REFERENCES Last telephone bill, gas and electric bills, addresses of friends and relatives
5. DOWNPAYMENT Cash, cashier's check, title to trade

We're the #1 dealer for substandard financing.

Local 297-4066
Toll Free 1-800-346-4066

JOHN GRAY
PONTIAC-BUICK-GMC TRUCK, INC.
PAINTSVILLE, KY

Bankruptcy • Divorce • Foreclosure • Tax Liens • Charge Offs

Pets And Supplies

AKC REGISTERED BEAGLE PUPS. Tri-color. Eight weeks old. \$50 each. Call 874-9722.

FREE!!! Several barn kittens free to good homes. Call Abbottcreek Kennel at 886-3680.

IF YOU HAVE LARGE FEMALE DOG to give away, please call 606-886-2274.

Rummage Or Yard Sales

GARAGE SALE: Starts June 7. 2.5 miles up Prater Creek. Men's, women's and children's clothes; antique sewing machine; tires; much more. 874-2662.

YARD SALE: Saturday, June 17, behind SuperAmerica. Beginning at 8:30. Cancelled if rain.

YARD SALE: Graham Street, Prestonsburg. Now till everything is sold. Clothes, furniture, household items, much more.

Carpentry Work

COMPLETE BUILDING AND REMODELING
Call L. Johnson
Construction Co.
886-8293
Vinyl siding, replacement windows, painting, concrete block, roofing, and all types of carpentry work. Twenty years experience. References furnished.

CARPENTRY WORK ALL TYPES
New homes from ground up; remodeling or additions; all finish work; drywall; painting (interior, exterior and trim work); all types concrete work—driveways, sidewalks, foundations, etc.; any size pole buildings; garages; decks.
Over 20 years experience. Will furnish references.
Robie Johnson Jr.
Call anytime!
886-8896.

CARPENTRY WORK: New homes and remodeling. Will build FmHA homes. Call Ricky Yates at 886-3452 or 874-9488. 20 years experience. No job too big or too small.

EAST KY GUTTER, SIDING AND ROOFING
5' and 6' seamless gutters; siding; shingle roofs; replacement windows. We now accept MC and VISA. Free Estimates.
Call James Hall at 285-9512 or 1-800-277-7351.

New & Used Furniture

ROSE'S USED FURNITURE: Pop cooler; stoves; refrigerators; washers; dryers (30 day warranty); oak swings and porch set; picnic table; armoire; beds; chests; dressers; air conditioners; carpet cleaner; doors; picture window; coffee table sets; living room and bedroom sets; TV stands; much more. On Rt. 1428 between Lancer and Lake Road intersection and Goble Lumber, cross bridge to Goble Roberts, turn left on Roberts Drive, sixth building on right. Call 886-8085 or 886-3463 after 5 and weekends. We will be closed Friday and Saturday, but will reopen Monday. Thank you for your patronage.

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.

Want To Buy

WANT TO BUY TIMBER: By the thousand, by percentage, or will trade dozer work for timber. Call 874-0696.

WANT TO BUY TIMBER. By boundary or by the thousand. Will reclaim property to owner's specifications. Call 606-886-3313.

IN NEED OF BARBER OR BEAUTY EQUIPMENT and supplies. Call Frank Nelson at 886-0526.

WANT TO BUY: 10-50 acres property in Prestonsburg/Paintsville area. Just off highway. Would consider property with older home. Call Doug at 886-1909.

WE BUY JUNK CARS, running or not. Call 874-9878 days; or 874-9865 evenings.

Mobile Home Sales

NEW THREE BEDROOM TWO BATH FLEETWOOD 16X76. Five year warranty, delivered and set up. All for less than \$215 per month with low down payment. The Affordable Housing Mart, 537 New Circle Road, Lexington; 293-1600 or 1-800-755-5359.

FOR SALE: 1992 Crimson 14x76 mobile home. Fully loaded. Very nice. Financing available. \$1,000 down, \$231.10 per month. Phone 886-8120 or 874-0659.

NEW FLEETWOOD 14' WIDE. Five year warranty, delivered and set up—all for less than \$148/month. The Affordable Housing Mart, 537 New Circle Road, Lexington; 293-1600 or 800-755-5359.

FOR SALE: 1987 Fleetwood 14x70 mobile home. Three bedroom, one bath. Recently remodeled. Asking for payoff only. Call 874-2043.

NEW FOUR BEDROOM FLEETWOOD HOME. Five year warranty. Room for all the kids. Delivered and set up all for less than \$232/month. The Affordable Housing Mart, 537 New Circle Road, Lexington; 293-1600 or 800-755-5359.

THE \$99 PROGRAM: Initial monthly payments as low as \$99 on singlewide and \$199 on multi-section homes. The Affordable Housing Mart, 537 New Circle Road, Lexington; 293-1600 or 800-755-5359.

MOBILE HOME LOANS from Green Tree Financial. Sellers/Buyers/Owners. 5% down payment. Refinance/equity loans; land and home loans; realtor calls welcome. Call 1-800-221-8204.

Personal

REDUCE: Burn off fat while you sleep, take OPAL. Available at Reid's Pharmacy, 127 Main Street in Martin.

Roofing

ROOFING SPECIALIST
Residential Only
R.C. Contracting
20 Years Experience
Free Estimates
Call 886-3423 or 874-9488.

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.

Contractors

FOR HIRE: Dozer, backhoe, excavator, dump trucks. Also have gravel, sand and fill dirt for sale. East Kentucky Excavation. Call 285-0491 or 874-8078.

Heating/Air Conditioning

BLANTON HEATING AND AIR CONDITIONING
Sales, Service Installation. High efficiency electric and gas units. Financing for up to 60 months with no money down on approved credit. Free estimates. Call 874-2308.

Miscellaneous

FREE GLAMOUR AND FACIAL MAKEOVERS are being given by licensed cosmetologist Angela Gamble at Sonja's Beauty Salon. By appointment only. 886-9760 or 874-2720.

VISIT THE LARGEST PANELING CENTER in Eastern Kentucky at Goble Lumber. Over 80 different prefinished panels in stock and as low as \$4.95 per panel. Call Goble Lumber, 874-9281.

Lost Or Found

LOST DOG: Black Lab. Missing from Prestonsburg, near PCC. Call 886-3633.

HINTS FOR HOMEOWNERS

Stop Shower Shock (NAPS)—It can be a real shock. You're standing in the shower, with the water at just the right temperature, when all of a sudden, a toilet is flushed or the dishwasher is activated somewhere in the house and you get a blast of hot or cold water.



Water pressure changes can cause surges of hot or cold water at the showerhead.

This is not only distressing, it can even be dangerous, especially for the very young or very old.

It's caused by an imbalance in the water pressure in the house. Fortunately, it can be cured by pressure-balanced valves. Patented single-handle Moentrol and Posi-Temp pressure-balancing shower valves from Moen can control the water pressure keeping the water temperature within plus or minus 2°F regardless of what other appliances are on, so you get just the water you want.

Your local plumbing professional can easily install these shower valves which are available in a variety of attractive styles in chrome, polished brass or glacier white finishes. They are also available at local home centers and hardware stores.

Free Brochure
For a "Stop Shower Shock" brochure, call 800-553-6636 or write Moen Inc., Dept. AP, 25300 Al Moen Dr., North Olmsted, OH 44070-8022. Request brochure MF-2461.

FACTS & FIGURES

Postal Particulars (NAPS)—Did you know the United States Postal Service is a remarkably efficient organization? Here's why: The U.S. has the world's largest postal system, handling more than 177 billion pieces a mail a year, about half the total volume throughout the world.



Since 1971, no tax money has been used to subsidize the Postal Service. Stamp dollars keep those letters coming.

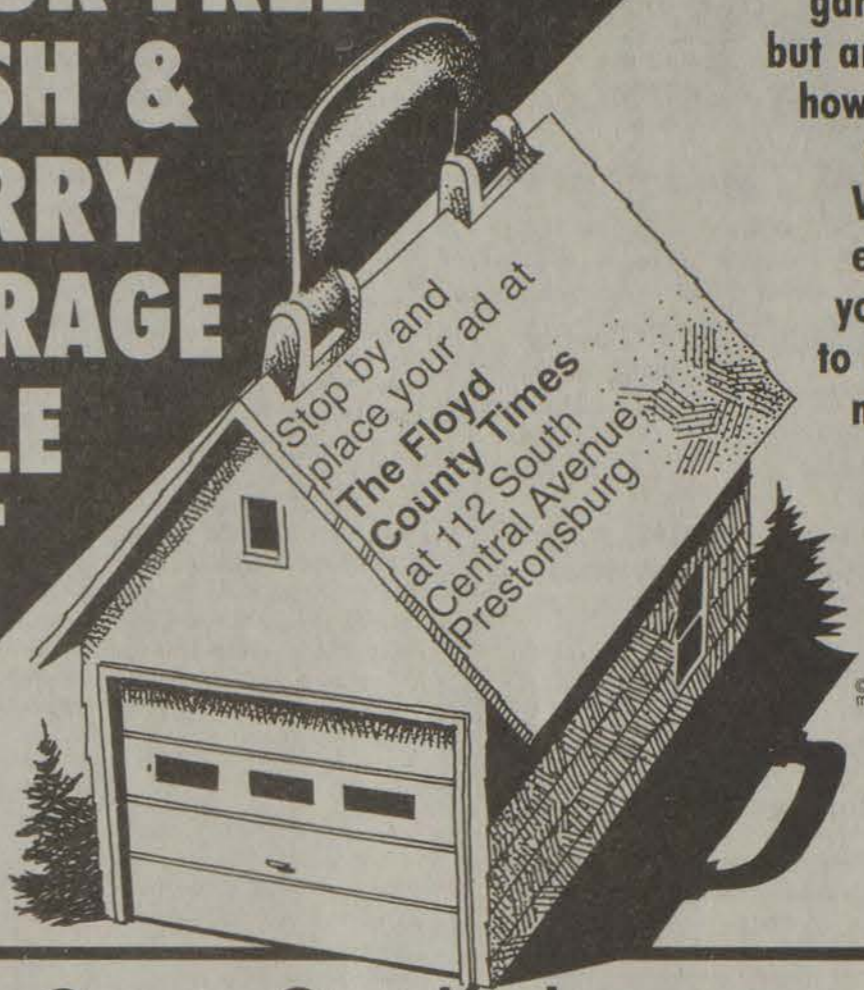
U.S. Postal Service customers enjoy the lowest postal rates in the world. U.S. Postal Service workers' productivity far outstrips that of other industrial nations, including Japan.

In 1845 Congress enacted a law protecting the post office from unfair competition, but is now considering a bill to privatize postal services, inviting profit-motivated corporate competition.



The full title of this nation's ambassadors is "ambassador extraordinary and plenipotentiary."

YOUR FREE CASH & CARRY GARAGE SALE KIT



Want to have a garage sale, but aren't sure how to put it together? We've got everything you'll need to make the most of it.

GARAGE SALE KIT INCLUDES:

- A 2-inch bordered ad appearing for 2 days
- **FREE** brightly colored 11"x11" plastic Yard Sale or Garage Sale sign for your lawn. These signs are reusable, too!
- 40 **FREE** price stickers
- **FREE** tip sheet on how to have a successful Yard Sale
- **FREE** inventory sheet to record items sold

COMPLETE PACKAGE ALL FOR ONLY \$10.00

All ads must be paid in advance! No exceptions!

Stop by and place your ad today at

The Floyd County Times

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

HOUSE FOR SALE



Copperas Lick, Abbott Creek

3 bedrooms, 2 baths, hardwood floors, fireplace, central heat/air. Large patio with arbor, screened-in back porch, two-car garage. 4+ acres. Priced in low 100's. Serious inquiries only.

Call 886-3359 for appointment

POSITION OPEN: Local engineering firm is in need of an Engineering Technician. Applicant should be experienced in preparing mine permits, computer drafting and have a basic knowledge of surveying. Send resume and salary history to: Engineering Technician, c/o FCT, P.O. Box 391, Prestonsburg, KY 41653.

VETERANS Jobs/Training (CDL/Mine Safety) 886-3582 (Collect)



PRODUCTION SUPERVISOR: A local manufacturing company has an opening for an experienced production supervisor. Requirements include 3-5 years supervisory experience with responsibilities overseeing production activities and order processing, while promoting safety, quality and on-time delivery. The successful candidate will be team-oriented, organized and self-motivated. Apply in person Monday-Friday, 8 a.m. to 4:30 p.m. at the Department for Employment Services, 588 North Lake Drive, Prestonsburg.

TRUCK DRIVERS NEEDED: Must have Class A CDL. Apply in person at Big Sandy Wholesale, Old Church House Road, Harold.

WANTED: Experienced person who can tint windows. Apply in person at A&B Auto Glass. 886-0184.

WILDLIFE/ CONSERVATION JOBS
Game wardens, security, maintenance, etc. No exp. necessary. Now hiring. For info call 219-794-0010 ext. 7619, 8 a.m. to 10 p.m. 7 days.

Services

COAL MINE SAFETY CLASS
Annual retraining; surface and underground; 48 hour new miner training; Mine Foreman retraining. Call 285-0650.

Coal Trucks Cleaned \$50.00
Boyd's Steamcleaning Service Stanville, Ky 606-478-1477

DOZER AND BACKHOE WORK: Specializing in building sites. Will work Floyd and surrounding counties. Call Martin Excavating, 606-377-6210.

DOZER FOR HIRE: Contract or hourly. Call 478-2717.

ECONOMY TREE SERVICE: Tree cutting, topping, removal, dead limbing and cabling. Twenty-one years experience. Licensed, insured and bonded. Bill Rhodes, owner. Dump truck, chipper and winch. Call 1-800-742-4188 toll free for free estimates. (Local 606-353-9276.)

NEED A RIDE?
Call Martin City Cab. We accept Medicaid. Long or short trips. 285-0320
Owners: Bill and Judy Barnett

B&D FENCE CO.
All types of fences sold and professionally installed. Also will do repairs. Free estimates. Call 606-886-6752.

CARPENTRY WORK, siding, painting, tree trimming, remodeling, grass cutting, etc. Call 452-9812 after 6.

R.A. TAYLOR CHIMNEY CLEANING SERVICES AND PAINTING COMPANY
Both services available anytime. Call 886-8453.

RICE'S ROOFING AND CONSTRUCTION. Shingles, metal or rubber roofs. Carpentry work, vinyl siding and decks. Over 16 years experience. Free estimates. Call 886-0809.

TREE CUTTING AND TRIMMING, topping, brush removal, etc. Large or small jobs. Free estimates. Call 874-9271.

WILL BABYSIT IN MY HOME with your child. Eight weeks to 3 years old. I have been doing this for 38 years in Prestonsburg. I will accept two children. Call 886-9918.

WILL BABYSIT IN YOUR HOME by the day. Will sit with elderly lady or do housework. No heavy lifting. Call 886-9078.

YARD WORK, HILLSIDE CLEANING, TREE TRIMMING. Also have firewood for sale. Phone 874-9847.

EXCAVATION: D-4 Dozer, small loaders, dump and roll back truck. House seats, dirt moved, ditching work and equipment hauling. Call 874-0391 or 285-9900 anytime.

FOR THE BEST RATES—CALL YATES!
Yates Cab Service, 24 hour service. Local and long distance transportation. Now accepting Medicaid. 886-3423.

LAFFERTY ROOFING HC 70 Box 620 Prestonsburg, KY Commercial/Residential
"No job too large or too small." Call 606-886-2701 or 606-886-3597.

MITCHELL'S ELECTRONICS
We repair TVs, VCRs, Camcorders, microwaves. Free estimates. 90 day guarantee. Call us at 478-9300. Located at Stanville.

NEED A STONE MASON? We do anything in stone—anything! Also doing colored stucco. For all your masonry needs call 886-6938.

OLAN'S METAL BUILDINGS HC 36 BOX 50 HAZARD, KY 41701 606-439-4866
Direct buy pole buildings; all steel buildings; carports; buy painted steel roof and siding panels; building insulation; residential and pole barn wood trusses. Olan's carries a full line of wood and metal building accessories. We build to suit your needs.

Legals

NOTICE OF ENACTMENT AND SUMMARY

OF BOND ORDINANCE ORDINANCE OF THE CITY OF PRESTONSBURG, KENTUCKY, AUTHORIZING AND PROVIDING FOR THE ISSUANCE AND SALE OF \$2,000,000 PRINCIPAL AMOUNT OF CITY OF PRESTONSBURG, KENTUCKY MOUNTAIN ARTS CENTER REVENUE BONDS, SERIES 1995 FOR THE PURPOSE OF FINANCING THE COST (NOT OTHERWISE PROVIDED) OF THE ACQUISITION, CONSTRUCTION AND EQUIPPING OF A MOUNTAIN ARTS CENTER IN SAID CITY; SETTING FORTH TERMS AND CONDITIONS UPON WHICH SAID BONDS MAY BE ISSUED AND OUTSTANDING; PROVIDING FOR THE PLEDGE OF A PORTION OF THE CITY'S TRANSIENT ROOM AND RESTAURANT TAX TO SECURE PAYMENT OF SAID BONDS; PROVIDING FOR THE COLLECTION, SEGREGATION AND DISTRIBUTION OF THE REVENUES OF SAID MOUNTAIN ARTS CENTER; AND PROVIDING FOR AN ADVERTISED, PUBLIC, COMPETITIVE SALE OF SAID BONDS.

As required by KRS 83A.060(9), I hereby certify that an Ordinance bearing the above title was given first reading (by Title and Summary) by the City Council of the City of Prestonsburg Kentucky, at a duly convened meeting of said City Council held on May 22, 1995, and was given second reading (by Title and Summary) and enacted by said City Council at a duly convened meeting held on June 12, 1995, and that the following is a Summary of such Ordinance prepared by Wm. Carl Fust, of the firm of Rubin Hays & Foley, Attorneys at Law, Louisville, Kentucky. (Signed Wm. Carl Fust)

SUMMARY OF ORDINANCE

Said Ordinance authorizes the issuance of \$2,000,000 of City of Prestonsburg, Kentucky Mountain Arts Center Revenue Bonds, Series 1995 (the "Bonds"), for the purpose of financing the cost (not otherwise provided) of the construction of the Project referred to in said title; authorizes interim financing to pay the costs of said Project pending the issuance of the Bonds; designates Architects for the Project and the depository bank of the proceeds of the Bonds and of certain funds to be maintained in connection with the Bonds; provides for a Sinking Fund for the payment of principal and interest on the Bonds, an Operation and Maintenance Fund, and a Depreciation Fund; provides that said Bonds are secured by a pledge of one (1%) percent of the Transient Room and Restaurant Tax assessed by the City and the gross revenues of the Project; establishes the method of payment of the principal and interest on the Bonds, and the conditions and restrictions for the issuance of bonds ranking on a parity with the Bonds; provides certain covenants of the City for the further protection of the holders of the Bonds, including covenants as to compliance with the Internal Revenue Code; and prescribes terms and conditions upon which bids will be received for the purchase of the Bonds.

A copy of the full text of said Ordinance is available for public inspection during regular business hours, Monday through Friday. (Signed Sue W. Webb, City Clerk, City of Prestonsburg, Kentucky 41653.)

NOTICE OF BOND SALE

Sealed bids will be received by the City of Prestonsburg at the city hall in Prestonsburg, Kentucky (address mail bids to the undersigned), until 6:00 P.M., E.D.T., on June 26, 1995, for the purchase of

\$2,000,000 of City of Prestonsburg, Kentucky Mountain Arts Center Revenue Bonds, Series 1995 (the "Bonds"), to be dated as of the date of delivery and bearing interest from that date, payable semiannually, maturing on January 1, 1998 through 2035. Minimum bid, par value (\$2,000,000). The United States of America acting through the U.S. Department of Agriculture (the "USDA") will submit a bid for the purchase of the Bonds. In the event that a bid(s) from non-governmental bidder(s) shall be received, the rate and terms of which are determined by the USDA to be reasonable, then such USDA bid will be withdrawn. Good faith check, \$40,000. Approving legal opinion by Rubin Hays & Foley, Municipal Bond Attorneys, Louisville, Kentucky. The Bonds will be issued on tax-exempt basis, subject to certain qualifications set out in detail in the Official Notice of Sale of Bonds. Bid Forms, Official Notice of Sale Bonds and other information may be obtained from the undersigned. (Signed) Sue W. Webb, City Clerk, Prestonsburg, Kentucky. W-6/4

ADVERTISEMENT FOR VEHICLES

Sealed bids for furnishing one (1) new 1995 or 1996 ten (10) passenger vehicle with wheelchair lift and one (1) fifteen (15) passenger vehicle will be received at the Sandy Valley Transportation Services' office, by Peggy Rice of Sandy Valley Transportation Services, Inc. until 3:00 p.m., July 14, 1995, and thereafter will be publicly opened and read.

All bids must be submitted on a form of proposal supplied by Sandy Valley Transportation Services, Inc. These forms, specifications and related information may be obtained by contacting Peggy Rice at the Sandy Valley Transportation Services' Office, 80 Resource Drive, Prestonsburg, Kentucky, 41653. Phone 606-886-1936 or Fax 606-886-7039.

Sandy Valley Transportation Services, Inc., reserves the right to reject any and all bids, if such action best serves the public interest, and to waive any and all informalities. W-6/14, 6/21

NOTICE OF INTENTION TO MINE

Pursuant to Application Number 836-5196, Renewal No. 1

In accordance with the provisions of KRS 350.055, notice is hereby given that Clark Elkhorn Coal Company, P.O. Box 2805, Pikeville, KY 41502, has applied for renewal of a permit for an underground mining operation. The proposed operation will affect a surface disturbance of 14.20 acres and will underlie an additional 118.75 acres for a total permit area of 126.45 acres located 1.0 miles east of Betsy Layne in Floyd and Pike Counties.

The proposed renewal is approximately 0.25 miles west from CR-1509's junction with CR-1510 and located 1.0 miles east of Levisa Fork. The latitude is 37° 33' 18" N, and the longitude is 82° 37' 00" W.

The proposed renewal is located on the Broad Bottom USGS 7 1/2 minute quadrangle map. The surface area to be disturbed is owned by the East Kentucky Energy Corporation. The proposed renewal will underlie land owned by the East Kentucky Energy Corporation; Oakie Lawson; Rena McKinney; James Gunnells; E.W. Collins; Tom & Martha Keathley; Robert Hughes; and Leon Stratton. The operation will use the underground method of mining.

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 41653-1397. 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-6/14, 6/21, 6/28, 7/5

ADVERTISEMENT FOR BIDS

Separate sealed bids for cleaning services and floor care (Prestonsburg, Salyersville, and Grethel) locations will be received by Big Sandy Health Care, Inc. at the administrative office, 1709, Ky. Rt. 321, Suite 3, Prestonsburg, Ky. 41653, until 5:00 p.m. June 23rd, there at said office publicly opened and read.

The information for Bidders, Form of Contract, requirements as to conditions of employment and specifications may be obtained at said office. References must be provided.

The corporation reserves the right to waive any information or to reject any and all bids. W-6/14, 6/21, 6-6/16

PUBLIC HEARING NOTICE

To all interested citizens of the City of Wayland, Floyd County, Ky.

The Kentucky Department of Local Government is accepting applications under the 1995 Community Development Block Grant (CDBG) Program. The following information concerning the CDBG program is available for public inspection.

A. Amount of funds available and range of activities that may be undertaken.

B. Estimated amount of funds proposed to be used for activities benefiting persons of low and moderate income.

C. Plans for minimizing displacement of persons as a result of activities assisted with CDBG funds and plans for providing assistance to those persons to be actually displaced as a result of CDBG-funded activities.

D. Records regarding past use of CDBG funds.

E. A summary of other important program requirements.

The above information is available at the Wayland Fountain Restaurant and Wayland City Hall Wednesday, June 14, 1995, through Thursday, June 22, 1995, during regular business hours.

The City of Wayland will hold a public hearing prior to the submission of any application. The public hearing will be held on Thursday, June 22, 1995, at 6 p.m. at the Wayland Senior Citizens Center. The main purpose of this hearing is to obtain views on housing and community development needs, review proposed activities, review the proposed application, solicit public comments and inform citizens that technical assistance is available to help groups representing low and moderate income persons in developing proposals.

COMMENTS ON APPLICATION

A copy of the CDBG application will be on file in the Office of the Mayor, Wayland City Hall, and at the Wayland Fountain Restaurant for citizen review and comment. The application will be available for review during business hours from Monday, July 3, through Wednesday, July 12, 1995. Comments on the proposed application may be submitted to Mayor Gene Mullins, City of Wayland, Wayland City Hall (State Rt. 1086), Wayland, Ky. 41666.

The City of Wayland is an Equal Opportunity Employer W-6/14

ADVERTISEMENT FOR VANS

Sealed bids for furnishing a new 1995 fifteen passenger van will be received at the Big Sandy Area Development District office, by Bonnie Hale, Director of Human Services, on behalf of Mud Creek Senior Citizens Program, Inc., until 3:00 p.m. June 23, 1995, and thereafter will be publicly opened and read.

All bids must be submitted on a form of proposal supplied by BSADD. These forms, specifications and related information may be obtained by contacting Bonnie Hale at Big Sandy ADD 100 Resource Drive, Prestonsburg, KY 41653.

Mud Creek Senior Citizens Program, Inc. reserves the right to reject any and all bids, if such action serves the public interest, and to waive any and all informalities. F-6/9, W-6/14

NOTICE TO BID

The City of Prestonsburg will be accepting bids for laying blacktop on city streets and properties, as needed, for the 94-95 fiscal year. The bid should be based on the TOTAL PRICE PER TON LAID. The City will be utilizing state price contract for materials. Bids must be submitted to the City Clerk by 4 p.m., June 20, 1995. The city has the right to accept or reject any or all bids.

The City of Prestonsburg is an EQUAL OPPORTUNITY EMPLOYER. F-6/9, 6/16, W-6/14

NOTICE OF BOND RELEASE

In accordance with KRS 350.093, notice is hereby given that Costain Coal, Inc., 251 Tollage Creek, Pikeville, Kentucky 41501 has applied for a Phase I bond release on Increment #1 of permit number 898-0284 which was last issued on January 12, 1995. The application covers an area of approximately 70.50 acres located 5.7 miles southwest of Pikeville, KY in Pike and Floyd Counties.

The permit is approximately 4.2 miles southwest from Pike 1289's junction with KY Route 1426 and located 1.1 miles south of Island Creek. The latitude is 37° 25' 04". The longitude is 82° 36' 17".

The bond now in effect for Increment #1 is a surety bond for two hundred forty-two thousand nine hundred dollars (\$242,900.00). Approximately sixty percent (60%) of the original bond amount of two hundred forty-two thousand nine hundred dollars (\$242,900.00) is included in this application for release.

Reclamation work performed includes: backfilling, final grading, seeding and mulching completed in the Fall of 1991.

Written comments, objections, and 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 July 14, 1995.

A public hearing on the application has been scheduled for July 21, 1995 at 10:00 a.m. at the Department for Surface Mining Reclamation and Enforcement's Pikeville Regional Office located at 109 Mays Branch Road, Pikeville, Kentucky 41501. The hearing will be cancelled if no request for a hearing or informal conference is received by July 14, 1995.

W-6/7, 6/14, 6/21, 6/28

NOTICE OF BLASTING SCHEDULE

DFM, Inc., P.O. Box 367, Allen, Kentucky 41601, gives notice that blasting operations will be conducted on its coal mine permit of approximately 662.83 surface acres owned by David Mayo & Dr. Porter Mayo, M & M Enterprises, Joe & Mageret Spradlin & Mary Dameron, E. B. Sr. & Mary B. May Estate, David & Lois May, Eugene & Annis Goble, S.P. Davidson Heirs, Woodrow & Narcie Burchett, Jonah & Norma Stepp, Greg Horn, and Taulby Fraley & Mary McGuire.

Said operation is located approximately 0.75 miles west from KY 1428's junction with KY 3, and located 0.1 miles east of the Levisa Fork of the Big Sandy River. The latitude is 37° 41' 00". The longitude is 82° 45' 13".

Detonations of explosives will occur from sunrise to sunset during January 1, 1995 to December 31, 1995. Entry blasting area will be regulated by signs and barriers. An authorized company representative will prohibit access to the blasting areas by unauthorized persons at least (10) ten minutes before each detonation. Before each blast is detonated, the following type(s) of audible warning will be given: Five (5) minutes prior to blast, three (3) long sounds of an air horn or siren; immediately before blast, three (3) short sounds of an air horn or siren. The all-clear signal(s) after blasting will be one (1) long blast from an air horn or siren. The all-clear signal will be (1) one

long blast of an air horn or siren. These signals will be audible within one half mile of the blasting site. Events which could necessitate blasting at unscheduled times include, but are not limited to rain, lightning, other atmospheric conditions, or deteriorated explosives which involve personnel, operational or public safety. Any major alteration of this blasting schedule will be published. This notice is published pursuant to KAR 405 and the regulations relating thereto. Kentucky Permit Number 836-0227 MSHA I.D. Number 15-17327.

This notice of blasting schedule supercedes all previous notices of blasting for permit 836-0227. W-6/14

NOTICE OF BOND RELEASE

In accordance with the provisions of 405KAR 10:040, notice is hereby given that H. H. & R. Coal Company, Inc., P.O. Box 159, Betsy Layne, Kentucky 41605, intends to apply for a bond release on Permit Number 436-5063 which was last issued on November 2, 1988. The application covers an area of approximately 2.92 acres located .25 miles south of Galveston in Floyd County.

The permit is approximately 4 miles south from Ky. 979's junction with Branhams Creek. The latitude is 37-26-17. The longitude is 82-37-54.

The total bond now in effect is surety bonds for \$1,900.00 of which 100% is to be released which would constitute a phase 3 release.

Reclamation work performed includes: backfilling, final grading, seeding, mulching and planting of trees completed May 16, 1990. Results achieved include growth of vegetation as per the revegetation plan.

This is the final advertisement of this application. Written comments, objections, requests for a public hearing must be filed with the Director of the Division of Field Services, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601, by date 30 days from the last advertisement, which should be July 14, 1995.

A public hearing has been scheduled for July 18, 1995 at the Department of Surface Mining Reclamation Office, 2705 South Lake Drive, Prestonsburg, Kentucky, at 9:00 a.m.

The Hearing will be cancelled if no request for a hearing is received within the time frame stated above. F-5-26, W-5-31, 6-7, 6-14

NOTICE OF INTENTION TO MINE

Pursuant to Application Number 836-5238, Renewal

In accordance with KRS 350.055, notice is hereby given that CONSOL of Kentucky Inc., P.O. Box 130, Mousie, Ky. 41839, has applied for renewal of a permit for an underground coal mining operation located approximately 0.9 mile north-east of Handshoe in Knott and Floyd Counties. The proposed operation will disturb 10.33 surface acres and will underlie 560.00 acres, and the total area within the permit boundary will be 570.33 acres.

The proposed operation is approximately 0.2 miles west from County Road 1280's junction with Kentucky Route 2029 and located .03 miles southwest on Lick Fork of Saltlick Creek. The latitude is 37° 28' 47". The longitude is 82° 53' 38".

The proposed operation is located on the Handshoe U.S.G.S. 7.5' quadrangle map. The surface area to be disturbed is owned by Leslie Bradley. The operation will underlie land owned by CONSOL of Kentucky Inc., Sammie Handshoe, Henry Bolen, Levisa Coburn Estate, Mitchell Stephens, Leslie Bradley, Sharon Chaffins, Kermit Handshoe Heirs, Harris Handshoe Heirs, Cora Wireman Heirs, Kirk Shepherd, Willie Shepherd Heirs and the Floyd County Fiscal Court. The operation will affect an area within 100 feet of public road Lick Fork Road. The operation will not involve relocation of the public road. 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 41653-1455. Written comments, objections, and requests for a public hearing or informal conference must be filed with the Director, Division of Field Services, #2 Hudson Hollow Complex, Frankfort, Kentucky 40601. W-6/14, 6/21, 6/28

NOTICE OF INTENTION TO MINE

Pursuant to Application Number 836-5019, Revision No. 3

In accordance with KRS 350.070, notice is hereby given that C. & H. Coal, Inc., 4800 Ky. Route 2030, Printer, Kentucky, 41655, has applied for a major revision to an existing underground coal mining and reclamation operation located 1.00 mile west of Honaker in Floyd County. The major revision will add 0.00 acres of surface disturbance and will underlie an additional 0.00 acres making a total area of 154.38 acres within the revised permit boundary.

The proposed major revision area is approximately 1.00 mile west from Ky. Route 2030 junction with Big Branch Road and located on Big Branch of Little Mud Creek. The latitude is 37-31-15. The longitude is 82-41-32.

The proposed major revision is located on the Harold U.S.G.S. 7.1-2 minute quadrangle map. The surface area to be affected by the major revision is owned by Robert Ratliff.

The major revision proposes a post mining land use change of pastureland.

The major revision 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 this application; all comments, objections or requests for a hearing or conference must be received within 30 days of today's date. 11.

NOTICE OF BOND RELEASE

In accordance with KRS 350.093, notice is hereby given that Pen Coal Corporation, 415 South Lake Drive, Prestonsburg, KY 41653 has applied for a Phase I bond release on increments no. 8 and 9 of permit number 836-0241 which was last issued on 8/4/94. The application covers an area of approximately 189.25 acres located 0.75 miles west of Colliery in Floyd County.

The permit area is approximately 0.5 miles north-west from CR 1074 junction with CR 1076 and located along Jarrell Fork. The latitude is 37 degrees, 35' 57". The longitude is 82 degrees, 45' 07".

The bonds now in effect for increment #8 and #9 are surety no. 14-32-04 for \$45,100 and 14-32-05 for \$29,400, respectively. Approximately 60% of the original bond amounts of \$45,100 and \$29,400 are included in the application for release.

Reclamation work performed includes: backfilling, grading and seeding. Written comments, objections, and 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 7/28/95.

A public hearing on the application has been scheduled for 10:00 a.m. on 8/1/95 at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, Kentucky 41653-1455. The hearing will be cancelled if no request for a hearing or informal conference is received by 7/28/95. W-6/7, 6/14, 6/21, 6/28

Solitaire

by Mike Rosenberg

The Catalina adventure

Know it's been awhile since I graced (or cluttered) the pages of the Times, but I've finally had some room to breathe on this end now that I've finished my program. Actually, I'm in the midst of packing up my earthly possessions for my move from Tucson, but that's a whole other story.

I've enjoyed being able to kick back for a little while and do some things around the Naked Pueblo that I haven't had a chance to while I've been in school. A couple of days ago, a woman in my program, Kim, and her friend Christie invited me to go hiking with them in the Catalinas—the mountains just north of the city. Kim always talked about how much hiking she did and how much fun it was. I said "Sure," even though it meant getting up a little earlier than I'm used to.

We got together in the early desert morn and headed to the trailhead. The trail was only about 2 miles long, but it carried a 3,500 foot vertical climb—which is not exactly something you'll find at Jenny Wiley. And just as we were getting ready to head out, it dawned on me that both Kim and Christie are cross-country runners. Staring up the mountain, I was filled with a sense of dread.

Yes, it looked bad for the Mike-man.

Another thing about Kim—she's one of those rare individuals with seemingly limitless energy and a perpetual smile on her face. She immediately grabbed the lead, tearing up the trail like some mutation of a sports car and a mountain goat. I thought I

was doomed, but I remembered the one force more powerful than fatigue.

The Male Ego.

No way was I going to get caught way behind these two and show my obvious weakness. No. I firmly planted myself between the two of them and kept telling myself that I'd soak in my apartment complex's jacuzzi for a day if I had to. We pressed on.

Actually, it was quite a nice hike. As we climbed, it gradually got cooler (we're into regular 100 degree days in the Pueblo) and I suppose I got a little more acclimated to the prospect. We hiked for a couple of hours and got to the end of the trail. The trail

ends in a rather unspectacular wash, but we were at the foot of this hill topped by a cool rock formation. We collectively decided to head up to the rocks to find a place to sit and scarf some munchies.

In doing so, we violated Rule #1: "Stay on the trail!"

We climbed this hill and some of the rocks—basically free climbing, since it was basically straight up. About three-quarters of the way up, I took a bad step and managed to have an argument with a mesquite. Mesquites are hardwood bushes from which charcoal briquettes are made. They're covered with a blackish powder. In any case, I ended up covered in soot from head to foot, and I smelled like an uncleaned grill. So it goes.

We did make it to our destination, ate and drank, and Kim decided to head down by a different route, since "It'll be easier this way." We made our way down the hill, and, of course, there was no sign of the trail. Undaunted, Kim basically headed off down the mountain, looking for any sign of our trail. While for the next 45 minutes, we found no trail, what we did find were plenty of yucca and cholla.

Yucca is basically a plant made up of green daggers that punish bare skin. Cholla (pronounced choy-ya) is known in these parts as "jumping cactus" since the slightest contact causes this devilish plant to fire its poison-tipped quills into the nearest soft area, which turned out to be my shoulder, ankle, leg, etc.

Since there was no trail in sight, Kim's next idea was to climb the ridge that we came down to see if we could get back on another trail. This meant more free climbing, more cholla, more yucca, and groans of discomfort from one tired writer. I almost got my leg broken when Christie accidentally let loose some pretty large rocks when we were heading up and we came close to disturbing a rattlesnake who was catching some rays. An hour almost passed, and we stumbled (a completely operative term here) on our original trail. Freely bleeding from various leg wounds, we headed down the mountain.

But I wasn't out of the woods yet. I hadn't planned on being out quite that long, and I ran clean out of water. By this point, it was midday, and the desert was giving us one of the first mid-100 days of the season. I kept mumbling to myself, "Left foot forward, right foot follow..." I asked myself what else could happen, and in response...


...Kim burst into song. And she kept singing. Like clockwork. Every 15 minutes. Now it's not that Kim has a bad voice, but her selection of music at this point was a little much. When you're sunburnt, dehydrated, tired, and out of water, the last thing you want to hear are rousing renditions of "Happy Trails," "You Are My Sunshine," and "The Sound of Music." I felt like Jon Cusack in "The Sure Thing." Show tunes and sunburn don't mix. Christie and I kept looking at each other with glances that said unmistakably, "They'll never find the body..."

But we did make it out alive, although we hadn't intended a six-hour hike in 100 degree weather. At least the pulled muscles in my legs are starting to return to normal, and now I have another story about being literally led astray by a woman.

My days in Tucson are numbered, and I have to get back to packing. Keep the faith, carry plenty of water, and remember to stay on the trail.

At least if there are cholla about... Later days.

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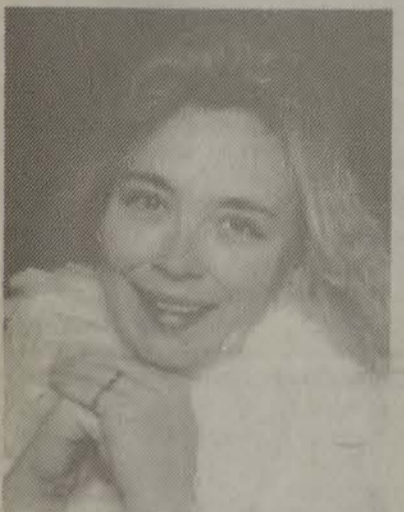
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FINANCING AVAILABLE

Meade honored by headstart



Beth Simpson Meade

Beth Simpson Meade, of Allen, was chosen Parent of the Year Runner Up for the Floyd County Headstart Program. She was sent to the 1995 Kentucky Headstart Association in Louisville, Kentucky to represent Floyd County Headstart.

Meade serves as Allen Headstart Parent Group chairperson and she attends Morehead State University.

She encourages parents in Floyd County to sign their children up for the Headstart Program.

She is the wife of Thomas Ray Meade and daughter of Joe Douglas Simpson of Martin and the late Minnie Faye Simpson. She is the granddaughter of Dixie Lawson of McDowell.



Tolvey J. Abshire
Sherry Leigh Salisbury

Abshire-Salisbury

Tolvey J. Abshire and Sherry Leigh Salisbury announce their engagement and forthcoming marriage.

Ms. Salisbury is a graduate of Betsy Layne High School and is also a 1995 Pikeville College graduate with a degree in early elementary education.

Mr. Abshire attended Feds Creek High School. He is presently employed at Deskins Motors Company.

The wedding will be held June 17 at 2 p.m. at the Betsy Layne Church of Christ at Betsy Layne. The church will be open to the public.

A good marriage is that in which each appoints the other guardian of his solitude.
—Rainer Maria Rilke

FRIDAY, JUNE 16TH, 9:00 TO 8:00
SATURDAY, JUNE 17TH, 9:00 TO 6:00



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Art provides 'color' in a gray life...

by Pam Shingler
Contributing Writer

The colors in Ruby Laney's paintings are brilliant and bold. Vibrant yellows, crisp greens, shocking blues, daring purples—all leap off the canvas.

Colors have always been important to the 60-year-old Prestonsburg woman. When she was a young schoolgirl on Abbott Creek, color was how she identified her mother when the older woman appeared to walk her home after school.

"I could pick out my mother by the color I'd seen her wear that morning, especially her head scarf," says Laney. That ability to identify people and things is particularly important because Laney has been legally blind for most of her life.

But despite her eye condition, the elfin woman has always loved to read and to draw. As a child, she "sneaked" to read comic books because the colors excited her imperfect eyes. The vividly printed books, she believes, "developed my love of color."

Since she could hold a pencil, Laney has been drawing. "I drew on everything—cardboard boxes, anything," she says. "But my family was very protective. They said my drawing was a waste of time, that I couldn't make a living at it."

Now with six decades of life behind her, her children grown, and her husband and parents dead, Laney is taking up art with a fury. Last year she moved back to Floyd County from Magoffin County, which had been home for 14 years, and enrolled as a freshman at Prestonsburg Community College.

At the college's student art show this spring, Laney displayed three of her creations and sold two of them—which may prove her family's early concern wrong.

Professor Tom Whitaker calls his student's work "the purest, freshest, most spontaneous I've seen in a long time." A noted and accomplished artist himself, Whitaker says Laney "is untainted by society's values—she has her own. She is wise to the art of the hills."

Though he hates to label art, Whitaker says Laney is what is known as a "primitive" artist, meaning she has little formal training in art and has her own approach. "Most artists are trying to do it the way someone else says, but she follows her own guidelines," he says.

Whitaker adds that, though she is his student, he has no intention of trying to "train" her. "For me to destroy her purity would be horrible."

Laney is critical but unapologetic about her own work. "I told Tom, 'You all paint what you see, I paint what I think I see,'" she says with a laugh. "My paintings ain't as good as I'd like them to be, but neither is my eyesight."

She adds, philosophically, "Sometimes art is not pretty, and sometimes it's pretty to some, but not to others."

Many of her subjects come from "the glimmer of an old memory" of growing up on Abbott and Bonanza—an uncle's barn, the old Neeley School, clapboard farm houses, flower gardens. Some recall sights she saw during stays in Indiana, Ohio and West Virginia as a young daughter and young wife.

Laney's art and her use of color reflect a tenacious optimism in a life that, by all accounts, has been unrelenting in its hardships and grayness.

A tiny woman ("I never weighed a hundred pounds in my life, even when I was pregnant"), Laney was born at Garrett to Fred and Arretia Gilpin. Her mother left her father, whom Laney describes as a "womanizer and not a nice person," when the artist was still a child.

She spent part of her youth with her mother and maternal grandparents, Sol and Millie Wadkins, at Abbott. In addition to the eye condition and asthma, she is an epileptic and has had to endure the prejudices and fears of people who don't understand the seizures that sometimes wrack her slim frame.



I paint what I think I see — Ruby Laney

She quit school after the eighth grade and had a child when she was still one herself—14 years old. "My mother and grandmother helped me. What one didn't know, the other did, and they let me know," she laughs.

In her twenties, she married Howard Laney and had four more children. One of those children was struck and killed by a car in 1974.

Contributing to her gaunt look, all of her teeth had been pulled by the time she was 30. She had been advised that her teeth were "poisoning her system" and contributing to her health problems.

But by far her greatest health problem was ahead. When Laney was in her late 30s, she had a stroke "without warning." She was confined to bed for months and moved only with a wheelchair for nearly 14 years. "My kids still needed taking care of, but they kept trying to take care of me," she recalls.

Laney credits her ability to walk again to "a miracle." Following a church meeting in 1988 where the ministers

prayed for her, she says she began to walk. "I can't explain it," she says. "Some may say that I could have walked all along if I'd wanted to, but I tell you if I could have walked if I wanted to, I'd have walked the day after the stroke. I call it a miracle."

Her art played a big role in helping her cope with the disability. "After the stroke, I drew to keep from going crazy. If you're in that condition, you have to have something to occupy you," she explains. "I never did like to take a lot of pills."

Drawing was my nerve medicine."

Although she credits her husband for taking care of her during the early years of her confinement, the two divorced before she began walking again. However, after he was diagnosed with cancer in the late '80s, they remarried and she took care of him until he died in 1992. "He looked after me in my worst times, so I thought it was only right that I look after him," she says.

It was her husband, in fact, who talked her into studying for her GED through the Christian Appalachian Project's literacy program and encouraged her to continue with her art work. "He didn't want me to sit around and dry up and blow away," she says. "When I got the GED, he said, 'Do something with it.'"

(For her college work, she uses a type scanner attached to a television monitor which enlarges book pages and allows her to read and keep up with assignments.)

Her latest health battle is with arthritis, which has bowed her feet from a size 6-1/2 shoe to a child's 2-1/2. The disease has also gnarled the fingers on her graceful hands, but she refuses to let it stifle her drawing. "I just hold my hands under hot water until they get to moving," she says.

Living in an efficiency apartment on a limited income, she has also learned to use what is available when it comes to her art. She uses a kitchen chair as an easel and paints most often on Masonite rectangles, which a son-in-law cuts from large sheets. Some of her work is on canvas, but it's too expensive, she says, to use regularly.

In addition to the paintings she sold as a result of the student art show, Laney is buoyed by other sales she made during a recent conference at Camp Shawnee at Jenny Wiley State Resort Park.

But the prospect of selling her work is not what sustains the sharp-featured senior citizen. "If I never sell another one—which I hope I do—I still enjoy painting," she says. "You get to concentrating on what you're doing and for a little while you forget your worries. Sometimes I come out with something that has no rhyme or reason, but it's mine."

Laney's goal now is to transfer to Morehead State University to major in art, to continue with her own creations, and perhaps to teach others to enjoy the "therapy" of art and color that has sustained her.

"My nerve medicine"



Ruby Laney adds color to her life with her vibrant paintings.



Smart Moves

BUSINESS SENSE

by Linton Wells II
Dean Witter Reynolds, Inc.

With higher tax brackets, many Americans are faced with paying higher personal income taxes. This means that more of your hard-earned money will be going to the Internal Revenue Service. If you're regularly paying taxes on earnings you simply reinvest and are not now using, it may be time to think of alternative investments to help you minimize your current tax bill.

The tax law at a glance...

The top tax rate is 36% for single individuals with taxable income from \$115,000 to \$250,000 in 1994 and \$117,950 to \$256,500 in 1995, and for couples with taxable income from \$140,000 to \$250,000 in 1994 and \$143,600 to \$256,500 in 1995. Taxable income above \$250,000 in 1994, and \$256,500 in 1995 is subject to a 39.6% top tax rate. In addition, a single retiree with income (including a portion of his or her Social Security benefits) exceeding \$34,000 or a couple with an income above \$44,000 are taxed on up to 85% of Social Security money received. Incomes between \$32,000 and \$44,000 for marrieds, and incomes between \$25,000 and \$34,000 for singles, are subject to the old 50% rule. For this purpose, income is defined as adjusted gross income, tax-exempt income, and one-half of the Social Security benefit.

If you fall into one of these categories, you will be paying more taxes unless you properly prepare yourself. Luckily, there are still several investments available that are designed to help you reduce your current tax bill and maximize your investment earnings.

Tax-deferred annuities...

One of the most effective investments in planning your tax strategy today is the annuity. Annuities, which are contracts sold by Life

Insurance Companies, offer a variety of benefits, including tax advantages. All earnings inside a deferred annuity grow free from current income tax until you decide to withdraw funds. This allows more of your money to work harder to meet your long-term goals. There are three basic types of annuities that can be used to help reduce your tax bill: Fixed, variable and immediate annuities.

Fixed annuities. Fixed annuities are designed for the conservative investor looking for competitive returns, safety, and a 100% guarantee of principal. Until funds are withdrawn, the annuity grows free from current taxation. Through the tax deferral feature of the fixed annuity, your money earns interest in three ways: 1. On the original principal, 2. On your interest, and 3. on the money that you would ordinarily pay in current income taxes. This compounding allows more of your money to grow faster toward reaching your future financial goals.

Variable Annuities. If you understand and are comfortable with investment risk, the variable annuity may be an ideal investment to help you reduce your current tax bill. Variable annuities combine the long-term growth potential, flexibility and investment options of mutual funds with the annuity's ability to defer taxes. Any interest, dividends and capital gains are automatically reinvested free from current tax. You do not pay taxes on any earnings until you decide to surrender your annuity or withdraw the funds.* In addition, many variable annuities provide a guaranteed death benefit that protects your beneficiary against loss of principal (minus any withdrawals), which is an unquestionable advantage over other market-sensitive investments.

Immediate Annuities. If the increased tax on Social Security benefits will impact your financial situation, you may want to consider the pur-

chase of an immediate annuity to provide tax-advantaged guaranteed current income. Each monthly payment is considered by the IRS to include a partial return of principal and would, therefore, be tax-free income that is not used in the calculation to determine taxes due on Social Security benefits. As a result, immediate annuities can provide a tax-advantaged income stream that can also help you reduce your taxable income under the threshold where you would begin to pay tax on your Social Security benefits.

If you would like more information about annuities, call or write Linton Wells II, Dean Witter Reynolds, 1200 Bath Avenue, Suite 280, Ashland, Ky. 41101, (800) 890-8833.

This article does not constitute tax advice. Be sure to consult your tax advisor before pursuing any tax-related investment strategy. Information and data in this report were obtained from sources considered reliable. Their accuracy or completeness is not guaranteed and the giving of the same is not to be deemed a solicitation on Dean Witter's part with respect to the purchase or sale of securities or commodities.

*Withdrawals of earnings are taxable and, if you are under age 59 1/2, may also be subject to a 10% tax penalty.



"My last words before he went out on the dance floor were 'shake it but don't break it.'"

New doors opening for people with disabilities

For people with disabilities, even the most ordinary task such as grocery shopping can be a major effort. But a new training program is trying to change that by using computers to open doors.

"By teaching people with disabilities to use computers, we give them access to the community and start removing some of the barriers to independence," said Howard Huston, who manages the project for the Interdisciplinary Human Development Institute (IHDI) at the University of Kentucky.

Huston, who is no stranger to turning disabilities into abilities, used grocery shopping as an example of how computers can offer more opportunities to people whose mobility is limited by physical disabilities.

"Some grocery stores now allow you to place a grocery order through on-line programs such as America On Line," Huston said. To access the shopping service, people log onto AOL and select a nearby participating grocery store. With a click of the mouse, customers can choose items from a list of products and drop them in their virtual shopping cart. After the customer arranges for payment by check or credit card, the store delivers them to the person's home. Delivery charges for this type of service range from no fee to \$12, Huston said.

Many people may assume that these types of services aren't available in smaller communities, but as Huston explained, that's not the case. For example, Winn Dixie in Nicholasville offers this service.

Huston said that in the near future, technology will allow people to view grocery items on a shelf just like in a supermarket. Using the mouse, people will be able to take an item from the shelf and rotate it to read the content label.

"You can imagine how many doors services like these open for people with disabilities," Huston said. "Providing people with an opportunity to learn the skills to take advantage of this type of technology so that they may live more independently is the main goal of the program."

"The program is funded by the Kentucky Department of Vocational Rehabilitation and is implemented through the University of Kentucky by IHDI in

association with the Bluegrass Technology Center.

While the program doesn't provide long-term training to prepare people with disabilities for a specific job, it does offer them the opportunity to obtain basic computer skills that will allow them to communicate with other people in similar situations, Huston said.

The workshops are offered at Independence Place, a disability resource center in Lexington. Eventually, the center will have its own home page on the World-Wide Web, Huston said. "From there, people will be able to connect to other resources for people with disabilities."

An assessment is conducted for workshop participants to help determine what equipment each person will need to make computer technology more accessible to them.

"When we started doing these assessments, we found several people who owned a computer and a modem, but couldn't get the computer set up or didn't know how to use it, Huston said. "We found several situations where equipment had been sitting idle for a year or more."

While the program does not provide funding for people with disabilities to purchase computers, staff members will provide information to help the person find alternative funding sources to purchase computer equipment, Huston said.

Just what each person will gain from the program will depend on many factors including the person's desire to learn, Huston said. Training will incorporate information about a number of devices including software programs that convert text to speech and text to speech for those who have visual, hearing and physical disabilities.

Huston, who has multiple sclerosis, experiences some of the same problems as the people in the program.

"My own situation has helped me address some of these issues for people with disabilities," he said. "I understand the obstacles they face and the frustration they often experience in learning a new skill. I think it has helped me to develop a better program that will be more useful to people. Because of this, we were able to establish a computer lab that will be accommodate people with disabilities."

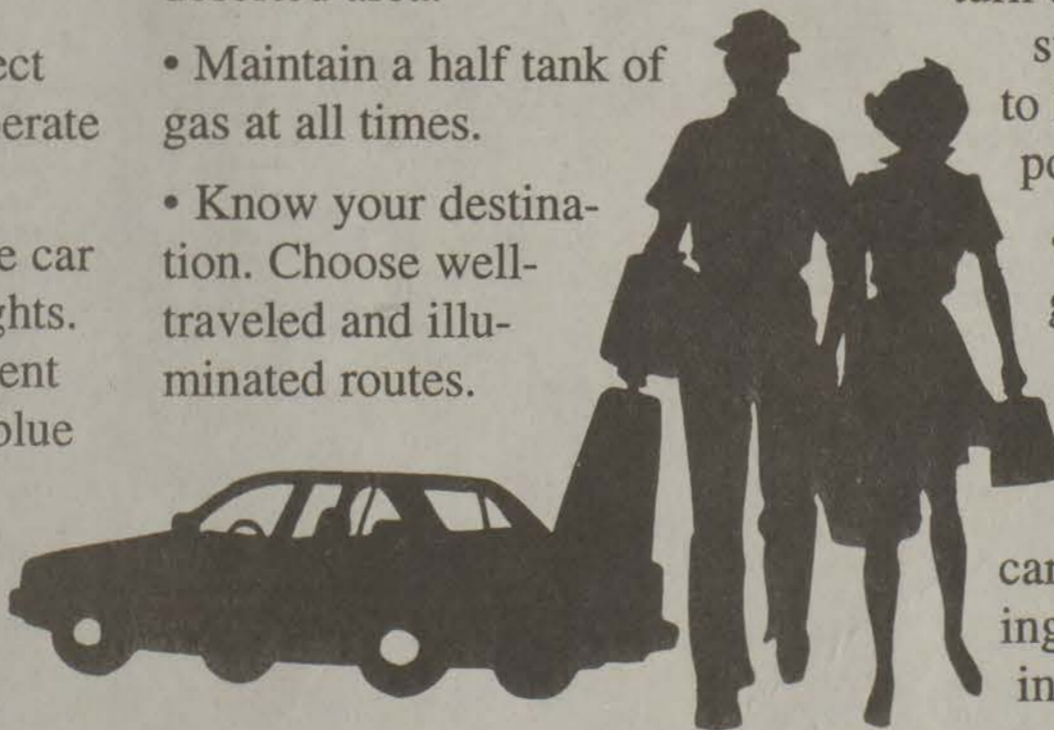
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- Don't stop if the driver in the car behind you flashes the headlights. Emergency and law-enforcement vehicles have flashing red or blue lights and sirens.
- If you are followed, head for the nearest police station, fire station or open business.

Don't head home or park in a deserted area.

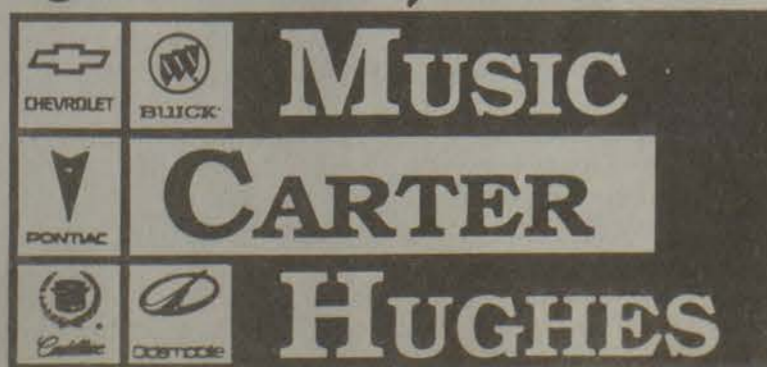
- Maintain a half tank of gas at all times.
- Know your destination. Choose well-traveled and illuminated routes.



- If your car breaks down at night, turn on your emergency flashers and stay in the car. If someone stops to help, ask them to summon police or a tow truck.
- At stoplights, leave the car in gear. If someone approaches you, be ready to honk the horn.
- As you approach your car, carry keys with the ends protruding through your fingers, to use in defense if necessary.

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Making everything old new again

by Peggy S. Person

"I have a compulsion to arrange that enters my brain whenever I enter a room," admits Caroline Levine, a Des Moines, Iowa, interior decorator. But, she says, "I believe that a room should be an expression of the people who live there, not of the decorator."

Levine also believes old possessions that reveal the owner's interests, history or personality are often far greater treasures than brand-new items. And it was that philosophy that led her seven years ago to start her own decorating business, which she calls Use What You Have Interiors.

Levine is convinced it doesn't take a lot of money to give a new look to a room. She goes into a client's home and ferrets out items that are not on display, then tries them in combination with other items, arranging and rearranging until she achieves the desired effect. If your home could use a fresh look, try some of her ideas.

Start by viewing a room from its entrance. Look for the good and bad features of the space. Do you see a dominant element that should be highlighted? Do the windows offer an appealing view that should be enhanced or perhaps an eyesore that needs to be blocked out?

Next, consider how the space will be used. Will you watch television there? "A TV is not really very attractive, so place it in a cozy niche where it won't be the focal point of the room," says Levine.

Avoid the obvious: A sofa doesn't have to go on the long wall of a room. Sometimes just moving a piece of furniture a few inches or feet makes a difference. For example, one of Levine's clients had a church pew

Levine puts her stamp on her own home by blending collectibles with everyday items.

To achieve a similar effect, go through your closets and attic looking for buried treasures. Then take an

you might add a bird's nest to show off a treasured Dresden egg."

Try these other sample suggestions from Levine to get your creative juices flowing:

—Work a collection in with the books on a shelf, rather than making it stand alone.

—Hang a musical instrument on the wall.

—Prop a well-loved and much-read book up on an easel.

—Pull an old shawl out of that trunk in the attic and drape it over the back of a sofa.

—Take an attractive platter that's rarely used and display it on the wall of your dining room.

—Frame a piece of lace or a family keepsake such as a christening dress or your Scottish grandfather's kilt.

—If you like to travel, display mementos of past trips on a shelf with a map behind them.

—Hang a quilt on the wall. To salvage a badly worn quilt, Levine suggests framing a good section or making it into a pillow or table cover.

There are no real rules to giving your home personality, Levine concedes. "Just be sure to stress meaningful items, things that are expressions of yourself."

(This article first appeared in *Mature Outlook Magazine*, which is a benefit of the Mature Outlook organization. For information on joining, call 1-800-336-6330.)

HOME Inside & Out

placed so it backed up against a window. Simply angling the pew revealed its most interesting detail—carving on its ends.

Once the basic arrangement is in place, it's time to turn your attention to the details. To make a space really come alive, Levine suggests, "Feature what has meaning to you and reflects your personal style."

object and expand on it by grouping it with other objects that are related thematically.

Levine offers an example: "Suppose someone really enjoys gardening and has some botanical prints they would like to feature. I'd hang the prints, then use a plant nearby and perhaps a photo of their grandmother's garden to personalize the scene. For a final touch,

THELMA THWARTUM — By Alex



A Public Service of AARP Criminal Justice Services

1982, 1985 by the American Association of Retired Persons

Taking inventory

by Nick Gallo

Would you be able to report a complete list of lost belongings to an insurance company in case of a burglary, fire or hurricane?

Probably not, says Melissa Leuckel, a representative with the Insurance Information Institute. "Few people expect disasters to strike, so they don't have up-to-date inventories of their furniture and other belongings," she says.

The result: You may be unable to recall household items. Even if you list items from memory, you may have difficulty proving to insurance

companies exactly what was lost and then you might have to settle for less than you deserve.

Leuckel suggests these tips:

—Go through your house, room by room, and stop at each major item. Note the contents, the serial number (usually found on the bottom or back of major appliances), the purchase date and the price paid. Attach receipts when possible.

—Back up your written record with a videotape or photos. If you are using a video camera, dictate information as you walk through the room. If you are photographing

items, write down pertinent information—including the general location of the piece—on the back of photos.

—Store your inventory list, videotape and photos in a safe place away from your home. Keep a copy handy in order to update information.

To help you get organized, write for a free brochure called "Taking Inventory." Send a self-addressed, legal-sized, stamped envelope to The Insurance Information Institute, 110 William St., New York, N.Y. 10038.

A Public Service of AARP Criminal Justice Services



1982, 1985 by the American Association of Retired Persons

Cooking up compost:

Lawn clippings are valuable resource

by Joe Bower

When you throw away lawn clippings, you're wasting a valuable resource. Grass is the perfect base for a compost pile to enrich your lawn and garden, says Craig Benton of the Composting Council.

Creating your own compost pile is easy, he explains. Combine kitchen waste, yard waste and water in a small space or a purchased compost bin. Let stand for six to 12 months, turning occasionally.

Nearly any organic item except meat, oils and dairy products can be used. Coffee grounds, egg shells, fruit rinds, spoiled vegetables, leaves and dead flowers are com-

mon ingredients, Benton says.

ART OF COMPOST

Composting saves landfill space and lowers garbage bills, says Craig Benton of the Composting Council, adding that two-thirds of the waste stream is composed of organic materials that could be recycled through composting.

For additional information on composting:

•Contact your local municipal solid waste agency.

•Call your local U.S. Department of Agriculture Cooperative Extension office.

•Write the Composting Council, 114 S. Pitt St., Alexandria, VA

22314.

•Write the American Horticultural Society (AHS). For composting information, send \$1 and a self-addressed, stamped envelope to AHS, Education Department, MO, 7931 E. Boulevard Drive, Alexandria, VA 22308-1300.

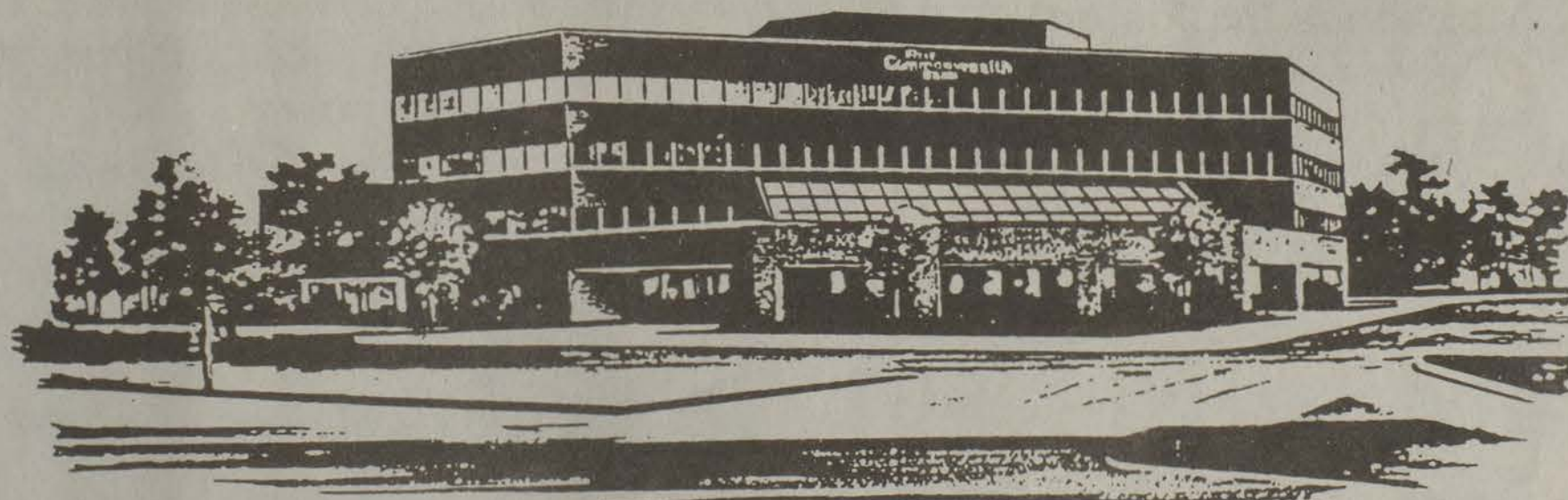
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Community Banks At Work

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Nation's retirees-to-be being wooed by the magnolia state: Florida, you've got competition.

After a sleepy past of attracting retirees from across the nation, Mississippi has launched an organized initiative aimed at enticing individuals who are looking for a secure and interesting place to retire.

As the first of its kind nationwide, "Hometown Retirement Mississippi" certifies selected cities for their desirability to retirees and markets them accordingly.

"Due to the mobile nature of people today, especially the 65 million aged 50 years and over, more Americans are discovering the advantages of living in a small city," said Bob Tillman, the initiative's director. "Mississippi has many small, all-American cities that boast low living costs (10 percent below the national average) and low crime rates (28 percent below the national average), as well as offer many recreational activities."

While there are economic advantages to the program, more importantly, State officials recognize that retirees offer a wealth of business experience and expertise to the communities. Also, retirees often become involved in community volunteer activities, civic affairs and local politics. They support the arts and enroll in courses and programs at local colleges and

universities.

After meeting certain criteria, 11 cities were chosen as Certified Retirement Communities: Aberdeen, Columbus, Corinth, Hattiesburg, Madison, Meridian, Mississippi Beach, Natchez, Oxford, Picayune and Starkville. The criteria included low cost of living, low crime rate, quality health services, quality housing, cultural and educational opportunities, and recreational offerings.

Several Certified Retirement Communities are steeped in history. Natchez, founded in 1716, is the oldest city on the Mississippi River. Oxford is an arts mecca with a strong literary community. Columbus is the home of America's first public college for women. And Aberdeen boasts 220 buildings that are on the National Register of Historic Places.

For more information about "Hometown Retirement Mississippi," and for a free Mississippi Living guide, call 1-800-350-3323.



QUICK QUIZ

Senior Savvy On Food Safety? True or False?

1. Thorough cooking kills most foodborne bacteria.
2. Cross contamination occurs when juices from raw meat, poultry or fish come in contact with cooked food or raw vegetables that won't be cooked before eating.
3. The safest way to thaw a roast or turkey is in the refrigerator.
4. Foodborne illness can be prevented by following simple rules.

All statements are true.

People over sixty are especially susceptible to foodborne illness because the immune system weakens with age.

Seniors also suffer more serious complications and need to be extra careful when ordering out and eating in. The following food safety tips can help:

- Never eat raw meat, poultry or seafood such as steak tartare, raw oysters or clams. Make sure hamburgers and ground meats are cooked until they're brown in the middle.

- At home, wash hands, utensils, cutting boards, counter and sink with hot soapy water before preparing food and after contact with raw meat or poultry.

- Always use a clean plate to serve cooked meat, not the one that held the raw meat.

- Never taste food that looks or smells strange to see if you can still use it. When in doubt, throw it out.

For more answers to food handling questions, call the United States Department of Agriculture Meat and Poultry Hotline at 1-800-535-4555, in the Washington area, call 202-720-3333, from 10 a.m. to 4 p.m., Eastern time.

Heart-healthy dining

by Joe Bower

Eating out when you're on the road doesn't mean you have to forget about healthful dining. A nutrition consulting company—Heart Smart Restaurants International—is helping eateries serve up dishes low in fat, cholesterol and sodium.

Menu items that meet its guidelines are highlighted on menus with the company's logo—a red heart surrounding the word "smart," says Judy Peters of Heart Smart.

To earn Heart Smart's seal of approval, restaurants must serve at least one item with 30 percent or less of its calories from fat, 10 percent or less from saturated fat, 1,100 milligrams or less of sodium and 150 milligrams or less of cholesterol. They also have agreed to accom-

modate the following dietary requests:

- Serve skim or 1-percent milk.
- Cook with vegetable oil rather than butter or margarine.
- Trim visible fat from meat and skin poultry.
- Offer 4- to 6-ounce portions

of lean meat, fish or poultry.

—Serve salad dressing on the side.

—Prepare a dish without

added salt or monosodium glutamate.

—Accommodate special dietary requests that are made in advance.

The company has recruited nearly 600 eating spots in 44 states, including delicatessens, steak houses, pizzerias, and fast food chains. For a list of Heart Smart-certified restaurants, call 1-800-762-7819.

(This article first appeared in Mature Outlook Magazine, which is a benefit of the Mature Outlook organization. For information on joining, call 1-800-336-6330.)



Highways & Byways

A ghostly experience

by Stephanie Shaw

When you think of spooky sites, the metropolis of Toronto doesn't jump out at you. But this city has its share of things that go bump in the night, says Danielle Urquhart, who recounts local ghost stories as she leads Ghostwalk tours around the downtown.

Among the 11 sites on the tour is the Chapter House at the University College, where a Russian stone mason was murdered in the late 1850s by his unfaithful fiancée's lover. A dark, bearded man report-

edly haunted the area until 1890, when the mason's body, hidden under the building, was discovered during renovation after a fire.

Ghostwalk tours are available six days a week from May through September. Tours last two hours and involve a lot of walking. The cost is \$10. For more information call 416-690-2825.

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AAA donates digest of motor laws to library

Motorists planning to drive out of Kentucky for a summer vacation may want to check traffic laws in different states. Some of the most common differences in state traffic laws involve seat belt use, turning right on red, radar detectors, and alcohol. For instance Tennessee only requires front seat passengers to wear seat belts, in Virginia radar detectors are illegal, and in Ohio it is illegal for drivers or passengers to have an open beer in the car.

Just in time for summer travel,

the Blue Grass Auto Club Safety Foundation has donated a copy of the 1995 AAA Digest of Motor Laws to the Floyd County Public Library. The Foundation also donated 500 copies of the book to the Kentucky State Police. "This is an

information source many drivers will find useful in planning trips," said Lilla S. Mason, Executive Director for the Blue Grass Auto Club Safety Foundation.

The Digest normally sells for \$8.95. It contains information on

traffic laws and regulations for all 50 states, U.S. territories, and Canadian provinces. For more information about summer travel safety call the Blue Grass Auto Club Safety Foundation 1-800-568-5222.

For intestinal distress: Make mine yogurt

by Michele St. George

If you travel outside the United States, you probably dread an attack of "la turista," the stomach and intestinal stress created by contaminated foods, Dennis Savaiano, a nutrition scientist at the University of Minnesota, says the one safe food you can eat almost anywhere

is yogurt.

The beneficial lactic-acid bacteria that keeps yogurt from spoiling also appears to sabotage the harmful bugs that can cause diarrhea and gastrointestinal problems. Savaiano and his colleagues added salmonella and E. coli bacteria to yogurt and

discovered that unpasteurized yogurt works best at killing the disease-causing organisms.

(This article first appeared in Mature Outlook Magazine, which is a benefit of the Mature Outlook organization. For information on joining, call 1-800-336-6330.)

A shuffleboard

by Joe Bower

Although its heyday was in the 1940s, the St. Petersburg (Fla.) Shuffleboard Club still endures today as a living shrine to the popular sport.

Built in 1924 and now with 104 courts, it is the country's oldest and largest shuffleboard club, says Ola Cross, club president. The St. Petersburg complex also is home to the National Shuffleboard Hall of Fame, which salutes the sport's stars and chronicles its U.S. development.

City officials have designated the club a historical landmark. Still active, the club hosts eight annual tournaments, which always draw big crowds. What's more, it keeps the doors open every day of the week except Sunday.

Obviously, the sport's appeal isn't limited to Florida's Gulf Coast. Today, shuffleboard clubs dot the entire country and, according to Howard Rayle, president of the National Shuffleboard Association, some 250,000 folks in this country now shuffle.

(This article first appeared in Mature Outlook Magazine, which is a benefit of the Mature Outlook organization. For information on joining, call 1-800-336-6330.)

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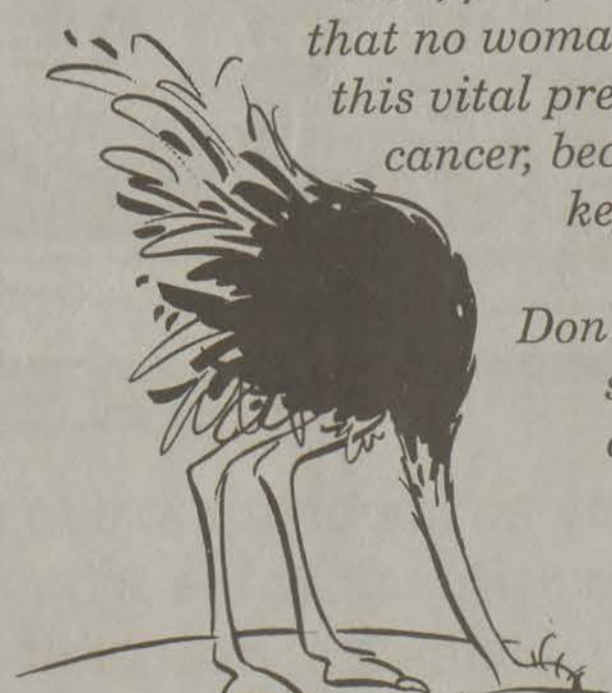
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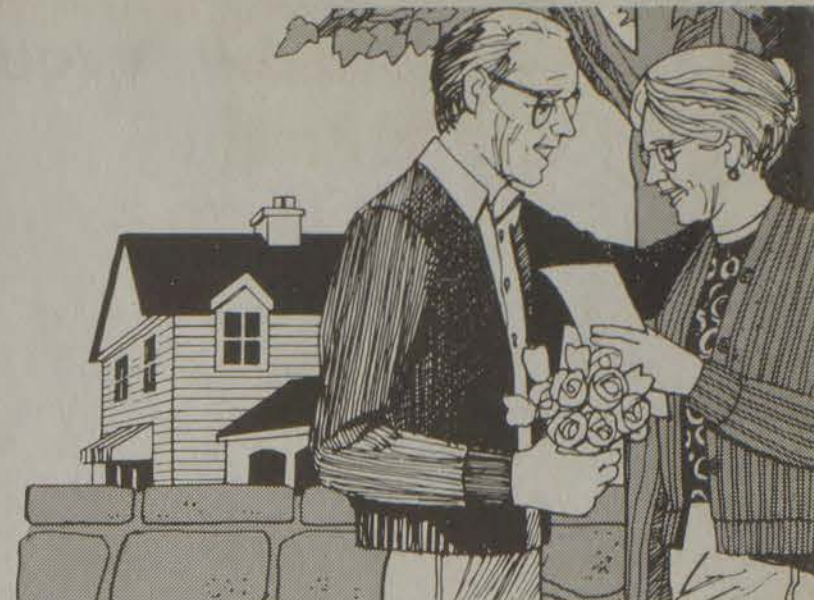


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Health Watch



Time bombs in the hearts of men

by Mike Woods
Toledo Blade/Scriptis Howard News Service

Almost 40 years of heart disease research have established that millions of young and middle-aged men have coronary arteriosclerosis, which causes most heart attacks.

Imagine the inside of an old iron water pipe partially closed off by deposits of minerals and rust. Atherosclerosis is the biological equivalent: It produces "plaques" or deposits of cholesterol, cell debris and other material that reduces the inner diameter of the coronary arteries.

Most heart attacks occur when a blood clot forms over a plaque, blocking the artery and blood flow to the heart.

The first hints that atherosclerosis is common, even in young men, came from autopsies on Korean War casualties. Physicians found that 12 percent to 20 percent of the men, whose average age was 26, had blockages of at least 50 percent. Based on such findings, health experts estimate that at least 13 percent of middle-aged men have dangerous coronary artery blockages.

Yet there is no simple way to diagnose this disease accurately. And diagnosis is critical because men with serious blockages are quite literally walking around with a time bomb in their chests. Often, however, there is no tick—no symptom that warns of the need for medical help. About 60 percent of heart attacks occur in men who never were bothered enough by symptoms to see a doctor.

Dr. K. Lance Gould, who cites that figure in a report in the American Heart Association journal, "Circulation," notes that sudden death often is the very first symptom of atherosclerosis. Gould is with the University of Texas Medical School in Houston.

Wait just a minute, you say. No simple way to diagnose coronary disease? How about the electrocardiogram (ECG)?

Cardiologists acknowledge that the resting ECG, the kind taken with the patient lying down in a doctor's office or hospital emergency department, does a poor job of detecting coronary artery disease. The resting ECG can be very valuable in diagnosing other heart

problems. But coronary heart disease often slips by.

Almost every physician has horror stories about patients with normal resting ECGs who, after other tests, turned out to have severe blockages. Severe means 90, 95, 99 percent of a coronary artery closed off.

A "stress" ECG, taken during exercise on a treadmill or stationary bicycle, is much more accurate in detecting severe coronary artery blockages. But as Gould points out, stress tests may miss milder blockages, those reducing the diameter of an artery by 50 percent or 60 percent. And blockages of this size often cause heart attacks, even though they are small and allow plenty of blood to reach the heart muscle.

In a typical course of events, the person with a 60 percent blockage notices nothing wrong, and nothing shows up on the ECG. Then, for some reason, the atherosclerotic plaque ruptures. A blood clot forms on its burst surface and closes off the artery. In other instances, the rupture causes the artery to go into spasm, so that the artery walls

clamp together, also halting blood flow.

Several extremely precise tests are available, including thallium scans, PET scans and coronary catheterization. But high costs and other factors make them impractical for use in screening millions of men for atherosclerosis.

Screening could do more than identify men with potentially lethal blockages. It also could identify men who might benefit from new treatment regimens that experts like Gould believe can reverse coronary artery disease.

In doing so, society could prevent many heart attack deaths and save billions of dollars now spent on surgery and other treatment for advanced atherosclerosis.

Development of a simple, accurate, nonsurgical test for coronary artery disease—the No. 1 cause of death in America—should be a top national health care priority.

The first step may be for men to realize just how useless the resting ECG is in detecting this time bomb in the chest, and how precarious this situation makes their lives.

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In the child's world of dim sensation, play is all in all. "Making believe" is the gist of his whole life, and he cannot so much as take a walk except in character.

—Robert Louis Stevenson

Medical Adviser

Don't stop taking hypertension medication

By M.R. Hiller

Q: I'm a 43-year-old man, and my father is 78. Both of us are on hypertension medication. I was started out on a calcium channel blocker and my father has recently been switched from beta blockers to an ACE inhibitor. I recently heard some scary news about calcium blockers. What is that all about? Which drug is best? If my father didn't start taking medication until his late 60s and seems to be doing well, is it really important for me to take this medicine?—J.T., Boca Raton, Fla.

A: Experts unanimously agree that hypertension should be treated—and that no one should stop taking hypertension medication in light of a February study that suggested that calcium channel blockers increase the risk of heart attacks. Even the study authors say this conclusion could be wrong. But this study does reinforce the need for comparisons of the numerous drugs now on the market. Such a study is under way but results are not expected until 2003.

Hypertension refers to high blood pressure in the main arteries, which carry oxygenated blood from the heart to the body. Blood pressure fluctuates with activity and stress, but is considered dangerous when a resting person's systolic pressure is above 140 mm Hg and the diastolic pressure is above 90 mm Hg.

Usually there are no symptoms of hypertension, but left untreated, it can be a very destructive force. High blood pressure can cause stroke, heart failure, damage to kidneys and other organs, and eye damage called retinopathy. Without treatment, hypertension is known to shorten lives.

There are an estimated 50 million Americans suffering from various degrees of hypertension. Often mild hypertension can be treated with a diet, weight-loss and exercise program. That failing, there are blood-pressure-reducing drugs.

Drug treatments for hypertension started 25 years ago with diuretics. By the early 1980s, diuretics and beta blockers had become the preferred first treatment choices.

Then in the 1980s two new drugs were introduced: calcium channel blockers (CCBs) and (ACE) inhibitors. Each lowered blood pressure as well as diuretics and beta blockers did.

In 1988 the Joint National Committee for the Detection, Evaluation and Treatment of High Blood Pressure added CCBs and ACE inhibitors to its list of acceptable first treatments.

As time went by, CCBs and ACE inhibitors proved their value at lowering blood pressure but were not shown to reduce deaths—whereas diuretics and beta blockers did. Studies found no difference in side effects among the drugs. And CCBs and ACE inhibitors cost five to 10 times as much as diuretics and beta blockers.

In its most recent recommendations, issued in 1993, the JNC returned to its earlier position that diuretics and beta blockers were the preferred first treatment for high blood pressure.

Yet today doctors continue to prescribe CCBs and ACE inhibitors more frequently than any other hypertensive medication. It's not clear why—it could be the influence of the earlier 1988 JNC recommendations, or an earnest belief that these drugs are better, or the

While it's important to keep an eye on new findings, the differences between the available drugs appear to be small enough that the decision on what's best for any given patient should be based on which one works best for that person.

The newest development is in the field of CCBs and a study that suggested they may increase the risk of a heart attack. In the study, Dr. Bruce Psaty of the Cardiovascular Health Research Unit at the University of Washington in Seattle reviewed the pharmacy data of 291 hypertension patients who had a heart attack.

The results seem to show that of 1,000 patients taking a CCB for one year, 16 would have a heart attack; of 1,000 patients taking a beta blocker or diuretic drug during one year, 10 would have a heart attack.

However, this sort of statistical, backward-looking study is more prone to error than prospective, controlled, randomized studies. For example, the 291 patients on CCBs may have been sicker than those on the other drugs. Psaty, the American Heart Association and other officials warn patients on CCBs not to panic and stop their medication. Instead, consult with your doctor. It is more dangerous to stop taking medication than to remain on CCBs.

A summary of Patsy's study was published in the Feb. 1 issue of Circulation, but a full-text article has yet to be accepted for publication in a peer-reviewed journal.

To try to settle the question of which treatment is best, an \$85 million, nine-year study by the National Heart, Lung and Blood Institute, called the Antihypertensive and Lipid-Lowering Treatment for Prevention of Heart Attack Trial (ALLHAT), is currently recruiting study centers and 40,000 high-risk patients with hypertension.

Patients accepted to this study will receive free medication and hypertension check-ups. Primary care physicians interested in participating in the study can contact the ALLHAT Clinic Recruitment Coordinator at 800-690-7870. Individuals interested in participating must work through a participating clinic. If your physician is not involved, you may give him or her this information.

The Medical Adviser is produced by the Palo Alto Medical Foundation using a data base that contains articles from more than

3,500 medical journals around the world. Send your questions to the Medical Adviser in care of this newspaper. For a fee, the Palo Alto Medical Foundation will conduct a personalized medical literature search. For information, call 1-800-999-1999.

Take your blood pressure medication

Blood pressure is expressed as two numbers, systolic and diastolic pressure.



Systolic pressure is the maximum pressure as the heart squeezes blood into the arteries.



Diastolic pressure is the lowest pressure as the heart relaxes and fills with blood between beats.

Who's counting? Since 1992, 3,515 medical articles have been published on drug therapy for hypertension.

KEVIN BOYD—MEDICAL INFORMATION SERVICE—DISTRIBUTED BY UNITED FEATURE SYNDICATE

Patients with hypertension who do not take their medication are likely to have a reduced life expectancy.

Blood pressure (Systolic/Diastolic)	Projected life expectancy
Women at age 45	37 years
Normal	36.5
130/90	32
140/95	32
150/100	28.5
Women at age 55	27.5
Normal	27
130/90	27
140/95	24
150/100	23.5
Men at age 45	32
Normal	29
130/90	29
140/95	26
150/100	20.5
Men at age 55	23.5
Normal	22.5
130/90	22.5
140/95	19
150/100	17.5

effect of manufacturers' marketing efforts. Experts say a certain amount of prescription habits may be just that—old habits.

Another factor at work: studies published since 1993 showing that diuretics and beta blockers do have more adverse effects than CCBs and ACE inhibitors, and that the latter may even offer some general benefits to the heart and circulation. Current opinion holds that if diuretics are used, potassium-sparing diuretics should be favored over thiazide diuretics.

In the long run, expert opinion will probably continue to swing back and forth. And other new anti-hypertensives will probably arise to further confuse the picture.

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Calories don't count, do they

When it comes to diet excuses, readers come up with all sorts of creative ways to avoid counting calories.

FIDDLE DEE-DEE

My best diet excuse is that I'm on a Scarlett O'Hara diet. I'll worry about it tomorrow.—Betty S. Kilgore, South Pittsburg, Tenn.

I AM WOMAN, HEAR ME ROAR

The reason my diet has failed is because I'm not yet sorry for being more woman than my husband deserves.—Tenley Rae Alaimo, Johnson City, N.Y.

A SOFT TOUCH

I was talking about recipes and diets with my daughters while rocking my 4-year-old granddaughter. We were complaining about having to keep the fruit, veggies, bran and calcium up and the fat and calories down, when a little voice said, "Grannies are supposed to be soft." That did it—I continue to eat the healthful foods, but I need to have that extra 12 pounds so my grandchildren can have a real soft granny.—Nancy Andrews, Montgomery, Ala.

A GOOD CAUSE

Our church holds a Christmas fair that is highly regarded by folks in the surrounding towns. Our local cooks are famous. Our food table is denuded quickly. To those who hesitate because "it is so fattening," I explain that if they buy food at a church fair, the Lord removes the calories.—Mary A. Webb, Kittery, Maine.

FAT FLOATS ON WATER, DOESN'T IT?

The other day I got to thinking about the Titanic. I pictured the buffet

table laden with all kinds of yummy food. The dinner bell rang. People lined up. Then came the decision. Everything looked so good. But they thought about the calories. They thought about the cholesterol. And they passed up all the good stuff—especially the desserts. It was their last chance. So now, when I heard to the table, I remember the Titanic. Hey, you never know!—Marion Tickner, Syracuse, N.Y.



Favorite foods minus guilt equals no calories. (Illustration by Lynne Foy)

PASS THE EARPLUGS, PLEASE

I abandoned my diet because diet food is too noisy. The munching of carrots, celery, rice cakes and lettuce disturbed my associates at the office and dining partners in restaurants.—Jeanne Pflug-Vasquez, Media, Pa.

OH, COOL

One of the most important rules in dieting is to read labels, and it has worked well for me. I store my homemade divinity in Lite Cool Whip plastic containers and enjoy a piece whenever I want, for there it is, clearly labeled, "8 calories per

serving."—Jean Harper, Fort Davis, Texas

BELLE OF THE BALL

Being polite and sociable killed my diet. I can't attend a party and not sample the food. And it would be rude to accept a dinner invitation and then not eat dinner. So if the choice is between being plump and outgoing or thin and reclusive, I choose being "party hearty."—Jodelle Brohard, Westerville, Ohio

AREN'T YOU SLEEPY, DEAR?

Calories don't count—if your food is consumed after your spouse has gone to bed.—Shirley McKinty, Livingston, Texas

AMEN

You want to hear my best diet excuse? Try the King James version of the Bible—Psalms 93:14, specifically. "They shall still bring forth fruit in old age; they shall be fat and flourishing." Now just try to top that.—Albert Partenheimer, Rockport, Ind.

DO YOU OR DON'T YOU?

I don't do windows. I don't do floors, and I definitely do diets.—Janet Pomerantz, Rockville, Md.

EXERCISE EXCESS

There's an exercise video out now titled "Buns of Steel," but I prefer my own version called "Dinner Rolls." It's a negative-impact exercise regimen where you're required to eat out at least three times a week.—Mary Lea Opiz, Burnsville, Minn.

(This article first appeared in Mature Outlook Magazine, which is a benefit of the Mature Outlook organization. For information on joining, call 1-800-336-6330.)

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Elderly are most vulnerable consumers

We may live in one of the world's most materialistic societies, but Americans—particularly the elderly and less educated—are surprisingly non-assertive consumers, two University of Kentucky researchers have found.

"Americans may perceive themselves as being good consumers, but consume assertiveness and knowledge of consumer rights is not at a very high level across the board," said journalism professor by Roy L. Moore.

Moore and James K. Hertog, associate professor in advertising, analyzed the results of a telephone survey of a random sampling of 1,350 adults conducted in 1990 by an independent marketing firm for the American Association of Retired Persons.

The two statistically compared education, race, gender, income and age to the variables of social integration, purchase experience, information seeking, consume rights knowledge, and consume self-confidence. They statistically compared the impact of all these factors on consumer assertiveness.

"Other studies have related these variables individually to consumer

habits, but our study is the only one we know of that looks at all these things together," said Hertog.

Clearly, advanced age was the strongest predictor of consumer vulnerability.

Social isolation is a major reason why the elderly are more vulnerable," said Hertog. "News of a marketing scam can quickly spread through a community, but older people who are retired and not socially active may not get the information. This isolation often intensifies after the loss of a spouse."

On the other hand, the chart showed education as most positively affecting consumer behavior, with direct links to social integration, purchase experience and consumer self-confidence.

Race, gender and income—from often linked to consumer behavior—demonstrated little impact on assertiveness, the authors said.

The pair also found that people who knew a lot about consumer rights and who had a good self-image as consumers were no more likely than less knowledgeable consumers to complain about a bad deal.

Moore sees two reasons for this

general reluctance to be assertive:

"First the marketplace is becoming highly complex and confusing," he said.

"Secondly, people tend to buy things on impulse and perceptions rather than reason, and many would rather remain silent after a bad deal than admit they were gullible consumers."

Moore and Hertog said their findings may indicate a need for stronger consumer protection laws, specially for vulnerable groups.

"We also would like to see more consumer education in the form of public service announcements and community programs," said Moore.

"Churches would be very effective avenues for providing such programs because the elderly tend to remain connected with their churches even after their other attachments have diminished."

Moore and Hertog presented their findings at the 1995 Marketing and Public Policy Conference on May 18-21 in Atlanta, Ga.



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Lighten Up

Full circle with the sister of my childhood

by Ann Blakely

Of four daughters born within 10-1/2 years, she was the sister closest to my age. Just two years and two months apart, we shared playmates, paperdolls, a sandbox, a skate key and a bedroom. For many years we also shared a large wooden bed.

THE CLASSROOM

In those times we were a two-some—simply "Ann and Kay." Often dressed alike, we were always together exploring the north woods surrounding our family cabin, roller skating around the courthouse, dawdling over the hated task of doing the dishes and playing our favorite wish game with the mail-order catalog. At night, in the wooden bed, we shared whispered conversations about dreams and fears.

Looking back on those girls, I see one anticipating the future with excitement, one reluctant to change. One optimistic, one inclined to pessimism. One self-confident, one not. One eager for new experiences, one timid.

The little girls became women. One married and raised a family. The other became a teacher, influencing children by her guidance, her elaborate bulletin boards, her reading aloud from classic books. She was a devoted daughter and granddaughter, and always found time to read to nieces and nephews, to take them on walks and to movies.

Life tests your mettle and often reveals you're made of sterner stuff. She fell in love and, as the saying goes, "married in haste, repented at leisure." A throwback to a time of stricter morals and values, she was most comfortable with old houses, furniture, clothing, music and books.

THE TEST

In her mid-40s, the teacher suffered the first of three strokes. She briefly returned to the classroom, where, as she put it, "If I've been successful at anything in life, it is here."

Stroke No. 2 ended that part of her life. No. 3 even more. But she continues on in determined fashion. Realizing she cannot write or spell as well as the fifth-graders she taught, she grieves for what she has lost, even as she works to improve her skills. Frustrated and embarrassed that most of the people she loves do not understand her when she speaks, still she keeps trying.

LIFE—SUMMA CUM LAUDE

We have come full circle. I live on the north country property of our

ago.

I was the optimistic, self-confident child. She was the timid, change-resistant one. Without hesitation I say she has accomplished more with the hand she was dealt than have I. All some people see is that she needs help with directions and that her speech and short-term memory have suffered. I see beyond that. I see my sister wanting everything to remain the same, but now coping with horrific changes. I see the once-timid child and marvel at her determination and courage.

I want people to realize that the person they knew for many years as teacher, friend and family member was working on life's normal problems, as adequately or inadequately as the rest of us. I want people to understand that she is in a different class now. Few of us have to deal with such limitations and difficulties.

And I believe that when the final chapter is written, the last exam taken, the teacher will get the best grade.

(This article first appeared in Mature Outlook Magazine, which is a benefit of the Mature Outlook organization. For information on joining, call 1-800-336-6330.)

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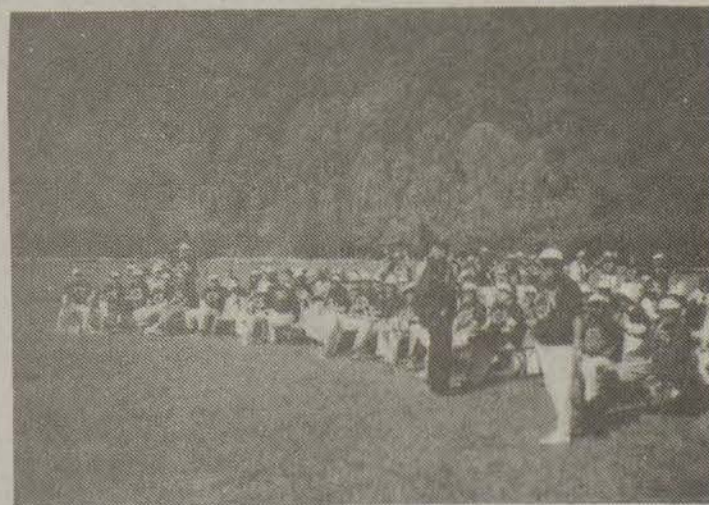


Life tests your mettle and often reveals you're made of sterner stuff



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Coping with cancer

by Maureen Callahan

SELF-HELP SAVVY: COPING WITH CHEMO

An oncology nurse for more than 15 years, Anne Cloutier, R.N., M.S.N., O.C.N., of the H. Lee Moffitt Cancer Center and Research Institute in Tampa, talks about a few techniques you can employ to reduce the side effects of chemotherapy:

—Music therapy. Be it Beethoven or Tony Bennett, your favorite tunes can distract and relax you—making treatments more tolerable. Cloutier also recommends relaxation tapes with deepbreathing exercises (you can even record your own) and tapes of soothing sounds such as lapping waves or a rainstorm.

—Healing imagery. "There is some evidence that imagery can charge up the immune system," says Cloutier. It can't hurt to imagine your chemo gobbling up cancer cells like a video PacMan. Imagery, she adds, helps you actively fight back against cancer. "It helps to make people hopeful."

—Creative scheduling. "The right treatment schedule can keep life as normal as possible," Cloutier says. For example, arranging treatments on Fridays gives you the weekends to recuperate. And late-day or weekend appointments often are less disruptive to work and daily routines.

—Networking. A support group—or simply a single buddy—can provide a source of strength. You learn what to expect and how others in the same situation are coping.

—Looking good. The America Cancer Society's "Look Good... Feel Better" program employs trained cosmetologists to help you deal with changes in appearance. They teach you about everything from applying makeup to choosing a wig to tying a turban.

—Education. "Read up and be informed," Cloutier urges. Knowing what to expect can go long way toward relieving anxiety.

1 + 1=4-STAR SECURITY

Your chance of discovering prostate cancer in the early stages, when it is most treatable, improves dramatically when your doctor conducts a rectal exam along with a newly approved blood test called the prostate-specific antigen (PSA), says William J. Catalona, M.D., vice chair of the department of surgery at the Washington University School of Medicine. In one study, Catalona and colleagues at five other medical centers found the two tests nearly doubled the percentage of curable cancer detected by rectal exams alone.

Catalona compares this dual prostate-testing procedure with the use of self-examination and mammograms to detect breast cancer. Some cancers that can be felt on the self-exam don't show up on a mammogram and vice versa. The same holds true for prostate cancers. Some tumors cannot be felt until the cancer has already spread beyond the prostate. And although testing for PSA, a protein produced only by the prostate, can help doctors detect prostate cancer missed by the rectal exam, some tumors too small to alter blood tests still can be felt manually. "The main reason to do both tests is that you don't want to miss any cancers," Catalona explains.

On the basis of these new findings, the Food and Drug Administration approved PSA blood testing as a tool for early detection of prostate cancer—in conjunction with a digital rectal exam—for men 50-plus.

HEALING WORDS

To increase your knowledge, power up with one of these resource books:

—"Choices" (1994, Avon Books, \$12.95) by Marion Morra and Eve Potts, contains the latest on everything from medications to modern therapies.

—"Everyone's Guide to Cancer Therapy" (1994, Andrews and McMeel, \$19.95) by Malin Dollinger, M.D., Ernest H. Rosenbaum, M.D., Greg Cable and a myriad of cancer specialists.

—"I Can Cope: Staying Healthy With Cancer" 1994, Chronimed Publishing, \$12.95). Written by Linda Klein and Judi Johnson (one of the founders of the American Cancer Society's "I Can Cope" program).

—"Is There Anything I Can Do?" (1994, Delacorte Press, \$16.95). Written by Sol Gordon, Ph.D., this book is packed with ways to help a friend and yourself when times are tough.

—"Living Beyond Limits" (1994, Ballantine Publishing Group, \$12.50). Written by David Spiegel, M.D., who published the landmark study on the benefits of group therapy for breast-cancer patients, this book helps you explore the mind/body connection and enhance the quality of your life.

—"After Cancer: A Guide to Your New Life" (1994, W.W. Norton, \$23). All about life after cancer, by physician and cancer survivor Wendy Schlessel Harpham, M.D.

—"The Breast Cancer Companion: From Diagnosis Through Treatment to Recovery" (1993, Avon Books, \$15). A comprehensive book written by survivor Kathy LaTour.

TIMING MAY BE EVERYTHING

French researchers are finding that delivering chemotherapy medications on a fluctuating-dose schedule (instead of a single injection or a steady 24-hour infusion) can mean fewer side effects and improved tolerance.

The concept behind this unique delivery strategy, called chronotherapy, is to synchronize cancer treatments with the body's internal or circadian rhythms, explains Margaret Kemeny, M.D., director of surgical oncology at the North Shore University Hospital/Cornell University Medical Center in New York.

The body works on a 24-hour time clock. For example, bone-marrow production of new blood cells peaks during late-night hours, says Kemeny. Knowing what happens and when may help doctors deliver medication when it is most effective and least toxic.

However, before doctors can try chronotherapy in this country, many questions must be answered, Kemeny cautions. "First, we need to study circadian rhythms in people more closely," she says. "Then we need to ask the question 'Do people who have cancer have altered circadian rhythms?'"

BE OUR GUEST

It sounds like a good vacation—a cozy country cottage in South Salem, N.Y., a masseuse, yoga classes, hearty vegetarian meals, the red-carpet treatment. But Birchwood Retreat House, which offers a relaxing weekend to people with cancer, has a serious side. In a nonthreatening environment, cancer survivors work to develop the skills they need to cope with their chronic illness.

Trained therapists, yoga instructors and art therapists help them work through stress, anger, despair and the sense of aloneness that often accompanies a diagnosis of cancer. Group sessions and journal-writing exercises prompt guests to

explore the present, as well as the future, says Jeffrey Vreeland, retreat coordinator.

Although it's a structured stay, free time also is available to talk one-on-one with therapists, walk in the woods or address specific concerns. For example, one woman said that she wanted to talk about dying, recalls Vreeland. "I told her it was OK—no one would walk away from her."

The main goal of the retreat, Vreeland says, is to help people with cancer activate the healing powers of the mind, body and spirit and to build a support community with the other attendees.

Because the center is nonprofit, the cost is low (\$130 for the entire weekend) and scholarships are available for those with limited funds. For more information or a referral to similar services, call 914-763-3763.

10 SMART WAYS TO ADD MORE FIBER TO YOUR DIET

Diets rich in fruits, vegetables and whole grains and low in fat are associated with a lower risk of colon cancer. Even if future studies don't confirm that fiber is the protective agent, most people in this country eat far too little fiber, says Karen Collins, R.D., of the American Institute for Cancer Research. Try her tips for boosting your fiber intake:

1. Replace white bread with whole-wheat bread or other whole-grain breads.

2. Choose a whole-grain breakfast cereal with at least 3 grams of fiber per-serving. (Many have only 1 gram.)

3. Replace white rice with brown rice. Long-cooking and quick-cooking brown varieties also are acceptable.

4. Gradually introduce beans, such as black beans, kidney beans and navy beans, at meals. They are inexpensive, low-fat meat substitutes.

5. Substitute whole-wheat flour for white flour in muffins, quick breads and pancakes. To make the transition gradually, start by replacing half of the white flour with whole-wheat flour.

6. Sprinkle wheat bran, wheat germ, oats and oat bran on casseroles, cereal and baked goods. Oats and wheat bran also are good additions to your turkey loaf and meat loaf.

7. Serve fruit at every meal. Add fruit to cereal at breakfast and serve cut-up fresh fruit for dessert.

8. Take the focus off meat by filling three-quarters of your dinner plate with grains, pasta or rice and healthful vegetables.

9. Eat whole-grain crackers—rye crisps, Scandinavian flat breads, shredded-wheat crackers—instead of fried potato, corn or tortilla chips.

10. Snack on air-popped popcorn.

5 REASONS TO CUT FAT: IT COULDN'T HURT

Not every research study focusing on fat and cancer has demonstrated a positive connection. Still, medical consensus holds that you're wise to trim the fat for a variety of health reasons, says Karen Collins, a registered dietitian with the American Institute for Cancer Research. Take a look at these five compelling new studies that point to fat as a possible cancer-causing culprit:

—Lung cancer. While studying a group of nonsmoking women (429 with lung cancer, 1,021 without cancer), scientists discovered that the risk of developing a particular type of lung cancer was six times greater for the women with the highest intake of saturated fat.

—Prostate cancer. A recent study from Harvard Medical School supports the hypothesis that animal fat, especially fat from red meat, is associated with an increased risk for advanced-stage prostate cancer.

—Skin cancer. Researchers found that cutting back on fat (20 percent or less of total calories) dramatically reduced the risk for developing actinic keratoses, precancerous skin lesions. Study participants who cut back on fat averaged three lesions per month, while those who didn't modify their fat intake averaged 10.

—Endometrial cancer. A National Cancer Institute study of nearly 700 women suggests that a diet rich in fat (such as fried foods, animal fats) and low in complex carbohydrates might increase the risk of endometrial cancer. Obesity already is a well-documented risk factor.

—Colon cancer. While studying the impact of different dietary ingredients on cancer risk, researchers at the University of North Carolina noticed a strong positive association between fat and increased risk for precancerous and cancerous lesions of the colon, particularly among women.

CARING FOR THE CARETAKERS

"It's very difficult to complain about being the caretaker for someone with cancer," says Cynthia Medeiros, acting director of social work at the Dana Farber Cancer Institute in Boston. Your life may be changing dramatically, but chances are, you feel uncomfortable talking about it—you're not the one battling cancer.

Yet, your concerns are just as valid, Medeiros stresses. Cancer changes the life of each member of the family, as well as that of the cancer patient. At Dana Faber, different support-group meetings—relatives of women with breast cancer, for example—give them permission to express emotions such as anger, fear and pain. "It's a chance to talk without being censored and without guilt," she says. People with cancer often receive a lot of support from the hospital staff, but family members can be overlooked. They need validation, they need to be able to say, "This is hard" or "This is difficult."

If you would like the opportunity to meet with other family members of cancer patients, you can check your newspaper for a listing of support groups in your area, call your hospital social work department or contact your local chapter of the American Cancer Society.

COMING TO TERMS

When you hear that the diagnosis is cancer, your first question may be, "Am I going to survive?" Resist negative urges to portray yourself as the victim of a fatal disease, advises Walter Baile, M.D., chief of psychiatry at the M.D. Anderson Cancer Center in Houston. Today, many cancers are curable or at least treatable, and doctors now talk in hopeful terms about cancer survivors. It's time for the rest of the world to catch up with this positive outlook, Baile says.

X-RATED

The quality of mammograms should reach a new high soon. "As of Oct. 1, 1994, federal law requires all mammography facilities to be certified by the Department of Health and Human Services," says Michael Bernstein of the American College of Radiology.

HAIR TODAY

A new study of more than 500,000 women confirms that most permanent hair dyes are unlikely to increase the risk of fatal cancers, says Michael Thun, M.D., of the American Cancer Society. The rare exceptions: Women who used black hair dye for more than 20 years had an increased risk of two relatively uncommon cancers, multiple myeloma and non-Hodgkin's lymphoma. So for now, Thun suggests limiting your use of darker hair dyes.

STICK WITH SUNSCREEN

"Use sunscreens, but don't get a false sense of security," cautions Barney Kenet, M.D., author of "Saving Your Skin..." Spending too much time in the sun, even if you don't get a sunburn, could be dangerous. Studies suggest that the sun is capable of damaging your immune response and could set the stage for malignant melanoma, a potentially fatal skin cancer.

SECOND OPINIONS

Newly diagnosed people with cancer often want to obtain a second opinion, but

don't know where to start, says Stephen Ford, executive director of the R.A. Bloch Cancer Foundation in Kansas City, Mo. "By contacting the foundation's cancer hotline, you can find out about cancer centers around the country that are staffed by physicians who will review cases and then meet with the patient to answer questions and make recommendations," he says.

"A second opinion often takes away some of the anxiety and the questions about treatment and course of a disease such as cancer," Ford explains. "We see over and over that information, delivered by caring, concerned individuals, can be helpful."

For more information about cancer centers that can help you get a second opinion, call the hot line at 816-932-8453.

The hot line is staffed Monday through Friday, from 9 a.m. to 4:30 p.m. Central time.

"Not all the centers are free," says Ford, "but all have qualified cancer specialists who can render a second opinion."

And when you call the cancer hot line, you also can request free copies of three books written by Richard Bloch, a cancer survivor, and his wife, Annette. Ask for "Fighting Cancer," "Cancer: There's Hope" and "Guide for Cancer Supporters."

—Trudy Thompson Rice

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Volunteer counselor lauded by state and federal officials

by Polly Ward
Times Feature Writer

Den Hunter takes his role as volunteer counselor for the Kentucky Benefits Counseling Program for Senior Citizens in the Big Sandy region very seriously.

Instead of volunteering the minimum eight hours a month required to be a counselor, Hunter averages 40 or more. He spends most of that time traveling up and down creeks and hollows, and visiting doctors' offices and clinics in the five-county area. His mission: To find and inform low-income senior citizens about public benefits they may be entitled to.

"I go in and out of hollows and creeks," said Hunter, who was born

office and connect the applicants with public, private or government programs or services that will supply clients' needs at low or no cost—whether it be new glasses, dentures, hearing aids, or medication.

Carroll added, "If someone is being denied a benefit they are legally entitled to, then our program will see about getting legal assistance for them."

The Benefits Counseling Program is a service of the Kentucky Department for Social Services Division of Aging Services. Appalared holds the contract for providing the service, which means legal services provides office, equipment and salary for personnel.

"The strokes are along my left side. Sometimes I think I'm not going to make it home. The good Lord keeps me going."

Hunter's strokes are due to an injury he suffered in 1972. Hunter worked in the steel mills, then as a coal truck driver and a coal miner to support his wife and four children. Then in 1972, he was electrocuted in the mines. "I was in and out of the hospital," he said. Disabled, in 1976 he said he took a settlement in compensation and in 1978 he received S.S.I. and Black Lung benefits.

"When I won my Black Lung benefits, I was a client under Appalared (Appalachian Research and Defense Fund of Kentucky, Inc.)," he said. He later became a member the Appalared Board of Directors as a client representative, a position he still holds. "I'm proud to be on the client board for Appalared because they do so much for poor people."

Hunter also became an advocate and supporter of coal miners in their lobbying efforts for better Black Lung legislation. He has volunteered countless hours on behalf of coal miners by attending local meetings, writing letters to Congress, and making trips to Washington to talk to key legislators in person.

Beverly Carroll, whose office is in the Appalared headquarters at Prestonsburg, discovered Hunter had a heart to help people, and recruited him as a benefits counselor over a year ago. She had little problem persuading him.

"I'd seen too many needy people," Hunter said. "I want to do all I can do to help needy people."

Hunter's tireless efforts on behalf of the needy stem from his childhood experiences. He knows what it is to grow up poor.

"That's one reason I like to get out and help people," he explained. "I was brought up real, real hard. My father was a coal miner. He spent 30 years in the mines."

When Hunter was seven, his father was seriously injured in a rock fall. "He stayed three months in the hospital. That's why I can say I grew up hard. I knew times when I wondered where the next meal was coming from."

Hunter's unflagging efforts to reach people as a benefits counselor has not gone without notice, especially by Carroll. "I've had three outstanding volunteers—Wanda Miller of Prestonsburg and Roberta Fugate of Wheelwright, and Den," she said. Miller and Fugate had to drop out of the program due to other responsibilities, and for the last year, Hunter has been the only volunteer in the program.

In January, Carroll wrote an article about Hunter's work as a volunteer in her column "Sunshine Lines." As a result, in April, Hunter received an appreciation plaque from The Big Sandy Area District Development volunteer recognition program.

Carroll also submitted the article to the state benefits team who had requested nominations for outstanding Benefits Counselor Volunteer in the state.

In May, Carroll and Hunter attended the annual statewide Benefits Counseling training seminar in Lexington where Hunter was a guest speaker. During the awards ceremony, when Hunter's name was announced as recipient of the

Volunteer Benefits Counselor of the Year award, he was in shock.

"I didn't know I was going to get it," he said. "There were a lot of tears and a lot of them were mine."

John Rosenberg, director of legal services, said about Hunter, "Den

exhibits the caring attitude that this program wants to put forward to its clients and the public. He is the link a link between us and the community and provides the kind of outreach we would like to do more of."

"As a disabled coal miner and client himself, he has a special appreciation for the difficulties and barriers many of our clients face in receiving the public benefits to which they are or may be entitled. Additionally, Den

has been able to provide information to low-income citizens about programs many of them have not been aware of and which can help improve the quality of their lives. We are very proud of him."



A top honor

At the Benefits Counseling award ceremony at Lexington in May, Den Hunter started smiling when he realized he had won the volunteer of the year award. (photo by Beverly Carroll)

at Dony near McDowell and who now lives at Galveston. "I stop at houses and go door-to-door. I go to clinics and doctors' offices. I tell them what I'm there for—to make sure they get what is rightfully theirs.

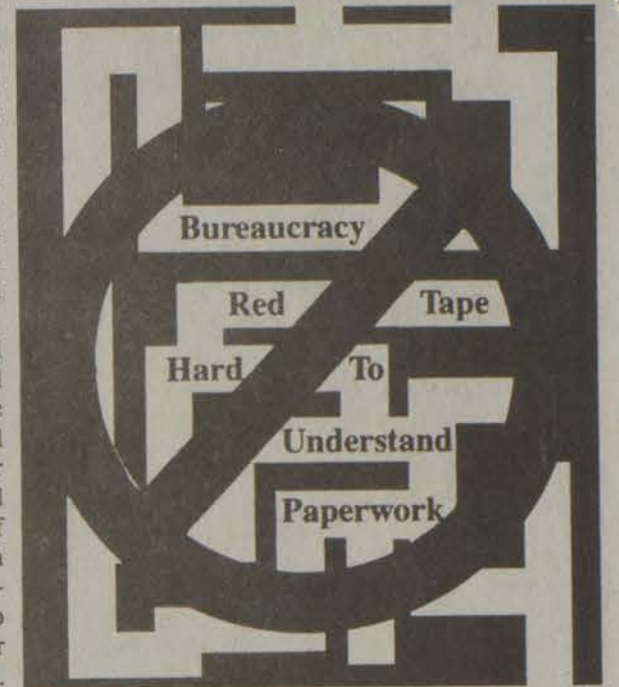
"I'll talk to people in the waiting room, write down their need any bring it into the (Benefits Counseling) office and Beverly takes care of it."

Beverly Carroll is coordinator of the Benefits Counseling Program and it is her job to go through the applications Hunter brings into her

Hunter is always on the lookout for potential clients. "If I see someone on the side of the road, or at the store or post office who looks needy, I stop and talk to them. What I do comes from the heart, with love," he said, smiling. Which means he is always collecting applications to bring to Carroll.

"I brought Beverly 56 applications last Wednesday," Hunter said. "I brought her 40 in one day, and 40 more another day. It just depends."

It just depends upon how well Hunter can function that day. "I have strokes a lot," he explained.



A coordinated effort

Beverly Carroll, Benefits Counseling Coordinator, seated, and volunteer counselor Den Hunter looked over applications Hunter collected during one week. (photo by Polly Ward)

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