USPS 202-700
 Prestonsburg
 Kentucky, 41653

.

It's easier to build a child than repair an adult. Call 285-5181, ext. 3010 and inquire about parenting classes.

Our Lady of the Way Hospital

Friday Sports EWIS BINDERY ust 27, 1999 Girls Volleyball B1 • Mamr 190 LANDOR DR Martin Fires A One-Under • B2 · News ATHENS NASCAR Page • B3 · Soup Section · Horoscopes · S10 Comic Page B8 **FLOYD COUNTY** ULT Volume 72 • Number 76

Serving Floyd County since 1927

Teenager leads not-so-merry chase

by Randell Reno Staff Writer

Two Floyd County Sheriff's Department patrol cars were put out of commission earlier this week after deputies entered a pursuit of a Hazard teen-ager who had just robbed a Harold residence after a three-county chase.

The local story started in Johnson County late Monday night. According to Sheriff Bill Witten, Deputy Brian Pelphrey pulled over the pickup truck with three youth inside just outside of Paintsville for a speeding ticket. The driver pulled off for about 3-4 seconds and then sped off while the deputy was having the plates checked out.

Pelphrey pursued the vehicle, which was believed to have been stolen, to just past the Johnson County line where the baton was passed to Floyd County Chief Deputy Linzie Hunt. Prestonsburg Police officers Steve Little and Brian Hall offered assistance in the pursuit, beginning at the Prestonsburg city limits. Hall left the chase at the southern end of the city limits to remain in patrol in Prestonsburg.

Sergeant Shawn Roop of the Floyd County Sheriff's office and Kentucky State Police Trooper John Hunt were monitoring the pursuit at the Harold Happy Mart, according to Sgt. Roop.

Both officers drove to Allen to offer assistance in the form of road blocks. The two officers parked their patrol cars at both exits to KY 1428 at Allen to block the youth from exiting into Allen or into the Cow Creek area. They then joined Linzie Hunt and Steve Little in a race to the Pike County line where Deputy Greg Clark offered his assistance.

Reaching speeds of around 115 miles per hour, Roop said, the driver eventually tried to lose the lawmen by faking an entrance into Marlow's parking lot, north of Pikeville, and then veering back out onto the four-lane and entering Pitt Road.

The driver sped along the hollow road, which circles around and reenters US 23, before accelerating back onto the four-lane heading toward Pikeville where KSP Trooper Les Stapleton had a stinger (a spiked designed to put holes in tires) set up at the retaining wall, according to Roop. As the truck passed over the stinger, it blew out either three or four tires slowing the vehicle and ending the high speed chase.

After the truck drove over the stinger, Stapleton quickly jerked the stinger off the road, allowing Clark and Hunt to jump from their cars to apprehend two of the three juveniles involved, according to

(See Teenager, page two)



Group looks at ways to promote highway

by Willie Elliott Staff Writer

In song and in reality, US 23, which runs through eastern Kentucky from the Ohio River to the Virginia border, has been a way out of poverty and isolation. Now, a multi-county group is looking at ways to bring people to the area with the federal highway as the focal point.

The Route 23 Cultural Heritage Network, in existence since June of this year, met at the Hindman Settlement School on Tuesday to make plans and exchange information about local events.

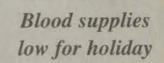
Mike Mullins, director of the Settlement School, told the group that anyone thinking along the lines of county borders "will be left behind."

He explained how the city of Hindman and Knott County had to work together to get funds for the project that will change the face of downtown Hindman into an esthetically-pleasing, artist-friendly town.

Mullins told the group they should work on the "Field of Dreams" theory — "if you build it, they (visitors and tourists) will come." referring to an award-winning movie with that philosophy as its theme.

The membership of the network consists of persons from the eight counties along the US 23 corridor and any other counties in the region that are participants in the Route 23 Heritage Tourism task force of the state Tourism Cabinet. The core counties are Greenup, Boyd, Lawrence, Johnson, Floyd, Pike, Letcher, Elliott and Harlan. (The latter two are not





The Central Kentucky Blood Center's supplies are about 600 pints low as the Labor Day holiday nears - a time when accidents are likely to increase and, consequently, the need for blood. Donors are asked to participate in a blood drive Tuesday at Prestonsburg Community College, from 10 a.m. to 4 p.m. in Room 102 of the Johnson Building. Or, they can stop by the Prestonsburg center in the Municipal Building, Monday and Friday from 9 a.m. to 5 p.m., and Tuesday, Wednesday and Thursday from 11 a.m. to 7 p.m. It shouldn't hurt, and it surely will help.

Public meetings

 Floyd County Fiscal Court, special meeting, today, 10 a.m., Fiscal Courtroom, Courthouse

(See Group, page two)



Tim Maynard of John's Creek is the proud recipient of a NASCAR Dream package sponsored by the Dream Factory. He and his family are in Bristol this weekend. (photo by Randell Reno)

Race fan experiencing his dreams this weekend

by Randell Reno Staff Writer

A 19-year-old from Johns Creek in Pike County has been given a gift he has always wanted by the Dream Factory of Prestonsburg and Miller Coal Company of Hazard.

Tim Maynard is a fan of NASCAR, Jeff Gordon specifically, and has been treated to a dream package that includes participating in the Food City Family Race Night, tickets to the Food City 250, and tickets to the Goody's Headache Powder 500 with pit passes in Bristol.

While at the Family Race Night, Maynard will have a chance to meet up to 40 race car drivers and the now famous radio personalities John Boy and Billy of the Big Show. "The action and the speed" is what Maynard likes about NASCAR. The young man, who says he watches every race, will be going to his first Winston Cup race. He has been to Bristol before to see a Busch Cup race but has always wanted to see a Winston Cup race because of racing great Jeff Gordon.

"It's a good track. It's full of crashes. It's a fast track. Short. I like that track the best," said Maynard, enthusiastically, yesterday morning he was prepared to take off on the adventure.

"I have everything that Jeff Gordon has," said Maynard, who collects NASCAR memorabilia. He also likes Bill Elliott and Jeff Burton, but disdains anything Earnhardt. He even has a set of tires off Jeff Gordon's car and, although his favorite driver is hav-

(See Race, page two)

USDA loan allows expansion of facilities for troubled youth

by Pam Shingler Editor

Two facilities in Floyd County that serve children with emotional and behavior problems will be upgraded, thanks to a Community Facilities Ioan from the US Department of Agriculture.

USDA's Rural 'Development wing is lending \$183,200 to Mountain Comprehensive Care Center to expand its facility at Minnie and to purchase a building in Prestonsburg.

The Ioan approval was announced Monday and will benefit MCC's Creekside Crisis Stabilization project which helps youth in crisis to stabilize through medical and psychiatric help.

Creekside director Eileen Recktenwald said Wednesday that the loan will allow MCC to go from two to five crisis and emergency beds at the Left Beaver site, which is in the former day care center in the senior citizens center at Minnie.

It will also go toward the purchase of a former day care center building on Highland Avenue in Prestonsburg, which will have six beds.

Recktenwald said the facilities are for children who are in a "crisis" state, who may be having "problems with their medication or have additional stressors" in their lives that put them out of control.

She said that without the local facilities, these children would have to be sent to a psychiatric center where they would stay for a couple of weeks.

The local program is "short term," Recktenwald said, with children staying just a few days until their condition is stable and they can be released into the care of a parent or guardian.

Creekside serves not only Floyd County, but also the other counties of the Big Sandy Area

(See USDA, page two)

• Wheelwright City Commission, special meeting, today, 8 p.m., City Hall; agenda: selling old city hall

• Groundbreaking ceremony, Eastern Kentucky Veterans Center, Saturday, 1 p.m., Dawahare Drive in Hazard

 Groundbreaking ceremony, Sykes Enterprises, Monday, 2 p.m., Mossy Bottom Business Park, Pikeville

• Board of Education Local Planning Committee, work session for prioritizing facility needs, Monday, 6 p.m., MAC

• Kentucky Arts Council public meeting to discuss the future of the arts in the state, Wednesday, 6 p.m., MAC

Project drawing questions

by Willie Elliott Staff Writer

A cooperative, educational and economic endeavor between the county and the public school system attracted some questions from Floyd County Board of Education members at their regular meeting Monday night.

Board members took a cautious look at the aquaponics project that has been scheduled for South Floyd High School.

Board member Carol Stumbo said she was all for the project, which involves growing fish and vegetables in a greenhouse, but insisted that the curriculum be fleshed out better.

James Staggs, who is primary instructor for the project, with other South Floyd faculty, worked out a outline listing the various components from the core content that would be cov-

(See Project, page two)



Hershell **Tackett**

GRAND OPENING The Dentist Office August 30, 1999

Dr. Chonda Harris Dr. Ben Whitfield 606-433-0033

Now Accepting Appointments



Dr. Chonda Harris and Dr. Ben Whitfield would like to announce the grand opening of their new dental office in Pikeville. The office is located at 546 South Mayo Trail on the first floor of the Harris Building. Drs. Harris and Whitfield are both graduates of the University of Louisville, College of Dentistry. The Dentist Office will offer a variety of general dentistry procedures to

fulfill your family needs. We are also offering air abrasion cleanings to help you and your family achieve a healthy, beautiful smile. The goal of The Dentist Office is to treat every patient like family and provide you with the safest and most trustworthy materials available. The office will offer some evening hours to help better serve the working community. For those interested in making an appointment, please contact our office manager, Amy, at 606-433-0033.

Teenager

Before the truck had even come to a stop, the driver bailed from the moving vehicle.

Clark

"He jumped out before the truck actually stopped moving and jumped into the river," Roop said. "I jumped in after him."

Roop "stoved up" his ankle in the jump into the shallow river because he saw the suspect swimming and thought the water was deeper. With his gun belt filled with equipment and wearing a bullet proof vest, Roop began to swim across the river coming within 15 feet of the young man. The officer then realized he could wade across the river, which was only neck deep where he crossed, he said.

Already on the other side, the youth climbed the steep embankment and got out of sight.

"I slipped three times trying to get up the bank," said Roop, which allowed the boy to get out of Roop's sight.

'By the time I got to the top (of the bank), I couldn't see him," Roop said.

Pausing to listen for the subject, Roop said he heard KSP Trooper Roger Varney calling out from behind "not to shoot, he was a trooper." The out-of-uniform officer had made it to the scene with a Johnson County deputy.

Roop and Varney stood on the bank listening for the young man. "We never did hear anything. He was probably hiding in the weeds. He kept looking back while he was swimming, so he was probably

USD

Development District - Johnson, Magoffin, Martin and Pike.

Recktenwald said she expects the expansion to be completed by no later than April. She said bids still have to be let and a contractor selected before renovations begin on the two locations. At the former day car center, the remodeling will amount primarily to putting up partitions for bedrooms and installing a new roof.

The director added that the need for such a program is increasing in the region. "One, we're getting better-nat identifying children with emotional and behavioral prob-

tired," said Roop.

Eight to 10 state police officers were on the other side of the river, combing the area for the boy, Roop said. The search went on from 45 minutes to an hour, before the officers decided to give up the search around midnight.

Later, around 3:30 a.m., the Prestonsburg Police Department received a call from the KSP Pikeville Post. The same boy was up to mischief again.

"Pikeville Post advises the male subject that our units were in pursuit of earlier this date has stolen a black Mazda pick up truck, '97, from the Harold area and may be en route to Hazard," the advisory said.

The KSP asked for local officers to observe the area for the vehicle. Just minutes later the vehicle was found wrecked on US 23 with no one inside.

The subject, it was learned, had then stolen a red Grand Am, got back onto US 23 and headed once more toward Prestonsburg. Deputy Herman Morris pulled in behind the car at Betsy Layne and followed him to about Ivel before the subject noticed Morris was behind him, said dispatcher Will Parker.

Once again the boy sped off. Officers Little and Hall were ready to offer assistance again when the chase reached Prestonsburg. According to police department logs, Little and Hall parked their cars at the KY 80 - US 23 intersection off ramps to prevent the driver from leaving 23.

(Continued from page one)

lems," she said. "And, two, services are getting better.'

Recktenwald also said that other agencies that work with children in some way, as well as parents, teachers and other adults, are better able to recognize disorders in children now than they have been. Plus, she said she thinks the number of children with disorders is increasing.

In announcing the loan, Thomas G. Fern, state director for USDA Rural Development, said, "USDA's Community Facilities program helps rural communities keep pace with the health care needs of our escalating populations in rural areas

"With lower populations and tax bases than urban areas, rural areas rely on programs such as this to provide essential public services and to enhance the quality of life

On up the road, Officer Sue Blackburn positioned herself in a block at the traffic lights at the junction of the KY 1428 entrance to Prestonsburg.

Entering the city area, Deputy Linzie Hunt's car broke a belt on the top of Holiday Inn Hill, according to Parker. Hunt pulled his car to the side and was picked up by Trooper John Hunt, Linzie's son, who was also in the chase.

Hall and Little assisted in the pursuit to the city limits, while Morris and Hunt continued in the melee. The driver got through a failed road block, set up by Johnson County Deputy Pelphrey at the Johnson County line, along old US 23.

According to dispatcher Parker, Deputy Morris' car blew its engine near Hager Hill, leaving Trooper Hunt and the Parker on the trail of the persistent teenager.

Group

cut by the highway, but are often associated with it.)

The stated purpose of the organization is to be the unified voice for the promotion, preservation and development of cultural heritage among the counties of the US 23 region.

Sonia Stacey, tourism director at the East Kentucky Corporation, located in Hazard, explained some of the ways her agency may be helpful to the group. Stacey, as well as many of the other participants, sees the Internet as an excellent way to spread the word about the organization.

She plans to have a web page with names of artisans who have goods or services for sale, and she plans to have links from the page to parks and other craft sites.

Judy Sizemore from the Kentucky Arts Council brought the group up to date on various events that are coming up. She also pointed out deadlines for projects and grants.

On the local scene, the Mountain Arts Center will host the Kentucky Arts Council forum on the future of the arts on September 1, and on September 11 the Kentucky Highland Folk Festival will be at the MAC. Displays, beginning at 4 p.m., will focus on the Floyd County Library, Historic

Race

ing an off year, Maynard said, Blackburn ran into his father at the

- (Continued from page one)

Parker contacted Trooper Varney, who had returned home, and ask for assistance in the form of a stinger. The tire piercing tool was set up at the intersections of US 23 and KY 321. After running over the stingers, the youth drove nearly two miles before finally being arrested by Pelphrey.

Other area officers who assisted in the pre-dawn chase were Troopers Ronald Peppi II and Greg Roberts and Prestonsburg Police Officers Larry VanHoose and Bill Conley.

Sheriff Bill Witten said of the Floyd County Deputies "They did a fine job.'

The 17-year-old driver was transported to the Big Sandy Detention Center in Paintsville, where his friends, Melinda Brooks, 21, and a 16-year-old juvenile, both from Busy in Perry County, had already been taken.

(Continued from page one)

May House, artist Tom Whitaker, Floyd County Historical Society, Floyd and Johnson County Extension Services, Russell May Art Gallery, David Crafts, Prestonsburg Community College Library, Country at Heart and Pikeville College.

At 7:30 p.m., a musical program will feature Appalachian legend Lee Sexton, plus Paul Neil Allen, the Mule Band, Phil and Ann Case, Caney Creek, Steve Hall and the Festival Band, Randy Wilson, Eddie Bailey, Dianna Donahoe, Freddie and Robyn Goble and many others.

Aloma Burke, who works with a group of high school students at Shelby Valley High School, brought two students to the meeting and let them demonstrate their skills in creating web pages. Burke said she hopes her students will be able to provide services for the organization.

The group will meet again on September 28 at the Landmark Inn in Pikeville to work on strategic planning for the region. Persons interested in participating can call Marilyn Davidson at 606/324-3175 for time of the meeting and other information. Local contacts are Ruth Iwanoski at 886-2377 or Fred James at 886-1341.

(Continued from page one)

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We provide GREAT SERVICE AFTER THE SELL!

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for all rural residents.

Project

(Continued from page one) ered in the class.

While the list included several items under chemistry/math, technology, language, biological/life sciences and economics, no specifics were offered. Staggs said the specifics would be worked out later.

Stumbo said she wanted to see the plans as they evolve.

She asked interim SFHS principal Henry Webb if the faculty is in favor of the project.

Webb said the faculty expressed "not only approval but excitement" about the project.

Stumbo and board member Johnnie Ross expressed a concern about expenses down the road. Ross said he has called different firms that did this same kind of farming and he got considerably higher figures than were presented in the information provided to the board.

Stumbo said she wanted to do all she could to prevent the project from lasting the initial two years and then floundering. She pointed out that at one time South Floyd had a state-of-the-art technology program and it was not maintained.

She said she wants the aquaponics to work well into the future and cover the core components in enough detail to satisfy the requirements for the state testing program.

The Floyd County Fiscal Court and the board of education joined forces to operate the aqaponics project at the school. Students at the school, as well as interested citizens, will participate in Cooperative Extension Service training in aquaponics operations, which, it is anticipated, will add to the local economy.

The fiscal court and the school are applying for grants to pay the salary of a technician for the first year. Other costs for operation and maintenance would amount to about \$8,000 and would be furnished by the board.

Gordon will be back next year though.

Maynard likes Gordon "because he's good," and he thinks "more championships" are in Gordon's future.

"He's had some bad luck. Next year he might come back and winanother championship," said Maynard, who doesn't like for fans to boo Gordon, although he thinks they do because his hero wins so much.

The young man appreciates his gift from the dream factory.

"They're nice providing this help to people like me. They're great," he said.

Maynard took with him a few NASCAR Hot Wheels, hoping he can get the drivers to autograph them. He was excited about the trip but admitted he doesn't know what he will say if he gets to meet Gordon.

The young racing enthusiast has a form of muscular dystrophy (MD) called Dunman. It is a critical type of MD, which Maynard has had since birth, according to Lenore Blackburn, founder of The Dream Factory.

Maynard became a candidate of Dream Factory after businesses and the public. The

Betsy Layne Cardinal Mart. The Maynard elder overheard Blackburn speaking about the Dream Factory and mentioned to her that his son Tim had MD.

Blackburn explained what the organization offered, and the family signed Maynard up for consideration. And this weekend one of Tim Maynard's dream's will be fulfilled.

Maynard's tickets to the racing events where procured by Ben Trout of the corporate offices of Food City and by the Bristol Motor Speedway. He was originally supposed to go to the races in the spring of this year, but was unable

The Maynard family was given travel money, hotel accommodations, eating expenses, and money for souvenirs.

Candidates for dream packages must apply at the Dream Factory. The candidates will go through a screening process before they will be considered for a package.

The Dream Factory is a non profit organization that receives money for such projects from volunteer road blocks, sporting events, and donations from area

Groundbreaking set for Hazard veterans home

Gov. Paul E. Patton will be the 88,000-foot facility will be two featured speaker August 28 at the official groundbreaking ceremony for the Eastern Kentucky Veterans Center in Hazard, a 120-bed nursing home for Kentucky's veterans. The 1 p.m. ceremony is open to the public.

"This has been a goal of our veterans for nearly a decade and I am pleased to see it come to fruition,' said Patton, "This center will provide the much needed care for those men and women who have served our state and nation."

Brigadier General (Retired) Les Beavers, Commissioner of the Department of Veterans Affairs, said, "This is government at its best, meeting the needs of our veterans with commitment and support from Gov. Patton and the members of the General Assembly."

Located on Dawahare Drive, the

floors with two 45-bed wings for general admission and one 30-bed wing for residents needing special care, such as those afflicted with Alzheimer's disease. It will also include a warehouse, a pavilion, and a daycare for the children of the employers.

The cost of construction is \$13.5 million with both the state and federal government providing the necessary funding. Upon completion in June 2001, the facility will employ about 156 employees.

"These facilities (one is also being built in Hanson near Madisonville in Western Kentucky) are for Kentucky veterans who have served our state and nation as members of America's Armed Forces,"

(See Veterans, page three)



Hindman Settlement School Director told members of The **Route 23** Cultural Heritage Network that working together in a regional network was the way to get the organization off the ground. (photo by Willie Elliott)

MMUNITY CALENDAR

Betsy Layne High's Class of 1960 reunion

The Betsy Layne High School class of 1960 is having a class reunion, September 4, at the Prestonsburg Holiday Inn. If you have questions, call 606/377-6607.

Slone-Owens

family reunion

The Slone-Owens Family Reunion will be held at the Allen Convention Center, Stumbo Park. on Saturday, August 28, beginning at 10 a.m. Bring a favorite dish, soft drinks and any genealogy information you would like to exchange with other family members.

Music provided by the Four Wings Gospel Singers. All family members and friends are encouraged to attend.

If you have any questions, call 606/285-3757 or 606/447-2852.

Childers family reunion

The 12th annual Childers family reunion will be held Saturday, August 28, at Dewey Lake, Prestonsburg, Shelter No. 3. Registration starts at 11 a.m. Bring a covered dish and cold drinks. Dinnerware will be provided. Childers family books will be available for pickup. For more information, contact Donna Cox at 740/532-6301.

Septemberfest 5K/10K walk-run

The Louisa Younger Woman's will hold the Septemberfest 5K/10K walk-run on Saturday, September 11, at 8 a.m. Participants will start the race at the LCHS Board of Education office. Registration will begin at 7 a.m. that morning. Registration forms may also be picked up at Louisa Sporting Goods and mailed to LYWC, P.O. Box 12, Louisa, KY 41230. Trophies will be awarded to the top three overall winners and to the team with the most participants. Participants of all ages are encouraged to attend. The first 100 participants will be guaranteed Walk-Run t-shirts. For more information, call Erin Evans at 638-1321.

5 p.m.

Hunter reunion

The 1999 Hunter reunion will be held on Saturday, September 4, at the Parkway Baptist Church, KY 1428 at Sugar Loaf. This will be the 32nd year for the gathering. Relatives and friends are encouraged to come early and bring all the good food as you have before. Drinks, plates, cups, and silverware will be provided.

Retired teachers meet

The Floyd County Retired Teachers Association will meet in regular session on Thursday, September 2, at 10 a.m. at May Lodge, Jenny Wiley State Resort Park. This year's retired teachers will be honored at the meeting. All Floyd County retired teachers are urged to attend.

Johnson-Hubbard

family reunion

Bee Johnson and Malcolm Hubbard Family Reunion, September 5, will be held at Jenny Wiley State Resort Park Cabins 137 and 138. All friends of the family welcome. Dinner will be served at 2 p.m. For more information, call 285-3882,

Evanston Reunion

The Evanston reunion will be held at Jenny Wiley State Park, downstream park, September 4th, at 11 a.m.-? Bring a picnic lunch (or eat at Lodge), also lawn chairs, pictures, etc. Join the friends you grew up with for a day of fun and memories.

reunion will be September 11. Bring covered dish, music, food, and games. Location is Ky. 2030 between Salisbury and Little Mud Creek. Everyone welcome. For information call 606/874-2346.

Little memorial

There will be a memorial service[†] of all the deceased on Little Cemetery on September 5, beginning at 9:30 a.m. Everyone welcome.

Mead family reunion

Children, grandchildren, greatgrandchildren of H.F. Mead, Sam T. Mead, Bart T. Mead, Albert Mead, Manville Mead, Katherine Mead Little, Roxie Mead Burchwell, Oma Mead Boyd, Girlie Mead Click, Lizzie Jane Mead Mosley, all will have a Mead family reunion, September 4, at Hi-Hat, starting at 1 p.m., in the bottom at Rush Mead's house. Bring the family and join in celebrating heritage and the 'good ole days." For more information, contact Denise Mead Keene 502/857-2579.

Collins-Spears Reunion

The Collins-Spears reunion is set for September 12, from 9 a.m. to 5 p.m., at the Picnic Hollow, next to Dewey Dam, at Jenny Wiley State Park. Dinner will be served at noon, followed by an exchange of family information. Bring a favorite food.

The reunion includes descendants of Rhesa (Rece) and Mary Collins and their seven children, as well as descendants of 1 nomas and

Rutha Spears (Speers) and their 10

children. For information, call Pat

Goble family reunion

planned for September 4, at

Stumbo Park at Allen. The reunion

is of descendants of Clyde and

Florence Goble, Ike and Mary

Wells Goble, Lon and Ruann Music

Goble, Pattons and Kirks. Bring a

covered dish, a \$5 contribution for

chicken, and chairs.

A Goble family reunion is

Womack, 606/473-7192.

Dwale homecoming

All past and present residence and their families are encouraged to attend the 9th annual Dwale homecoming. The reunion is at the Dwale shelter in Dwale. Starting at 11:00 a.m. to ??. Dinner served at 1:00 p.m., please bring covered dish or soft drinks to share. Music and entertainment all day. Horseshoe tournament is at 9 a.m.; register before the 9 a.m. starting time.

Chaffins reunion

The William Jefferson Chaffins family reunion will be Saturday, August 28, beginning around noon at the Woodmen of the World Lodge located between Prestonsburg and Allen on US 23 north. Bring a covered dish and drinks. For information, contact Jennifer Halbert, 285-3793 or 874-8400 on Saturday.

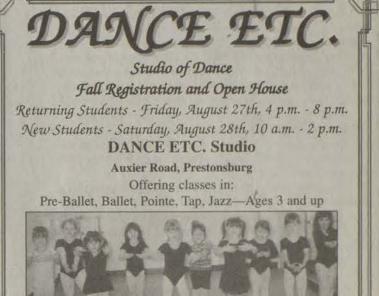
ALC announces

last day to register September 1 marks the last day to register for fall classes at Alice Lloyd College. Call 1-888-280-4ALC or 606-368-6036 and ask for John, Brad, or Sean to take advantage of what Alice Lloyd College has to offer!



- Dance Suits and Tights
- Mascot Decals and more
- In-stock items or custom order

RICHMOND PLAZA, PRESTONSBURG 886-3142



EXPERIENCED AND PROFESSIONAL INSTRUCTION **OWNER/INSTRUCTOR: MRS. JODY A. SHEPHERD** Jody has 24 years of training, including ballet, jazz, tap, modern and gymnastics, and ten years of teaching experience. She has a B.S. degree in dance from Radford University.

Jody is the coach/choreographer for the Prestonsburg High School Dance Cats and has led the team to many awards and titles, including three National Championships.

> For more information, call 886-3111 The students have performance opportunities, including the annual Christmas performance of the Nut Cracker and the Spring Recital at the Mountain Arts Center.

Troubled children need foster homes

Children with troubled backgrounds need stable foster homes with no children. Mental health background or similar experience preferred. Training and support. \$775 per month. Call Theresa, Presbyterian Child Welfare Agency, (800) 472-3678, leave a message.

Layne family reunion

The Layne family reunion will be held Sunday, September 5, from 1 p.m. to 4 p.m., at the Tom's Creek Baptist Church at Ivel. Each family is asked to bring a covered dish and drinks. All Layne family members and guests are encouraged to attend.

Newsome reunion

The descendants of William Newsome, of Grethel, will meet for their 13th annual reunion, September 5, at Allen Stumbo Park Convention Center. Members are asked to bring covered dishes, nonalcoholic drinks and a craft for the craft auction, if possible.

Allen Central High's Class of '89 reunion

The Allen Central High School Class of 1989 will be having its 10year reunion, September 10 & 11, at the Floyd County Fish and Game Club. If you have not been contacted or received any information and would like to attend, call Rita Whicker at 606/285-3260 (day) or 606/285-0329 (evening), or Gina Watts Martin at 606/478-2811 after

Bike tour

The sixth annual Appalachian Bike Tour will be held Saturday, August 28. Registration is at 8 a.m. at the Yatesville Lake Marina in Louisa. Helments are required. For more information, call (606) 638-3234 or email markj@se-tel.com.

Spurlock school reunion The Old Spurlock school

erans (Continued from page two)

Director of Veterans Centers.

To become a resident of the facility, an applicant must be a veteran with other than a dishonorable discharge, born in or entered service in Kentucky, or have been a resident of the state for one year prior to submitting an application. The facility's daily operation is funded with federal and state funds, in addition to a

said Larry Arnett, Executive reasonable fee charged to each resident based on assets and income.

> Progress at the site will be visible soon after the groundbreaking. An early construction package has been approved which will include building an access road, installation of utilities, highwalls and slope remediation, and site grading. Work should begin on the site in late September.



Spectacular Fireworks Grand Finale Saturday Night with Fireworks beginning Friday !!! Everyone come up on Poppy Mountain and have a BLAST of a T **7TH ANNUAL POPPY MOUNTAIN**

PRESENTS IIIrd TYME OUT BLUEGRASS FESTIVAL SEPT. 14TH, 15TH, 16TH, 17TH, & 18TH 1999 MOREHEAD, KY-SCENIC 1000ACRE FARM Rain or Shine 80X150 Inside Showroom In Case of Rain

TUESDAY Simple Tymes Streemlyne The Boys From Middle Creek Blueridge Bobby Hutch & Grand Ol' Country Touch of Grass **Dusty Valley Grass**

WEDNESDAY The James King Band The Shankman Twins Karl Shifflit & Big Country The Gary Ferguson Band Silver Cloud Tradition Gary Brewer & the KY Ramblers

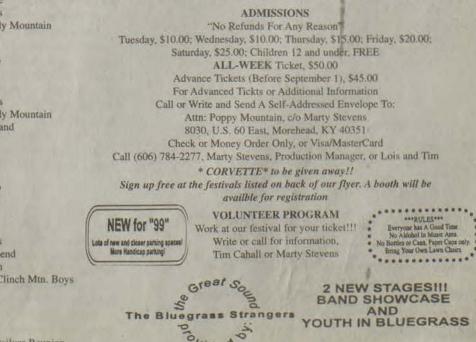
THURSDAY Eddie and Martha Adcock The Bluegrass Thoroughbreds Lost Creek The Jimmy Haines Family Band Tim Graves & Cherokee The Bluegrass Strangers Melvin Goins and Windy Mountain New Tyme Rarely Herd plus Showcase Bands!!!

FRIDAY The Bluegrass Strangers Melvin Goins and Windy Mountain The Lonesome River Band Unlimited Tradition The Lewis Family The Reno Brothers IIIrd Tyme Out plus Showcase Bands!!!

SATURDAY Wise Village Pickers Old Dominion Cloggers Dave Evans and Riverbend The Country Gentlemen Ralph Stanley and the Clinch Mtn. Boys The Hart Brothers Goldwing Express The Seldom Scene IIIrd Tyme Out Doyle Lawson & Quicksilver Reunion



AH MOBILE HOL EVENTS FREE BUS TOURS ATRAM RIDES Penty to do far evenyoar! Hone Rolog, Hayade, Fahing, Hung, Term, Walking Hones, Old Can Prime & Aronse Anter Anore Each S 2065 U.S.60 East Morehead (1/2 Mile East of Morehead on Hwy. 60) al Thanks To South Mubile Home

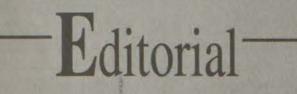


Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; abridging the freedom of speech, or of the press; or the right of the people to peaceably assemble, and to petition the government for a redress of grievances.

Piempoint

Friday, August 27, 1999 A4

-First Amendment of the U.S. Constitution-



Constitutional context

It's easy for a school board to approve the display of the Ten Commandments in public classrooms, as boards in Harlan and Jackson counties did recently.

Oh, it may cause these districts to waste some much-needed resources defending their actions in legal settings, since the US Supreme Court ruled years ago that posting the Ten Commandments in public schools - and other public settings is unconstitutional. And it certainly provides a negative object lesson for youth in those communities, who see their own elected leaders dissing the court and flouting the highest law in the land.

But the act of voting for the Ten Commandments is easy. Shoot, it's politically popular in this Bible Belt state, where a lot of folks think education - indeed, the whole fabric of our nation went to hell in a handbasket after the Supreme Court kicked religion out of public schools.

The problem with that thinking is that it never happened. The court never said religion was taboo in our schools. All the court ever said in decisions spanning 30-plus years was that government, including its schools, could not advocate the teachings of any one religion.

Nor did religion disappear from our schools. Students carry their faiths and their gods into the classroom each day. They meet in religious study groups. They pray in school, although not in a way that forces their beliefs on others.

What did disappear, wrongly, from some of our schools ---maybe even most --- was classroom discussion of the role religions played in our history, in the crafting of our laws, in the development of societies and their cultures.

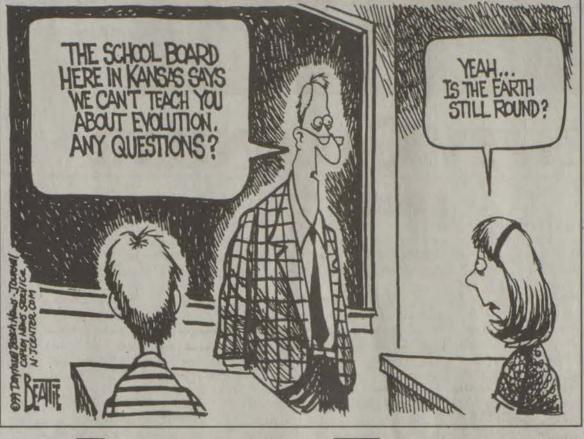
The court didn't order that. It happened because education officials and textbook publishers also took the easy way. Faced with the court's prohibition against advocating one religion, they erred on the side of caution and decided not to mention religion at all.

In doing so, they deprived generations of students of a full education. How can you teach history without reference to the role religions have played, good and bad, from the dawn of time?

How do you ignore the religious basis for the development of ancient civilizations, for the Crusades, for the Spanish Inquisition, for the Protestant Reformation, for the colonizing of America, for the theory of Manifest Destiny, for the Holocaust, for the centuriesold "holy wars" that continue in some parts of the globe today?

These and similar questions are being asked today by a disparate group of Kentuckians who represent a range of religious beliefs and who have come together under the name PERK, which stands for Public Education and Religion in Kentucky.

Led by former Gov. Brereton Jones and the Rev. Nancy Jo Kemper, executive director of the Kentucky Council of Churches, PERK is launching a campaign to get Kentucky schools to teach ole religion has played in American history and culture



Letters the Editor

Supports code, but it should apply to all

Editor

I know you have received many letters from people expressing their views on the dress code at Adams, but I could not help but write my thoughts after reading everyone else's in the paper.

I am the mother of two Adams Middle School students. I was just as opposed to the dress code as anyone else. The timing was very poor, and I don't think they went to a lot of trouble to let everyone know about the meeting they had to discuss the dress code. I was even more upset when I shopped for hours trying to find something to go along with the dress code.

Weeks have gone by and my feelings have changed. After all the tragedy all around us and all the deaths of children, I feel that if the dress code has a one percent chance of changing anything, it is worth a try. The decision has been made and the

shopping is done. Let's get behind the teachers and give this a shot.

For all the parents who picket the school and take time to call people names, use your energy for productive activities. Volunteer your time at the school; help make it a safer place. The dress code was not intended to make people mad or disrupt peoples' lives. It is for the safety and well being of our children. Right or wrong, their hearts are in the right place.

The only problem I have now is that I understood that the dress code was for teachers and faculty, too, which is not being enforced. Children learn by example, and if the adults are too good to wear what they are insisting the children wear, what kind of message does that send.

Tami Collins

David

PostScript by Pam Shingler Editor

OUOTE OF THE

WEEK...

If you can't annoy

somebody, there is

little point in

writing

-Kingsley Amis

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Quality

Some 10 years ago when I was first with The Times (before, some would say, I made the mistake of coming back again), Gary Frazier urged me to do some positive stories about the school system.

Those were terrible, dark times ---and it's hard to say that things are demonstrably better today, just different.

Gary was concerned, and rightfully so, that the children would be affected by the mountains of adverse publicity for which the adults were responsible. He wasn't excusing the bad; rather, he believed there was some good and that it should be exposed.

I agreed. I knew how a negative aura could taint a child's self-confidence. I had grown up in one of the best school systems in the state (Paintsville), but I went away to college around the time that everyone was discovering just how horrible and backward Appalachian people were, and despite the ratings of my school and my own achievements, I knew we all must be inferior. I also knew, when Gary broached the subject, that there had to be some good things going on in Floyd County schools, regardless of how bad the overview was. (Ironically, I was also visited by some well-meaning folks who thought nothing good should be printed about the system.) Gary directed me to some outstanding programs, for instance, the distance learning program, then in its infancy, and the overall achievements of students at Harold Elementary, who somehow managed to shine in spite of being fenced in on a major highway and being among the poorest in the county. Among the outstanding teachers he suggested I interview was Doris Osborne. I can't remember the exact issue the article was in, so I can't refer to what she said and what we talked about, but I have carried a strong impression of her with me over the years. And while I have not seen her since that time, I have continued to tell people about her, to relate some of the stories she told me, and to extol her as a true asset to the school system. I know that after spending time in her classroom I was sure I would have been a better science student had she been my teacher. She was absolutely radiant as she talked about how she engaged students to learn. Money didn't always get from the central office to Wheelwright, but she found ways to stimulate students to learn. I also remember her as being feisty - as feisty as they come. She told me about a student who did not want to abide by her classroom rules and was upheld by his parents. She'd received threatening calls for quite some time, threats of legal suits and threats of personal harm. But she stuck to her guns. When I saw the fax from the Kentucky State Police reporting the death of a Doris Osborne of Hi Hat, I thought it could not be her. There must be a mistake. But the report, tragically, was correct. When she retired from teaching a few years ago, there was a void in the Floyd County School System. I'm not sure we still have the mold from which she was made, and it is our loss --- more particularly, the students' loss. When she died last Saturday, there came a void in our world. We simply cannot afford to lose people like Doris Osborne.

Doing so will be considerably harder than simply posting the Ten Commandments in classrooms. It will take some education and training of our educators, so they can do justice to the subject without crossing over into the advocacy the court prohibited.

But it needs to be done - not because it puts religion back into our schools, but because our children's education will be incomplete without an understanding of religion's role in history.

Done properly, it can also reintroduce the Ten Commandments to our schools --- not in unconstitutional ways that force students of all faiths to look upon them each day, but in perfectly constitutional discussions of how our laws developed.

It may not be as easy or as politically popular as thumbing your nose at the Supreme Court, but it's a whole lot more constructive. - The Lexington Herald-Leader



Published Wednesday, Friday and Sunday each week

cnhi Phone 606-886-8506 Fax: 606-886-3603 E-Mail: fctimes@eastky.net **263 SOUTH CENTRAL AVENUE** PRESTONSBURG, KENTUCKY 41653

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Rod Collins, Publisher

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Comment

Volunteers and Floyd County schools

by Nadine Hicks

Title I Parent Involvement Coordinator

One of the best resources Floyd County Schools have are all the volunteers who come to the schools in various capacities each day. The adopted policy of the Floyd County Board of Education states that volunteers are persons who do not receive compensations for work in school or district programs.

A total of 12,992.31 hours were logged in free services in the different schools across the county during school year 1998-1999. But, as one school secretary noted, many volunteers did not keep an account of the hours they worked in the school their children, grandchildren or other family members attended.

In giving examples of the importance and worth of the volunteer program in every school, we will look at specific examples of just what volunteers do in classrooms across the county.

A teacher at one school declared that had it not been for the two mothers who worked with a small group of children in her room, in a small group setting, that not every child in that primary class room would have learned to read at the high level they learned. Thanks to those two willing volunteers that group of children can now read much better than they otherwise would have.

Another volunteer at that same school, in addition to the clerical duties she performed, kept the hours/records of all the volunteers. These show that over 6,420 hours were given to the school. At another school, children had library services who otherwise would not have had [services]. Mothers

worked long and hard in ensuring that the accelerated reader program was up and going. They located and tagged books and then spent their days in the library helping children.

As we are beginning a New Year, why not consider giving some time to the school of your choice. Just come to the school if you have the desire and the willingness to work with children and school staff. Volunteers, before they begin to work with children, spend about an hour in an orientation. During this hour, an overview of the county's policy and information about the program are discussed.

Those persons who have not had a criminal records check are fingerprinted. (This is completed at the site with no cost to the would-be volunteers). After all, would you want someone about whom you know nothing to work with your child?

It is a given that when parents are involved, children do better in school, and they go to better schools:



Letters to the Editor

Letters to the Editor are welcomed by The Floyd County Times.

In accordance with our editorial page policy, all letters must include the signature, address and telephone number of the author.

The Times reserves the right to reject or edit any letter deemed slanderous, libelous or otherwise objectionable. Letters should be no longer than two type-written pages, and may be edited for length or clarity.

Opinions expressed in letters and other voices are those of the authors and do not necessarily reflect the views of the newspaper. Send letters to: The Editor, The Floyd County Times, P.O. Box 391, Prestonsburg, Ky. 41653.

94 Pike Street. Pikeville, Ky.

606-432-2957

Fri. 4:10

Sat.-Sun.

2:10, 4:10

Mon.-Sun.

9:10:

www.accuweather.com



First Lady of Kentucky and opportunity we have changes all of us government, specifically to women Conway Patton, closed her address at Pikeville College's Convocation Ceremony Tuesday by saying. "In today's beginning, let us remember there are indeed dreams that all of us working together can realize."

Patton spoke to a group of about 600 at the event which officially began the 111th academic year at Pikeville College.

Faculty, trustees and staff members, along with Gov. Paul Patton, proceeded in academic regalia, prior to the invocation by William J. Baird, III, Pikeville College trustee. Following the anthem, President Hal Smith provided the welcome and introductions.

The First Lady delivered the keynote address that provided a heartwarming delivery of encouragement, opportunity, and excitement of being involved in college activities.

In addition, First Lady Patton emphasized the importance of education and encouraged all to utilize their minds to make a difference in society. Patton asked those present, "What footprints will you make at Pikeville College? What dreams will you begin that will carry you into life?"

Patton went ahead to explain that when she began her formal education, becoming the first lady of Kentucky was not even a dream. She quoted an aging chemistry professor in saying, 'Everything we touch and every

Pikeville College alumna, Judith in both small and sometimes significant ways."

> Following her address, Terry Dotson, chairman of the college trustees, and President Smith conferred honorary degrees to Mrs. Florane Baird and Mrs. Patton.

Mrs. Florane Baird, wife of the late William J. Baird II, was presented with the honorary degree of Doctor of Humane Letters. Mrs. Baird has always been a strong supporter of Pikeville, Pike County, and Pikeville College.

A big part of Mrs. Baird's life has been her family. Her four children are William J. Baird III, John H. and Charles J., and Jane Baird Evanseach an attorney.

Baird's husband was a member of the Pikeville College Board of Trustees for nearly 30 years. Sons Charles and Bill have also served as board members.

Mrs. Baird taught at Pikeville High School and has been active in the First Presbyterian Church of Pikeville for more than 70 years.

Judi Conway Patton, a native of Pike County, is one of four daughters of the late Roy and Esta Conway. She graduated from Pikeville High School and attended Pikeville College.

Mrs. Patton is offering unique leadership and reshaping the role as First Lady of Kentucky for the 21st century. She decided early on that she would lend her leadership to those who do not typically have a voice in and children harmed by abuse and violence. Her advocacy is being felt across Kentucky and across the nation

An extremely active and visible First Lady, Mrs. Patton is involved with numerous organizations and special projects.

STRAND I

'SCARY AS HELL'

RE

Habitat for Humanity, East Kentucky Leadership, the Kentucky Opera, the Thomas Clark Foundation. the New Opportunity School for Women and Contact Inc., an organization which provides special assistance to developmentally disabled individuals and their families, exem-

STRAND II

HELD OVER

plify her commitment to people.

RE http://showtimes.hollywood.com Tickets may be purchased in advance for any show on the date of purchase. Bargain Matinees Until 6 p.m. Mon.-Sun. Mon.-Sun. BRENDAN FBASER 7:05, 9:25; 7:05, 9:05; Fri. 4:25; Fri. 4:05: Sat.-Sun. Sat.-Sun. 2:05, 4:25 2:05, 4:05 Mon.-Sun. Mon.-Sun. ANTONIO BANDERAS 7:00, 9:15; 7:00, 9:20: THE 13TH WARRIOR Fri. 4:15; Fri. 4:20; Sat.-Sun. Sat.-Sun. R MATTIN CONT RUNAWAY 2:00, 4:15 2:00, 4:20 ARY AS HELD Mon.-Sun Mon.-Sun. The Astronaut's 7:10, 9:10; 7:00, 9:25; Frl. 4:10 Wife Fri. 4:25 Sat.-Sun. Sat.-Sun. Rated R 2:10, 4:10 2:00, 4:25 Mon.-Sun. THE YEAR'S FUNNIEST MO Mon.-Sun. 7:05, 9:15; THUMBS UPI 7:15: 9:15 Fri. 4:15; BRILLIANTI Fri. 4:15 Sat.-Sun. Sat.-Sun. BOWFINGER 2:05, 4:15 2:15, 4:15 Mon.-Sun. AN DAMM 7:10;

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THE BLAIR WITCH PROJECT CINEMA MON.-SAT, 7:15, 9:00; MON.-SAT, 7:15, 9:15; SUN. 1:30, 7:00, 9:00 SUN. 1:30, 7:15, 9:15 SUNDAY MATINEE, ALL SEATS \$3.50-Open 1:00, start 1:30 Forecast for Floyd County, KY All maps, forecasts, and data provided by WeatherSource, Inc. © 1999 LOCAL 7-DAY FORECAST

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Wall-to-Wall Screens, Dolby Sound, and Cupholders!

Tonight Saturday Sunday Monday Tuesday Wednesday Thursday Partly sunny: t-Clouds and sun; Mostly clear Clouds and sun; A shower in the Mostly sunny and Partly sunny and Partly sunny and warm. morning warm warm storms warm 63 88/68 88/66 88/65 88/66 88/64 84/65

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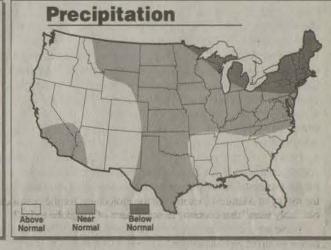


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Today

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Buenos Aires 69 49 pc

Berlin



First Lady Judi Patton

Depressed Anonymous

Feeling lonely, hopeless and trapped in a black hole or deep pit with no one to talk to? We understand. For more information, call Randall, (606) 886-0483; Jane (606) 886-8219; Sue (606) 879-8712; or Roy, (606) 478-4815

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-NOTICE-

Due to the Labor Day Holiday, The Floyd County Times will be temporarily adjusting deadlines for Wednesday's paper, September 6, 1999.

DEADLINE CHANGES ARE SCHEDULED AS FOLLOWS:

Lifestyles/Editorial: 12:00 noon, Thursday, September 2nd

Lifestyles Section Advertising: 1:00 p.m., Friday, September 3rd

Legals: 5:00 p.m., Thursday, September 2nd

Classified Advertising/Real Estate: 11:00 a.m., Friday, September 3rd

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A houseful of pets

August

by Sidney "Janie" Bailey and Suzanne

I guess of all the relationships that Suzanne and I have, our pets are the most fun. Goldie-Wilson-for-Mayor, a skinny, tangerine tabby male cat; Ernesto Scorsone, a white/black silly cat and Bo-regard, a 1/2 German Shepherd — 1/2 grand Pryhnees, white, male pooch picked up for \$100 at the Daytona Beach Flea Market by "Miss Mo."

We also regularly feed a red bird, four blue birds and a woodpecker. I laughingly tell Suzanne those are our lawyer birds. We can tell what they're up to by just watching from the carport. She laughs and I do, too — it's faster than e-mail.

Goldie Wilson for Mayor — Goldie for short — was given to Suzanne by Bernadette Blevins-Hagans. This cat rules the roost. He rides around on her wheelchair in her lap. Not afraid of anything, he's definitely got an attitude. It is so precious, early in the morning to see his sleepy little head popup from under the covers. He keeps a close eye on Suzanne. She loves that skinny little cat.

The second addition to our family of pets was Ernesto Scorsone — he just sort of took up residence without a name. No name seemed to fit him, until I was in Louisville, meeting with the AFL-CIO whereupon I met Mr. Ernesto Scorsone.

He was running for Congress, too.

He helped me learn to pronounce his name. All the way home, up the Mountain Parkway, I kept teaching Suzanne how to pronounce his name. It became a song and fun to say. When we pulled into the driveway at home, Suzanne said, "There is Ernesto Scorsone, Mom." The name fit perfectly. Sometimes she calls him Ernie.

Our last addition is "Bo-regard.'

Daytona Beach Flea Market and \$100 later, we owned a dog. We are hoping to teach him to pick up pencils and dolls. I wish he could do laundry. So far no luck. I'm thinking he may need to go to school for disability assistance training.

Only time will tell if he's going to be needed in that capacity. Suzanne's heart is starting to fail, her blood pressures are getting weaker and her feet colder. As I sit here looking at "Bo-regard" his ears are on top-of-his-head, together, he's praying.

I believe Suzanne's going to make it. Kosair Children's Hospital, here we come. Animals and all.

Oh, and the names of the wild birds are Larry and Gary, C.V. and Bobby, Will and Mickey. We feed them popcorn and sunflower seeds. A fine group of fine feathered friends. My mom always told me, to "make sure you feed the birds; they will make music around your house." She was right.

This Sunday morning we heard a thumping — peck, peck, peck, peck, peck, peck, peck, A new woodpecker. Suzanne, now we've got a drum with our bird music. We'll call him David. OK?

Sidney "Janie" Bailey and Suzanne Langley



Duchess

Duchess is a very special Lhasa Apsos. She is loved very much by a sweet little girl named Mandy. Duchess is a big part of our family. She loves us, too, and tries her best to talk to us. We love you, Duchess! Debbie Conn



rules our household.

Pet Tails

Niki's favorite pastime is lounging in what is now "her" bay window. From this vantage point she is able to watch the funeral home parking lot, and she is also able to keep an eye on the activities on South Arnold Avenue. She especially enjoys Sunday mornings when she can watch people going to and from church.

In the evenings, Niki likes to supervise Jim as he cooks on the grill in the backyard.

Atlthough during the past few years, Niki has developed some arthritis and moves a bit slower, she has still kept her humble personality. She enjoys visitors, especially youngsters who pet her and tell her she is a pretty dog.

Niki continues to be our loving companion. We look forward to her waiting for us at the door every time we return home.

Niki resides with Jim and Mary Carter of Prestonsburg. Jim Carter



Ma Maw

by David and Alissa Stukenberg

On April 19, 1999, we received a call from the vet informing us that Frisky, our mother dog, had died while giving birth. This left us with two brand new pups to care for. These pups required feedings every two hours, 24 hours a day. They also needed the stimulation and cleaning of the mother's tongue to make their bodies function correctly. Needless to say, we needed help. We also have another dog, Browny, who is the mother of Frisky, making her the Ma Maw of the new pups. From the time that we brought the pups home, we had high hopes that Browny would mother the pups. The vet had warned us of Browny's possible rejection of the pups, so we approached her with caution. Her first response was shivering, drooling, and hiding in her house with chattering teeth. After just a few moments though, Browny began to lick the pups almost continuously and then accepted the pups as though they were her own. After one-and-one-half weeks of bottle feeding the pups with puppy formula, and the puppies nursing by their Ma Maw at every opportunity, Browny began to produce milk. We called the vet to ask how we would know if the pups were getting enough nutrition. He told us that if they were not crying in between feedings, they would be fine. From that point on, Browny has taken complete care of them.



Brownie

My name is Brownie, aka, Brown Dog. My mommy and daddy are Anita and Ron Vanover. They found me on the side of the road in McCreary County, when I was about four weeks old.

Some of my favorite things to do are taking walks with my mommy, eating bones, playing with my spiny football, and howling when my daddy hoots like an owl.

> Lots of love for cat and dog

Hi, my name is Brooke Boyd. I have a dog — her name is Molly Rose. She is a chocolate Labrador retriever. I went to Ashland to get her. I had always wanted this kind of dog, because I knew they were beautiful. She has a lot of energy. My dog loves the water. I take her to the creek to let her swim. She is now eight months old and very big for her age. I love her a lot.

I also have a kitten. Her name is Sable Lekita. It is very beautiful. The colors of my kitten are gray and black. My kitten has a lot of energy, too. I love my kitten.

0

My name is Ginger. My mommy and daddy are Anita and Ron Vanover. They found me in Floyd County on the side of the road.

Some of my favorite things to do are taking walks with my mommy, eating, playing with my stuffed apple man, and cuddling up to my mommy or daddy when it is time for bed.



My name is Hallie. My mommy and daddy are Anita and Ron Vanover. Like my sister (by adoption) Kitty, I also came to their house one cold October night, a few years after Kitty did.

Hallie

During the summer I only come in a few times every day to say hello, but after a few minutes I want right back outside. I usually stay outside until the end of October. I like to stay in until the warm weather comes back.



Pudgie

Our dog's name is Pudgie. He is a Chinese Pug. Pudgie came into our lives at a devastating time, January 1990, when we learned that Don's can-

(See Pet Tails, page seven)







The first time 1 met Niki, was 11 years ago. At that time she was just a tiny ball of fur that 1 held in the palm of one hand. Being part Husky and part Akita, however, she has grown considerably, and now pretty much

FRIDAY, AUGUST 27, 1999 A7

- (Continued from page six)

Pet Tails

cer had returned. He was having a difficult time and became a little depressed. A friend of ours suggested that a pet would be good for both of us to put our attention on, and stroking and petting on Pudgie has certainly eased our anxieties. Don was home alone in the day while I continued working, and when I came in from work, I would find Don in his reclining chair with Pudgie lying across Don's chest, with both of them asleep. Pudgie has also traveled far and wide with us in the motor home, except to Hawaii and Alaska. He loves to travel yet. He will be 10 years old in November. A truer friend cannot be found anywhere. Pudgie also spends his winters in Okeechobee, Florida, with us.

Maxine and Don Goble

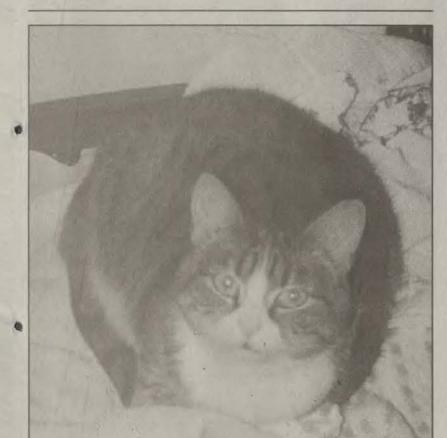


Princess

Amanda Conn and Kim Collins enjoy riding Amanda's Pony "Princess." Princess is as sweet as she can be. She will eat anything, including tacos. She follows us around like a puppy dog and will go right into the house if you accidently leave the door open. Amanda's Paw Paw got princess for her.

Debbie Conn

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Prissy loves for Esseell and Clifford to visit her. During their stay, she shows her appreciation, which cannot be ignored.

Riverview Nursing Home is her favorite place to go. She looks forward to going over there, to see my mother Luna Combs, who gives her a lot of attention.

Along with other nursing home residents and employees, they enjoy each other.

We love our puppy. She has us spoiled, or vice-versa.

Seniors need a pet of some type. They are a lot of company.



Sweet Pea

Please meet Neely's little Sweet Pea, aka, Sweet Pea. Sweet Pea is a full-blooded Mini Pin. She came into this world with a struggle, but is now a perfectly healthy 16-month-old. Sweet Pea has been with me through the good and the bad days. Her favorite toy is a squeaky brown bear. She has her own heating pad, and her best trick is to stand on her hind legs, wanting a ice cube, almost every time you open the freezer door, even if there is three inches of snow on the ground outside. She is small as a tack and fast as lightning. Sweet Pea is like a child to me. She is proof that big things come in small packages, no matter the size. Sweet Pea would start barking in this high pitch bark to show who's boss. She is my little angel.

Neely DeAnn Horner Paul Douglas Salisbury Teaberry



Sweet Pea

Hello, my name is Sweet Pea. My birthday is August 4. I live at Hueysville, and my mommy and daddy are Cita and Willie Prater. They love me very much. We often go to Taco Bell, my favorite place to eat.



Tyson

This is a picture of Tyson dancing with his "best buddy" Mikayla. Tyson is a two-year-old black and white male Boston Terrier, with a black dot on the top of his head.

Tyson's "doggie mom" died before he was 24 hours old, and he and his brothers were raised by his "human mom," Kim Slone.

Over the past two years, his brothers have gone to be with their doggie mom in heaven and only Tyson remains.

Unfortunately Tyson has been "missing" since July 6, which has causedgreat heartache to all who knew and loved him, especially his best buddy Mikayla.

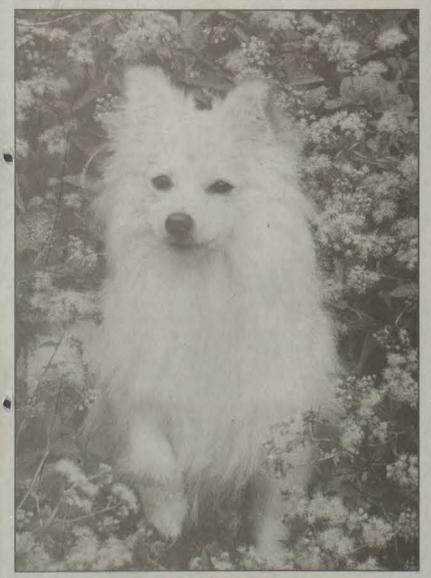
If you've seen Tyson, or know where he might be, contact Kim Slone at 452-4644.

He is a child's pet and needs medication. And a reward is being offered!



Kitty

My name is Kitty. My mommy and daddy are Anita and Ron Vanover. I came to their house one cold October night and have been there ever since. I enjoy being outside during the summer, but on occasion I come in to take a long nap on my mommy's or daddy's pillow. When it gets cold, I don't even think about going outside.



Prissy

Prissy is an 18-month-old Pomeranian, owned by Eddie and Virginia Hopkins of Prestonsburg.

She is very alert to her surroundings. You can't beat her for a fire alarm. When the smoke detector goes off, so does Prissy.

She is also an outstanding burglar alarm. She will detect any unusual activities around or within the house.



Tigger

Meet Tigger. He is an eight-week-old tom cat. He is the new member of the family, and he thinks he is the King of the Castle. He watches TV with me; his favorite shows are. "Friends," and "The Simpsons." His favorite toy is a white furry mouse.

Neely DeAnn Hunter Paul Douglas Salisbury Teaberry Sam

Sam is a frequent visitor to The Floyd County Times. You might call him a news hound. The people who "think" they own him are Johnny and Rhonda Heinze. (Johnny is the grandson of Times founder Norman Allen.)

Adopt a pet at the Animal Shelter



Sally Stevens Branch Road West Prestonsburg Call 886–3189 for more information

REGIONAL OBITUARIES

Perry County

Charles C. Bernitt, 80, of Williamstown, died Saturday, August 21. He is survived by his wife, Norma Bailey Bernitt. Funeral were conducted services Wednesday, August 25, under the direction of Elliston-Stanley Funeral Home.

Addie Boggs, 99, of LaFollette, Tennessee, died Wednesday, August 18. Graveside services were conducted at Willoughby Cemetery in Tennessee. Courtesy of Maggard Brothers Funeral Home.

J.B. Cole of Garden City, formerly of Hazard, died Monday, August 9. He was a coal miner, having worked for the Bluegrass Mining Company, Hazard, Leatherwood Mining Company. He later worked for Parker-Hanathon, an auto factory in Plymouth. Michigan, where he retired. Funeral services were conducted Thursday, August 12, at the Little Samuel Memorial Regular Baptist Church.

Barbara Fugate, 66, of Chavies, died Friday, August 20. Funeral services were conducted Monday, August 23, under direction of Engle's Perry County Chapel.

Henry C. Johnson, 104, of Roanoke, Virginia, formerly of Buckhorn, died Tuesday, August 17. Funeral services were conducted Thursday, August 19, under the direction of the Engle Funeral Home.



Evangelist Bennie Blankenship; Ph. 886-6223, 886-3379

Card of Thanks

The family of Bennie Garfield Slone 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 Clergymen Wayne Stephens and Paul King for their comforting words, Sheriff's Department for their assistance in traffic control, and Hall Funeral Home for their kind and professional service.

Hazel Kelly, 82, of Tampa, Florida, formerly of Lothair, died Thursday, August 19. Graveside services were conducted Monday, August 23, under the direction of the Engle Funeral Home.

Mable Steele, 94, of Hazard, died Saturday, August 21. Funeral services were conducted Tuesday, August 24, under the direction of the Maggard Brothers Funeral Home.

Boyd Sumner, 73, of Acup, died Sunday, August 22. He is survived by his wife, Mary Sumner. Funeral services were conducted Wednesday, August 25, under the direction of the Engle Funeral Home,

Buster Wooton, 45, of Hazard, died Wednesday, August 18. Funeral services were conducted Saturday, August 21, under the direction of the Maggard Brothers Funeral Home.

Magoffin County

Bobby Will Amyx Sr., 52, of Edna, died Sunday, August 15. He was a flooring contractor. Funeral services were conducted Thursday, August 19, under the direction of the Dunn-Kelley/Prater & Dunn Funeral Home.

Ruie Howard Hensley, 72, of Salversville, died Wednesday, August 11. She is survived by her husband, Paul Hensley. Funeral ser-

vices were conducted Friday. August 13, under the direction of the Dunn-Kelley/Prater & Dunn Funeral Home.

Monroe Shepherd, 72, of Kenton, Ohio, formerly of Magoffin County, died Monday, August 16. He was retired from the construction business. Funeral services were conducted Thursday, August 19, under the direction of the Hanson-Neely Funeral Home.

Josephine Risner Bartram, 64, of Hopkinsville, formerly of Magoffin County, died Monday, August 2. Funeral services were conducted Thursday, August 5, under the direction of the Dunn-Kelley/Prater & Dunn Funeral Home.

Gracie Nickles Gipson, 45, of Salyersville, died Saturday, August 14. She is survived by her husband, Herbert Gipson. Funeral services were conducted Tuesday, August 17, under the direction of the Dunn-Kelley/Prater & Dunn Funeral Home.

Lola Juanita King May, 74, of Cleveland, formerly of Belfry, died



Ike Conn

Ike Conn, 83, of Martin, died Tuesday, August 25, 1999, at Our Lady of the Way Hospital, Martin, following an extended illness.

Born on September 17, 1915, in Floyd County, he was the son of the late Maryland and Mary Branham Conn.

He was a retired coal miner and member of Local Union 9845, Martin.

He is survived by his wife, Pet Martin Conn: two sons, James Edward Conn of Lockbourne, Ohio, Anthony "Tony" Conn of Allen; two daughters, Beulah Kay Conn and Doris Collins, both of Langley; three brothers, Fred Conn of Printer, Virgil Conn and Maryland Conn Jr., both of Allen; five sisters, Polly Conn, Artie Rose, and Garmie Hall, all of Printer; Alberta Blackburn of Drift, and Susie Rickman of Michigan; five grandchildren and seven greatgrandchildren.

retired waitress. Funeral services retired coal miner. Funeral services were conducted Monday, August 23, under the direction of the Rogers Funeral Home.

Knott County

Robert Hicks, 72, of Claremore, Okla., died Monday, August 16. He is survived by his wife, Gloria Calhoun Hicks. Graveside services were conducted August 21, under the direction of Meyer Funeral Home.

Pike County

Ombra Bartley, 78, of Elkhorn City, died Thursday, August 19. He was a retired coal miner. He is survived by his wife, Melvina Caudill Bartley. Funeral services were conducted Sunday, August 22, under the direction of the Bailey Funeral Home.

Lola Juanita King May, 74, of Cleveland, formerly of Belfry, died Thursday, August 19. Funeral services were conducted Monday, August 23, under the direction of the Rogers Funeral Home.

Elster Ratliff, 88, of Hellier, died Thursday, August 19. She was a Wednesday, August 18. He was a

Harold D.

Yates

Prestonsburg, died Tuesday, August

24, 1999, at his residence, follow-

Paint, he was the son of the late

Thomas S. Yates and Katie Ann

He was a disabled laborer.

ing an extended illness.

Spencer Yates.

Indiana.

ating.

Harold D. Yates, 59, of

Born on April 20, 1940, in Little

Survivors include six brothers,

Ben Yates of Prestonsburg, Lee

Yates of Mentone, Indiana, Dewey

Yates of Warsaw, Indiana, Elmer

Yates and Bobby Yates, both of

Freemont, Ohio, Bill Yates of

Pierceton, Indiana; two sisters,

Dorothy Singer of Wabash,

Indiana, Martha Floyd of Akron,

ducted, Saturday, August 28, at 10

a.m., at the Nelson-Frazier Funeral

Home, with Martin Hughes offici-

Funeral services will be con-

were conducted Saturday, August 21, under direction of Justice Funeral Home.

Wade Langley Collins, 89, of Pikeville, died Wednesday, August 18. He was a retired coal miner. He is survived by his wife, Marie Syck Collins. Funeral services were conducted Friday, August 20, under the direction of the J.W. Call & Son Funeral Home.

Bart Compton, 85, of Draffin, died Tuesday, August 17. He was a retired teacher and accountant. Funeral services were conducted Friday, August 20, under the direction of the Bailey Funeral Home.

Kenneth Terrell Hall, 65, of Elkhorn City, died Wednesday, August 18. He was a trucker. He is survived by his wife, Hazel Marie Morton Hall. Funeral services were conducted Saturday, August 21, under the direction of Bailey Funeral Home.

George Clinton Higgins, 77, of Forest Hills, died Thursday, August 19. He was a retired conductor, formerly employed by the N&W Railroad. He is survived by his wife, Susanne Adkins Higgins. Funeral services were conducted Saturday, August 21, under the direction of Rogers Funeral Home.

Vassie Flanery, 85, of Robinson Creek, died Sunday, August 15. Funeral services were conducted Wednesday, August 18, under the direction of the R.S. Jones & Son Funeral Home.

Clyde Branham, 80, of San Marcos, Texas, formerly of Virgie, died Saturday, August 21. He is survived by his wife, Audrey Miller Branham. Funeral services were conducted Tuesday, August 24, under the direction of Pennington Funeral Home.

Manda Alice Stump Doyle, 71, of Huddy, died Sunday, August 22. Funeral services were conducted Wednesday, August 25, under the direction of the Rogers Funeral Home.

Mavis Blackburn, 78, of Shelbiana, died Sunday, August 22. Funeral services were conducted Tuesday, August 24, under the direction of the Justice Funeral

Services-Morris Chapel.

Raymond Smith Call Sr., 82, of Chiefland, Florida, died Friday, August 20. He was a retired funeral director. He is survived by his wife, Betty L. Call. Funeral services were conducted Monday, August 23, under the direction of the Knauff Funeral Home.

Sylvester "S.V." Williams, 91, of Dorton, died Sunday, August 22. He was a coal operator and cable TV operator. Funeral services were conducted Wednesday, August 25, under the direction of the Thacker Memorial Funeral Home.

Anthony Wayne "Tony" Adkins, 43, of Missouri, formerly of Elkhorn City, died Sunday, August 15. He is survived by his wife, Paula Adkins. Funeral services were conducted Wednesday, August 25, at the Old Regular Baptist Church at Rockhouse.

Nola Bentley, 66, of Pikeville, died Monday, August 23. Funeral services were conducted Wednesday, August 25, under the direction of Thacker Memorial Funeral Home,

Harvey Andrew Baker II, 69, of Blountville, Tennessee, died Sunday, August 22. He is survived by his wife, Wanda Sue Collins Baker. Funeral services were conducted Wednesday, August 25, under the direction of the Bailey Funeral Home.

Ethel Farley Varney, 95, of McCarr, died Tuesday, August 24. Funeral services were conducted Friday, August 27, under the direction of the Rogers Funeral'Home.

Brenda Dillon Lenard, 45, of Williamson, West Virginia, died Sunday, August 22. Funeral services were conducted Wednesday, August 25, under the direction of Hatfield Funeral Chapel.

Gracie Scott Stacy, 76, of Hardy, died Sunday, August 22. Funeral services were conducted Thursday, August 26, under the direction of the Hatfield Funeral Chapel.

Mabel Hatfield, 86, of Buskirk, died Tuesday, August 24. Funeral services were conducted Friday. August 27, under the direction of Hatfield Funeral Chapel.

THE FAMILY OF **BENNIE GARFIELD SLONE**

COUPON FREE HEARING TESTS

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BELTONE HEARING AID CENTER

Archer Clinic, Room 204, Prestonsburg, Ky Thursday, September 2, 9:00 a.m. to Noon Call Toll Free 1-800-634-5265 for an immediate appointment.

The test will be given by a Licensed Hearing Aid Specialist. Anyone who has trouble hearing or understanding conversation is invited to have a FREE hearing test to see if this problem can be helped! Bring this coupon with you for your FREE HEARING TEST, a \$75.00 value.

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CHURCH CALENDAR

LAYTON HOWERTON, **CONTEMPORARY CHRISTIAN SINGER** at Pikeville College Auditorium August 27th, at 7:00 p.m. Please bring a contribution of canned or boxed food for Helping Hand.

JORDAN'S 16th ANNUAL GOSPEL SING at the farm of Roy and Lorene Jordan, Vaneburg, Ky. September 7th-11th, 1999 Call for information, 606-796-2658

Advertise your church events free in our Friday Church Calendar. List event, location, date , and time. Bring in or fax to the Floyd County Times, 886-3603. Space is limited, submit information early.

Sponsored by



Graveside services will be conducted Sunday, August 29, at 2 p.m., at the Nelson-Frazier Funeral Home, with Chuck Hall and Lorie Vannucci officiating.

Burial will be in the Davidson Memorial Gardens at Ivel, under the direction of Nelson-Frazier Funeral Home, Martin.

Anny Howell

Anny Howell, 75, of Dana, died Tuesday, August 24, 1999, at Highlands Regional Medical Center, Prestonsburg, following an extended illness.

Born on September 18, 1923, in Floyd County, she was the daughter of the late Amos and Minnie Clifton Smith Akers. She was a member of the Church of Christ at Betsy Layne.

She was preceded in death by her husband, Emmit Howell.

Survivors include three sons, Mack Arthur Boyd of Grundy, Virginia, Roger Dale Boyd of Teaberry, Stallard Boyd of Dana; two daughters, Juanita Boyd McCoy of Grundy, Virginia, Wanda Boyd Howell of Dana; one stepdaughter, Nancy Harris of Tennessee: three brothers, Woodrow Akers of Buffalo Creek, West Virginia, Burnis Akers, and Leonard Akers, both of Banner; three half-brothers, Lee Akers of Ashland, Ohio, James Akers of Dana, Charlie Akers of Galion, Ohio: one half-sister, Josephine Beaver of Galion, Ohio; 19 grandchildren and 17 great-grandchildren.

Funeral services will be conducted on Friday, August 27, at 11 a.m., at the Little Salem Old Regular Baptist Church at Dana, with ministers of the Old Regular Baptist Church officiating.

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

Ratliff pallbearers

Serving as pallbearers for the funeral of Zella Marie Stratton Ratliff were Bruce Young, Billy Stratton, Mike Calhoun, Jim Calhoun, Ralph Hall, Burnis Goble, Jim Dillion and Jim Dillion Jr.

Burial will be in the Jones Family Cemetery, at Banner, under the direction of Nelson-Frazier Funeral Home.

Charles Frank Bennett

Charles Frank Bennett, 97, of Prestonsburg, died Tuesday, August 24, 1999, at the Highlands Regional Medical Center, following an extended illness

He was born April 23, 1902, in West Virginia, the son of the late John E. and Effie Withrow Bennett,

He was a contractor, formerly working for Minter Homes in Huntington, West Virginia.

He was a member of the First Methodist Church in Prestonsburg, and the Kiwanis Club.

He was preceded in death by his wife, Mary Alice Crum Wright Bennett.

Survivors include two sons, Kenneth R. Wright of Cincinnati, Ohio, and Carl E. Wright, of Camarillo, California; one daughter, Mary Sue Hopson of Winchester; one brother, Clifford Bennett, of Danese, West Virginia; one sister, Elizabeth Parker, of Danese, West Virginia; seven grandchildren and three greatgrandchildren.

Funeral services will be conducted Friday, August 27, at 1 p.m., from the Floyd Funeral Home Chapel in Prestonsburg, with Rev. Wayne Sayer, officiating.

Burial will be in the Wright-Crum Cemetery, at Cliff, under direction of Floyd Funeral Home, Prestonsburg

Doris B. Osborne pallbearers listed

Serving as pallbearers for the funeral of Doris B. Osborne were Joshua Stephens, Justin Stephens, Ed Copley, John Ferguson, J. Keith Bradley, Bill Burga Jr., Tom Burga, and Guy Osborne.

Honorary pallbearers were Pvt. Jared Stephens, Members of Wheelwright United Methodist Church, members of the faculty of Wheelwright and South Floyd High Schools.

KBC promotes campus prayer journeys

the Kentucky Baptist Convention is urging parents concerned over the growing trend of school violence to show their support for students and school teachers through simultaneous "Campus Prayer Journeys" on Tuesday, September 14, at 7 p.m.

Dr. Dan Garland, evangelism growth team leader, recently sent a letter to Kentucky Baptist churches and associations urging them to lead and coordinate prayer journeys around the schools in their communities. In his letter, Garland calls believers to "walk, skate, ride a bike, jog" around campus and pray for students teachers and school staff.

In addition to participating in Campus Prayer Journeys, Garland is encouraging churches to hold a special service on Sunday, September 12, commissioning every student and school teacher or worker to be missionaries in their schools. Their mission will be to pray for and share the gospel of Jesus Christ with their friends at school.

Churches or individuals that wish to coordinate or participate in Campus Prayer Journeys or commissioning services in their community can contact the Evangelism Growth Team at 888/254-5722 or 502/254-4737.

"Schools are no longer safe havens where parents entrust their children to the care and instruction

The Evangelism Growth team of of teachers," says Garland. "My generation feared the teachers while today's teachers fear the students. My generation feared getting a bad grade while today's teenagers fear getting a bullet."

The positive, powerful Christian response is to gather and pray, says Garland. "We can pray for the salvation, safety and spiritual growth of our students, teachers and parents," he concludes.

Campus Prayer Journeys were initiated by the Arkansas Baptist State Convention in response to the Jonesboro, Arkansas, school shootings in March 1998. The North American Mission Board of the Southern Baptist Convention in Alpharetta, Georgia, plans to become a resource point for churches outside of Arkansas wishing to take part in the 1999 Campus Prayer Journey. The event has already spread to Tennessee, North Carolina, Mississippi, Missouri, Texas and Oklahoma.

Campus Prayer Journey is a companion event to See You At The Pole, youth-led prayer meetings around schoolyard flagpoles held before school on the third Wednesday of September each year. The Campus Prayer Journey has been strategically planned for the Tuesday evening before See You At the Pole, so that parents and friends can offer prayer support for students.

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	The Numb	mbers Game		
ondy knints	Wednesday's Results	August 25, 1999		
	LOTTO KENTUCKY 19-23-26-28-34-37	POWERBALL 11-13-21-34-45(30)		
	Next Estimated Jackpot \$12 million	Next Estimated Jackpot \$14 million		

Farmers hit hard by drought

Big

A drought that was recently upgraded to severe throughout eastern Kentucky is taking a severe toll on crops in Magoffin County and all across the commonwealth.

Pasture and hay have been affected most locally, according to Magoffin County Extension Agent for, Agriculture Russell Sparks.

"We have probably lost 85 percent of County pasture and 60 to 75 percent or better of the normal hay yield," Sparks said. Hay farmers lost one cutting completely and are facing the probability of a poor final cutting, Sparks said. - The Salyersville Independent

Intervention program offers new opportunity

Allegations of sexual abuse

surface from football camp

A parent of a Sheldon Clark freshman who is a member of the school's football team has issued a stern warning for other parents about what he considers "inappropriate, immoral acts that constitute sexual contact."

Greg Maynard is gathering information about alleged acts committed against his son at a football camp in Georgetown the first week of August. A distressed Maynard said he was initially tom by thoughts of wanting to punish his son because he didn't come to him earlier, and then realizing how hard it was for his son to come forward and speak to his parents about what allegedly occurred.

The alleged acts involved touching a player's "private parts," and Maynard said he only learned of the incident four days ago.

Coach Matney said he is taking the matter seriously and "won't put up with hazing or any type of initiation procedure," - The Mountain Citizen

County borrows \$300,000

Unable to pay county employees or the bills for July, the Martin County Fiscal court voted 4-1 to borrow \$300,000 from the Inez Deposit Bank to stay afloat in last Thursday's special meeting.

Judge-Executive Lon E. Lafferty told court members the loan was necessary because the county had to receive its allotment of coal severance money or the county road aid funding. Interest on the loan is six percent and must be repaid within 60 days. According to Lafferty and county treasurer Franklin Fletcher, both of these funds should arrive in the next

Argument at Fallsburg endswith shooting

An argument at a Martin Hollow home near Fallsburg ended with a shooting Thursday evening.

Joseph Tomlin of the Lawrence County Sheriff's Department said Gabrielle Kelly was shot once in the abdomen following an altercation at her home. The gun used in the shooting was a Smith and Wesson , .22 caliber revolver, which has not been recovered by police. Lawrence

She was flown to Cabell Huntington

The Magoffin County School System is now offering a second opportunity for at-risk students of middle school and high school age.

Funded by a grant and local school system money, the Magoffin County Intervention Program is currently operating in the Magoffin Elementary building and is prepared to service up to 40 students.

The intervention program is designed to Magoffin idnetify and assist in the education of students who have been or are currently

experiencing difficulty in the regular school setting, according to the system's Director of Pupil Personnel Joe Hunley.

The program has 20 prospective students and will operate in Magoffin Elementary through October, when it will be relocated. -The Salyersville Independent

two to three weeks. - The Mountain Citizen

Sheriff owes fiscal court \$64,501.12

Even though it was forced to borrow \$300,000 from the Inez Deposit Bank to avert a financial disaster, the Martin County Fiscal court has money owed to them. The Martin County Sheriff's office owes \$64,501.12 for unreimbursed payroll. The question, however, is when will this debt be repaid.

Sheriff Darriel Young did not attend last Thursday's emergency meeting when this matter was briefly discussed. The court had given Young approval to apply for a state advance and has received this, according to Chief Deputy F.D. "Pete" Fitzpatrick. — The Mountain Citizen

Chop shop included in interstate theft

Kentucky State Police Detective Bill Riley confirmed Tuesday that trucks and heavy equipment seized in Martin County earlier this month were stolen in at least three states and federal charges are pending.

Riley said the property was stolen in Kentucky, West Virginia and Ohio. He confirmed that the items included a number of tractors (trucks),

trailers, some pickup trucks and a low boy with an old end loader sitting on it when it was seized. The end loader was not listed as stolen.

Riley said he is also investigating a chop shop, referring to a facility that receives stolen equipment including passenger car and truck parts and entire vehicles and then using these parts on other vehicles. - The Mountain Citizen

plans to open in April.

Martin

County

A Food City grocery store will locate in Louisa, off KY 3, on a plot of land being developed by local attorney and developer Gene Wilson. The site currently houses a Rite-Aid store.

The cost of the project is estimated at \$2.5 million, vith a tentative opening date set for April 1, 2000.

Food City is going to be the beginning of a strip mall, starting with six stores, Wilson said. Once open, the store will contain over 36,000 square feet and create about 75 new jobs. - The Big Sandy News

Court rules for PMH in church case

The legal battle between the administration of Pikeville Methodist Hospital and the Kentucky Annual Conference of the United Methodist Church has been settled in Floyd County Circuit Court.

On August 17, Judge John David Caudill ruled the hospital is entitled to administer its own business without outside influence from the conference.

Pike

Caudill ruled that KRS 273.207 "allows a corporation to be governed by its board of directors" and that the hospital "was within its author-County ity in choosing its own board members as allowed by KRS 23.261. Caudill further ruled the hospital "has the right to amend its articles of incorporation and bylaws, and that the conference has no standing to raise any collateral issues regarding such decisions." - Appalachian News-Express

Audit shows violations

in sheriff's office

State and federal financial violations and several internal control deficiencies were detected in connection with the 1997 financial statements of Pike County Sheriff Charles "Fuzzy" Keesee, according to an audit released recently by State Auditor Ed Hatchett.

But Keesee said yesterday all the infractions were minor and have since been corrected.

DUI arrest puts Miller's plea bargain in jeopardy

A Van Lear man awaiting sentencing in a fatal 1997 hit-and-run crash that involved drug use was arrested recently on DUI and other charges

But it is not known whether Nicholas Miller's arrest last Saturday will have an impact on a plea bargain agreement he reached earlier this year with prosecutors in the hit-and-run case, in which Miller pleaded guilty to attempting to tamper with physical evidence following the fatali-

The fatality resulted in the second-degree manslaughter conviction of Miller's friend, Shawn Holbrook, who was driving the pickup truck that struck and killed Grayson resident Mark Allen Justice as he walked along Starfire Hill in Paintsville in December 1997. — The Paintsville Herald

Pair is busted in undercover drug deal

A Paintsville man's disability may have been an appropriate defense in the May 1998 shooting death of his neighbor, but the resident's handicap probably won't be a suitable defense in connection with his most recent case.

"We had a few minor problems that were brought out in the audit," Keesee said. "But none of them represented something that we couldn't correct fairly easily."

BOE employee

cleared in truancy case

The state Court of Appeals has ruled that a Pike County Board of Education employee was not responsible for a Pike County Attorney's Office mistake that left an angry parent charged with a sex crime instead of a truancyrelated charge.

The decision by the court was rendered on August 13, freeing Lester Collins, director of pupil personnel, from a verdict that required he pay parent Donald Williams \$40,000. — Appalachian News-Express

Union files charges against hospital

The United Steelworkers of America fired back at Pikeville Methodist Hospital by filing unfair labor practice charges with the National Labor Relations Board last week.

Laura Atkinson, an NLRB assistant regional director in Cincinnati, confirmed the charges had been received at her office and are being processed.

The charges claim the hospital has engaged in several illegal practices during the course of the labor dispute. ---Appalachian News-Express

Five months after a jury determined that Jeffrey Shane Dutton acted in self-defense when he shot and killed his neighbor, the 25-year-old was arrested by local and federal authorities Wednesday night and charged with various drug-related offenses.

Dutton and Rita R. Muncy, 43, also of Paintsville, were taken into custory after the Johnson County Sheriff's Department and Paintsville Police Department, along with FBI agent Scott Barker, success-Johnson

fully executed a "buy-bust" at their Pineview Trailer Court residence. - The Paintsville Herald

Jury awards East Point woman

A Floyd County Circuit Court jury awarded a Johnson County woman nearly \$330,000 in damages Thursday in a lawsuit she filed against Rite Aid of Kentucky and a Versailles doctor.

Edith J. Blevins of East Point, in a lawsuit filed in July 1998, claimed she developed a "severe allergic reaction" to medication prescribed by Dr. E.J. Horn and filled at the Rite Aid pharmacy in Prestonsburg in 1997. The suit, filed on Blevins' behalf by Prestonsburg attorney Joe Patton, claimed Horn and the pharmacy knew or should have known that Blevins was allergic to the medication. - The Paintsville Herald

Hospital in Huntington, West Virginia, by HealthNet, and was listed early this week in fair condi-

Charged in connection with the shooting is Frances Wright. Police charged her with first-degree assault and tampering with physical evidence - both felonies.

Tomlin said the argument that sparked the shooting appeared to have involved a husband to one of the women. - The Big Sandy News

Construction underway for Food City store

Hot on the heels of an announcement last Thursday about a gas-fired power plant coming to Lawrence County, another business has started construction and

Sorghum Festival just a month away

The 29th annual Morgan County Sorghum Festival is a month away - but who's counting, except the members of the festival planning committee.

"Reaping the Harvest," theme for this year's festival is appropriate to the season and the festival - a fall event, reaping the cane crop and making of sorghum.

The Country Store, which draws large crowds, is especially dependent on reaping a big harvest of apples and beans (for drying), pumpkins, squash, nuts, gourds, Indian corn, sweet potatoes, the fried pies and stack cakes using dried apples, plus other sweets. - The Licking Valley Courier

City lowers tax rates

By a vote of 5-1, the West Liberty City Council at its regular meeting Monday evening gave first reading to an ordinance lowering city property tax rates for 1999.

The lower rates for real and personal property, recommended by the state Department of Local Government were made possible by an increase in property assessments, but are expected to result in an increase in general fund revenues.

With real property assessments up \$5,682,520 and

CenterNet brings new technology

Residents of four Kentucky counties scattered across the central and eastern parts of the state sat down together last Wednesday for a video conference through a program called CenterNet.

The event celebrated the grand opening of Knott County's CenterNet location in the Handyman Branch at Hazard Community College.

CenterNet is a regional network which is bringing the newest in telecommunications to southern and eastern Kentucky. Featured are high quality video conferencing, a wide area computer network, and Internet services. — Troublesome Creek Times

Outdoor burning prohibited

Due to current and predicted weather conditions and the extreme danger of forest fires, Judge-Executive Donnie Newsome issued an executive order on August 20 prohibiting any outdoor burning in Knott County. - Troublesome Creek Times

2,560 marijuana plants eradicated

Kentucky State Police located five marijuana plots in Lawrence County on Monday that contained 2,560 plants worth an estimated \$250,000.

A police spokesperson said the marijuana strike force found the plants in the Brushy Creek area of Lawrence County during an aerial search from their helicopter.

Police said there were no booby traps located near the plants and no arrests have been made so far. The case is still under investigation by trooper Randy McCarty. -The Big Sandy News

personal property assessments up \$751,354 over last year, plus \$156,000 in new taxable property, the new tax rates approved by the council, though lower, are expected to generate around \$90,000 - or about 4 percent more revenue than was collected last year for general fund purposes

The new rates approved Monday will be 16.8 cents per \$100 of assessed value for real property, down from 17.8 cents last year. The new rate Morgan for personal property will be 23.9 cents per \$100 of assessed value, down from 24.6 cents last year. - The Licking Valley Courier

UK legends of basketball to play

game here Saturday

Local fans will have an opportunity this Saturday, August 28, to watch and meet some famous legends of UK basketball in action at Morgan County High School in a game with the locally-famous Community Center Rats.

The game, sponsored by the Morgan County Tip-Off Club, will feature Jared Prickett, Shawn Wood, Dale Brown, Ritchie Farmer and Chris Harris. Tip-off will be at 7 p.m. — The Licking Valley Courier

Domestic Abuse Resource

Center opens in Handyman

A dedication and reception to mark the opening of the Eastern Kentucky Domestic Violence Resource Center was held August 19 at its location in the Knott County Public Library.

A complete library of materials relating to domestic abuse is now available to women in Knott County. -Troublesome Creek Times

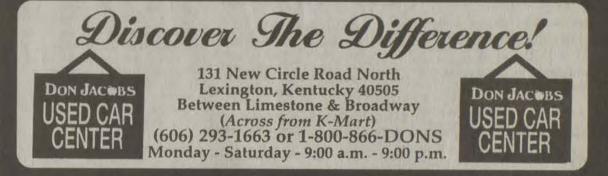
Affordable septic systems available

Knott

Knott County homeowners who have no reliable method of sewage disposal now have a unique opportunity to install a septic system affordably, according to Ecology Officer Roger Hicks.

Low-interest loans for that purpose are now available through the PRIDE program.

Hicks said that \$100,000 in funding is available for the loans in Knott County. — Troublesome Creek Times



County

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AUXIER

Auxier Freewill Baptist Church, Auxier; Sunday School, 10:00 a.m.; Morning Worship, 11:00 a.m.; Sunday Youth Meeting, 6:00 p.m.; Evening Service, 6:00 p.m.; Thursday Prayer Meeting, 7:00 p.m.; Pastor, Bobby Joe Spencer; Assistant, Southie Fannin, Jr.

Auxier United Methodist Church, Sunday School 10:00 a.m.; Sunday Morning Worship Service, 11:00 a.m.; Wednesday Night Service, 6:00 p.m. Everyone Welcome! Pastor, Bob Castle, Asst. Frank Buskirk.

Horn Chapel Methodist, Auxier Rd.; Sunday Morning Services, 11:00 a.m.; Sunday School 10:00; Sunday Evening 6:00 p.m.; Bible Study, Wednesday 6:00 p.m.; Pastor, Rev. Garfield Potter.

ABBOTT

The Father House, Big Branch, Abbott Creek; Sunday School, 10:00; Worship, 6:00 p.m.; Pastor, J.J. Wright.

ALLEN

Allen First Baptist Church, Allen; Sunday School, 10:00 a.m.; Worship, 11:00 a.m.; Evening Worship at 7 p.m.; Wednesday Night Prayer Meeting, 7 p.m.; Pastor, Rev. Arnold Turner.

Christ United Methodist, Allen, Ky.; Sunday School, 9:45; Worship, 11 a.m.; Wednesday, 7 p.m.; Sunday Night, 7 p.m.; Pastor, Kenneth Lemaster.

New Covenant Pentecostal Church, Rt., 1428 Old Rt. 23 between Prestonsburg and Allen. Sunday School, 10:00 a.m.; Sunday Morning Worship, 11:00 a.m.; Sunday Evening, 6:00 p.m.; Bible Study, Tuesday 7:00 p.m.; Pastor; Don Ash and Danny Clay.

BANNER

Prater Creek Baptist Church, Prater Creek; Sunday School, 10:00; Sunday Morning, 11:00; Sunday Evening, 7:00; Wednesday Prayer Meeting, 7:00; Wednesday, 7:00 p.m., Kids for Christ Club meets; Sunday, 11:00 a.m., Jr. and Beginners Church meets; Independent Fundamentalist Baptist Church; Pastor, Gary Fish.

Daniels Creek Baptist Fellowship Church of God, Banner, Sunday School, 10:00; Sunday Service, 7:00; Tuesday Bible Study, 6:30; Everyone Welcome.

BEAVER

Elliott's Chapel Free Methodist Church, Beaver, Rt. 979; Sunday School, 10 a.m.; Worship, 11:00 a.m.; Evening Worship, 6:00 p.m.; Pastor, Philip T. Smith.

BETSY LAYNE

Betsy Layne United Methodist Church, next to B.L. Gymnasium; Sunday School, 10 a.m.; Morning Worship, 11 a.m.; Wednesday Bible Study, 7 p.m.; Pastor, Randy Blackburn

Betsy Layne Church of God, Old U.S. 23; Sunday School, 10:00 a.m.; Morning Worship, 11:00 a.m.; Sunday Night Service, 6:00 p.m.; Wednesday Night family training hour, 7:00 p.m.; Pastor, Judith Caudill.

Betsy Layne Free Will Baptist Church; Sunday School, 10:00 a.m.; Morning Worship, 11:00 a.m.; Sunday Evening Worship, 6:00 p.m.; Wed. Night Prayer & Youth Services, 7:00 p.m.; Pastor, Tracy Patton

Calvary Southern Baptist Church, Betsy Layne; Sunday School, 9:45 a.m.; Morning Worship, 11:00 a.m.: Evening

Youth, Wednesday, 7 p.m.; Pastor, Roger Music.

COW CREEK

Cow Creek Freewill Baptist, Cow Creek; Sunday School, 10 a.m.-11 a.m.; Sunday Evening, 6 p.m., 7:30 p.m.; 3rd Sunday Worship Service, 11:00 a.m. to 12 noon; Prayer Meeting and Youth Group, Wednesday, 7:00 p.m.-8:00 p.m.; Pastor, Nathon Lafferty.

Benedict Baptist Church, Slick Rock Branch of Cow Creek, (half mile up Cow Creek on left); Sunday School, 10 a.m.; Morning Worship Service, 11 a.m.; Sunday Evening Service, 6 p.m.; Youth Service, 6 p.m. each Wednesday and Evening Service, 7 p.m. each Wednesday.

DANA

Sammy Clark Branch Freewill Baptist Church, Dana; Sunday School, 10:00 a.m.; Church, 11:00 a.m.; Sunday Night Service, 6:00 p.m.; Youth Meeting Sunday, 6:00 p.m.; Wednesday Night Prayer Meeting, 6:30 p.m.; Pastor, Jody Spencer; Assistance Pastor, Terry Hall.

DAVID Goodloe Pentecostal Church, Rt. 850, David, Ky.; Sunday Night, 6 p.m.; Pastor, Malcom Slone.

DRIFT

Drift Pentecostal Church, Drift; Sunday School, 10:00 a.m.; Wednesday Night, 7:00 p.m.; Worship Service, Saturday and Sunday Night, 7:00 p.m.; Pastor, Ted Shannon.

Drift Independent Church, Drift; Thursday, 6:30; Sunday, 11:00.

Drift Freewill Baptist Church, Drift; Prayer Service, 6:30 p.m., Thursday; Sunday School, 10 a.m.; Sunday Church Service, 6:30 p.m.; Pastor, Randy Turner. Drift Presbyterian Church, Route 1101, Drift; Sunday Services, 11:00 a.m.; Parttime minister, Mary Alice Murray.

DENVER

Liberty Baptist Church, Denver; Sunday School, 10 a.m.; Morning Worship, 11 a.m.; Evening Service, 6 p.m.; Wednesday Night Bible Study, 6 p.m.; Pastor Merle Little

DWALE

Dwale House of Prayer, Dwale, Ky.; service Saturday night, 7:00 p.m; Sunday night, 6:00 p.m.; Pastor, Woodrow Crum. EAST POINT

Free Pentecostal Church of God, East

Point, Rt. 1428; Sunday School, 10:00; Sunday Service, 11:00; Sunday Night, 6:30; Thursday Night, 6:30; Pastor, Buster Hayton

Little Paint First Church of God, East Point, 671 Little Paint Road; Sunday School, 9:45; Morning worship, 11:00; Sunday Evening, 6:00; Youth Fellowship, Sunday 6:00; Wednesday Night, 7:00; Kings Class (Children Ministry) Wednesday 7:00; Pastor, A Wayne Burch.

EMMA

Emma United Methodist, Emma, Ky.; Sunday School, 10:00 a.m.; Sunday Morning Worship, 11:00; Wednesday, 6:00 p.m.; Paul Aiken, Pastor.

ESTILL

Martin Branch Freewill Baptist, Estill; Sunday School, 10 a.m.; Services, 11:15 a.m.; Sunday Night, 7:00 p.m.; Wednesday, 7:00 p.m.; Pastor, Wayne Stevens.

GARRETT Rock Fork Regular Baptist Church,

worship at 11:00; Sunday School, 10:00 a.m.; Morning Worship, 11:00 a.m.; Youth meeting Wednesday night 6:30 p.m.; Prayer meeting and bible study at 6:30

HAGER HILL

Highland Church of Christ, Rt. 23, Hager Hill, telephone 789-6433; Sunday School 10 a.m.; Worship 11 a.m., Sunday evening 6 p.m.; Wednesday Bible study 7 p.m.

HAROLD

Harold Church of Christ, at Harold. Sunday School, 10:00 a.m.; Worship Service 11:00 a.m.; Sunday Night Service, 7:00 p.m.; Wednesday Bible Study 7:00 p.m.; Minister, James H. Harmon

Lower Toler Church of Christ at Harold. Sunday School 10:00 a.m.; Worship Service 11:00 a.m.; Sunday Night Service 6:30 p.m.; Wednesday Bible Study 6:30 p.m.; Minister, Lonie Meade.

Upper Toler Church of Christ 3.5 miles up Toler Creek on right. Sunday School 10:00 a.m.; Worship Service 11:00 a.m.; Nightly Service 6:00 p.m.; Wednesday Bible Study 7:00 p.m.; Minister, Tommy Dale Bush.

HI HAT

The Church of God of Prophecy at Hi Hat, invites you to worship with us each week. Sunday School, 10 a.m.; Sunday Morning Worship Service, 11 a.m.; Sunday Evening Worship Service, 7 p.m.; Wednesday Service, 7 p.m.; Wednesday night is family night! Everyone welcome! Pastor, Don Fraley, Jr.

United Christian Church, Meade Bottom, Hi Hat, Ky; Wednesday, 7:00 p.m.; Saturday, 7:00 p.m.; Sunday, 10:00 a.m., 7:00 p.m. Brother, Bill Slone, Pastor

HUEYSVILLE

Hueysville Church of Christ, Sunday School, 10 a.m., Worship services 11 a.m., Sunday evening, 7 p.m., Wednesday service, 7 p.m., Minister, Chester Varney, United Community Baptist Church, Hwy, 7, Hueysville, Ky. Service each Friday night, 7:00 p.m. and each Sunday at 2:00 p.m. Come worship with us and bring a friend. Everyone welcome. Pastor, Carlos Beverly.

Salt Lick United Baptist, Salt Lick, Hueysville, Ky. Service each Thursday at 6:30 p.m. and the 4th Sunday at 10:30 a.m. Everyone welcome. Pastor, Jacob Jarvis.

IVEL Tom's Creek Freewill Baptist, U.S. 23, first exit (north of Layne Brothers); Sunday School, 10 a.m.; Morning Worship, 11 a.m.; Evening Service, 6 p.m.; Wednesday Prayer Meeting, 7 p.m.; Pastor, Chuck Ferguson.

LACKEY

Lackey Freewill Baptist Church, Lackey. Sunday School, 10:00 a.m.; Sunday Worship Service, 11:00 a.m.; Wednesday Prayer Meeting, 7:00 p.m.; Everyone Welcome. Pastor Johnny J. Collins, of Wayland. "If we meet and you forget me you have lost nothing, but if you meet Jesus and forget him you have lost everything.

LANCER

Lancer Baptist Church, Lancer, welcomes you to the services. Sunday School, 10:00 a.m.; Sunday Morning Worship, 11:00 a.m.; Sunday Evening Worship, 6:00 p.m.; Wednesday Evening Bible Study, 7:00 p.m.; Pastor, Tom Biddle.

Pleasant Home Baptist Church, Lancer

Worship, 7:00 p.m.; Youth Activity nights, 1st and 3rd Saturday, 6:00 p.m.; Womens Ministries, 2nd Wednesday, 7:00 p.m.; Men's Ministries, 2nd Friday, 7:00 p.m.; Men's Bible study Monday evenings, 6:00 p.m.; Ellis J. Stevens, Pastor.

Faith Bible Church, Martin: Sunday School, 10 a.m.; Morning Worship, 11 a.m.; Sunday Evening, 6 p.m.; Wednesday Evening, 6 p.m.; Independent Fundamental Baptist

Martin Freewill Baptist Church, Martin, Ky.; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Evening Service, 6 p.m.; Bible Study, Wednesday, 7 p.m.; Youth League, Tuesday, 6 p.m.; Pastor, Pastor, John L. Blair,

First Baptist Church, Martin, Ky.; Sunday School 10:00; Sunday Morning Worship, 11:00; Sunday Evening Worship, 6:00; Wednesday service, 6:00; Pastor: George Greydon Howard.

Community Church of God, Arkansas Creek, Martin; Friday, 7 p.m.; Sunday Morning, 11 a.m.; Deacon, Bud Crum. Martin Church of Christ, Martin; Sunday School, 10 a.m.; Sunday Morning Worship, 11 a.m.; Evening, 7 p.m.; Wednesday Bible Study, 7 p.m.; Wednesday Youth Group, 7 p.m.; Evangelist, Gary Mitchell. Martin Methodist Church; Sunday

School, 10:00; Morning Worship, 11:00; Wednesday Night Bible Study, 7:00; Pastor, Roy Harlow.

Old Time Holiness Church; 2 miles up Arkansas Creek, Brother John W. Patton. Friday Evening, 7:00; Sunday Evening,

7:00; Sunday School, 11:00; Everyone Welcome. Full Gospel Community; Main Street, Martin, Sunday School 10:00 a.m.; Worship Service 11:00 a.m.; Wednesday 6:30 p.m. Bible Study; Pastor, Lavonne

MAYTOWN

Maytown First Baptist Church, Main Street: Sunday School, 10:00 a.m.:

Lafferty.

Evening Service, 6:00 p.m.; Wednesday Evening Bible Study at 7:00 p.m.; Pastor, Bob Varney.

Morning Worship, 11:00 a.m.; Sunday

McDOWELL

McDowell First Baptist Church, McDowell; Sunday School, 9:45 a.m.; Morning Worship, 11 a.m.; Evening Worship, 7:00 p.m.; Wednesday prayer meeting, 7 p.m.; individual counseling and family counseling by appointment. Pastor, Harry Hargis.

MIDDLE CREEK

Fitzpatrick First Baptist Church, 1490 South Lake Drive, Prestonsburg; Sunday School, 10:00 a.m.; Morning Worship, 11:00 a.m.; Sunday Evening, 6:00 p.m.; Wednesday, 7:00 p.m.; Pastor, Jennings West.

Parkway First Calvary Pentecostal Church, Located at the Floyd and Magoffin County line: Sunday School. 10:30 a.m. Sunday night, 6:30; Wednesday night, 7:00. A worship Center for everyone. Pastor, Mike D. Caldwell welcomes all. 297-6262

Spurlock Bible Church, Spurlock Fork of Middle Creek, Prestonsburg; Sunday School, 10 a.m.; Morning Worship, 11 a.m.; Evening Service, 6 p.m.; Wednesday Prayer Service, 7 p.m.; Pastor, Rev. Dan Heintzelman.

MOUNTAIN PARKWAY Free Pentecostal Deliverance Church,

services at present. Bible study, 10:00 a.m.; Morning Worship, 11:00 a.m.; Minister, Kevin G. Jett.

Highland Avenue Freewill Baptist Church; Sunday School. 9:50 a.m.; Sunday Morning Worship, 11:00 a.m.; Sunday Evening Worship, 6:00 p.m.; Wednesday Evening Bible Study, 7:00 p.m.; Pastor, David Garrett.

First Baptist Church, (Irene Cole Memorial), 54 S. Front St., Prestonsburg; Sunday School, 9:45 a.m.; Morning Worship, 11:00 a.m.; Evening Worship, 7:00 p.m.; S.M.A.S.H. 6:45 (on Wednesday); Wednesday night, 7 pm.; Bible Study & Prayer Meeting, 7:00 p.m.; Dr. S. Thomas Valentine, Pastor.

Praise Assembly, 1 mile South of Prestonsburg, intersection of route 80 and U.S. 23; Sunday School, 10 a.m.; Praise & Worship, 11 a.m.; Sunday evening ser-vices, 6:30 p.m.; Wednesday Prayer & Bible Study, 6:30 p.m.; nursery provided. Pastor, J.M. Sloce.

Katy Friend Freewill Baptist Church, located two miles up Abbott; Sunday School, 10 a.m.; Morning Worship, 11 a.m.; Evening Worship, 6 p.m.; Wed. Bible Study, 7 p.m.: Pastor, Jim Price. First Presbyterian, North Lake Drive,

Prestonsburg: Sunday School, 9:30 a.m.; Morning Worship, 11 a.m.; Pastor, Rev. George C. Love.

First United Methodist Church, 256 S. Arnold Ave., Prestonsburg; Sunday School, 9:45; Morning Worship, 10:55; Evening Worship, 7:00; Wed. Prayer Meeting, 7:00. Pastor, Wayne Sayre.

Victory Christian Ministries Church, 1428 E., Prestonsburg; Sunday Worship, 11 a.m.; Sunday School, 11:30 a.m.; Wednesday Night, 7 p.m.; Pastor, Sherm Williams.

Parkway Baptist, Rt. 1428, Sugar Loaf, Prestonsburg; Sun. School, 10 a.m.; Morning Worship, 11:00 a.m.; Evening Service, 6:00 p.m.; Wednesday Prayer

Service, 7:00 p.m.; Pastor Ed Taylor. Church of Christ, South Lake Drive; Sunday, 10 a.m.; Sunday Evening, 6:00 p.m.; Wednesday Evening, 7:00 p.m.; Evangelist, Benny Blankenship.

St. James Episcopal Church, school starts 9:45. Enquire classes to begin in January. For more information, contact the Rev. Johnnie E. Ross. 886-8046.

Faith Freewill Baptist Church, 1/4 mile above Worldwide Equipment on Rt. 1428. Buddy Jones, Pastor; Sunday School, 10:00; Worship, 11:00; Wednesday Prayer meeting, 7:00; Sunday Night Service at 6:00 p.m.

Prestonsburg Community College Baptist Student Union; meets every Wednesday, 11:30-12:30 in J102. Lunch, discussion, travel available to all students, faculty and staff. French B. Harmon, Director; Ella C. Goble, president. For more information, call: 874-9468 or 478-2978.

First Church of God, Prestonsburg: Sunday school, 10 a.m.; Morning Worship, 10:45; Sunday Evening, 6 p.m.; Wednesday Bible Study, 7 p.m.; Kids Bible Club, 7 p.m. Pastor: Steve Williams Town Branch Baptist, Prestonsburg; Sunday School, 10 a.m.; Sunday Evening, 6 p.m.; Wednesday Evening, 6 p.m. Pastor: Tom Nelson.

Tom Moore Memorial Freewill Baptist Church, Prestonsburg; Sunday School, 10: Morning Worship, 11: Wednesda Night Bible Study, 7 p.m.; Pastor Clifford Austin.

Service at 7:00 p.m.; Wednesday Night Youth Meeting at 7:00 p.m.; Church services 2nd and 4th Saturday night at 7:00 p.m. Every 5th Saturday, special singing at 7:00 p.m. Pastor, Denver Meade. Everyone Welcome.

Salisbury United Methodist Church, Printer; Sunday School, 10:00 a.m.; Worship, 11:00; Evening Service, 7:00 p.m.; Wednesday Services, 7:00 p.m.; Pastor, Bobby G. Lawson. SALYERSVILLE

New Bethel Assembly of God, Located

on Burning Fork Rd.; Sunday School,

10:00 a.m.; Morning Worship, 11:00 a.m.,

Sunday night service 6:00 p.m.;

Wednesday night Bible Study and Youth

Jam, 7:00 p.m, Nursery provided. 1st

Monday of each month ladies meeting,

7:00 p.m. 3rd Saturday of each month

men's breakfast fellowship 9:00 a.m.;

STANVILLE

Mare Creek Church of Christ, at

Stanville. Sunday School, 10:00 a.m.;

Night Service, 6:00 p.m., Wednesday

WATER GAP

Trimble Chapel Free Will Baptist

Church, Intersection of U.S. 23 and Ky.

80, Water Gap. Sunday School, 10 a.m.;

Morning Service, 11 a.m.; Sunday Night

Service, 6:00; Wednesday night and youth

service, 6:30 p.m.; Pastor Joe Coleman.

WEEKSBURY

Free Pentecostal Church of God,

Weeksbury Church of Christ; Sunday,

10 a.m.; Sunday Worship, 10:45 a.m.; Sunday Evening, 6:00 p.m.; Pastor, Mike

WHEELWRIGHT

Wheelwright United Methodist Church,

Wheelwright; Sunday School, 10:00 a.m.;

Worship, 11:00; Evening Service, 6:00

p.m.; Wednesday, 7:00 services; Pastor,

Youth Fellowship Center; Youth

Meeting, Mon.-Tues., 6:00; Thursday

Wheelwright junction; Sunday School, 10

a.m.; Morning Worship, 11 a.m.; Evening

Worship, 7 p.m.; Wednesday evening wor-

Free Pentecostal Holiness Church, Rt.

122, Upper Burton; Friday night, 7 p.m.;

Sunday School, 11:00 a.m.; Sunday

Evening, 6 p.m.; Pastor, Rev. Louis

Sanlan; Rev. David Pike, assistant pastor ...

Lighthouse Temple, Middle of Main

Street, Hall Street; Sunday Services, 12:00

a.m. and 7:00 p.m.; Wednesday and Friday

WEST PRESTONSBURG

Faith Deliverance Tabernacle, West

Prestonsburg; Sunday School, 10:30 a.m.;

Thursday, 7:00 p.m.; Pastor, Don

Family Worship Assembly, West Prestonsburg; Sunday School, 10, a.m.;

Worship, 11 a.m.; Sunday Evening, 6

p.m.; Thursday night, Bible Study and

Youth Power Hour; nursery provided;

The Church of God of Prophecy, West

Prestonsburg; Sunday School, 10 a.m.;

Morning Worship, 11 a.m.; Sunday Night,

6 p.m.; Wednesday night, 7 p.m.; Pastor,

Free United Baptist Church, West

Prestonsburg; Sunday School, 10 a.m.;

Morning Worship, 11 a.m.; Sunday

Evening Worship, 6:30 p.m.; Midweek

WAYLAND

Services, 7:00; Pastor, Roy Cosby.

ship, 7 p.m.; Pastor, Louis Ferrari.

Baptist,

Night Bible study, 7:00 p.m..

Wheelwright Freewill

Weeksbury; Wednesday, 7:00 p.m.; Saturday, 7:00 p.m.; Sunday, 7:00 p.m.; Sunday School, 10:00 a.m.; Pastor, John

Worship Service 11:00 a.m.; Sunday

Pastor, Arthur (Sam) Smith

Bible School, 6:30 p.m.

Everyone Welcome!

'Jay" Patton.

Bobby Isaac.

Shepherd.

Pastor, Scott Lish.

Arner B. Whitaker.

Prayer Service, 6:30 pm.

Hall.

Worship, 7 p.m.; Youth Meeting, 6:00 p.m.; Wednesday prayer meeting and Bible study, 7:00 p.m.; Pastor, Troy Lee Tackett

Betsy Layne Church of Christ at Betsy Layne; Sunday School, 10:00 a.m.; Worship Service 11:00 a.m., Sunday Night Service, 6:00 p.m.; Wednesday Bible Study, 7:00 p.m.; Minister, Tommy J. Spears.

BEVINSVILLE

Baptist Church, Creek Jacks Bevinsville; Sunday School, 10 a.m.; Sunday Morning Worship, 11 a.m.; Sunday Evening Worship, 6 p.m.; Wednesday Prayer Meeting, 7:00 p.m.; Thursday, Women's Bible Study, 6:30 p.m. Pastor, Jeff Barrett.

BLUE RIVER

Middle Creek Baptist Church, Blue River; Sunday School, 10 a.m.; Sunday Morning Worship, 11 a.m.; Sunday Evening Worship, 6 p.m.; Wednesday Service, 7:00 p.m.; Independent Fundamental; Pastor, Vernon Slone.

BONANZA

Bonanza Freewill Baptist, Abbott Creek Road; Sunday School, 10:00 a.m.; Sunday Morning Worship Service, 11:00 a.m.; Wednesday Bible Study, 7:00 p.m.; Pastor, Jimmy D. Brown.

BUFFALO

Endicott Freewill Baptist Church; Sunday School, 10 a.m.; Prayer Meeting and Youth Service, Wednesday, 7:00 p.m. and the first Saturday each month at 7:00 p.m.; Sunday Service, 6:00 p.m.; Pastor, B.J. Crider

CORN FORK

Brandy Keg Freewill Baptist, Corn Fork; Sunday School, 10 a.m.; Sunday worship, 11 a.m.; Prayer Meeting and

Garrett; 4th Sunday of each month at 9:30 Moderator, Elder Earl Slone; a.m.: Assistant Moderator, Elder Jerry Manns. Rock Fork Freewill Baptist Church, Garrett, Ky.; Sunday School, 10 a.m.; Sunday Worship, 11 a.m.; Prayer Meeting, Wednesday, 7 p.m.; Pastor, Elder Brodey Amburgey.

First Baptist Church, Garrett; Sunday School, 9:45 a.m.; Morning Worship, 11 a.m.; Evening Worship, 7:00 p.m.; Bible Study, 7:00 p.m., Wednesday; Pastor, Randy Osborne.

Garrett Church of God, Garrett; Sunday School, 10:00 a.m.; Worship Service, 11:00 a.m. and 7:00 p.m.; Wednesday at 7:00 p.m.; Pastor, Donald Bragg.

Garrett Community Christian Church, Route 550, Garrett, Ky.: Service Sunday evening at 6:30 p.m. and Wednesday at 6:30 p.m. Regular meeting 2nd Saturday at 6:30 p.m. and Sunday morning at 10:30 a.m. Come and bring a friend. Everyone welcome. Pastor, Donnie Hackworth.

GOBLE ROBERTS ADDITION Landmark Church of God, Goble Roberts Addition; Sunday School, 10:00 a.m.; Morning Worship, 11:10 a.m.; Sunday Night, 7:00 p.m.; Wednesday Night, 7:00 p.m.; Pastor, Kenneth E. Prater, Jr.

Community Freewill Baptist, Goble Roberts; Sunday School, 10 a.m.; Morning Service, 11:00 a.m.; Wednesday Prayer Meeting, 7 p.m.; 4th Saturday Night, Regular Service & Business, 6:00 p.m.; Sunday Night Service, 6:00 p.m.; Pastor, Paul D. Coleman.

GRETHEL

Grethel Baptist Church, State Route 3379, (Branham's Creek Road), telephone 587-2043; Junior Church and Morning

Water gap Road; Sunday School, 10 a.m.; Morning worship, 11 a.m.; Sunday night, 6 p.m.; Sunday Youth Meeting, 6 p.m.; Wednesday Evening Service, 7 p.m.; Wednesday programs available for children; Pastor, Mark Tackett.

LANGLEY

Maytown United Methodist Church, Langley; Morning Worship, 9:30 a.m.; Sunday School, 11 a.m.; Youth Sunday, 5:00 p.m.; Sunday Night, 6 p.m.; Wednesday Night, 6 p.m.; Pastor, Roy Harlow.

MARTIN

Stephens Branch Missionary Baptist Church, Stephens Branch; Sunday School, 10:00 a.m.; Sunday Worship, 11:00 a.m.; Mid-Week Bible Study, Wednesday, 6:00 p.m.

Martin House of Worship, in Martin on Old Post Office St. Saturday and Sunday at 7 p.m.

The Church of Jesus Christ of Latter Day Saints, Sunday; Relief Society/Priesthood/Primary 9:30 a.m.; Sunday School 10:30 a.m.; Sacrament Meeting 11:40 a.m.: Wednesday: 6:00 p.m.; Young Seminary Women/Young Men/Scouting 7:00 p.m.: Family History, Tuesday 12-8:00 p.m. and Thursday, 8:00 a.m. - 8:00 p.m.

First Assembly of God, Martin; Sunday School, 10 a.m.; Morning Worship, 11:00 a.m.; Sunday Night Service, 6 p.m.; Wednesday Prayer & Bible Study, 7 p.m.,; Missionettes & Royal Rangers, 7 p.m.; Pastor, Lorie Vannucci.

Trinity Chapel, Pentecostal Holiness Church, North Main Street, Martin; services: Sunday School, 10:00 a.m.; Sunday evening worship, 7:00 p.m.; Thursday worship, 7:00 p.m.; Second Saturday

Ext. 46 off Mt. Parkway at Campton, Saturday and Sunday, 7:00 p.m.; Pastor, Patricia Crider.

PRESTONSBURG

Community United Methodist Church, 141 Burke Ave. - (off University Drive and Neeley Street). Sunday School, 10 a.m.; Sunday Morning Worship 11:00 a.m.; Sunday Evening Worship 6:00 p.m.: Wednesday evening Prayer Service 7:00 p.m.. Classes for adults, youth and children. Wednesday choir practice 8:00 p.m. Pastor, Rev. Ernie Carmicle.

Faith Revelation Ministry, 1/4 mile above WorldWide Equipment. Sunday School, 10 a.m.; Morning Service, 11 a.m.; Sunday Night Service, 6:00; Midweek, Thursday, 7 p.m.; Pastor Randy Hagans.

Grace Fellowship, Meeting at the Mountain Arts Center, Sunday morning worship, 10:00 a.m.; Children's Church, nursey provided. Pastor, Bill Stukenberg 285-0761.

Seventh-Day Adventist, 5 miles West on Mountain Parkway; Sabbath School, 9:15; Church Service, 10:30; Pastor, Gary Shepherd, 886-0732.

St. Martha Church, Water Gap; Saturday evening mass, 5 p.m.; Sunday, 11:15 a.m.; Religious Education Classes, Sunday, 9:45-10:45 a.m.; Adult Class, Wednesday, 7:30 p.m.; Pastor: Father John Moriarty. The Third Avenue Freewill Baptist

Church, Prestonsburg; Sunday School, 10:00; Morning Worship, 11:00; Evening Worship, 6:00; Wednesday Prayer Meeting, 7:00; Pastor, Manford Fannin. First Christian Church, 560 North Arnold Avenue, Prestonsburg, No Wednesday evening or Sunday evening Benedict Baptist Church, Cow Creek: Sunday School, 10 a.m.; Morning Worship, 11 a.m.; Sunday evening, 6 p.m.; Wednesday Prayer Service, 7 p.m.; Pastor, Gordon Fitch.

PAINTSVILLE

Our Savior Lutheran Church, Sipp Bayes Room Carriage House Motel, Paintsville; Sunday School, 11:00 a.m.; WKLW (600 a.m.) "Chapel Window", 12:05 p.m. every Sunday; Pastor Rev. Rolland Bentrup.

Faith Worship Center, US 460. Paintsville; Sunday morning service 11:00 a.m.; Thursday service 6:00 p.m. Pastor,

PRINTER

vice at 11:00 a.m.; Children's Church also

Buddy and Maude Frye.

Old Time Baptist Church, Printer; Sunday morning Sunday School, adults 9:30 a.m.; Sunday Morning Church serat 11:00 a.m.; Wednesday Night Church

Zion Deliverance Church, Wayland; Sunday School, 10 a.m.; Worship service 11:00 a.m.; Evening Worship₁₀, 6 p.m.; Wednesday Prayer Service, 7 p.m.; Saturday Evening Worship, 7 p.m.; Pastor, Ada Mosley.

> Wayland United Methodist Church, Rt. 7, Wayland; Sunday School, 10 a.m.; Worship Service, 11:00 a.m.; Bible Study, Wednesday, 6:00 p.m. Pastor, Brad Tackett.



South Lake Drive, Prestonsburg • 886-3861 • 1-800-489-3861



FRIDAY, AUGUST 27, 1999 A11.

Students check up at Health Fair

Our Lady of the Way Hospital conducted its first Back to School Health Fair on July 30, with 141 students participating.

"Collaboration among area agencies was directly responsible for the success of this event," said Neva Francis, OLW community health education coordinator.

"Everyone was very receptive to the fair and eager to give freely their time and talents for the benefit of the children in the community," Francis said.

All services provided were free and included physicals (initial entry, sixth grade and athletic) by OLW staff, Dr. Jamal Atalla, Dr. Prem Verma; Brent Davis, PA-C; Michael Williams, PA-C; Carla McGlone, PA-C; Teresa Bailey, RN; Connie Hicks, LPN; Elliouse Branham, LPN; Kim Blocker, LPN, and Denise Tackett.

Immunizations were done by Floyd County Health Department staff, Carrie Branham and Janice Prater.

Doing haircuts were Anna Risner and Danita Rowe of Ebony & Ivory Beauty Shop, Ginger Cooley of Ginger's Cut & Curl, Tammy Bartley of Tammy's Shear Perfection, and LoJeanne Forsythe of Salon Sensations.

The Christian Appalachian Project, represented by Sheila Patton, Lawrence Patton and Donna Daniels, provided school supplies.

Kentucky State Police Trooper Mike Goble got fingerprints of the participating children, and face painting was done by Lola Ratliff of the Floyd County Board of Education and volunteers Laura Hall and Beth Crider.

Brochures and other literature focusing on issues of current interest and promoting health were provided through a grant from Prevent Child Abuse Kentucky and were distributed by Carol Jo May, an LPN at OLW.

Entertainment was by William and Jon Salisbury of DJs Unlimited, and healthy snacks were given out by Meri Wallace of OLW's Nutrition Services.

Kim Reed and Greta Thornsberry, teachers at May Valley Elementary School, registered participants, and Randy Carroll and Larry Robinson of OLW's Plant

•Bellsouth customers can receive, pay bills online

trol. Shelter for the booths was provided by Chuckie Hall of Nelson-Frazier Funeral Home.

A number of Family Resource/Youth Service Center directors and staff assisted with the fair. They include Sharon Collins of Allen Central High School, Judy Handshoe of Duff Elementary, LaDonna Patton of Allen Central Middle School, Donna Samons and Karen Goble of May Valley Elementary, Brian Akers of Betsy Layne Elementary, Rebial Reynolds

Services, assisted with traffic con- of Prestonsburg Elementary, Cathy Campbell and Katherine Garrett of Allen Elementary, Michelle Keathley of Adams Middle School, Keith Smallwood and Mable Hall of South Floyd High and Middle schools, and Clara Johnson of McDowell Elementary.

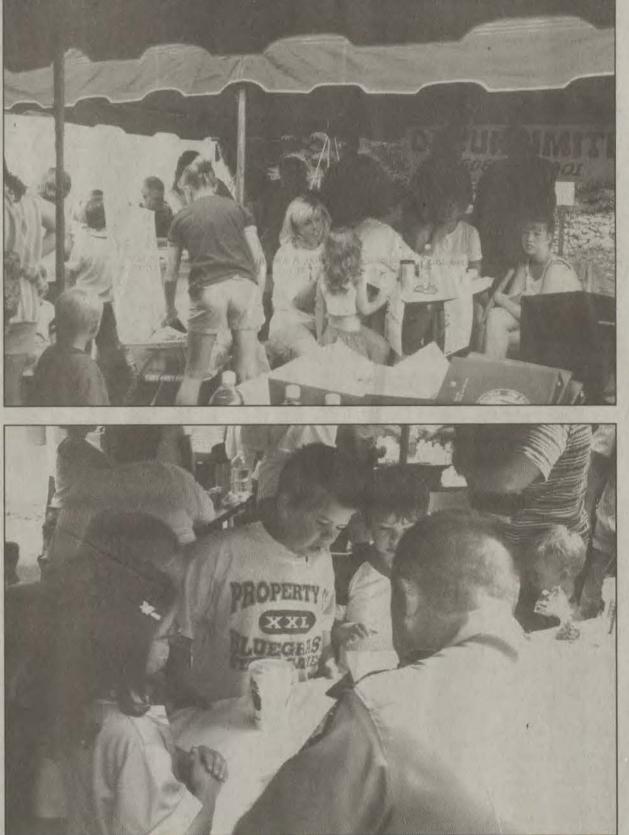
"Our Lady of the Way Hospital has been a part of this community for more than 50 years, and we were very pleased to organize this event and the community's response was wonderful," said Billie Turner, vice president for Patient Care Services.

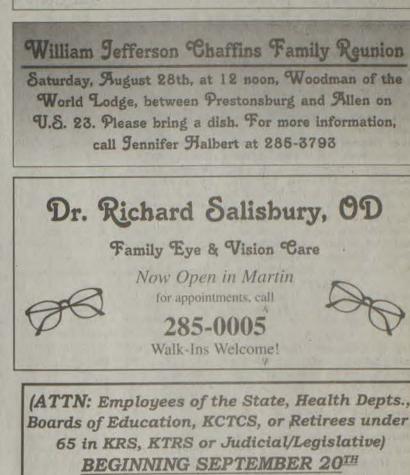
"We continually strive to fulfill our mission, and what better way to move toward the creation of a healthier community than to conduct such an event."

Our Lady of the Way Hospital plans to continue the Back to School Health Fair as an annual event. The hospital's parent organization is Catholic Health Initiatives, the largest Catholic not-for-profit health care system in the country, with headquarters in Denver, Colorado.



Pictured with Floyd County Board members are some of the people who helped make the Our Lady of the Way's Back to School Fair a big success. The hospital, with the help of many community volunteers, provided an assortment of services for returning Floyd County students. The group was honored at Monday night's board meeting at Prestonsburg High School. (photo by Willie Elliott)





subscribe to

The Floyd County Times call 886-8506

HEALTH INSURANCE **OPEN ENROLLMENT 2000 HEALTH FAIR SCHEDULE**

The following Health Fairs will be held at the locations and dates listed below from 3:30-6:30 pm (local time)



Barren Co. High School 9/20 Bell County High School 9/23 Boone Co. High School 9/20 Boyd Co. Middle School 9/27 Boyle Co. High School 9/14 Campbell Co. Middle School 9/14 Christian Co. High School 9/27 Clav Co. Middle School 9/27 Cumberland Co. High School 9/21 Daviess Co. High School 9/14 Fayette Co. Henry Clay High School 9/28 Franklin Co. Civic Center 9/20-9/21 Grant Co. High School 9/17 Graves Co. High School 9/22 Grayson Co. Middle School 9/17 Hardin Co. Central Hardin High School 9/16 Harrison Co. High School 9/16 Henderson Co. Senior High School 9/16 Hopkins Co. Central High School 9/28 Jefferson Co. Atherton High School 9/15 Jefferson Co. KY Fair Grounds West Hall #1 9/14 Johnson Co. Middle School 9/17

 Kenton Co. Scott High School 9/23 Knott County Central High School 9/15
 Lewis Co. Junior High School 9/24

- Logan Co. High School 9/24
 Lyon Co. Elementary School 9/20
 Madison Co. Central High School 9/23
- Mason Co. Middle School 9/21 McCracken Co. Lone Oak High School 9/21
- McCreary Co. Central High School 9/24 Meade Co. Stuart-Pepper Middle School 9/15 Montgomery Co. High School 9/29 Nelson Co. High School 9/15 Ohio Co. Wayland Alexander Elem. School 9/14

- Oldham Co. High School 9/22 Oldham Co. High School 9/22 Perry Co. Central High School 9/28 Pike Co. Central High School 9/16 Pulaski Co. High School 9/27

- Rockcastle Co. High School 9/24 Rowan Senior Co. High School 9/28 Taylor Co. High School 9/22
- Union Co. High School 9/17 Warren Co.-Drakes-Creek Middle School 9/23
- + Walfe Co. High School 9/14

Alternative formats will be provided upon request. If you require the services of an interpreter, please call 1-888-581-8834 two weeks prior to the Benefit Fair in your area.

KET will air the Year 2000 State Group Health Insurance Open Enrollment Update on Mon., 9/20, 10:30 EST; Sat., 9/25, 5:30 EST; and Thurs., 9/30, 11:30 EST.

Reviewing and paying phone bills is now as easy as point and click. BellSouth residence telephone customers can now receive and /pay their telephone bills online.

"BellSouth online bill payment unlocks a door of opportunity for customers who want a fast and easy way to receive and pay their bills online," said Amy Scarborough, BellSouth Regional Manager. "It provides families with an additional organizational tool that saves time each month when paying bills. They no longer need to write checks and search the house for stamps."

Paper bills are no longer necessary when customers choose to receive and pay their bills online. When they sign up to receive their bills online, their paper bills will automatically be "turned off." For the first 10,000 customers who choose to pay online, BellSouth will plant a tree in the national forests of the southeast.

The online bill actually provides/additional information for customers. For example, if customers have questions about their bill, they can simply click on that portion of the bill and receive an explanation. Future enhancements will enable customers to check on a listed long distance phone number and find out the listing of the number called, saving the customer time.

"BellSouth's online bill service is another way that BellSouth meets the needs of its customers. It allows consumers to use the Internet to perform more tasks than they currently perform over the phone and through the mail --at their own pace," said Scarborough.

To enroll, customers simply visit the BellSouth Web site at www.bellsouth.com/bill. Customers will be sent an activation code in the U.S. mail. Next, the customers' provider of choice will confirm the account information with each e-biller and payment account they signed up for during registration. It takes three to four weeks to begin receiving calls.



Volunteers from throughout the county assisted with the health fair sponsored by Our Lady of the Way Hospital in July. In addition to health-related services, children received hair cuts, got their faces painted and their fingers printed.

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Education pays; two Kentuckians switching career tracks

rails working on a train brings up images of the old west and jobs from a bygone era, but two laid off Kentuckians found they had futures as train conductors.

In a matter of weeks, Cythiana McCubbins of Louisville and Lowell Blevins of Ashland completed their education and training to become train conductors for CSX Railroad.

Through their local Department for Employment Services office they found out about the Job Training Partnership Act's (JTPA) dislocated workers program. JTPA, which is now called the Workforce Development Act (WIA), paid for their training at the Cincinnati State Technical and Community College through the Cabinet for Workforce Development.

McCubbins inquired at her local Employment Services office about returning to school after she was laid off from a landscaping company. "I have been financially embarrassed all of my life and thought it was time to change," McCubbins, 35, said.

Little did she know that inquiry would lead her to a railroad job. McCubbins has been a conductor on a freight train for more than a year and works on the Louisville to Nashville line.

"I had never been on a train weeks of on-the-job training.

FRANKFORT - Riding the before in my life," the mother of three teen-age boys said. She said her house is about 50 feet from the railroad. "It cracks them up," she said of her sons' reaction to her job.

McCubbins said that her husband, who repairs train cars for CSX, didn't really think she was going to go through with the training, but she surprised him.

As a conductor, she connects and switches the train cars and does all the paperwork.

Of 600 employees at CSX, two engineers and six conductors are women.

McCubbins said education pays for her because she has a great job with full benefits that pays well. "It's made a 100 percent improvement in my life. I wish I had done it 10 years ago," she said.

McCubbins encourages other dislocated workers to get education and training even if they have been out of school for a while. She said she quit school in 12th grade and later earned a GED when she was 28. "They can do it. All you got to do is put your mind to it," she said.

McCubbins is happy she changed careers. "It's definitely a great job. I love it," she said.

To become a conductor, McCubbins went to school for five weeks and was hired the sixth week. She then completed six

Blevins worked as a conductor have done in this area," Blevins for CSX for a year-and-a-half and then continued his education to become an engineer. He has been with CSX for two years. As an engineer, he operates the train.

To become an engineer he went to school for six weeks and then completed a 21-week on-the-job training program.

Blevins was the first person to have the training approved and funded by JTPA. He said he saw an advertisement for training and went to the Ashland Department for Employment Services office and talked to Pat Elam about the training. It was approved and others like McCubbins have followed in the program.

Before changing careers, the 42year-old had another job that some might consider romantic, a riverboat pilot on the Big Sandy and Ohio rivers. After working at a coal loading dock for 20 years, the company merged with another company and the workers lost their jobs. While he was with the loading dock, he also worked as a deckhand and barge handler. Blevins was out of work for a year-and-a-half before enrolling in the JTPA program. He wanted to stay in the Ashland area, but several major companies had downsized.

"If it wasn't for this opportunity (JTPA) I don't know what I would

said.

He said he became interested in the training because the pay was compatible with what he was making as a riverboat pilot. The job also piqued his interest. "Anything motorized I've always been fascinated with," he said.

Blevins said he recommends the training program to other people looking for a career and several have taken him up on it. He said the pay and retirement are good and he enjoys the job, even though he has to be away from his family frequently.

He said his favorite part about working on a train is seeing the country and wildlife. He works on the Huntington division and travels along the New River in West Virginia.

Blevins said without a college degree, a training program was the best way for him to get a good paying job with a future. "I had been out of school for a while. The training was rough, but it was worth it," Blevins said. "It's unbelievable what they teach you in six weeks."

He was among 25 Kentuckians to receive a Job Training Partnership Act award from the Kentucky Cabinet for Workforce Development.

The plaintiffs found Janet Spears guilty of no wrongdoing. It is further ordered that all restraining orders previously entered be dissolved and vacated. The court awarded Janet Spears a percentage of the whole estate of Victoria Martin.

(Paid for by Janet Spears)



PUBLIC NOTICE

Our Lady of the Way Hospital does not discriminate against any person on the basis of race, color, national origin, disability or age in admission, treatment, or participation in its programs, services and activities, or in employment.

This facility complies fully with:

- 1. Title VI of the Civil Rights Act of 1964
- 2. Section 504 of the Rehabilitation Act of 1973
- 3. The Age Discrimination Act of 1975
- 4. Regulations of the U.S. Department of Health and Human Services issued pursuant to the Acts, Title 45 Code of Federal Regulations Part 80, 84 and 91.

Floyd County represented among Eastern Kentucky **University summer grads**

Kentucky University at the end of the summer term.

Honored at the university's 92nd summer commencement, Thursday, July 29, were 550 degree candidates: 337 bachelor's, 177 master's, 34 associate and two specialist.

The EKU graduates include: Daneque Howard of Allen, master's degree, library science, and Melissa J. Patton of Richmond, bachelor's degree in occupational therapy.

Joseph E. Lambert, Mount Vernon, chief justice of the Supreme Court of Kentucky, was the featured speaker. Lambert also throughout Kentucky.

Two Floyd County students received an honorary doctor of laws received degrees from Eastern degree. Beth Ann Criss, Louisville, a degree candidate in therapeutic recreation, spoke on behalf of the graduating class.

Following the formal ceremony in McBrayer Arena of Alumni Coliseum, graduates and their families were guests at a Universitywide reception in the Keen Johnson Building.

Eastern Kentucky University is a comprehensive university serving more than 15,000 students on its 725-acre Richmond campus, at its educational centers in Corbin, Danville and Manchester, and



IN THE COMMON PLEAS COURT **OF LAWRENCE COUNTY GENERAL DIVISION**

Case No. 99 PI 248

Shelly Martin-Musgrove

Cheryl Lynn Martin

Defendant

Plaintiffs

Vs.

Janet Spears

Snakes galore





Editor's Note: The following is an excerpt from an article appearing in today's Wolfe County News.

Roger Stamper of Stamper Branch called the Wolfe County News on Tuesday and said he and his neighbor, Frank Hatton, had killed a large female copperhead, and she had several baby copperheads.

Roger took J.B. Stamper, editor, down Stamper Branch Road to near the home of Frank and Ina Hatton, where he had killed the snake and had saved the babies.

True to Stamper tradition of

telling the truth, Roger uncovered the copperhead family, and the newspaper editor, along with Reese Oliver (who had happened to stop by), saw a copperhead 42 inches long and 31 baby copperheads.

Roger said that while he was killing the mother snake, he saw some of the little ones come out of her mouth and he killed them. About that time, Frank came along and they cut the mother snake open (carefully) and found a total of 31 babies about 6 to 8 inches long, all poisonous, and, after Roger got through with them, all dead.

Red, White and Blue Notice

Anyone wishing to submit information regarding veterans of any wars to be published in the Red, White and Blue annual publication, please drop off, or mail to Pam Justice at Martin City Hall, P.O. Box 749, Martin, KY 41649, or call at 285-9335. If you wish to publish a picture and want the picture returned, please enclose a selfaddressed stamped envelope. Information must be submitted before August 31, 1999, to appear in the October publication.

* FIRST-TIME PURCHASER AND SUBSCRIBERS ONLY. OTHER RESTRICTIONS APPLY. CALL OR STOP BY TEAM MAYO FOR DETAILS

What's Inside

Bridge background • A5 Backward-looking • A4 Regional news • B4 **Obituaries** • A7 Prestonsburg season • B1 Twirlers of the Month • B3 Classifieds • B5



Friday August 27, 1999

Section

Serving Floyd County since 1927

Girls volleyball... Adams, Howell lead Prestonsburg past South Floyd

by Ed Taylor Sports Editor

The 1999 high school girls volleyball schedule got off this past Tuesday night with the South Floyd Lady Raiders hosting the Prestonsburg Lady Blackcats in a district matchup. South Floyd (0-4) entered its

second week, having dropped

an opener at Perry Central a week earli-

Prestonsburg (2-0) took both games, winning the first one 15-7 and taking game two, 15-6.

Stephanie Adams and Angela Howell led the scoring for the Lady Blackcats and the Prestonsburg Lady Blackcats got some good defensive work from Amelia Conley and Brooke Coleman.

In game one, Prestonsburg jumped to the lead on serves by Adams and Conley. Both teams went out on their first serve attempts, but Prestonsburg took a 1-0 lead off a Conley serve. But, South Floyd

grabbed a 2-1

advantage as Amber Smith drove two wicked serves into the court of Prestonsburg.

Three consecutive outs by the Lady Blackcats allowed South Floyd to take a 4-1 lead momentarily on

serves by Kayla McGuire. Lois Rogers took control of the ball and served it a point for a 4-2 game. South Floyd could not get the ball to fall in the Prestonsburg court on three attempts. Prestonsburg gained a 5-4 lead on three consecutive scores off serves delivered up by Adams.

Monica McKinney and Minnie Tackett made some outstanding plays to keep the ball alive in a series of nice volleys

by both teams.

Prestonsburg's Lady Blackcats extended their lead to 9-4 on four straight Conley serves. Heather Ousley and Chrissy Nelson played good defense for the Lady Blackcats,

the middle of the court for South Floyd and the victory.

Protocol allows each team to switch benches after the first game. In game two, Prestonsburg rolled out to a 6-1 lead. South Floyd had taken the

Lady Blackcats take both sets, 15-7, 15-6

keeping the ball from going out.

Prestonsburg allowed South Floyd to close the margin to 9-7 on four net serves. But scores off Coleman and two by Howell

gave Prestonsburg a 12-6 score. Ashley Ousley, on a nice serve, picked up point 13 and Nelson got point 14, putting the game point in the hands of Adams, who drove the ball to initial lead at 1-0 on a serve by Minnie Tackett. But Howell put six straight points on the board for Prestonsburg

Conley made it 8-1 before Amber Smith scored on a nice serve to make it 8-2. Back to the top of the Prestonsburg rotation, Adams was very good with her serves in getting points 11, 12, 13, 14 and 15.



by Ed Taylor Sports Editor

Prestonsburg head football coach John Derossett is not a believer in an easy schedule. Most teams like to put the "cup cakes" at the beginning of the schedule but not the Prestonsburg coach.

That is evident as no "cup cake" will be the opponent for the Blackcats tonight when Prestonsburg travels to Pikeville to face a Panther team that has high expectations of being a state force this season.

"They have a real good running back in Barrett Rogers (6'0", 165)," said the Prestonsburg coach. Playing Pikeville is like playing Breathitt County.'

Little wonder, Pikeville coach John Chapman is a former Breathitt County assistant.

When you load up and concentrate on one player, someone else hurts you," continued Derossett. We don't know that much about them. We have a film of the Boyle County game and have been watching it.

Riverside gears for Labor Day Shootout

Sturgill wins stock heavy; Holbrook wins Briggs

by Ed Taylor Sports Editor

A large crowd was on hand for the running of go-karts at the Riverside Raceway at Dwale last Friday night.

Racing will continue this Friday with a 100 percent pay back. Racing will get the green flag at 7 p.m.

Henry Setser and his crew are readying themselves for the upcoming holiday with a big Labor Day Shootout on Saturday, September 4. A \$200 purse will be Labor Day awarded for the Shoot Out, Stock 360 and Stock 335 class. Sept. 4th, at In the Riverside limited Stock Lite, there will Raceway at be a 100 percent 2 p.m. pay back.

"Pikeville is a very athletic football team," said Coach Derossett in his assessment of the Panthers. "They run and catch the football, and they do it well.

> Pikeville advanced to the elite eight of the state playoffs in 1998 and with an experienced line on both sides of the football returning, you can see why all the optimism by the Panther fans.

> > Matt Branham will handle the quarterback play for the Panthers and will have two big targets in Jeremiah Akers (6'0", 165) and Chase Gibson (6'3", 210).

They, at times, will put both Gibson and Akers on the same. side and, at times, they will split them."

Coach Derossett said that will pose a problem for his young team.

We can't have any blown assignments against them." he said. "We have to have good down-field coverage on both Gibson and Akers.'

Coach Derossett said it could come down to how well the special teams play.

"We haven't worked much on our kicking game," he said. "Playing in the scrimmage games, you don't kick the ball, and we are weak in that area. I believe our down-field coverage is sound."

(See Prestonsburg, page two)

A Look at Sports... Sports, sports, sports!!!

In a recent, really intelligent conversation with Harold Tackett, new golf coach at Prestonsburg, he

said that he was going to request to principal Coy Samons that the cheerleaders go to the golf matches.

'It's just too quiet around here," he said. Harold is so used to the gym noise in his basketball coaching days.

He informed me that, besides golf coach, he will be assistant with the football team, assistant with the girls basketball team and assistant on

the boys basketball team.

I told him that he should get a part-time job cutting hair somewhere.

If you ever have a chance to do an interview with Harold, you do not have to be a speed writer to keep

up with him. I would like to see him hired as a head coach for a high school basketball team. He does an excellent job and it is a shame that his talents are not being used.

He was very successful with the girls basketball program at Prestonsburg some years back. In fact, he turned it into one of the top programs in the region.

Listen, no more of this offering to purchase him razor blades.

Freddie James informs me that

(See Sports, page two)

Briggs, Jr. and Rookies class, a trophy race.

In the

James Sturgill took the checkered flag in winning the Stock Heavy this past Friday night. Kevin Huff finished second followed by Brandon Samuel in third place.

In the Stock Lite, Steve Reed drove his No. E2 racer to the finish line to capture the feature. Wayne Stallard placed second in his No. 05 kart. Third place went to Jimmy Lindsay in kart No. 89.

Rex Combs drove all the way to the finish line in winning the Stock Medium feature in his No. 1 kart. He edged out Benji Huff, who finished second. Huff also was driving car No. 1. Third place went to Rod Foley.

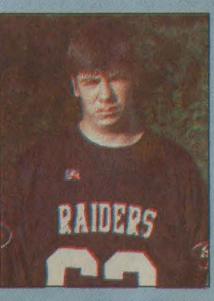
In the Limited, Chris Vaughn drove to the winner's circle in claiming the feature. He bested Gary Harris in his No. 20 kart.

Dustin Holbrook took the Briggs, Jr. Class finishing ahead of Dustin Addis. Jason Setser placed third.

In the Rookies Class, Josh Bolen was the first place finisher. Second place went to Daniel Prater with Patrick Setser finishing third.



Players of the Week!!! Mark Dunfee Jeremy Tackett Sophomore, Senior, **Allen Central Rebels** South Floyd Raiders **Defensive Lineman Running back**





B2 FRIDAY, AUGUST 27, 1999

Prestonsburg

In contrast to Pikeville's experience, Prestonsburg will suit up only eight seniors but has very talented junior and sophomore classes. Coach Derossett will do something this season he has never done before and that is start a freshman at the tight end position - Nick Clay.

"Nick is a great athlete," said the Prestonsburg mentor. "He has been looking real good this season. There could be three other freshmen who may start somewhere. If you have asked me if I would have started a freshman three years ago, I would have said no way."

The Cats are solid on the offense with senior Seth Crisp getting the nod behind center.

"Seth has looked great in practices," said Coach Derossett. "I told him to save some for the Pikeville game.

The backfield will consist of dependable Hank Mullins and Matt Slone along with one of the top players in the state, Jeremy Caudill. Caudill will fill the fullback slot.

After all the camps, beating and bagging against each other, the Prestonsburg coach said his Cats are ready.

"I'm excited. The players are excited. We are about to kick this

thing off and that means we will play football for the next 10 weeks and have to get ready each week for our next opponent," said Derossett. "Hopefully, we can finish the season well and make the playoffs."

(Continued from page one)

Ricky Joseph is the only injury on the Blackcat team, but Coach Derossett said Joseph could play if needed.

Game time is 7:30 p.m. at Pikeville High School.

Last year, it was Prestonsburg over the Panthers.

Sports

Cable Vision (from his home) is airing some live sports talk shows like the Big Dipper. So if you are on CableVision, tune them in on over the Reds. Also, it does not Wednesday nights.

Up at Harold (WPRG), there are some good live sports talk shows as well. It starts with Dialed In, Wrestle Talk, and Prime Time Sports.

If only the Reds did not have to playoffs. play the Braves!

The three-game sweep of the Reds this week was just another normal week for the Braves who now have won 22 of the last 26 games the two clubs have played in the past three seasons.

The Reds own only four victories — four — in the past three Derossett's Prestonsburg Blackcats.

schedule. Also, the Brayes are an injury-plagued team which shows that it does not take much to win speak well of the teams the Reds have beaten.

While the standings show the Reds trailing Houston by a game and a half, they are tied in the allimportant loss column.

However, the Reds could have a real shot at the Wildcard slot in the

Akili Smith: \$56 million dollar contract! Isn't there any sanity in professional sports anymore?

High school football will enter week two tonight and the big game will be at Pikeville against John years. Hey, let's take them off our It will be the season opener for

Prestonsburg. All eyes will be on Jeremy Caudill, a much-soughtafter lineman.

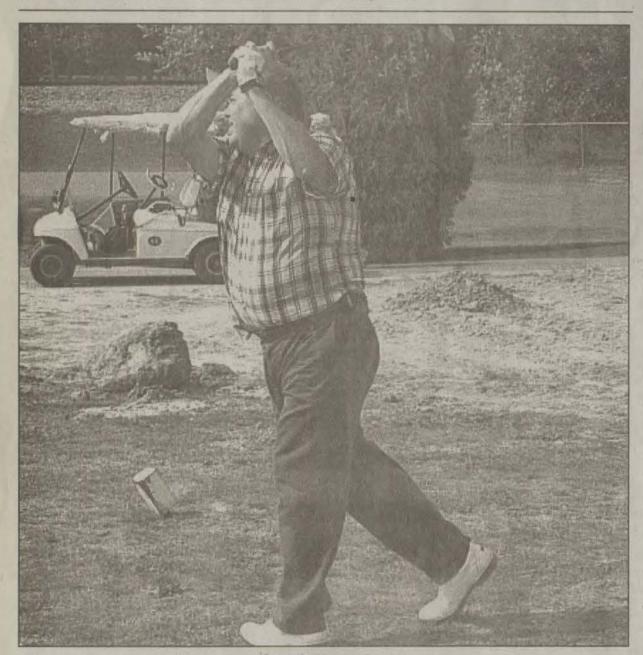
(Continued from page one)

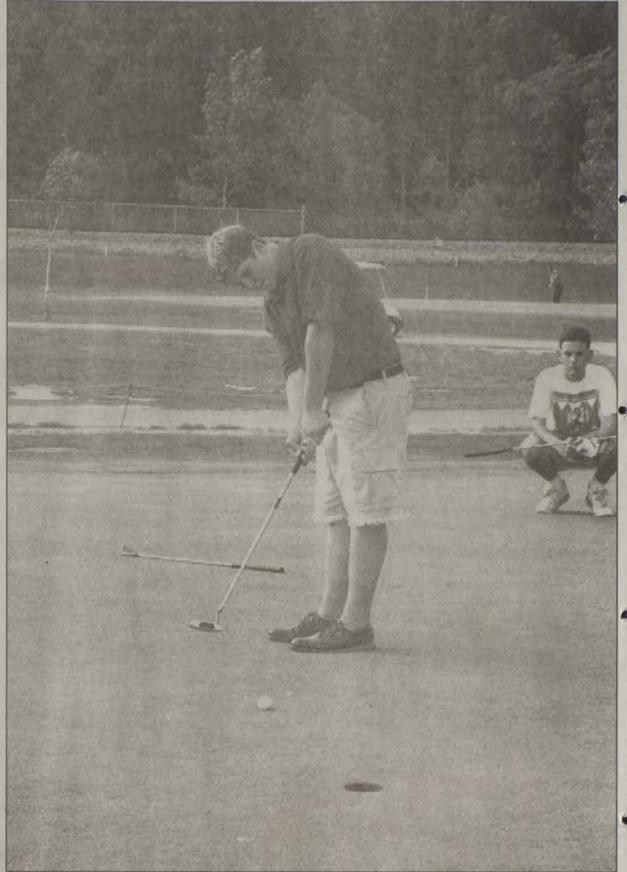
I enjoyed Tuesday night's girls volleyball game at South Floyd with Prestonsburg. It is always enjoyable to make the trip to the Left Beaver school.

Athletic Director Dan Collins makes you feel right at home. I appreciate that.

This Prestonsburg volleyball team is for real. They are a very talented team and it will be a good matchup between them and Allen Central as far as a county goes.

Good sports, everyone, and be good sports! Take the kids to Sunday School and church this Sunday,





Hitting the links

The high school golf season teed off this past Tuesday at the Beaver Valley Golf Course in Allen. Allen Central and Prestonsburg squared off with Prestonsburg getting the win (photo by Ed Taylor)

Healthy Hall could be trouble for South Floyd

Bryant and Williams to be

Staying young

Mickey McKinney has been a sports parent for many season around the basketball court and softball diamond. But he took a little time for himself on the golf links this past Tuesday (photo by Ed Taylor)

County rivals meet tonight

by Karen Joseph Sports writer

Tonight will be the second week into the high school season, but it will be the first game between two county teams. Betsy Layne will travel to Allen Central to take on the Allen Central Rebels. Both coaches think this will be a good game. Both teams will be looking for their first win.

Betsy Layne Head Coach, Ted George thinks his team is going to have to play well to win. "Allen Central is a pretty good team. They throw the ball well. The Dunfee kid is a very good running back and we real-Iv need to key in on him and the Sizemore kid at quarterback."

Betsy Layne dropped their season opener last week to Powell County "We need to work on our offense and score more. Our defense looked pretty good," commented the Betsy Layne Coach.

"Hopefully, if we play as we are capable of playing, it will be a pretty decent game, but if we play like we practiced on Tuesday, they will run all over us." said Coach George.

Allen Central Coach Kevin Spurlock thinks his team is going to have to also play well to win. "Betsy Layne played impressive against Powell County, and we need to stop their fullback, Bradley Brooks.'

"We need to control their running

game and make them pass. At the the games coming up.' same time we need to develop a running game. We need to improve our kicking and do well on the special teams," Spurlock said.

Allen Central fell to Frankfort last week

"We had a lot of turnovers in the Frankfort game. We have to do better this week against Betsy Layne. We have got to move the ball on the ground more," said Spurlock.

Betsy Layne has been low on numbers, but more players are coming out. Coach Ted George said he had some new players out this week, and "they may help us by the end of the season, but when a player comes out after season has started, they are not in condition to play a ballgame.

"Some of these kids have practiced since last year and are in good condition," George added. "Josh Meade came out this week and Craig Keathley. Josh played last year, but worked all summer and did not attend camp. Chris Combs, on the other hand is a different story. Chris did not think he would be attending Betsy Layne this fall. He thought he would be transferring to another county, but then at the last minute, he enrolled at Betsy Layne. Chris has been a pleasant surprise. He played a very good game against Powell County. He did the punting and had several tackles. He will be seeing a lot of playing time in

The Allen Central coach hopes to wear the Bobcats down by having more players who only play one side. "Ted does a good job at Betsy Layne and the boys are in good condition, but I hope that we can wear them down by having more players in and out of the game. A kid needs to be in good physical shape to play both sides of a football game and Coach George has his boys in this condition. The Bobcats play hard and it will be a hard game to win." Coach Spurlock said.

be, but we are a lot better than we where last year and that is all I can ask," the Betsy Layne coach said this week.

Betsy Layne has one player out right now, Darrin Akers. Akers plays both offensive and defensive line for the Bobcats, and this will hurt the line. They are not sure when he will return.

As for Allen Central, Brandon Sizemore is nursing a sore arm, and it is questionable if he will play. Charles McGlothen has an ankle injury.

Allen Central has beaten the Bobcats the last four years and the Bobcats may be out for revenge. This game should prove to be a good one. A large crowd is expected at the game. Both coaches agree that this is a big game and a big rivalry.

Good Luck to both teams.

missing as Raiders travel

carry the load. Newsome gained

over 800 yards last year for the

Bryant, but senior quarterback

Charlie Williams is also out for the

first four weeks of the season.

Williams is replaced in the lineup

by capable sophomore Jason

that extra speed in the backfield,

and he seems to have gotten quick-

er this season. But with Bryant

missing, Tackett will be the target

of the Wildcat defense as little-used

P.J. Cox will replace Bryant in the

Matt Tackett gives the Raiders

South Floyd will not only miss

Wildcats.

Johnson.

backfield.

by Ed Taylor Sports Editor

There are some things in life that just don't seem fair. All is supposed to be fair in love and war, but on the football field there will be very little love and a whole lot of war when two of the region's top football teams ram heads and pads this Saturday in the Coca-Cola Bowl at Shelby Valley High School. Kickoff time is set for 7:30 p.m.

What is fair and what's not?

Well, Shelby Valley will be well healed with running back Dusty Hall returning for the Wildcats who are 1-0 on the season after posting a win over Elkhorn City in their season opener last Friday night.

For South Floyd, the Raiders will be missing their star running back as sophomore sensation B.J. Bryant is nursing an injured ankle. Bryant suffered the injury in the team's scrimmage game against Knott County Central.

The Wildcats have more than

just Hall in the backfield as Casey Joe Platkus is at fullback, but he Newsome came on strong toward will only handle the football five or the end of last season. Newsome six times. His purpose is to block was inserted into the Wildcats' for Tackett and Cox. South Floyd's rejuvenated backfield when Hall went out with a knee injury that ended the season defense was very hard to move the last year for him. The opportunity ball against last Friday as Evarts to carry the hall for Newsome is had only one first-half first-down. paying double dividends now that The look of the defense does not both backs are healthy and ready to mirror last year's group who gave

> up a lot of points. Shelby Valley lost five offensive linemen from last year and finding capable replacements could present a problem. Coach Derek Potter is searching for the right mix on the line and has to look to the inexperienced players for help.

South Floyd had trouble moving the ball last week against Evarts totaling less than 100 yards on the ground. However, with a back the caliber of Bryant missing, ground gains are going to suffer.

But, in a repeat, the defense was solid and Coach Daniels hopes the trend continues this Saturday.

Martin fires a one-under to Coach Spurlock said, "We are not where I would like to lead Prestonsburg past Central

by Ed Taylor Sports Editor

The Prestonsburg Blackcats and Allen Central Rebels squared off on the golf links this past Tuesday afternoon in the first golf meet of the '99 season. The two teams met on the Beaver Valley Golf Course in Allen.

Prestonsburg, which has won four consecutive district titles, finished with 144 points to Allen Central's 164 in winning the first meet of the young season.

Ryan Martin, who was a state tournament participant last year, shot a one-under-par 33 to lead the Blackcats. John Mark Tackett had a two-over 36, as did Josh Slone.

Zack Collins finished with a threeover-39 for the top four Prestonsburg golfers.

Jeremy Hayes was four strokes over with his 38 to top Allen Central. Jason Holbrook (42), Dwight McKinney (43) and Henry Napier (41) rounded out the top four for Allen Central.

Larry Mullins, one of the region's top golfers, just missed the top four with a 10-over 44.

The weather was near perfect on the busy course. Several new players were out for both teams.

Prestonsburg will play at Johns Creek Golf Course this Saturday.

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1999 POINTS STANDINGS

	WINSTON CUP
1.	Dale Jarrett, 3,524
2.	Mark Martin, 3,210
3.	Bobby Labonte, 3,177
4.	Jeff Gordon, 3,057
5.	Tony Stewart, 3,031
6,	Jeff Burton, 2,995
7.	Dale Earnhardt, 2,864
8.	Rusty Wallace, 2,626
9.	Terry Labonte, 2,593
10.	Mike Skinner, 2,566

10

BUSCH TRUCK Dale Earnhardt Jr., 3,287 Greg Biffle, 2,910 Matt Kenseth, 3,198 Jack Sprague, 2,857 Stacy Compton, 2,812 Jeff Green, 3,119 Dennis Setzer, 2,789 Todd Bodine, 2,936 Elton Sawyer, 2,790 Mike Wallace, 2,683 Jeff Purvis, 2,699 Jay Sauter, 2,659 Jason Keller, 2,693 Andy Houston, 2,604 Mike McLaughlin, 2,562 Ron Hornaday, 2,539 Dave Blaney, 2,513 Mike Bliss, 2,527 Randy LaJole, 2,488 Kevin Harvick, 2,453

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TOP TEN

Weekly rankings by NASCAR This Week writer Monte Dutton. Last week's ranking is in parentheses.

1.	(1)	Dale Jarrett	Astounding consis
2.	(2)	Jeff Gordon	Last three finishes
3.	(4)	Bobby Labonte	Won a classic
4.	(3)	Mark Martin	Had to settle for s
5.	(6)	Tony Stewart	From 37th to third
6.	(5)	Jeff Burton	Tangled with Stewa
7.	(8)	Dale Earnhardt	Magnificent showing
8.	(7)	Rusty Wallace	Never found the ha
9.	(-)	John Andretti	Seventh top-10 fin
10.	()	Ward Burton	First pole of 1999

FROM LAST WEEK

WINSTON CUP SERIES

Bobby Labonte outdueled Jeff Gordon, Tony Stewart, Dale Jarrett and Dale Earnhardt to win for the fourth time this season and third time at Michigan, his favorite track. Jarrett's fourth-place finish enabled him

to boost his point lead, now 314, for the 10th race in a row.

BUSCH GRAND NATIONAL

Dale Earnhardt Jr. won for the fifth time in Michigan's

NAPA 200, and this one will go down in the history books for the driver he managed to outrun: Jeff Gordon, making a rare

sponsored Monte Carlo.

CRAFTSMAN TRUCK SERIES

BGN appearance in his Pepsi-

Can Greg Biffle be stopped? Apparently not. Gateway International Raceway in Madison, III, (near St. Louis) was the scene of the Ford driver's latest conquest.

.C.

Va.

N.C.

Fla.

WINSTON CUP SERIES

Coming up: Goody's 500 Where: Bristol (Tenn.) Motor Speedway (.533-mile track), 500 laps/266.5 miles When: Saturday, Aug. 28 Defending champion: Mark Martin Qualifying record: Mark Martin, Ford, 125.093 mph,

Aug. 25, 1995

Race record: Charlie Glotzbach, Chevrolet, 101.074 mph, July 11, 1971

BUSCH GRAND NATIONAL

Coming up: Food City 250 Where: Bristol (Tenn.) Motor Speedway (.533-mile track), 250

Defending champion: Kevin Lepage

ON THE SCHEDULE

Qualifying record: Mark Martin, Ford, 123.746 mph, April 8, 1994

Race record: Harry Gant, Buick, 92.929 mph, April 4, 1992

CRAFTSMAN TRUCKS

Coming up: O'Reilly Auto Parts 275

Where: Heartland Park Topeka (Kan.) (2.1-mile track), 81 laps/170.1 miles

When: Saturday, Aug. 28 Defending champion: Stacy Compton

Qualifying record: Boris Said, Ford, 88.897 mph, Aug. 22, 1998

Race record: Joe Ruttman, Ford, 74.433 mph, July 27, 1997

Your Turn Letters From Our Readers

Dear NASCAR This Week, What does having or not having hair have to do with your ability to drive a race car? (I'm referring to Earnhardt Jr.'s and Chad Little's remarks concerning the Bodine brothers!) Vivian White

Statesville, N.C.

Nothing. Absolutely nothing.

x

Dear NASCAR This Week, Please explain why Winston Cup cars go to all the expense for special engines and setups to qualify, and once qualifying is over, they prepare their cars with their race setups. Why not use the same setup for qualifying that will be used on race day?

> Joseph M. Smith Kinston, N.C.

In general, a car is set up differently for qualifying simply because it is alone on the track and does not have to handle in traffic. For race day, the car must be more maneuverable and stable. NASCAR is considering a rule change that would force teams to use the same engine for both qualifying and race day.

X

John Clark/NASCAR This Weel Kyle Petty has won eight times in 553 starts. either like it or you don't. It's just like short

is NASCAR's all-time winningest. The Pettys bridge the entire history of NASCAR. Lee Petty, Kyle's grandfather, competed in the very

By Monte Dutton

NASCAR This Week

first race and was a three-time champion. Richard Petty, Kyle's father, won 200 races and seven championships, the latter mark equaled only by Dale Earnhardt.

The late 1990s have not been

third-generation driver whose father

particularly kind to Kyle Petty, the

The family will not stop at Kyle. His son Adam is a regular in the Busch Grand National series. **AGE: 39**

HOMETOWN: Born and raised in Randleman, N.C., lives in High Point, N.C.

WIFE: Patti

CHILDREN: Adam (19), Austin (17), Montgomery Lee (13) CAR: No. 44 Hot Wheels Pontiac

Grand Prix, owned by Petty Enterprises

RECORD: 553 starts, 8 poles, 8 wins, 51 top-five finishes, 163 top-10s, more than \$11 million in career earnings

FIRSTS: Start (Aug. 5, 1979, at Talladega), pole (March 2, 1990, at Rockingham), win (Feb. 23, 1986, at Richmond)

WHY DO YOU THINK YOU ARE ONE OF ONLY NINE ACTIVE

DRIVERS WHO HAS WON ON A ROAD

laps/133.25 miles When: Friday, Aug. 27 PROFIL **Kyle Petty**

1999 WINSTON CUP SCHEDULE

	Aug. 28	Bristol Motor Speedway	Bristol, Tenn.
	Sept. 5	Darlington Raceway	Darlington, S.
	Sept. 11	Richmond International Raceway	Richmond, Va
	Sept. 19	New Hampshire International Speedway	Loudon, N.H.
	Sept. 26	Dover Downs International Speedway	Dover, Del.
2	Oct. 3	Martinsville Speedway	Martinsville,
2	Oct. 10	Charlotte Motor Speedway	Concord, N.C
	Oct. 17	Talladega Superspeedway	Talladega, Ala
	Oct. 24	North Carolina Speedway	Rockingham,
	Nov. 7	Phoenix International Raceway	Avondale, Ari
	Nov. 14	Miami-Dade Homestead Motorsports Complex	Homestead,
	Nov. 21	Atlanta Motor Speedway	Hampton, Ga

COURSE? "I don't know what it is about road courses. Some drivers start getting that glassy look in their eyes, kind of like, 'Oh, no. It's been a good couple of weeks and here we go again.' Some people just don't like road courses, plain and simple.

"The way Jeff Gordon's been going lately, it doesn't look like there's much chance for anybody (else) to win on one. He likes the road courses. Anybody who has the record he has the past couple of years ought to like road courses."

WHAT KIND OF EFFECT DOES YOUR ATTITUDE HAVE ON YOUR ABILITY TO DO WELL AT A PARTICULAR TRACK? "You

tracks or big speedways or certain race tracks or whatever. That's like me going to Darlington. I hate the place. I'd rather take a beating than go there, and I can't learn to love the place no matter how hard I try. ... You can't be good at a place you hate."

DO YOU THINK YOUR ATTITUDE IS **DIFFERENT FROM MOST OTHER DRIVERS?** "I know it is. When I came along, I think something went wrong. My son (Adam) has the magic touch that skipped my generation. I hate Darlington and like the road courses. What kind of attitude is that for a Petty to have? To me, road courses

Dear NASCAR This Week,

I have taken a poll of several fans ... and all agree that no one should be able to win under caution. Has it always been this way?

> William G. Reiff Hernando, Fla.

Yes, it has always been this way, and almost all the drivers, car owners and crew chiefs want it to stay this way. Our letters indicate that most fans disagree.

FEUD OF THE WEEK

Tony Stewart vs. Jeff Burton

Stewart, making one of his trademark charges to the front, bumped Burton after Burton's Ford "came down" on Stewart's Pontiac. The resulting crash did not prevent Stewart from finishing third, but it was costly to Burton's fading championship hopes.

NASCAR This Week's Monte Dutton gives his opinion: "Owing to the fact that Stewart and Burton have immense respect for one another, cooler heads prevailed after the race when both drivers accepted a share of the blame for the incident. NASCAR deserves some credit for cooling both drivers down, since the governing body called both drivers in for some post-race analysis of what happened."

Who's Hot Who's Not

HOT: Bobby Labonte has won four races and finished in the top five 11 times in the last 14 races.

■ NOT: Brett Bodine and Darrell Waltrip, neither of whom has a top-10 finish this year. failed to qualify at Michigan.

Trackside Trivia

are fun, and I still like to have fun."

- 1. Who is the only NASCAR driver ever to win four consecutive races after starting on the pole in all four?
- 2. What noted road racer won five NASCAR races at Riverside, Calif.?
- 3. Who is the chief operating officer of NASCAR?

1. Darrell Waltrip; 2. Dan Gurney; 3. Mike Helton. **ANSWERS**

Fan Tips

Ford Taurus in NASCAR is a book commemorating the Taurus' participation in the Winston Cup Series. The book will be available to the public beginning Oct. 27 and sells for \$29.95. You can pick up a copy of Ford Taurus in NASCAR at participating Ford dealerships, or order it from the Ford World Catalog at 1-800-444-4503. It is also available at bookstores nationwide.

FROM THE ARCHIVES

When Kyle Petty won the Winston Cup race at Watkins Glen in 1992, little did he or anyone else know that it would be, to this point, the last victory by a Pontiac driver on the 2.45-mile, 11-turn road course. Fords won the next four, three by Mark Martin, and the three races since have been won by Jeff Gordon in a Chevrolet.

AROUND THE GARAGE

Irvan crashes on anniversary of bad accident

By Monte Dutton NASCAR This Week

BROOKLYN, Mich. - Five years to the hour ...

Ernie Irvan was airlifted by helicopter to St. Joseph Mercy Hospital in Ypsilanti, Mich., after crashing Friday during practice in a Busch Grand National car. On Aug. 20, 1994, Irvan was nearly killed in a Winston Cup crash, also at around 10 a.m., that necessitated more than a year of recovery before he resumed his career

The 1994 crash was on a Saturday; this one was on a Friday. The earlier crash occurred in Michigan Speedway's turn two; this one was in turn four.

Thankfully, Irvan's condition was not as serious. Although he was knocked unconscious on impact, he regained "responsiveness" (doctor's words) on the way to the hospital. His condition was first listed as stable, then later upgraded to fair and alert, and then to good.

Irvan spent Friday, Saturday and Sunday night at the hospital for observation.

His condition was upgraded to good on Saturday, and the hospitalization was described as precautionary.

Whether or not Irvan would be able to drive in this weekend's race at Bristol was unknown at press time.

×.

FOYT TO FIELD CUP TEAM: Indianapolis 500-winning car owner A.J. Foyt will apparently move into the Winston Cup Series next year with a four-year agreement to race Ford Tauruses.

Formation of the team will likely be announced officially at Darlington on Labor Day weekend. Sources said Foyt's team will have its engines provided by Robert Yates Racing.

20.

YATES, WELLS TO COOPER-ATE: An informal agreement exists between Robert Yates and Cal Wells as both attempt to hire drivers for their respective race teams.

The car owners have agreed not to get in a bidding war for a driver's services, and part of the deal is that Yates gets first shot. Yates will also provide engines for the Fords to be fielded by Wells next year.

Wally Dallenbach Jr. was scheduled to meet Monday with Tide officials concerning the Wells ride.

CREW OF THE WEEK

The secret to victory in the Pepsi 400 was having a car that was at its best at the end of the race. Jimmy Makar and the Joe **Gibbs Racing Interstate Batteries team gave** driver Bobby Labonte just that, and Labonte was able to pull away at the end of one of the season's more memorable races.



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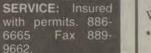
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-NOTICE-

Due to the Labor Day Holiday, The Floyd County Times will be temporarily adjusting deadlines for Wednesday's paper, September 6, 1999.

DEADLINE CHANGES ARE SCHEDULED AS FOLLOWS:

Lifestyles/Editorial:

12:00 noon, Thursday, September 2nd

Lifestyles Section Advertising: 1:00 p.m., Friday, September 3rd

Legals: 5:00 p.m., Thursday, September 2nd

Classified Advertising/Real Estate: 11:00 a.m., Friday, September 3rd

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and all amenities.

Will be completed

by Oct. 1st. Call

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Avenue. Call 606-

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For Rent

3 BR, 2 BA NEW

Morehead area. \$600

+ utilities. Students

2 B.R. TRAILER FOR

RENT . Available

Sept. 2 \$200 per

month. Call 358-4524.

2 BR. TRAILER,

\$275 month. Water

included \$75 deposit.

HOME: Large lot.

\$250 per month &

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FOR RENT: 2-bed-

room, Total electric.

Stove and refrigera-

on US. 23,

and

BR MOBILE

Call 874-9646.

886-8366.

8530.

tor,

3

HOME:

606-780-

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BEDROOM

886-3055

889-2034.

743-7979.

MOBILE

welcome.

4848.

Noon -7 p.m.

Beth 886-2134.

HOUSE:

\$450

RANCH

month.

1 BA,

QUIKSILVER LUXURY TOWNHOUSES Would you like an extra-large townhome with carport, storage attic and all the amenities? Located 1/2 mile east from PCC and 1.5 miles from HRMC. AVAIL-ABLE NOW! 886-3055, 447-2192 or HOUSE FOR RENT

2 BR APT .: Nice quiet neighborhood. References and deposit required. Call 358-9142

(voice /pager) 889-

2034.

RENT: FOR Furnished 1 BR apts All utilities paid. Located near hospital at Martin. \$400 plus deposit. Call 285-0650. R & L APART-MENTS, Under new management: We now have coin laundry for tenants. We have apts. available. One easy payment, all utilities & cable included. Call 606-339-7726 or 886-2797.

NOW ACCEPTING 2 BR. TRAILER: **APPLICATIONS** 1 & 2 BR Apts, which include 1 handicapped . Rent \$229-\$275. Section 8 welcome *Equal Housing Opportunity* Park Place Apts. between Prestonsburg Rt. 114,

THE FLOYD COUNTY TIMES

Business Opportunity

OWN YOUR OWN INTERNET Mall Shopping Call Business. Now! 1-888-693-7184. Special promotion August only is \$225, regular cost is \$795 Check it out! Visit www.BLMALL.com, Code #D50622661 E-Commerce is the FUTURE!

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Employment Available

SALYERSVILLE **HEALTH CARE** CENTER

Full time career opportunities available for CNA's in a Long Term Care setting. We offer many benefits plus competitive wages. If you are interested in working with special people in a caring ecvironment, applications are available in the front office of Salyersville Health Center, Care Salyersville, KY. If you have any questions you can call 606-349-6181 Salversville Health **Care Center** 571 parkway Drive

Salyersville, KY 41465 Equal Opportunity Employer

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growth, are seeking

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with The Best, send

resume to: RR 7, Box

23580, Louisa, KY

SECRETARY /

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Typing, filing, answer-

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keeping for account-

resumes to 606-285-

3012 or call 606-285-

AVON: Great way

to earn extra

money and get nice

gifts for Christmas.

Opportunity. 1-800-

PART-TIME MAINTE-

NANCE POSITION:

At St. Martha Church.

\$6.00 per hour. Call

DENTAL ASSIS-

TANT: Part-time posi-

tion which could lead

Experience is not nec-

essary. Send resume

to: 415 N. Lake Drive,

Prestonsburg,

to

Suite

41653.

full-time.

201.

KY

874-9526 to apply.

Career

Fax

ing office.

3958.

Great

796-7070.

tremendous

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41230.

THE AMERICORPS APPALACHIAN SELF-SUFFICIENCY **PROGRAM** and the Big Sandy Area **Development District** seek to fill the position of AASSP Assistant. Duties include but not limited to:

SAM-AN-TONIOS is

looking for the next

rising star. Now hiring

Production Cooks,

Food Servers, and

more. Salary from \$6-

\$12/hourly, depending

on experience and

ability. Apply in per-

at

Prestonsburg location

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Help Wanted

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almost every week-

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available, good pay.

Call 606-436-3064

about more informa-

tion, ask for Shannon

NEEDED 33 PEO-

PLE: To lose up to 30

lbs. by September 30!

Natural, Guaranteed

Recommended! I lost

23 lbs. in 1 month!

PROMOTION TEAM

MEMBERS NEED-

ED: Earn high com-

mission checks. No

Territories. unlimited

Work flexible hours.

Ideal for students, 2nd

Please apply at:

John's Clubhouse,

515 South Lake Drive,

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TRUCK DRIVERS

NEEDED

CDL required, new

equipment, good

pay/health insur-

ance offered after

90 days employed.

Kelli Trucking 606-

639-6111 and Hall

Trucking 606-432-

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SELF MOTIVATED,

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VIDUAL NEEDED:

For Sales position.

We provide an esta-

bilished account list &

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tial. Must have own

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potential.

& others.

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Home

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days a week.

NEEDED:

Combs.

Results!

income

income

886-0674.

Sales

son

People,

our

·Data entry for monthly reports Attendance at monthly meetings Assistance with public relations Assist in training of **AASSP** members

Eligibility requirements are high school diploma/GED; some college preferred; computer experience a must; good communication skills; ability to work with public; self-directed and confident; willing to take directions; willing to work team style; sense of humor.

Applications may be picked up at the BSADD office or the Department for **Employment Services** and returned to same by August 27th at 4:30 p.m. The BSADD is an equal opportunity employer.

SALYERSVILLE **HEALTH CARE** CENTER

Full time career opportunities available for LPN's in a Long Term Care setting. We offer many benefits plus competitive wages. If you are interested in working with special people in a caring environment, applications are available in the front office of Salversville Health Care Center, Salyersville, KY. If you have any questions you can call 606-349-6181

Salyersville Health **Care Center** 571 Parkway Drive

Salyersville, KY 41465 Equal Opportunity Employer

SECRETARY NEED-ED: Must be knowledgeable with ICD9 & CPT. Contact Donna

FRIDAY, AUGUST 27, 1999 B5 **BUILD A CAREER** AS A SALES REP-

Contractors

BACK HOE AND

HIRE: Excavating,

custom work, haul-

ing, septic tanks,

and filling gravel

25 + yrs. exp.

Reese Ray 874-

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Home building &

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Small or large jobs.

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Eddie Boyd. 478-

1764 or 478-4230.

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RESENTATIVE for the Mutual of Omaha Companies. We are known nationally for financial stability ans sound operating performance. Call David Hammond, P.O. Box 5027, Ashland, KY (606)928-41105 3636. MLM2577 11-98 EOC.

MINING SUPPLY **CO-MPANY** is seeking an experienced press brake operator, Salary based on experience. Excellent benefits available. Send Resume to: Reference #5060 P.O. 390 Box Prestonsburg, Ky 41653.



EXOTIC BIRDS FOR SALE: Congo African Greys, Blue & Gold McCaws, Eclectus, Conures, Sun Amazons, Indian Ring Necks, hand fed baby Cockateils, Breader Cockateil, English Budgies & Love Birds. Call 285-0410 or 285-0650.

ABBOTT CREEK KENNELS 886-3680 Akc registered

Chinese Pugs, Poms, Maltese, Yorkies, Shihtzu. 886-3680. (8-29-99/wf)

FREE TO A GOOD HOME: 2 male kittens, 1 stripped, 1 gray. Call 358-4155.

2 BLACK & WHITE SPOTTED REGIS-**TERED HORSES: 1-**3 yr. old & 1-2 yr. old. 358-4255.

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Auto Services

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LONG BRANCH DOZER SERVICE Dozer, backhoe & dump truck services at reasonable rates.

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WILLIAM POE Painting 8 Decorating, also Carpentry Commercial Phone Residential. 606-889-0333.

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Commercial, residen-

tial and service work.

Licensed and insured.

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CALL US FIRST!

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drain cleaning, etc.

2 BR HOUSE IN ESTILL: Private. Inside unfinished. Will sell at lower price as is or willing to finish inside for buyer. Call 358-2630.

BY OWNER: 4 rentals on 2-1/2 plus levels acres. 1 mile off US 23 at Harold. 606-478-1949.

HOUSE FOR SALE BY OWNER, in McDowelll 3 BR, 2 B. dining room/large eatin kit. 16x24 great room with vaulted ceiling. Garage, large fenced lot. Walk to school close to hospital & grocery store. Must see 377-2346.

3 BR BRICK AT DANA: On Prater Cr. with some acreage. Call 606-478-1719.

2-STORY BROWN HOUSE FOR SALE: On left fork of island Creek, 5 acres, 4 BR, 3 BA: Must see to appreciate. 432-2723.

REMODLED 3 BR AT HOUSE WAYLAND with 70 \$46.500 acres. Financing available. 513-746-7978.

Now in Eastern Ky: Lincoln Log Homes, model home located at 256 Potts Branch Road. 886-9048.

NEW HOUSE FOR SALE BY OWNER: Never lived in, Clark School district. 3 BR, 2 BA, built-in kitchen w/dishwasher, dining room, garage, large front porch. Buy now, choose gas or electric heat. Quailifies for 97% financing. 886-8366.

Prestonsburg, KY Paintsville, frontage on route 23, large blacktop parking lot, five overhead garage

> **Houses For** Rent

886-0039

HOUSE WITH GAR-AGE FOR RENT: Rt. 114, 10 miles from P'burg. Central heat & Air, stove & refrigerator. \$400 month \$400 deposit. Call 886-8719.

NICE, 3 BR HOUSE AT WAYLAND: HUD accepted. Call beeper 886-5738.

3 BR HOUSE: HUD approved. Close to store/hospital. Call 377-2671, 377-2400 or 377-0894.

HOUSE FOR RENT: 1-1/2 mile Abbott Rd. 886-3492.

2 BR HOUSE: 2 out of miles Prestonsburg. Call 886-8201 or leave message.

and the set HOUSE FOR RENT IN ALLEN: 874-0456.

3 BR. HOUSE: Total electric. Central heat & air. Call 874-8530.

-HOUSE FOR RENT: Riley Hall Subdivision, New Allen. 1 yr. lease renewable. 3 BR, 1-1/2 BA, full basement, gas, stove, ref., washer/dryer/dishwasher furnished, AC. \$450/mo firm 606-874-8134 or call 734-429-9675.

Paintsville. Also mobile home for sale. Call 886-9007.

> Rental Properties

B & O RENTAL PROPERTIES 9 LOCATIONS ALL IN CITY LIMITS 1 & 2 BR Apartments. 2 BR townhouses. 2 & 3 BR houses. 886-8991 or 886-8691.

WANT TO **BUY/RENT**

Want To Buy

FAIR PRICES GIVEN FOR YOUR STAND-ING TIMBER: 285-0934. Want To Rent

STATE TROOPER WANTS MOBILE HOME LOT in Green Meadows or Mullins area 432-0883 or 874-2802.

EMPLOY-

MENT

When responding to Employment ads that have reference numbers, please indicate that entire reference number on the outside of your envelope. Reference numbers are used to help us direct your letter to the correct individual.

Does recognition of at 886-1714. your efforts and the

> MEDICAL BILLING Immediate opening for Career Minded individuals. FT/PT, Will train. Data Entry for Doctors. Must have PC experience. Up to \$50K/Yr. 888-587-2624.

AVON: Career or pocket money, you decide. Call Jancy at 886-2082.

AVON

Make up to 50% profit. Be your own boss, no lay offs! Dont want to sell? Buy from us! Cassie, 886-8737, Theresa, 886-3690 or Wanda, 285-9486.

diam'

FAST GROWING COMPANY looking for self-motivated, career minded individuals with prior management experience to fill positions in Southeast Ky. area. Good pay and benefits. Send resume to: 6251 N. Ky. Hwy 15 #108, Hazard, KY 41701.

FAST GROWING **RENTAL COMPANY** is seeking aggressive, hard working individuals to fill account manager positions and grow with us. If you have a drive to succeed apply in person at: A-Plus Rent to Own, Highland Plaza, University Dr., Prestonsburg, KY.

drivers license. Can be part-time for college students. Send resume with references to: Employment Opportunity, P.O. Box 1314, Inez, KY 41224, or Fax 606-298-4612.

ATTENTION: CDL, **CLASS A DRIVERS** Oliver Trucking Company Inc. of Winchester Ky. will be accepting applications for OTR drivers on Saturday 9/4/99 at the Holiday Inn in Prestonsburg from 9a.m. to 5 p.m. Call 1-800-354-7421. for more details or stop in on Sept. 4 ask for room number at front

EGAL L SECRETARY: Full time position with excellent benefits package, including medical & retirement. Experience in legal office preferred. Send resume to: Reference #693, P.O. Box 390 Prestonsburg, Ky 41653.

desk.

ATTN: LPNs, RNs, EMTs and paramedics! Become an RN or BSN graduate income without going back to school! To schedule your interview in Prestonsburg, call Robert Tallman by Sept. 11. 1-800-737-2222.

WORK FROM HOME: \$982-\$5,947/mo PT/FT. Call for Information. 800-690-0568.

BOB'S GARAGE Blue River, KY. 889-Owned & 9940. Operated by Bob Evens (former mechanic of Hyden BP. Oil changes, air conditioning, comput-285-3704. er analyzes, brakes, tune-ups, etc.

Carpentry

Work

ALL TYPES: New

homes: remodeling,

additions; all types

concrete work, drive-

ways, sidewalks,

Robie Johnson, Jr.,

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Paid Advertisement

FOR ALL YOUR BUILDING NEEDS New homes, remodeling, roofing, patios, block, concrete or siding. Have 30 years experience. Call Spears Construction, Romey Spears (606)874-2688.

Services

PIANO LESSONS IN YOUR HOME: \$15. Call Deanna at 478-9718 or page 482-9718.

and increase your

Sales/Services TECHNOLOGY Computer & Network

Tree Service

TREE CUTTING AND TRIMMING: Topping. brush removal, land clearing, etc. Large or small jobs, References furnished. Free estimates. Call 889-9630.

Upholstery & Sewing

UPHOLSTERY & SEWING, INC.

Furniture, Autos, Clothing Alterations and Wedding dresses Tracy Bobo made. seamtress w/10 yrs experience. Located near hospital at Call Robert Martin. Moore at 285-0410.

PERSON-AL

When responding to Personal ads that have refer ence numbers please indicate that entire refer ence number on the outside of your envelope Reference num bers are used to help us direct your letter to the correct

CLUB V.I.P. **Dating Club**

For singles who are very particular. Meet new friends, companions or someone special from your area! Many members from 21 to 85. Screened. Applications. Photos Safe. Confidential Fun!!! It works! 10 am -10 pm.

606-631-3413

SINGLE CHRISTIAN WOMAN would like to hear from single Christian man ages 36-45. Send responses to: Reference #15 P.O. Box Prestonsburg, Ky 41653.

Lose REDUCE:

LEGALS

ADVERTISEMENT FOR BID The Floyd County

Board of Education is requesting sealed bids on the following property Middlecreek Property

Route 114 Prestonsburg, Kentucky Sealed bids may be mailed or hand-delivered to Gregory

Adams, Director of Maintenance, Floyd Schools Maintenance Department, located at 23 Martin Street, Allen KY 41601 Sealed bids will be until

September 7, 1999, and will be opened on September 8, 1999, at 10:00 a.m., at the Maintenance Department located at the above address.

The Floyd County Board of Education reserves the right to reject any and all bids.

NOTICE OF **BOND RELEASE** In accordance with

the provisions of KRS 350.093, notice is hereby given that V & M Mining Company of Paintsville, Inc., P.O. Box 905, Flatwoods, KY 41102 (606-325-8234), has applied for Phase I, II and III bond release for permit 436-5007, which was last issued on March 5, 1997. The application covers an area of 9.98 surface acres and underlies approximately 135.46 acres located approximately 2.6 miles

southeast of Printer in Floyd County. The operation is located 2.8 miles southeast of the junction of KY 2030 and KY 122, and is 0.9 mile east of Spurlock Creek The latitude is 37

41' 54" and the longitude is 82° 38' 04" and is located on the Harold 7 1/2 minute quadrangle map.

bonds

included

fertilizing,

Land Use plan.

objections,

Hollow

Written comments,

request for a public

hearing or informal

conference must be

filed with the Director,

Division of Field

Services, #2 Hudson

Frankfort, KY 40601

A hearing date for

this bond release

request has been set

for Oct. 12, 1999, at

NOTICE

The

by Oct. 11, 1999.

9:00 a.m.,

Complex

at the

for

KY

of

of

and

and

at 11:00 a.m., in the Conference Room at its Appalred office here in Prestonsburg. The meeting is open to the public.

NOTICE OF

BOND RELEASE In accordance with the provisions of KRS 350.093, notice is hereby given that Buck Coal, Inc., 544 South Lake Drive, Prestonsburg, KY (606-886-41653 2330) intends to apply for Phase II and III Bond Releases on Permit No. 836-0156 which was last issued on August 10, 1989. The permit covers a surface area of approximately 321.30 acres, and underlies an additional area of approximately 223.34 acres. The operation is located approximately 0.5 miles south of Pay in Floyd County

The permit area is approximately 3.0 miles south of CR 5197 and KY 2030 junction. The latitude is 37° 28' 07" and the longitude is 82° 40' 59", and is located on Harold and the McDowell 7 1/2 minute USGS quadrangle maps.

The performance bond (Surety) currently in effect for the operation \$33,600.00. 100% of the original surety bond of \$301.300.00 is included in this request for release.

Reclamation work thus far performed includes: backfilling and grading, sampling and testing, liming, fertilizing, seeding, and mulching, and was completed in March 1990. Results thus far achieved include: establishment of vegetation and the post mining land use in accor dance with the approved post mining land use plan.

Written comments, objections. and request for a public hearing or informal conference must be THE FLOYD COUNTY TIMES

40601-4321.

of the original bond comments, amount of \$49,000.00 is included in the permit application release. Reclamation work performed includes:

seeding and regarding was done as of the fall of 1987. No major activity for reclamation has been done since; with the establishment of the post mine land use as per revegetation plan.

This is the final advertisement of the application. 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 September 27, 1999. A public hearing on

the application has been scheduled for 9:00 a.m., ОП September 28, 1999. at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, KY 41653. The hearing will be canceled if no request for a hearing on informal conference is received by September 27, 1999.

NOTICE Upon and on this

date after publication of this notice, I will no longer be responsible for any debts incurred by anyone other than myself.

Gordon Bartrum Box 87 Brawley St Martin, KY 41649

NOTICE OF INTENTION TO MINE

Pursuant to **Application Number** 436-5208, Renewal In accordance with KRS 350.055, notice is hereby given that Premium Elkhorn Corporation, Coal P.O. Box 3127, 15 Northwood Drive Pikeville, KY 41502 has applied for renew-

objections, or requests for a conference must be filed with the Director, Division of Permits, 2 Hudson Hollow, Frankfort, KY The proposed oper-

NOTICE OF **INTENTION TO** MINE

Pursuant to Application Number 636-5033, Renewal In accordance with KRS 350.055, notice is hereby given that J.C. & P. Coal Corporation, General Delivery, Route 122, Bevinsville, KY 41606 has applied for renewal of a permit for an underground coal mining operation located 2.2 miles east of East McDowell in Floyd County. The proposed operation will disturb 1.08 surface acres and will underlie 582.30 acres, and the total area within the permit boundary will be 583.38 acres. The proposed oper-

ations is approximately 0.1 miles south from KY 1929's junction with the Ned Fork County Road and located 0.1 miles south of Frasure Creek. The latitude is 37 degrees 25 minutes 20 seconds. The is 82 longitude degrees 42 minutes 24 seconds. The proposed operation is located on the

McDowell U.S.G.S. 7 1/2 minute quadrangle map. The surface area to be disturbed is owned by Della Vance. The operation will underlie land owned Della by Vance. Wade Frasure, Rex Frasure, Boone Frasure, Hazard Collins, Helen Ottis Gayheart, Frazier, Eugene Frazier, Edd Mosley, Mike Kinney, Ray Hall, Bobby Holson, Moses Frazier, Jeff Henson Sam Hamilton. Barrell Brown, Opal Moore, Orville Hamilton. Orbin Moore, Carl Bentley, Levi

Fork. The latitude is 37 degrees 25 minutes 13 seconds. The longitude is 82 degrees 41 minutes 22 seconds.

ation is located on the McDowell U.S.G.S. 7 1/2 minute quadrangle map. The surface area to be disturbed is owned by Alvin Gayheart and the Orbin Moore Heirs, c/o Nancy Hall. The operation will underlie land owned by Alvin Gayheart, Henry Keathley, John & Ida Mae Keathley, Donna Terry, Wavis Alley Ervin Page, Hazard William Collins, Blankenship Hall, Ambrose Premium Elkhorn Corporation, Coal Samuel Hamilton, Curtis Tackett, Carmel & Marie Clark, and Dinah Martin. The operation will affect an area within 100 feet of Ned Fork Road. The operation will not involve relocation of the public road. The application has been filed for public inspection at the Department for Mining Surface Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6 Prestonsburg, KY 41653-1410. Written comments. objections, or requests for a permit conference must be filed with the Director, Division of Permits, 2 Hudson Hollow, Frankfort, KY 40601-4321.

NOTICE OF INTENTION TO MINE Pursuant to

Application Number 836-0285 In accordance with

KRS 350.055, notice is hereby given that Henson Branch Coal, Inc., 100 KY Route 680 W., Eastern, Kentucky 41622, has applied for a permit for a surface and auger coal mining and reclamation operation located 0.25 miles east of Drift in Floyd County. The proposed operation will disturb 5.42 surface acres and will underlie 3.09 acres, and the total area within the permit total boundary will be 8.51 acres. The proposed operation is approximately 0.25 miles east from KY 122's junction with Frozen Creek Road and located 0.60 miles miles south of Jump Station. The latitude is 37° 28' 57". The longitude is 82° 45' 05". The proposed operation is located on the Wayland/McDowell USGS 7 1/2 minute quadrangle maps. The surface area to be disturbed is owned by Douglas Ray Hall and Danita Hall Stumbo. The operation will underlie land owned by Douglas Ray Hall and Danita Hall Stumbo. The operation will use the contour and auger method of surface mining. Ervin The application has been filed for public inspection at the Department for Mining Surface Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6. Prestonsburg. Kentucky 41653. Written comments, objections, or requests for a permit conference must be filed with the Director of the Division of Permits, #2 Hudson Hollow Complex, U.S. 127 South, Frankfort, Kentucky 40601.

NOTICE OF INTENTION TO MINE

Pursuant to **Application Number**

In accordance with the provisions of KRS 350.055, notice is hereby given that Industrial Processing Inc., P.O. Box 29. Prestonsburg. Kentucky 41653, has applied for a permit for a crusher and loading facility coal processing facility affecting 1.81 acres located 1.33 miles North of New Allen, in Floyd County.

The proposed operation is approximately 1.14 miles North from KY Route 1428's junction with US Route 23 and located 1.08 miles East of Calf Branch.

The proposed operation is located on the Lancer U.S.G.S. 7 1/2 minute quadrangle map. The surface area is owned by Delano May.

The application has been filed for public inspection at the Department for Mining Surface Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6. Prestonsburg, 41653 Kentucky Written comments, objections, 01 requests for a permit conference must be filed with the Director, Division of Permits, #2 Hudson Hollow, South, U.S. 127 Frankfort, Kentucky 40601.

NOTICE OF INTENTION TO MINE

Pursuant to 18 Reilly **Application Number** Frankfort Office Park, 836-5377, Renewal Frankfort, Kentucky In accordance with 40601. Phone: (502) 350.055, notice is 564-3410. hereby given that FCDC Coal, Inc., 452 ORDINANCE Town Mountain Road, 03-99 Pikeville, Ky. 41501, An has applied for renewamending Amended al of a permit for an Ordinance No. 02-98. coal underground which imposes mining and reclamalicense fee upon tion operation located Insurance Companies 1 mile Northeast of for the privilege of Drift in Floyd County. engaging in the busi-The operation disness of insurance turbs 2.59 surface within the corporate acres and underlies limits of the City of 895.10 acres. The Martin from the curpermitted rent rate of eleven acreage is 897.69. (11%) percent for the The operation is first year premiums approximately 1 mile East from KY 122's for life insurance and eleven(11%) percent junction with of the premiums for all Stonecoal Br. Road other types of insurand located 0.05 ance actually collect-North of ed within each calen-Stonecoal Branch. dar quarter to a rate of The operation is locatnine (9%) percent the ed on the McDowell first year premiums and Harold U.S.G.S. for life insurance and 7 1/2 minute quadrannine (9%) percent of gle maps at latitude the premiums for all 37° 30' 41" and longitude 82° 44' 15" The surface area to be disturbed is owned by Alma Land Co. The operation will underlie land owned by Phillip Meade, Tommy and Sherry Shelton, Denzil & Josephine Yates, Cas & Verlie Spurlock, Clayburn Bailey Heirs, Alex Stephens, Ellen Halbert, James Halbert, Bernard P. & Fron Mckinney, John A.

Bee & Ola Halbert, ance actually collect-James W. & Janie ed within each calen-Willard dar quarter. Mckinney, BE IT ORDAINED McKinney, Paul & Anna Mae Perkins, BY THE CITY OF Bowling, MARTIN: Bernard & Frona McKinney, Oscar & Section 1: Section 2 Opal McKinney, The of Ordinance No. 02 Coal 98 Corporation, Barbara Amended to read i its entirety as follows Section 2: Th Cecil McKinney & license fee impose Tandy L. Spurlock, upon each insurance James & Melissa company issues life insurand Collins, Johnny Kidd, and Kermit & Doreen policies on the lives persons residing with Martin, Martin G.

Salisbury, David May,

in the corporate limit of the City of Marl shall be nine (9° percent of the fi year's premiums ac for ally collected with each calendar quar by reason of issuar and of such policies. Section 2: Sectior'

other types of insur-

is

hereby

whie

of Ordinance No. (98 is hereby amend in its entirety as t lows: Section 3: TI license fee imposi upon each insuranc company whic issues any insuranc policy which is not life insurance polic shall be nine (9% percent of the prem ums actually collecte within each calenda quarter by means of the issuance of suc policies risks locate within the corporat, limits of the City of Martin on thos claims of busines which such compar is authorized to tran act, less all premiur returned to poli holders; however, a license fee or t imposed upon prer um receipts shall r include premiur received for insurin employers against lia bility for personal injuries to their employees, or death caused thereby, under the provisions of the Workers Compensation Act and shall not include premiums received on policies of the Workers Compensation Act and shall not include

& Oscar Hancock Jr., Lois & Henry Meade, Halbert, Jr., and Alma

6, Prestonsburg, KY 41653. Written com-

ments, objections, or requests for a permit conference must be filed with the Director, Division of Permits,

Elk Horn

Land Company. The application has been filed for public inspection at the Department Mining Surface Reclamation Enforcement's Prestonsburg Regional Office, 3140 South Lake Dr., Suite

#2 Hudson Hollow,

U.S. 127 South,

Frankfort, Kentucky

PUBLIC NOTICE

Notice is hereby

given that James S.

Doyle, 220 Trimble

Br., filed an applica-

tion with the Natural

Environmental

Protection Cabinet to

located on North Lake

Drive between Dingus

and Branham Street.

Any comments or

objections concerning

this application shall

be directed to:

Kentucky Division of

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Ordinance

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40601

Weight while you Take OPAL sleep. Available Reid's Pharmacy, 127 Main in Martin.



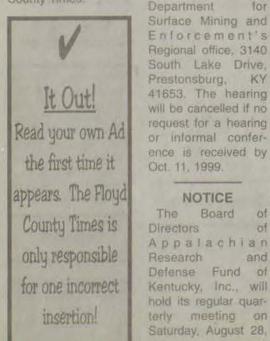
Miscellaneous

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

Free

BECOME DEBT FREE! Cut payments without new loans. It's easy! 1 hr. approval Call 1-800-517-3406.

PALLETS: FREE Can be picked up behind The Floyd County Times.



performance ned with the Directo of Field Division (Letters of Services, #2 Hudson Credit) now in affect Hollow Complex, for the operation is Frankfort, KY 40601 \$26,600.00. 100% of by October 18, 1999. this bond amount is A hearing date for in this this bond release request for release. request has been set Reclamation work thus far performed includes: backfilling and grading, sampling and testing, liming, seeding and mulching, and was completed in Fall 1995. Results thus far achieved include: Establishment of vegetation and the post mining land use in accordance with the approved Post Mining

for October 19, 1999. at 9:00 a.m., at the Department for Surface Mining and Enforcement's Regional Office, 2705 South Lake Drive, Prestonsburg, KY 41653. The hearing will be cancelled if no request for a hearing or informal conference is received by October 18, 1999. NOTICE OF **BOND RELEASE** Enterprises,

In accordance with KRS 350.093, notice is hereby given that Addington 1500 North Big Run Road, Ashland, KY 41102, has applied for Phase III Bond Release Increment No. 2, on Permit Number 898-0520 which was last issued 10/24/97. The application covers an area of approximately acres. 408.19 Located 1.05 mile Creek in east lvy County, Floyd Kentucky. The permit area is

approximately 1.0 miles north from US 23 junction with Ivy Creek and located 1 mile east of Levisa Fork. The latitude is 37 degrees, 36 minutes and 43 seconds. The longitude is 82 degrees, 34 minutes and 55 seconds. The bond now in

for Increment effect No. 2 is a surety for \$49,000.00 Approximately 100%

al of a permit for an underground operation mining located 1.5 miles southeast of East McDowell in Floyd County. The proposed operation will disturb 1.29 surface acres and will underlie 574.49 acres, and the total area within the permit boundary will be 575.78 acres. The proposed operation is approximately 1.5 miles southeast from KY 1929's junction with KY 680 and located 0.01 miles south of Hall Fork. The latitude is 37 degrees 26 minutes 58 seconds. The longitude is 82 degrees 42 minutes 00 seconds

The proposed operation is located on the McDowell U.S.G.S. 7 1/2 minute quadrangle map. The surface area to be disturbed is owned by Premium Elkhorn Coal The Corporation. operation will underlie land owned by Grover Sammons. Sam Eversole, John B. Newsome, Earl Evans, the Stumbo Heirs, David Akers, and Premium Elkhorn Coal Corporation. The operation will affect an area within 100 feet of KY Route 680. The operation will not involve relocation of the public road. The application has been filed for public the inspection at Department for

Mining Surface Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, 6. Prestonsburg, KY 41653-1410. Written Blankenship, Charles Page, Ira Lee Jones, Kilhard Moore, and James Jones

The application has been filed for public inspection at the Department for Mining Surface Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6. KY Prestonsburg, 41653-1410. Written comments, objections or requests for a permit conference must be filed with the Director, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, KY 40601-4321

NOTICE OF INTENTION TO MINE

Pursuant to Application Number

636-5036, Renewal In accordance with KRS 350.055, notice is hereby given that Premium Elkhorn Corporation, Coal P.O. Box 3127, 15 Northwood Drive, Pikeville, KY 41502, has applied for renewal of a permit for an underground coal mining operation located 2.6 miles southeast of East McDowell in Floyd County. The proposed operation will disturb 2.22 surface acres and will underlie 459.00 acres, and the total area within the permit boundary will be 461.22 acres.

The proposed operation is approximately 0.9 miles east from KY 1929's junction with Ned Fork Road and located 0.01 miles east of Ned



premiums received on policies of group health insurance provided for state employees under KRS 184A.2252.

Section 3: This Ordinance shall become effective on the first day of the 🖲 month after the date of publication of this Ordinance. ALAN R. WHICKER, MAYOR

1st READING: 6-28-99 2nd READING 8-23-99 PAMELA S. JUS-TICE, CITY CLERK

PUBLIC NOTICE FLOYD COUNTY BOARD **OF EDUCATION** NON-DISCRIMINATION POLICY STATEMENT

Students, their parents, employees, and potential employees of the Floyd County Schools are hereby notified that the Floyd County School System does not discriminate on the basis of race, color, national origin, age, religion, marital status, sex, or disability in employment programs, vocational programs, or activities set forth in compliance with the Office of Civil Rights, Title VI, Title VII, Title IX, ADA and Section 504.

The Floyd County School System offers the following vocational education programs for students in grades 9-12: Agriculture, Home Economics and Industrial Technology. The following vocational school classes are available to students in grades 10-12. Auto Mechanics, Business and Office, Carpentry, Electricity, Health Services, Machine Shop, and Welding. Keyboarding of offered to students in grades 9-12.

Adult Education classes are offered to individuals pursuing a GED certificate. Adult programs are offered periodically based upon the demand for specific classes.

Any person having inquiries concerning Floyd County Schools compliance with the Office of Civil Rights Law, Title VI, Title VII, Title IX, ADA and Section 504 is directed to contact Susan Compton and/or Phil Paige. Directors of Instruction, or Debbie Daniels, Vocational Coordinator, Floyd County Board of Education, 183 North Arnold Avenue, Prestonsburg, Kentucky 41653, 606-886-2354

FRIDAY, AUGUST 27, 1999 B7

NOTICE OF **INTENTION TO** MINE Pursuant to **Application Number** 836-8040 RENEWAL In accordance with the provisions of KRS 350.055, notice is hereby given that LICK FORK PRO-CESSING CO., 819 Federal South Highway, Suite 203, Stuart, FL 34994, has applied for RENEWAL of a permit for a Coal Processing and Disposal Refuse Facility located approximately 0.05 miles east of David in Floyd County, Kentucky. The existing operation will disturb 41.59 surface acres.

The existing operation is approximately 0.15 miles West from Rough' & Tough Branch Creek's junction with KY Route 404 and is located on Lick Fork of Middle Creek. The latitude is 37 degrees 36 minutes 5.7 seconds. The longitude is 82 degrees 53 minutes 6.2 seconds.

The existing operation is located on the David U.S.G.S. 7 1/2 minute quadrangle maps. The surface area disturbed is owned by Lick Fork Processing Co. and The David L. Francis Testamentary Trust. The operation affects an area within 100 feet of public road KY Route 404. 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, 3140 South Lake Drive, Suite 6,

Prestonsburg, Kentucky 41653. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Permits, #2 Hudson Hollow Complex, U.S. 127 South, Frankfort, KY 40601.



OUR RATES ARE:

\$1.00 per line, 4 lines minimum for Wednesday

When there's a call for selling your old items, call the Classifieds!

Autos

· Books

Apparel

Appliances

Electronics

Computers

Furniture

Kitchenware

Collectibles

Instruments

...and more

Musical

· Tools

Sporting Goods

PUBLIC NOTICE

Notice is hereby given that Sherman Goble, 3259 KY 321, Prestonsburg, KY 41653 (Ph. 606-886-6582), has filed an application with the Natural Resources and Environmental Protection Cabinet to construct a one family residence. The property is located on KY 321 (old US 23) approximately 1.9 miles north of the north city limits of Prestonsburg, and is adjacent to the Levisa Fork of the Big Sandy River. Any comment or objections concerning this application shall be directed to: Kentucky Division of Water Water, Resources Branch, 14 Reilly Road, Frankfort, KY 40601. Phone 502-564-3410.

Subscribe to The Floyd County Címes call 886-8506 4 lines minimum for Shopper if purchased with Wednesday and Friday.

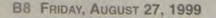
50¢ per line, 4 lines minimum for Sunday if purchased with Wed. and Fri. (Shopper FREE) Shopper only: \$1.00 per line, 4 lines minimum. Sunday only: \$1.00 per line, 4 lines minimum.

Border Ads: \$2.00 extra per Wednesday and Friday, \$1.00 per Shopper or/and Sunday. Reverse Ads: \$3.00 extra per Wednesday and Friday, \$2.00 per Shopper or/and Sunday Shaded Ads with a border \$3.00 extra per Wed. and Fri., \$2.00 per Shopper or/and Sunday Attention Lines, Centered/Bold Ads, 12 pt. Type, 14 pt. Type: \$0 extra per week.

> Visa and MasterCard accepted over telephone or walk-in. Fax 606-886-3603

For a price quote, call 886-8506 Sandra at Ext. #15 or Jenny at Ext. #14 The Floyd County Times





e Friday mies

GEORGE by MARK SZORADY



MAMA'S BOYZ by JERRY CRAFT



9b-page Mama's Boyz book: Send \$9.95 + \$2 shipping to Jerry Craft, PMB 114, 304 Main Ave. Norwalk, CT 06851 THE SPATS by JEFF PICKERING

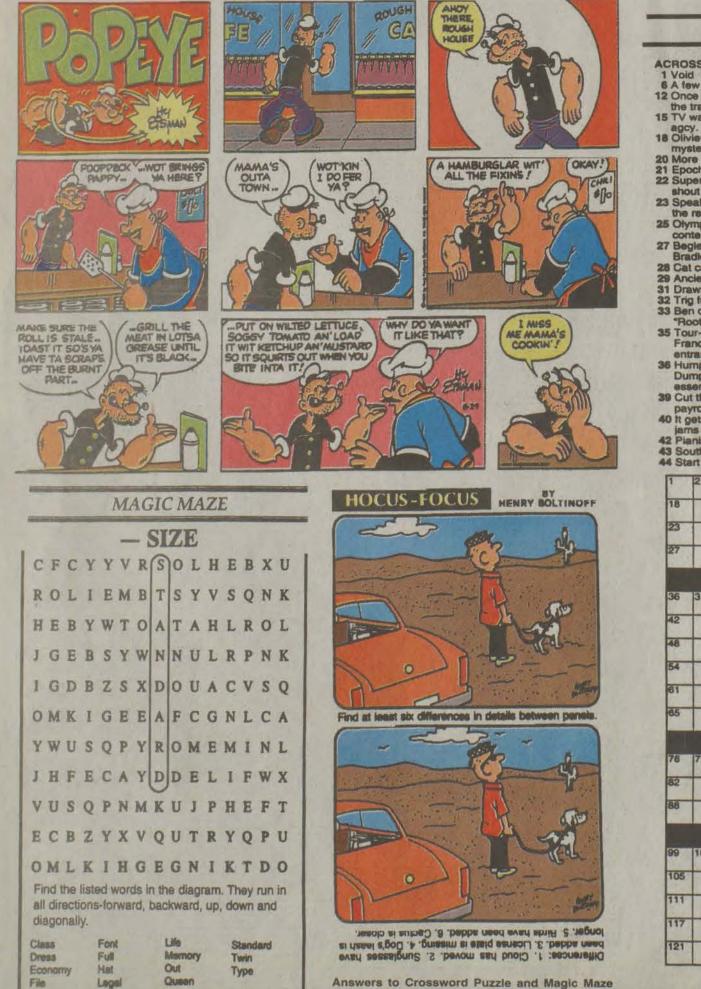


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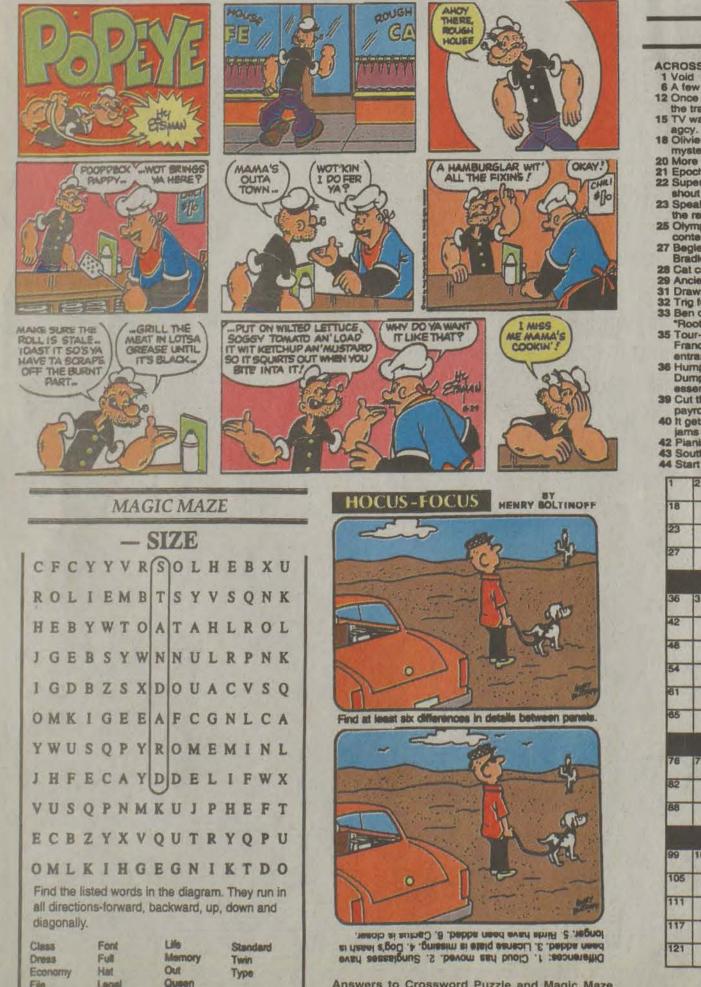
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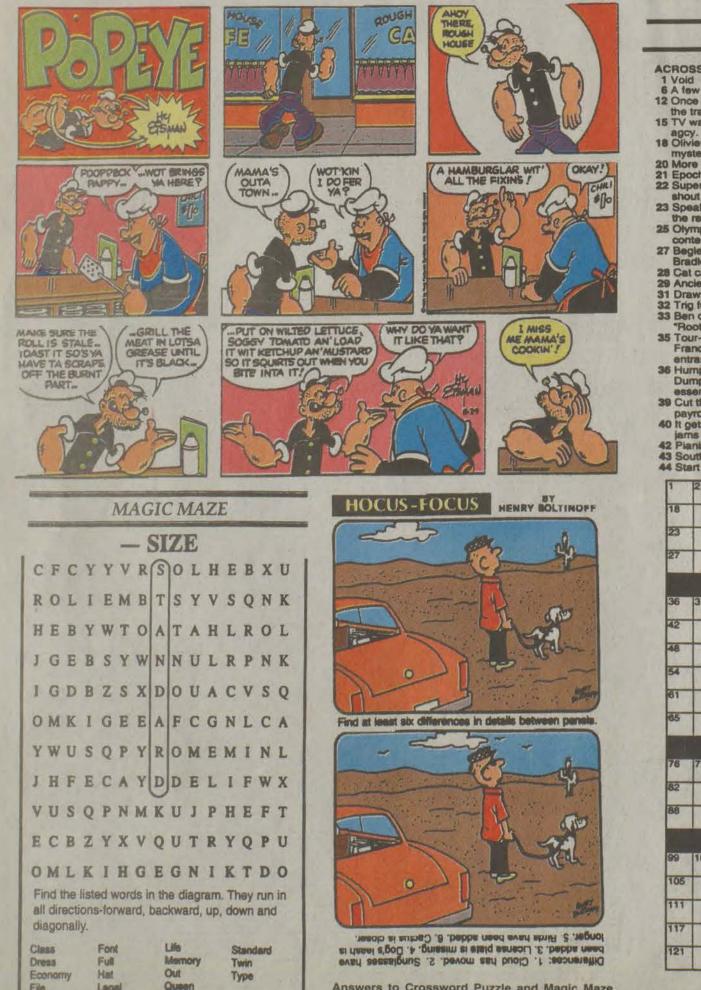
BUTCH AND DOUGIE by ALEX HOWELL





can be found on page A5





R.F.D. by MIKE MARLAND







OUT ON A LIMB by GARY KOPERVAS











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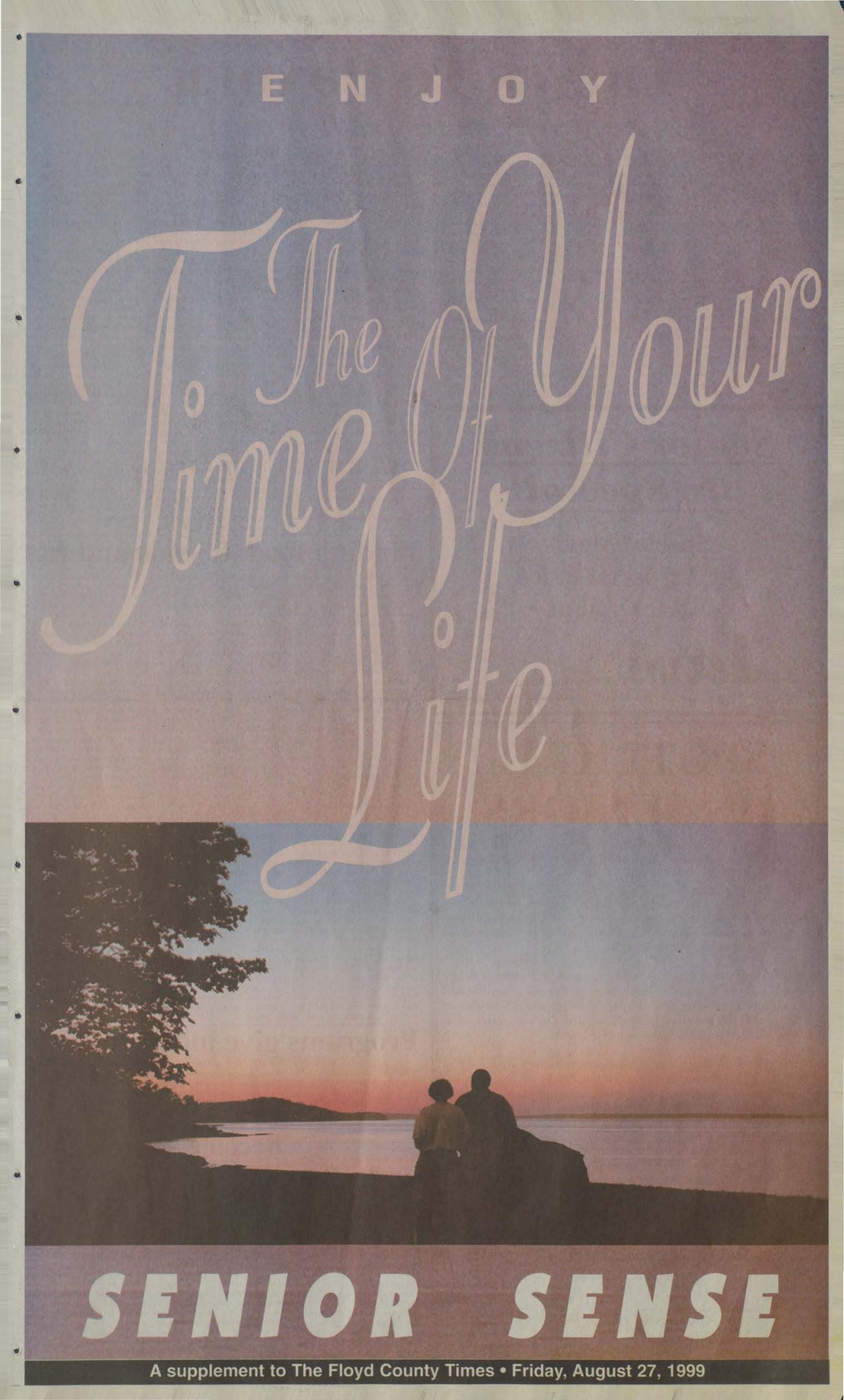
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THINGS TO PONDER

When old gray mares really break down

Ph.D.

Now that a twinge of autumn is in the air occasionally, we are quick to think that fall is out there somewhere. In the past, our successful forefathers utilized their knowledge of seasons and their need for preparedness in order to survive as well as possible. Everything had its purpose and everybody had their responsibility.

Tater holes were dug deep into the north side of a cool, dry hill and lined with lots of fodder and straw. Members of every generation worked together or alone-children running about gathering up items, mothers gardening while watching youngsters, and grannies teaching others to recognize medical plants, bark, and roots.

In addition, different ones of neighborhood families learned to such as clinical depression, manic-

and government policies. They swapped necessities like delivering babies, taking care of sick cattle, and preparing the dead for funerals. All knew they were needed.

Also, long- and short-term illnesses were cared for in the home, along with older family members, who could not live alone. Although life was probably not perfect, an impression was that in years gone by, older individuals' opinions and suggestions were valued, respected, and often even sought after.

But, be real. Most likely every senior citizen was not, is not, and/or will not be bubbling over with happiness all the time, much less give appropriate advice.

Often older folks, whether they admit it or not, are frequently "down and out" and meet the guidelines for mental health diagnoses, exchange services, long before the depression, anxiety disorders, and

by Mable Rowe Lineberger, days of managed care guidelines panic attacks. As with any other 84 years old in eastern Kentucky mental health condition, the possible sources of depression in the elderly are not known for sure, but there are some high probabilities: poor health and/or lack of adequate health care; on-going influences from inherited problems, such as chemical imbalances pertaining to serotonin; financial problems related to a lack of adequate education and/or unsuccessful employment for whatever reason; and choice of living in an isolated environment with limited resources.

> Although the numbers are about four years old, reportedly 17 elderly persons are likely to commit suicide daily. In 1995, the percentage of suicide rates per 100,000 people was 12.5 percent for the Commonwealth of Kentucky, and 13.1 percent for the Big Sandy's five-county area, as compared to a national average of 11.8 percent. The suicide rate for individuals 80

was almost twice that in the general population. "Younger" ones-the 65-year-old and older group-had a suicide rate of 39.7 percent. Since they may have physical problems, the suicides are not recognized.

Even though everyone would rather ignore the existence of depression and possible suicide, its signs and symptoms do raise their ugly heads. Like other things, we just need to be alert and respond appropriately. Some of the major characteristics include change in feelings, especially more sadness, anger, and/or anxiety; decrease in energy; sleep disturbance, such as problems going to sleep, staying asleep, or wanting to sleep all the time; significant dreams or nightmares; feel tired instead of rested in the mornings; increase or decrease in appetite with a change in weight; not enjoying things like you once did; feeling hopeless about the future; more difficulties making decisions; changes in sexual interests; suicidal thoughts; getting things on your mind and cannot get them off; increased irritability and/or explosive "hot" temper with more problems getting along with others; mood swings; and wanting to isolate oneself from others.

They often talk and think about death excessively. Many "self-medicate" with alcohol, so that alcoholism in the elderly is not uncommon

of senior citizens NEED and SHOULD BE of major concern to health care providers. Due to depression's characteristics and the probable factors involved, making an adequate diagnosis of depression in the older person is complicated. The individual's physical illness and the medication used to treat the illness can also produce changes in his/her mental state and behaviors. Thus, the need to identify depression in the elderly is of utmost importance if the older person is to receive appropriate treatment as soon as possible. As has been discussed during other occasions, the older individual, his/her physician, and family members need to be educated as to the signs and symptoms associated with depression and the characteristics of the person with suicidal thoughts.

Treatment is available. Talking with a well-qualified, licensed mental health professional has been shown repeatedly, to have the best outcome. Getting help does not mean that you are crazy; it means you are interested enough in yourself and your family to do what needs to be done. (What would you do if you had a fever of 105 degrees for five days, and could not work?) Anti-depressant medications are not addictive and they can be very effective when given for the right condition in the right dosages.

The mental and physical needs addictive, such as Valium and Xanax. Also, as has been said before, when you hear the phrase, "Oh, but I just have to take nerve pills," remember that there is a great possibility that the person is likely to be addicted to nerve pills, and has nerve problems that have not been addressed

Elderly folks can also do much to help themselves. Check out your lifestyle. Are you allowing people to take advantage of you? There is no law against saying "no" when you need to. For example, most grandparents raised their children the best they could. They are not obligated to baby-sit with grandchildren at the drop of hat ,and/or arrange their life around someone else's schedule.

In contrast, it is also not always healthy for grandparents to not have any appropriate interest for their age group. Grandparents have the right to have their needs met as well as other members of the family, while teaching the young ones family history, traditions, and values. As with all things, older people need to balance their life. Another "famous" saying around our house 🖤 is, "There's not a line forming to take care of you. Do the best you can for yourself."

Dr. Lineberger is a Licensed Psychologist with a private practice in Prestonsburg that is available for all age groups.

Most other "nerve pills" ARE

Finding food, friends and fun

have at least seven places to go to find food, friends and a good time.

The Big Sandy Area Development District (ADD) oversees 16 senior centers in the Big Sandy District, and almost half of those are in Floyd County. Centers are located at Mud Creek in Grethel, Wheelwright, McDowell, Wayland, Martin, Betsy Layne, and Prestonsburg.

Activities at the centers include games, crafts, quilting, and education programs, and a chance to chat with friends, Doug Lawson said.

"There's just a whole slew of things we do. They don't take as many trips as they used to do. It's real expensive. Some of the centers do fund-raising activities to take a

Senior citizens in Floyd County cannot include distance they've walked on a treadmill, though). The more miles they walk, the more prizes, such as umbrellas and jackets, they earn.

Limited home repairs are also made through some centers. Lawson said when funds are available, mainly through donations, minor home repairs, such as building a handicap ramp or making a porch safer, are done through the centers.

Funding is very limited, though," he said.

Other services include the 'friendly visitation" program. Senior citizens or staff at the centers make home visits to seniors who are mainly confined to their homes due to illness.

They also visit nursing home res-

"We actually have a need for more than we're providing," he said. "We need additional funding. We don't receive near enough funding to do what needs to be done."

Senior citizens center is a Title 3, federal program provided for through the Older Americans Act. It also receives state funding and some county funds through goodwill of the fiscal courts.

The centers are funded through "government grants, local fund-raising, donations to centers and donations for meals," Lawson said.

"Government funding covers approximately 1/3 of the costs of running the centers and the programs. The rest is made up by fundraisers and through donations."

Senior citizens can become part of the action at the centers by visiting a center and talking with a director, according to Lawson. The director does an assessment of the senior citizens through an interview process. The assessment is done to get critical information on the person, to discover his/her likes and dislikes and to discuss their needs, he said.



ON SENIORS

Americans, on average, are living longer. Life expectancy is increasing, and research shows that the longer you live, the better your chances of increasing your life span even further.

How you spend those "extra" years depends, in part, on choices you make today. Choosing to live a healthful lifestyle may mean you'll enjoy those years in relatively good health. Choosing otherwise could mean an increased risk of disability or declining health.

Overall, older Americans are remarkably healthy, but a healthy middle and old age cannot be taken for granted. Nearly half of older Americans suffer from arthritis; about one third have high blood pressure or heart disease; and more than one tenth have diabetes. Also prevalent are cancer, osteoporosis, and chronic obstructive pulmonary disease.

The Community Health Education Department of Our Lady of the Way Hospital addresses the problems of older Americans by offering programs, workshops and presentations on a variety of health topics, including Alzheimers Disease, Arthritis, Aquacise, Breast Cancer Awareness, Cholesterol, Diabetes Education, Diabetes Support Group, Heart Health, Medication Review, Nutrition, Respiratory Diseases, and "Women's" Issues. They also offer free screenings for blood pressure, pulse oximetry, blood glucose, and body fat analysis. These programs are available upon request and are conducted at health fairs, senior citizens centers, and other orgizations.

Any health topic concerning the elderly of our community is a concern of Our Lady of the Way Hospital as well.

+ CATHOLIC HEALTH

Our Lady of the Way Hospital

11022 Main P.O. Box 910 Martin, Ky. 41649

trip. Most of the trips are to local festivals, such as the Sorghum Festival in West Liberty and the Apple Festival in Paintsville," he said

"The senior citizens program is an excellent program. The centers are all in excellent condition. They're nice, comfortable places to be, and provide a gamut of services that's not even been mentioned. There's a lot of other things going on there, as well," he added.

Senior citizens can pick up a discount card at their senior citizens center. The discounts vary and depend on the "participation of the merchant," Lawson said.

Senior citizens can earn prizes through the Governor's Pacesetter programs at the centers. They earn their prizes by adding up the miles, according to Lawson.

Seniors keep a record of the distance they walk around a track, the town, or their communities. (They



Various programs at the Big Sandy Area Development District offer help to senior citizens in the region to remain independent, despite their critical health care needs.

Two of those programs are the Personal Care Attendant Program and the Kentucky Home Care Program.

The Personal Care Attendant Program sends an attendant to the patient's home to help that patient live independently and remain at home instead of a nursing home facility. There is no age limit, but the patient must be disabled in at least two limbs.

That program is administered by Sue Jones with the Big Sandy ADD.

The Kentucky Home Care Program sends someone to a patient's homes to do "homemaker services," according to Doug Lawson, with the Big Sandy ADD's Division of Aging.

The home care aide prepares meals if that aide is at the home at a meal time, runs errands, provides respite care and personal care, such as help with bill paying, shopping, or the patient's personal hygiene needs.

Costs to the patient are based on a

idents to bring some cheer into the lives of those individuals.

"Families of some residents don't live in the area or have no children. The visits encourage the person and lets them know that there are people around who care about them. A lot of seniors are isolated or homebound. Sometimes referrals are made to us or sometimes we find them," Lawson said.

The centers also have a telephone reassurance program. Members of the senior citizens centers or staff make routine telephone calls to homebound individuals to check that everything is going okay with them, and to let them know that someone is thinking of them, Lawson said.

Homebound patients participating in the senior citizens programs also receive home-delivered meals once a day. The program has a waiting list for new participants, according to Lawson.

"Sometimes the director can discover other needs and refer that person to other programs for the additional assistance," Lawson added.

The senior citizen can usually begin participating in the various programs at the center as soon as the interview is completed that day, Lawson said. He encourages senior citizens in the area to visit their local senior citizens centers and find out about the programs that go on there.

"We need better utilization of centers by seniors. Most of the centers are not utilized by a majority of our seniors," he added.

sliding fee scale and the patient's income. Anyone who wants to participate in the program must contact the Big Sandy ADD. A case manager will be assigned to visit the patient and make an assessment of the patient's needs. The patient's name

will be added to the participant's list as an opening occurs, Lawson said.

The program has recently received cuts in its funding and has a limited number of people that can be enrolled. Call 886-2374 for more information.

Become active, get fit

active and get fit.

Once you've started your walking program, there are a variety of things you can do to refine your walking to offer a higher level of benefits. The correct posture, arm swing and stride add up to higher-intensity exercise and lower the risk of injury.

To obtain the needed posture, lean slightly forward from the ankles, not the waist. Leaning from your waist will only tire your back and make breathing more difficult. Keep your head level and your chin

Using an arm swing makes walking a total body activity. Keep your elbows firmly bent at a 90 degree angle and swing your arms from your shoulder. Your hand should end its forward swing at the height of

Walking is a great way to become your breastbone. On the back swing, your arm should be almost parallel to the ground.

> Also, you can make your stride long and smooth. Keep your supporting leg straight as your body passes over it and let the hip rise and relax. As that leg moves to the rear, keep its foot on the ground as long as possible before pushing off.

At whatever level you're walking, stretching before starting your exercise routine is very important. Warm muscles respond better to stretches than cold ones, so walk for five or ten minutes until you're warm. Then stop and do some stretches. Repeat the stretches at the end of your walk.

Whatever happens, continue your walking. Just keeping activity in your life will help you stay healthy.

Message in a bottle: Herbal remedies not a magic bullet

by Stephanie Hamill

Move over vitamin E, here comes echinacea. Dietary supplement shelves in grocery stores and pharmacies are being crowded by novel bottled companions - herbs.

Not yet regulated by the FDA, these new, yet age-old remedies claim to do everything from promoting general well-being to supporting healthy immune function, but the labels aren't legally allowed to state they can treat, cure or prevent disease.

While gaining in popularity but lacking standardization, several questions remain. Can they heal and, more importantly, are they safe?

"We have far more knowledge based on experience than formal research," says Kim Carter, professor at Radford University in Virginia. "Herbs and plants have been used for 60,000 years, so it is not something brand new that all of the sudden we use - it is something people have always done."

So the answers to both aforementioned questions are, based on traditional experience, yes, if used properly, although there is FDA approval to back that up.

An herb is defined as "a flowering plant whose stem above ground does not become woody," and "such a plant when valued for its medicinal properties, flavor, scent or the like.

Every culture throughout the ages has used herbs and plants to promote health and well being and many still do.

For example, an Appalachian herbal cure for a cold and fever is to steep dogwood bark in boiled water and drink as a tea. And echinacea, the root of which has been known to facilitate wound-healing and treat snakebites, bee stings, eczema and even tumors, was used by the

Native Americans more than any other plant in the plains states.

In fact, the term drug is derived from an ancient word for root. While there is an abundance of

experiential knowledge, scientists are now working to make up for the lack of formal herbal research.

One such effort is the creation of the Office of Alternative Medicine in 1992, which became the National Center for Complementary and Alternative Medicine (NCCAM) in 1998. As part of the National Institutes of Health (NIH), the purpose of NCCAM is to facilitate the evaluation of alternative medical treatment methods to determine their effectiveness.

With a budget of \$50 million more than 25 times what it was six years ago - NCCAM is being swamped by requests for funding research projects. In 1993, when the Center issued its first request for applications for funding, more than 800 letters were received and 452 applications were reviewed. This was the largest response to a single request in NIH history.

The interest in conducting research is matched by those buying the products. A recent survey conducted by National Public Radio, The Kaiser Family Foundation and Harvard's Kennedy School of Government found that half of all Americans believe that dietary supplements other than standard minerals and vitamins are generally good for their health.

The study also found that 18 percent of the respondents claim to use these products regularly.

RU professor Virginia Weisz also works in a private practice where she incorporates many complementary health modalities in treatment, including herbs, meditation and prayer.

"Herbs are a great part of a healthy, balanced lifestyle - but

just one part," says Weisz.

She urges people to realize that herbs are not a magic bullet and they have to be respected, just as traditional Western medicine. There can be harmful effects when medicines are mixed, so it is important for the consumer to be educated about the dangers of drug and herb interactions. Even garlic can be harmful if taken with certain prescribed medications.

While herbal treatments can be dangerous if used improperly, they can be a more gentle treatment with fewer side effects if used properly, says Weisz.

"Up until a few years ago, we had nothing to treat viruses," she says. "With echinacea, your own immune system is enhanced to fight bacterial and viral infections. Antiviral medicines inhibit replication of a virus, but doesn't strengthen your body to fight it better. Echinacea does."

She says that the increasing research over the past decade has led to the creation of a variety of resources available for consumers, thus giving them control over their health

Both Carter and Weisz point out that it is important to remember that herbs, if used, should complement a healthy lifestyle, not replace one. Traditionally it has been shown that herbal therapies are not as powerful when used as a pharmaceutical substitute, rather they tend to work best preventatively or therapeutically as slow-acting, gradual healing agents.

Carter says there are good and bad aspects of growing interest in herbal remedies. "Access to choice is always good, but with that choice comes risk," she says. "You should always be able to ask someone who is knowledgeable about the product" to make sure it is the right product for you.

Access to an informative

resource is not always available in a local department store, she advises. If three people have a head cold, there may be a different herbal treatment required for each person.

To encourage an open dialogue about complementary medicine practices such as herbal remedies, Carter helped create the Complementary and Alternative Methods of Energized and Optimum Health (CAMEO) Institute at Radford University.

At the institute, nurses, nutritionists, naturopaths, medical doctors and other experts discuss the effects of complementary health care practices on traditional western medicine. The goals are to educate people about the underlying philosophies for these practices and stimulate critical dialogue.

Carter and Weisz recommend a few guidelines when choosing herbal remedies:

· Consult your health care provider first, especially if pregnant, taking other medication or breastfeeding. The area in which there is the least research is herbs' interactions with other medications.

· Consult a professional herbalist or naturopath for complete information on herbs and their effects, especially if you are trying to cultivate and use your own herbs. Remember that while one part of an herb may heal, another part of the same herb may be poisonous and quite dangerous. The way in which an herb is prepared also affects its safety.

· Read labels carefully if buying bottled herbal remedies — there is no standardization, so dosages may differ from brand to brand.

· Anything in excess is dangerous. Just because a product is "natural" does not mean it is safe in a large amount. You can overdose on herbs as well as other dietary supplements.

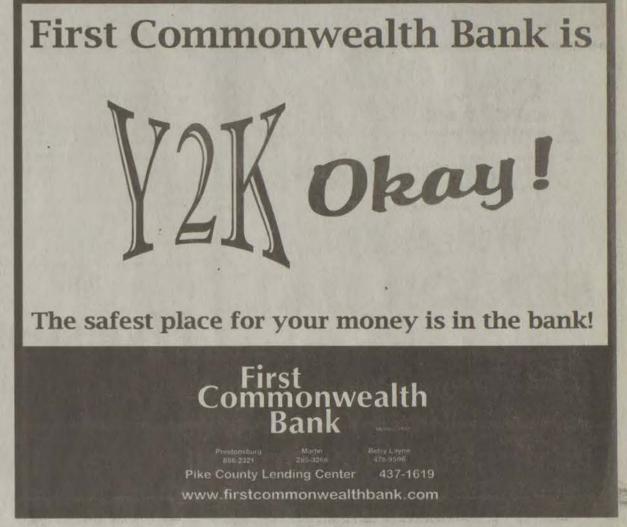
· Use herbs to complement a healthy lifestyle, not act as an alternative.

. The only way to ensure the most effective and pure herb is to grow it yourself, but be sure you have been educated on those herbs

you choose to grow and use. To learn more about herbal remedies online. Carter recom-

mends the following web sites: National Center for Complementary Alternative Medicine and (http://nccam.nih.gov/); University of Washington Medicinal Herb ard e n G (http://www.nnlm.nlm.nih.gov/pnr/ uwmhg/); General information on Herbal Research and Healing (http://www.herbsinfo.com), (http://www.herbalvillage.com).

Resources you may be able to order through your local bookstore include: "Herbal Physician's Desk Reference:" "Deadly Drug People's Interactions: The Pharmacy Guide : How to Protect Yourself from Harmful Drug/Drug, Drug/Food, Drug/Vitamin Combinations," by Joe Graedon, Teresa Graedon (contributor); 'Commission E Monograph," from Germany, available through American Botanical Council in English.





Local senior citizens are joining a national effort to put the SALT on crime

SALT (Seniors and Law enforcement Together) is an advisory group for TRIAD.

Getting complicated? It really isn't.

TRIAD, which stands for The Right Information And Direction, is an agreement between law enforcement agencies in a county and older or retired persons in the community to work together. The goal is to reduce criminal victimization of the

What do TRIADS do? Educate: Crime prevention and

victim/witness programs are held. Last week, a crime college was held at the Mountain Arts Center to educate seniors regarding various scams. The seminar was sponsored by the Attorney General's office.

· Assist: The group recruits and trains volunteers to assist the police and sheriff's department. The group eventually hopes to form neighborhood watch groups throughout the county.

· Emphasize: Staff reassurance

solutions.

• Involve: TRIAD unites seniors, sheriffs, and local police to identify problem areas for seniors in the local community. This allows the agencies to develop and implement community-wide solutions.

Through the program, senior citizens can learn to recognize that scam artists who charge lower prices for their estimated cost of labor for a job, such as paving a driveway or repairing a roof, may leave the senior citizens with sub-3 standard work on their properties.

elderly.

Through the TRIAD Floyd retired teachers, members of senior citizens centers, and representatives of various agencies throughout the county, meet to discuss ways to keep senior citizens from becoming victims.

programs help older persons to reduce their fear and provide moral County Sheriff John K. Blackburn, support, helping the senior citizens to develop the confidence to control their situations.

> · Communicate: The program provides a forum for law enforcement and the community to share needs and concerns and to develop

The TRIAD's SALT council meets monthly at different locations throughout the region. Local senior citizens can serve on various committees of the council. To find out more about the program, contact Floyd County Sheriff John K. Blackburn or Doug Lawson, Big Sandy Area Development District.

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Centers offer respite

Senior citizens who need some Wayland is an adult day social cen- ticipant in the day care center, extra tender loving care can find it at four day care centers in the Big Sandy region.

Sandy Area The Big Development District operates four day care centers in the area for senior citizens whose caregiver will be away from home during the day and whose health care needs will not allow them to stay home by themselves.

The centers are located in Floyd, Johnson and Magoffin counties. Two are in Floyd County. One, the Happy House is an adult day health center, as well as an adult day social center, according to Doug Lawson, with the Division of Aging at Big Sandy ADD.

An adult day care center at

ter, Lawson said. The difference is in health care. At the adult day social centers, directors cannot dispense medications to participants, according to Lawson. Medicines and medical assistance can be administered to individuals at the adult day health centers.

Supervision of the participants is the same at both centers, however.

Participants do not have to be referred by a doctor to take advantage of the day care activities. There are some requirements, though. Participants must be 60 years old or older and have need of supervised care. Individuals who are not yet 60 years old and have been diagnosed by a physician as having Alzheimer's disease may also parLawson said. Cost for the program is based on

a sliding fee scale and is calculated on the senior citizen's income, not the whole family. If the household consists of a husband and wife and one member is participating in the day care program, then the fee is based on both partner's incomes.

However, if the participant is living in their son or daughter's household, then the participant's cost for the program is based only on his/her income and not the family's, Lawson explained.

For more information about the adult day care programs in the Big Sandy region, contact Lawson at 886-2374.





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Earnest Sword



Success is always in 'bloom'

up --- the process is "various and unpredictable," writes Brendan Gill in "Late Bloomers" (Artisan), a book dedicated to people who succeed in finding themselves, however late in life. "If the hour happens to be later than we may have wished," says Gill, "take heart! So much more to be cherished is the bloom.' Following are a few remarkable

"late bloomers" whose greatest achievements occurred or were recognized in the second half of their lives. Though their backgrounds vary they all succeeded in making their later years productive and fulfilling, proving it's never too late.

Chanel-Universally Coco known as "Coco," pioneering dress designer Gabrielle Chanel was fortunate enough to bloom both early and late in life. Struggling through an early and impoverished orphanhood in working-class Paris, she moved onward through a series of different jobs, eventually tapping into the fashion-design world with the "Chapel look" that brought her immense fortune and worldwide fame. She retired in 1938, only to emerge from retirement in 1954 with an unexpected triumphdesigns very similar to those that had captured Paris some 30 years earlier.

Imogen Cunningham-At age 18. Imogen Cunningham, who had been inspired by the photographs of pioneer American portraitist Gertrude Kaesebier, set out to learn the craft from the bottom up. After majoring in chemistry, she worked in the studio of a photographer in Seattle, went abroad to study photo-

opened her own studio upon returning to the United States. Cunningham gained fame slowly, only winning international attention in her seventies and eighties. She began to apply for Guggenheim grants, but repeatedly was turned down. Persistent in demonstrating her intellectual and physical vigor, she visited the Guggenheim offices in New York City to prove her case in person. Cunningham received a grant at age 87.

Thelonious 'Monk-Though always admired by a small number of his fellow jazz musicians, Thelonious Monk endured prolonged public neglect as a pianist. As if setting out on an unprecedented journey with his piano, Monk devoted himself to exploring possibilities in sound, like bizarre chords and dissonance that left listeners baffled and astonished. Many of his fellow bebop inventors proceeded to become stars, but during the obscurity and hard times of the next two decades, Monk continued to play as he always had. This eventually led to some of his most cherished compositions, bringing him fame at last-best-selling record albums, his face on the cover of Time magazine and, in 1976, a public performance in Carnegie Hall.

Harland Sanders-A civilian from Indiana who later christened himself "Kentucky Colonel," Harland Sanders dropped out of school after the seventh grade and pursued many careers - farmhand, buggy painter, ferryboat operator, streetcar conductor and life insurance salesman. In his sixties, he began selling fried chicken from a

Growing old is a lot like growing graphic chemistry in Dresden, then quick-order restaurant alongside his to be a tough-minded executive, filling station in Kentucky. Following a "finger-lickin' good" streak of success, Sanders set off on a franchising pursuit across America-travels that continued unbrokenly into his eighties.

Harry S. Truman-While his early life was marked by a series of failures in everything from farming to selling haberdashery, Harry S. Truman, at age 60, succeeded Franklin D. Roosevelt as president. To the public's surprise, he proved

most notably in foreign affairs, like sponsoring the Marshall Plan in Europe. In 1948, Truman defeated the seemingly far more popular Republican candidate, Thomas E. Dewey. Rather than run again for the presidency in 1952, Truman retired to his home in Independence, Mo., and was written into history as one of the most respected and best-loved public figures of his time.

Falling for sucker line

"There's a sucker born every minute," is the way P. T. Barnum put it. The premier showman of the last century, Barnum saw equal parts of ignorance and curiosity in those who responded to his posters and billboards by parting with the price of admission.

Today, with TV sets as common as toasters, it's doubtful that the Barnum sideshows of yesterday would draw a crowd.

Still, the gullibility Barnum banked on lives on in all of us, especially if we are tempted to believe, even for a second, that the fountain of youth can be found in a jar, or that we can take a "free" trip to an island paradise just by phoning a 900 number. A few words of wisdom, if it seems too good to be true, it probably is. So buyer, beware!

When a "sweepstakes" representative promises you a once-in-alifetime chance to win thousands of dollars-for a small monthly feejust say no. A legitimate offer usu-

ally requires no entry fee. The same holds true for offers of "prizes" or "gifts" that come attached to a purchase or entry fee. Unless you want to make someone else richer, just say no.

And above all, know who you are doing business with-who they are and where they are. Just because an offer runs in a newspaper whose editorial content you trust, don't transfer that trust-especially if there is no actual city, street address and phone number for the company making the offer.

Another excellent bit of advice: if you're considering an offer and want to check out a company's credentials, check with the Better Business Bureau. And, of course, if you've become the victim of a scheme that involves the mail, or if you think you have, get in touch with the Postal Inspection Service.

Meanwhile, watch out for those "too good to be true" offers. The "students" of P. T. Barnum are banking on you.

Fit After Fifty Five steps to healthier eating habits'

by JoAnn Prophet, MS, RD American Institute for Cancer Research

Big birthdays prompt many of us to take a closer look at our health. Often, our diets are the first thing we examine.

But can what you eat really make a difference in how you feel and what your health will be like in

Reduce the risk

another 10 years?

The simple answer is, yes. Your food choices can reduce heartburn, gas, and constipation; lower your body weight which in turn may increase your energy level; reduce back, joint, and foot pain; decrease your blood pressure and reduce your need for medication; increase your immune responses so that you feel better and are less prone to colds and other illnesses; and lower your risk of chronic diseases such as cancer and heart disease.

Studies repeatedly indicate that older adults need to make five basic nutrient information for produce. improvements in their overall eating habits. Typically, they need to increase their fruit and vegetable intake, fiber intake and fluid intake, and decrease their saturated fat and overall caloric intake. These five points are worth examining in terms of your own eating habits. · Eating five servings of fruit and vegetables each day, as recommended by the American Institute for Cancer Research and other health organizations, may be the most powerful nutrition recommendation of all. Fruit and vegetables are not only excellent sources of vitamins, minerals and fiber, but are also the source of substances called phytochemicals, which are being studied for their disease-prevention capabilities. Are you getting your five servings a day? · Look at your daily fiber intake. Adults need 20-35 grams of dietary fiber each day. Dietary fiber is found only in plant foods. Many

foods contain little or no fiber and urated (largely found in meat and even high fiber foods only contain 5-7 grams per serving. Therefore, you should try to eat several servings of high fiber foods every day.

High fiber foods include fruit, vegetables, beans, and whole-grain cereals and breads. The Food Guide Pyramid for Older Adults recommends a daily intake of 6-11 servings from the breads and cereals group. Labels on breads, cereals and grain products will provide information on dietary fiber content. Some grocers are also posting

Water plays a critical role in the

dairy products), polyunsaturated (most vegetable oils, nuts, and fish), and mono-unsaturated (olive oil, canola oil, and peanuts). Because research indicates that saturated fat raises blood cholesterol and is associated more with certain cancers, nutritionists recommend that we limit our consumption of it. Processed foods frequently contain high amounts of "hidden" fat. Learn to read the labels on foods you buy.

· Most older adults need between 1500-2000 calories per day. Your weight history will give you a good idea as to how you are doing. If the scale continues upward, you are exceeding your daily caloric needs. Counteract this by both increasing your physical activities and by decreasing the number of calories that you eat. Look especially at foods that are high in fat, because, ounce for ounce, fat contains more than twice the calories of protein or carbohydrate. But also remember that just because something is labeled "fatfree" or "low-fat" does not mean it's also low in calories. Often these products have just as many calories as their regular versions. Put simply, by enjoying a diet that is based primarily on a variety of vegetables, fruit and whole grains, as recommended by the American Institute for Cancer Research, you can improve your overall health and lower your risk of cancer and other diseases.

son he now is able to walk more than

a mile and take part in an exercise

program critical to his heart-disease

genic, nontoxic and anti-inflammato-

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- ✓ Have declining eyesight?
- Ever suffer from a stroke?

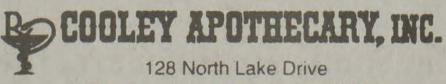
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daily maintenance of our body functions, yet many adults do not drink adequate amounts of it each day. Water is a key part of digestion, and kidney and lower intestinal functions. Dehydration is associated with fatigue and constipation, and increased risk of kidney stones. Start paying closer attention to how much water and other caffeine-free liquids you drink each day. If you find that you are far from the recommended 10-12 cups, it's smart to begin drinking more.

· Fat in the diet is the subject of a great deal of research, because population studies repeatedly reflect increased health problems with diets higher in fat. Your diet should not contain more than 30 percent of total calories from fat. which translates to between 50 and 65 grams of fat in 1500 and 2000 calorie diets respectively.

There are three types of fats: sat-

How do seniors spell relief? E-M-U

Emu Oil is popping up all over and quickly is becoming a senior's best friend. Touted as almost "magical," this oil is being used as a healing agent for every ailment from arthritis to dry skin. It softens wrinkles and crow's-feet. Little lines around the eyes and mouth disappear with a dab or two. Dermatologists,

Mrs. Betty Blaere, a 73-year-old

John Blaere, a retired aeronautical engineer, believes Emu Oil is the rea-

Save money: Get your affairs in order

taxes

expenses and court intervention as well as inconvenience for loved ones by getting your financial and legal affairs in order. Julie A. Calligaro, attorney and author of "Arranging Your Financial and Legal Affairs: A Step-by-Step Guide to Getting Your Affairs in Order," recommends taking immediate action.

and organize financial paperwork; make an inventory of assets and debts which becomes a road map of the family's finances; check that retiree from Dayton, Ohio, is a devoted Emu Oil user. "Emu Oil quickly made the arthritis swelling in my knees disappear. It is the first remedy to give me a substantial amount of relief. I insisted that my husband use it for his aches and pains."

from Planet Emu, a Miami-based company that sells a line of Emu Oil products, including a pain reliever called Pain Relief for \$20 (value size) and \$38 (king size), and an Age-Defying System with two right names; cheek that primary and lotions for \$38 each: Daylight Lotion secondary beneficiaries are named has Emu Oil, vitamin C and SPF 15 on insurance policies, IRAs and sunscreen; Midnight Lotion has Emu retirement plans; name financial Oil, aloe, fruit acids and vitamins for and medical powers of attorney, overnight nourishing and revitalizing name guardians for minor children; of aging skin. A bottle of Dremu Oil plan for the distribution of assets at (100 percent Emu Oil) is \$35. death and take steps to reduce estate Shipping and handling is \$6 per The book can be purchased at order. local and online bookstores and

Call Planet Emu at 1-800-373-4011 to order, and ask fora free fact sheet on Emu Oil for seniors to be included with each purchase.

physical therapists and top beauty specialists rave about the power of

Avoid unnecessary taxes, deeds, investments, etc. are in the

Calligaro's "to do" list: locate from Women's Source Books, P.O. Box 99, Grosse Ile, Mich. 48138 or by calling (800) 247-6553 (\$14, plus \$3.20 shipping and handling).

Emu Oil.

FRIDAY, AUGUST 27, 1999 S5

Nutrition 2000 for successful aging

Editor's Note: The following osteoporosis. information was provided by Theresa M. Scott, Floyd County Home Extension Agent for the University of Kentucky.

Population trends:

In 1960, 8.1 percent (244 million people) of the world's population was 60 years of age and over. If current growth rates continue, by 2020, 12.8 percent (or more than 1 billion people) will be in this 60 and over age group.

In the United States, there are currently more than 3 million Americans over the age of 85. By 2040, it is predicted that the number will quadruple to more than 12 million Americans.

People over age 85 are now the a fastest growing age segment in the United States.

What happens as we age?

Aging is the cumulative effect of many biological processes:

· Oxidative damage. When oxidation occurs in cells to produce energy, destructive "free radicals" are produced. Free radicals have been discovered to contribute to the development of heart disease, stroke and cancer.

· Mutations. When cells divide, the genetic material is copied. Each time a copy is made, there is a chance of error. Older organisms have experienced more cell division and thus have a greater chance of "mistakes" or mutations.

· Faulty DNA repair. Mistakes in copies of the genetic code are corrected with less efficiency as we age.

· Cell accumulation. Cells have a slower turnover rate as we age. Some cells which no longer divide may not go away, and this leaves less room for new, productive cells.

Keep moving

Exercise is an important recommendation for preventing and treating non-insulin dependent diabetes, hypertension, heart disease, and

√ In Kentucky, 76 percent of adults from ages 55 to 64 report being sedentary; the rate continues to increase with age.

There is usually a loss of muscle mass and a decrease in strength during aging. A recent study reported in the Journal of the American Dietetic Association reports that loss of muscle and strength are not associated with age, but exercise. It is an excellent idea to make exercise part of your lifestyle and continue to be active as you age.

Top antioxidant foods

Fruit

Ve

um	S:	
	Prunes	
	Raisins	
	Blueberries	
	Blackberries	
	Strawberries	
	Raspberries	
	Plums	
	Oranges	
	Red Grapes	
	Cherries	
ge	tables:	
	Kale	
	Spinach	
	Brussels sprouts	
	Alfalfa sprouts	
	Broccoli	
	Beets	
	Red bell pepper	
	Onion	
	Com	
	Eggplant	

A decrease in activity level during aging can also be associated with increased weight gain.

√ Kentuckians in the 45-54 age group have the highest prevalence of overweight - 41.2 percent.

Decreased muscle mass, muscle strength, metabolic rate, and activity leads to the need for fewer calories. Many times lower energy needs are not matched by an appropriate decline in food intake. As a result, adults gain weight as they age. Excess weight and obesity increase an individual's risk for at

least five of the leading causes of death. One of the first steps toward successful aging begins with achieving and maintaining a healthy weight. Start by making exercise part of your daily routine and maintaining a health diet.

Most diseases don't happen overnight. You have many chances to make good choices - especially when it comes to what you eat. The incidence of diseases increases with age, and studies indicate the onset or severity may be decreased with food choices.

Eat your fruits and veggies

Oxygen free radicals are behind many of the conditions older adults endure, including cardiovascular disease and cancer. There is strong evidence that a high intake of fruits and vegetables combats these diseases.

Free radicals may also be the cause of diminished brain functioning associated with aging and disorders such as Alzheimer's and Parkinson's disease. The powerful antioxidants of fruits and vegetables may help fight memory loss.

Make sure you are getting 5-A-Day to receive all the health benefits of antioxidants.

Chain reaction

Many of the conditions aging adults face are related. Let's look at some of the links and ways to maybe break the chain reaction that can form as adults age.

OVERWEIGHT TO DIABETES

The prevalence of diabetes in Kentucky increases with advancing age from 0.2 percent in ages 18-24 years to 11.7 percent in ages 65-74 years.

Insulin receptors become less efficient in overweight adults, and the result may be diabetes. Besides exercising and losing weight, current research has found that soluble fiber may help control blood glucose and insulin levels.

Tip

Try eating smaller, more frequent meals to combat weight gain.

A recent study reported by the USDA compared the fat-burning ability of eight women in their 20s with eight in their 60s and 70s. The older adults kept pace with the younger women when meals of 250 and 500 calories were consumed, but couldn't match the fat-burning rate after a 1000 calorie meal.

HYPERTENSION TO STROKE

High blood pressure can cause arteries to narrow and make proper blood flow difficult. The American Heart Association reports the risk of stroke rises proportionately with increasing blood pressure.

The DASH diet has been found to decrease blood pressure and fight hypertension. The diet is rich in fruits, vegetables, low-fat dairy products and is low in fat. High dietary fiber, potassium, calcium and magnesium are also contributing factors in the diet.

STROKE TO ALZHEIMER'S

There was little evidence that Alzheimer's could be prevented until recently.

Researchers have found that strokes - which are many times avoidable - may contribute to Alzheimer's. A large number of strokes can be prevented by not smoking, decreasing blood pressure, controlling diabetes, maintaining a healthy weight, and eating 5-A-Day. *

OSTEOPOROSIS TO ARTHRITIS

Building and maintaining strong, healthy bones begins in the early years of life. A calcium-rich diet is the first step. After age 30, more calcium is lost from bones than is deposited. If strong bones weren't built early in life, there is an increased risk for developing the bone-thinning condition, osteoporo-

Research has shown a link

a diet rich in calcium you can prevent osteoporosis and possibly fight the development of arthritis.

Looking for the fountain of youth?

People continually look for ways to improve or maintain their health, especially in the later years of life. The sales market is saturated with advertisements for quick fixes and products that will possibly help you stay healthy and young.

Health quacker, has become a big business and seniors are a prime target for these scams. At least 10 billion dollars are spent each year on unproven medical treatments.

Things to look for to spot health fraud:

√ Products are advertised. When a product is advertised, make sure you take a closer look. Not all advertised products are quackery, but many times unproved health products are marketed on television and in print.

V Treatment for a serious disease. Products bought by mail or over-the-counter cannot cure more serious illness.

√ The product can cure more than one illness. There is no magic fix for all health problems. Quacks often claim products can cure more than one illness so they can profit from more potential buyers.

√ Testimonials are used. "Satisfied customers" may be used to promote the product instead of scientific evidence.

√ Listen to the words. If words like "miraculous," "amazing," and "medical breakthrough" are used to catch customers' attention, the product maybe health quackery. Doctors report scientific breakthroughs in medical journals, not on television or in magazines.

√ If it sounds too good to be true, it is probably is. Health fraud can steal an older adult's money, and maybe even their health. Faulty products are usually expensive, and they sometimes can be harmful, resulting in doctor's visits and additional bills.



Belfry Senior Citizens - Linda Haywood, Director, P.O. Box 407, Belfry, KY 41514; 353-7959 Box 631, Inez, KY 41224; 298-(Office)

Elkhorn City Senior Citizens -Box 366, Elkhorn City, KY 41522; 754-8936 (Office) Magoffin County Senior Citizens - Marlene Howard, Director, P.O. Box 888, Salyersville, KY 41465; 349-5152 (Office)

Martin County Senior Citizens - Sue Richmond, Director, P.O. 7033 (Office)

McDowell Senior Citizens -

Prestonsburg Senior Citizens - Al Gunter, Director, P.O. Box 911, Prestonsburg, KY 41653; 886-6855 (Office)

Wayland Senior Citizens arah Blackburn, Director, P.O. Ellen Brown, Director, P.O. Box Sharon Anderson, Director, P.O. Box 189, Wayland, KY 41666; 358-4161 (Office)

Big Sandy Senior Centers between osteoporosis and the development of arthritis. By maintaining

"Peace of Mind"

835, McDowell, KY 41647; 377-0171 (Office)

Phelps Senior Citizens -Melissa Blankenship, Director, NDCBU Box 14, 136 Park Rd., Freeburn, KY 41528-9700; 456-8616 (Office)

Prominent Kentuckians team up to promote free legal help for seniors

names Martha Layne Collins, Bingham Fund, found that more Ralph Hacker, Cawood Ledford than 10,000 low-income houseand Al Smith, they probably don't link them to the legal system. But this impressive group of leaders is taking on a cause to help older centage of elderly people with Kentuckians who have legal problems

endorsing the Legal HelpLine for Older Kentuckians, a service that these four prominent Kentuckians throughout the state.

Many older residents struggle to make ends meet, and in most cases finding extra funds to pay for legal help is out of the question. But the HelpLine, a statewide, tollfree hotline, offers free legal advice to seniors and their children or caregivers.

The HelpLine, a service provided by the Access to Justice Foundation Inc. and the Association of Older Kentuckians, is staffed by attorneys and trained a variety of topics.

"Seeking legal help can be intimidating, especially for those who feel they can't afford it," Jamie Hamon, executive director of Access to Justice, said.

avenue that allows seniors direct access to legal services and referral to other social service agencies by dialing one toll-free number. Whether the issue is health care, wills, credit card debt or even home repair fraud, our staff of fulltime attorneys advise clients, or refer them to the proper social service organization for help.'

A 1993 study funded by the

When Kentuckians hear the Kentucky Bar Association and the holds face one or more legal problems in a year.

Kentucky has a very high perincomes below the federal poverty level, and many of them live alone, They will record radio spots requiring home and community based services to assist with daily living activities.

"Kentucky's frail, homebound say will help hundreds of people or otherwise isolated elderly and economically needy are those most often in the position of being unable to assert their rights or to obtain benefits for which they are eligible," according to Hamon. "But through the HelpLine, they have access to the kind of help they need."

The Legal HelpLine for Older Kentuckians toll-free hotline number is 800-200-3633. Attorneys are on staff to take calls between 9 a.m. and 5 p.m. If all lines are busy or the call is made after hours, volunteers who provide advice on callers may have a message and an attorney will return the call.

The Access to Justice Foundation is an independent, statewide nonprofit organization that brings together legal services staff and pro bono attorneys "But, the HelpLine provides an throughout the state for the exchange of ideas and development of strategies to increase access to the civil justice system for the poor.

> The Association of Older Kentuckians is also a non-profit organization whose mission is to make Kentucky a great place in which to grow old with grace, dignity and purpose.

Betsy Layne Senior Citizens -Nannetta Yates, Director, P.O. Box 88, Betsy Layne, KY 41605; 478-9583 (Office)

Johnson County Senior Citizens - Lyda Ward, Director, P.O. Box 446, Paintsville, KY 41240: 789-4830 (Office)

Martin Area Senior Citizens -Edna Blackburn, Director, P.O. Box 398, Martin, KY 41649; 285-9573 (Office)

Marrowbone Senior Citizens -Joyce Sykes, Director, P.O. Box 183, Lookout, KY 41542; 754-9768 (Office)

Mud Creek Senior Citizens -Loretta Bentley, Director, 65 KY 680, Grethel, KY 41631; 587-2507 (Office)

Pikeville Senior Citizens -Betty Hughes, Director, 218 Bank Street, Pikeville, KY 41501; 432-4250 (Office)

Virgie/Douglas Senior Citizens Karen Compton, Director, 111 Douglas Parkway, Pikeville, KY 41501-4457; 639-9089 (Office)

Wheelwright Senior Citizens Lois Curry, Director, P.O. Box 202, Wheelwright, KY 41669; 452-2179 (Office)

> **Big Sandy Area** Development District Adult Day Care Programs

Adult House Happy Dana Caudill, Day/Health, Director, P.O. Box 1482, Prestonsburg, KY 41653; 886-0265 (Office)

Salyersville Adult Day Care -Lisa Swiger, Director-Alzheimers, Janet Holbrook, Director-ADC, P.O. Box 819, Salyersville, KY 41465; 349-3987 (Office)

Johnson County Adult Day Care - Lyda Ward, Director, P.O. Box 446, Paintsville, KY 41240; 789-4830 (Office)

Wayland Adult Day Care -Sharon Anderson, Director, P.O. Box 189, Wayland, KY 41666; 358-4161 (Office)

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C. Offering of the "Forethought Alert Card," a free emergency information service designed to speak for people when they can't speak for themselves.

D. Providing a "24-Hour Obituary Line" of recorded funeral announcements; just dial 285-3333, 24 hours a day and receive obituary information.

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We encourage you to stop by and see why we say: Hall Funeral Home, Eastern Kentucky's leading funeral service, is a name you can trust.



Needs of elderly met by different living arrangements

by Jeanne Johnson

Many options are available today to cope with life's transitions in later years. These run the gamut from senior community centers to home healthcare, retirement centers, assisted living centers, nursing homes and hospice. But what are the differences between these options, and how can elders and their relatives tell which options are right for them?

When trying to decide, don't be hasty, advises Radford University nursing professor Karma Castle-



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Carter Funeral Home 234 South Lake Drive Prestonsburg, Ky. 41653 886-2774

berry, who recently helped her parents move into an assisted living cen-

"Not all retirement centers or nursing homes are created equal." She says. "You need to decide on a case by case basis." Castleberry lists the following options:

· Senior Citizen Community Centers-These are basically for social interaction. Perhaps an elder's spouse has died, children are busy working and the person needs to stave off loneliness by getting together with other seniors. Group meals are sometimes provided at centers. To get information about senior citizen centers in your area, call your local agency on aging.

· Adult Daycare-This is often the best option for when regular family caregivers need to work during the day. Meals and a wide variety of recreational activities are available to seniors of varying levels of self-care so that persons with physical or cognitive disabilities are included.

 Retirement Centers—These are for people who are capable of independent living and want to live in their own units, but who could benefit from structured social activities or recreation programs designed specifically for seniors.

· Assisted Living Centers-These can provide limited assistance, such as help with cleaning, bathing or medications, depending on the center. Most have small kitchens in the rooms or apartments, but also provide three meals a day in a communal dining room so that cooking is

able to take people to shopping centers or other activities.

· Live-in home care-This option is for those who have lost the ability to care for themselves on a daily basis, yet want to stay in their own homes. The problem is that the cost and quality of this option can vary greatly, depending on the individuals involved. There needs to be back-up care for times when the caregiver is ill or needs the day off.

those who have lost the ability to nity targeted to retirees, but their handle many daily necessities of life,

Commission (FTC), which found the

misleading or deceptive ads while

and treatments for heart disease, can-

cer. AIDS, diabetes, arthritis, multi-

ple sclerosis, and other medical con-

ditions could be costly in several

ways, according to the FTC.

Consumers could lose their money

and increase their health risk, espe-

cially if they delay or forego proper

Misleading offers for products

surfing the Internet.

medical treatment.

optional. There's often a van avail- such as the ability to bathe or walk. Nursing homes are becoming more and more specialized, with some catering to those with special needs such as Alzheimer's disease.

> · Hospice-This is home healthcare for those who have a terminal illness and are in the last stages of life. It's for a limited time and often has a spiritual approach. It's not for those who have chronic problems or pain.

In Castleberry's case, her parents • Nursing Homes-These are for enjoyed living in a planned commuhealth declined to the point where

they needed to have care available on avoid unnecessary moves, says site. To aid in the transition, Castleberry and one of her daughters took pictures of the out-of-state assisted living center and put them in a scrapbook along with a schematic of the apartment.

"My mother looked at that many times and showed it to her friends,' says Castleberry. "The diagram helped her decide what furniture to bring. It also helped her show her friends that even though she was moving, she wasn't dropping off the edge of the earth."

Asking the right questions can

Castleberry. For example, what are the options if the residents outlive their assets? Every facility is set up a little differently. If the person runs out of money and needs to go on Medicaid, will they be able to stay in the same facility or community?

When dealing with these decisions, "Bare family secrets and talk openly about feelings," says Castleberry. "If senior relatives are a danger to themselves or others, you need to take action quickly; otherwise progress slowly and allow the elders to be decision makers.

treatments" real-world deceptions can

Unscrupulous marketers are using The FTC advises consumers to cyberspace to peddle "miracle" treatconsult their doctor, pharmacist, ments and cures to vulnerable conother healthcare professional, or sumers. Many of their ads, which feature exotic potions and pills, special curative diets, or "newly discovered" treatments, contain questionbe true able claims about the effectiveness and safety of these products or services. So says the Federal Trade

public health organizations before purchasing any product or treatment with a claim that sounds too good to The FTC cautions consumers

who have a serious or chronic illness to be wary as they consider ads for products or services to treat their conditions-whether the pitches are made on the Internet, television or radio or in newspapers, magazines, or brochures-and to ask themselves one very important question: If a medical breakthrough really has occurred in the treatment of a serious illness, would the news be announced first in an ad?

How can you tell if an advertising claim for a "miracle" health-related product is likely to be phony, exag-

gerated, or unproven? The FTC says these tip-offs generally signal a ripoff:

· phrases like "scientific breakthrough," "miraculous cure," "exclusive product," "secret formula," and ancient ingredient."

· use of "medicalese"-impressive terminology to disguise a lack of good science.

· case histories from "cured" consumers claiming amazing results. Their testimonials also imply that their experience is typical for consumers using the product or services. When you see a testimonial, ask for proof of its 'typical' nature.

· a laundry list of symptoms the product cures or treats.

· the latest trendy ingredient touted in the headlines.

• a claim that the product is available from only one source, for a limited time.

· testimonials from "famous" medical experts.

· a claim that the governmental, the medical profession or research scientists have conspired to suppress the product.

If you have a complaint about a supposed medical product or service; file it with the FTC through the online complaint form at www.ftc.gov or by calling toll-free 1-800-FTC-HELP (382-4357). Although the Commission cannot resolve individual problems for consumers, it can act against a company if it sees a pattern of possible law violations.

For more information about how to identify fraudulent health product and treatment claims, visit the FTC online at www.ftc.gov-click on Consumer Protection.

to assure your family's financial security How

on a sizable estate to your family than saving frugally or being a wizard on Wall Street.

Keeping your assets (home, securities, savings, pension) safe from the tax collector is one challenge that a well-constructed will can accomplish. However, according to attorney Charles Chernofsky, a will can, and should, do a lot

Your will should specify which friends and members of your family will receive specific items in your household, like furniture or jewelry, as well as cash bequests, along with what organizations will receive charitable bequests.

If seniors don't already have wills, Chernofsky stresses, they are putting their estates in serious jeop-

without a will are subject to the laws of the state in which they lived. The state decides who gets what, without regard to the wishes of the deceased. He says that in such situations, the entire estate usually goes to the spouse and children of the deceased, with nothing given to other close relatives or friends

However, people without wills are not the only ones at risk. Even those who have wills may be. A good example is a client of Chernofsky's. The client, a 58-year-old who owns his own business, had a will prepared 25 years ago. At that time, he had two young children and worked for a corporation. His concern was assuring a college education for his

(PX)-There's more to passing ardy. Estates of people who die youngsters and financial security for his wife.

> With his children now married, a new grandchild for whom he wants to start a college-tuition fund, and retirement only a few years away, the client's needs have changed dramatically since his last will was written. Chernofsky advised his client to have a new will prepared as soon as possible, since the existing one covers none of his current life situations.

Chernofsky has co-authored a book and companion CD-ROM, "Step-By-Step Legal Forms and Agreements." Along with wills and living wills, the book and CD-ROM contain 215 essential forms for personal and business use. For example, they include a bill of sale for a car or boat, residential leases, forms for starting a business, corporate forms, a prenuptial agreement, and many more. All forms are fully

being offered a special price for the book and CD-ROM-only \$49.95, plus \$6 shipping (instead of the regular price of \$79.95). Be sure to mention the name of this newspaper to get the special price.

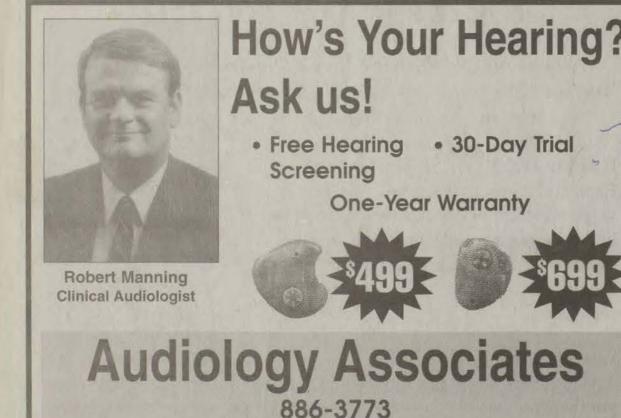
The book and software are only available by mail order. Send a check or complete credit-card information, including expiration date, to Round Lake Publishing, 31 Bailey Ave., Ridgefield, CT 06877. Credit-card holders also may call 24 hours a day: 1-800-243-1515, ext. 125. There is a 30-day money-back guarantee.

Wills are not the only legal documents that impact the assets of a senior. Another is what used to be called a living will, but now is commonly referred to as an advance directive. While a will contains the

Readers of this newspaper are wishes of a person after his death, Chernofsky explains, an advance directive voices their wishes while they are alive.

Most situations covered by an advance directive involve medical treatment, and deal with whether various kinds of life-sustaining methods are to be used on the patient.

The risk of not having a living will affects not only seniors' health treatment but their estates as well. Chernofsky points out that a terminally ill person quickly can deplete his assets by receiving expensive experimental medical treatment, frequently not covered by Medicare, or being maintained on expensive life-support equipment, none of which the patient may want. An advance directive would prevent this.



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enforceable in every state (with the exception of Louisiana, whose laws differ from the rest of the United States), and are the same full-length documents attorneys use.

Designed for ordinary people without any legal background, the CD-ROM contains the same forms as are in the book, along with simple instructions. The software makes filling in the forms quick and easy. For example, it takes only 15 minutes or so to complete a will. The award-winning software runs on computers using any version of Windows.

Are you unable to pay for the addresses of 85 pharmaceutical medication you need? Many phar- companies, and an easy to use index maceutical companies offer free or discounted prescriptions, through rarely publicized programs, to patients who meet criteria for assistance. The programs vary in scope and eligibility requirements.

Low-cost medicine available

To make the information more widely known, The Cost Containment Research Institute in Washington, D.C., has published a 32-page booklet, "Free and Low Cost Prescription Drugs." The booklet lists phone numbers and

of the 1,500 drugs they make, as well as several discount mail-order services.

The information is available to download for free from The Institute's Internet Web site, www.institute-dc.org., or, for a paper copy, send \$5 to cover the cost of printing, postage and handling to Institute Fulfillment Center, Prescription Drug Booklet No: PD-370, P.O. Box 462, Elmira, NY 14902-0462.

Laughter truly is med

by Bonnie Roberts Erickson

A little boy's eyes brighten and a smile — perhaps even a giggle begins to surface from somewhere deep within as he opens and reads the "silliest card I ever got!"

A puppet coaches a toddler into telling where the pain is. Without introduction, a lavender and pink clown runs down the hall and sticks his big red nose around the corner, proclaiming, "Tah-Da! It's a great day to be happy!"

A troubled couple goes for marriage counseling and the therapist asks, "Is there anything about your mate that makes you laugh?"

A scene from a lost episode of M*A*S*H*?

No, it's part of a popular and proven approach — emerging from the 1970s and 1980s - which hospitals, therapists, counselors and even spiritual leaders are using. It's the inclusion of humor as part of emotional and physical healing.

Radford University professors B.B. Strum and Alastair Harris teach, live and believe its one of the most precious and effective forms of medicine.

There are six areas to address when it comes to wellness," according to Strum, a professor of physical and health education. "You must address the mental, social, physical, emotional, spiritual and environmental aspects. You can't address one certain point in wellness without addressing all the others."

Strum believes humor and laughter is a form of communica-

tion affecting most, if not all, of these areas. "Laughter is an extraordinary gift we give ourselves and the people around us. It just makes us simply feel better."

Strum said, "It really is true that 100 good belly laughs is equal to jogging a mile."

Research confirms that people who use humor as a coping mechanism will find they are less fatigued, slower to anger, and less depressed. This free medicine lowers the blood pressure, exercises and relaxes muscles and is good for the cardio-vascular system.

"Laughter actually releases endorphins which help both mentally and physically," she says. "It's also a good way to stand back and look in at ourselves. Sometimes we need to laugh at our own selves."

Strum tells the story of a man who was able to keep his humor and positive attitude amid very trying circumstances. "He told people, 'When I get up in the morning, I have two choices. I can either be sad about my situation or I can be happy. I choose to make my day happy.

A psychology professor who uses books with names such as "A Whack on the Side of the Head" as part of his summer Humor-Guided Study class, Harris says, "Laughter takes us outside ourselves. You don't take yourself or your problems as serious."

He cites the example of a terminally ill child talking to a puppet but not to a parent or doctor. "This setting takes the child beyond the realm of what is happening to them. One of the beautiful things about humor is its incongruities."

Harris has attended The Humor Project Inc., held annually in Saratoga Springs, New York, which is, in essence, a conference on the positive power of humor and creativity. Harris recalls,

"One year I sat next to a young girl of about 16 who came dressed like Raggedy Ann. We danced in the aisles at one of the meetings and I asked her, 'Why the outfit?' She responded, 'At my age, people wouldn't take me serious. Dressed up, they do take me serious.' "

Researchers have gathered a wealth of information on ways to make humor and laughter work as a healing tool. Some pointers include;

 Know your humor style. What makes you laugh?

· Seek humor. Don't wait for humor to come to your door. Find something to laugh about or someone to laugh with.

· Make laughter last. No one says you have to be sad or stay sad.

· Surround yourself with humor. There is happiness to be found somewhere in a day. If you can't physically bring that humor to your hospital room, home or office, keep it in your head. (As Strum says, "Nobody can take away your happiness but you.")

Harris and Strum both agree that laughing does not instantly cure a disease or heal an emotional wound, But, as Harris points out, "It certainly can change the perspective."