


• 56k v.90 Internet Access
• \$17.95/month
• Local Call in these cities:
Prestonsburg, Berea, Beattyville, Corbin, Cynthiana, Freeburn, Hazard, Inez, Irvine, Jackson, Jenkins, Louisa, Mount Sterling, Paintsville, Paris, Pikeville, Richmond, S. Williamson, Stanton, Whitesburg, Winchester

Chapel Services, Inc. • College Park Center • 527-B Leighway Dr. • Richmond, KY 40475
606-623-1500 • 888-747-4949 • www.chapelI.com

ATTENTION
KIDNEY DIALYSIS PATIENTS
Renal Care Group (RCG)
That operates Pikeville Kidney Center
Located off US 23 South near Magic Mart
Is accepting new DIALYSIS patients
Please call Dr. Quddus at (606) 432-4477
or (606) 437-0662

NEED CAR INSURANCE??
Call
886-2371
Hatton-Allen Insurance

OFFER EXTENDED THROUGH NOVEMBER 1, 1999




HOW'S YOUR HEARING?
Ask The Audiologist

- Free Hearing Screening
- 30-Day Trial
- One-Year Warranty
- Sales, Service, Repair All Brands

Audiology Associates
1298 North Lake Drive, Prestonsburg, Ky.
886-3773

ITE \$499*
ITC \$699*

*Price Includes Non-Refundable Fees



HIGHLANDS REGIONAL
The Medical Center of Eastern KentuckySM
A Subsidiary of Consolidated Health Systems

Recognizing Excellence...
...in our programs, our practices, and our people.

JOB OPPORTUNITIES
Outstanding Benefits—Competitive Salaries

Highlands Regional Medical Center is currently seeking candidates for the following positions:

Nursing Services Registered Nurses Licensed Practical Nurses Certified Nurse Aides	Radiology Services Radiology Technologists
Surgical Services Central Sterile Technician	Respiratory Services Respiratory Therapists
Information Services Data Processing Clerks PBX Operators	Patient Financial Services File Clerk Registration Clerks Cashier Billing / Claims Representative Claims Representatives Financial Advisors
Facility Services General Maintenance Workers Plumber Fiscal Plant Operator Housekeepers Electrician	Pharmacy Pharmacy Technicians
Food and Nutrition Services Food Service Workers Cook	Medical Records Correspondence Clerk Coders
Laboratory Services Laboratory Technologists MT and MLTs Phlebotomists	Clerical Support Services Ward Clerks Unit Secretaries Transcriptionists

These positions will offer immediate opportunities for day, evening, and night shifts. In return for your expertise, we offer competitive salaries and outstanding benefits. Please forward your resumé / application of interest to Highlands Regional Medical Center, attention Human Resources Office, P.O. Box 668, Prestonsburg, Kentucky 41653, or fax to (606) 886-7534.
Equal opportunity employer

Site

three deputy jailers — Sabrina Cooley, Stacy Hall and Shawn Robinson — to \$9.25 per hour. Commissioner Gerald DeRossett was approved to receive a training incentive of \$687.67. The incentive pay was authorized by Bob Arnold, commissioner of the state Department of Local Government, after DeRossett completed 40 hours of administrative study. Thompson's prior position as sheriff related to another resolution of the court. The State Auditor's office had previously said that Thompson owed the Fiscal Court \$563 for 1997 excess fees. However, auditors Bradley Sergent and Teresa Webb wrote in their exit conference on October 4 that Thompson did not receive the maximum salary allowed by the state for sheriffs in 1997 and is entitled to receive the \$563 back from

the county. The county commissioners agreed.

Finances

Property tax rates were approved by the Fiscal Court. The county ad valorem real estate tax rate is 14.7 and personal property tax rate is 19.68.

Although other tax rates are set by other agencies, the commissioners were asked to approve them in a single resolution. Those other rates include CET, 1.2 real and 1.34 personal; library, 2.8 and 4.3; health, 4.0 and 4.0; school, 58.9, 59.2 and 55.4 (motor vehicle); soil conservation 0.1 (real); and fire districts, 10 and 10.

Floyd County Sheriff John K. Blackburn reported that tax bills are being prepared and should be ready to mail within the next two weeks. He requested the Fiscal Court to authorize payment for postage of the bills, not to exceed \$8,250. The request was approved.

The commissioners also approved amendments to the county budget to reflect additional funds received, including \$280,200 from the state Transportation Cabinet and \$21,188.83 from the Natural Resources and Environmental Protection Cabinet, Division of Abandoned Lands.

They also agreed to pay the sheriff's office \$3,685.05 for law enforcement services at Dewey Lake during September. The money is to be reimbursed by the US Army Corps of Engineers.

An emergency payment was authorized for \$2,380 to Dave's Concrete Products for work at the

county landfill.

Other issues

The Fiscal Court passed the second reading of a state-mandated ordinance creating an official local emergency management agency and comprehensive emergency management program.

During the citizens comment section of the regular meeting, Karen Moore of Martin told the court of the need for a bridge at Cracker Bottom. She indicated that a wooden walk bridge had served the purpose at one time, when the road was blocked by trains or high water, but it no longer exists.

Thompson said his office would look into the matter, including finding out if such a bridge would have an impact on the proposed flood control project for Martin.

Evie Thornsbury of Alum Lick wanted to know when water lines would be installed in her area. She said wells in the area have been damaged by mining and that her well water has to be treated with a number of chemicals.

Thompson said the county is working with Prestonsburg City's Utilities to put water lines in on Conley Fork at Spurlock. The project has been slowed, he said, because workers have encountered a deep rock base.

"As soon as that project is finished, I believe Alum Lick is next," he said. "We thought Spurlock was going to be a nice, quick job, but things don't work out the way you plan."

Another man from Alum Lick agreed that the water is bad, but he

asked for work to be done on the road. "If you drive up through there, don't bring a Cadillac, bring a dozer," he said, adding that the road goes in and out of the creek.

He and Thornsbury indicated that there is a dispute over where the road is supposed to go, and Thompson said he would need a copy of the county's deed for the road and that he would "come and look at" the road.

Another man spoke of the need to pave Stumbo Hollow at Drift. "How can we build a golf course and not a road?" he asked, apparently referring either to the county's course at Allen or to the City of Prestonsburg's golf course in its Mountaintop Project.

The man also said people are beginning to dump garbage again in places that have been cleaned up.

Dorothy Osborne, who complimented the court for the cleanliness of the courthouse, complained about campaign signs that stay up for years. "After the election, candidates are supposed to take the signs down," she said.

The Fiscal Court members agreed to find out if the county has an ordinance requiring sign removal, and, if not, to consider one.

Earl Collins from Dickie Town appeared before the panel "to apologize for what I have said," referring to his statements at previous meetings regarding the condition of Bays Branch Road because of dirt hauling.

All commissioners were present — Gerald DeRossett, Larry Foster Stumbo and Eral Tackett. The next regularly scheduled meeting will be November 19 at 10 a.m.

Offender

Griffith assesses the offenders to determine the level of counseling that is needed.

Griffith said most of the offenders return home, which is the opposite of what the other area agencies are trying to do — get the victim to leave.

There is not a specific treatment goal to put the abusers (generally men) back with their families, but it could be one of their goals, Griffith said.

"That is more often than not the case. Whether I, or the court, or anybody else wants it to happen or not that's going to be what's going to happen, or illegally happen," said Griffith.

After the 25 weeks are up, if there has been a clear record of no more abuse, the abuser can enter marriage counseling. Sometimes the offender has remained in the home.

Getting a woman to leave a bad situation may take seven to eight tries, but Griffith said working to change the offender is three times as hard.

"However, you do have some guys, who, with the right length of time, exposure and the right things happen, will choose to not be abusive any more or choose to be less abusive," said Griffith.

But offender counseling is not designed to return the men to the home. It is intended to assist the victims.

Griffith says there are different types of offenders out there, ones who have legitimate problems with their anger and then those who choose to do what they're doing. He would rather deal with those who are reactive abusers, because "they tend to work with you a lot more."

The other group chooses to abuse their partners, knowing what they're doing, and understanding the dynamics of their actions. This group is like a rebellious child, Griffith said.

"It's like telling a kid, 'Don't eat that cookie' and they say 'Why, it tastes good.' Your telling them don't do this behavior, why it works for me. You're telling them to give up a very functional behavior. It works really well for them and where they're in the world. Those are the guys who are hard to work with," the counselor said.

Even if the man does go back to abusing that spouse or another, Griffith said it's better to do something than to leave it alone.

"It is the men who have to be the boss that often take control of the hearing or trials they are in," said Claire Farley, Big Sandy Area Domestic Violence Advocate. She said she wishes that judges would "tell these offenders to shut up."

Griffith's job is new to domestic violence work in this area. Offenders have not been dealt with traditionally, he said. Typically, they have been sent to a counselor for a few sessions, and if they don't want to go they don't. The underlying

purpose of his job is to help the victim.

The mysterious thing about domestic violence, to many people, is that, when beaten, a domestic violence victim may not press charges. If the same woman were beaten severely by a stranger, she is more likely to press charges against the offender.

Griffith said that the fear of being alone is why most of the women don't press charges on the offenders or don't leave abusive situations.

"If you peel away all the layers, 99 percent of the time, you get right down to the heart and soul, it's a fear of being by themselves," he said.

The same stands for rape victims. Many wives are raped by their husbands but refuse to prosecute.

Griffith said many of the women stay because they are conditioned to act that way, and even when they do leave they often function as if the control is still over them.

Farley said he thinks the criminal justice system has been at fault often for allowing these men to plead to a lesser charge or to have a smaller bond because it's "a domestic case."

Police officers are taking the stand that they are too busy serving Emergency Protective Orders or Domestic Violence Orders to help with "real crimes," said Farley. The fact that law enforcement agents don't look at the problems seriously doesn't help the cause, she said.

Griffith said that law officers look at domestic violence as less of a problem, but, statistically, these crimes are higher in incidence than any other.

Linda Hutchinson, director of the Big Sandy Family Abuse Center, said these perceptions stem from years ago.

Roads adopted by Floyd County Fiscal Court

The Floyd County Fiscal Court adopted four roads into the county road system at its Friday meeting.

They are

- Hunt Drive, off KY 1750 at Abbott Creek; 1/10 mile long, 14 feet wide; property owners/tenants, Earl D. Ousley and Angela Hunt;

- Boyd Cemetery Road, KY 1426 at Banner; 2/10 mile long, 14 feet wide; Marvin Boyd, Julia A. Meeks Boyd, Bill Carroll Jr., and Teresa Carroll;

- Still House Hollow, Mouth of Long Branch; 1,926 feet long, 14 to 20 feet wide; William J. Powers, Victor V. Goble, Ron Collins;

- Rose Drive, at Abbott Road and Big Branch; 4/10 mile long, 14

(Continued from page one)

"Back in the 1960s and '70s the law officer wouldn't come out unless somebody was injured or killed," said Hutchinson.

Council members remind those who have an active DVO served upon them that hunting is out of the question. Members of the council said this is a "huge issue" in eastern Kentucky. Those who are found with a firearm or try to purchase a firearm can be arrested. A show-cause warrant will be issued if the offenders even attempt to purchase a gun. This is a class D felony.

"It is a huge source of contention and, in fact, the only way we can get some of these dudes on a show-cause violation is when they go up to buy a gun," said Farley.

"Any time they try to purchase a firearm, we get feedback from that and we write up a show-cause," said Margaret Rice, Floyd County Domestic Violence Advocate.

An attempted purchase can bring the Alcohol, Tobacco and Firearms agency or even the FBI into the process.

Members nominated Farley as the chairperson of the council, Rice as vice-chairperson, and Rhonda Clark as secretary/treasurer for 2000.

There were 25 domestic abuse related calls to 911 from September 1 to September 13 in Floyd County. The calls covered a spectrum of child abuse, out-of-control juvenile, and spouse abuse.

There was one call to transport a victim to a spouse abuse center. Two calls were made concerning sexual abuse to a minor.

To speak for the advocates and to address the issue of domestic violence Gov. Paul Patton will make an appearance at the Floyd County Courthouse in Prestonsburg at 9:15 a.m. Monday.

feet wide; Sharon Stickler, Betty Fyffe, Dwayne and Jennifer Osborne, and Jo Ann Akers.

The county commissioners also voted to set in process the removal of a road from the county system. The authorized advertisement for a public hearing on the closing of Flannery Lane, off KY 122 at Bucks Branch.

A report from Mike Jarrell, county road supervisor, and members of the judge-executive's staff, Eddie Patton and Brett Davis, indicated that the road, which is between property of Bartley Bartrum and Charles Porter, has not been used in 20 years.

SUBSCRIBE TO
The Floyd County Times

Center

(Continued from page one)

When her firm was hired in January of 1997, she said the plan was to attach the first phase of the new building to the present student center. However, she said, they learned that the Martin building is in the flood plain, and, by law, any new building has to be five feet above the flood plain.

To put in the type of fill that is needed to support the new structure would put too much pressure on the old building. "The only way to avoid that would be to build a deep foundation, drilling into bedrock," she said, adding that the cost differential would eat up the construction allocation.

Tarrant said her firm was then asked to redesign the new building, which was originally supposed to serve both PCC and Morehead State University, to place the building far enough away from the student center not to impact it, with plans to demolish it when the second phase

of construction was funded.

In early 1998, the proposal was put on hold because of a dispute between the PCC and MSU administrations. A separate building to house Morehead's Big Sandy programs was subsequently funded to be built on the PCC campus.

Tarrant said that in January she was told the project was restarted as strictly a PCC building. Because of the delays, she said, construction costs had gone up by \$36 per square foot, and to compensate, the new building would be scaled down from 39,000 square feet to 28,000.

She said further delays would only drain the construction allocation more.

In addition, delays in starting the new building would also have a "domino effect" on two other structures planned for the campus, according to PCC interim President Dr. Charles Stebbins. Those are the building for MSU and the East

Kentucky Center for Science, Math and Technology, both of which have been funded.

Stebbins said that he originally "didn't think it made a whole lot of sense to tear down a building already there," but after listening to the additional information presented by the Kentucky Community and Technical College System (KCTCS), he reluctantly changed his mind.

Sandra Gubser, KCTCS vice president for finance and administration, said that while the system welcomed input from those impacted by the decision, further study of the problem would hurt the project. "If you do look at different options, it will take more time and money," she said.

Bruce Bailey, also of KCTCS, estimated that to have the building redesigned for another location would require more core samples of the earth and would add an estimat-

ed \$100,000 to the cost.

Board member emeritus Robert Conley spoke in favor of going with the current plan of demolishing the Martin building. "A bird in the hand is worth two in the bush," he said. "Further delay is going to cost. It would be foolish not to approve the plan that's been designed."

John Rosenberg, speaking as a community member, urged the board to find a way to save the old building until a new one is built. He was concerned that "there was never any community input or knowledge that the building was to be torn down."

Board member Bob Hutchison said that when he first heard of the plan to raze the old building, he agreed with Underwood, but he said he had changed his mind after hearing Tarrant's report.

Student Representative Underwood moved to "keep the student center," but the motion died for

lack of a second. Board members Frank Salisbury and Sammy Chaney both said they would have liked to have been able to second the motion.

To Underwood, Chaney said, "I wish I could second it because you have been such a good advocate."

Dr. Rodney Handshoe then made a motion to proceed with the building project as planned. It was seconded by Hutchison and passed.

After the meeting, Bridgett Hall, an accounting major from Prestonsburg, said she felt "real sorrow that the board voted the way it did." She added that she thought Underwood "put up a wonderful

fight and represented the students well."

Tarrant said she would start work on the bid package, with a projection that the demolition could begin by the first of the year. She said the earth fill will take three to six months to settle and construction could start next fall and be completed within a year.

Stebbins said plans are being made to house operations now located in Martin Student Center, including freeing space in the Johnson Administration Building and bringing in temporary buildings.

Fire

(Continued from page one)

given to them via page or radio.

A lack of street signs on these roads adds to the problem, he said. New maps would provide the agencies with a much-needed training tool, Clark said, which would allow for quicker responses to emergencies.

"What they are now calling Conn Street at Ivel used to be Old US 23 that runs down by Hylton Homes. I wouldn't know that as Conn Street tonight if I didn't see that sign up," said Clark. "The problem is the residents are giving their house number on Conn Street and it confuses the firefighters because they don't know where Conn Street is."

Jurisdiction signs posted along the roadways were also requested by Clark. The signs would alert cell phone operators to the jurisdiction they are in and dispatchers would know which department to contact. This would shorten the response time getting to the scene and give the neighborhoods greater confidence in their local agency, said Clark.

Clark said the fire departments also need voice pagers with a tone alert or need FM radios with no interference. The National Fire Protection Association, a national agency that governs fire departments, has a standard of how the fire department should be contacted or communicated with.

"I don't think that the way this system is set up now that (standard) was taken under consideration,"

Clark said.

Clark said the problem with the current communications system is that pagers are alphanumeric and have personal phone numbers, firefighters have personal pager numbers, a public paging system is being used, and police departments are on the fire frequency.

The NFPA would prefer that the local jurisdictions own their own paging system, antenna and paging terminal, FM radios, or cap tones Clark said direct voice alert increases communication times by allowing the firefighters to hear the message directly. With the current system in place, Clark said that the fire departments have been on the scene, put the fire out, and were pushing smoke out of the home when they received the page. He asked for a phasing out of the alphanumeric pagers altogether.

Calls to the scene and responding were also discussed. The fire departments are frequently last on the scene of an accident with injuries. Clark said if there is no need for the fire departments, they shouldn't be called to a scene that is being cleaned up by the time they get there.

Clark ended his presentation, asking the board to have a mediator from the fire departments for future planning on the advisory board.

Other issues discussed in the meeting included the finalizing of the E911 mapping. Less than 200 sections of road are left in the county that need to be named before the

911 mapping can be finished, said Floyd County Emergency 911 coordinator Bill Dotson.

The completion of this task will finalize the address verification and location status needed to make 911 more efficient, Dotson said.

The southwest repeater tower is near completion. The repeater and equipment were previously purchased by the board and are awaiting reprogramming of the frequencies and final installation to go online.

A repeater is a communications device which allows the emergency personnel to converse with the dispatchers. This tower will improve the communications link from the 911 in the southern part of the county.

The Wheelwright Police Department requested a new mobile radio for the patrol car. The current radio in the vehicle will scan one channel, the sheriff's department.

Although the sheriff's department is the primary communications origin for the police for Wheelwright, police officer Danny Martin has to page the 911 dispatch, then communicate via a hand-held radio with dispatchers.

The Wayland police department had two mobiles is currently running only one patrol car. The board members and the Wayland PD agreed to give one of the radios to Wheelwright until Wayland's second car is back up and running. The issue of another radio will be brought up then.

Board Chairman Jim Caldwell said that important members of the local emergency agencies have been absent in the advisory board meetings. It is at these meetings pertinent topics should be discussed and brought to the board, said Caldwell, instead of showing at the board meetings to discuss the effects of problems that were not

Roads to be paved

Floyd County Fiscal Court authorized, Wednesday, the surfacing or resurfacing of all or portions of 46 roads, using \$257,700 in funds from the state Transportation Cabinet.

The affected roads and length of work area are

- Hager Branch at East Point, 1,600 feet;
- Ranch Road at Cliff, 1,485;
- A.E. Music Road at Cliff, 1,000;
- Tex Keathley Road at Allen Subdivision, off KY 1428, 254;
- Burchett Cemetery Road, Cow Creek, 250;
- George's Road, Estill, footage unlisted;
- Frazier Lane, Hi Hat, 1,150;
- Stumbo Cemetery Road, Price, 931;
- Hall Road, Frasure's Creek, 936;
- Doctor's Hollow, off KY 680, 1,000;
- Stumbo Drive, Frasure's Creek, 512;
- Roberts Road, Stumbo Hollow, 325;
- Adams Road, McDowell, 250;
- Toby Road, Frasure's Creek, 1,170;
- Moore Branch Road, Royal Hollow, 800;
- Bill Tackett Cemetery Road, off KY 680, 315;
- Mosley Road, off KY 680, 175;
- Gayheart Road, off KY 680, 225;
- McGuire Road, Hi Hat, 210;
- Stamper's Branch, Wayland, 1,692;
- Gibson Lane, Wayland, 205;
- Neighborhood Drive, Wayland, 200;
- Craft Drive, Mill Creek, Wayland, 215;
- McCreary Branch, Price, 2,900;
- Reynolds Branch, Ligon, 2,000;
- Hayes Road, Clear Creek, 621;
- Smith Road, Clear Creek, 315;
- Pine Road, Clear Creek, 2,000;
- Lambert Cemetery, Clear Creek, 500;
- Osborne School Road, 1,202;
- Bagley Road, Jack's Creek,

- 1,632;
- Mosley-Smith Drive, Jack's Creek, 120;
- Holbrook Lane, Jack's Creek, 260;
- Andy Mullins Road, Jack's Creek, 280;
- Hi Hat Post Office Road, 840;
- Clay Hill, Ligon, 500;
- Locust Road, Price, 235;
- Hamilton Road, Price, 100;
- Case Drive, Prater Creek, 200;
- Buckingham Cemetery Road, Buckingham, 800;
- Allen Akers Road, Prater Creek, 600;
- Blue Branch, Jack's Creek, 1,350;
- Lamar Tackett Road, Abner, 310;
- Slone Road, Abner, 150;
- Wheelwright Football Loop, 400;
- Johnson's Drive, Buckingham, 380.

Fall enrollment increases, includes local students

Enrollment at Western Kentucky University has increased for the second consecutive year.

Western's preliminary enrollment for Fall 1999 is 15,113, including six students from Floyd County. Final enrollment totals will be available in the late fall.

"We're encouraged by these early figures," said WKU President Gary Ransdell. "These numbers indicate we are on track to meet the goals we've set for modest enrollment growth each year through 2003. Western is on its way to becoming the university of choice for bright, college-bound students."

Floyd County students include Lola Maria Dudley Banks, graduate student; Andrea Celeste Conn, senior; Delora Holbrook, junior; Ty C. Martin, freshman; Cara Meece, senior; and James Michael Meece, graduate student.

Briefs

(Continued from page one)

appointed a field representative for the Kentucky Department of Veterans Affairs and will be counseling with veterans throughout the region. His office is on the third floor of the Floyd County Courthouse. Since he'll be on the road a good bit, it's best to call and leave a message, 886-7920. Belcher, a Johnson County native, is a graduate of Prestonsburg Community College and Morehead State University.

Program added

The Floyd County Conservation District has added two new practices to its existing cost share program for local landowners. The program now includes forestry and wildlife practices. The district provides assistance through advice, design and completion of project.

The program offers 50 percent reimbursement. For information, call 606/886-9545 or e-mail conserve@eastky.net.

Public Meetings

- Pike County Fiscal Court, Monday, 10 a.m., Pike County Courthouse
- Floyd County Conservation District, Tuesday, 1 p.m., Office
- Prestonsburg City's Utilities Commission, Tuesday, 6 p.m., PCUC
- Prestonsburg Community College/Rural Community College Initiative, Thursday, 11 a.m., Jenny Wiley State Resort Park
- Wheelwright City Commission, Thursday, 6 p.m., City Hall
- Wayland City Commission, Thursday, 7 p.m., City Hall

DJ's UNLIMITED

"Musical Entertainment Services"

WILLIAM SALISBURY

Parties, Proms, Reunions,
Receptions, Dances, Weddings

Any Special Occasion

Phone (606) 285-9901 Pager 924-9901



Funny Faces

Your Clue Last Week's Winner

"007 of Health" **Bill Carroll**

Guess Who of Allen

Call gussed correctly

886-8506 **Paul Hunt Thompson**

Can you guess who is pictured? Each caller who guesses correctly will have their name entered in a drawing for a weekly prize.

The Fiesta Place Mexican Restaurant Paintsville 1 Free Entree	Hock Shop Prestonsburg Ladies Sterling Silver Millennium Ring	Hoberts Pizza Prestonsburg 15" Pepperoni Pizza
--	--	---

When it is service you *need*...



represents towers in each county

Appalachian

WIRELESS

1-800-452-2355

Appalachian Wireless
Crossroads Plaza
95 Weddington
Branch Rd.
Pikeville, Ky.
606-432-6111

Appalachian Wireless
U. S. 23
Harold, Ky.
606-478-2355

Appalachian Wireless
Corner of Main &
Euclid Ave.
Paintsville, Ky.
606-789-0033

Appalachian Wireless
Southside Mall
Goody, Ky.
606-237-4333

Laser Perfect
515 Main Street
West Liberty, Ky.
606-743-1199

Appalachian Wireless
4400 East Mt. Parkway
Salysersville, Ky.
606-349-1993

Appalachian Wireless
405 Main St.
West Liberty, Ky.
606-743-3121

Appalachian Wireless
Big Sandy Two-Way
Auxier Rd.
Prestonsburg, Ky.
606-886-6422

Appalachian Wireless
Southside Mall
Goody, Ky.
606-237-4333

Laser Perfect
515 Main Street
West Liberty, Ky.
606-743-1199

Appalachian Wireless
4400 East Mt. Parkway
Salysersville, Ky.
606-349-1993

Appalachian Wireless
405 Main St.
West Liberty, Ky.
606-743-3121

Appalachian Wireless
Big Sandy Two-Way
Auxier Rd.
Prestonsburg, Ky.
606-886-6422

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.

—First Amendment of the U.S. Constitution—

Viewpoint

QUOTE OF THE WEEK...

No one can make you feel inferior without your consent.

—Eleanor Roosevelt

Sunday, October 17, 1999 A4

Editorial

VOLUNTEERS HAVE REDEFINED RETIREMENT IN GOLDEN YEARS

The arithmetic is just beginning to dawn on baby boomers: They'll retire before long — at 62, if current trends continue. They'll live into their 80s, if current projections prove right.

That's 20 years of leisure to fill up, probably a longer span of time than they have devoted to any single pursuit so far. It's too many years to spend strolling a beach in Florida or piloting a motor home or rollicking on the floor with grandchildren.

It's a second career.

That's the idea behind Civic Ventures, a non-profit organization that urges Americans who are retired or thinking about retirement to make contributions to society by doing volunteer work in their advanced years.

The San Francisco group has affiliates in about 20 cities, where volunteers take kids fishing, record books for the blind, console children in pediatric wards and perform dozens of other useful tasks.

A Minneapolis affiliate, the Volunteers of American Seniors for Schools program, sends 40 elderly tutors into five Minneapolis grade schools every week.

"They like being part of the community, and they are really plugged into places that need them," says project Director Stewart Stone.

America's snapshot of retirement has long contained some combination of porch swinging and golf courses, but that picture deserves to be retired. More than half of retirees today perform volunteer work or community service, according to a recent Civic Ventures poll.

And 70 percent of non-retirees told pollsters that retirement will be a time to start a new chapter, take up new activities and set new goals. Their role models? Jimmy and Rosalynn Carter.

A wise demographer once said that the baby boom generation is so big that it changes everything it touches — television, pop music, sex, child-rearing, politics. Yet baby boomers are wondering about their contribution to history.

They didn't win a major war or soldier through a great depression.

They went to college, bought Nikes, moved to the suburbs, raised kids.

Perhaps they'll make their mark in retirement and leave the world a better place.

— Minneapolis Star Tribune

SKELLY © 1999 SANDIEGOUNION-TRIBUNE COPY NEWS SERVICE



Letters to the Editor

NURSE DEFENDS CHOICE

Editor:

I am a registered nurse at Highlands Regional Medical Center and have been employed there for 14 years and 9 months. It is a great place to work, and I am proud to say that I work at the Medical Center. I am referred to as "one of those on the inside."

Things have changed here at HRMC. We do have several new faces, but with these new faces came a great knowledge and great insight on how to rescue a sinking ship, and that's how some of us saw Highlands. With all the Medicare and Medicaid cuts, all hospitals are feeling the need to downsize. Why should HRMC stand by and act as though nothing is happening? If these cuts are not taken seriously, then HRMC will not survive. We will be a sinking ship with no way to resurface.

Hopefully, with this new administration, HRMC can survive and will not have to close its doors. Sometimes it takes an outsider to look in and be able to evaluate the needs and come up with a plan to meet those needs. We "on the inside" sure hope so.

HRMC is a great facility with a lot to offer our community. Patient care is our priority at this hospital and will always be, especially by those "on the inside." By being "on the inside" and making our patients our priority, several patients are here today who would not have been otherwise, because Paul B. Hall Regional Hospital and Our Lady of the Way Hospital are too far away, and these patients would not have survived those distances.

Because our doors were open, they are still our patients and not our deceased patients. Ask these patients and their families how they feel about the "ones on the inside."

Changes take place every day in our lives. The registered nurses at the hospital knew some changes were needed and that some would be made. We did lose our personal days, but were told that by taking away our personal days several jobs could be saved. The hospital asked union members to give up their personal days so 12 jobs could be saved. They refused to do so. How many of those 40 employees might still be working if the union members stood by each other? They were willing to let 12 people lose their jobs so they could have a couple of days off with pay.

Job security is something we all want. If the registered nurses don't have job security, how is it that HRMC has a great number of registered nurses who have been with Highlands for many years? Security

comes with showing up every day and giving an honest day's work for a day's wages. No registered nurse has ever been told (that I know of) that she might lose her job. Some were afraid they would lose their \$20-25-an hour jobs, so they yelled "union."

Some employees did lose their jobs. They worked in a closed unit that they themselves voted to be closed and, when the downsizing came, some of those LPN's did lose their jobs. They were placed in other areas to work after the union and administration ironed out what was to be done with these LPN's.

The union contract was not clear. Anyone moving from one unit to another to work has to prove themselves through orientation and competency exams. I did when I moved to the Emergency Department. Every patient deserves a competent nurse.

Everyone has heard a lot of talk about negotiations. I was not at negotiations, so all I know is hearsay. I was at work and the main topic was negotiations. The talk was "we are going to strike because I know I won't get a better contract than I already have, and I won't take anything less." This day and time we all have to give a little, so if a small sacrifice is needed to keep a community thriving and health care facilities open, then so be it.

I do not want to belong to this union; I don't think I need a union. I feel the registered nurses have always been treated fairly by HRMC. The majority of the registered nurses feel this way. The registered nurses election was 45 to 45, with one ballot marked on the outside, not on the inside as was instructed. Some of the registered nurses have left the picket line and have come back to work. So, the majority of RNs do not want this union to represent them.

I have a 401K retirement plan through Highlands. I also have a retirement plan that is frozen until I retire. This retirement plan is one I had when I was a LPN and in the union. When I became an RN, I asked about rolling that retirement over into my 401K, but could not, because the union would not permit me to do so. But, that's okay. I know I will have a retirement plan when I retire.

I have never been on a picket line, because patient care is my main priority, and I never will

(See Letters, page six)

My Word

by Janice Shepherd
Managing Editor



Traveling with angels

A trip to the hairdressers can be a hair-raising experience. My trips to Silhouettes once a month are pleasurable, though.

Salon owner Rose Slone and I also get into "spirited" discussions. Both of us are Christians and our talks always lead to God and the things that are happening in today's world, including man's inhumanity to man.

During a recent discussion Rose shared the following, thought-provoking story with me. Hope you enjoy it as much as I did.

Two traveling angels stopped to spend the night in the home of a wealthy family. The family was rude and refused to let the angels stay in the mansion's guest room. Instead, the angels were given a space in the cold basement. As they made their bed on the hard floor, the older angel saw a hole in the wall and repaired it. When the younger angel asked why, the older angel replied ... "Things aren't always what they seem."

The next night the pair came to rest at the house of a very poor, but very hospitable farmer and his wife. After sharing what little food they had, the couple let the angels sleep in their bed where they could have a good night's rest. When the sun came up the next morning, the angels found the farmer and his wife in tears. Their only cow, whose milk had been their sole income, lay dead in the field.

The younger angel was infuriated and asked the older angel "how could you have let this happen? The first man had everything, yet you helped him," she

(See Word, page seven)

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.

The Floyd County Times

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

USPS 202-700

Entered as second class matter, June 18, 1927 at the post office at Prestonsburg, Kentucky under the act of March 3, 1879. Periodicals postage paid at Prestonsburg, Ky.

SUBSCRIPTION RATES PER YEAR:

In Floyd County: \$38.00

Outside Floyd County: \$48.00

Postmaster: Send change of address to:

The Floyd County Times

P.O. Box 390

Prestonsburg, Kentucky 41653

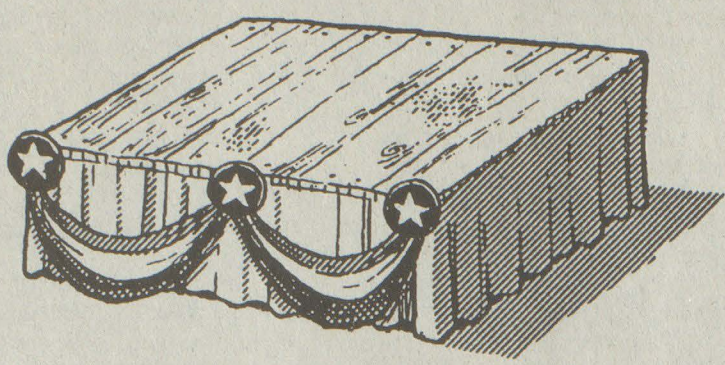
Rod Collins, Publisher

MANAGING EDITOR Janice Shepherd	ext. 17	CIRCULATION Tiffany Conn	ext. 10
EDITOR Pam Shingler	ext. 26	PRESSROOM MANAGER Johnie Adams	ext. 30
SPORTS EDITOR Ed Taylor	ext. 16	DISTRIBUTION Patty Wilson	ext. 31
ADVERTISING MANAGER Becky Crum	ext. 12	BUSINESS MANAGER Angela Judd	ext. 19
COMPOSING DIRECTOR Tammy Goble	ext. 29		

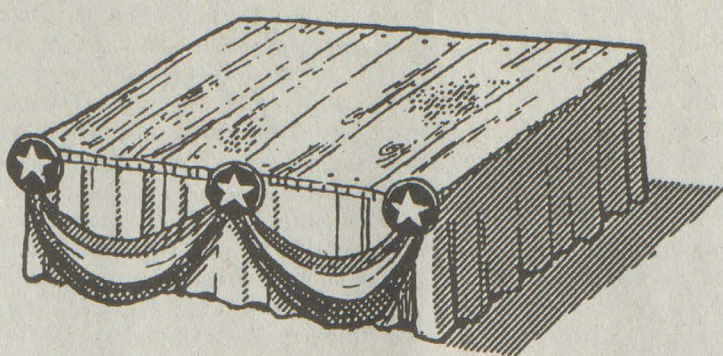
Green ASBURY PARK PRESS © 1999
WWW.INJERSEY.COM/GREEN
COPLEY NEWS SERVICE

PARTY PLATFORMS

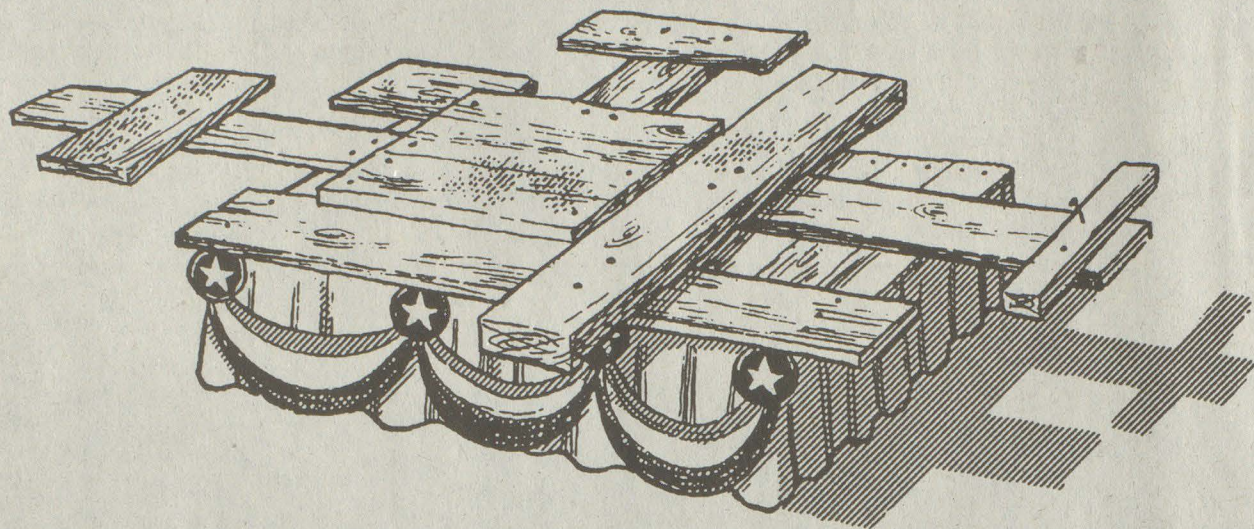
REPUBLICAN



DEMOCRAT



REFORM



CARL ROWAN'S COMMENTARY

I've always known that the Miss America Pageant was about as phony as most 40-inch bosoms.

Not that the beauty contest did not for 30 years guard against falsies, wigs, buttock pads and other store-bought illusions of feminine pulchritude.

I mean phony in the pageant's growing pretenses that the annual display of gorgeous and sexy females was a scholarship contest or some super bowl of "opinions, talent and intelligence." I always watched the Miss America telecast knowing that it was a fantasy parade designed to stimulate my libido and strike jealousy in the hearts and minds of womankind the world over.

But now comes the Miss America Organization as a stupid killer of our dreams, telling us that, next year, girls who have been divorced or had abortions will be eligible for competition as our "ideal."

The pageant has opted for more "realism" than I want. And I'm uncomfortable that it has exposed me as the old fogie that I really am. I was raised with the notion that divorce is a failure of both a man and a woman, so a babe who has failed in marriage, however physically beautiful, can never at first glance be "my ideal."

And I always thought the Miss America Organization was way off base by asking contestants to certify that they had never had an abortion. Hell, why not go all the meddling way and ask them to swear that they have worn a chastity belt since puberty! But the old Bert Parks song says, "There she is, fairer than

fair she is," and I thought it referred not to her skin pigmentation, or lack of, but to the lack of blemishes on her character.

It didn't irritate me so much to have a 19-year-old beauty in a swimsuit tell me what I should think about gun control, or for whom I should vote, if I could imagine that she was morally a No. 1 draft choice. But I don't want any round-heeled broad who can't keep a husband for even a year telling me what my political and moral posture ought to be.

So why would the Miss America Organization publicly OK divorce and abortion after 30 years of presenting at least a facade of the highest moral standards and the strictest traditions? The Associated Press says pageant officials feared running afoul of new anti-discrimination laws in New Jersey.

The Miss America Organization has caved in and ruined a great thing. Because I know that I am not the only man - or woman - who will refuse to watch a beauty pageant if I must constantly won-

der who is a genuine dream role model and who is just a well-built shrew - or slut.

© 1999 King Features Synd., Inc.

Diane Amantea's Commentary

The presidential election is over a year away, but there seems to be intense interest. It's no wonder, though, given what's been happening recently.

Al Gore continues to flounder in the polls, and Bill Bradley is literally breathing down his neck. With the endorsement of well-respected Senator Daniel Patrick Moynihan (D-N.Y.), Bradley has accomplished quite a coup. Privately, many Democrats are wondering if Gore can win. They're increasingly looking at Bradley as the better candidate. Republicans are worried about this. Bradley really would be the man to beat, coming into this with no baggage and a great deal of popularity. They can only hope Gore is the eventual nominee. Time will tell.

Pat Buchanan's campaign is getting more and more bizarre. Getting no traction in the Republican Party, he's flirting with the Reform Party. He claims he can win their nomination because of their very open way of selecting a candidate. Gov. Jesse Ventura of Minnesota, the Reform Party's most successful office-holder to date, is dead-set against Buchanan. He wants (of all people!) Donald Trump.

Buchanan might be the eventual nominee, but he can't possibly win. Worse still for him, he's now alienated a good portion of his conservative base by his recent book wherein he claims the U.S. should not have stopped Adolf Hitler by entering World War II. Good work, Pat! From where I sit, it only shows just how isolationist Buchanan is. I would point out to Pat that this is not 1820. The U.S. cannot possibly exist in a vacuum. Like it or not, we are world players now.

As for George W. Bush, governor of Texas, I am amused at the shots the desperate liberal media have been taking at him. Getting nothing from floating unsubstantiated cocaine rumors, they seek to hit him up for his family connections and his wealth. That is downright hilarious! This same media worships anything Kennedy. What about their wealth and family connections? We've seen that hard at work during such scandals as Chappaquiddick wherein Ted Kennedy was allowed to get off scot-free concerning Mary Jo Kopechne's drowning death. Then of course there was the situation with the late Michael Kennedy who was sleeping with his child's baby-sitter while she was still a minor. Somehow, he managed to legally weasel his way out of that with the powers-that-be refusing to press charges. Let us not also forget the rape case against William Kennedy Smith.

I'd like to relate an interesting story I heard from someone whose grandfather was active in the press during John F. Kennedy's presidential run. The grandfather was a friend of Joe Kennedy, the patriarch of the family. Joe approached the man and offered him a good deal of money to report only favorable things about his son. The man replied that he was rich in his own right and didn't need the money. Further, he said, it would be irresponsible and unethical for him to do such a thing. I can only speculate that my friend's grandfather wasn't the only man so approached. So much for family wealth and connections!

© 1999 King Features Synd., Inc.

Teresa Thorne

Education Today

Findings from a study authorized by the National Institute of Child Health indicate that boys tend to overestimate their school skills, while girls tend to underestimate theirs. This gap begins to appear around the fourth grade, and increases until, about the seventh grade. More girls than boys may show signs of anxiety about their school performances.

The team of psychologists from the University of Notre Dame may well have found the reason why boys seem to be more confident about their opportunities in life and girls less so. Dr. David A. Cole, who led the study, says, "Believing that one is competent or capable of handling a particular task can be highly motivating, even when it is not true."

"Conversely, believing that one is incompetent can undermine motivation to tackle new tasks and erode efforts to complete ongoing tasks, even when one's underlying ability is high."

The study also found that girls tend to blame themselves for their failures more than boys do. Boys, on the other hand, blame bad luck or the difficulty with the task for their failures.

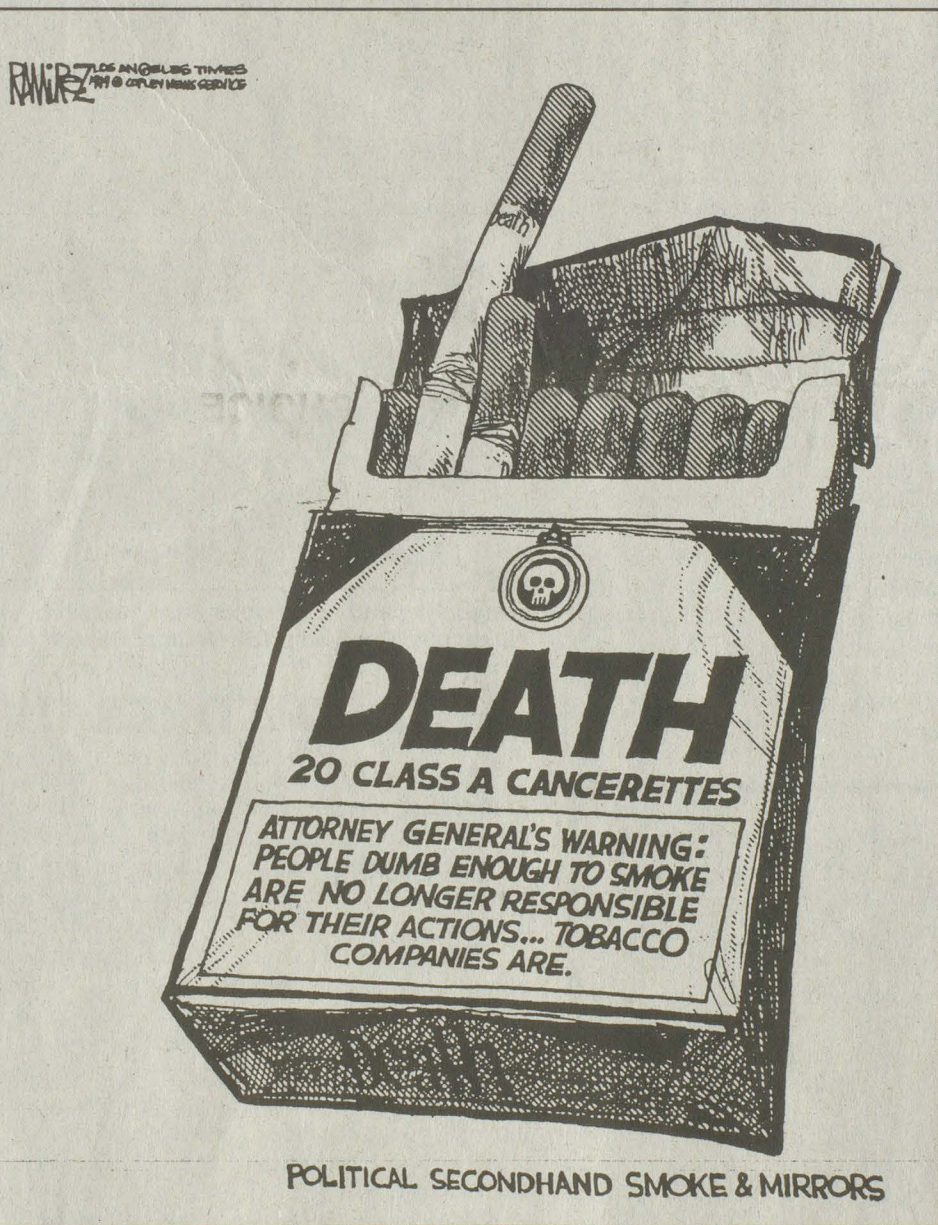
The study indicates some support for psychologists who believe that the higher rate of depression in school age girls may come out of feelings of personal incompetence. The fact that depression occurs much less often in school-age boys may be a factor of boys believing that circumstances outside of themselves cause their problems in class.

This report should alert teachers to the importance of recognizing achievements in both girls and boys and not assume that they know how well (or not so well) they've been doing. Remember how great it felt to have a test paper or composition returned not just with a grade, but a comment that recognized how hard we worked to get it right?

On a related note - Imagine how depressing it really must be for students to realize that some schools have lowered their usual standards to accommodate them. We'll continue to discuss this in upcoming columns.

Share your views with us. Send guest columns to Education Today, King Features Weekly Service, 235 East 45th Street, New York, N.Y. 10017.

© 1999 King Features Synd., Inc.



Don Flood

C'est La Vie

Feeling The Blues

Recently my wife showed her wild and dangerous side. She asked me my opinion on our recently painted kitchen. This from a woman who doesn't trust me to pick out ties! My wife, you see, thinks I am color blind, which I am not. I see the same blue, orange and chartreuse traffic signals as anybody else.

(Just kidding. I'm fully aware that chartreuse is actually the name of a fancy dessert.)

It was flattering but sad, the way you might feel if Michael Jordan asked you for tips to improve his game. ("The real key, Mike, is to put the ball in the basket. And as far as where your tongue should hang out, I prefer the left side.")

Earlier in our marriage, I might have thought she actually wanted my opinion. Now I know better.

Men, here's the deal: Wives have no interest in your opinion on colors or decorating.

The only reason they ask you is because they feel silly talking to a chair or a wall, even if in many cases that would be far more productive.

I looked thoughtfully at the wall and said, "It looks fine." And it did.

There were no spots missed, no paint splattered on the floor, ceiling or windows; the cat's fur appeared remarkably free of paint. It was fine.

But her concern went deeper. Was the blue, heaven forbid, too dark?

That was a tough one.

The problem is that for me there are three, maybe four, blues.

There's blue - also known as regular blue - which is easy

to distinguish because, well, it's blue.

Then there's dark blue, which is darker than regular blue, and light blue, which is lighter. (I apologize if this is too technical.)

That's not what you find in a paint store.

At last count, there were 687 zillion gazillion shades of blue, with an average of 14 million more added each second.

They'd have even more, except they're slowed down by having to make up cockamamie names like Colonial Autumn Moonlight Blue. (It's very important the name gives no clue as to what the shade actually looks like.)

Then my wife asked a real brain buster.

Pointing to a plate, she asked, does this blue match the wall?

Husbands, if you are caught in this situation, be careful! You'll be tempted to spout something totally idiotic like, "Of course, they match, they're both blue."

No, no, no! The best gambit is to see if you can get away with saying nothing. Squint your eyes, look thoughtful (at least, try!) and go, "Hmmmmmmm."

(The longest recorded "Hmmmmmmm" by a husband is 16 days. The effort, however, proved only partially successful. He was able to avoid offering an opinion, but on the downside, his wife - sometime on the 11th day - ran away with the painter.)

Brave soul that I am, however, I spoke up. Yes, I said, I think it matches and what's more, the wall color looks great.

And I'm very sure that my opinion really did make a difference.

I know because the next day my wife had the whole kitchen repainted. (dgg@dca.net)

© 1999 King Features Synd., Inc.

THE JEFFREY HART COLUMN

In the midst of the firestorm of criticism over the release of unrepentant Puerto Rican terrorists, the Clintons have plunged ahead with a shady sweetheart loan to buy a \$1.35-million mansion they cannot afford in Westchester County, so that Hillary can claim to live in New York while running for the Senate and commuting to the White House. This presidential clemency was only the fourth granted by Clinton among the thousands of requests received. Every relevant federal law enforcement agency had opposed it. The House has already voted in a landslide to condemn the release, not even minority leader Richard Gephardt voting to support Clinton. The Senate has now also condemned the clemency, 95-2.

Obviously, the ploy was intended to pander to the substantial number of Puerto Rican voters in New York City, whom Hillary needs as part of her base support if she is to win the Senate seat. But the thing blew up in their faces like an FALN bomb when the outrage made it clear that the release of the terrorists would cost her more votes upstate and in the suburbs than she could possibly win in the city through the scheme. So, after initially supporting clemency, Hillary quickly withdrew it, (displeasing Puerto Rican leaders to whom she is now "reaching out.")

The terrorists themselves offer the Clintons small comfort as well. Immediately after driving out of prison in a flashy, gold-colored Mercedes, and let's believe that this gets on television, Ricardo Jimenez appeared on Tim

Russert's Sunday "Meet the Press" show on NBC. Russert directed tough and specific questions at him. It was clear that Jimenez has no remorse for the 130 bombings that killed six and maimed scores more.

When Russert brought up the infamous bombing of historic Fraunces Tavern in the Wall Street area and asked Jimenez whether he felt remorse about the hapless diners maimed and killed there, Jimenez - get this - blamed the proprietors of Fraunces Tavern for not taking unspecified precautions. In fact, Jimenez presented himself as a "freedom fighter" and blamed FALN violence on the United States for "terrorizing" Puerto Rico. He did not answer at all when Russert pointed out that the FALN "independence" position received only 3 percent of the Puerto Rican vote in the recent referendum. This was a portrait of a murdering fanatic.

In most Clintonian operations, there is usually just an extra bit of sleaze, and this has become their signature. The White House initially listed Cardinal John O'Connor of New York as favoring clemency. Immediately, this was denied by the cardinal, and the New York diocese made public a letter he had written on the matter. The letter showed the White House claim to be false.

I doubt that anyone will fondly remember the Clinton White House as "Camelot." Sleaze Central will do.

© 1999 King Features Synd., Inc.

GOSPEL ACCORDING TO ME

Trying to tell the future

by Paul Prather
Columnist

Eating lunch alone in a Chinese restaurant, bored, I found myself perusing the red paper place mat.

It was covered with fortunes — I suppose that's what you'd call them — based on the Chinese astrological calendar.

Legal services in Paintsville

The state Department of Public Advocacy (DPA) has announced the opening of a full-time office in Paintsville to provide indigent defense services to a four-county area of the state — Johnson, Lawrence, Magoffin, and Martin counties.

The grand opening ceremony is scheduled for October 19 at noon at the Department of Public Advocacy, 236 College St. in Paintsville.

Local dignitaries, as well as Supreme Court Justice Janet Stumbo, Secretary Ronald B. McCloud, Public Protection and Regulation Cabinet, and Public Advocate Ernie Lewis are expected to attend and speak at the opening.

My birth year, I discovered, meant I was born under the sign of the monkey (no comments, please), which recurs every so often.

Other monkeys have included Julius Caesar and Leonardo da Vinci, along with similar potentates and geniuses.

We monkeys are extremely intelligent, the place mat said. We're charming, too.

It pretty much described me to a tee. I like to think of myself as a cross between Julius Caesar and da Vinci.

I was amazed at how uncannily accurate that place mat was, until I got to dwelling on it. Supposedly, whoever calculated these fortunes could tell all this about me by the

fact that I was born in 1956.

But guess what? Nearly everybody I once attended public school with was born that same year.

This girl I knew, I'll call her Tawny, was in my class. She was the only person I've ever heard of who scored in the zero percentile — I mean, a big goose egg — on a standardized achievement test. Evidently she didn't get a single answer right.

And she was a monkey, just like me. So much for intelligence.

Then there was a guy I'll call T.C. He used to sit in class making obscene noises by cupping one hand under his other armpit.

Later he got arrested one night for breaking into a local diner.

The diner happened to be next door to the police station. The cops saw T.C. when he climbed on the counter to draw a mustache on a photograph of the restaurant's owner that hung on a nearby wall.

So much for charm or intelligence.

Still, that Chinese zodiac reminded me of how much we humans would love to tap into any source of supernatural, cosmic knowledge about our natures or our futures — and of how difficult that is to do successfully.

I don't take Chinese place mat fortunes seriously. But I do seek otherworldly guidance.

At the moment, I'm negotiating to possibly buy several rental properties.

The problem is, I don't know what the future holds for the real estate market in my town, which appears a tad overbuilt. I might

invest my money and still make a profit. Or I might lose my shirt.

I've been praying for guidance about this for days.

The Lord hasn't written a spreadsheet across the sky for me. He hasn't even given me a simple "Yes, go ahead," or "No, run for your life."

If He's answered at all, I'm too dense to hear Him.

It's as if He's leaving it up to me to decide, which is a scary thought.

In a similar vein, my church believes that God still speaks at times through people who use the gifts of the Holy Spirit described in the New Testament, including prophecy, words of knowledge and so on.

We've heard people speak in our midst some incredibly revealing, detailed and accurate prophecies, which came to pass exactly as predicted.

Except that other such prophecies didn't come to pass. Sometimes the folks speaking were mistaken, for whatever reasons.

It's hard to tell ahead of time which messages will prove accurate and which will fall short. That's frustrating if you're trying to make plans.

Even in the first century St. Paul observed, "We know in part and we prophesy in part. ... We see through a glass darkly." If that was true of the great apostle, you can bet it's true of you and me.

I think that from time to time, according to his own designs, God grants certain people divine access into His wisdom and His vision of the future.

But often He doesn't. Often we're left to work it out as best we can, based on the all-too-murky, all-too-human information available to us.

Medical assistants to be recognized

Kentucky College of Business is gearing up to celebrate Medical Assistants Recognition Week, October 18-22, as designated by the American Association of Medical Assistants (AAMA).

Medical Assistants will be recognized across the country during this special week and honored on

Medical Assistants Day, which is October 20.

In celebration of Medical Assistants Recognition Week, Kentucky College of Business has planned the following event:

Free Blood Pressure screening and information booth will be set up at Food City in Pikeville at the Town & Country location on October 18, from 9 a.m.-1 p.m. Information will be given on "What is a Medical Assistant" and "Why I chose to be a Medical Assistant," and videos.

Medical Assistants are multi-skilled allied health practitioners who perform a wide range of roles in physicians' offices, clinics, and other health care settings. They are proficient in a multitude of clinical and administrative tasks and are widely viewed by doctors and other employers as vital members of the health care delivery team.

With their versatility, medical assistants are proving to be the allied health professional of choice for this decade and beyond. In fact, according to the U.S. Bureau of Labor Statistics, medical assisting is the seventh fastest growing occupation through the year 2006.

The AAMA is the premier organization serving the profession interests and educational needs of medical assistants. It provides numerous services that help medical assistants put their careers on a successful and rewarding track and keep them there.



Songbooks and cookbooks were the two big items that some of the churches sold to raise money during the recent New Salem Old Regular Baptist Association meeting at Minnie. (photo by Willie Elliott)

Homeowners urged to protect homes

Throughout the state, Kentuckians are getting back to nature. More homes are being built in forests, which makes them extremely vulnerable to damage or destruction from wildfire.

Wildland firefighters say in order for homeowners to protect their homes, it is important for them to know how fire behaves. Fire needs fuel, oxygen and heat. To a wildfire, homes and other structures are a form of fuel. The wind provides plenty of oxygen, and the fire provides its own heat.

The slope of the terrain is also important to a wildfire's spread. Generally, a fire traveling up a slope moves faster and has longer flames than one on level ground, because hot gases rise in front of it, preheating its path.

When a wildland fire is approaching a home, it can be a threat in two different ways. The first and more common way is an indirect threat. When the fire front is still more than a mile away, burning embers can be carried by the wind. They land on roofs or collect in low points around a house, such as under decking and

in adjacent landscape vegetation.

These embers can also be drawn into an attic if there are open eaves, or they can enter a home through open, unscreened windows and vents. The amount of damage to an unprepared home can be devastating.

Secondly, when the fire is close enough, its heat and flames directly threaten the home, causing combustible materials like decks, siding, fences and roofs to ignite. Fire will also melt plastics and break plate glass windows. Preparing for these types of threats can make the difference in the amount of damage suffered by a home in a wildfire.

To help protect your home from fire:

- Create a 30-to 100-foot safety zone around your home by reducing potential exposure to flames and radiant heat. Highly flammable shrubs or other dry vegetation should be either wetted down or removed. Have a garden hose that is long enough to reach any area of the home and other structures on the property.
- All downed leaves, limbs, twigs and debris should be raked up and

removed from your yard and from beneath structures. Roof gutters and chimneys should also be cleaned of leaves, limbs and debris.

- Remove dead branches that extend over the roof of your home and prune away tree branches and shrubs within 15 feet of a stovepipe or chimney outlet.

- Mow grass regularly and remove dried vines from the walls of your home. Remove vegetation that serves as a link between grass and tree tops. It can carry fire to a structure or from a structure to vegetation.

- Dispose of newspapers and trash at approved state, and store gasoline, oily rags and other flammable materials in approved safety cans. Place cans in a safe location away from the base of buildings.

- Stack firewood at least 100 feet away and uphill from your home.

- Have household items that can be used as fire tools: rake, axe, hand-saw or chainsaw, bucket and shovel.

For information on how to protect your home from fire, visit www/fire-safe.org or contact the Kentucky Division of Forestry at 502-564-4496.

If not for you,
do it for her.



Screening Mammogram

\$68 during the month of October

Breast cancer can be easily cured, if it's detected early enough. And, mammography screening remains the single most effective way to detect breast cancer early. October is Breast Cancer Awareness month and to celebrate, Pikeville Methodist Hospital along with the radiologists of Pikeville Radiology will be offering screening mammograms for \$68 at these convenient locations:

- Pikeville Methodist Hospital at 911 South Bypass Road
- The Breast Care Center at 804 Hambley Boulevard in the Riverside Building
- Archer Clinic Radiology in Prestonsburg

Your best protection against breast cancer is early detection. And that's important ... because you have a lot to live for. Call 432-6058 today for an appointment.



PIKEVILLE
METHODIST
HOSPITAL

Letters

(Continued from page four)

be. I cannot even think about walking out on my patients. I took an oath (the Nightingale Pledge) to take care of the sick and I can't do that walking a picket line. This emergency room is open for our patients and for the people walking the picket line also. If this emergency room had been closed, there would be several families in our community without loved ones.

If the RN's were not "on the inside" working, the emergency room would be closed and when the hospital was ready to operate again (strike over), we would have had to apply for a certificate of need to reopen. Who knows how long that would have taken, or how many beds we would have been granted? How much more downsizing would have taken place?

The "ones on the inside" are proud to be here and feel we are community-oriented, and patients are our priority.

I think what the people on the picket line are doing to the community and the patients is "deleterious" and "mischievous" (part of the Nightingale Pledge). The union employees should do what is right and allow our patients to maintain their health in a facility that is well known to them. I have been verbally attacked by my co-workers who are on the picket line. Some put dead animals in my mailbox and tacks in my driveway. I have received insinuations through the mail and several phone calls that were without dignity and honor.

So when people write, "together we have self respect, dignity,

integrity, and honor," I get out the dictionary and look up the meaning of those words. Anyone who has those traits would never do to me what has been done since this strike began. I don't think they would be shooting out windows in the Medical Office Building or people's homes. But, then again, this is a cruel world.

Forgive and forget, basic teachings as a child by our parents and elders. How easy some people forget. HRMC will never survive when the strike is over if the attitudes by the strikers are "we will not forget."

Ilene Lewis, R.N.
Emergency Department
Highlands Regional Medical Center

COMMUNITY CALENDAR

Calendar items will be printed as space permits

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

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.

McDowell Family Resource Center Activities

G.E.D. classes are now being held at the McDowell Family Resource Center. Class will meet each Monday from 8 a.m. to 11:30

a.m.
• The McDowell Family Resource Center is currently offering after-school child care for those parents who work or attend school.

• Any parent who has a child in the fifth grade should call to set up for a physical appointment.

G.E.D. classes

Linda Bailey of The David School will teach G.E.D. classes at the Mud Creek Community Family Resource/Youth Service Center each Tuesday from 8:30 a.m. to 12:30 p.m. Classes are free.

Housing assistance

The Floyd County Fiscal Court has received funds from the Kentucky Housing Corporation to construct one house for a low-income person. Interested persons may apply by contacting Eddie Patton, Floyd County Judge/Executive Office, 149 South Central Avenue, Suite 9, Prestonsburg, Kentucky 41653. Phone: 606/886-9193 or Donald Akers, A.R.D.F., 120 North Front Avenue, Prestonsburg, Kentucky 41653, phone 606/886-3876.

Fibromyalgia meeting

The Fibromyalgia Family Support

Group meeting will be held the first Tuesday in each month at 7 p.m. in the Betsy Layne Senior Citizens Building. Guest speaker for the next meeting will be Lisa Williams, massage therapist. For more information call: Phyllis at (606) 874-2769 or Sharon at (606) 478-5224.

May Valley Family Resource Center activities

• GED classes every Monday from 12:30-4 p.m. Classes are free.

• Health Dept. every Wednesday—services include WIC, 6th grade physicals, well-child physicals, TB skin test, pap smears and breast exams, baby shots, etc.

• Oct. 20: Flu shots for community at May Valley Elementary. Cost \$6. Will accept Medicare-Part B and Medicaid. Flu shots for staff and students will be scheduled on a different day. Must call for an appointment at 285-0321.

Benefit Security Card replaces food stamps

Effective November 1, there will be no paper food stamps issued in Floyd County. They will be replaced by a "Benefit Security Card" which resembles a credit card. If you want training on how to

use this card, call the food stamp office at 886-3871 for an appointment.

Big Sandy Abuse Center

The month of October is dedicated to Domestic Violence Awareness. The Big Sandy Family Abuse Center has several activities planned for the month.

• October 22, private tree planting ceremony for fatal victims of domestic violence in the Big Sandy Area.

Clark Family Resource Center Activities

Floyd County Health Department is in the center on Fridays. Services include WIC, sixth grade physicals, well-child physicals, TB skin tests, pap smears, and breast exams, baby shots, etc. These services are available to anyone in the community.

October 22—Pap clinic. Appointments are needed.

October 25-29—Red Ribbon Week activities.

For more information about these services, call 886-0815.

J.A. Duff Family Resource Center activities

• Red Ribbon Week—October 25-29—Variety of activities planned
• Lexington Children's Theatre—November 3.

Alzheimer's meeting

Alzheimer's Support Group meeting second Tuesday of each month at 7 p.m. at the Presbyterian Church in Prestonsburg, next door to Jerry's Restaurant. For more information, call 886-0265.

Conservation District

The Floyd County Conservation District will be holding its monthly meeting Tuesday, October 19, at 1 p.m. in the district office. The meeting is open to the public.

South Floyd Center walking track is open

The walking track is open to the general public 7 a.m. till 5 p.m. For more information, contact Keith Smallwood or Mable Hall, 606-452-9600, ext. 242 or 243.

Job Corps Center to host luncheon

The Community Advisory Council of the Carl D. Perkins Job Corps Center is hosting a luncheon

for Edna Higginbotham on Monday, October 18, at 11:45 a.m., at Reno's Restaurant in Prestonsburg. Her friends in the community are encouraged to attend. Call Marsha at 886-1037, to let her know you plan on attending.

Adams Middle School Council to meet

The Adams Middle School Council will meet in regular session on Monday, October 18, at 7 p.m., in the school's Media Center. The public is encouraged to attend.

Adoption Fair of the Bluegrass

Come to the Adoption Fair of the Bluegrass on November 7, at the Lexington Mall, in Lexington, located on New Circle Road and

Richmond Road, 1-4 p.m. Informational workshops on Adoption and Foster Care. For more information, call (606) 246-2256, (606) 246-2678 or 1-800-432-9346.

Two new practices added to conservation program

The Floyd County Conservation District has added two new practices to its existing cost share program for Floyd County landowners. The program now includes forestry and wildlife practices. We provide assistance through advise, design, and completion of the project. This is a 50 percent reimbursement program. If anyone has a question, contact the Floyd County Conservation District by phone at 886-9545 or by email, conserve@eastky.net.

Host Families Needed

Exchange Students from Albania, Germany, Brazil and Japan. Arriving to attend local high schools.

For Further Information Call:
1-888-552-9272



OBITUARIES

Nellie M. James

Nellie M. James, 88, of Endicott, died Saturday, October 16, 1999, at her residence, following an extended illness.

Born May 1, 1911, at Endicott, she was the daughter of the late Perry and Eva Jervis Setser.

She was a member of the Freewill Baptist Church for over 50 years.

Survivors include her husband, Ezra James; one son, Billie Gene James of Prestonsburg; two sisters, Eva Hatfield of Endicott and Lizzie Pinion of Dayton, Ohio; two grandchildren and two great-grandchildren.

Funeral services will be Monday, October 18, at 11 a.m., at the Floyd Funeral Home Chapel, with Rev. Nathan Lafferty, Rev. Virgil Hunt and Rev. Abe Vanderpool officiating.

Burial will be in the James Family Cemetery at Endicott, under the direction of Floyd Funeral Home, Prestonsburg.

Serving as active pallbearers will be Joe Garrett, Harold Ratliff, Bradis Reed, Arnold Campbell, Mark Blackburn, and Tommy Horn.

Honorary pallbearers will be Belue Sturgill, Bo Sturgill, John N. Ratliff and Johnny Endicott.

Susie Mae Osborne

Susie Mae Osborne, 84, of Bonnyman, died Thursday, October 14, 1999, at Hazard Appalachian Regional Hospital, following a brief illness.

Born on May 13, 1915, in Boyd County, she was the daughter of the late Sam and Rose Bellamy.

She was preceded in death by her husband, Freel Osborne.

Survivors include two sons, Danny Ray Osborne of Bonnyman, and Freel Junior Osborne of Logan, West Virginia; a step-son, Dent Osborne of Ypsilanti, Michigan; three daughters, Ruby Skeens, Thelma Bentley, both of Martin and Tommie Perkins of Whitley City; 27 grandchildren and several great-grandchildren and great-great-grandchildren.

Funeral services will be conducted Sunday, October 17, at 2 p.m., at the Nelson-Frazier Funeral Home, at Martin, with Rev. Ted Shannon officiating.

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

Edward Nidzielski

Edward Nidzielski, 54, of Melvin, formerly of Detroit, Michigan, died Friday, October 15, 1999, at Central Baptist Hospital in Lexington, following an extended illness.

Born June 17, 1945, in Michigan, he was the son of the late Edward Anoth and Hilda Nidzielski. He was a disabled painter.

Survivors include three sons, J.D. Skeens of Melvin, Jason Skeens of Detroit, Michigan, and Eddie Nidzielski of Michigan; six daughters, Ella Skeens and Veronica Skeens, both of Detroit, Michigan, and Madgeline Nidzielski, Candi Nidzielski, Loretta Nidzielski and Sandra Nidzielski, all of Michigan; one sister, Hilda Essenmacher of Detroit, Michigan; 24 grandchildren and one great-grandchild.

Funeral services will be Tuesday, October 19, at 10 a.m., at the Joppa Old Regular Baptist Church at Melvin, with the ministers of the Old Regular Baptist Church officiating.

Burial will be in the Skeens Family Cemetery at Melvin, under the direction of Nelson-Frazier Funeral Home, Martin.

Jack D. Ratcliffe

Jack D. Ratcliffe, 58, of Mt. Sterling, died Thursday, October 14, 1999, at the Jewish Hospital, Louisville.

He was born April 27, 1941, in Floyd County, the son of Don Ratliff and Mabel Cole Ratliff of Hunter. He was a retired Army officer and a Vietnam War veteran.

In addition to his wife, Nancy Torkelson Ratcliffe, he is survived by his parents.

Other survivors include three daughters, Ellen Ratcliffe and Elizabeth Ratcliffe, both of Mt. Sterling, and Cheryl Small of Ft. Payne, Alabama; one brother, Terry D. Ratliff of Hunter; two sisters, Judy Music of Hager Hill, and Karen Smith of Ivel; and two grandchildren.

Funeral services will be conducted Sunday, October 17, at 1:30 p.m., at the Hall Funeral Home Chapel, Martin, with Clergyman Arnold Turner Jr. officiating.

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

Jackie Lee Dotson

Jackie Lee Dotson, 70, of Oak Hill, Ohio, died Friday, October 15, 1999, at Holzen Medical Center.

Born August 1, 1929, at Auxier, he was the son of the late Albert and Beulah Stanley Dotson. He retired from Gallipolis Development Center in Ohio.

Survivors include his wife, Leona Ruth Click Dotson; three sons, Bobby Ray Dotson of Albany, Darrell Lee Dotson of Bidwell and Tony Allen Dotson of Gallipolis; one daughter, Mary Ellen Crago of Haydenville; four brothers, Sherman Dotson of Warsaw, Indiana, Billy Joe Dotson of Cliff, and Louis Dotson and Orville Dotson, both of Prestonsburg; five sisters, Jean Rice of Banner, Laura Smith of Arkansas, Cynthia Hall of Wilkesville, and Mable Honeycutt and Hazel Arnett, both of Prestonsburg; and seven grandchildren.

Funeral services will be Monday, October 18, at 1 p.m., at the Kuhner-Lewis Funeral Home in Oak Hill, Ohio, with Rev. Howard Hubbard officiating.

Word

(Continued from page one)

accused. "The second family had little but was willing to share everything, and you let their cow die."

"Things aren't always what they seem," the older angel replied. "When we stayed in the basement of the mansion, I noticed there was gold stored in that hole in the wall."

"Since the owner was so obsessed with greed and unwilling to share his good fortune, I sealed the wall so he wouldn't find it. Then last night as we slept in the farmer's bed, the angel of death came for his wife. I gave her the cow instead. Things aren't always what they seem."

Sometimes this is exactly what happens when things don't turn out the way they should. If you have faith, you just need to trust that every outcome is always to your advantage. You might not know it until sometime later.

Think about this: Should you find it hard to get to sleep tonight, just remember the homeless family who has no bed to lie in.

Should you find yourself stuck in traffic, don't despair. There are people in this world for whom driving is an unheard of privilege.

Should you have a bad day at work, think of the man who has been out of work for the last three months.

Should you despair over a relationship gone bad, think of the person who has never known what it's like to love and be loved in return.

Should you grieve the passing of another weekend, think of the woman in dire straits, working 12 hours a day, seven days a week, for \$15 to feed her family.

Should your car break down, leaving you miles away from assistance, think of the paraplegic who would love the opportunity to take that walk.

Should you notice a new gray hair in the mirror, think of the cancer patient in chemo who wishes she had hair to examine.

Should you find yourself at a loss and pondering what is life all about, asking, "What is my purpose?" be thankful, there are those who didn't live long enough to get the opportunity.

Should you find yourself the victim of other people's bitterness, ignorance, smallness or insecurities, remember things could be worse. You could be them.

Should you decide to send this to a friend, you might brighten someone's day.

City Florist

Now Open

(formerly Barbara's Floral of Martin and of Harold)

Barbara welcomes you to her new location on Rt. 80, Prestonsburg (near the U.S. 23 & Rt. 80 intersection)

City Florist



27 years experience in floral design

- Weddings
- Special Occasions
- Funerals
- Any Occasion

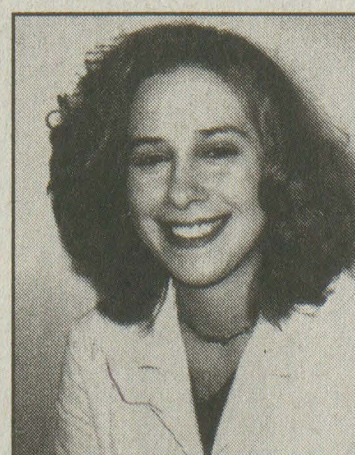


15 years bridal consultant experience

CITY FLORIST

874-1703 • 1-877-874-1212

Hearing Aids



Drs. Gregory Hazelett and Douglas Lamppin want to congratulate their Staff Audiologist, Amy Glessing. She has successfully completed her training in fitting and selling hearing aids, and is now a Board Certified Hearing Instrument Specialist. Ms. Glessing has a B.S. Degree in Teacher of the Speech and Hearing Impaired, and an M.S. degree in Audiology from State University of New York College at Fredonia. Under the guidance of the two physicians, she is able to offer useful suggestions on how to handle difficult communication situations so that the effects of hearing impairment are reduced. She is highly trained to service or sell all types and sizes of hearing instruments, including digital and computer programmable aids.

So don't be embarrassed by missing out on conversations, or not being able to hear telephone conversations. Call our office today for an appointment for a hearing aid evaluation. Remember that hearing loss doesn't just happen to the elderly. Call today for an appointment at 432-4494 or 886-7224.

SUBSCRIBE TO

The Floyd County Times

CALL 886-8506



Katie Tackett, a driver for Sandy Valley Transportation Services, has her van ready to transport the citizens of the five-county area. (photo by Willie Elliott)

Sandy Valley Transportation wins top award in state

The Kentucky Transportation Cabinet has named the local community transit system, Sandy Valley Transportation Services (SVTS), the best in Kentucky.

"SVTS provides transit services for senior citizens centers, adult day care long-term care facilities, mental health services, housing authorities, family resource centers, educational sites, non-emergency medical, Kentucky TANF Program, Workforce Development, Department for the Blind and the public sector," said Sue Stivers, a Transportation Cabinet official in her speech announcing the award in Paducah last month.

She said the agency operates in a high unemployment area, with difficult terrain to travel and is required to make many long distance trips.

Stivers added the local operation has dedicated employees who care about their tasks at hand. "The agency requires employees to be part of a team, asking a lot of hard work and dedication beyond the paycheck," she said.

"Employees, be it drivers, schedulers, dispatchers, mechanics supervisor or director make the agency an outstanding one during critical times."

Stivers observed that the agency is cooperative and patient with the Cabinet on everything required.

SVTS employs professional transit drivers and contracts with private transportation providers. Each driver must meet these basic qualifications before driving: pre-employment drug test, conviction record search, driving history, Department of Transportation (DOT) physical exam and TB skin test.

Each driver receives defensive driving, passenger assistance and bloodborne pathogens training before being allowed to drive. The drivers are also trained in first-aid and CPR training within three months of employment.

Each vehicle is inspected by DOT each year and has the following

emergency and safety equipment: two-way radio, first-aid kit, fire extinguisher, spill kit, reflective triangles and a safety belt cutter.

Citizens of Floyd, Pike, Johnson, Magoffin and Martin counties can call SVTS at 1-800-444-RIDE for transportation or information about the agency.



Water on the way

This driver is all smiles as he digs a ditch to install water pipes, but he is not pleased nearly as much as the residents of Bill Hall Branch who will soon be able to tap on to city water. (photo by Willie Elliott)

Board

"Is there a record of whether this statement (in the minutes) was taken in the meeting?" Herman asked. "Is there a discrepancy between what was said in the meeting and what is on paper here?"

Marguerita Hampton, administrative assistant in the president's office, responded that she did not prepare the document. "I was given it to put in (the minutes)," she said.

Board member Jean Hale, sitting in for chairman Paul Gearheart, who was absent, asked that approval of the minutes be taken up in executive session.

Nearly four hours later, the board went into executive session for about 15 minutes. When they resumed the open meeting, the board's student representative Tom Underwood said he wished to rescind his original vote in favor of the resolution, taken in June. Board member Sammy Chaney also requested to rescind her affirmative vote.

The board, as a group, then voted to rescind the resolution supporting Floyd's leadership.

On a more positive note, the board members were receptive to the comments of Dr. Charles Stebbins, who was appointed interim president on July 1, regarding the formal search for a president.

Stebbins indicated that leaders of the Kentucky Community and Technical College System (KCTCS), of which PCC is a part, are interested in combining PCC,

Mayo Technical College in Paintsville, and the developing technical program in Pikeville.

He said system officials "would like to see us move as fast as possible to combine PCC and Mayo ... then select a president."

Concerning both the merger and the presidential search, he said, "It's not the kind of thing you want to rush. It's the kind of thing you want to get 'buy-in' for."

Stebbins said he has met with the Mayo board and with the advisory board of the planned Pikeville technology center, as well as with persons throughout the area who are interested in postsecondary education.

He said the plan is to put together a group of 10 people — five from PCC and five from Mayo — "to develop a strategy about how to bring together (the institutions) and identify ways to get them together and to cooperate."

He added he would like to see people at both PCC and Mayo "identify the kind of person they want as president." He said KCTCS will be "looking for someone who can manage a potentially combined entity."

Student representative Underwood said that at first he was opposed to the community colleges leaving the University of Kentucky and being a part of KCTCS, but that he has come to appreciate the concept, particularly as the system focuses on economic growth.

"With a merger (of PCC and Mayo), we can create more programs to specifically meet our needs," Underwood said. "I think the plan is ingenious to bring economic development."

Acting Chair Hale said it is "critical that we have the mechanism in place to develop the economy. This is a seamless process. I support the merger."

She added that the new role of the technical schools and the merger would help to dispel the stigma that has often been attached to vocational school programs. "We have created a process to eliminate these perceptions," she said.

She and other board members had high praise for Mayo programs.

Underwood made a motion to support the concept of "regionalism and for Dr. Stebbins to move the process forward in the presidential search." The motion was approved.

The board also OK'd the college's budget for 1999-2000. Stebbins said procedures were being implemented to make the budget process smoother and to have budgets approved before fiscal years begin.

A nominating committee was selected from among the members to select a slate of officers for the board. Dr. Rodney Handshoe will chair the committee of Herman, Chaney and current chairman Gearheart.

Over the past several years, the

(Continued from page one)

schedule for meetings has been irregular, and Stebbins suggested the establishment of a regular meeting date, to which board members agreed. Stebbins said his office will poll members to get their input on a schedule for quarterly meetings.

Other board members present at the meeting were Frank Salisbury, Bob Hutchison and member emeritus Robert Conley.

Office Space For Rent

Across from K.F.C.

1250 Square Feet


Contact Malcom Layne

478-1234

886-1234

**FAMOUS COLE
INDOOR
CIRCUS**

**FRI •
OCT. 22**



**NATIONAL GUARD ARMORY
IN PRESTONSBURG**

FREE TICKET FROM LOCAL MERCHANTS

SHOWTIMES: 6:00 & 8:00 PM

FEATURING: The Thrill of the High Perch & Aerial Artistry,
Illusory Mysteries, Clowns, Animals and Much More



Dr. Gerry DeJoya

Board Certified Internist
Subspecialty in Critical Care Medicine

Accepting New Patients
1.606.432.0174

OFFICE HOURS: Tues. - Fri. 10am - 5pm Sat. 9am - 1pm
Green Valley Rural Clinics • 108 Island Creek Road • Pikeville, KY 41502

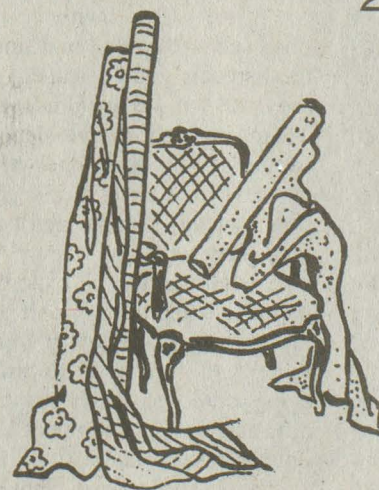
GRANDE FINALE

October Grand Opening

Full Service Decorating

Commercial & Residential

21 Years Experience



*Specializing in
window treatments
and accessories.*

Florals for All Occasions.

—Free Estimates—

We accommodate all budgets.

Located at Harold, Kentucky
(Next to WXLK and WPRG)

Teresa Frasure

606-478-2030

TAKE ADVANTAGE OF US.

- ✓ No Minimum monthly balance
- ✓ First 50 checks FREE
- ✓ Write up to 10 checks a month FREE
- ✓ No minimum opening balance when you sign up for direct deposit
- ✓ Qualify for Visa Classic or Check Card

VISIT ANY CONVENIENT LOCATION FOR DETAILS ABOUT

Advantage10™
CHECKING ACCOUNT



Citizens National Bank

The Bank for Your Life

Member FDIC

Floyd Co. (606) 886-4000 Johnson Co. (606) 789-4001 Magoffin Co. (606) 349-8800



FLOYD COUNTY
Sports

Serving Floyd County since 1927

**Nice weather
welcomes car buffs**

by Ed Taylor
Sports Editor

In the early morning hours Saturday, the fog was lingering as car enthusiasts arrived at the Firststar Bank parking lot in Martin in anticipation of the 12th annual Red, White and Blue Car Show. The sun started to break through and burn off the fog that blanketed the area and a large crowd started to gather early. Already the designated spots for the historic cars were being rapidly filled with car buffs from all over, on hand with cameras and video cameras to record the special day.

Car owners were busy as they did the final detailing before judging began. Many were mindful of the onlookers staring in amazement as the detail of the cars began to show.

One of the entries caught the eye of most of the car fans as they journeyed around the parking lot. Randy and Tina Amburgey's '88 Dodge Ram was an attention getter and most of the people took special note of the water bed (mattress) that lay in the back of the truck.

"I had a different kind of water bed back there, but it had seams and did not hold up too well," said Amburgey. "I called the company and they sent me a seamless one and it appears to be holding up better."

Amburgey said traveling on the Dodge caused the water bed

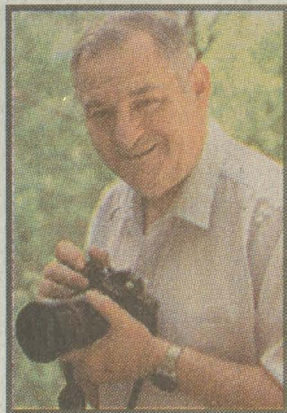
(See RAM, page six)



**RAM
TOUGH**

A Look At Sports

Post notes on Reds season



Now that we are into the pennant chase with the Braves and Mets, Red Sox and Yankees, I am pulling for the Red Sox in the American League and, gulp, Braves in the National. Then, I am hoping for a Boston win in the World Series. But, really, I could care less who wins what.

But looking back on the just-completed regular season, the Cincinnati Reds won the hearts of baseball fans all over again and proved that a small market team can compete for a title. It took 163 games (162 being the norm) before the Reds could be sent home.

However, it is important to take note that when the Reds and Mets faced off in playoff

action, it was a record crowd that witnessed the game. Nearly 55,000 filled Cinergy Field and that is a lot of souls.

Despite the 5-0, two-hit loss to the dreaded Mets, the Reds season tickets should sell well over the winter months. I still contend that Jack McKeon should have started Denny Neagle in the playoff game and gotten five or six good innings out of him.

But we can sit around and second guess the manager of all the teams. Look at them up at Cleveland.

No drastic changes in the Reds operations is expected this coming season. John Allen will continue to run the front office while General Manager Jim Bowden retains his position and could very well be the GM of the Year in Major League baseball.

The only question in management is the field boss. Will Jack McKeon be brought back? I have never been a big McKeon fan until he took over the Reds and turned things around. I think he has done an exceptional job and should be hired back for another stint.

It will be interesting, after the World Series ends, what changes will be brought to the Reds team, if any. Again, the task of bringing back Juan Guzman and Greg Vaughn will be the biggest task. Vaughn has indicated he might just move on to a bigger market because he is a free agent. Guzman, also a free agent, has hinted he wants to remain with the Reds.

What made the 1999 season, the last of the millennium, a success? Well, I think you would have to go back and look at the young players the Reds put on the field. Their quick development, under McKeon, I

(See Sports, page six)



ALLEN CENTRAL QUARTERBACK BRANDON SIZEMORE (23) handed off the football against South Floyd last Friday night in the Red, White and Blue Bowl. The Raiders won a 40-21 decision over the Rebels. (photo by Ed Taylor)

**Bragging rights go
to South Floyd**

**Bryant, Tackett, Platkus
lead Raider onslaught**

by Ed Taylor
Sports Editor

Bragging rights to the 13th annual Red, White and Blue Bowl remain with the South Floyd Raiders as they won easily over a gamled Allen Central team that suffered a 40-21 defeat on Senior Night at the Don Daniels Athletic Complex Friday night.

In a game that could have been much worse than it was, South Floyd coach Donnie Daniels pulled his starting unit at the onset of the second half and played his reserves in a game where only a second half run by the Rebels kept it respectable.

South Floyd's balanced attack was more than Allen Central could handle, and it happened

early behind the trio of B.J. Bryant, Matt Tackett and Joe Platkus.

Bryant rushed for 133 yards and scored three touchdowns in the first two quarters and watched from the sidelines the second half. Tackett totaled 105 yards on the ground in two quarters of play and joined Bryant on the bench.

Platkus scored a touchdown and a conversion in rushing for 67 yards in the first two periods.

Allen Central speedster Mark Dunfee was held to just 14 yards in the first half as he could not find any holes in the Raiders' front line. Going outside, he was met with a lot of resistance from the defensive ends.

But in the second half, Dunfee

(See Bragging, page four)

**Prestonsburg pulls
Pike Central feathers**

by Karen Joseph
Sports Writer

It was a gorgeous night for football Friday night when the Prestonsburg Blackcats took on the Pike County Central Hawks.

Prestonsburg was coming off a big district loss to Belfry. The Hawks were coming off a big district loss to Sheldon Clark. So both teams were hungry for the win.

Both teams played good defense, but the offense of Prestonsburg broke through the line to score three times and give the Blackcats the win.

Hank Mullins had a good night for the Blackcats. He scored one touchdown and carried the ball nine times for a total of 25 yards.

Jeremy Caudill had another impressive game for the Blackcats, scoring a touchdown and carrying the ball seven times for a total of 70 yards. Matt Slone caught an interception to score the other touchdown for the Blackcats on a 41-yard run.

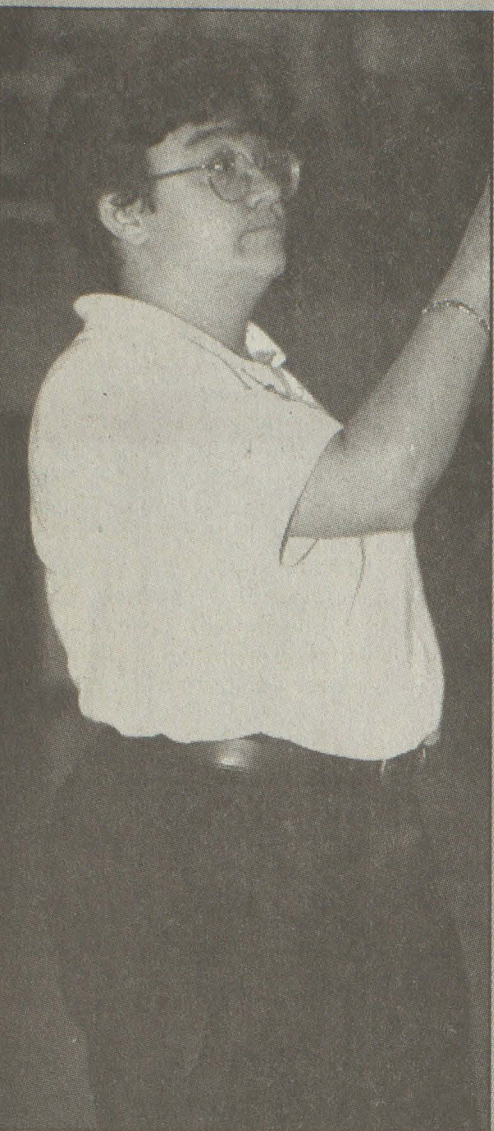
Seth Crisp carried the ball nine times for 25 yards, and Austin Clark carried the ball three times for a total of 18 yards.

(See Feathers, page three)



Prestonsburg's Seth Crisp (2) carries the ball for the Blackcats in the game on Friday night against the Pike County Hawks. The Blackcats improved their record to 3-1 in district play. (photo by Karen Joseph)

Profile...



Jennifer West has given much of her time in coaching the Adams Middle School girls basketball team. Her dedication to the program has made the school one of the top girls programs in middle school basketball this year. A big sports salute to Coach West.

Adams Middle School Coach

NASCAR

UAW-GM 500 CONCORD, N.C. (AP) - Results Monday of the UAW-GM Quality 500 NASCAR Winston Cup Series race at Lowe's Motor Speedway with finishing position, starting position in parentheses, driver, type of car, laps completed, reason out (if any):

- 1. (22) Jeff Gordon, Chevrolet, 334
- 2. (1) Bobby Labonte, Pontiac, 334
- 3. (12) Mike Skinner, Chevrolet, 334
- 4. (4) Mark Martin, Ford, 334
- 5. (6) Ward Burton, Pontiac, 334
- 6. (20) Jeremy Mayfield, Ford, 334
- 7. (9) Dale Jarrett, Ford, 334
- 8. (2) Rusty Wallace, Ford, 334
- 9. (18) Kevin Lepage, Ford, 334
- 10. (14) Steve Park, Chevrolet, 334
- 11. (29) Bill Elliott, Ford, 332
- 12. (17) Dale Earnhardt, Chevrolet, 332
- 13. (26) Joe Nemechek, Chevrolet, 332
- 14. (23) Michael Waltrip, Chevrolet, 332
- 15. (34) Kenny Irwin, Ford, 332
- 16. (39) Johnny Benson, Ford, 332
- 17. (3) John Andretti, Pontiac, 332
- 18. (33) Chad Little, Ford, 331
- 19. (5) Tony Stewart, Pontiac, 331
- 20. (19) Geoffrey Bodine, Chevrolet, 331
- 21. (13) Terry Labonte, Chevrolet, 331
- 22. (15) Bobby Hamilton, Chevrolet, 330
- 23. (35) Ken Schrader, Chevrolet, 330
- 24. (43) Robert Pressley, Ford, 330
- 25. (8) Rick Mast, Ford, 330
- 26. (40) Elliott Sadler, Ford, 329
- 27. (30) Brett Bodine, Ford, 329
- 28. (7) Jimmy Spencer, Ford, 329
- 29. (31) Sterling Marlin, Chevrolet, 329
- 30. (11) Kenny Wallace, Chevrolet, 329
- 31. (16) Ted Musgrave, Ford, 329
- 32. (41) Kyle Petty, Pontiac, 329
- 33. (38) Wally Dallenbach Jr., Chevrolet, 329
- 34. (10) Jerry Nadeau, Pontiac, 328
- 35. (24) Derrick Cope, Ford, 328
- 36. (25) Todd Bodine, Pontiac, 327
- 37. (37) Jeff Burton, Ford, 306, vibration
- 38. (21) Ricky Rudd, Ford, 278
- 39. (42) Rich Bickle, Ford, 263, electrical
- 40. (27) Matt Kenseth, Ford, 231, crash
- 41. (36) Dick Trickle, Chevrolet, 2, 29, oil leak
- 42. (32) David Green, Pontiac, 162, engine
- 43. (28) Ricky Craven, Chevrolet, 143

LAP LEADERS:

Rusty Wallace 1-13, Bobby Labonte 14-19, Rich Bickle 20, Ward Burton 21-23, Labonte 24-25, Wallace 26-30, Mark Martin 31-88, Mike Skinner 89, Bobby Hamilton 90, Dale Jarrett 91-122, Labonte 123-154, Jarrett 155, Skinner 156-157, Kenny Irwin 158-159, Labonte 160-204, Jeff Gordon 205-207, Skinner 208-269, Martin 270, Gordon 271-275, Labonte 276-326, Gordon 327-334.

NEWS AND NOTES

UAW-GM 500 NOTEBOOK: Race passes without any security problems (AP) - There was a heavy security presence for the UAW-GM Quality 500 on Monday in response to the possibility of terrorism, but no bomb threats were called in and no problems were reported. Federal, state and local law-enforcement agencies had increased their presence at Lowe's Motor Speedway near Charlotte in the days leading up to the race because of recent bomb-related problems associated with the company that owns the track's naming rights, Lowe's Home Improvement Warehouses Inc. Authorities are investigating the possibility that two bombings at Lowe's stores last month and a bomb threat called into the speedway last week were the work of someone who feels the company failed to adequately help victims of a May 1 crash at the speedway. Three people were killed and eight others were injured when debris from a crash flew into the stands during an Indy Racing League event. Security officers were grouped at the speedway's gates Monday morning, asking questions and inspecting packages as the estimated 90,000 spectators filed into the track. In addition, federal agents using bomb-sniffing dogs combed the spectator areas, including the luxury suites overlooking the frontstretch, before the speedway opened its gates.

PIT-ROAD PASS:

Race winner Jeff Gordon appeared to cut off Mike Skinner as the two drivers went down pit road on their final round of green-flag stops with 74 laps remaining. Skinner, leading at the time, had to wait to turn into his pit stall until Gordon went by him on

the left. Skinner, who wound up third, later questioned whether it was legal for Gordon to pass him on the left on pit road. Skinner was quick to add, however, that the question should not overshadow Gordon's victory. "I doubt if it was the difference in winning the race or not," Skinner said. NASCAR officials said there were no written rules governing Gordon's pit-road move. "That's something that they'll have to settle between themselves," said Tim Sullivan, a spokesman for the sanctioning body. "Neither of them was speeding on pit road, thus no penalty was handed out."

WATER WARS: The Charlotte area was hit with more than 3 inches of rain Sunday, and when it finally ended shortly after daybreak Monday, it didn't necessarily mean the end of the water on the track. While four trucks equipped with jet engine-powered air blowers circled the racing surface to dry it off, two problem areas appeared. Water kept coming over the top of the concrete retaining wall and spilling down the banking near the exits of the second and fourth turns. Crews used concrete saws to cut thin grooves running down the banking of the track to channel away the water, a tactic that appeared to suffice in the fourth turn. In the second turn, however, they had to take the additional measures of stacking sand bags atop the retaining wall and using a backhoe to try to dig out the area behind the wall.

UNFAMILIAR SIGHT: A big cheer broke out in the grandstand at 9:41 a.m., even though there were no cars on the track and the garage area was still relatively quiet. The reason for the celebration? The sun cracked through the clouds for the first time since Saturday.

WILD RIDE: Matt Kenseth's first Winston Cup start at Charlotte was a memorable one — for the wrong reasons. Eighteen laps into the race, Kenseth was tapped in the rear by Bill Elliott as the two came out of the fourth turn. The contact sent Kenseth into a long slide that took him through the infield grass and then back onto the track, where several cars had to take evasive action at high speeds to avoid him. Kenseth fought to stay on the lead lap before hitting the fourth-turn wall on lap 221, effectively ending his day. He parked it a few minutes later and wound up 40th in the 43-car field, 103 laps off Gordon's winning pace.

LAUNCH SCRUBBED: The rain washed out several pre-race activities, including the featured stunt: an attempt by a driver to jump over a row of 500 Harley-Davidson motorcycles.

BY THE NUMBERS: Three drivers have won eight of the last 11 Winston Cup races at Charlotte. Gordon has won four times, Dale Jarrett has won three and Mark Martin has won twice. Ward Burton wound up fifth, meaning he has finished eighth or better, including a second last year, in the last five fall races at Charlotte. John Andretti came in 17th, two laps down, representing a considerable improvement over his recent performances. Andretti had finished 41st or worse in the last three races. Gordon began the race from the 22nd spot on the grid, tying him for the worst starting spot by the winner of Charlotte's fall race. Dale Jarrett won the 1994 race after also starting 22nd.

Bowling News

MIXED BOWLING LEAGUE		
Team	Won	Lost
Randy's Customs	19	5
Noelle Trucking	17	7
Pin Zone	14	10
R&R	13	11
Lucky Strikes	13	11
The Unpredictables	13	11
Mine Rite	12	12
Alley Cats	11.5	12.5
MRC Materials	11	13
FCF	9	15
TMC Printing	6.5	17.5

HIGH SCRATCH GAME, TEAM		
Team	Won	Lost
Pin Zone	8	47

SportsBoard

Alley Cats	819
Randy's Customs	745

HIGH SCRATCH SERIES, TEAM

Pin Zone	2323
Alley Cats	2260
Randy's Customs	2191

HIGH HANDICAP GAME, TEAM

Alley Cats	911
Pin Zone	902
Randy's Custom	871

HIGH HANDICAP SERIES, TEAM

Randy's Custom	2570
Alley Cats	2536
Pin Zone	2488

TUESDAY NIGHT MEN'S LEAGUE

Team	Won	Lost
J&S Battery	18	8
Mine Rite	17	7
Good Ole Boys	16	8
Storm Hollow Five	15.5	8.5
Martin Dairy Queen	13	11
D & S	13	11
MTS	12	12
Poe's Torch	11.5	12.5
X-treme Bowling	11	13
R/S Body	11	13
Music Carter Hughes	10	14
Holiday Inn	10	14
Pin Zone	8	16

HIGH SCRATCH GAME, TEAM

Pin Zone	960
J & S Battery	914
Good Ole Boys	878

HIGH SCRATCH SERIES, TEAM

Pin Zone	2851
J & S Battery	2634
Good Old Boys	2554

HIGH HANDICAP GAME, TEAM

Pin Zone	1052
J&S Battery	1035
R/S Body	1030

HIGH HANDICAP SERIES, TEAM

J&S Battery	2997
Pin Zone	2927
Poe's Torch	2888

HIGH SCRATCH GAME INDIVIDUAL

Larry Webb	265
James Slone	243
John Hurd	232

HIGH SCRATCH SERIES, INDIVIDUAL

Larry Webb	716
James Slone	634
John Hurd	631

HIGH HANDICAP GAME, INDIVIDUAL

Larry Webb	285
James Slone	243
Tim Hall	249

HIGH HANDICAP SERIES

Larry Webb	776
Tim Hall	714
Roger Hughes	680

STRIKE FORCE BOWLING LEAGUE

Team	Won	Lost
Hee Haw Girls	18	6
Ky Oil & Refining	16	8
The Haircutters	14	10
Ebony & Ivory	13	11
R. B. & Williams	13	11
Mine Rite	12	12
Pin Zone Girls	11	13
Inez Physical Therapy	9	15
Ky. Housebuilders	8	16
Ousley's Construction	3	21

HIGH SCRATCH GAME, TEAM

Hee Haw Girls	898
Ky. Oil & Refining	845
Pin Zone Girls	829

HIGH SCRATCH SERIES, TEAM

Ky. Oil & Refining	2463
Pin Zone Girls	2452
Hee Haw Girls	2448

HIGH HANDICAP GAME, TEAM

Hee Haw Girls	1096
Ky. Oil & Refining	1029
Ousley's Construction	1016

HIGH HANDICAP SERIES, TEAM

Hee Haw Girls	3048
Ky. Oil & Refining	3015
Pin Zone Girls	2929

HIGH SCRATCH GAME, INDIVIDUAL

Kathy Clark	233
Barb Roop	209
Rhonda West	205

HIGH SCRATCH SERIES, INDIVIDUAL

Kathy Clark	572
Barb Roop	541
Rudell Preston	537

HIGH HANDICAP GAME, INDIVIDUAL

Kathy Clark	255
Nellie Goble	248
Carolyn Moore	243

HIGH HANDICAP SERIES, INDIVIDUAL

Nellie Goble	648
Kathy Clark	638
Karen Howard	636

Wildcats leave Bobcats in the valley

by Michelle Fowler
Sports Writer

Shelby Valley Wildcats were victorious with a 55-point lead over Betsy Lane Bobcats Friday night at the Pike County stadium.

The evening started on a sentimental note when Shelby Valley High School's Seniors Night included a special tribute in honor of former Wildcat player, the late Brandon Nunemaker.

With no wins to date for Betsy Layne's Bobcats, they started the game with youthful enthusiasm and pro-ball determination. Yet, even with this winning perspective, Shelby Valley dominated the ball all through the first quarter which ended with a 14-0 home team lead.

It wasn't until the second quarter when the Bobcats took over the ball on the 31-yard line that foot-stomping cheers could be heard from the dedicated Bobcat fans, who turned delirious when Bobcat #85, Adam Collins, scored Betsy Layne's lone touchdown.

With the Wildcats also scoring a touchdown in the second quarter, Shelby Valley continued to lead the way by going into the third quarter with a 20-6 score.

Action abounded in the third quarter when the Bobcats made an outstanding effort for points and when an official time out was called after Bobcat player Chris Combs suffered minor injuries.

The Wildcats, even with a five-yard penalty for a false start, succeeded in acquiring four touchdowns and two conversions, keeping them in the lead with 48 points to the Bobcats' six points.

Dusty Hall stole the show when, in the beginning of the fourth quarter, he became a Shelby Valley High School record holder by rushing a total of 1,475 yards in a single season (surpassing the record set in 1990 with a rushing total of 1,471 yards).

The fourth quarter saw another touchdown and more penalties on the Wildcats for a personal foul and illegal procedure.

The game ended in Shelby Valley's eighth straight win for the season with a final score of 61-6.

Pikeville College Notes:

Cross Country team gets first win

Having three of the top four finishers and five of the top 10, the men's cross-country team from Pikeville College got its first win of the season.

The victory came in the Homecoming run at Alice Lloyd College and marked the second consecutive season the Bears have won the event. The women's cross-country team placed third in the same event.

Phillip Mosley, a junior from Hazard, was the overall winner of the event, coming in at 26:30. Maysville senior Clay Boone, who also plays tennis at the college, was eighth at 30:02.

Jason Chaney, a freshman from Robinson Creek, was 10th at 33:47, Brent Layne, a junior from Phelps finished 16th with a time of 40:00.

"I'm really proud of this group," said Coach John Biery. "They've worked hard and done a lot of things to help themselves be successful. They realize it's worth the price you pay to be a success."

On the women's front, Lori Burke, a senior from St. Paul, Virginia, was sixth with a time of 22:12. Chrystal McClure, a freshman from Stanton, was 10th at 22:50. She finished just ahead of teammate Diana Bowman at 23:25 and Candice Adkins at 23:35, who were 11th and 12th respectively.

Crystal Robinson, a freshman from Pikeville, was 16th at 27:45.

Sports Briefs...

Baseball

News and Notes

The Boston Red Sox looked as if they were trying to stamp out 81 years of October failure, all in one night. In the most lopsided postseason victory ever, the Red Sox beat the Cleveland Indians, 23-7, Sunday night, setting a record for runs to force a deciding fifth game in the first-round AL playoff series.

John Valentin had two homers and seven RBIs as Boston broke the record for postseason runs set when Lou Gehrig and Joe DiMaggio led the Yankees to an 18-4 victory over the New York Giants in Game 2 of the 1936 World Series.

Mike Stanley had five hits and Valentin and Jason Varitek each had four of Boston's 24 hits — another postseason record. "It was embarrassing. It was humiliating," Indians catcher Sandy Alomar said. "But the good part about it is that none of those runs mean anything tomorrow."

Game 5 is scheduled for Monday night at Jacobs Field.

Garcia Parra late addition to Boston lineup

Nomar Garcia Parra apparently made it through Sunday night's 23-7 Boston win in good enough condition to play again in Monday night's fifth and decisive game in Cleveland.

"He didn't suffer any setbacks," manager Jimmy Williams said, after the Red Sox evened the best-of-5 division series, 2-2. "I think he's OK."

When Williams arrived at Fenway Park before the game, he left Garcia Parra, who is nursing a bruised right wrist, out of his starting lineup. Then Garcia Parra showed up, tested his wrist and decided he could play against Cleveland, after all. So Williams wasted little time making room in his lineup for the AL batting champion.

Williams put Garcia Parra at shortstop and removed backup Lou Merloni, who was due to bat sixth. Garcia Parra, batting cleanup, went 1-for-3 before Merloni pinch-hit for him in the sixth with Boston leading 18-6.

Valentine: Braves don't respect Mets

Nine days ago, after going 5-1 against New York over the final two weeks, the Braves declared the Mets finished, two games out of the wild-card lead with three to play.

"This is the next-best thing to winning the World Series," said Braves third

baseman Chipper Jones, annoyed by taunts from the Shea Stadium fans. "I told them to go home and put their Yankees' stuff on."

That remark has stuck in the minds of many Mets players and fans. "It was a pretty mature statement," Valentine said sarcastically Sunday, "and an incorrect one — we're not dead yet. I don't think it was lack of understanding. I think he was very confident he wasn't going to have to deal with them again this year. Guess what? He's going to have to deal with them this year."

New York advanced to its first NLCS in 11 years by beating Arizona 4-3 in 10 innings Saturday, winning the best-of-5 series in four games.

Court papers show Yankees' Hernandez older

Those who were planning to wish New York Yankees pitcher Orlando Hernandez a happy 30th birthday this week may be too late — by four years. Hernandez, whose nickname is "El Duque," has said he was born on October 11, 1969.

But court documents filed in Havana in connection with his divorce say he was born in 1965, New York magazine reports in its Oct. 18 issue, on newsstands Monday. That would mean Hernandez turns 34 Monday.

The divorce decree was filed in February 1997. A copy of the decree and an English translation recently came to light as part of a child-support case brought by Hernandez's ex-wife, Norma. The couple's 7-1/2-year marriage ended 10 months before Hernandez fled Cuba in December 1997. Hernandez has acknowledged the legitimacy of the decree in court papers filed in Miami. He was 17-9 with a 4.12 ERA this season with the Yankees.

Mets' Benitez to be fined

Armando Benitez, who nearly blew Game 4 of the NL playoffs for the New York Mets, will be fined for showing up only a half-hour before game time. "You don't come late without a fine," Mets manager Bobby Valentine said Sunday, a day after the Mets completed their first-round series win over Arizona. "There will be a fine, and we'll handle that internally."

Meanwhile, Valentine and general manager Steve Phillips did not know if third base coach Cookie Rojas would be fined for his altercation with left field umpire Charlie Williams in the bottom of the eighth Saturday.

After he was ejected, the coach gave Williams a two-handed push and needed several Mets to restrain him.

NL president Len Coleman plans to review videotape of the argument.

This Date In Baseball

1913 - Eddie Plank tossed a two-hitter against the New York Giants to give the Philadelphia Athletics a 3-1 victory and the World Series in five games.

1943 - New York's Spud Chandler shut out the St. Louis Cardinals 2-0 as the Yankees won the World Series in five games. Chandler gave up 10 hits and stranded 11 runners.

1967 - Rico Petrocelli's two home runs led the Boston Red Sox in an 8-4 triumph over the St. Louis Cardinals and forced a seventh game in the World Series.

1972 - Bob Moose's wild pitch in the ninth inning allowed George Foster to score the winning run as the Cincinnati Reds beat the Pittsburgh Pirates 4-3 and captured the NLCS in the fifth game.

1985 - George Brett's four hits, including two homers, led the Kansas City Royals to 6-5 comeback victory over the Toronto Blue Jays in the third game of the ALCS.



Quarterback Brandt Brooks fights against the forces of gravity and Wildcats, both of which got the better of him in Friday night's game between Shelby Valley and Betsy Layne.

Feathers

(Continued from page one)

The Hawks were on the verge of scoring several times, but the defense of the Blackcats held them. This Blackcats defensive line was really tough and the line was without the services of Dusty Scott, who got hurt in the game against Belfry.

Pike Central kicked the ball to the Blackcats to start the game. Matt Slone received the ball for the Blackcats. The Blackcats were unsuccessful in moving the ball and had to punt back to the Hawks.

The story was pretty much the same for the Hawks. They failed to get anything going and had to punt back to the Blackcats.

The entire first quarter went this way. Each team would have four downs and then give it back to the other team.

Then at the beginning of the second quarter, Pike Central had

the ball on Prestonsburg's 34-yard line. They got the first first-down of the game and moved the ball down to the 11-yard line, but the defense of the Blackcats held the Hawks, and they were forced to attempt a field goal.

The 18-yard field goal was no good and still no score.

On the next Prestonsburg possession, they would move the ball down the field on seven downs to score their first touchdown. Quarterback Austin Clark completed a 15-yard pass to Chris Spriggs for the first down.

Seth Crisp carried the ball three times and a personal foul was called on the Hawks to give the Blackcats three first downs and put them on the Hawks four-yard line.

Quarterback Clark handed the ball to Hank Mullins and Mullins ran the ball in for the Blackcats

first touchdown. Clark ran the ball in for the extra point giving the Blackcats an 8-0 lead with 6:30 remaining in the first half.

The rest of the second quarter went pretty much like the first quarter. The Blackcats scored another touchdown on a huge interception by Matt Slone, who ran the ball for 41 yards to score another touchdown for the Blackcats.

Hank Mullins ran the ball in for the extra point to give the Blackcats the lead at 14-0 with 24 seconds remaining in the first half.

The Hawks got one play off before the horn blew, but the Blackcats went into the locker room at half-time with the 14-0 lead.

The Hawks came out in the second half ready to play ball. On their first possession, they moved

the ball down the field and were threatening again to score.

They had three first downs in this series and had the ball on the Blackcats 29-yard line when the defense of the Blackcats held the Hawks once again, and the Blackcats took over on a loss of downs.

The Blackcats moved the ball down the field extremely well on this series of plays. They had three first downs.

Jeremy Caudill carried the ball five times for a total of 28 yards in the series. Prestonsburg had the ball on the one-yard line when the third quarter ended. The ball was moved to the other end of the field to start the fourth and final quarter.

It was fourth down for the Blackcats when Quarterback Clark handed the ball to Jeremy Caudill and the big 6'3", 292-lb.

senior plowed his way through the defensive line of the Hawks to get across the line.

It was a controversial call. There were about 15 players piled on Caudill, and the referee was in the pile, too. Before everything was cleared, one official pointed to Pike Central's side indicating that Caudill did not cross the line.

But when the official who was on the pile got up, he signaled a Blackcat touchdown. To no one's surprise, the Pike Central coach and fans became very upset.

After the commotion calmed down, Caudill attempted to run the ball in, only to be stopped by the Hawks. With 11:48 remaining in the game, the score was 22-0 in favor of the Blackcats. The Hawks had the ball on the 14-yard line, but again the Blackcats' defense held the Hawks, and the Blackcats took over on a loss of downs.

With 5:29 remaining in the game, the Hawks got the ball back and on a 12-yard pass from Pike Central's quarterback Justin McCurry to Josh Elswick, the Hawks scored their only touchdown.

On a pass attempt from McCurry for the extra point, Prestonsburg's Chris Spriggs intercepted the ball, making the score 22-6, Blackcats. The Blackcats ran the time out, and the final score was 22-6.

This was a much-needed win for the Blackcats, who are now 3-5 overall and 3-1 in the district and are just about sure of a playoff game.

Prestonsburg will host the undefeated Wildcats from Shelby Valley next week in another big district game. Pike Central will have the week off.



THE ADAMS MIDDLE SCHOOL FOOTBALL team was all smiles after they defeated a good Parkersville Middle School team in the Jenny Wiley Festival Bowl at the Prestonsburg stadium.

Karen's Korner

by Karen Joseph
Sports Writer

Volleyball season is finishing up this week. Two teams from Floyd County will compete in the regional tournament in Whitesburg. Allen Central and Prestonsburg will represent the county in the tournament. Good Luck to both teams.

I have covered several volleyball games this season, and I have really enjoyed it. Volleyball is a growing sport in this region. It is really catching on.

One of the best programs I have seen in the region is at Belfry. James Runyon does an excellent job coaching these girls.

Basketball practice starts tonight, thank goodness. I really enjoy basketball. Hopefully, Floyd County will have a better basketball season than it has had in football. It has been a rough season for Floyd County in football, with the exception of South Floyd.

Grade school basketball is not far off. Some girls' teams are playing now in the middle school schedule. I look forward to covering grade school basketball.

And speaking of covering, I would like to say that I try to include every child that I can in sports. I would never intentionally hurt any child. I think that every child is special, and if I could I would put every child in Floyd County in the paper, but as everyone should know, I cannot do this.

I think that all children who participate in organizations should be included in the paper at some time. Everyone deserves recognition for the things that he/she do. And I think that all children, not just ball players, but also cheerleaders, band members, dance team members and even children who just help with the sports deserve recognition.

So I may not get to get your picture in the paper, but always remember that I think that all children are special and there are people who recognize the things that you do.

Getting back to volleyball, this is one sport where sportsmanship shows. The games are quiet; there are just 12 girls on the floor and everyone is watching, so the players have to be good sports. This is wonderful, because it teaches children to control their mouths and actions. It is also good for coaches.

I cover high school football games every Friday night and always enjoy seeing former football players coming back to watch their alma mater play. Last week at Prestonsburg, I was talking to former Blackcat player, Kalen Harris. Kalen is enjoying his first year at the University of Kentucky. Kalen is a great kid.

I also noticed John Ortega at the Prestonsburg game last week. When I attend Betsy Layne games, I always see former Bobcats like James Akers, Wes Collins, and Brad Kimbler at the games.

I talked with former Betsy Layne football player, Jackie Bush. Jackie is in the military and is home on leave.

I enjoy watching these guys on the sidelines. They seem to have a hard time standing there, because they want to play so badly to help out their teams.

Until next week, be good to all children.

From the Tackle Box

by Jim Lyon

As I was having my first cup of coffee Monday morning, I decided it would be a perfect day to go fishing. (Any day is a perfect fishing day.)

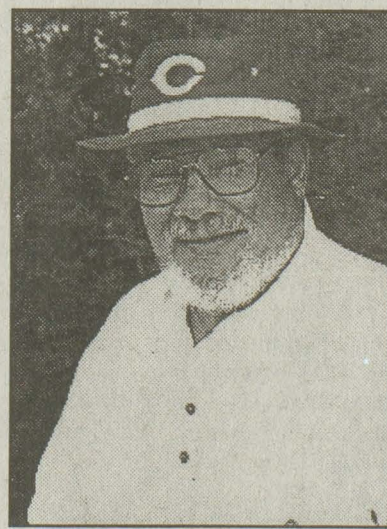
It was cloudy and threatened to rain at any time. I loaded my boat and set out for Dewey Lake. I just knew this was the day I would catch that big hog that had been escaping my hook for many years. It wasn't long after I launched that I noticed the usual seasonal obstacles that occur every year in all eastern Kentucky lakes that are surrounded by trees.

Leaves had begun to fall from the trees, and the water was covered in some areas around the bank. I decided to spend some time trolling at different depths and just maybe I would find a striper that was just awaiting my arrival.

I began to pull a deep running shad lure about 20 yards behind my boat. I noticed gradual pressure on my rod and my lure suddenly surfaced. Leaves had lodged on my line and traveled down the line to the lure.

Pine needles are especially

noted for this. It is helpful, when trolling in areas where leaves or pine needles are floating on the water, to place your rod tip under the water about six inches. Leaves and pine needles will accumulate on your rod tip, and are easy to shake off. This will prevent them from traveling down the line to the lure.



Even with some added difficulties, fishing this time of the year is great. The lake is not as crowded as in the summer months, when the water is warm.

A lot of anglers also like to hunt and will be absent from the lake during the large game hunting season. The pleasure boaters and water skiers are not as numerous, so the lake is quiet and tranquil.

The ducks, kingfisher birds and blue herons are getting in the last catch of the season. Squirrels are rustling in the leaves, gathering acorns along the lake's shore line, and the sounds of wild life seem to be amplified.

There is something about the smell of fallen leaves, the crispness of the air and the blue of a fall sky that makes it seem to be a perfect day, even if you may have a few problems.

There's more to the joy of fishing than what gets caught on the hook.

In the afternoon I noticed several fish rising to feed near the bank and some were several feet off shore on schools of shad. At times I get caught up, enjoying all the activity on the lake and forget to cast.

I have always preferred fall fishing. Fish are becoming more active as the water cools. The water temperature at Dewey, Thursday, was about four degrees cooler than last week. It is approaching 68 degrees; the water is still below pool stage, clear but rising.

I prefer using top water crank baits which are well suited for this time of year. I have success with a sputter bug. It is one of the smaller top water lures with a lot of action. I usually position my boat about 10 to 15 yards from the bank and cast toward overhanging trees, rocks and submerged stumps at the water's edge.

Another bait that works well is a purple worm. I have used a Texas Rigged worm with an eight-ounce weight with success, casting then retrieving with short jerks, not letting it sink more than three to five feet. I caught a few largemouth bass Monday.

However, I think bass fishing will be much better next week as the water continues to cool. You may have to put on some additional clothing to combat the air off the lake, especially in early morning hours and in the late afternoon. But it will be worth it.

Remember, when you are in a boat, wearing heavy clothing, to utilize your floatation device. If you should fall into the water, heavy, water-logged clothing will hinder your ability to swim or float. Heavy clothing may also make moving in the boat more difficult.

Be sure to exercise caution and good safety procedures. Enjoy your day at the fishing hole!



A New Doctor in Eastern Kentucky
Dr. German DeJoya, M.D.
Intensive Care/Critical Care Medicine

"I look forward to serving you and becoming a contributing member of your community."

Dr. DeJoya, M.D. joins the medical community of Pikeville as a Board Certified Internist, with a sub specialty in Critical Care. He is the only Intensivist (Intensive Care Specialist) in Eastern Kentucky. He has decided to move his Phelps, Kentucky practice, where he has worked for the past two years, to Pikeville. His office will be located in the Island Creek Medical Bldg. at the mouth of Island Creek Road.

Dr. DeJoya received his M.D. from the University of the East Medical School in Manila, Philippines. He then completed a three year residency in internal medicine at the Muhlenberg Medical Center in Plainfield, New Jersey followed by a two year fellowship in intensive and critical care medicine at the University of Pittsburgh Medical Center.

On staff at the Pikeville Methodist Hospital, Dr. DeJoya has full admitting privileges. Critically ill patients can now be confidently cared for locally.

Dr. DeJoya, along with his wife and two children, have been residents of Pikeville for the past two years. Our community is very fortunate to have a highly trained specialist with Dr. DeJoya's qualifications.

Beginning October 19th

OFFICE HOURS:
Tuesday - Friday 10am - 5pm
Saturdays 9am - 1pm

1.606.432.0174
or Toll Free 1.800.852.0171

Green Valley Rural Clinics, L.L.C.
Accepting New Patients
108 Island Creek Road - Pikeville, KY 41502

Call for an appointment today!

Attention:

YEAR 2000 State Group Health Insurance Participants

We might be able to save you Money on your
****Dependent Coverage****

COVER YOUR FAMILY WITH... **The Card!**

Anthem.
Independent licensee of the Blue Cross and Blue Shield Association.
© Registered marks Blue Cross and Blue Shield Association.



Darrell L. Patton Insurance
3010 South Lake Drive
Prestonsburg, KY 41653

Independent Authorized Agent in Kentucky for Anthem Blue Cross and Blue Shield.
Call 866-9588 for Rates

Bentley's Comments

Reed out of line

Notes between delayed flights:

• It's been a while since an old man caused a stir to match that made last week by William F. Reed, who goes by Billy when he wants to be one of us and the full name when he pretends he's never been east of Lexington.

But last Friday was such a day for Mr. Reed, who got "his paper" back to a certain extent, if only for a weekend.

Billy Reed is a sports columnist for the Lexington newspaper, which likes eastern Kentucky because it's someone to pick on the six weeks a year it considers horse racing out of season. He should have retired long ago, and when people talk these days about must-reads in his paper, they're talking about my friends Chuck Culpepper (Wednesday notes) or Mike Fields (on Friday).

But last week, just hours before Kentucky's decidedly mediocre football team played in Columbia, South Carolina, Reed decided to stir the pot a bit and incite the

riot, saying the Southeastern Conference should give the Gamecocks the boot.

His reasoning was the most blatant example of short-sightedness of the national media we've seen in a while, which is quite a statement: They aren't good at football. They aren't good at men's basketball. Therefore, we have no use for them.

He didn't hint at those reasons, he took great pains in spelling them out. Now, I'm going to admit to a lack of knowledge of the USC athletic department, but for all we know they could be solid in sports such as cross country, softball, track and field and the like.

But they can't play football — they currently own the nation's longest losing streak — or men's basketball, so it's a bad deal.

• The oldest saying in baseball, the one about good pitching stopping good hitting, is always true. Atlanta is spending yet another October proving it.

Greg Maddux was dominant Tuesday night in Game One of the Atlanta League Championship Celebration. Uh, I'm sorry, that's the National League Championship Series.

Wednesday afternoon, it was Kevin Millwood, who has used the 1999 post-season as his own personal com-

ing-out party, dedicated to those who pay no attention to summers in Atlanta. Millwood is, according to some, the top pitcher in the National League already, and has done nothing to disprove that in the last couple of weeks.

Friday night, it was Tom Glavine working his magic, out-dueling New York lefty Al Leiter. I'm not much of a fan of the Mets, but I'll say this, I'd like to see Atlanta or Cincinnati get Leiter. He's solid.

And then there's the hard-throwing favorite of New Yorkers everywhere, John Rocker. From the small town of Statesboro, Georgia, Rocker spent a good part of the last couple of weeks of the regular season bar-mouthing the Mets and now is spending this week trying to be a one-man eliminating crew.

Fortunately for Braves fans, this has been the rare post-season that opposing pitching hasn't stopped the mighty Atlanta offense, which has been another rite of October passage in the 1990s. The annual collapse of the bat rack hasn't taken place to this point, as the offense has proving itself time and again.

For those who favor the Braves, or simply detest New York, that's great news.

• One thing I didn't particularly like was NBC's

positioning reporters in the respective dugouts.

Some places have to be sacred, and says here, that's one of them. But Tuesday night New York's Masato Yoshii threw something of a temper tantrum after being removed from the game, NBC's Craig Sager was telling a nation of it before it had even ended.

Sorry, but some things we don't need to know. Normally, I think no one does it better than NBC, especially with Bob Costas behind the mic. But this time, enough's enough.

• As impressive as Maddux's glove work, fielding the one-hopper off the bat of Roger Cedeno and the line drive to end the seventh by Rey Ordenez, he was one-upped with the glove.

When Cedeno made a diving stab to take a sure double away from Bret Boone in the fifth, even the most ardent of Brave fan had to be impressed.

• How much is too much? You decide. Wednesday's edition of The Atlanta Journal-Constitution covered Game One of the NLCS with a game story, two notebooks, three columns and six feature/sidebar stories. And that was just in Sports.

It also had a photo on the front and a spread comparing the cities inside.

JB Sports

The game of basketball loses two greats

by Jason Blanton
Columnist

Basketball lost two men this week, both of whom had a hand in changing the game in this century.

Wilt Chamberlain died Tuesday in Los Angeles.

When he retired in 1973, Chamberlain owned the NBA record book.

All week long, you've read Russell vs. Chamberlain, Chamberlain vs. Russell.

Simply put, Chamberlain was a better offensive player while Russell was a better defensive player and on better teams.

Chamberlain was tabbed earlier this year as the greatest athlete in Philadelphia this century and had the career and the numbers to back it up.

Let's check some of the mind-boggling numbers:

• Wilt owns 55 regular-season NBA records. (Michael Jordan has seven.)

• Chamberlain never fouled out in 14 years in the NBA. In fact, he received only two technicals.

• March 2, 1962: The night he scored 100 points against the New York Knicks. Philly beat New York, 169-147. In this age of NBA basketball, two teams don't combine for 100 points in games.

• In 14 seasons in the NBA, Chamberlain averaged 45.8 minutes per game. The regular NBA game is 48 minutes. Once, he did not miss a minute of play for 47 consecutive games.

• In the 1961-62 season, he missed 10 minutes the entire season. He missed eight in the regular season and two in the playoffs.

• Chamberlain had 55 rebounds in a single game.

• Averaged 50 points, 25 rebounds and 10 assists during the 61-62 season.

A lot of things were printed about Chamberlain over the past few days. Hundreds of people, of all walks of life, were asked to speak about Chamberlain's death and the best I heard was "God must have needed a center."

That's a nice way to remember Chamberlain.

In the first games with his new team, Wilt's probably already leading the team in scoring.

Marvin Wood also died this week. A lot of you might ask, "who is Marvin Wood?"

Coach Norman Dale of the movie "Hoosiers" was based on Wood and his Milan High School basketball team.

Wood died Wednesday at the age of 71. Wood lost his battle with bone cancer, which he had fought for the past several years.

Wood coached at Milan High School in Indiana for only two seasons 1952-53 and 1953-54, but he sure did have an impact on the small school, the community and the game.

Herman Grinstead was the coach before Wood. He lost his job after ordering uniforms for the team that the school just couldn't afford.

At 24, Wood got the job with only two years of coaching experience. His coaching career at Milan didn't get off to a smooth start.

"There was a lot of controversy when Marvin took over; some kids at school boycotted him for a while," former Milan star Bobby Plump told The Indianapolis Star. "He made a lot of changes, and not everyone agreed with them."

"But now you couldn't find anyone who'll admit they weren't happy. The success he led us to ended any of that."

In his first year, Wood led Milan to the Indiana State Finals, but was defeated 56-37 in the opening round.

Then came a season that movies

are made of.

Oh, wait.

It was.

Milan advanced to the State Championship Game and faced Muncie Central.

Milan had only 73 boys in the top four grades (162 students total) and beat the bigger Muncie squad, 32-30, on a last-second shot by Plump.

The Indians were the last small school to ever win the state basketball tournament.

After the championship year, the coach left Milan.

In two years, he was 52-7; however, he just might have saved the one class basketball system in Indiana until it was voted away three years ago.

He coached several other high school teams and even coached women's clubs at Bethel and St. Mary's colleges until 1996 when he retired.

According to the newspaper, the last team he coached was his granddaughter's seventh grade squad in Kirkland, Ohio.

"Even though we think of him as a great coach," Plump told the newspaper. "I think more people will remember him for being the type of positive person he was."

Here is something else that Wood was proud about.

Milan had 10 players on that championship team's roster. Out of that 10, nine went to college and seven made careers out of education.

Milan's win was also named the top sports story of all time recently in The Star and the movie was recently rated — on a survey by USA Today — as readers' favorite sports movie.

His wife, one daughter, three grandchildren and three brothers survive Coach Wood.

The game of basketball will miss both Chamberlain and Wood.



Caught

South Floyd running back Matt Tackett was all wrapped up by an Allen Central defender in Friday night's Battle of the Beavers match up. South Floyd posted a 40-21 win. (photo by Ed Taylor)

Bragging

turned up the burners and rushed for 132 yards giving him 146 for the game. He scored two touchdowns in the final two quarters.

South Floyd quarterback Charlie Williams completed eight of 13 passes for 98 yards. Seven of those were caught by wide receiver Kyle Tackett who had seven catches for 76 yards. Jarrod Johnson had one catch for 22 yards.

South Floyd's pass rush had Allen Central quarterback Brandon Sizemore scrambling all night. He did complete six of 14 passes for 45 yards.

The Raiders had 451 yards total offense, 353 coming on the ground. Allen Central totaled 195 yards on offense, 150 yards on the ground.

South Floyd scored on all five of their possessions in the first half. Bryant staked the Raiders to a 6-0 lead with 10:02 to play in the first. He ran into the end zone from four yards out.

After Allen Central picked up one penalty with the help of a personal foul against South Floyd, the Rebels were forced to punt the ball. It took the Raiders five plays to make it a 12-0 game on a 34-yard run by Bryant.

Leaving their running game, Allen Central tried to go over top with the passing game in an attempt to move the ball against the Raiders. But Sizemore over-threw Josh Howell on two bombs.

With 4:54 left in the first quarter, South Floyd marched from their own 17-yard line on 13 plays with Platkus running into the end zone on a 20-yard

run with 19 seconds left in the first period. Kyle Tackett had three catches for 52 yards in the drive. The Raiders led 18-0 after the first period.

Frustration began to set in on the Allen Central side of the field as players were jawing each other in trying to get each other to step up their game. However, the Rebels continued to struggle against the line of South Floyd.

The Raiders made it a 24-0 game with 9:25 to play in the second quarter. Williams connected with Kyle Tackett in the left corner of the end zone for a 7-yard touchdown completion.

Andy Moore was hitting hard off the South Floyd line and nailed Dunfee behind the line of scrimmage as he searched for some running room. On a fourth down play, Allen Central elected to go for the first down but failed when Sizemore's pass went long.

At the Allen Central 48, South Floyd went into the end zone on two plays, concluded by a 7-yard touchdown run by Bryant, and Platkus ran the two-point conversion for a 32-0 score.

Allen Central put together a strong drive that started on their own 38-yard line with 6:13 left in the first half. A personal foul penalty on the Raiders helped the Rebels to move into South Floyd territory for the first time in the game. Sizemore hit Jonathan Ellis with a 15-yard completion and Dunfee picked up eight yards on a carry with the ball resting on the Raider 13-yard line. However, the drive stalled out at the 16, giving the

ball back to South Floyd.

Stopping Dunfee would be a feather in any defensive team's hat, but the applause for the defense did not last too long once the third quarter got underway. On a third down play, Dunfee avoided three tackles and scampered 40 yards for the Rebels first touchdown.

The drive, which began at the Allen Central 35, ended with Ellis running in from five yards out. Ellis also kicked the extra point for a 32-7 game.

The Raiders' final score came with 9:48 left in the fourth quarter. The Raiders got excellent position with the ball at the Allen Central 24-yard line.

Sophomore Jason Johnson, who replaced Williams at quarterback, lofted a pass to Kyle Tackett who pulled the ball down in the end zone from 10 yards out. Josh McCray, a freshman, ran the conversion and it was 40-7.

After that, it would be all Allen Central, as they scored the final two touchdowns of the game. On the ensuing kickoff, the Rebels had excellent field position also with 8:48 to play. On a first down play from the 50-yard line, Dunfee went untouched to the end zone for the score and Ellis added the PAT for a 40-14 game.

Gambling, Allen Central tried an onside kick that worked with the Rebels coming up with the loose ball at the 8:20 mark. Dunfee carried twice for seven and 14 yards before running into the end zone for a 31-yard touchdown run. Again, Ellis added the

extra point for the final 40-21 game.

The game was not as physical as previous match-ups between the two teams. South Floyd had six penalties for 60 yards. Allen Central had only an offside penalty called against them.

South Floyd had the only turnover in the game and that came on the onside kick. For Allen Central, Jonathan Ellis had two catches for 25 yards receiving. Patrick Martin had two catches for 15 yards and Josh Howell had one catch for four yards.

Andy Moore (unofficially) had 11 tackles for South Floyd. Jeremy S. Tackett had eight.

There was an anxious moment for the Raiders when Jody Hall was slow getting up. But the veteran lineman was all right, leaving the field under his own power. Hall had a strong game with seven first hits.

Allen Central got a strong defensive game from Chris Damron, playing despite a separated shoulder. Damron, a senior, had six tackles.

Allen Central was to have one home game left, scheduled for next Friday against Whitewood, Virginia, but the team canceled out on the Rebels. Allen Central will close their regular season on the road against Louisville Beth Haven on Saturday afternoon.

South Floyd will have a very crucial district game this Friday when they travel to meet the Paintsville Tigers, a loser to Hazard Friday night. It was the Tigers' first district loss.

(Continued from page one)

Games on tap

HIGH SCHOOL FOOTBALL

Friday, October 22

South Floyd at Paintsville

Whitesburg at Betsy Layne

Shelby Valley at Prestonsburg

Saturday, October 23

Allen Central at Louisville Beth Haven

MIDDLE SCHOOL BASKETBALL

Monday, October 18

Adams at Johnson County Middle School

Thursday, October 21

Adams Middle School at Paintsville

Office Space For Rent

Across from K.F.C.

1250 Square Feet

Contact Malcom Layne

478-1234

886-1234

Where dreams did come true

by Dave Kindred

This father-and-son adventure begins when they take their baseball gloves to the ballpark. Gary is 39, once a sportswriter, now an author/teacher, always a baseball fan. Ross is 10. He is a Little Leaguer who plays for the Orioles, sometimes wears a Mark McGwire jersey and wants to be a big-leaguer.

They are in Atlanta at Turner Field for the Astros and Braves. Their mission: Get a baseball.

The boy carries his glove to every game. But neither the father nor the son has ever caught a ball in a big-league park. This day the father has a plan.

As they arrive, the father thinks, "Great," they've beaten the crowd.

For a 4 o'clock start, they are at the park by 2. They walk to the center field bleachers and stand two rows behind the wall, shaded toward right-center.

From there they can talk to Astros idling in the outfield. The father has a program with the players' names and numbers. If you're going to ask for favors, he figures, better to do it by calling names than shouting, "Hey, you, NUMBER 16."

So the father eventually sees Stan Javier, an Astros outfielder, and calls out, "HEY, STANNNN."

Javier looks up. "Stan, you can make my 10-year-old son's dream come true if you'd give him a ball."

Javier nods and goes back to his throwing when he hears, "Stan, my son's almost the same age I was when I watched your dad in the 1968 World Series."

Bingo. From 70 feet away, Stan Javier, the son of Julian Javier, the Cardinals' second baseman of that time long ago, throws a strike to the father.

The father says, "STANNNN, you're the MANNNN."

Five minutes in center field after 39 years without a ball, the father now has a genuine major league baseball that he hands to his son. His bedazzled son. His son with eyes this big. Eyes that should they, in years to come, see all of the world's wonders will judge them against this greatest of all wonders, a baseball.

Now the father notices Jose Cruz. Once a good hitter and now an Astros coach. Cruz stands behind second base with a fungo bat, popping fly balls toward center field. So the father shouts, "JOSE, HIT ONE OUT HERE!"

Cruz hears the voice, half-waves, and here it comes. A baseball in the high, blue sky. Floating, floating. Toward the fence. Over the fence. Into the second row. "My God," the father says, and puts his

glove in front of his face just in time to save his teeth.

"JOSE, YOU'RE THE MAN."

Now the son has two baseballs, one for himself, one for his younger brother Winnie.

"We need one for Leigh," Ross says. She is his sister.

So he checks his program. He sees the catcher Randy Knorr. The father says, "Go ahead, Ross, ask him if you can have a ball."

"Mr. Knorr, can I please have a ball?"

Knorr tosses a ball.

The father thinks this is incredible, three balls in 30 minutes, and hears his son say, "What about Mommy?"

"What about her?"

"A ball for Mommy?"

Tim Bogar is an Astros infielder. At the moment, he is taking throws near the warning track as if the track is the sideline on a football field and he is a wide receiver trying to make a catch and keep both feet inbounds.

"Hey, Tim," the father says, "don't worry about it, this is SEC country. One foot in is enough. Welcome to the real South."

"Thank you," Bogar says.

And a little-boy voice says, "Mr. Bogar, could I have that baseball when you're done with it?"

Bogar nods and indicates he will throw him the ball.

"Dad," the boy says, "what if I drop it?"

He catches it. He catches the big-league ball thrown by a big-league player. "Thanks, Mr. Bogar."

The player smiles, turns away and then turns back. "Hey," Bogar says, and points to the starburst on his Astros jersey, "how about rooting for us today?"

Four balls in 45 minutes, and Ross is ready to go home and show off the baseballs to his buddy, Nate. But the father and son stay for the game, baseballs in their gloves, and that evening, as the boy puts on his pajamas for bed, he tells his father, "I want to write Tim Bogar a let-

ter."

"Fine, after school tomorrow."

"No, now."

So Ross gets a lined sheet of fifth-grade theme paper and writes: "Dear Tim Bogar, "You may not remember me, but my name is Ross Pomerantz. You threw me a ball before Game 1 of the Division Series in Atlanta. I asked you to throw me the ball when you were done throwing with your teammates."

"It was the first time anyone has thrown me the ball at a major league game. You made my dream come true. Now you are my favorite player."

"I hope to meet you when you

come back to Atlanta with the Astros. I was wondering if you would autograph my ball, but I'm afraid to send it because it might get lost in the mail.

"Could you send me an autographed picture? What advice would you give a 10-year-old like me wanting to play major league baseball?"

"I will follow your box scores every game. I wish you good luck."

"From Ross."

The next morning, as the father woke the son for school, the boy reached under his pillow and brought out his baseball. That afternoon, his new favorite player autographed it.

Skip fall plowing to aid wildlife

A great way to help wildlife this fall (and save yourself some time and money) is to leave crop residues in your fields. Simply skip the fall plowing.

This will leave a tremendous amount of seed for wildlife. With mechanized harvesting, as much as five to 10 percent of the crop may be left in the field. Crop residues also offer needed cover for animals.

One of the two stress periods that Kentucky's wildlife face each year is late winter. (The other is summer when temperatures are very hot.)

One problem facing wildlife in late winter is the lack of adequate cover. A reason for this lack of essential winter cover is a practice

that has become commonplace throughout the state — fall plowing.

By plowing under crop residues in the fall, landowners create an essentially barren piece of land. Any waste grain that would be available for wildlife is lost as it is incorporated into the soil.

Crop residues that would have provided substantial cover are also lost as they are turned under the soil. This practice is detrimental to wildlife and also contributes to soil erosion.

Farmers who fall plow lose, too. Studies have shown that fall plowing actually costs the farmer in both effort and money.

By plowing under the crop

residue in the fall, many of the nutrients released by decomposing plant materials are leached from the soils before the next crops can use them. This makes it necessary to use more fertilization for the spring crop.

Fall-plowed soils are also susceptible to erosion and can lose valuable layers of fertile topsoil. Finally, during winter, the soils become compacted and must be disturbed before planting, increasing time, labor and fuel costs for the farmer.

Wildlife, the farmer, and the environment in general would greatly benefit if fall plowing were a thing of the past.



Sara May Prestonsburg Homecoming

Sara Virginia Asheley May is the 17-year-old daughter of Gary and Linda May of Prestonsburg and the granddaughter of E.B. and Allie May and Goldie and Tilden Collins of Prestonsburg and Clifford Baldrige of Abbott.

Sara is a senior at Prestonsburg High School and plans to attend Prestonsburg Community College next fall with future plans to attend Western Kentucky or Marshall university to major in meteorology.

Her clubs and activities include: Pep Band, 5 years; Concert Band, 5 years; Marching Band, 5 years; Drum Major, 2 years; Who's Who Among American High School Students; National Honor Society; Annual Staff; S.T.L.P.; Technology Help Desk; F.B.L.A.; Champions Against Drugs; Pep Club; and P.Y.R.O.

She has achieved the following distinctions: Member of All County Band, 3 Years; All District Band; Morehead State University

Honor and Freshman Honor Band, 3 Distinguished Solos and 7 Distinguished Ensembles; played with the Air Force Band of Flight; judged Best Field Commander at the Henry Clay Festival of Bands; Winner of the World Civilization Award.

Sara enjoys band activities, and they have given her a sense of closeness with the other band members, discipline, leadership skills, commitment to music and "just having fun."

The Reel Story

by Steve Ousley

Where in America was the first multiplying (a gear ration greater than one-to-one) bait casting reel made?

- Hartford, Connecticut
- New York, New York
- Paris, Kentucky

If you guessed Paris, you are correct.

A watchmaker and angler by the name of George Snyder constructed the first multiplying reel between 1813 and 1820 for his own use in Stoney Creek, a tributary of the South Licking River.

He produced about one dozen of these reels for family and friends and, to date, only about six or seven have been discovered.

Around 1850, two other watchmakers, Jonathan F. Meek and his brother Ben along with their apprentice, Benjamin C. Milam, began making a similar

reel in Frankfort.

These reels were thought to be an improved version of the one made earlier in Paris by Snyder.

From this trio of watchmakers, the "Meek," and Meek & Milam and "BC Milam" companies emerged and became the most famous well-known reel producers in America. Reels produced by these companies became known as The Bluegrass Reels.

Through the years, several thousand Bluegrass Reels were produced with production ending in the 1950s.

What are they worth and what do they look like?

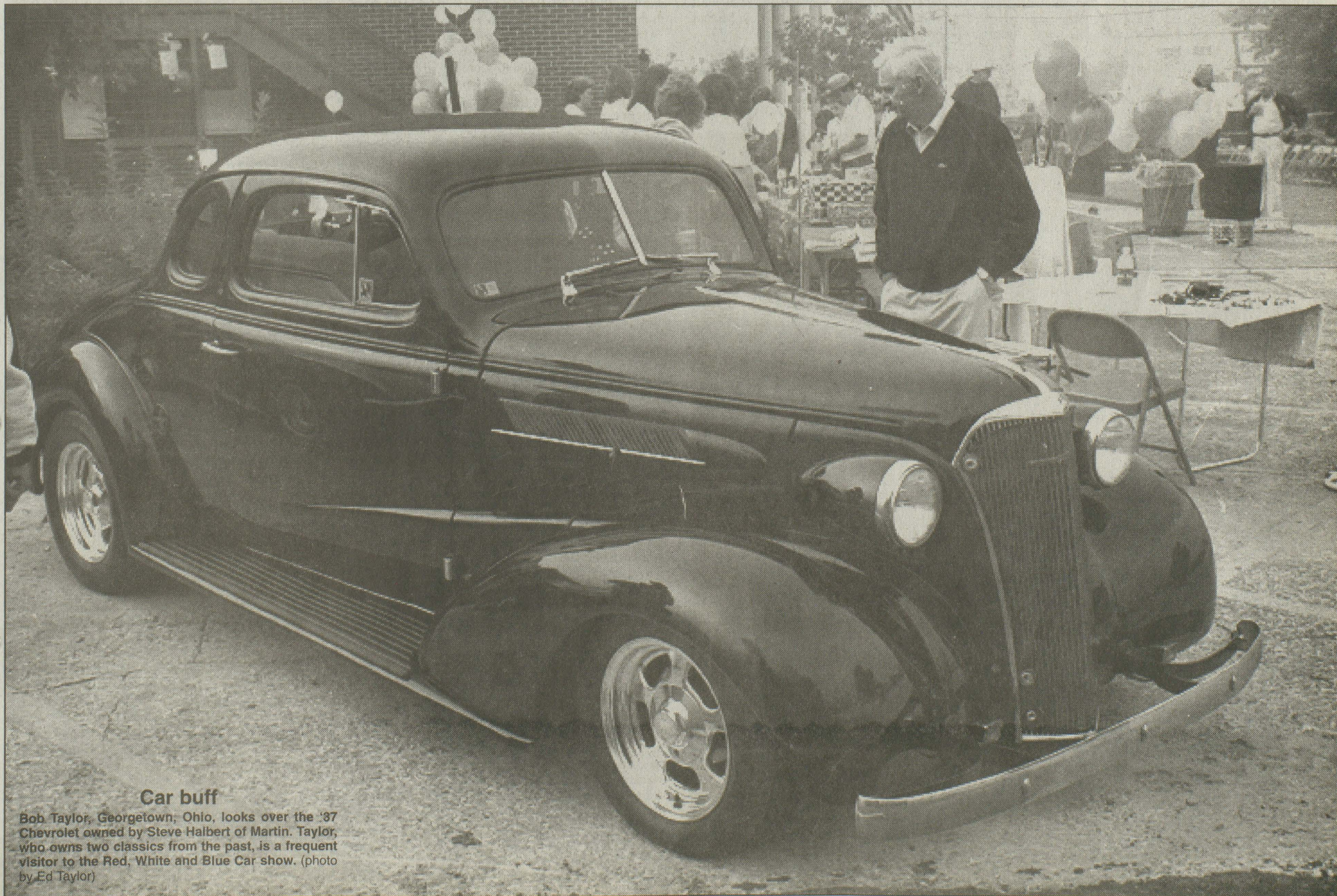
Last year, a fellow NFLCC club member found a Snyder reel at a flea market in Michigan. It sold at an auction recently for around \$18,000. The only identifying marks Snyder reels had were his initials, G.S., on the side of a very crude-looking hand-made brass reel.

On the other hand, the reels produced by the Meeks and BC Milam were made of brass at first and later of German silver. All were precision made and stamped on the side plate, "Meek," "Milam," or "Meek & Milam," "Bluegrass Reel," or "Horton."

The earliest produced reels had Frankfort, Kentucky, below the name. The later produced reels have Louisville, Kentucky, on them. The group of reels could be worth from \$50 to \$2,000, depending on age and condition.

If you are lucky enough to find one of these treasures, not only do you own a piece of history, but also you have an investment that can only appreciate in value.

I do free appraisal on old reels and other collectible fishing tackle, and I'm always looking for other crazy people like myself who are "hooked" on fishing collectibles.



Car buff

Bob Taylor, Georgetown, Ohio, looks over the '37 Chevrolet owned by Steve Halbert of Martin. Taylor, who owns two classics from the past, is a frequent visitor to the Red, White and Blue Car show. (photo by Ed Taylor)

Ratcliff, Fields dominate events in Triathlon

by Ed Taylor
Sports Editor

Wet conditions and cool temperatures welcomed the participants in the Fifth Annual Levisa Cup River Race/Fun Float and Triathlon last Saturday, October 9.

With rain falling all day long and the temperatures ranging in the low to mid 60s, less than

ideal conditions greeted all who competed.

In the River Race, the water was low and slow, but the roads for the road race were wet and slippery. But the rain and weather failed to dampen the spirits of those who competed.

In the Kayak Race, Don Fields dominated and finished with a time of 2:49.40 to take first place in the Solo-plus division. Jesse

Rudd finished with a time of 3:04.30. In the Solo-16 division, Doug Hyden was three minutes quicker than Suzanne Hyden with a time of 3:12.31. She finished at 3:15.23. Les Stapleton had a time of 3:18.20 and Jamie Ratcliff was timed at 3:38.29.

In the Tandem-plus-16, Joe Clark and Vicki Daniel had a time of 3:22.49 for first place. Tim Cook and Wally McMasiens

placed second.

In the Tandem-16, Jimmy and Michelle Brewer were recorded at 3:38.45 while Caleb and Greg Howard finished at 3:44.45.

In the Triathlon, Jesse Rudd took first place for men 40 and over. He had a time of 17:47 in the 2.4 road race; posted a 3:04.30 in the kayak race (17.5 river) and 1:23.39 in the 21.6 bike race. His total time was

4:22.14.

In the men's 30-39 division, Doug Hyden finished a strong first with time of 15:46 (run); 3:12.31 (kayak); 1:17.39 (bike) for a total of 4:45.56.

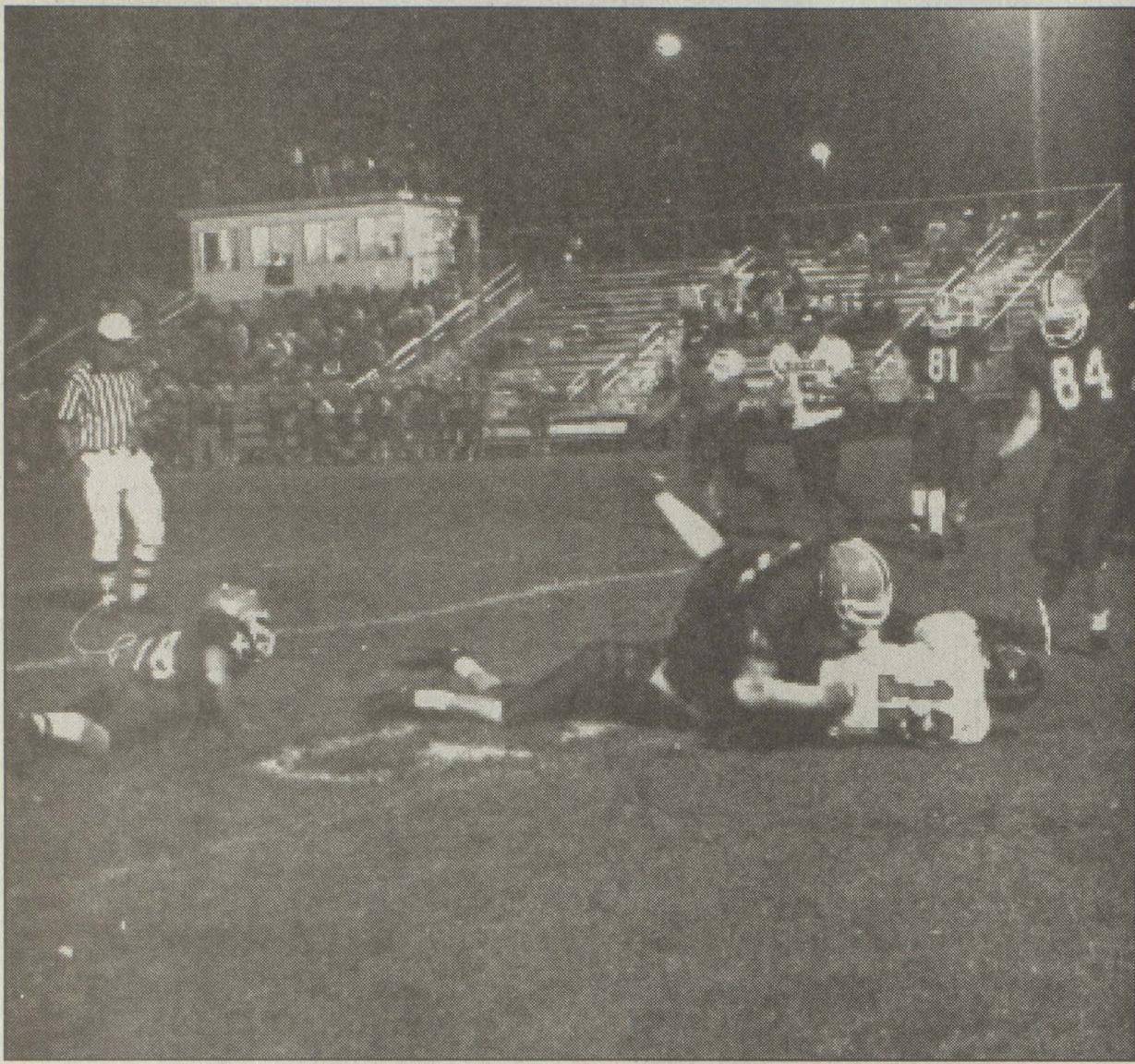
Les Stapleton had times of 18:59 (run); 3:18.20 (kayak); 1:31.32 (bike) for an overall time of 5:08.51.

For the women's division, Ratcliff had times of 19:03 (run);

3:38.29 (kayak); 1:31.09 (bike) for a finishing time of 5:28.41.

Malena Thompson competed in the bike run finishing with a time of 1:41.48.

As a team, Celina Hager finished at 21:56 in the run; Suzanne Hyden floated to a 3:15.23 in the kayak; Becky Crum rode to a 1:31.35 in the bike race for a total team time of 5:08.54.



Austin Clark (12) gets tackled on this carry for the Blackcats. The Blackcats defeated the Hawks 22-6 in a big district win. (photo by Karen Joseph)

Sports

(Continued from page one)

think, was the answer.

Talented young players like Sean Casey, Pokey Reese, Aaron Boone, Scott Williamson and others. Only shortstop Barry Larkin is the only veteran in the infield, with the exception of catcher Eddie Taubensee. Williamson became one of the game's top relievers.

The Reds are hopeful to be in their new stadium in the year 2003 and was expected to be a competitive team then. So, the competitiveness arrived four years earlier, so what!

The thing about these younger players was they had to grow up in the midst of a playoff race. It wasn't like the Reds were buried in the basement of their league and had nothing else to do but develop young players. No, the Reds saw their "kiddie corp" grow up in the middle of a divisional race that went down to the last two days.

All the excitement of the '99 season will be hard for the Reds to repeat in the new millennium when the 2000 season gets the first pitch in six months.

With Marge Schott out of the picture as CEO, the Reds need to rebuild their farm system that she helped destroy. It will take time, money and they must be willing to part with some big bucks.

Michael Tucker, Dmitri Young and Michael Cameron will field a young outfield, but a good one, if Vaughn does opt to move elsewhere.

The Reds are set behind the plate in Taubensee, whom I really think is underrated among catchers, and young Jason Larue, who they say is in the Reds future behind the plate.

On the mound, the Reds will return just about all the starters from the '99 season and that isn't

good. Steve Avery was a much forgotten hurler when he went for the rest of the season and the Reds got a stellar performance from a returning Neagle.

Whether Avery is in the future plans of the Reds, is doubtful. Steve Paris won 11 games this year. Bret Tomko, I look for him to be dealt elsewhere.

Trades? Well, the Reds will need everyone who helped them to a successful season. However, that eliminates any "big trades" because they can ill-afford to trade any of their top talent. But the Reds will make some moves of the winter months.

We can sit back and wait until the '00 season begins, if we are not hit hard by the Y2K bug.

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

RAM

(Continued from page one)

to leak. The truck had 60 feet of red neon lights underneath, a show in itself.

"I have entered 108 shows this year," said Amburgey, "and won 78 awards. That's pretty good."

Chevrolets seem to be in great numbers at this car show. Especially the 1930s.

Steve Halbert and his '37 Chevrolet were a big hit with a black paint job that any painter would envy.

But when it came to paint jobs, it would be hard to top the one that Junior Mills '37 Chevy held.

"I did all the painting myself," he said. "I took it all apart and did it piece by piece. If I were to do the same job for someone else, it would cost them 10 grand (\$10,000). It took six gallons of clear paint to finish it."

The Chevy was beaming in the sun as the fog began to roll back.

The clear chrome front and all the other shining objects made the paint job that much more brighter.

Mack Jacobs, 1929 Ford sedan was a big hit with fans. The Ford was the oldest on the lot at the time and drew admirers from all over the lot.

Not only were there just cars, but trucks highlighted the car show as well, trucks like B.J. Caudill's '68 Ford F100 which has captured many awards at several car shows this year.

"It's a lot of work," said Caudill. "But it's fun to do."

Or newer model trucks such as Linville Newsome's '85 Chevy Silverado. The blood red paint job was beautiful as the truck was one of the top ones on hand.

"My daughter was driving, but I got it back and began to fix it back up," he said.

If you are a veteran of the

Korean War era, you would appreciate Milton Ryan's '52 Army jeep that certainly was a picture from the past. The jeep was in great shape and ready for a battle with all the extra gear inside.

The Kentucky Opry was on hand to entertain the car fans and, as always, put on a great show. Throughout the day, prizes were given away and everyone just seemed to be lost in the excitement of it all, forgetting what was going on elsewhere, at least for a while.

Concession stands dotted the lots as well as souvenir vendors. People walked the grounds of the show waiting for the moment that the Best of the Show would be announced.

Judges were busy early judging cars, and it wouldn't be a very enviable position to be in because so many were deserving of the title.

Blackcats lose to Belfry in District finals

by Karen Joseph
Sports Writer

The 15th District tournament finals were Thursday night at the D. W. Howard Field house, with the staff, parents and students at Betsy Layne doing a fine job of hosting the tournament.

Prestonsburg and Allen Central were the two teams from Area 1, and Belfry and Pike County Central were the two teams from Area 2.

Belfry and Prestonsburg were both undefeated going into the tournament. Allen Central and Pike County Central each had one loss and they took these into the tournament.

In the first round, it was the Blackcats of Prestonsburg taking on the Hawks of Pike County Central. And in the second game it was the Pirates of Belfry taking on the Rebels of Allen Central.

The Blackcats had an easy time of defeating the Hawks in the first match. The Hawks failed to score in the match. It took only about 10 minutes to play the game.

Prestonsburg scored on the first serve of Stephanie Adams, who scored the first four points on ace serves. The Blackcats scored the fifth point on Adams' serve also. Brooke Coleman would serve next for the Blackcats and score one point.

The Blackcats would score four times on the serving of Chrissy Nelson and three points on the serving of Courtney Harris. Amelia Conley and Angela Howell each had one point for the Blackcats, giving the Blackcats 15 points and the match.

The Hawks gave the Blackcats a better game in the second match. Pike Central went ahead of the Blackcats on their first serve. Then the Blackcats scored one point on the serve of Stephanie Adams.

Then the Hawks went on a roll. They scored five points on the next serve, including two aces. The Blackcats would answer by scoring five points on the serve by Brooke Coleman. Coleman had two aces on this serve. And the score at the end of the first rotation was 11-9 in favor of the Blackcats.

The Hawks would score three more points in the second rotation, but it was not enough as the Blackcats went on to score the three needed points on the serve of Brooke Coleman and win the match 15-12. The win gave them the game. The Hawks were eliminated for the tournament and the Blackcats moved on.

In the second game, it was the Allen Central Rebels taking on the Pirates from Belfry. The Pirates had not lost a game in the tournament. This Belfry Pirate team is awesome, with James Runyon as coach.

This Belfry Pirate team is a very well-coached team, and you can tell on the court. They set the ball up for the spike. They can come up with some very good saves and good digs. They play together as a team and communicate very well.

In the first match the Allen Central Rebels were stunned by the movement and set-ups by the Pirates. The Rebels only scored two points in the match, on the serves of Natalie Cooley and Leslie Martin. The Pirates took the first match 15-2.

In the second match the Rebels played a hard game but still came up short against the powerful Raiders.

The Rebels scored three points in the second match. Allen Central did not score on the first rotation. On the second rotation they scored two points on the serve of Leslie Martin and then one point on the serve of Shanna Howell.

Heather Whitt scored a total of 11 points for the Pirates. Lesley Runyon scored a total of seven points in the game, including both game points. The Pirates moved on and the Rebels ended their district tournament play. The Rebels had a very successful season and, according to Coach Sandy Warrens, "We are looking forward to next year."

In the third game it was the Pirates taking on the Blackcats. Neither team had been beaten in the tournament and they had not played in regular season. The Blackcats had just watched the Pirates beat Allen Central.

Prestonsburg took the early lead by scoring three points on the serve of Stephanie Adams. This was a very long volleyball game. There were some nice volleys that took place. Both teams played very good ball.

The Pirates didn't score until their fourth serve, scoring their first point on the serve of Nikki McCoy. The Blackcats scored three other points on the serves of Brooke Coleman, Amelia Conley, and Courtney Harris. The Pirates scored two points on Lesley Runyon's serve and the score was six to three in favor of the Blackcats.

Then, Tiffany Ooten served for the Pirates and things started to change. The Pirates scored 10 straight points on Ooten's serve. Russell Shepherd, Prestonsburg coach, called time out to try to change the momentum, but it did not help. The Blackcats would fail to score on the second rotation.

The Pirates scored the two more needed points on Katie Beck's serve to take the match 15-6.

In the second match, it was a replay of the first, just a different server. The score would be 15-6

in favor of the Pirates. This match the Pirates scored nine points on the serve of Katie Beck. Samantha Hackney scored five points for the Pirates and Tiffany Ooten had one point.

The Blackcats scored their first point on the serve of Brooke Coleman. They scored two points on each serve of Chrissy Nelson and Amelia Conley and they scored their sixth and final point on the serve of Stephanie Adams.

This was a very well-played volleyball game and a lengthy match. Sometimes a volley went on for more than two minutes. But this Belfry team can set the ball up and spike it to get the point and they did this quite often.

In the fourth game, it was Prestonsburg and Belfry again, because Prestonsburg had only one loss and they had to have two. Prestonsburg came out in the first match and played good volleyball. It took four rotations to finish this match.

In the first rotation, the serve went back and forth with Belfry having the 2-1 lead at the end of the first rotation.

On the second rotation Prestonsburg would take the lead by scoring four points on the serve of Chrissy Nelson. Belfry would score two points on the serves of Katie Beck and Heather Whitt.

Amelia Conley would serve for the Blackcats and give them the 6-5 lead at the end of the second rotation.

In the third rotation, the Pirates scored six points and the Blackcats scored six points and the Blackcats remained in the lead 12-11.

But on the fourth rotation, the Pirates finished it. Prestonsburg scored their last two points on the serve on Stephanie Adams, giving them 14 points. But on the serve of Katie Beck the Pirates scored five straight points, giving them 16 points and the match win.

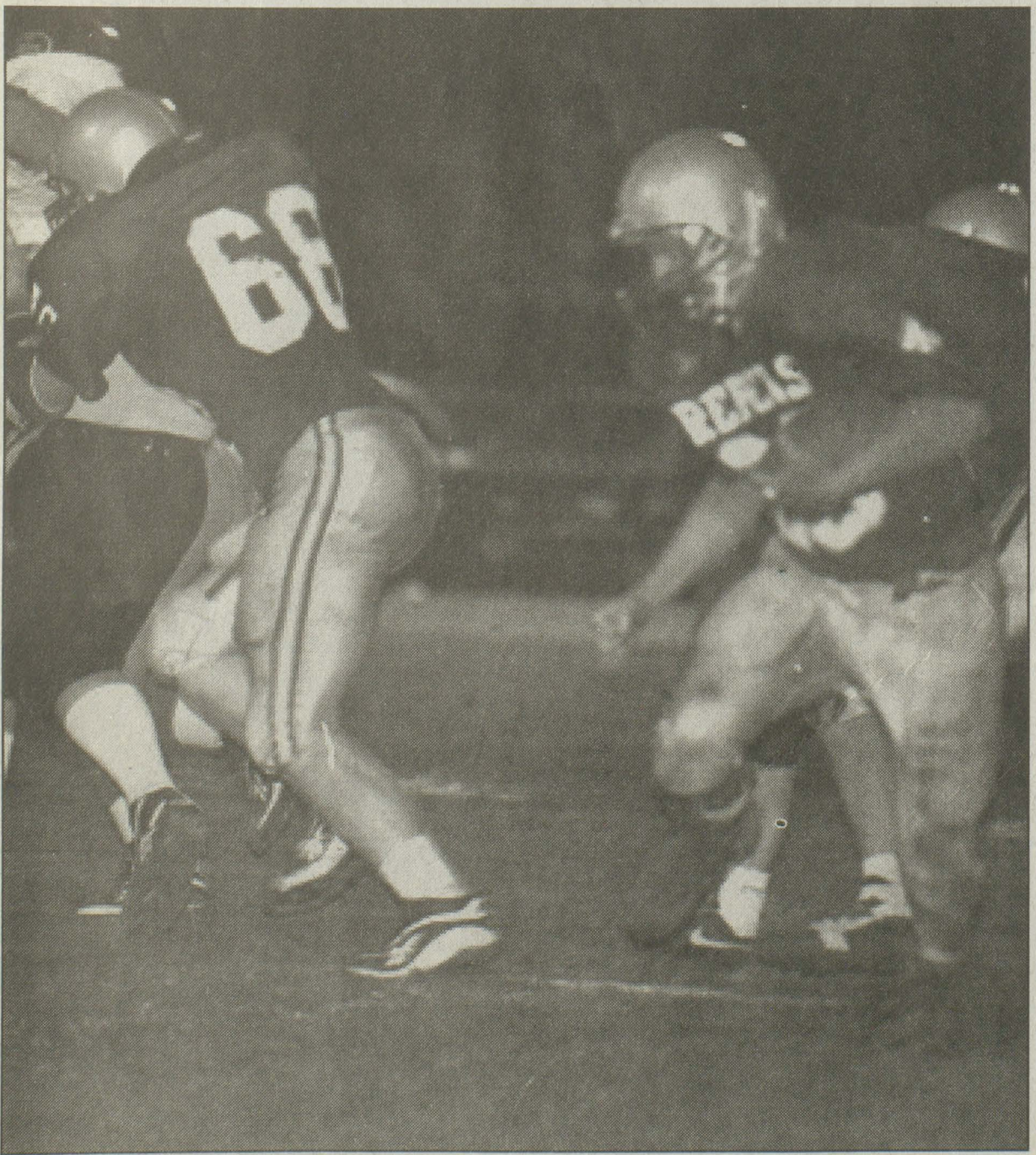
In the next match, both teams were pretty much worn out. It only took four servers for the Pirates to take the match and the game.

The Pirates scored eight points on the serve of Nikki McCoy. The Blackcats only scored two points in the match and these points came on the serves of Brooke Coleman and Amelia Conley.

The Pirates took the match and the win and the 15th District title.

Prestonsburg played a good tournament. Brooke Coleman had some good saves, as did Angela Howell and Stephanie Adams. Amelia Conley had some good spikes.

But the Pirates were ready for the spike and got the ball back over most of the time. All four teams will participate in the regional tournament this week at Whitesburg.



ALLEN CENTRAL "S MARK DUNFFEE (20) rushed for 133 yards and scored two touchdowns against South Floyd Friday night in a 40-21 loss t the Raiders. (photo by Ed Taylor)

INSIDE THE PRO FISHING TOUR

Pros Take Aim At Potomac

The nation's brightest fishing minds will face some challenges this week as they travel to Maryland and ply their trade in the \$409,450 Kmart BASSMASTER Top 150 tournament on the historic Potomac River, which has been pummeled by the effects of two hurricanes in the last month.

In early September, the remnants of Hurricane Dennis caused the river's upper reaches to rise about 3 feet and produced some exceptionally high tides along the river's southern stretches. Two weeks later, Hurricane Floyd ripped through the mid-Atlantic region, producing extremely high tides and miles of muddy water.

The conditions are considerably more stable now, according to local guides. Clear water has returned to much of the downriver area. Although Floyd ripped up several large grass flats, the remaining vegetation is said to be holding enormous numbers of largemouth bass.

The Bass Anglers Sportsman Society has staged a tournament on the Potomac every year of this decade except 1991. And the river has seldom disappointed: The average winning weight has been 52 pounds, 6 ounces.

In what might be a preview of the tournament, U.S. Rep. Dick Armey, R-Texas, and Mike Hayden, president of the American Sportfishing Association, ventured out on the river last week with a local guide and reportedly caught several bass up to 4 pounds in the Washington Channel area.

Action Brauer Celebrated Missouri pro Denny Brauer, the first angler to be pictured on the cover of the Wheaties cereal box and David Letterman's first pro-fishing guest, continues to break new ground. The 1998 BASS Masters Classic champion is now the first fishing pro to have an action figure modeled after him.

That's right. The Denny Brauer Magnabass Champion Action Figure is being manufactured by On Point Productions in Minnesota. For \$19.95, fishing fans can buy a set that includes a 4-inch facsimile of Brauer, a 16-inch replica Ranger boat, a miniature rod-and-reel with a magnetic lure, a landing net and three bass with magnetic lips. For another \$12.99, you can add a large laminated plastic lake map with designated hot spots and Brauer's fishing tips.

"I think it's a neat little deal," Brauer said. "I was flattered when they came to me with this idea."

The action figure and accessories are available through Bass Pro Shops and Cabelas.

Goodbye, Friend Amos Postak, 49, a talented long-time cameraman for the BASSMASTERS television series and one of the sport's nicest guys, died recently from a heart attack. His work and kindness will certainly be missed on the BASSMASTER trail.

FLW Heroics Minnesota pro Jim Moynagh was recently awarded \$5,000 for catching the largest bass of the season on the Wal-Mart FLW Tour. His 10-pound, 4-ounce bass came out of Georgia's Lake Lanier — a body of water not known for producing trophy largemouths.

Tim Tucker's Pro Power Ratings

Star indicates a pro who is coming on strong.

This Week	Last Week	Weeks on List	Angler, Hometown
1	1	17	Denny Brauer, Camdenton, Mo. <i>Runner-up in 1999 Classic; still the man to beat</i>
2	2	17	Davy Hite, Prosperity, S.C. <i>Won '99 BASS Masters Classic</i>
3	3	17	Larry Nixon, Bee Branch, Ark. <i>Won BASS Top 150 season-opener</i>
4	4	17	Kevin VanDam, Kalamazoo, Mich. <i>Angler of Year; won N.Y. BASS event</i>
5	5	17	Rick Clunn, Ava, Mo. <i>Runner-up in recent Vermont BASS Top 150</i>
6	6	17	George Cochran, Hot Springs, Ark. <i>Savvy, resourceful veteran</i>
7	7	17	Stephen Browning, Hot Springs, Ark. <i>BASS Michigan Top 150 finals</i>
8	8	14	Alton Jones, Waco, Texas <i>Poised to join the elite class of pros</i>
9	9	13	David Walker, Cannon, Ky. <i>Newly crowned FLW Tour Angler of Year</i>
10	10	17	Zell Rowland, Montgomery, Texas <i>Finals of Vermont BASS Top 150</i>
11	11	14	Clark Wendlandt, Cedar Park, Texas <i>Won FLW Open; MegaBucks runner-up</i>
12	12	17	Mark Davis, Mount Ida, Ark. <i>A pro's pro</i>
13	13	13	Pete Thiveros, Jacksonville, Fla. <i>Won FLW Wood Open; made '99 Classic</i>
14	14	7	Roland Martin, Clewiston, Fla. <i>Runner-up in BASS season-opener</i>
15	15	11	Dean Rojas, Lake Havasu City, Ariz. <i>Top Western BASS pro</i>

These ratings of America's top tournament bass pros are based on Tim's opinion of their talent, knowledge, experience and most recent tournament performances.

A weekly guide to sports in the wild, including the professional bass fishing tour

Outdoors

©Longwing Publications Inc.

YOUR SPORTS

Hikers Follow Darwin's Steps

By RITA COOK

Ever since Charles Darwin wrote about his 1830s visit to the Galapagos archipelago, people from around the world have been intrigued by the islands that are often called a "living laboratory of evolution."

There aren't many places where it is possible to find such a variety of plant and animal species, some found nowhere else on Earth, and to clearly see how they have adapted to a unique, isolated environment over thousands of years.

And hiking is a great way to see the wonders these islands hold.

Located on one of the most active volcanic regions on Earth, the Galapagos consist of 13 large islands, six smaller islands and 40 islets. The closest country is Ecuador — 600 miles away.

Many interesting forms of wildlife thrive on the islands, among them the fur seal, the sea lion, the marine iguana, the lava lizard and the giant tortoise. And birds abound, including the Galapagos penguin, the blue-footed booby, the flightless cormorant and the flamingo.

Hiking groups are small in the Galapagos National Park, rarely consisting of more than 15 hikers. Many of the islands are uninhabited, so you'll have to take a small boat to get to them.

Most visitors fly into Puerto Baquerizo Moreno Airport on San Cristobal Island. Half of San Cristobal Island has been inhabited since 1860. There are diverse trails to hike here, and the inhabited part of the island is full of lush vegetation. The other half, however, is flat and dry.

Santa Cruz Island — the second-largest island of the archipelago, inhabited since 1920 — is where the giant tortoises are found. The island includes a full range of habitats, from coastal to pampas. Hiking in the highlands is easy, and there are also lava tunnels to explore.

Bartolome is a tiny, uninhabited island with the most spectacular view of the archipelago. The top of the island is 370 feet high, rewarding the hiker with a panorama of green grass, barren rocks and endless ocean. This hike is rigorous. There's an easier trail that takes about one and a half hours to complete.

Rabida, a small dry island covered by coastal vegetation, features relatively easy hiking trails. The island contains a large variety of red lavas, and flamingos are sometimes sighted near the saltwater lagoon.

On Santiago Island, the fourth-largest island of the Galapagos, an extinct volcano offers spectacular views from both the easy and moderate hiking trails. Fur seals can be found on the island. It is a 30-minute hike from the landing site to see the fur seals.

Fernandina Island still has a very active volcano. Only small pockets of vegetation have escaped the effect of lava flows. The arid island is home to a large community of marine iguanas. You'll also find sea lions and flightless cormorants here. The hike at Punta Espinosa is easy and takes about one and a half hours.

Isabela Island, the largest of the Galapagos, was formed by five volcanoes. The southern tip is inhabited, and the north-west coast is a whale sanctuary. Tagus Cove was once a favorite of pirates and whalers, and graffiti on the cliff walls record the names of the ships that sailed into the cove. It's a moderately difficult hike to Darwin Lake, but the landscape and vegetation are worth the two-hour trek.

If you do visit the Galapagos, avoid disreputable tour operators who operate outside the rules that have been set up to help preserve the islands from tourist-related degradation. The Charles Darwin Foundation (see box for address) can help answer your questions.

Rita Cook is a freelance writer from Los Angeles.

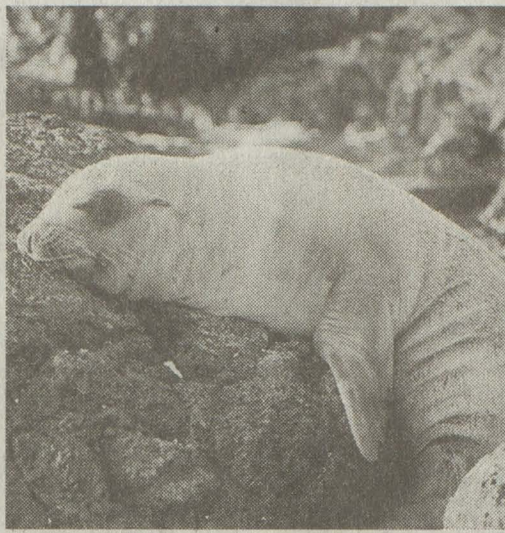
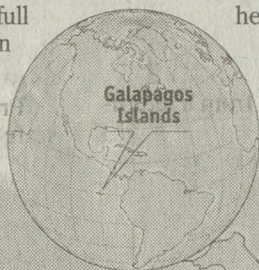


PHOTO © TONY ALLUNI

Fur seals are among the many species to be seen.



MORE INFORMATION

The Charles Darwin Foundation Inc., 100 Washington Street, Suite 232, Falls Church, Va. 22046. Phone (703) 538-6833. Fax (703) 538-6835. Web site: www.galapagos.org

Benford and Associates, 1464 Whippoorwill Way, Mountainside, N.J. 07092. Phone (908) 232-6701

Galapagos Inc., 7800 Red Road, Suite 112, Miami, Fla. 33173. Phone 1-800-327-9854



PHOTO © TONY ALLUNI

Craggy rock-strewn landscapes are evidence of the Galapagos' volcanic origins.



PHOTO © TIM TUCKER

Byron Ferguson takes up position in his tree stand.

Bowhunters Go Back to Basics

By TIM TUCKER, Outdoors Writer

It was all Byron Ferguson could do to keep from hyperventilating.

The sight of the giant buck made the Alabama bowhunter silently shiver. It was a 12-pointer, its huge neck swollen from the glandular riot of rutting season. Ferguson had seen the massive rack before, but it had been well out of range from his tree stand.

Ferguson quietly drew the compound bow, locking in on his target through its peep sight. His every sense was alive. Steadying himself internally, Ferguson sighted the bow carefully before settling on his target — the heart and lung region.

"My first buck with a bow," he remembers thinking. His arrow went astray. And the trophy of a lifetime bounded away.

"After hunting with a rifle for years, I took up bowhunting because the invention of the compound bow seemed to simplify killing deer with a bow," said Ferguson, who had killed more than 200 deer with modern weapons at that point. "For several years I attempted to kill game with a compound, but I was unsuccessful."

"But when I missed that big 12-pointer, I was so disgusted that I was on the brink of getting out of bowhunting completely."

The following season, Ferguson replaced his modern compound with a less sophisticated longbow. On opening day, he killed the first of several deer that season.

Today, Byron Ferguson is not only one of the South's top bowhunters; he is also one of the country's premier trick archers, capable of impaling a silver dollar-sized disc in flight with a wooden arrow from his longbow.

"I found that the longbow was indeed a superior hunting weapon," Ferguson said. "But more than that, the longbow is fun. Bowhunting became fun again, so I found myself shooting more often and becoming more accurate with the longbow. My confidence level soared."

There are growing numbers of bowhunters who are discovering that the most primitive of today's bows can kill as efficiently — if not better — than the high-tech compound version. As bow season begins throughout the country this month, plenty of longbows will be in the woods.

The longbow is, simply stated, a long stick and a piece of string. It has no pulleys, steel cables, wheels or peep sights like a compound, nor the curly-ended design of the recurve bow. The longbow has changed little since the days of knights in armor.

And it conjures a sense of romanticism and adventure not found with other types of bows.

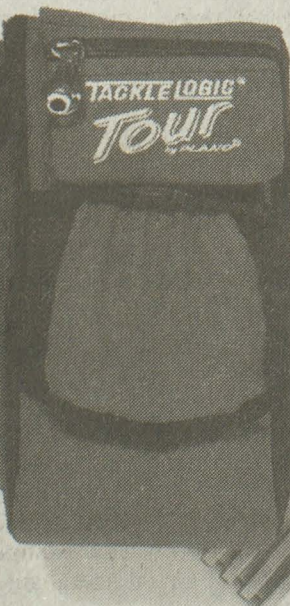
"There is an attitude involved in longbow hunting," added Jerry Hill, who manufactures beautiful primitive bows in Wilsonville, Ala. "The longbow is for the hunter who enjoys all aspects of hunting — not just killing game."

"For me, it's the romance of it. It's being out there with just two sticks and a string. It leads to a feeling of more accomplishment because you don't have all of these gadgets helping you. It's just you practicing and doing your homework to become a better archer and hunter."

WRITE TO US

The Outdoors page is published weekly by Longwing Publications Inc., P.O. Box 15045, Sarasota, FL 34277. Editor: Peter Gentile. If you have a question that you would like Tim Tucker to answer on this page, write to him in care of Longwing Publications. Sorry, no phone calls.

THE TACKLE BOX



Leader Wrap Keeps Rigs Handy

Pro and amateur anglers alike recognize the bass-catching ability of Carolina-rigged soft-plastic lures. Few techniques can compare when it comes to allure and versatility.

But there is a problem with the Carolina rig. "Getting Carolina rigs tied and in order is a tedious process," Missouri pro Chad Brauer said. The components include a leader, weight, bead, swivel, hook, and the bait itself.

"I've been in tournaments when veteran pros broke off a Carolina rig and then spent as long as five minutes getting another one rigged and back in the water."

What's been missing is a good way of storing several pre-assembled Carolina rigs for later use.

Plano has solved the problem with the new Leader Rig Wrap, part of its Tackle Logic Tour line of accessories.

"With this Leader Wrap, you can have several rigs already tied and measured for different applications and lures. That way, you can make instant changes when you need to."

Brauer calls the new Plano storage container "a sensible product that keeps as many as 10 pre-rigged baits all in perfect order and ready to fish in an instant."

— Tim Tucker

For more information, call Plano at 800-874-6905.

Tips From the Pros



DAVID WALKER recently won the Wal-Mart FLW Tour Angler of the Year title. For that honor, the Cannon, Ky., pro will become the second fisherman ever to grace the cover of the Wheaties cereal box.

Doing the Jig With David Walker

"If I had to credit one lure for my success this season, it would be a Gambler Ninja Jig. I found that this particular jig does not get hung up or lose many fish once you sink the hook in them. Plus, it skips across the water real well, which enables me to reach some hard-to-reach places."

"In my system of jig fishing, I use three colors — black and blue, black and chartreuse, or pumpkinseed and brown."

"I use a 1/2-ounce jig and 20-pound test Stren line about 75 percent of the time, and match my trailer to the color of the bait. My trailer is usually a plastic chunk-type trailer or a Crawdaddy."

"My idea of jig fishing is to move a lot and hit a lot of different places in a day's time. I won't spend much time in any one spot, because a jig is a reaction bait. If a bass is there, it will hit a jig that's dropped into its face."

©1999 Universal Press Syndicate

insider golf

by t.j. tomasi

Director of the Players School at PGA National

TEERING OFF

Handicap System Has Long History of Refinement

In 1912 the USGA established a formal handicap system so that golfers of varying abilities could compete on level ground with each other. Under the old system, your handicap was simply the difference between what you shot and par. If par was 72 and you shot 82, your handicap was 10.

But with this system, a sandbagger could intentionally shoot a bad round to inflate his handicap. So the system was changed to include only the 10 lowest scores out of a golfer's 20 most recent rounds. If a golfer was caught failing to turn in a good score, an

oversight committee had the right to enter the actual score.

Today the USGA also uses a handicap index that reflects a golfer's potential ability more than his average score. A golfer's scores are adjusted to compensate for the fact that he might play par golf for 17 holes and then make a 10, which would affect the handicap the same as 10 bogies.

If this player avoids the big number, it would be very hard to beat him in match play, and in medal play the player could go from 10 over to even par based on parring only one more hole.

To prevent this from happening, the number over par on each hole relative to a golfer's current handicap is now limited. For example, if you carry a handicap of 9 or less, the most you can take for computing your handicap on any hole is 2 over par, and that is your adjusted score for handicap purposes. This refinement is known as the Equitable Stroke Control.

For more information about the handicap system, contact the USGA at P.O. Box 708, Far Hill, N.J. 07931, or visit the Web site at www.usga.org.

EQUITABLE STROKE CONTROL

Handicap	Maximum number on any hole
9 or less	double bogey
10-19	7
20-29	8
30-39	9
40+	10

ASK THE PRO

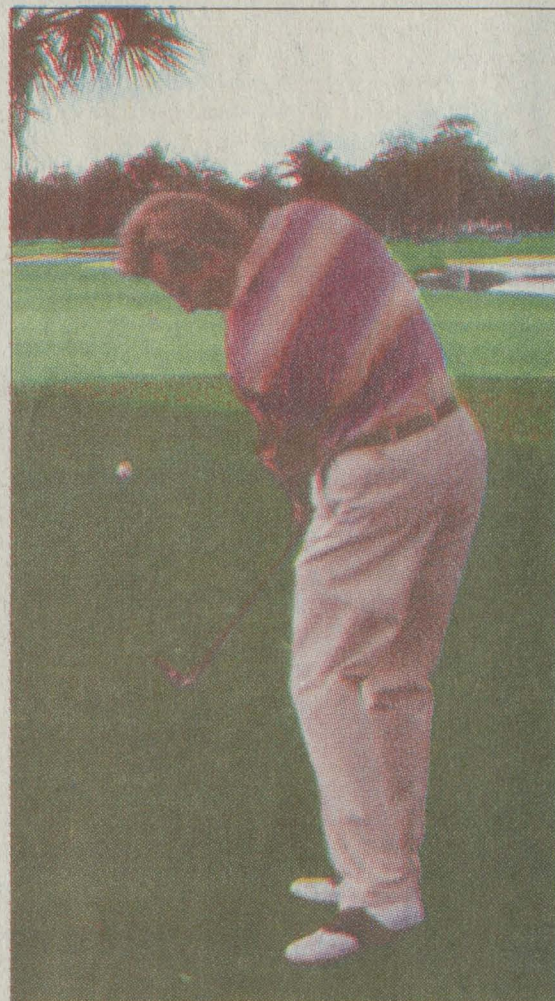
Q: In a tournament at my club, I handed in a card with a score missing for a hole, but I added up the total correctly, so my total score was right. Imagine my reaction when I saw a big DQ after my name on the scoreboard. I'll probably never live it down. Were they correct in DQing me?

—Debbie from Enderby, B.C.

A: Sorry, Debbie; they were correct. According to rule 6-6d, the player is responsible for the correctness of the score made and recorded on each hole, and in this case, a correct total doesn't save you. Always check your card at least twice before handing it in, but I guess I don't have to tell you that now.

To Ask the Pro a question about golf, e-mail him at: TJInsider@aol.com.

IT'S GOOD FOR YOUR GAME



To keep my shot under the tree limb, I'm careful to stay behind the ball because there is a strong tendency to slide the head forward any time you're playing a low shot. Notice that even though the ball is gone (it's just past the branches I'm trying to avoid in the photo at right), my hands are still below my shoulders.



GOLF SPOKEN HERE

Starter

Many golf courses require you to check in with an employee known as the starter, who is usually located near the first tee. This person makes sure you have your ticket to play and your starting time. He'll advise you of local rules such as "cart path only." The starter can also answer questions like: Do the greens break consistently in a particular direction? Are the yardages measured to the middle of the greens? Are the flags color-coded (white for middle, blue for back, etc.)? And most important, what's the combination for the bathrooms?

DON'T MISS IT

Swinging Singles

There are "singles" everywhere, so why not an American Singles Golf Association, a vehicle for golfers across the country who are looking to meet someone playing golf. The organization already has 2,000 members and chapters in 30 cities. What fun! And is there any better way to get to know a person than to play golf with him for 4 1/2 hours? For more information, call ASGA at (800) 599-2815.



ABOUT THE AUTHOR

Dr. T.J. Tomasi is the director of the Players School at PGA National in Palm Beach Gardens, Fla. He is a member of the elite Top 100 Teachers chosen by Golf Magazine for 1999 and is a Class A PGA teaching professional.



Soft Touch Keeps Low Shots out of Trouble

When circumstances such as a low-hanging branch force you to keep the ball low, there's a special technique that produces what I call "soft distance." Even though the trajectory of this shot is that of a hard-to-stop long iron, the "soft-and-low" actually comes into the target with some stopping power.

The first step is to create an image of the shot in your mind — in other words, think low. Then select two more clubs than you normally would and choke down on the club handle about 2 inches.

Position the ball one ball width back of where you'd normally position it, but be careful: When you move the ball back, you must open your stance a bit in order to realign your shoulders to the target because your clubface and shoulders will automatically align to the right of the target (to the left for left-handers). Your open stance helps reduce your backswing turn for more control. It will also move your weight to your front side, where it should be to produce a low shot.

The swing itself is simply a three-quarter motion with the weight remaining on the front side throughout the swing. Be sure, however, to turn your target shoulder behind the ball because there is a tendency, when you're trying to keep the ball down, to just lift the arms up without turning. Unfortunately, this causes you to slap at the ball with too steep a return swing, which creates just the opposite of what you want — a high shot.

The keys for the low shot lie in your swing rhythm and your follow-through. Most golfers hit the ball much too hard when they try to keep it low, and the force of the blow drives the ball up in the air.

Look at the guys on the tour who hit the ball very high. They're hard swingers like Greg Norman and Tiger Woods. So do the opposite when you want a low shot. Swing with about half-power and be sure to finish with your hands, elbows and clubhead below your shoulders.

Last, to hit the ball low, especially if the lie is bad, increase the grip pressure in both hands a bit so the club won't turn in your hands on contact.

THE GOLF DOCTOR

Get in the Swing Plane

Concepts cue motor behavior, and an important concept involves understanding swing plane. The plane of your swing is established by the angle your club shaft creates with the ground at address.

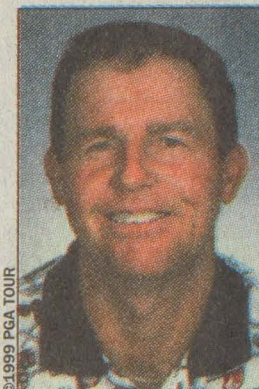
You want your club to return to impact at an angle very similar to the one you established at address. This gives you the repeating swing that helps you shoot lower scores.

The easiest way to hitch the understanding of the concept to its feel is to plant a shaft in the ground at the same angle as your shaft at address. Then practice in very slow motion, taking your backswing to the top then coming down to the ball until you return to your address shaft angle.

QUOTE OF THE WEEK

“He told me I'd never be any better than a 4-handicap.”

—A former golf coach's assessment of Scott Hoch, winner of more than \$10 million on the PGA Tour



Scott Hoch

BIRDIES & BOGEYS

Ryder Rowdiness

First the crowd heckled Colin Montgomerie so incessantly at the Ryder Cup that his dad had to leave the course. Then it was reported that someone in the gallery spit on the wife of Mark James, captain of the European team. After the tournament ended, Jerry Higinbotham, American caddy for European Sergio Garcia, was sucker punched in a hotel bar and had to go to a hospital with some superficial head wounds.

The Europeans did slow play the Americans, and on their home turf the Europeans are not exactly Miss Manners, but something needs to be done to ensure a return to the gracious behavior of champions like Bobby Jones and Jack Nicklaus. Nobody competed harder, and after the competition was through, it was a pint or two and a pat on the back, not a fist in the face.

A Lack of French Whine

After the Ryder Cup was over, swashbuckling Jean Van de Velde, the Frenchman famous for losing the British Open in a burst of bad judgments on the 72nd hole, blamed captain Mark James for Europe's Ryder Cup loss.

Instead of whining about the behavior of the American team and their fans, Van de Velde said Europe lost the Ryder Cup because its top players were exhausted. Van de Velde, Jarmo Sandelin and Andrew Coltart did not play until the final day. But being fully rested didn't help them; they all lost.

“Everyone has been focusing on the Americans' bad behavior,” he said. “But to me the result had nothing to do with that. We lost because we asked too much of most of the guys and because we didn't put enough trust in three.”

“You don't make good use of nine players and put three in the bin,” Van de Velde said.

Now if we could just get them to admit they lost because we played better, the whole controversy would finally be over.



Tom Watson thinks the crowd was incited by the European team's strategy to slow down play to upset the American team's rhythm.

TEE TIME

Clinics Teach Women How To Mix Business and Pleasure

There's no question that golf is fun, but it can also be used for business. If you're a woman and want to know how, the LPGA is conducting Golf Clinics for Women, a national program that teaches businesswomen the game of golf. The program will be offered in 14 cities nationwide in 1999. According to the LPGA, the clinics provide "personalized golf instruction

and lessons on etiquette. Participants in each day-long clinic have an opportunity to socialize with other women golfers as well as learn to utilize the golf course to cultivate business relationships.”

For more information on this program, contact The Jane Blalock Co. at (800) 262-7888, or visit the Web site at www.jbcgolf.com.



Using a visual guide at address gives you the idea of swing plane.

Lifestyles



Serving Floyd County since 1927

King's Daughters' introduces two new heart-saving procedures

King's Daughters' Medical Center (KDMC) now offers two revolutionary new procedures to give hope to severely ill heart disease patients.

One is a breakthrough laser procedure, just approved by the Food and Drug Administration in October 1998, for patients with heart conditions not treatable by such conventional techniques as angioplasty or bypass surgery.

The other is a cardiac assist device which temporarily takes over the pumping action of the heart, allowing the patient's heart to rest and heal.

"As the region's leader in proven medical technology, King's Daughters' has invested in these leading edge cardiac procedures so the very sickest heart patients in our community can receive the most advanced treatment options right here in Ashland," says KDMC president and chief executive officer Fred L. Jackson. "This is the same technology found in major medical centers and university hospitals around the country."

Transmyocardial Revascularization (TMR)

A holmium YAG heart laser system manufactured by Eclipse Surgical Technologies is now available at King's Daughters' for treating severe coronary artery disease patients suffering from unrelenting, disabling angina (chest pain caused by the blockage of coronary arteries).

These patients typically lead extremely restricted lives and are not treatable by conventional methods.

According to the American Heart Association, cardiovascular disease is the leading cause of death and disability in the United States. Coronary artery disease, the principal form of cardiovascular disease, is characterized by a progressive narrowing of the coronary arteries, which supply blood to the heart. When blood flow to the

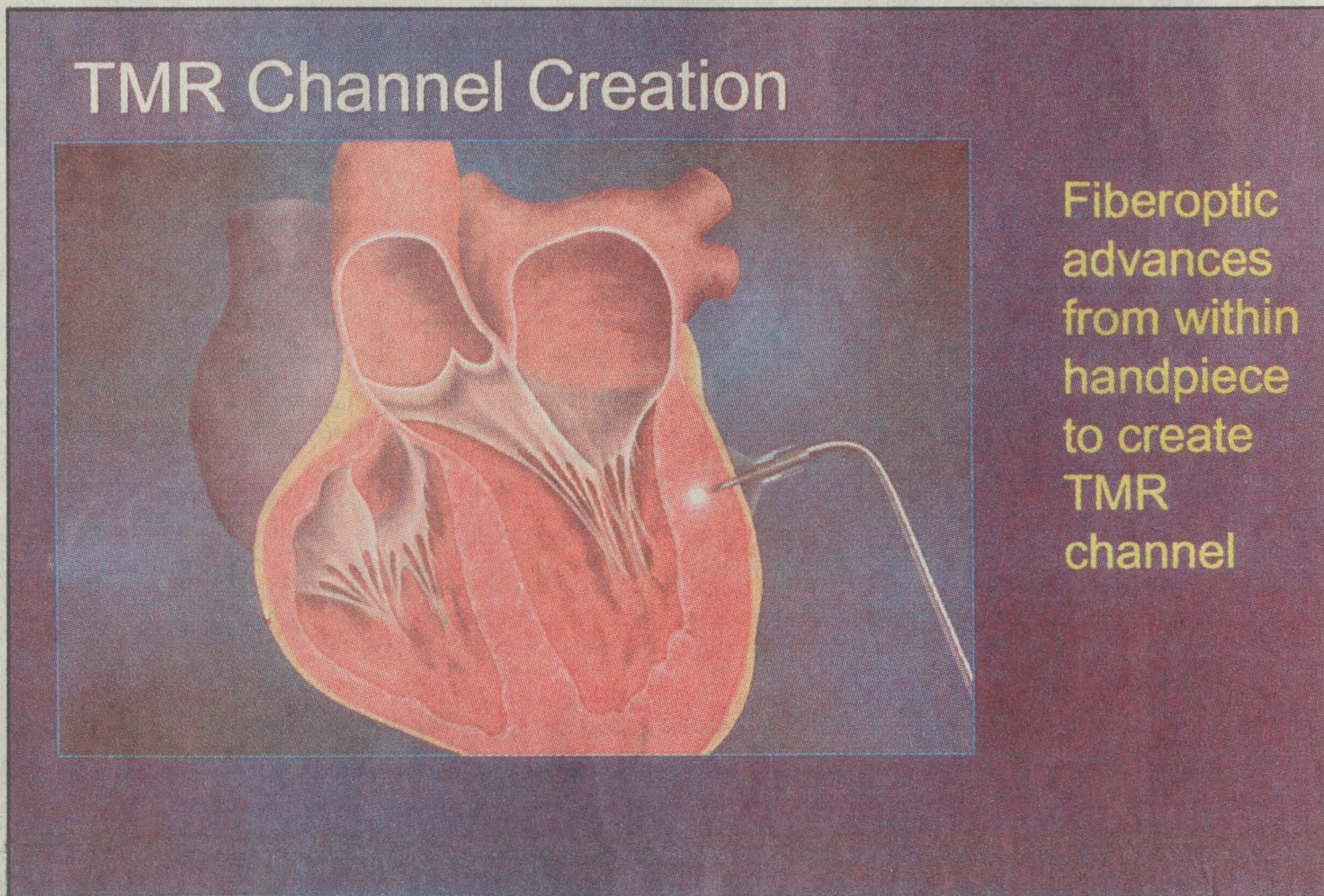
heart muscle is restricted, angina ensues.

In transmyocardial revascularization (TMR), a special laser creates 20 to 45 channels, or small holes, through oxygen-deprived heart muscle into the heart's left

TMR also is being investigated in the United States as an enhancement to bypass surgery. King's Daughters' Medical Center has been selected as one of the sites to participate in the clinical evaluation of

new procedure.

"TMR may provide a whole new way of treating cardiovascular disease," says Reed. "Previously, drugs such as nitroglycerin, where the only treatment option



Fiberoptic advances from within handpiece to create TMR channel

ventricle. Creation of these channels allows oxygen-rich blood to flow into the heart muscle again, despite blocked arteries. Studies show the procedure also stimulates the growth of new small blood vessels in the heart.

this procedure.

KDMC cardiothoracic surgeons Laura Lynn Reed, M.D., and Leonard Lapkin, M.D., underwent special training to perform TMR. Currently, they are the only physicians in the Tri-State performing this

for severe coronary artery disease patients not amenable to bypass surgery or angioplasty procedures, and that was to help relieve the pain, not correct the problem. At King's Daughters', we now can treat patients who could not be treated by conventional revascularization methods.

Clinical studies of TMR with the heart laser system show that nearly 75 percent of the patients demonstrated a significant reduction in angina. The same level of reduction in angina was demonstrated in just 13 percent of the patients managed medically.

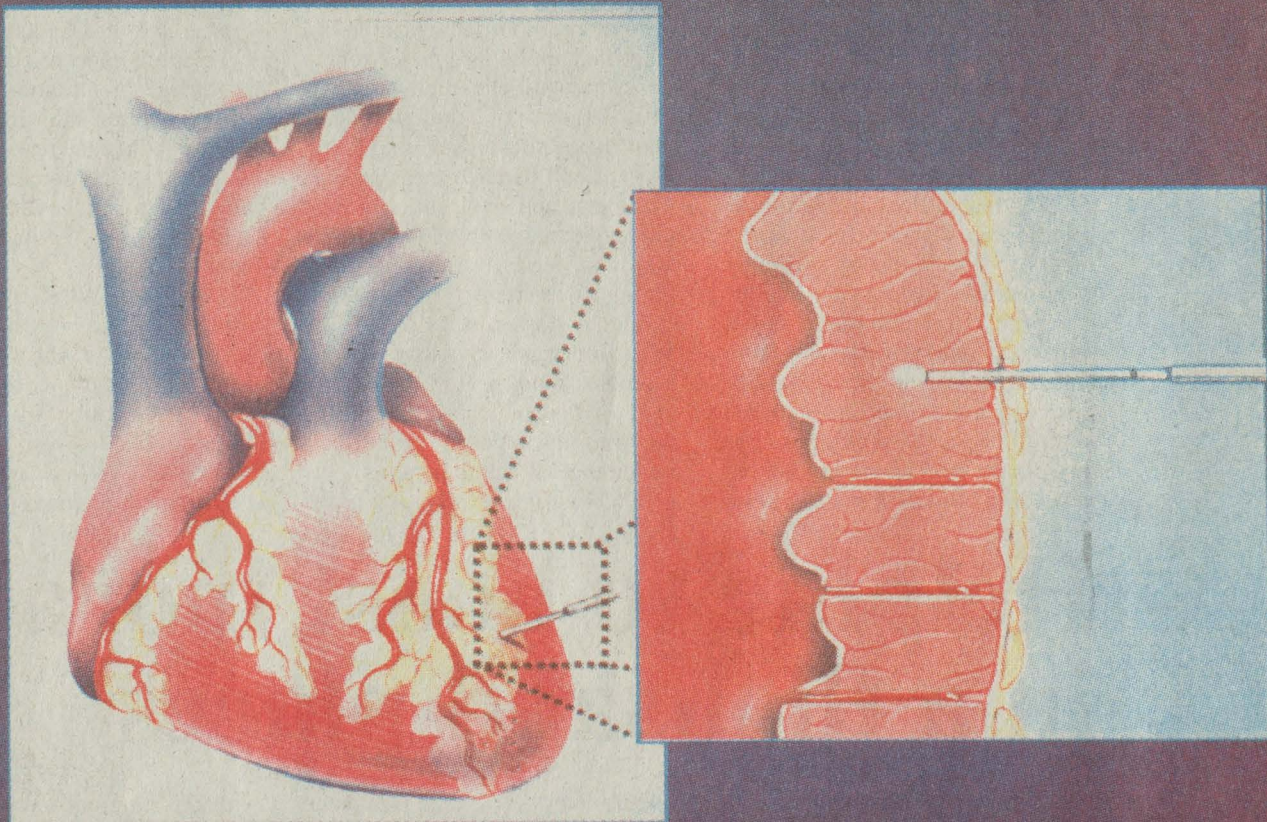
In the past eight years, TMR has been performed on more than 4,000 people worldwide, including more than 1,000 in the United States. Candidates for the procedure are those who have angina due to advanced cardiovascular disease; are not a candidate for standard therapy; have healthy heart muscle around the affected blood vessels; and have angina that cannot be managed with medications or are experiencing serious side effects from the medications.

It is estimated that about 80,000 Americans are newly diagnosed each year with severe coronary artery disease. About 500,000 Americans die annually from the disease.

Interestingly, the concept of creating channels for cardiac circulation is modeled after the reptile heart. Unlike the human heart, which is nourished by blood flowing in arteries located on the outside of the heart muscle, the reptile heart is primarily nourished by internal channels that supply blood from the heart chamber into

(See Heart, page two)

Transmyocardial Revascularization



Stark Raving Dad

Transformation into mom frightens dad



Lately, I've noticed I'm beginning to change.

And it's got me kind of worried.

This dawned on me the other night while I was taking a break from my house-dad duties to watch a science fiction movie called "The Fly."

In the movie — with the advertising slogan, you may remember, "Be afraid, be very afraid" — a scientist invents a teleportation device consisting of two booths placed across the room from one another. After years of research, he achieves his

goal of electronically transporting a monkey from one booth to the other. (Apparently in this movie, people were really bothered by the task of actually having to carry their monkeys across the room.)

Anyway, he eventually tries it on himself but doesn't notice that a fly has crawled into the booth with him. When he zaps himself and the rather surprised fly to the booth across the room, they have somehow melded into one another. This results in his slow metamorphosis into a giant fly, a condition which manifests itself by the dropping off of various body parts at embarrassing moments and an inexplicable urge to bother people at picnics.

As I watched that movie, it struck me that this is happening to me. But it's not that I'm becoming a fly. Instead, I'm becoming a mom.

Not, as they say on TV, that there's anything wrong with that. Moms are wonderful, great, super-human beings. It's just

that my household already has a perfectly good mom, and I'm not sure it's really, well, natural for me to be taking on these changes.

And besides that, I'm not becoming a real mom. Instead, I'm becoming some sort of weird hybrid mom right out of the '50s. It's almost like I climbed into one of those booths in the movie and June Cleaver was hiding in there with me. I have now emerged from the other booth as a balding 42-year-old man wearing a pearl necklace and spike heels, ready to vacuum and mop at a moment's notice.

Take my vocabulary, for instance. Time was, I would use the word "darling" just like every other married man in the world, as in, "Yes, darling, I'm aware that everything bad that's ever happened, up to and including El Nino, is my fault."

But after being a house-dad for a year, I have begun to use the word differently. One morning recently I caught myself

(See Dad, page two)

This Town That World

Editor's Note: For years, Floyd County Times founder and former publisher Norman Allen wrote a weekly column that looked at Floyd County through his eyes. His columns are being reprinted due to request. The following column was written in 1959.

Did you ever stop to think that, if every satellite the Russians and our side together have shot into orbit should collide at the same instant, the whole smashup wouldn't produce even the most distant roll of thunder?

WE STAND UP FOR CHRIS

Speaking of the Russians, we were bemused with that bit of propaganda timed to do another hero in on the day America does him honor. We refer, of course, to the Red scientist's remarkable "discovery" that Chris Columbus faked that discovery deal; and, although he found the country in a slightly depressed condition, returned home and teamed up with Ferdinand and Isabella to outdo Ananias with a cock-and-bull story about gold and diamonds and such stuff lying all over the place in these parts for all who would go and get same.

It seems, according to our Russian friend, that the illustrious Spaniards and the adventuresome Columbus lied themselves black in the face in order to get a labor crew into these shores. He didn't accuse them of lying about the hours or the wage-scale, however, and you may mark that up to them on the credit side of the ledger.

We wouldn't argue with our Russian friend for a moment, if we did not recall a few other claims he and his friends have made, namely: "beezbol!" was not originated by Abner Doubleday but was a Russian invention, and there is no God.

Oh, well! Our history isn't all wrong. Even the Russian agrees that the old boy's ships were the Pinta, Nina and Santa Maria. How comforting it is to have such confirmation!

THE GOVERNORS

Governor J. Lindsay Almond Jr., of Virginia, said at the Conference of Southern Governors at Ashville, N.C. this week:

"I have never bolted the Democratic

(See Town, page two)

To Your Good Health

by Paul G. Donohue, M.D.

DEAR DOCTOR DONOHUE: I'm 45 and healthy in all respects except that my doctor tells me I have diabetes. I can't tell that I do. I have not followed his instructions and today, he laid down the law. He said if I didn't shape up, I was headed for a heart attack. Is this a scare tactic?

DEAR READER: It's no scare tactic. It's the truth.

People with diabetes, even the kind that comes on later in life — Type 2 diabetes — are at a high risk for a heart attack. Their risk is four times that of a non-diabetic. It places diabetics on the same playing field with those who already have had one heart attack. These people are in greater danger of having a second attack.

You can eliminate the risk of heart attack by keeping your blood sugar as close to normal as possible. The heart-attack patient can reduce risk of a second attack by following the doctor's instructions to the letter.

You'd do well to read the diabetes report I'm sending you. Readers can obtain a copy by writing: Dr. Donohue — SR 89, Box 5539, Riverton, NJ 08077-5539. Enclose \$3 and a No. 10 self-addressed, stamped (55 cents) envelope.

© 1999 King Features Synd., Inc.

Heart

(Continued from page one)

the myocardium, or heart muscle.

In the 1960s, it was conceived that lasers could be used to create similar channels in ailing human hearts. In the late 1980s, the heart laser system was developed, and the first clinical tests were performed in 1990.

Bi-Ventricular Support System

A temporary heart assist device called the ABIOMED Bi-Ventricular Support System (BVS 5000) is FDA approved for any dysfunction of the heart thought to be recoverable. The BVS 5000 can completely replace the function of the heart from a few days to several months, allowing a patient's

failing heart to rest and recover.

Candidates for the device include the extremely critical bypass surgery patients whose heart is too weak to pump blood throughout the body, patients who have gone into cardiogenic shock following acute myocardial infarction (heart attack) and are unresponsive to conventional therapy, as well as parents suffering from myocarditis (inflammation of the heart caused by virus), which often affects people in their teens and 20s.

If the patient's heart recovers, he or she can be removed from the device. If the heart does not recov-

er, the patient can be transferred to a transplant center for an implantable ventricular device or heart transplant.

"Until now, if the heart became sick or injured, it could not take off a few days to rest," says cardiothoracic surgeon Leonard Lapkin, M.D. "Now, the BVS 5000 system buys precious time and allows the patient's heart to rest, recover and even repair some of its own damage. The device ejects blood in a rhythmic fashion so it gives patients a pulse, even though their hearts are not working. It effectively mimics the function of the heart, and the patient's own lungs oxygenate the blood."

Lapkin adds that the BVS 5000 is simple for heart surgeons to attach and can be run without a team of technicians monitoring the device.

The BVS 5000 consists of three basic components: tubing, pumps and a power unit. The computer-controlled console unit is connected to the pumps, which each have two chambers (an atrium and a ventricle) just like the natural heart, and controls their pumping action. The patient's blood flows through the tubing away from the patient's heart and into the pumps.

The pumps then return the blood to the patient's circulatory system, bypassing the heart and allowing it to rest until it can function effectively, or until the patient receives a heart transplant.

"These procedures will be very

important for those patients who need them," says KDMC president/CEO Fred Jackson. "It will mean the difference between life and death." Jackson estimates that about 12 to 24 patients per year may be treated with TMR and perhaps three to six patients may use the BVS 5000 within a year.

Lapkin says the new techniques are a continuation of King's Daughters' ongoing commitment to excellence in cardiovascular treatment. He predicts that in the next five years, he and other KDMC cardiothoracic surgeons will be implanting extra corporeal (outside the body) ventricular devices, and artificial hearts, as the technology receives FDA approval.

"For the patient with advanced heart disease, there currently are not a lot of options," he says. "Of the 400,000 people awaiting heart transplants, only about 3,000 will receive a new organ. The medical community and researchers are working very hard to find alternative ways to prolong the lives of people with advanced cardiovascular disease."

The Heart Center at King's Daughters' was established in 1991 and provides a wide range of cardiac services, including a chest pain center, noninvasive cardiac testing, heart catheterizations, balloon angioplasty, coronary artery stents, open-heart surgery, heart valve replacement, electrophysiology for heart rhythm disturbances,

respiratory therapy and cardiac rehabilitation.

King's Daughters' was among those chosen this year to participate in Anthem Blue Cross/Blue Shield's inaugural Kentucky Coronary Services Network.

King's Daughters' Medical Center is a locally controlled, not-for-profit, 341-bed regional referral center, offering comprehensive cardiac, medical, surgical, pediatric, rehabilitative, psychiatric, cancer, neurologic, pain care and home care services. Established in 1899, KDMC currently ranks sixth in the state of Kentucky in terms of admissions, and, with nearly 2,000 employees, is the largest employer in the Ashland area.

"Dumb," "lazy," and "careless"

These cruel words are commonly used to describe people with learning differences and attention difficulties, i.e. learning disabilities, dyslexia, attention deficit disorder, etc. Although this misunderstood population is of normal or above average intelligence, their disability creates a gap between ability and performance. The awareness of the unique characteristics of each individual and the services needed to assist these individuals on their journey toward a self supporting life, are essential from early childhood into adult-

hood.

Governor Paul Patton has declared October as Learning Disabilities Month. This declaration assists The Learning Disabilities Association of Kentucky Inc. in its mission to increase the awareness of the characteristics of this misunderstood population. It assists in the dissemination of information throughout the Commonwealth. Contact the Learning Disabilities Association of Kentucky Inc. for information, 502-473-1256 or 502-473-4695 (Fax).

Ask the CIS

The Cancer Information Service, 1-800-4-CANCER

Screening mammograms

Q: My daughter says I should have a mammogram every year. How important is this test?

A: A mammogram — an x-ray of the breast — is the best way to find breast cancer early, when it is easiest to treat. Studies show that having regular mammograms reduces breast cancer deaths among women between the ages of 50 and 69 by about 30 percent.

For women in their 40s, there is recent evidence that having regular mammograms reduces the chances of dying from breast can-

cer by about 17 percent.

The National Cancer Institute (NCI) recommends that women in their 40s should have a mammogram every one to two years. Women who are at higher risk for the disease should talk with their doctor about how often to have mammograms.

Women can get mammograms in breast clinics, hospitals, mobile mammography vans, and doctors' offices. All mammography facilities are required to display a U.S. Food and Drug Administration (FDA) certificate showing they meet strict guidelines regarding equipment, staff and record-keeping.

Mammograms generally cost between \$50 and \$150. Most states require insurance companies to pay for all or part of the test. Medicare also helps pay for annual mammograms. For more information about Medicare coverage of mammograms, call 1-800-638-6833 or visit the Medicare Web site at <http://www.medicare.gov/wellness.mammogram.html>

For information on free and low-cost mammograms and on FDA-certified mammography facilities in your area, call the NCI's Cancer Information Service toll-free at 1-800-4-CANCER.

Dad

(Continued from page one)

telling a mom that the bow in her daughter's hair was just darling. We then launched into a conversation in which I made extensive use of the word "sweetie" (as in "Kathleen is being a really sweetie today." And, all right, I have a vague recollection of using the phrase "cute as a button.")

It gets even worse: Since I've been housedadding, other moms have stopped noticing me. Or, to be more precise, they have stopped noticing that I am a guy.

Case in point: A few weeks ago I was walking in the park with my one-year-old when I came across a group of my mom friends seated on a blanket, watching their kids play.

"Hey, ladies," I shouted, "What are we up to?"

"We're just sitting here talking about menopause," my friend Angie chirped.

Then she patted the ground beside her. "Pull up some blanket and join us."

So I joined them and listened as they began to spin some of the most horrific tales I have ever heard. They talked in graphic detail about body parts, hot flashes

and hormone supplements, never once pausing to consider that there was a male in their midst.

Before it was over, I was joining in, clucking my tongue sympathetically and saying, "You poor, poor dear" to my compadres. I even ventured some theories on male menopause (which — note to my wife — is treatable by the purchase of a small, fast, preferably red automobile).

It's all getting to be a bit much. It's even starting to interfere with my relationship with some of my male buddies.

I can see it now: I'm at a baseball game with three or four other guys, and I notice they are strangely silent when, after a player has a particularly nasty slide into home plate, I mention that I sure as heck wouldn't want to be washing his uniform.

Then when someone asks if I want some peanuts, I giggle and say, "With these hips and swimming season here? You've got to be joking."

The last straw comes when I stand up about halfway through the fifth inning and announce, "Well, I'm running off to the little

boys room. Who wants to go potty?"

They give me an icy stare and turn to watch the game. I shrug and make my way to the restroom, after which I stop by the concession stand for a fruit punch and some conversation with a woman about her adorable French braids. (Did you know it's actually easier to braid them if your hair hasn't been washed for a day?)

When I return to my seat, my pals are nowhere to be found.

They have left me a note, scrawled on the back of a peanut bag.

"Be afraid," the note reads. "Be very afraid."

Keith Shannon, a Charlotte, North Carolina, attorney, is a native of Prestonsburg and a 1975 graduate of Prestonsburg Community College. He writes about his adventures as a stay-at-home dad in Stark Raving Day, which appears occasionally in the Floyd County Times. He can be contacted by writing the Times or by e-mail at Kshannon@infoave.net.

Town

(Continued from page one)

party at the national, state or local level. I have always supported the nominees of the party."

Kentucky's Governor Chandler in a "swan-song" speech that drew a standing ovation said he is looking forward to December 8, when he will leave office, because he plans "to just sit in a chair and whittle."

The governors elected Governor Almond their new chairman.

YES, WE SHOULD...

While we're quoting, consider this statement made by Paul G. Blazer, head of the Ashland Oil & Refining Co., in an address at Pikeville College last Thursday when he received the honorary degree of Doctor of Laws:

"There's no place in the world where one can find greater native ability, and there are few places where an investment in education will yield a greater return" (speaking of Eastern Kentucky). "We should have here

the largest chemical industry in this part of the country. Nowhere is there a more adequate supply of intelligent, easily trained labor, and we have cheap fuel—coal, gas and oil—which also is important as raw material."

If Mr. Blazer, for whom we have great respect, will tell us "how we could have what we should have, we will go to court, if necessary, to have him named Trail Blazer.

SUGGESTION

When Southern Bell "cuts over," Dec. 3, to its new long-distance dialing system, a code number will be assigned to Eastern Kentucky, and another to Western Kentucky. Eastern Kentucky's number will be 606. We suggest it should be code letters, instead...SOS, for instance.

Tune-in to turnips

From the American Institute for Cancer Research

As cooler weather sets in, root vegetables move into the limelight. Mild-tasting, nutrient-rich turnips are reaching their peak, and these white globes with their purple shoulders make a delicious addition to fall menus. As members of the brassica or cabbage family, turnips contain a wealth of beneficial phytochemicals, some of which are being studied for cancer-preventive properties. Turnips are also a good source of carbohydrates, vitamin C, potassium, folic acid, and fiber.

The best turnips have smooth unwrinkled skins without rust marks, and feel heavy in relation to their size. Avoid any that are misshapen, soft, shriveled or show signs of sprouting. Turnips will keep for weeks in a plastic bag in the refrigerator and for months if properly stored in a cold area.

Turnip skins can be bitter, so you'll want to peel them before preparing. They're great thinly

sliced, chilled and served raw, or shredded to garnish soups or fish dishes. You can cook them in a variety of ways; the simplest is to boil small whole turnips or larger roots diced into 3/4-inch pieces for about 15 to 20 minutes. Good seasonings for turnips include garlic, parsley and dill.

Use turnips to enhance the flavor of soups like minestrone, or roast them to serve with pork or poultry. Try them mashed like potatoes, or diced and added to chowders, stews or salads. Sample diced turnips stir-fried with cabbage, onion and cumin.

One of the oldest foods known to man, the turnip is sensational as a side dish. One classic dish involves cooking strips of turnip with minced onion and chopped tomato, seasoned with sugar, allspice, salt, pepper and parsley.

Turnip puree is a delicious way to prepare this versatile vegetable. Peel, cube and cook turnips and potatoes in boiling water until tender. Drain and place in a food processor, then process until

smooth. Transfer the mixture to a saucepan and stir in orange juice, brown sugar, ground ginger and a bit of melted butter or margarine. Cook until warmed through.

TURNIPS PAYSANNE

4 white turnips
2 celery sticks sliced
2 large carrots, sliced
1 large garlic clove, chopped
1 onion, chopped
8 oz. chicken stock
4 Tbsp. chopped fresh parsley
1/2 Tbsp. butter or margarine
Salt and freshly ground pepper

Peel and dice turnips. In heavy saucepan, combine turnip, celery, carrots, garlic, onion and stock. Bring to a boil; cover and simmer until vegetables are tender, about 20 minutes.

Uncover and cook until liquid has reduced to a glaze. Sprinkle with parsley, butter, and salt and pepper to taste.

Each of the six servings contains 53 calories and 2 grams of fat.

NUTRITION WISE

by Karen Collins, M.S., R.D., C.D.N.

American Institute for Cancer Research

Q: When food labels list the "grams" of sugar in a food, how do I know what that means?

A: A gram is a unit of measuring weight. In the case of sugar, a teaspoon-full weighs about four grams. So if a label says that something contains 12 grams of sugar, that would be equal to about three teaspoons of sugar. Experts recommend that we avoid too much sugar, because it supplies calories without nutrients. A healthy diet will always include some sugar, because sugar occurs naturally in fruit and dairy products, for example. Food labels include both these natural sugars and refined added sugars. Many experts, including the American Institute for Cancer Research, recommend that refined sugars provide no more than 10 percent of our daily calories, which translates to a maximum of about 40 to 60 grams per day for most American adults, depending on caloric requirement.

Total sugar in a balanced diet however, (refined sugars plus those from fruits and dairy products) may add up to about double this amount.

Q: Apples have the reputation of being such a healthy food, but are they actually high in any vitamin?

A: Apples provide some vitamin C (about 13 percent of the current recommended dietary allowance), but they have a lot more to offer. They are a good source of dietary fiber. Perhaps even more important, research has identified apples as a major source of several antioxidant phytochemicals. Laboratory studies suggest that these substances may help prevent cell damage that can lead to cancer, and may possibly help prevent damage to blood vessels that can lead to heart disease. Eating a variety of fruits and vegetables is now seen as one of the most important ways that diet can promote good health. No single fruit or vegetable has everything we need, but together they offer a wide range of health benefits.

Q: How does "imitation crab"

stack up nutritionally?

A: Imitation seafood—crab, shrimp and scallops—is usually made from Alaskan pollock, a whitefish. The skinless, boneless fish is ground up; mixed with binders, salt and other flavors; cooked; and shaped to look like crab or other shellfish. This imitation shellfish is an excellent source of protein and lower in cholesterol than true shellfish. It contains very little fat, which helps maintain the low-fat diet recommended by the American Institute for Cancer Research to help reduce the risk of developing cancer. The main disadvantage of imitation seafood is that it is often high in sodium. If you can adjust the rest of your food choices to accommodate the sodium level, however, imitation seafood looks overall like a healthy choice.

"Nutrition-Wise" is provided as a public service by the American Institute for Cancer Research. Questions for this column may be sent to "Nutrition-Wise," 1759 R Street, N.W., Washington, D.C. 20009. Ms. Collins cannot respond to questions personally.

Helping to boost morale in a thousand places

Leading Kentucky in helping to boost the morale of our men and women in uniform at more than 1,000 places were: Group—VFW Ladies Auxiliary, Ralph Fulton Post 6423, Erlanger; and AmVets Auxiliary Post 2, Louisville; Individual—Kim Dotson, Freeburn; and William and Jackie Kasten, Florence; Military—Van Voorhis Elementary, Fort Knox; College—Kentucky Christian College, Grayson; High School—Nelson County High School National Honor Society, Bardstown; Middle School—Crittenden County Middle School, Marion; Elementary School—Upper Tygart Beta Club, Upper Tygart/Olive Hill.

"We think they are outstanding, and we know that U.S. troops all across the nation and around the world appreciate their efforts," said G.B. Wisner, executive director of Friends of Our Troops.

As mail from all over the nation arrives at the headquarters of Friends of Our Troops it is thor-

oughly intermixed, then it is made up into well over 1,000 packages of mail to be sent out. "The packages range in size from just a handful for small units up to several thousand for an entire base or one of the Navy's large ships," said Wisner. "This helps to get an appropriate amount of mail to a lot of different places."

As the continuation of the Vietnam Mail Call program, which was established in 1965, there have been almost 35 years of service to and support of our soldiers, sailors, Marines, airmen, and Coast Guardsmen.

Over the years, millions of cards and letters have been made available for distribution to U.S. troops. Each year scores of indi-

viduals and groups across the U.S. write 1,000 or more, and hundreds write 100 or more.

Readers with Internet access can check the photo album at <http://www.militarymail.org/album.htm> for a pictorial overview of how the campaign functions as well as mail being distributed to the troops.

To learn how you, your family, school, college, church or group can help to boost the morale of U.S. troops at more than 1,000 places across the U.S. and around the world, write to Friends of Our Troops, P.O. Box 65408, Fayetteville, North Carolina, 28306. (And mention where you read about the Military Mail campaign.)

subscribe to

The Floyd County Times
call 886-8506 for details

FOR THE RECORD

District Court

Chris C. Irick, 30, Pikeville, alcohol intoxication, 1st/2nd, \$98.50 in fines.

Janice E. Hopkins, 43, operating a motor vehicle on a suspended license, amend to not in possession, \$118.50 in fines.

Jimmy C. Carroll, 30, McDowell, operating a motor vehicle on a suspended license, \$168.50 in fines.

Beverly M. Iricks, 22, Tram, no insurance, failure to wear a seatbelt, \$143.50 in fines.

Ray Collins Jr, 24, Paintsville, no operator's license, \$68.50 in fines.

Mathew Duff, 22, Garrett, operation of a motor vehicle under the influence of alcohol, alcohol/ drug education, license suspended for 6 months, \$290.50 in fines.

Robert Lee Lafferty, 23, Melvin, alcohol intoxication, 1st/2nd, \$108.50 in fines.

Thomas Robinson III, 36, alcohol intoxication, 1st/2nd, \$108.50 in fines.

Troy G. Jervis, 21, Prestonsburg, alcohol intoxication, 1st/2nd, disorderly conduct, attempt to elude police, 2 weeks in jail, \$208.50 in fines.

Eddie R. Dmitruk, 31, Prestonsburg, alcohol intoxication, 1st/2nd, disorderly conduct, attempt to elude police, 2 weeks in jail, \$208.50 in fines.

Maria Crum, 24, Auxier, driving DUI on a suspended license, \$168.50 in fines.

Willard E. Goble, 26, Prestonsburg, alcohol intoxication, 1st/2nd, \$108.50 in fines.

Carlos Hoover, 42, Hueysville, alcohol intoxication, 1st/2nd, \$108.50 in fines.

Jerry Watkins, 39, Harold, operation of a motor vehicle under the influence of an intoxicant, alcohol/ drug education, license lost for 90 days, 2 days public service, \$490.50 in fines.

Fred Haar, 51, West Van Lear, operation of a motor vehicle under the influence of an intoxicant, \$168.50 in fines.

Deanna C. Johnson, 22, Prestonsburg, operation of a motor vehicle under the influence of an intoxicant, amend to reckless driving, refer to state traffic school, \$178.50 in fines.

Ronnie L. Carroll, 26, Tram, operation of a motor vehicle under the influence of an intoxicant, \$183.50 in fines.

Derek L. Hall, 19, Melvin, operation of a motor vehicle under the influence of an intoxicant, possession of marijuana, dismissed, alcohol/ drug education, 90 days lost license, 2 days public service, \$501 in fines.

Charles Sexton, Martin, parent must send child to school, 1st/2nd, 5 days in jail, \$133.50 in fines.

Lavern Sexton, 34, Banner, criminal mischief, 2nd degree, must pay full restitution, \$83.50 in fines.

Marriage Licenses

Naomi D. Woodworth, 34,

Raven, and Jason M. Wallen, 22, Martin.

Lanikka M. Robinson, 16, Garrett, and Donald C. Jones, 19, Martin.

Claudette Suffridge, 37, Hindman, and John W. Taylor, 60, Hindman.

Shirley Lynn Hall, 17, Betsy Layne, and Lowell Vernon Compton Jr, 17, Pikeville.

Teresa Lynn Conn, 31, Garrett, and Aaron Lee Howard, 44, Garrett.

Belinda Lynn Gayheart, 32, Haines City, Florida, and Jerimy Lynn Scott, 21, Haines City, Florida.

Patty Loy Hall, 37, McDowell, and James Franklin Goines, 43, McDowell.

Anna Leah Harrington, 19, McDowell, and Sam P. Little, 17, Wheelwright.

Jennifer Lynn Miller, 20, Weeksbury, and Ricky Dean Adams, 20, Weeksbury.

Ramona J. Ramsey, 41, Frankfort, and John Samuel Perkins, 50, Pleasureville.

Police Dispatch Logs

October 6

11:57 harassment at Cliffside

Apts

11:58 motorist locked keys in

vehilce at Glynview

12:26 domestic dispute at Dr.

Simpson's office

2:57 suspicious person behind

Little League field

5:05 car broke down at Tiger

Mart

5:10 car broke down in on US

23

5:26 car broke down in

Richmond Plaza

6:39 DUI in town

7:28 reckless driver on 1428

9:53 cleared lot at Carter

Funeral Home

10:48 disturbance at Super 8

11:54 accident without

injuries at Wendy's

October 7

0:05 DUI at Vito's

2:34 alarm activated on

University Dr

9:00 motorist locked keys in

vehicle at grade school

1:33 motorist locked keys in

vehicle at Regency Hair Design

2:52 motorist locked keys in

vehicle at PCC

5:24 motorist locked keys in

vehicle at Food City

5:48 motorist locked keys in

vehicle at PCC

6:14 reckless driver on Food

City overpass

8:40 reckless driver on US 23

9:08 car broke down on Water

Gap Rd

9:12 reckless driver at Lee's

Restaurant

October 8

10:18 car broke down at 4-

way stop

10:41 intoxicated person at

Cliffside Apts

11:21 accident with injuries at

Regency Beauty School

1:03 car broke down in IGA

parking lot

2:41 motorist locked keys in

vehicle at PCC

3:29 alarm activated on N

Arnold Ave

3:34 reckless driver on N

Highland Ave

3:46 accident without injuries

at Health Dept

4:30 motorist locked keys in

vehicle at Winn-Dixie

4:30 suspicious person on KY

302 bridge

7:02 drug related incident at

Goble Roberts

7:43 alarm activated on W

Court St

7:46 harassment on Court St

8:14 suspicious person at

Cardinal Mart

9:56 intoxicated person at

Highland Heights Apts

10:10 cleared lot at Subway

10:15 DUI in town

October 10

2:54 accident without injuries

at Hardee's

10:20 accident without

injuries at old Ray Howard store

6:51 car broke down at Archer

Park

7:35 car broke down on Court

St

8:02 suspicious vehicle at

Jenny Wiley Video

9:56 debris in road at West

Side lights

10:57 harassment at Highland

Heights Apts

10:59 theft related incident at

Happy Hollow

October 11

6:31 alarm activated on N

Lake Dr

10:38 motorist locked keys in

vehicle at Wal-Mart

12:09 motorist locked keys in

vehicle on Webb Lane

3:53 theft related incident on

S Lake Dr

3:55 accident without injuries

at Wendy's

4:08 motorist locked keys in

vehicle at Detail

4:31 911 hang-up call at

Goble Roberts Apts

5:11 motorist locked keys in

vehicle in Wal-Mart lot

6:35 911 hang-up call on

Greer St

8:44 disturbance on Riverside

Dr

9:20 motorist locked keys in

vehicle at Food City

October 12

9:06 reckless driver on 1428

9:58 domestic dispute at

Riverside

10:44 harassment at R & L

Apts

12:02 motorist locked keys in

vehicle at PCC

1:18 theft related incident at

the police station

5:32 intoxicated person at

McDonald's

7:02 motorist locked keys in

vehicle at IGA

7:59 accident without injuries

on 1428

9:00 loud music on Herald

Lane

10:54 reckless driver near

Highland Tires

October 13

9:00 disturbance on N Lake

Dr

11:18 disturbance at BP

Station

2:20 car broke down at Cliff

4:27 DUI near Holiday Inn

9:08 reckless driver on KY

114

Property Transfers

Gary E. and Lisa G. Johnson to Randy and Brenda Hamilton, property located on Big Mud Creek.

Leonard and Bulavene Hall to Edward and Sherri Thacker, property located on Little Mud Creek.

Sarah Vanover to Chris and Angela Judd, property located at Auxier.

Hollis E. and Anita Daniels to Hascal and Gladys Gullett, property located on Jack's Creek.

Clyde DeRossett Jr to Billy Merritt, property location not listed.

George Herman and Rosie Bentley to Willie and Naomi Bentley, property location not listed.

Kenneth and Rita Bradford to Kenni Gambill, property located in Prestonsburg.

Billy Merritt to Clyde E. DeRossett, property location not listed.

Clared Wendell and Brenda Watson to Jeffrey and Zelma M. Watson, property located on Pitts Fork of Middle Creek.

Berlin Ray and Gerry Little to Alex and Laura Johnson, property located on Left Beaver Creek.

Dennis M. Wilson to Steven Kendrick, property located on Stone Coal Creek.

Anthony and Fran Swiger to Anthony and Fran Swiger, property located at Tram.

Hollis E. and Anita Daniels to Ruby Rowe, property located at Jack's Creek.

Denzil and Peggy Turner to Peggy Turner, property located on Right Beaver Creek.

Phillip D. Coleman III and Carol M. Coleman to Mart and Maggie Bailey, property located on Mare Creek.

Inez Deposit Bank to Barry and Diana Robinson, property location not listed.

Truby Johnson to Everett and Lofa Mae Adkins, property located on Keathley Fork of Tolers Creek.

Hazel Campbell to Julian Campbell, property located in Martin.

Hall and Hylon Development to Elgin and Emily Ward, property located at Harold.

Mickey and Joyce Johnson to Cecil Justice, property located on John's Creek.

Robert Hood to Saralene Gayton, property located in Wheelwright.

Robert Hood to Saralene Gayton, property located in Wheelwright.

Dona Turner to Paul Thomas and Lisa Turner, property located at Blue River.

CSX Transportation Inc to Mary Jane Thornsberry, property located at Burton.

Roland E. Gray Sr to Nova L. Hammonds, property located at Bull Creek.

Rex Meade to Randy Bell, property located on Frasure

Creek.

Bill G. and Florence E. Branham to James and Kathy Johnson, property location not listed.

Evelyn H. Buckley to Steve Buckley, property located on Middle Creek.

Homer Hackworth Jr and Lydia Hackworth to Donnie-Lee Spears II and Kristi Lyn Spears, property located on Left Fork of Abbott Creek.

Margie Leedy Layne, Kelly Layne Jr and Judy Mae Layne to David Layne, property location not listed.

CSX Transportation Inc to Berlyn Little, property located at Lower Burton.

Hale Coal Company Inc to Eugene Ward Hale II and Nancy J. Hale, property located on Big Mud Creek.

October Holding Inc to Sabrena Stepp and Norma Stepp, property located in Prestonsburg.

Wilma Mayo to Dennis and Nancy Mayo, property located on Left Fork of Beaver Creek.

Steve and Robyn Buckley to Evelyn Hunter Buckley, property location not listed.

Nova L. and Joe Taylor Hammonds to Roland E. Gray, property located on Bull Creek.

Randy and Tammy Keathley to George and Robin Caudill, property location not listed.

Interstate Natural Gas Company to Stanley M. King, property located on Frasure's Creek.

Nolan and Laura Sakow to Henry and Edith Hackworth, property located on Big Branch of Abbott Creek.

Otis Hansel Cooley, Sarah Frances Cooley and John L. Salisbury to Lorene P. Salisbury, property located in Prestonsburg.

Phillip I. and Ida A. Meade to Denver and Claudia Hall, property located on Arkansas Creek.

Leroy and Abilene Hamilton to Abilene Hamilton and Heather Nicole Hamilton, property located at Teaberry.

B. Dixon and Sonia B. Nunnery to Sandra Brookover, property located in Prestonsburg.

Otis Hansel and Francis Cooley to 23 Land Improvement Inc, property located on Bull Creek.

Jerry S. and Mary Magilene Fannin to Virginia Ford Fannin and Thomas H. Howell, property located in Prestonsburg.

Jean P. Hutchenson to Donna Wright, property located on Left Beaver Creek.

Franklin and Cheryl Sturgill to Joseph L. Compton and Rebecca Justice Kennon, property located at Stanville.

Restaurant, School, and Mobile Home Park Inspections

• Pizza Den, Ivel, 94: Chest-type freezer has no conspicuous thermometer. Food items stored on the floor of walk-in cooler (green peppers). Food contact counter in bad repair. Not all wiping cloths stored in sanitary solution.

• Floyd County Republican Party, Prestonsburg, 99: Single-service trays improperly stored.

• Sabrina's, Prestonsburg, 99: Thermometers not in cooling/heating units.

• Oleika Shrine, Prestonsburg, 98: Windows noted to be unscrubbed. Light bulbs observed to be uncovered.

• Bonanza Freewill, 97: Thermometers noted to be absent in some cooling units. Food observed improperly stored on floor. Owner voluntarily destroyed meat at improper temperatures.

• Mountain Manor Nursing Home, 97: Cooling units noted to have no thermometers. Floors observed to be soiled. Door observed propped open.

• Prestonsburg Band Boosters, 99: Single-service trays observed improperly stored.

• Clark Elementary Forensics, 95: Thermometers absent from coolers. Food improperly stored on the floor and in coolers. Garbage noted to be uncovered and improperly stored.

• Dream Factory, 98: Utensils noted to be improperly stored. Non-food contact surfaces observed slightly soiled.

• Mega Worship, 96: Thermometers noted to be absent in coolers. In-use dispensing utensils noted to be improperly

stored. Floors noted to be in slight disrepair and slightly soiled. Door observed to be open and window unscrubbed.

• Old Mule, Campbellsville, 99: Window screening noted to be in slight disrepair.

• Larry's Concession, Mirango, Indiana, 98: Floor observed to be improperly constructed. Improper screening observed.

• Zak's Snacks, Russell Springs, 99: Floors improperly constructed. Wipe cloths improperly stored.

• Gould's Concessions, Torton, 98: Utensils noted improperly stored. Floors observed improperly covered, no smooth and cleanable.

• Casey's Eats, 98: Thermometers not observed in cooling units. Door observed propped open.

• Lee's Grill, Nicholasville, 99: Wipe cloths improperly stored.

•

THINGS TO PONDER

by Mable Rowe Lineberger,
Ph.D.

Sleep! Oh, marvelous sleep, when you are so tired that you can't wait for your head to hit the pillow. That is the time when sleep is a friend. But, oh, those terrible times when sleep is an enemy; you fight sleep to avoid having the nightmares around memories from childhood.

Have you really paid attention to your sleep patterns and needs recently? Do you ever get so sleepy that you feel as though "something" has turned the switch for alertness "off" in the center of your forehead; you feel so numb. In fact, you feel so sleepy that you cannot keep your mind on anything except "When will I be able to just close my eyes?"

Wonder what the great bears feel to let them know that their "sleepy time" is approaching? What do fish do to sleep? As Granny Grace said, "All things have to sleep!" An idea was that many folks probably take for granted their ability to sleep adequately, while others may be unable to recall when they had their last night of "good" sleep.

Since the characteristics of a person's sleep patterns are so important to know for emotional and physical well-being, the focus will be sleep, the usual, the unusual, its negative and positive aspects, and what might be done about it.

Lots of people, 40 million men, women, and children, have chronic sleep problems; 20 to 30 million more occasionally have problems getting the rest they need. "Normal" range of sleep is from 5 to 10 hours with the adults average being 7 to 8 hours. In contrast, one or two individuals of 100 can get by with just five hours, whereas another small number needs twice that amount.

Research showed that most often many of us get less sleep than we need and, if given a chance, we would be likely to consistently spend an extra hour or more sleeping.

As with varying amounts of sleep, individuals also vary as to length of time going to sleep. Some people "just don't remember" their actual going to sleep, because they go to sleep so quickly. Others feel that they "like to have never gone to sleep." Once asleep many folks never wake up during the night, while some folks can't remember sleeping without waking up a couple of times a

night.

Several basic steps are suggested for obtaining better sleep. Exercise is of importance and is most beneficial to good sleep, if done in the afternoon. Vigorous exercise, especially right before bedtime, tends to arouse a person and delay sleep; morning exercise has little helpful impact on sleep.

Although you are tempted to taking "just a little nap" when really tired during the day, try to avoid the urge since daytime naps often disrupt normal nighttime sleep. That bedtime snack can also be of benefit, if hunger keeps you awake. Unless you have digestion problems from eating late, a light snack might also help you sleep. But avoid heavy meals, alcohol, and caffeine drinks.

Of course, many people also add to their routine a special item, such as favorite pillow, to maintain their predictable sleep setting. One of the best contributors to a good night's rest is keeping a regular schedule for sleeping. You don't have to be strict to the minute, but going to bed and getting up at the same time has been found to be really helpful for establishing worthwhile sleep habits.

Caution: don't linger in bed or oversleep the next day, if you don't sleep well the night before; and, if you awaken too early, get out of bed and start your day. By having a regular wake-up time, you help form the biological rhythms that establish your periods of peak efficiency during the 24-hour day.

Since at least the early 1970s, studies in sleep labs at major universities and medical centers have made interesting discoveries about that time of day when we "restock" our needs for the next day. Most everyone knows by now that a normal night of sleep is comprised of several distinct stages and types of sleep.

Stage I: During the twilight zone between full wakefulness and sleep, the brain creates irregular, rapid electrical waves. Muscles relax. Breathing is smooth and even. Stage 2: larger brain waves appear that have occasional sudden bursts of electrical activity. Stage 3 and 4: now is the "delta" or slow-wave period of sleep where the brain produces slower, larger waves.

After about 90 minutes in the four stages of quiet sleep, the brain moves into a more active stage characterized by rapid eye movement and called REM sleep.

The four stages of quiet sleep are referred to as non-REM or NREM EM sleep.

Brain waves produced during REM appear more like those of quiet sleep. Large muscles, torso, arms, and legs cannot move during NREM, although fingers and toes may twitch. The body changes with breathing quick and shallow and blood flow speeds up through the brain. This is the time of vivid dreaming. Over the night-time, adults spend about 75 percent of their sleep time in NREM sleep and 25 percent in REM. Deep stages of NREM are longer in the earlier part of the night.

As the night passes, periods of NREM sleep grow progressively shorter and REM periods get longer. First periods of REM sleep is less than 10 minutes long with later periods 15 to 30 minutes long. Over a typical night, sleep is likely to consist of four or five cycles of NREM and REM sleep.

Similar to cycles of sleep during the night, sleep needs and patterns change dramatically over time. Newborns may sleep for up to 16 hours a day, though rarely for more than a few hours at a time. During childhood, youngsters spend much more time than adults in the deepest sleep stages. Sleep tends to become lighter and more fragmented as we get older.

Well, by now, you should know if you sleep like a baby, lighter than a feather, or like someone just hit you over the head. If you don't know, keep a simple sleep diary for a week or two. Keep a journal about the time, how you sleep, and how you feel. In the morning, estimate the time you actually fell asleep the night before, whether you woke up during the night and the time you did. Also note how alert or sleepy you feel at different times of the day, especially if you're not active.

By being more aware, you can get a sense of whether you're accumulating a sleep debt, don't get enough rest and you build up a sleep debt over time. At some point, however, a sleep debt can become so great that we cannot resist it and we fall asleep, even in a potentially dangerous situation, such as the Mountain Parkway at night.

Keep in tune with your sleep habits. Find the best way for you to get the most out of your night's sleep. Remember that sleep is one of life's essential functions and that it deserves your attention and appreciation.

Right equipment, planning can help you avoid winter-driving accidents.

(NUE) — Winter is on its way and in its wake the hazards of driving in snow and ice. With some planning and the right equipment, however, you can avoid becoming an accident statistic.

Mark Cox, executive director of the Bridgestone Winter Driving School in Steamboat Springs, Colorado, says it's important during the winter months to keep abreast of weather reports in your area.

"If snow or ice is predicted, make plans to leave early or arrive later," he says. "An alarm clock set to an earlier time can be a good friend in helping you avoid difficulties."

Cox also recommends moving a night trip to daylight hours if possible. Not only is visibility better, but, if your

vehicle is stalled, you are more likely to receive prompt assistance during the daytime.

The key to safer winter driving is preparing your vehicle for come what may, Cox says. He offers this checklist of things to do before winter sets in:

- Check your windshield wiper blades to make sure they work properly. In some areas, snow blades are an effective alternative to conventional wiper blades.

- Have your mechanic test the antifreeze/coolant to ensure it will provide the correct level of protection required in your driving area.

- Keep your gas tank at least half full. The extra volume can help reduce moisture problems within your vehicle's fuel system.

- In rear-wheel-drive vehicles, extra weight in the trunk or truck bed may be helpful. Use care, however. Unsecured weight can shift while the vehicle is moving or if you need to stop suddenly. Bags of sand can provide helpful weight. And, if sprinkled on the ice, sand helps provide better traction.

- Make sure your tires are properly inflated. Underinflated tires can reduce their gripping action because the tread will not meet the road surfaces as it was designed. Overinflation has the same effect.

- If you live in areas where snow and ice are certainties of winter driving, don't depend on all-season tires. Instead, install winter tires. Purpose-built snow and ice tires, such as the Bridgestone Blizzak, are made of softer components and have a unique tread design that provides better traction and road-gripping abilities.

GOOD HOUSEKEEPING

This Halloween, get your tricks and treats by renting a great scary movie. These films have surprises guaranteed to shock you.

NO WAY OUT (1987): In the movie that made Kevin Costner a household name, he plays a Navy lieutenant who works directly for the Secretary of Defense (Gene Hackman). What Hackman doesn't know is that the two share something else — Costner is having an affair with Hackman's mistress. When the mistress is murdered, Costner is assigned to the investigation, but he quickly realizes *he's* the chief suspect. (Rated R)

SHATTERED (1991): A car plummets off a cliff, leaving powerful architect Dan Merrick (Tom Berenger) barely alive. He survives — but loses his memory. He and his beautiful wife (Greta Scacchi) seem to share the perfect marriage. But little by little he remembers: He was having an affair. So was she. What else has

he forgotten? You won't believe your eyes. (Rated R)

THE CRYING GAME: Fergus (Stephen Rea), a member of the Irish Republican Army, spends his days guarding a British soldier (Forest Whitaker) whom the IRA has taken hostage. The two get to talking, mostly about the hostage's girlfriend, Dil. She's no ordinary girl. And Fergus is the last one to uncover her big secret. (Rated R)

MASQUERADE (1988): Olivia Lawrence (Meg Tilly) is young, beautiful — and rich. But after losing both her parents, she's alone in the world, and afraid of attracting gold diggers. Enter Tim Whalen (Rob Lowe), a penniless sailor who sweeps her off her feet. Lawrence lets down her guard and trusts Whalen completely, even after he commits murder in her Long Island mansion. Is she making the right decision? Only time will tell. (Rated R)

VERTIGO (1958): In this Hitchcock masterpiece, Jimmy Stewart plays John Ferguson, a retired police detective whose fear of heights interferes with his job — resulting in the death of a woman (Kim Novak) he was hired to follow. The woman then reappears — or is it only Ferguson's imagination? He becomes obsessed with his quest to find out where this lookalike came from. (Unrated)

VIDEO REVIEWS — TOP PLOT TWISTERS:

TEN LITTLE INDIANS (1975): In this old-fashioned whodunit — based on Agatha Christie's book *And Then There Were None* — 10 strangers are stranded in a desert mansion 200 miles from civilization. One by one, members of the group are murdered. Clearly, this is an inside job. Can the survivors solve the crime before it's too late? (Rated PG)

PRIMAL FEAR (1996):

subscribe to
The Floyd County Times
call 886-8506 for details

SOCIETY NEWS

Founder's Day reunion

Labor Day guests of Mr. and Mrs. James Lyon, Mrs. Sarah Davis, Mrs. Bonnis Davis of David, and Mrs. Charity Wireman of Salyersville were Mrs. Diana Blasioli, Mrs. Shalnessa Bathgate, Mrs. Sharon Duke, Keith Woitte, Mrs. Karen Hook, Anthony Winget, Brian Wright and family, Mrs. Sherry Priests, Andrea Priest and Mrs. Bea Arnett Callison, all of New Carlisle, Ohio, David Blasioli and family of Dayton, Ohio, Mr. and Mrs. Gary Arnett of Bumpass, Virginia.

Visiting from Chelsea, Michigan, were Mr. and Mrs. Larry Hackworth, Dillon Hackworth and Mr. and Mrs. Claude Arnett, Ken Lyon was also a guest from Barboursville, West Virginia.

The families enjoyed the Shepherd Founder's Day reunion in Magoffin County, during the Labor Day Weekend. These families are the descendants of Jacob and Elizabeth Hale Shepherd. They were from Virginia, and settled in this area in the early 1800s. A wonderful time was enjoyed during this reunion,

while learning about their ancestry. Many people met relatives they had never met before. The Shepherd Founder's Day was a great success. Thanks to all who worked so hard to make this a very special time that everyone will cherish and remember.

KFWC Drift Woman's Club

The KFWC Drift Woman's Club met at the Viola Bailey Community Center Building, September 20, with president Alice Osborne presiding. A poem was read by Alice Osborne, "Love is Enduring Patient and Kind."

Cecelia Little led the group in The Lord's Prayer followed by the Pledge to the American Flag.

Refreshments were served by the hostesses Alice Osborne and Ruby Akers to Cecelia Little, Donna Allen, Geraldine Ward, Brooksie Gearheart, Alma Mosley, Ruby Damron, Karen Hunt, Roney Clark, Mary Joyce Giash, Kathryn Youmans and guests Dr. Paul Fanning, superintendent of Floyd County Schools, Peggy Bradford, Weeksby Community Center

volunteer director, and Carol Stumbo, Floyd County Board member and director of Region 8.

Carol Stumbo introduced Dr. Fanning, who responded to our invitation with enthusiasm to speak about the community use of school facilities and conditions of rental.

Peggy Bradford, explained now they have a community center and park. With all the people in the community working together it can be done. It was a very informative meeting.

The minutes of the August meeting were read by the secretary Celia Little.

The Treasurer's report was given by Roney Clark.

President Alice Osborne read an invitation from the Chamber of Commerce to Business After Hours at Reno's, September 28.

The KFWC seventh district conference will be at the Holiday Inn, October 31, with the KFWC Drift Woman's Club hostess. GFWC/Kentucky President will be the guest speaker.

The KFWC Drift Woman's Club was scheduled to meet October 18, at the Viola Bailey Community Center Building.

HOME TIPS

HANG IT UP — Whenever I go to a public restroom, there often is no place to hang my purse. Now I put a large S-shaped hook in my purse and when needed, hang it over the door. The purse hangs nicely on the inside of the area. Choose a plastic S hook so it will not mar the door. Lisa K., Epping, N.H.

ICE CREAM — When giving my grandchild ice cream, I put it into a coffee mug. Holding onto the handle gives her better control and keeps the coolness from her hand. Since she hasn't yet mastered the art of feeding herself, the side of the cup gives her support to get the ice cream onto the spoon. The depth of the cup helps her

to steady her spoonful before she lifts it to her mouth. Best of all, if any of it melts, she can just drink the liquid from the cup by tipping it up. Pat N., Mesa, Ariz.

ONION MAGIC — After hundreds of tears, I discovered a great way to be tear-free while chopping onions: swim goggles! Sure, you'll look silly wearing them around the kitchen, but they keep those nasty onion fumes away from my eyes! Sarah W., Cape Girardeau, Mo.

CADDY — When I bought a new dishwasher, I saved the utensil basket from the old one. It makes a great tool caddy/carrier when working around the house. Tricia D., Salem,

Ore.

PUZZLE PROTECTOR — I love to work jigsaw puzzles, but if I leave them unattended, my cats play with the pieces and lose them. To prevent this, I now place a sheet of Plexiglas over puzzles when I'm not working on them. Not only does it protect them from the cats, but it allows me to use the table, even though it's covered by an "in progress" puzzle. Kellie C., Tyler, Texas

Share your special Home Tip with our readers. Send it to Diane Eckert, King Features Weekly Service, 235 East 45th Street, New York, N.Y. 10017.

HealthNews

by Dr. James A. Campbell
Kelli Campbell
Potter Medical Clinic

What is influenza? Influenza (flu) is a respiratory infection caused by a virus (germ). Influenza occurs most often in the winter and is easily spread from person to person. The flu season starts in November and usually lasts until spring.

How is influenza spread? Usually this occurs by inhalation of aerosolized particles from coughing or by direct contact such as shaking hands. Once you have the virus on your hands, rubbing your nose can transfer the virus to your respiratory system.

What are the symptoms of influenza?

- moderate to high fever
- muscle aches
- runny nose
- chills
- sore throat
- tiredness
- dry cough
- loss of appetite

Why is influenza dangerous for the elderly? People over 65 and those with chronic illness have a hard time fighting influenza because the body's system for fighting infections is often weakened. In older people, influenza is more likely to lead to bronchitis, pneumonia, or death.

How can influenza be treated? Most people with influenza do not need special drugs or treatment. You should:

- rest

- eat a light diet
- take acetaminophen (Tylenol) to reduce fever and muscle aches
- drink lots of fluid
- stay at home

Are there medicines for bad cases of influenza? If you are seriously ill, your doctor may order an antiviral drug for you. Infections for bacteria are more likely when you have influenza. Health care providers treat bacterial infections with antibiotics. Common secondary infections are: bacterial pneumonia, ear and sinus infections.

Can influenza be prevented? Yes, receiving an influenza vaccine can help protect you. You must get the vaccine (shot) every year in the fall to be protected. Sometimes the shot does not prevent influenza but makes its symptoms less severe.

Who should get the vaccine? It's a good idea for everyone to get an influenza vaccine each year. People at high risk for becoming seriously ill are encouraged to get a flu shot once a year. You have a high risk if you have:

- lung/heart disease
- kidney disease
- diabetes
- have AIDS
- over age 65
- severe anemia
- live/work in a nursing home
- work in a health care facility

Who should not get the vaccine? You should not get the vaccine if you are:

- allergic to eggs
- sick with a fever (wait until you are better)
- Guillain-Barré syndrome
- early pregnancy (first three months)

When should I get the vaccine? The best time to get the flu shot is between October and December. The strongest time of protection is 1 to 2 months after you receive the vaccine. Contact your doctor for instructions on acquiring the flu shot.

This information is not intended to replace the medical advice of your doctor/health care provider.

For more Good Housekeeping reviews, visit the website: www.goodhousekeeping.com.

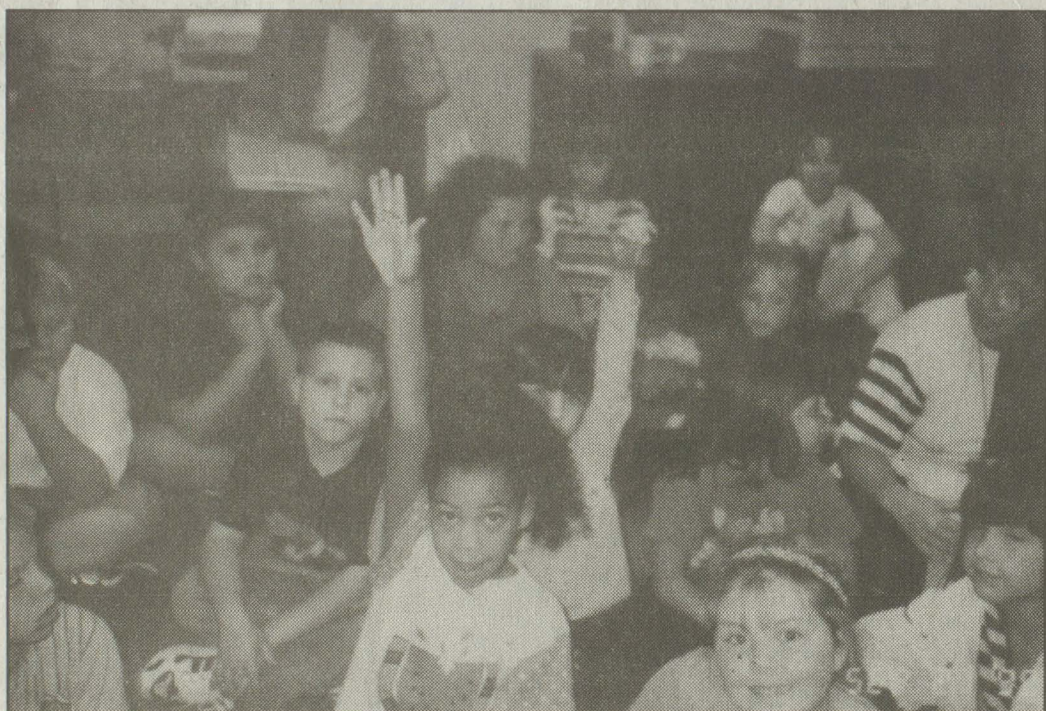
© 1999 Hearst Communications, Inc.

JAGGED EDGE (1985): We've seen it before — a wealthy woman is murdered and her hus-

band is the prime suspect. Where *Jagged Edge* gets interesting is when the female attorney (Glenn Close) hired to defend the husband (Jeff Bridges) falls for her client. Is Close sleeping with an innocent man or a cold-blooded killer? (Rated R)

DIABOLIQUE (1955): This black-and-white thriller — in French with English subtitles — is far more convincing than the 1996 remake with Sharon Stone. Two jilted lovers of a fiendish school principal conspire to murder him. After drowning him in a bathtub, they transfer his body to the bottom of the school's swimming pool. But several days later when the pool is drained, the body is missing. (Unrated)

ACADEMICS



Prestonsburg Elementary third graders had fun during a visit to the Chamber of Commerce.



Third-graders visit Chamber of Commerce

They marched single file up Court Street, around the corner to Front Street, up the stairs to the Chamber of Commerce office. Eighty-three lively third-graders from Prestonsburg Elementary, their teachers and a few parents filled the place with chatter and activity.

Teacher Jennifer Skeens suggested the youngsters sit on the floor for a discussion with Rebecca Derossett, chamber director, and secretary Beverly Hackworth. The students had come to learn about the Chamber of Commerce, so they said. Little hands flew into the air.

"What does the Chamber of Commerce do?" asked one student.

"We help our businesses grow and try to bring more business into our area," responded Derossett, adding that the job of directing the Chamber requires a lot of patience

in dealing with people. Derossett explained that the Chamber is like a club or school group the children may be involved in, such as 4-H or chorus.

"You have to know how to talk to people on the phone," teacher Debbie Walker told the students, as Director Derossett excused herself to answer the phone. Hackworth stated that the Chamber receives many calls from out-of-state people who want information about Floyd County.

Other questions ranged from how the equipment works to what was behind the closet doors. Derossett informed the children that the Chamber of Commerce is on the Internet at www.floydchamber.com. Walker stated that the third-graders could access the site from their classrooms.

After a candy treat, the students were ushered into the Chamber Board Room, filming site of The

Chamber Show, produced monthly by LJ Productions and aired on cable TV.

"How much do you pay to have your own TV show?" was the final question of the day.

Other third grade teachers in attendance were Diane Turner and Amie Ridener. The field trip included visits to Family Court Judge Julie Paxton's office at the Justice Center, where "Judge Julie" gave them a tour of the courtroom. The class also stopped by the historic First United Methodist Church on Arnold Avenue. River Park was the final destination before their visit to the Chamber of Commerce.

The students later sent thank-you letters to the Chamber, including one which said, "I believe my mom's and nana's businesses are in good hands."

Transylvania University full-time enrollment up

Transylvania University's full-time enrollment is up this fall—from 1,060 to 1,064—making this the largest full-time enrollment in Transylvania's 219-year history. Total enrollment—including part-time students—is 1,073.

"While full-time enrollment is up, Transylvania's entering class of 308 is the smallest by design since 1995," said President Charles L. Shearer. Transylvania had enrolled around 345 freshmen the past three years but limited new student enrollment this year.

"Interest in Transylvania among academically talented students continues to increase, but we don't want our overall enrollment to grow beyond our capacity. We

want to maintain our commitment to small classes and personal attention," said Shearer.

Shearer said he is extremely pleased with the academic quality of the freshman class. "The quality of this class is outstanding in every measure of academic strength." The average ACT and SAT scores are well above the national averages, the average high school GPA is 3.5, 50 percent graduated in the top 10 percent of their class, 16 are National Merit Finalists and 30 were valedictorians.

There are four students from Floyd County attending Transylvania University: Aaron Dillon, Hanna Halbert, Monica Majmundar and Ronald Tackett.

Transylvania is consistently ranked in national publications as one of the top liberal arts colleges in the country, including U.S. News & World Report, The National Review College Guide: America's 50 Top Liberal Arts Schools, Peterson's Top Colleges for Science and the Smart Parents Guide To College.

Located in Lexington, Transylvania University is a private four-year liberal arts college. Founded in 1780, Transylvania is the 16th oldest institution of higher learning in the United States and the first college west of the Allegheny Mountains.

Middle school math program offers college scholarships

This fall, 7th and 8th grade students across Kentucky will have the opportunity to participate in MATHCOUNTS, a nationwide math coaching and competition program.

In Kentucky, MATHCOUNTS is sponsored by the Kentucky Society of Professional Engineers, with financial support from companies, institutions, individuals, and organizations, including the University of Kentucky and the University of Louisville.

Both universities donate four-year, full-tuition college scholarships to four state winners each year.

Kentucky Governor Paul E. Patton supports the MATHCOUNTS program, serving as the Honorary Chairman for the third consecutive year.

MATHCOUNTS promotes math achievement with all the challenge of a school sports event. Student "mathletes" train individually and in teams throughout the school year, often under the tutelage of their own math teacher, to answer questions such as: "Mikela drove 500 miles on her three-wheeler. She rotated a spare tire with the other tires so that all four tires got the same amount of wear. How many miles of wear did each tire accumulate? The answer is 375 miles.

Students have the opportunity to compete in three arduous phases of competition that require a profound competency for

advanced mathematics, as well as the ability to provide leadership and teamwork skills. Besides college scholarships, students compete for regional scholarships, trophies, travel opportunities, medals, and other prizes and rewards.

Building the math skills of our students is a national priority. MATHCOUNTS is critical because it targets middle school students, who are at a critical age in sustaining and developing their math interest and ability. In Kentucky, 6,070 students—maybe as many as 9,000 students—participated in the program last year, either through official competitions or through classroom activities that utilized the study guides provided free by MATHCOUNTS to all eligible schools.

There were 141 Kentucky schools (564 official competitors) that registered for MATHCOUNTS last year, making Kentucky one of only 10 states in the entire country to show an increase in registrations.

Nationally, more than 500,000 students will participate in MATHCOUNTS this year, with more than five million students having been involved since the program began in 1983.

Volunteer professional engineers — members of the Kentucky Society of Professional Engineers — provide the organizational and administrative support for MATHCOUNTS, includ-

ing much of the financial support needed each year.

From the Society's 13 regional competitions, as well as the state competition, it is estimated that more than 500 professional engineers participate in Kentucky's MATHCOUNTS program every year. There are about 17,000 volunteers nationwide each year.

Financial support for MATHCOUNTS in Kentucky is also provided by KFC Corporation, Ashland Foundation Inc., Palmer Engineering, ALCOA Foundation, Kentucky Consulting Engineers Council, and the Transportation Association of Engineers, to name a few.

Nationally, MATHCOUNTS' founding sponsors are CNA, the National Society of Professional Engineers, and the National Council of Teachers of Mathematics. National sponsors are The Dow Chemical Company Foundation, General Motors Foundation, Texas Instruments Incorporated, 3M Foundation, and the National Aeronautics and Space Administration.

For details about Kentucky's MATHCOUNTS program and registration information, contact: Connie Davis, state coordinator, 160 Democrat Drive, Frankfort, KY 40601. Phone: 800/455-5573 or 502/695-5680; email: connie@KyEngCenter.org. The primary registration deadline for MATHCOUNTS is November 12.



Fourth grade catches election fever!

The fourth grade classes of Ruth Hamilton and Misty Little at McDowell Elementary School have just finished a special unit on the election process. During the course of the unit, the students were exposed to elections in all subject areas. Activities students participated in were designing campaign posters, writing campaign speeches, presenting campaign speeches, nominating candidates, learning the election process, (branches and levels of government, reading Election Day, voting paper ballots, voting on a machine, writing a paper comparing paper voting to machine voting, and various other activities. The students ended the unit by having a guest speaker, Chris Waugh, who came to both classes to discuss voting in an election. He brought a voting machine for the students to elect their 4-H officers. They were excited to get to vote on a "real" machine.

The Floyd County Times Classifieds

DEADLINES: WEDNESDAY PAPER, NOON MONDAY - FRIDAY PAPER, WEDNESDAY 5 P.M. - SHOPPER and SUNDAY, WEDNESDAY 5 P.M.



RATES:
\$1.00 per line, 4 lines minimum for Wed. and Fri.
Paper. .25 per line, 4 lines minimum for Shopper if purchased with Wed. and Fri. Shopper only: \$1.00 per line, 4 lines minimum.

Contact Jenny at extension #14 or Sandra at extension #15 at:

(606) 886-8506



FAX US YOUR AD:

(606) 886-3603

****24 HOURS****

The FLOYD COUNTY TIMES does not knowingly accept false or misleading advertisements. Ads which request or require advance payment of fees for services or products should be scrutinized carefully.

FOR SALE

Autos

1986 4X4 CHEVY PICKUP: \$1,700 OBO; Also 1990 Mazda MX6, air, \$1,500. Call after 5 pm 285-3047.

'89 DODGE CARAVAN: Auto., AC. One owner, excellent condition. 886-3452.

'92 DODGE GRAND CARAVAN: Limited edition, white w/wood-grain, new tires, good condition. 134K, \$5,900. Call 886-3613 between 4 and 7.

1990 TOYOTA PICKUP: 81,000 miles. Excellent condition. 886-9686.

1986 CHEVY TRANSFER VAN: 16 passenger. Very low miles. \$7,000. 886-1832 or 886-1237.

1982 TOYOTA TERCEL: 195,000 miles, runs good, but will not stay in first gear. May be seen in Citizens National Bank parking lot on front street. Send best offer to: Appalachian Research and Defense Fund, 120 North Front Avenue, Prestonsburg, KY 41653, Attention: John Rosenberg.

1996 TOYOTA CAMRY: Auto., loaded, 1 owner, warranty included. 30K. \$11,900. 606-546-3975.

Books

EAST KENTUCKY'S LARGEST SELECTION OF NEW & USED BOOKS, including Floyd Co. Kentucky History and History & Families of Knott Co. Kentucky Published by Turner Publishing Co. Call 606-789-3592 or visit Words 'N Stuff at the intersection of Ky Rt 1107 & 302, at Van Lear, KY.

Sale/Misc.

FREE CAMCORDER with purchase of Big Screen TV, 48" to 55". Only \$15 down delivers to your door. Call American Distributing @ 1-800-581-6991.

SIDES OF LEATHER, belt strips, blanks. Also 8' aluminum window. 886-6659.

KENMORE WASHER & DRYER: God shape. \$300. 889-9314.

'73 NOMAD, 21 FT. TAG ALONG CAMPER: Ice cold air, furnace, ref., stove, 1/2 BA, sleeps 6-8, new flooring & carpet, redone bath, new awning. Asking \$2,200. 358-8893.

SMALL GROCERY STORE BUSINESS: For more information call 886-2873.

SLIDE-IN CAMPER: Fits full size truck. Very good shape, \$500. 889-9314.

TICKETS FOR SALE: Backstreet Boys, lower level. WWF, ring side. 606-299-8986.

8N TRACTOR: With plow, scraper and disk. \$3,500. 358-4524.

FOR SALE: Yellow Bee hive, \$50. 285-3928.

LARGE CAPACITY WASHER & DRYER pair with free vacuum or microwave, only \$15 down delivers to your door. Call American Distributing @ 1-800-581-6991.

AIR CONDITIONERS 5000 BTU and Up with free vacuum. Only \$15 Down delivers to your door. Call American Distributing @ 1-800-581-6991.

RIDING LAWN-MOWERS 12.5 HP. and Up with your choice of weedeater or push-mower. Only \$15 down delivers to your door. Call American Distributing @ 1-800-581-6991.

ONLY \$15 DOWN DELIVERS A COMPLETE 5 PC LIVING ROOM group with free lamps. Call American Distributing @ 1-800-581-6991.

HAY FOR SALE: Good, clean hay - Alfalfa, Timothy and mixed. Square or round bales. Call 606-725-4771.

FREE MATTRESS SET with purchase of a complete bedroom suite. Only \$15 down delivers to your door. Call American Distributing @ 1-800-581-6991.

COMPUTER SYSTEM WITH FREE COLOR PRINTER. Only 15 down delivers to your door. Call American Distributing @ 1-800-581-6991.

ONLY \$15 DOWN DELIVERS A REFRIGERATOR with a free microwave. Call American Distributing @ 1-800-581-6991.

SECTIONALS WITH FREE LAMPS. Only \$15 down delivers to your door. Call American Distributing @ 1-800-581-6991.

For Sale or Lease

'96 3 BR, 2 BA: Doublewide for Sale or Rent. Call 301-874-0805 after 6 pm.

FOR LEASE/SALE: 3 BR, 1 Ba Brick Home - Depot Rd., Paintsville, KY. 24 acres-hillside-lease \$350/month-\$350 deposit. Sale \$35,000. 606-789-5296 or 1-803-957-5931.

Motorcycle / ATVS

'95 HARLEY DAVIDSON: Sportster, \$5,800 firm. Call 285-1328.

Furniture

RAY'S BARGAIN CENTER: New furniture: Mattress sets starting at \$99, bedroom suits \$419, living room suits \$410, dinettes \$149 and much more. Used furniture: Large selection of used furniture & appliances, such as: stoves, refrigerators, washers & dryers. SHOP WITH US & SAVE. Route 122, McDowell. Call 606-377-0143.

PROPERTY FOR SALE

Lots

BUILDING LOTS FOR SALE: 100x100, \$7,500. Public water available. Call Tommy or Berniece Westfall 606-478-9425 606-478-9363 Westfall Realty Ivel, Ky.

LARGE LOT, 75X150, can be used for office space or business, located on Howard St. Call 886-3404.

Mobile Homes

REBATE PROGRAM STILL GOING ON! Only 5 more applications being accepted. Call today to be approved. 606-478-1600 or 800-4928259.

14 USED HOMES: Must be sold by Oct. 31. Bids begin at \$500 and will be accepted until Oct. 20th at 5 pm. Call Chris & Chris Liquidators at 606-478-1579.

'93 16X80 CRIMSON, 2 BR, 2 BA, with deluxe kitchen, & garden tub glamor package. Underpinning, 2 treated porches & electric hookup. This home sits on large lot 1.8 miles off 23, 12 mins. from P'burg & 10 mins. from Paintsville. Owner has \$48,000 invested. Will sell for \$38,000. 788-9466 after 5 p.m. Leave message or call 447-2630.

THE ORIGINAL DREAM HOUSE: Priced to go, \$39,900 including delivery & set-up. Limited number available. Call today 606-478-1600 or 800-492-8259.

MOREHEAD LAKE LEWMAN CABIN: Waterfront, 1,200 sq. ft., 2 BR, deck, dock, stone FP, garage. \$ 9 3 , 5 0 0 . Fish/Boat/Swim. 606-784-7478.

HOMES FROM \$5,000: Forclosed and reposessed. No or low down payment. Credit trouble O.K. For current listings, call 1-800-311-5048 x 3908.

PRIME PROPERTY ON RT. 80, between Martin & Hindman, 606-432-3431 or 358-9695.

MUST SEE! 16x80 repo. payments only \$250 per month. Freedom Homes at 800-492-8259.

KENTUCKY MOBILE HOME DEALER: Repo Lot. We buy & sell used trailers. Financing Available. **CRUM'S MOBILE HOME MOVING SERVICE:** Insured with permits. 886-6665 Fax 889-9662.

Real Estate

COMMERCIAL STEEL BLD. 50'x60', 20 ft. high, approx. 1 acre land, more land available. Located at Emma Ky. \$75,000. Call 478-5393.

TWO-2 BR HOUSES ON SAME LOT: Located on Hughes St., Prestonsburg. Call 886-2077.

3 BR LOG HOUSE: With new heat pump. Call Tommy or Berniece Westfall for appointment. 606-478-9425 or 606-478-9363 Westfall Realty, Ivel, Ky.

BEAUTIFUL SPACIOUS CAPE COD STYLE HOME: 3 BR, 2-1/2 BA, large rooms, lots of oak cabinets in kitchen. Perfect location for anyone working at either hospital. A must see. More info or app. call 789-8964.

TRAILER & LAND FOR SALE: Located at Auxier, KY. 2 BR trailer newly remodeled. Asking price \$14,000 but will negotiate with serious buyer. Call 886-0556, anytime.

7 RM HOUSE, Martin Ky, Call 606-874-8153 or 606-285-3572.

4 BR, 3 BA HOUSE: 2 car garage, app. 30 acres. Located in Garrett area. Please call 358-4156.

NEED SOMEONE TO MARKET YOUR PROPERTY? Give us a call, Westfall Realty, Ivel, 606-478-9425. Tommy and Berniece H. Westfall.

3 BR HOUSE: On 1/2 acre lot. Near Prestonsburg. Call 886-2818 after 4 pm.

NEW 2 BR DUPLEX: Located yards off 4 lane, near Harold Happy Mart. \$425 month, \$200 deposit. Electric not included. 606-478-9148.

R & L APARTMENTS, 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 386-2797.

Houses

NICE 3 BR HOME: At Auxier. Reasonable priced. \$325 per month + \$300 security deposit. 789-1706.

PROPERTY FOR RENT

Office/Retail Space

RETAIL OR OFFICE SPACE FOR LEASE: Located in strip mall at McDowell. Sizes ranging from 465 to 1643 Sq. ft. Will build to suit or already have a few available for immediate occupancy. Located directly beside Post Office, Bank, Dollar General Store, Food World and KY Rt. 122. For more information call 377-0100 Monday-Friday 8 am to 6 pm.

Storage Space

G&B STORAGE RENTALS Located on South Lake Drive, Prestonsburg. 886-6186 or 886-8286.

Apartments

1 & 2 BR APTS: Newly decorated, totally furnished. Util. paid, except gas. Dep. & ref. req. Call M. S. at 349-5135 or 349-7285 & leave message.

QUIKSILVER Now taking applications for 2 BR, 1-1/2 BA with carport, all amenities. 1 yr. lease required. Call 447-2192, 886-3055 or (pager/voice mail) 889-2034.

TOWNHOUSE APARTMENT. 2 BR, 1 BA, Central Air & heat, W/D hookups. \$380 month, \$380 deposit. 886-6551 or 237-4758.

APT FOR RENT: 1 Bedroom: Furnished, below HRMC. 886-2880.

2 BR UNFURNISHED: Upstairs apt. Central air, electric heat, carport, nice, clean. 886-6208.

1 BR FURNISHED APT.: In P'burg. utilities & cable paid. Washer/dryer, off street parking. No pets. Private. Available Nov. 1st. 886-0010, phone after 6pm or leave message.

NEW 2 BR DUPLEX: Located yards off 4 lane, near Harold Happy Mart. \$425 month, \$200 deposit. Electric not included. 606-478-9148.

R & L APARTMENTS, 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 386-2797.

Houses

NICE 3 BR HOME: At Auxier. Reasonable priced. \$325 per month + \$300 security deposit. 789-1706.

3 BR HOUSE: near Otter Cr. & South Floyd High School. Electric heat, carport. References & deposit required. \$300. 377-9215.

3 BR HOUSE: 1 BA, dining room, total electric. Excellent condition. On US 23, 1 mile from Prestonsburg. References & deposit required. No pets. 886-9007.

3 BR, 2 BA HOUSE: 2/10 mile Left fork Bull Cr. \$400 month + deposits. Utilities not included. References required. 874-2601.

3 BR HOUSE: 2 BA, carport. Close to PCC. 886-3029 or 886-9291.

HOUSE FOR RENT: In Wayland. 3 BR, 2 BA. Central heat & air, refrigerator, stove, dishwasher, washer & dryer. No Pets. References & Security deposit required. \$350/month + utilities. Call 358-3395.

A FRAME HOUSE FOR RENT: 220 West Minister St. in Prestonsburg, \$500 month - \$250 deposit. 298-7323 or 298-4051.

PRESTONSBURG, HOUSE FOR RENT: Central heat & air, yard & storage bid. Excellent condition. \$450 month. Call 886-0226 after 5 pm.

QUIKSILVER Taking applications for a NEW 3 BR large house with garage, hardwood floors and all amenities. Call 886-3055 or (pager/voice mail) 889-2034.

MOBILE HOME LOTS

MOBILE HOME LOT FOR LEASE: Fenced, city water, farm setting, John's Cr, Van Lear. \$155/month, \$155 deposit. 789-5296 or 1-803-957-5931.

EMPLOYMENT OPPORTUNITY
MEDICAL TRANSCRIPTIONIST
Medical Terminology; Computer Literate. Must be able to type 60 WPM accurately.
BILLING SPECIALIST
Knowledge of Medical Billing
Salary commensurate with experience.
Benefit package
Send Resumé To:
Home Care Health Services, Inc.
3409 North Mayo Trail
Pikeville, Ky. 41501

TRAINEE POSITION
Pressroom Trainee
Apply in Person at
Floyd County Times
263 S. Central Ave., Prestonsburg

NOW ACCEPTING APPLICATIONS

IN THE FLOYD COUNTY TIMES CIRCULATION DEPT.

Part-time: Day and night shifts

APPLY AT 263 S. CENTRAL AVE. No Phone Calls, Please! E.O.E.



PRESS OPERATORS MECHANICAL STEEL FORGING PRESS OPERATORS

Up to \$10.25 to train. Presses range from 1600 ton to 8000 ton. Previous press experience is desirable, but will consider related experience. Competitive wages, full benefit package, profit sharing and 401K.

Apply in person at Local Employment Office Prestonsburg, Kentucky EOE F/M/D/V

EQUIPMENT TECHNICIANS

Manpower Temporary Services, in conjunction with their customer, Schlumberger Dowell, is seeking dependable individuals interested in working as field laborers responsible for the operation and maintenance of gas well servicing equipment. The following is required for employment consideration:

- Ability to work and be on call, any shift Monday-Sunday; mandatory overtime
- Pre-employment drug testing
- Pre-employment physical
- Must be able to meet CDL licensing requirements

Positions have temp-to-perm potential with pay depending on experience.

Applicants need only apply to Manpower Tuesday, October 19, 1999 between the hours of 9 a.m.-3 p.m.

Two forms of ID required as well as a copy of driving record.

MANPOWER
311 N. ARNOLD AVENUE
SUITE 503
PRESTONSBURG
(606)889-9710

First Commonwealth Bank

Head Teller Main Office

First Commonwealth Bank has an immediate opening for a Head Teller at the Main Office location. The Head Teller assists in supervising daily activities of Tellers and ensuring proper policies and procedures are followed. The Head Teller utilizes knowledge and experience in exercising discretion and independent judgement to resolve issues and answer questions. Duties may also include working as a Teller on a daily basis. Position requires a high school diploma and a minimum of six to twelve months' experience as a Teller. Prior supervisory experience preferred. Qualified applicants mail resumés to First Commonwealth Bank, 311 N. Arnold Ave., Prestonsburg, KY 41653, by October 22, 1999.

FIRST COMMONWEALTH BANK IS AN EQUAL OPPORTUNITY EMPLOYER.

There's a better way to move that old furniture... Advertise In The Classifieds! **886-8506**

2 BR MOBILE

HOME: Appliances, fireplace, garage, private lot. On Arkansas Cr. Rd. Real nice. \$350/month + utilities. Available Oct. 15th. 886-6665.

2 BR TRAILER:

Located across bridge at Harold. Call 432-5415 before 7 pm, 432-2311 after 7 pm.

TRAILER FOR RENT

at Grethel. \$250 month + deposit. Water included. Call 285-3825.

2 BR MOBILE HOME:

At Banner. Water, Cable and trash paid. Deposit negotiable. HUD approved. 874-0267 or 874-8163.

Rental Properties

2 BR TOWNHOUSE

with garage in Allen. Central heat & air. Also, 285-0900 or 874-9976.

1 HOUSE or 1 BR APT.:

Between high school & college. Lease & security deposit required. House of Neeley, 886-3565.

EMPLOYMENT

When responding to Employment ads that have reference numbers, please indicate that entire reference number on the outside of your envelope. Reference numbers are used to help us direct your letter to the correct individual.

Business Opportunity

GREAT OPPORTUNITY! East Ky. Beauty College For Sale. \$80,000. Call 437-7398.

Job Listings

AVON: Great way to earn extra money and get nice gifts for Christmas. Great Career Opportunity. 1-800-796-7070.

POSTAL JOBS

Full benefits! For App. & Exam Info 800-522-8858 Ext. KY116

MEDICAL OFFICE BILLING CLERK:

Must have computer experience. Send resume to: P.O. Box 1086, Prestonsburg, KY 41653.

WILDLIFE / CONSERVATION JOBS

Park Rangers, Maintenance & More. For App. & Exam Info. 800-522-8858 Ext. KY116C

Help Wanted

MUSICIANS NEEDED:

Bass guitar player, Mandolin, Dobro for Bluegrass type Gospel Group. Call Rick at 377-2086.

LOOKING FOR A PERSONAL LINES INSURANCE AGENT:

In the Paintsville area. Please send resume to: Box 2183, Inez, KY 41224.

MEDICAL BILLING Home Based

No Experience Needed! Full or part Time Data Entry for Doctors. Full Training & Certification Provided. Up to \$50k per year. Computer Required. 888-587-2624 ext. 715. www.medds.com.

FRANKLIN COLLEGE TRUCK-DRIVING SCHOOL & CDL DELIVERS...

"Your Dream Job!"

America's #1 Career Opportunity!!! No Experience Necessary / Full Training Program Train For Your CDL In Just 15 Days!!!

First Year - \$32,000 - \$38,000
Second Year - \$55,000 - \$58,000

Great Benefits:
Major Medical, Eye, Dental & 401K.
100% Placement In Your Career For Life.
100% Tuition
Reimbursement For Qualified Students.

Inexp'd Drivers Call 888-645-8505
Exp'd Drivers Call 800-958-2353

Wanted

HELP WANTED: Someone to care for elderly woman. Live in home, light house work. References required. 886-8366.

NEEDED: Babysitter in home for 1 & 3 year olds. Home located next to Food City, Pikeville. Hrs. 9am-8pm, Mon. - Sat. Call California Nails 437-6947, ask for Lee.

WANTED: Someone to care for elderly man, morning and evening. Call 285-1328, 5 to 6 pm.

PETS AND SUPPLIES

EXOTIC BIRDS FOR SALE: Call 285-0410 or 285-0650.

AKC REGISTERED: Boston Terrier puppies. \$250. 874-2473.

AKC REGISTERED: Pembroke, Welsh, Corgi Puppies. 1st shot & wormed. Excellent pets. 606-652-3539.

FOR SALE: 2 AKC Shihtzu dogs. Female 1-1/2 yrs. old. Male 4 mon. old. \$250 each or both \$450. Also, a dog pin for sale. 478-5948.

SERVICES

Auto Services

PAUL'S PAINT & BODY: Low rate - Free Estimates. Good workmanship. Phone 886-0707, Rt. 404, David, KY.

Carpentry Work

JIM'S HANDY MAN Experience in: Plumbing, Electrical, Carpentry and others. 631-4844.

CARPENTRY WORK WANTED?

Remodeling, Drywall, Additions, painting, Etc. 20 Yrs Experience. Also do landscaping & Fencing etc. Free Estimates. 285-3915.

Chimney Cleaning

R. A. TAYLOR: Chimney Cleaning Services. Experienced. We do painting also. 886-8453.

Classes Offered

EASTERN KY. BARBER SCHOOL Opening Soon! Classes now forming! School Loans available. Located in Paintsville. Call (606)789-7277.

Concrete Work

JIM'S CONCRETE SERVICE:

Slabs, Patios, Sidewalks, Steps, Footers, Driveways. 16 yrs. exp. Free Estimates. Call Jim at 889-0805.

Dog Grooming

DOG GROOMING: All breeds. Fancy Cuts. Professional Groomer. Call Betsy at "Tails a Waggin" 297-3647.

Health & Beauty

NAILS!

Specializing in: Acrylic nails, manicures and pedicures. House calls available in all left Beaver area. Call Meshana for app. or quote at 452-2092 or 377-2937.

Professional Service

WILSON, SOWARDS, POLITES & McQUEEN
*Auto Accidents
*Worker's Compensation
*Bankruptcy
*Social Security Disability
Call 886-8830.
Paid Advertisement

Recording Studio

SPIRIT WIND RECORDING is back in business. All group or solo artists call for quotes. Digital equipment. Call Rick 377-2086.

Roofing & Construction

ARVIN ROOFING You've tried the rest, now try the best! Commercial & Industrial. 27 yrs. experience. Local references. FREE estimates. 606-723-0094

Sewing Machine / Vacuum Cleaner Repairs

REPAIRS: All brands of sewing machines & vacuums. 30 day guarantee. Also new & used machines for sale. 886-6219.

Tree Service

TREE CUTTING AND TRIMMING: Topping, brush removal, land clearing, etc. Large or small jobs. References furnished. Free estimates. Call 889-9630.

MISC.

Musical Instruments

J & J MAY MUSIC Guitars-Banjoes. Buy, Sell and Trade. 605 N.Lake Drive Prestonsburg, KY 606-886-7010

Free

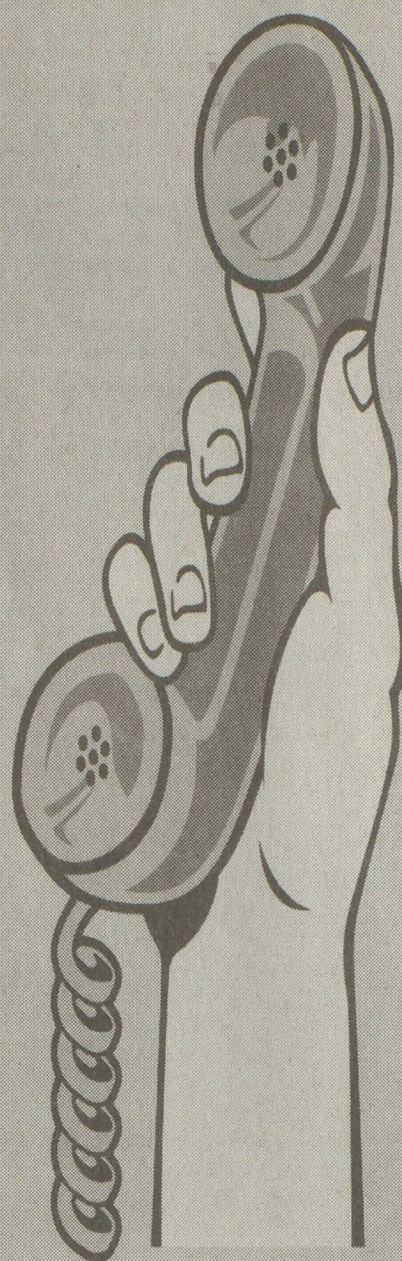
BECOME DEBT FREE! Cut payments without new loans. It's easy! 1 hr. approval. Call 1-800-517-3406.

FREE PALLETS: Can be picked up behind The Floyd County Times.

It Out!

Read your own Ad the first time it appears. The Floyd County Times is only responsible for one incorrect insertion!

CALL



TODAY

OUR RATES ARE:

\$1.00 per line, 4 lines minimum for Wednesday and Friday Paper. 25¢ per line, 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

When there's a call for selling your old items,

call the Classifieds!

- Autos
- Appliances
- Electronics
- Books
- Apparel
- Computers
- Sporting Goods
- Furniture
- Tools
- Kitchenware
- Collectibles
- Musical Instruments
- ...and more

SELL



TOMORROW

Convenience Foods Make the Grade for Back To School

With children everywhere heading back to school this fall, it's important for parents to stock up on convenient yet nutritious breakfast and snack foods that will start their kids' mornings off right and keep them satisfied between meals.

Starting the day with a wholesome breakfast is important, and so is saving time. On weekdays, nearly half (46 percent) of Americans who prepare their own breakfast spend only five minutes or less preparing it (1998 Gallup Study of Consumers' Attitudes and Behavior Concerning Breakfast). And while nearly three in 10 mothers (28 percent) consider it important that their children's snack foods are "fun to eat," another 31 percent found it important that snacks be "convenient to eat." But parents are even more interested in taste. In fact, 43 percent said they considered "taste" to be one of the most important factors when choosing snacks for their kids, according to the 1998 Gallup Study of American Snacking Behaviors.

So, Kellogg has responded to parents' needs with an endless array of tasty, portable breakfast and snack foods that are good sources of vitamins and minerals, including calcium.

Snacking has become an important and permanent part of most Americans' lives today. Gone are the days of four- and five-course meals, when the entire family would gather around the table for a few leisurely hours of dining. Nowadays, more and more people are eating breakfast and snacking on the run.

Following are some tips for stocking up on smart convenience foods that will help keep kids satisfied throughout the day:

Tips from Meghan Parkhurst, Registered Dietitian:

- Carbohydrates are important for keeping kids going during after-school activities, such as soccer practice or dance lessons. Be sure to stock up on snacks that are a good—and convenient—source of carbohydrates, such as bite-size cereals or toaster pastries.
- Snacks can help keep kids going between meals without spoiling their appetite. For most kids, snacks provide about 10 percent of their nutrients for the day.
- Look for smart snacks that combine nutrition, convenience and taste, such as Kellogg's *Snack-A-Longs*, a pre-assembled snacking kit that contains: a 1 oz. cereal bag of *Corn Pops* or *Froot Loops*, a calcium-enriched *Nutri-Grain* Cereal Bar and a 6.75 oz. container of Minute Maid calcium-enriched fruit punch.
- Look for snack options that are flavorful but also provide a good source of vitamins and minerals. *Snack-A-Longs* and *Eggo* Chocolate Chip Waffles are excellent sources of calcium—each providing 30 percent of your child's daily calcium needs.

Have Fun With Snacks:

- Cut fruit into pieces and then dip them into yogurt for instant fondue fun.
- Sandwich a layer of low-fat yogurt or ice cream between two *Eggo* Chocolate Chip Waffles for a great-tasting snack.
- Use *Pop-Tarts Snak-Stix*, which break apart into three easy-to-handle pieces, for your child's next school party—they're perfect to share with friends and classmates.
- Make "kebobs" by cutting Kellogg's *Rice Krispies Treats* Squares into smaller sections and stringing them onto wooden skewers with strawberries and marshmallows.

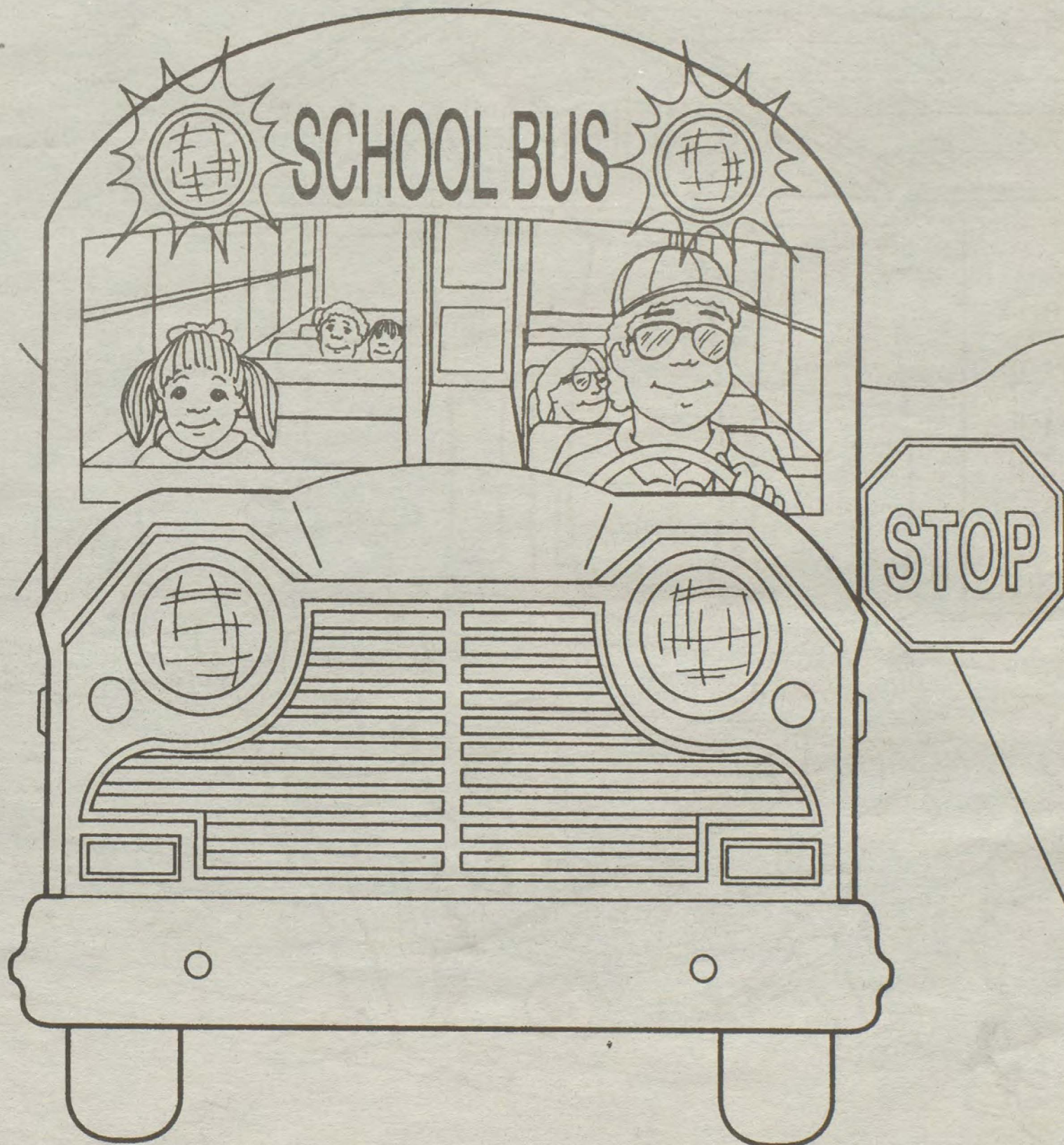
Breakfast & Snack Suggestions for Parents:

- After-school snacking is important for kids. Make sure you put a wholesome snack in your child's backpack to tide them over until dinner.
- Does your child have a big test today? Surprise him or her with a personal "good luck" note attached to a favorite snack in their lunch box!
- Breakfast is important, but so is time. Keep plenty of portable foods on hand, such as *Eggo* Chocolate Chip Waffles (just Toast n' Go™) and *Pop-Tarts Snak-Stix* (made with a graham crust and packaged in a resealable bag), then add a juice or milk beverage and your kids can eat on the run.
- Stock up on pre-packaged snacks, such as Kellogg's *Rice Krispies Treats* Squares; they stay fresh and need no refrigeration and can be used for lunch boxes, backpacks, car trips and around the house.



Looking for quick-and-easy, wholesome breakfast and snack options to give your children as they head back to school? Convenience foods, such as Kellogg's® *Rice Krispies Treats* Squares—Peanut Butter Chocolate and Cocoa, *Snack-A-Longs*™ *Pop-Tarts Snak-Stix*™ and *Eggo*® Chocolate Chip Waffles with Calcium, offer portable and great-tasting food solutions for busy lifestyles.

Color Your World **DRUG FREE**



HEY KIDS! SEND US YOUR BEST PAGE!

1. After coloring the Color Your World Drug Free pages, pick the one you like best and mail it before October 22nd to:

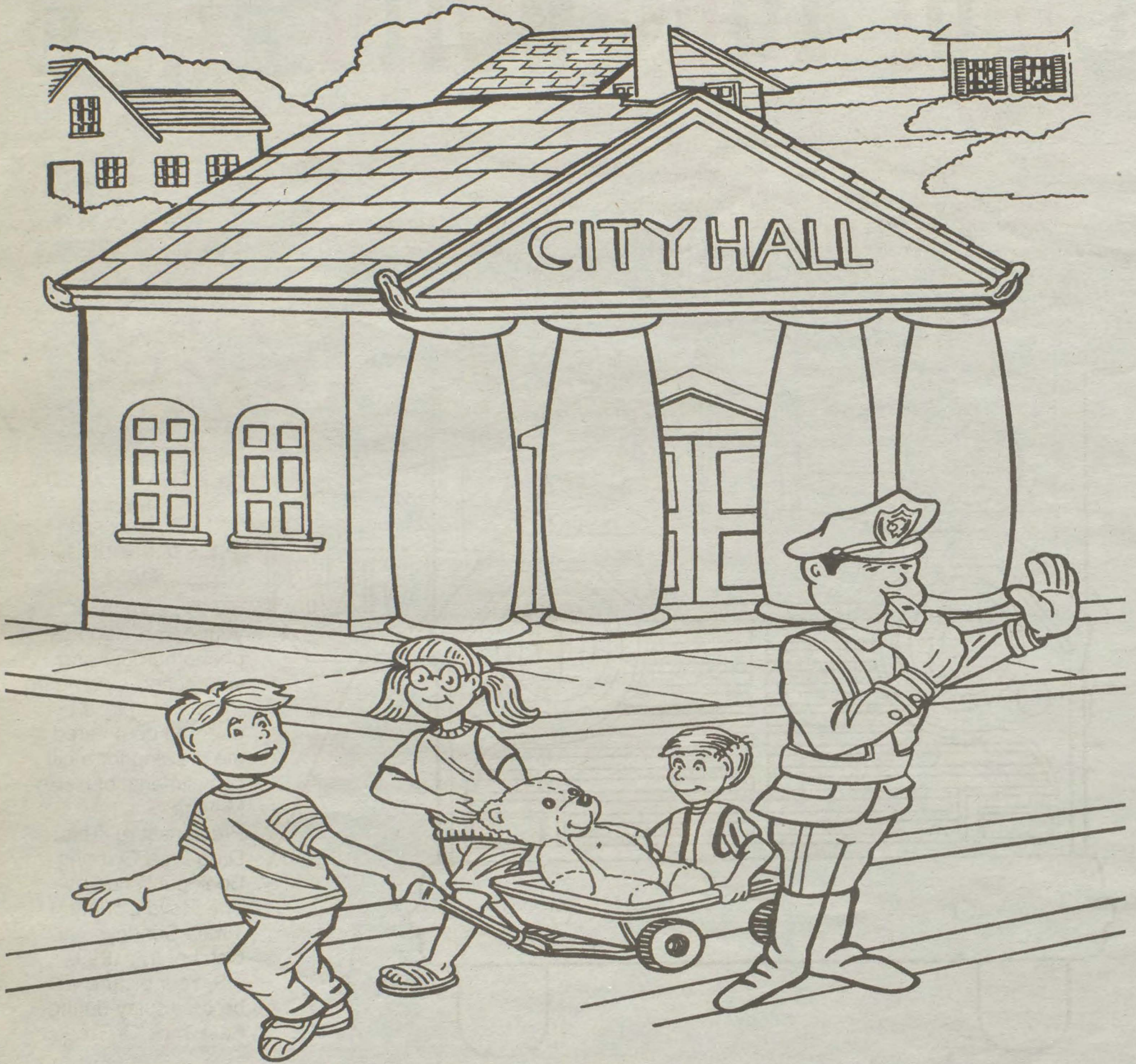
**THE FLOYD COUNTY
TIMES
P.O. BOX 390
PRESTONSBURG, KY
41653**

2. Be sure to include your name, address, phone number and your school's name on a separate piece of paper to be entered in the drawing for a gift compliments of Heilig-Meyers of Prestonsburg. This Drug Free Coloring Book published by The Floyd County Times Sunday, October 17, 1999.

3. Your picture will be on display during Safe Trick-Or-Treat.

Sponsored by
**Superintendent Dr. Paul Fanning
The Floyd County School System
Lola Ratliff, Title IV Drug Free Schools and Community**

Enjoy your city parks! Not drugs!



Sponsored by:

The City of Prestonsburg

JERRY FANNIN - Mayor, and City Council

Check into a drug free world!



Sponsored by


Holiday Inn[®]

Prestonsburg • 886-0001

You'll feel very proud of yourself
when you say no to drugs.



BIG SANDY HEALTH CARE, INC.

Encourages all children and teenagers to stay drug free.

Hope Family Medical Center

114 Parkway Drive
Salyersville, KY 41465
606-349-5126

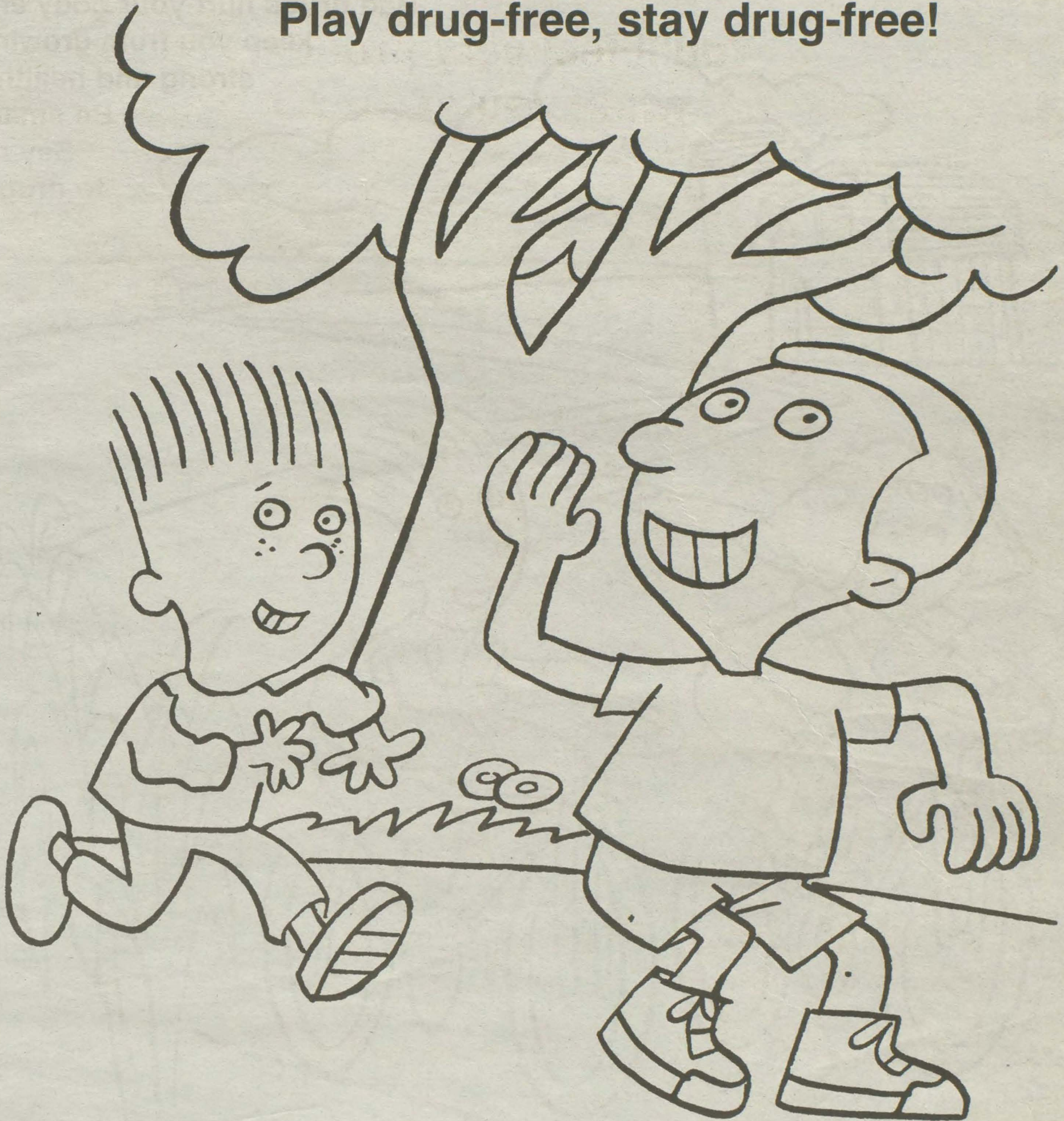
Mud Creek Clinic

P.O. Box 129, Route 2
Grethel, KY 41631
886-1242 or 587-2200

Shelby Valley Clinic

178 Douglas Parkway
Pikeville, KY 41501
606-639-3135

Play drug-free, stay drug-free!

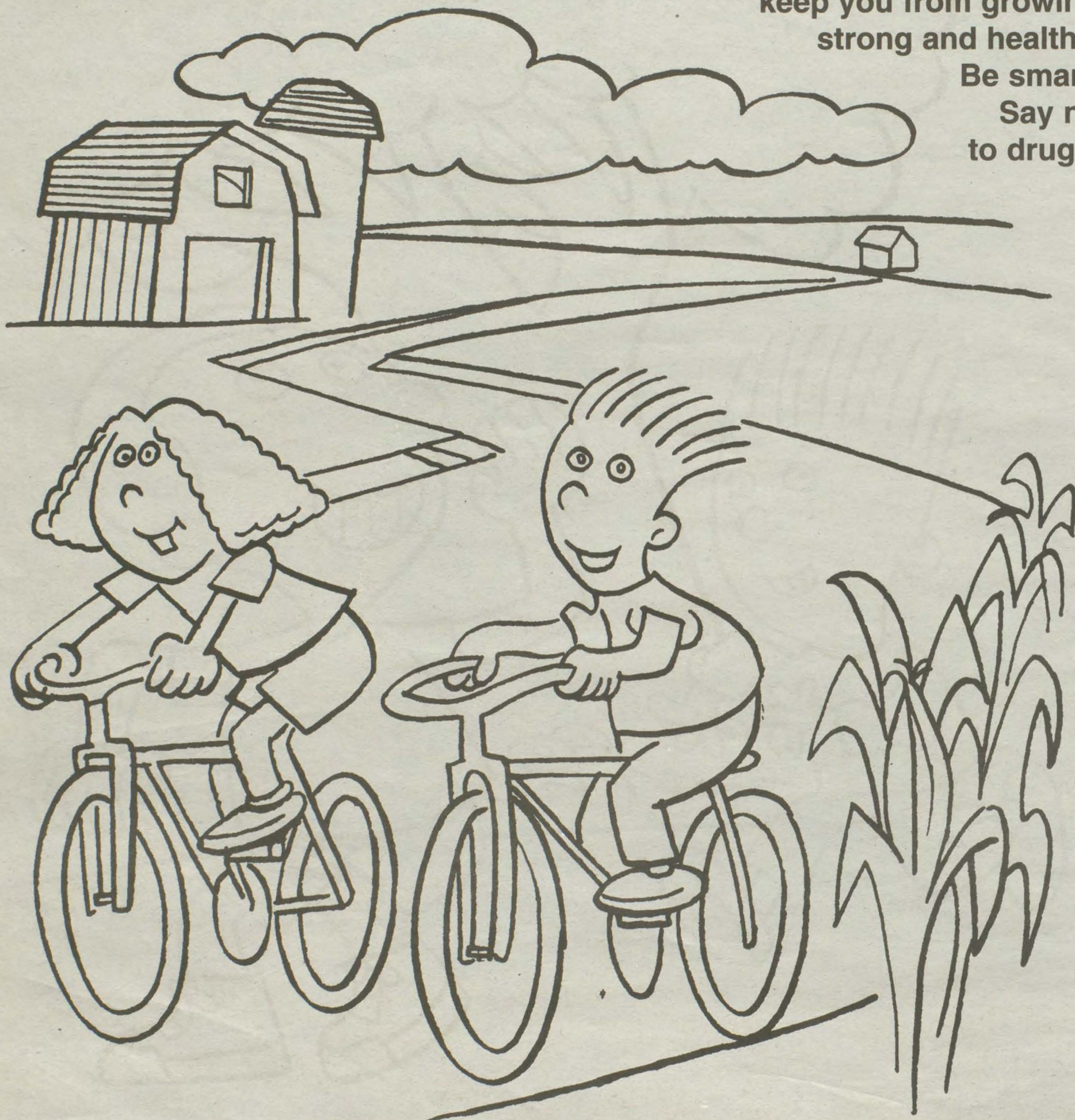


FLOYD COUNTY FISCAL COURT

County Judge-Executive Paul Hunt Thompson

Commissioners: Gerald Derossett, Ermal Tackett, Larry Stumbo

Bad drugs hurt your body and keep you from growing strong and healthy. Be smart. Say no to drugs.



Sponsored by

First Commonwealth Bank

Member FDIC

PRESTONSBURG
886-2321

MARTIN
285-3266

BETSY LAYNE
478-9596

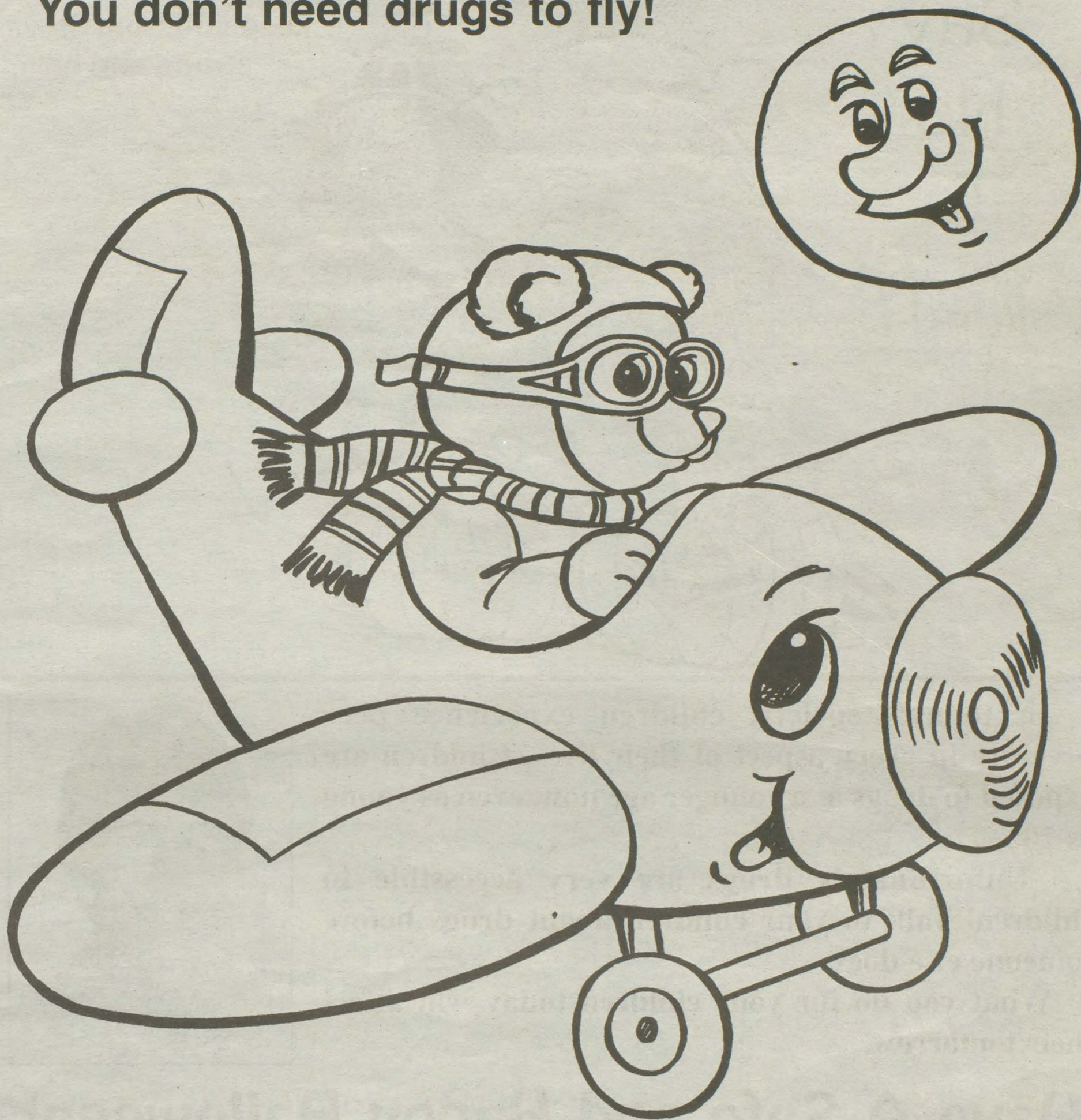
Sponsored by

CATHOLIC HEALTH INITIATIVES

Our Lady of the Way Hospital

11022 Main P.O. Box 910 Martin, Ky. 41649
285-5181

You don't need drugs to fly!



Sponsored by

LAYNE BROS.



478-1234

874-1234

886-1234

433-1234

Sponsored by



Heilig-Meyers

FURNITURE

Prestonsburg Village • 886-8668

Say
No
To
Drugs!



In today's society, children experience peer pressure in every aspect of their lives. Children are exposed to drugs at a younger age now, even as young as 10.

Unfortunately drugs are very accessible to children. Talk to your children about drugs before someone else does.

What you do for your children today will affect their tomorrow.



Have A Safe and Happy Halloween!

JULIE PAXTON
YOUR FAMILY COURT JUDGE

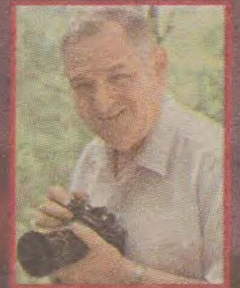
Sunday

October 17, 1999

INSIDE

*Sports In
Perspective*
ALL EYE ON

Sports *Plus*



ED TAYLOR

Serving Floyd County since 1927

Inside

- *Sports In Perspective*
- *Regional Senior Seeks Heisman Trophy*
- *Spotlight on Leslie Dotson*
- *ACMS Cheerleaders*
- *Fire Hazard Continues Across the State*



Regional senior seeks Heisman Honor

If the Heisman Trophy comes to the 15th Region, chances are Benjamin Runyon (Elkhorn City), Jessica Stacy (Elkhorn City), Megan Smith (June Buchanan), Trevor Slone (June Buchanan) and Chastity D. Ison (Piarist School) will have something to do with it.

That's because the region seniors were nominated for the 1999 Wendy's High School Heisman Award. Along with 12,000 of the nation's most accomplished scholar-citizen-athletes honored in the program, they now set their sights on the state and possibly, national competition.

Instituted in 1994, the Wendy's High School Heisman established a goal of recognizing the top senior students across the country who have achieved excellence in academics, community involvement and athletics. To date, more than 42,000 students have participated in the program.

"These young people truly are special. What they've accomplished so early in life is both commendable and inspiring," said Dave Thomas, Wendy's founder and television spokesman. "Each year our program finds the country's 'best of the best.' We're proud to recognize each one of them."

Last spring, a "Call for Nominations" packet was distributed to principals and guidance counselors at more than 23,000 high schools nationwide, encouraging them to nominate one male and one female scholar-citizen-athlete for the award.

To be eligible, students must have:

- completed their junior year of high school.
- maintained at least a B+ grade point average.
- participated in one of 31 sports officially sanctioned by the National Federation of State High Schools Association.
- demonstrated active involvement in community service projects.

"To be part of a program with such tradition and renown is something that these students never will forget," said Archie Griffith, program spokesman and the only two-time College Heisman Memorial Trophy winner.

In late September, all nominees will be evaluated by the education testing service of CTB/McGraw-Hill to narrow the field to 1,020 State Award Winners (including the District of Columbia).

A distinguished panel of judges, comprised of former Heisman Trophy winners, top educators, business professionals and community leaders, then selects 12 National Finalists in November.

The Finalists one male and one female representing six geographic regions are invited to New York City to participate in the Heisman Weekend festivities at the Downtown Athletic Club, December 9-12.

There, one male and one female will be selected as the

National Winners and honored during ESPN's live broadcast of the College Heisman Memorial Trophy presentation on December 11. Former College Heisman Trophy winners and other distinguished guests will be among those who honor the winners.

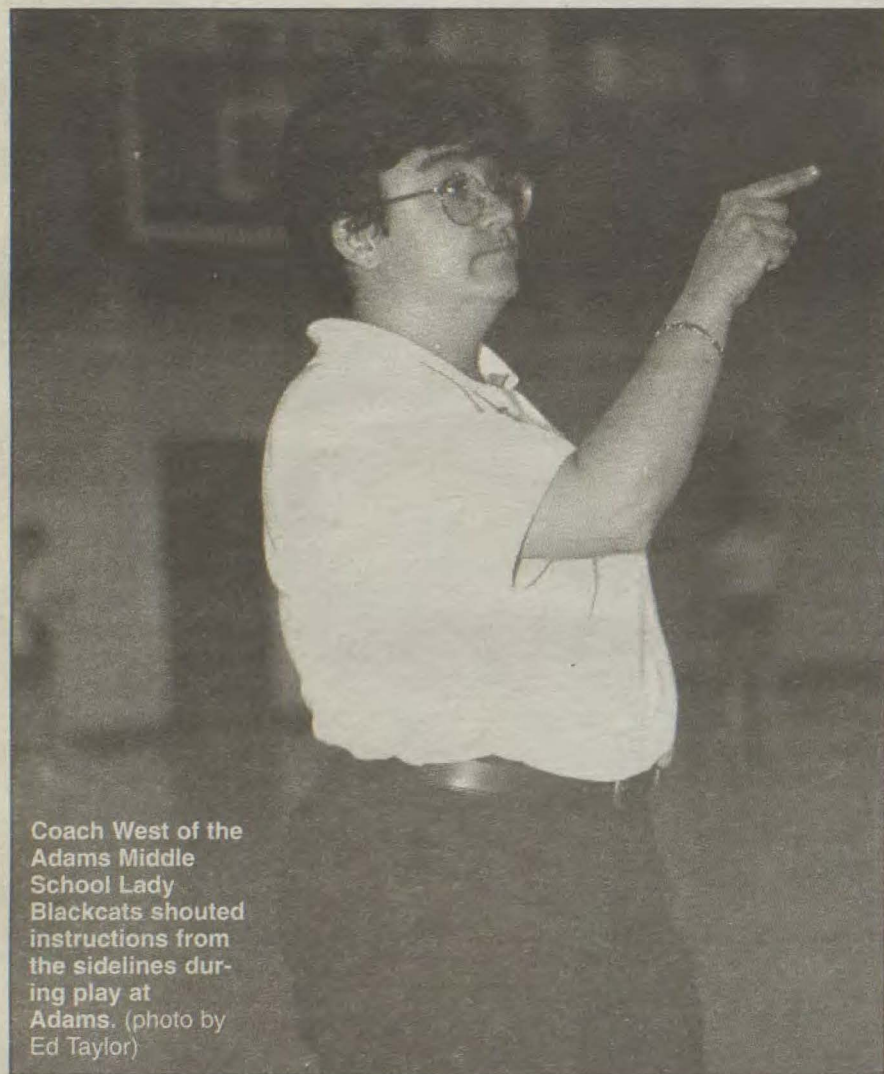
The Wendy's High School Heisman is the only program in existence to share the "Heisman" name, and was founded on the most noble criteria and principles, dedication, determination and a desire to succeed.

As a governing body for the prestigious College Heisman Memorial Trophy, arguably the most coveted and distinguished award in intercollegiate athletics, the Downtown Athletic Club is a program partner along with Wendy's and the National Association of Secondary School Principals (NASSP).

"The level at which these students excel is remarkable," said Dr. Gerald Triozzi, NASSP executive director. "That is a defining factor as to why this award grows in prestige and honor."

NASSP is the largest school leadership organization, representing more than 42,000 middle level and high school principals and assistant principals.

It administers the National Honor Society, the National Alliance of High Schools, an organization of school-based teams across the country, is working with principals to implement recommendations in NASSP's reform report, "Breaking Ranks: Changing an American Institution."



Coach West of the Adams Middle School Lady Blackcats shouted instructions from the sidelines during play at Adams. (photo by Ed Taylor)

Fire hazard continues throughout state

Relief from recent rainfall has been short-lived in Kentucky. In fact, the commonwealth is still experiencing an extreme drought.

Consequently, officials with the Kentucky Department of Fish and Wildlife Resources and the Kentucky Division of Forestry continue to caution all hunters and other outdoor enthusiasts to take special care while afield.

Extremely dry conditions caused by the drought have made the grass and woodlands very dry and fire can be ignited easily. "Extra precaution should be taken with any type of heat source," cautions Fire Management Chief Bernie Andersen with the Kentucky Division of Forestry. "The drought has produced

extremely dry conditions, making the state's fields and woods very susceptible to fires."

Everyone involved in outdoors activities needs to be especially careful with potential fire ignition sources, including cigarettes, matches and vehicles in the field. A fire can be started by a vehicle's hot catalytic converter or tail pipe when the vehicle has been parked on dry grass.

Between July 1 and October 5, the Division of Forestry suppressed 592 fires that burned 14,730 acres. Outdoor burning bans are still in effect in 112 counties.

The bans are issued by the county judge/executive and will remain in place at the discretion of each county. KDFWR law enforcement

officers are enforcing all bans on open burning and other emergency measures designed to minimize the threat of brush and forest fires.

According to Diana Olszowy, Environmental Control Branch Manager with the Division of Forestry, counties that have lifted the burning bans have experienced an increase in fires.

The increased winds and low moisture content of forest fuel, such as grass, leaves, etc. are causing the fires to burn hotter and move very rapidly.

Everyone is reminded to be very careful. Please do not throw cigarettes butts, matches, charcoal or other flaming items on the ground. It only takes a spark to destroy acres of grass and woodlands.

KEEPING YOU CONNECTED!!!

Now Serving You With • Cellular Phones • Pagers • Voice Mail • Internet

In Addition To The Sale of Motorola Two-Way Radios, We Offer Service and Installation.

Big Sandy Two-Way Communications, Inc.

Your Prestonsburg Location for Appalachian Wireless

1/2-mile N. of Highlands Regional Medical Center, behind the Marathon Station • (606) 886-3181 or (800) 445-3166



Kentucky Afield

Catch-and-release in effect on 5 state lakes

From October 1 through March 31, a catch-and-release-only season is in effect on five of Kentucky's trout streams.

During this six-month period, anglers must immediately release any trout they catch from Bark Camp Creek

(Whitley County), Cane Creek (Laurel), East Fork Indian Creek (Menifee), Hawk Creek (Laurel) and Rock Creek (McCreary) from the Bell Farm Bridge upstream to the Tennessee state line. In addition, only artificial baits may be used

on these waters during the catch-and-release season.

From April 1 through September 30, the statewide daily limit of eight rainbow trout will be in effect for these streams and there will be no fishing methods restriction.

With strong support from anglers, the Fish and Wildlife Commission approved the delayed trout harvest season for these streams last June.

The selected streams are rated as good or excellent trout fisheries and are located on public land. Allowing

anglers to continue fishing during the delayed harvest season, the trout stocked in the streams provide a quality catch-and-release fishery.

In addition, the catch-and-release restriction will provide greater winter fishing incentives and increased

opportunity for fish to reach larger sizes.

Due to drought conditions, Cane and Hawk creeks will not be stocked with additional rainbow trout until the area receives sufficient rainfall.

ACMS cheerleaders: team spirit, fun priority

by Ed Taylor
Sports Editor

It has recently been discussed, and with different opinions, whether cheerleading is considered a sport?

In a world that is seemingly dominated by baseball, basketball and football, many people look at cheerleading as "just getting in the way."

After all, they contend, cheerleaders do not throw touchdown passes, shoot three-pointers or hit home

runs; therefore, cheerleading cannot be considered a sport.

Now those who think that way need to attend a practice session of a cheerleading squad to really get the idea of what is required of them.

While other athletes are taking the summer off, with the exception of baseball players, cheerleaders who cheered during the school months work just as hard during the summer months as well.

Cheerleading on the

middle school level is just as competitive as at the high school level. The Allen Central Middle School cheerleaders have worked hard all summer to ready themselves for the football and basketball seasons.

During the course of the school year, the cheerleaders will cheer on the football team and then wait two weeks before cheering for the boys basketball team. Between the two sports, they will be practicing every day, working hard to

remain sharp.

Allen Central Middle School's squad is made up of two fifth graders from May Valley, two fifth-graders from Duff Elementary, one sixth grader, two seventh graders and eight eighth graders. When I was in high school, we had a total of three cheerleaders on the school squad.

The Allen Central Middle School cheerleaders have been working hard this year, according to their sponsor, Roxanne Huff.

"They started back in July with a week-long cheer and dance camp," Huff said. "The camp was taught by a UK Dance Cat and former member of the Prestonsburg High School cheerleading squad."

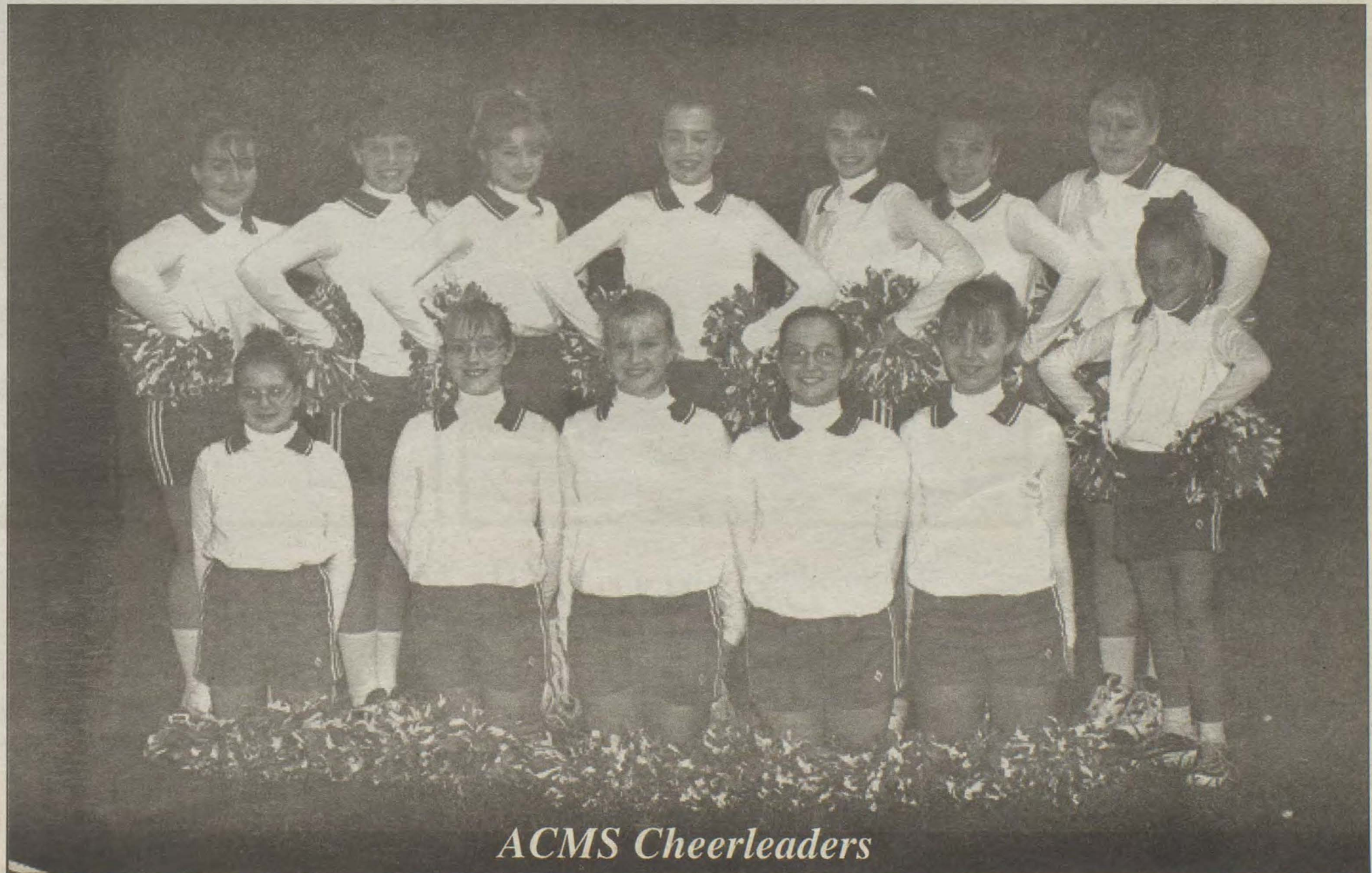
According to Huff, the girls work hard in putting together material. Although Huff is the squad's sponsor, they also receive help from other outside sources.

"They have had help from sisters of two of the squad members, Courtney Tackett, who is a former

Allen Central High School cheerleader," Huff said.

The squad practices at least twice a week for two hours a day, but they manage to keep the session from being too intense.

"They try to keep everything in perspective," said Huff, "making team spirit and fun a top priority. The Allen Central Middle School cheerleaders wish all the county cheerleading squads the best as they cheer on their respective teams and hope they represent their schools well."



ACMS Cheerleaders



1999 Youth Stables

by Ed Taylor
Sports Editor

Everyone loves horses. Horses have been among the most useful of animals for thousands of years.

Think about it. Horses once provided the fastest and surest way of travel on land.

Hunters rode horseback in hunting for food as well as for sport. Soldiers charged into battle on sturdy war horses.

Pioneers used horses when they settled the American West in the days of stagecoaches, the Pony Express and covered wagons.

The time came when the "horseless carriage" replaced horses in the form of transportation, as well as the "iron horse."

But the good news is there are still many uses for horses today and one of those is in the arena of horse shows and competition. Today, the horse is like a family pet, along

Leslie Dotson's Accomplishments

High Points Award - 3 years

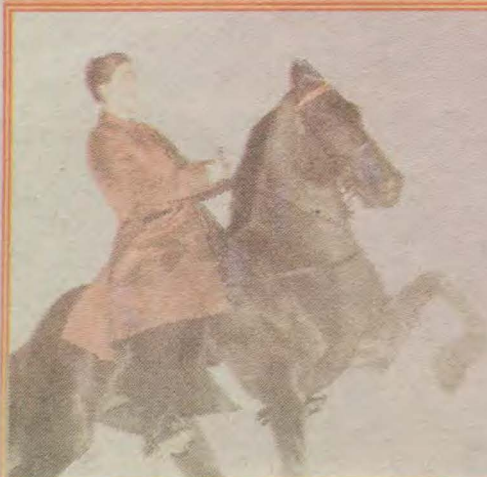
Youth Trail Pleasure Racking Reserve World Championship - 1997

Kentucky State Youth Racking Horse Championships - 1999

N.C. State Youth Racking Horse Championships - 1999

Tennessee State Reserve Championship - 1999

1999 Youth Style Racking Horse World Championship



Sponsored By

Adkins Stables

Logan, WV



Style Racking Horse World Champion

With the dogs and cats. Horses are given unusual names, fancy names.

Horses have been connected with the state of Kentucky, in Churchill Downs and Keeneland. Even at this area's under Ridge, harness racing has become a popular sport. But for Leslie Dotson, daughter of Judith and Terry Dotson of Prestonsburg, a good horse show anywhere is satisfaction enough.

On September 25, Leslie and her horse, Power of Motown, captured the title at the Youth Style Racking Horse World Championships in Decatur, Alabama, where they competed against the best throughout the United States. Both gave a stellar performance at the competition. Leslie Dotson, a freshman at Prestonsburg High School, realized at the early age of nine that riding was in her blood. She actually began riding at the age of five at the Prince Albert Stables in Emma. She began her riding career on her first horse, McKay's Princess.

But every rider needs a trainer, and Sue Wells was the

one for Leslie. Under her guidance, Dotson learned to ride and to ride well. More and more, she knew she wanted to enter competition in the ring.

For three consecutive years, Leslie and Princess would rack up the points and win the High Points Award for three straight years. In that span of time she and Princess won 95 percent of their shows.

In 1997 the two entered the Youth Trail Pleasure Racking Reserve World Championship in Decatur, Alabama, and brought home the coveted first place award.

The summer of 1999 was an exciting one for Leslie as her family brought in a new member in Power of Motown, a high performance racking horse with a spirit to match that of Leslie's. With the new horse came a new trainer in Dana Adkins and the horse was stabled in Logan, West Virginia.

The two soon began their trek of championships that began in July and August of this year. Leslie won the Kentucky State Racking Horse Championship. But the duo wasn't through. They also took home the North Carolina State Youth Racking Horse Championships and the Tennessee State Reserve Championship.

Winning the three prestigious events earned Leslie and Motown a trip to the World Racking

Celebration in Alabama where they proved to be the top two at the show.

While Leslie is performing with Motown, she continues to work with Princess, who is still stabled at the Prince Albert Stables.

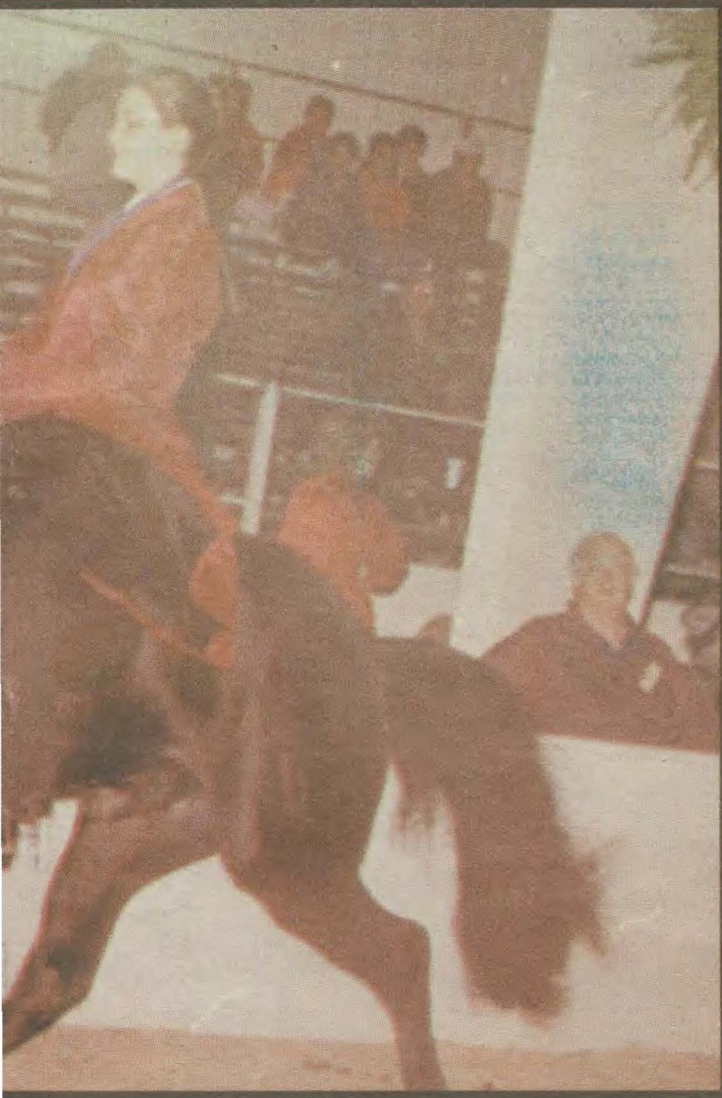
"We go along with her and support her when she competes," said Leslie's mother, Judith. "It is an expensive hobby, if you would call it that. But she enjoys it. We tried to get her brother interested in it, but he rather ride a motorcycle."

Mrs. Dotson said her daughter's choice of sports is good family entertainment and the family enjoys watching the shows.

"Leslie spent about two weeks on the road this past summer," she said. "We thought it was a good thing for her to get involved in."

"She is excited about her victories this year and plans to work hard in 2000 to bring another world championship to eastern Kentucky."

At Prestonsburg, where Leslie enjoys her classes and new students, she is a member of the All-Girls Choir, Y-Club, and Kentucky Youth Assembly and an advanced piano student.



Sponsored By



Adkins Stables

Logan, WV



Sports In Perspective

PGA Tour: Something old, something new

by Denis Harrington

The Senior PGA Tour is a curious amalgam of something old, something new and the unusual.

In essence, the old guys' circuit represents life after death for aging fairway mercenaries who either didn't make it big on the main tour in their younger days or never had a chance to play golf for a living due to any number of reasons.

No better example of the former genre exists than Bruce Fleisher, lately arrived among the grizzled ranks of the senior play-for-pay troupe. He made his debut on the 1999 schedule with back-to-back victories in his first two starts. Since then he has won again and loiters near the top of the money list.

Quite a turnabout for Fleisher who labored on the PGA Tour for nearly three decades with only one first place finish to his credit and tournament earnings that didn't always pay the bills.

So why the sudden transformation from also-ran to super star status as a 50-year-old golfing nomad?

It has been said of Fleisher that "he can hit a gnat in the butt at 250 yards." His accuracy from the tee and a strong short game is made to order for the relatively abbreviated and often forgiving layouts that mark the Senior PGA Tour.

Armed with this knowledge, Fleisher came to the geriatric go-around brimming with confidence. It was nothing less than letting the fox into the hen house.

When Chi Chi Rodriguez became a senior tourist in 1985 he had won only eight times in a 25-year career on the PGA circuit. His earnings were a tad in excess of one million dollars. But during the last 14 years he has more than quadrupled his income.

How?

"Better balls and better clubs did a lot for me," he said. "Long distance balls and clubs constructed of space-age materials made it easier for me to be more consistent, more competitive. These advances tend to help the players in the middle of the pack as opposed to those on top.

"I was never as good as Arnold Palmer, Jack Nicklaus, Lee Trevino, and Ray Floyd on the big tour. But as a senior, with the aid of

modern technology, I could play right along with them. And I did."

Yet another example of this redevelopment process is Gil Morgan. He, too, toiled with less than glittering distinction as a PGA circuit rider for many seasons but now prevails as one of the top performers on the Senior Tour.

Like Fleisher, Morgan drives the ball long and with precision from between the tee plates. And he, too, is able to get up and down in magical fashion from around the green.

No one has made the transition from the pre-to-post-50 competition any better than Hale Irwin. On the PGA Tour he was known for playing well in tournaments conducted on demanding courses.

He won the coveted U.S. Open Championship three times, given a precise method of striking the ball and a penchant for good course management. He has used these skills to dominate the Senior PGA Tour in both 1998 and 1999.

"The senior tour puts a premium on ball control and finesse because the courses aren't so long," he said. "And this arrangement really suits my game."

Every year the gray brigade swells with new recruits who have no established credentials as playing pros. Many of them have run a golf shop at a private club and given lessons to the members through the years. Their tournament experience was limited to local, state and regional events.

But once afforded an opportunity to practice and play on a full-time basis they have put their more favored brethren to the test.

Tom Wargo, a former club pro and greenskeeper, stunned the golf world with his triumph in the 1993 PGA Seniors Championship. A year earlier cigar-smoking nobody Larry Laoretti topped the field in the U.S. Senior Open.

This fall Tom Watson, a former Masters, U.S. Open and British Open champion, joins the Senior PGA Tour. Odds are he will quickly make his presence known. However, he'll do well to heed the advice of old foe Nicklaus.

Said the Golden Bear, "These guys (senior pros) can really play. It isn't going to be easy out there."

The Senior PGA Tour is a place where the common man can still realize his dreams.

May it ever prosper!



Water Break



Adams Middle School's Tabitha Caudil (40) went for a loose ball against Johnson County Middle School last week in grade school basketball (photo by Ed Taylor)

Touching Bases

AD

No, it doesn't stand for "after death" but around here it means "Athletic Director," and that is almost dead.

Floyd County athletics is in dire need of a county athletic director, and we have harped on this for the last two years.

High school athletics is a big thing in Floyd County and throughout the 15th Region and across the state of Kentucky. Other counties have their own county athletic directors, but no one is in charge here in Floyd County.

I cannot believe plans have not been formatted for the upcoming grade school basketball season and no one really knows what is going on.

I'm sorry if there are those who disagree with me, but most of the school principals and athletic directors agree that we need an athletic director in the county to oversee athletics.

I remember two years ago when things were in first-class shape and heading in the right direction. Wonderful plans were formulated and in place for a conference that would have second to none.

Under then-superintendent John Balentine, the principals, coaches and

AD's had full support from the administration. Things were going great!

Then when Dr. Balentine passed away, it was downhill from that point.

We have had some very good AD's in our county. Denzil "Hoss" Halbert was the top of the line. He was constantly aware as to what needed to be done, and he saw that it was done. He took no flak from anyone; "this was the way it will be done."

Frankie Francis, then replaced Hoss after he retired, and he oversaw the athletics in the county and did an admirable job, as much as he could. Still someone was in control of athletics in the county,

chaired the meetings and things were well.

After Frankie, the school system was left without one for a short period of time until Dr. Balentine arrived in the county.

I remember being at a grade school conference meeting and the new superintendent addressed the group of coaches and principals.

"I am here to help you and support athletics," said Balentine to the group. "I know your jobs are not easy and will not be easy. I stand behind all of you as coaches."

Those were not just

(See Bases, page eight)

Jacqueline McKinney, Coach, teacher, friend

by Karen Joseph
Sports Writer

The volleyball program at South Floyd High School has made a dramatic improvement since last year.

Jacqueline McKinney is the coach of the girls volleyball team at South Floyd, is in her second year and doing a wonderful job.

Volleyball is really growing in Floyd County and is getting more support from students and parents. And South Floyd High School really promotes the sport.

Asked to what the great improvement in the team could be attributed, the volleyball coach answered, "It came from hard work and dedication. The girls listen to everything I say to them and they will try to do anything I ask them to try."

"They are self motivated and will do anything it takes to try to improve. They have learned to communicate and listen to each other. If you watch them on the court you can see how much they communicate."

Senior Monica McKinney thinks their better attitude has helped the team. "I think we started doing better because the team started believing that we could win. When we started playing better, we got it in our heads that we could win and we were no

longer losers. We felt like winners."

Volleyball is fairly new in Floyd County, with this being the second season. Coach McKinney thinks this is a great opportunity to coach. "Most of the players have never played volleyball before and they love it. The sport is new and no one knows a lot about it, and, therefore, the girls are willing to listen and to learn," said Coach McKinney.

The coach thinks there are some drawbacks to coaching volleyball. "The biggest problem I have in coaching is the fact that I can't play everyone all the time. Volleyball is a fast-paced game and sometimes you just can't get everyone in, and sometimes the girls don't always understand, and that hurts.

"I try to do the best that I can. I substitute the best that I can. Most of the girls understand and just enjoy being on the team," McKinney said.

In this day and time, sportsmanship is a thing of the past in most sports. But if you get to take in a volleyball game, you will notice a lot of sportsmanship, especially at South Floyd. Coach McKinney really stresses sportsmanship.

"I really drive it into my girls' heads to always be good sportsman," McKinney said. "No mat-

ter how the game ends, always be friendly and nice. I had a pleasing shock at the end of a game the other night. After a game the referee came up to me and said, 'I've had a first from your team. All of your girls came up to me a shook my hand. This has never happened to me

before.'

"This made me feel so good," said the proud coach.

"The greatest thing about these girls is that their average grade point average is 3.5. And I think this is wonderful," she added. "The top two students in the senior class are

on the team, as well as the top sophomores. These girls do all these extra things and still keep their grades up. Two of the seniors also take college classes at the school."

Seems like what matters most today is winning. But it is refreshing to see a coach like Jacqueline

McKinney. She truly cares about the children, not just winning.

One of her players brought her flowers the other day during the tournament and told her how much she appreciated her.

"That makes it all worthwhile," said the smiling coach.



South Floyd Girl's Volleyball Team

Bases

(continued from page seven)

words. His later actions showed that he was true to his word as he made some decisions that were not popular with some in the county, but time proved they were needed decisions.

He appointed Assistant Superintendent Pete

Grigsby Jr. to the post of overseeing athletics (grade school and high school) in Floyd County. He asked him to organize a conference, with the help of coaches, school principals and AD's.

Throughout this time he

was there supporting the kids, standing behind his coaches until the day he passed away.

John Balentine was a very good person who thought of the kids and what was best for them.

Now, we need more like

him. We need a Floyd County Athletic Director, like the other counties, someone you can go to for answers.

I have always tried to be fair in everything I endeavored to do. I have tried to look at both sides of any-

thing. However, I see only one need and that is to make our county athletics as strong as the counties that sit on our borders.

I recall the time we dominated the 15th Region in baseball and basketball. We were the district to beat.

Then came the demise and our programs have gone down. I would like to see it stop, an AD in place and schools working together, like before, toward making athletics in our county better for the kids.

From the Press Box...

Wireman: Getting things done

by Ed Taylor
Sports Editor

I have been following grade school athletics for the past 11 years, and it's a sports scene that I really enjoy.

Kids at the grade school level are still dedicated to the game and haven't been ruined by believing all their press clippings. They still know the term "team ball."

Also, I have covered boys and girls sports for the past 11 seasons and have enjoyed the coverage of their events, as well. But at this level, we have a tendency to see a little different athlete in that they have believed their press clippings and fail to realize the next level is always more difficult than the previous one.

Coaches at both the grade school level and high school level have improved tremendously over the past 10 years. I have seen a lot come and go and some have stayed around as long as I have. I considered everyone a personal friend and I am the better for having known them.

In the 15th Region we have some of the finest coaches that a school would want. They are dedicated to the task before them because they have a desire to produce a winning program.

Now, not every coach can build a consistent winner, but they try and an effort with me is like being a district champion. I appreciate hard work and hard play.

On the girls level, we have some very good coaches, and we have some who are just getting their proverbial "coaching feet" for the first time in the high school ranks this season. But the desire and effort is there.

One particular coach I like and enjoy watching coach is Johnson Central's Phillip Wireman. He works

very hard, and it is no wonder the Johnson Central girls basketball team has been one of the top five programs in the 15th Region for the past 10 years.

Now, while most high school girls basketball coaches coach only on the high school level, Wireman han-

dles the eighth graders or a sixth grader who is a good ball player," said Wireman, "but they are not getting to play on the varsity team. I want to see that changed."

Who's idea was it to start with?

"Well, partially mine and partially the school's," he

high school levels.

Wireman is much like other coaches in the 15th Region. He likes to stalk the sidelines with some words of encouragement for the officials in helping them make the right call. If they miss one, he likes to let them know he is watching the

Prestonsburg's Bobby Hamilton who will head up the girls program at Prestonsburg High School.

Bobby inherits a team that finished runners-up in the 15th Region last season. It will be the first time at the helm of a varsity basketball program, although he has

to be a good one.

Keep your eyes on Ashley this season for the Prestonsburg Blackcats.

MORRISON COULD BE OUT FOR SEASON

It seems that bad luck has hit the Floyd County sports scene often this season. First Shawn Newsome, Allen Central, suffered a season-ending football injury and will miss the rest of the season, as well as the basketball season for the Rebels.

But at the middle school level, Michael Morrison suffered a broken leg in two places which ended not only his football season, but maybe basketball, as well.

Michael is one of the many bright high school prospects coming up through the grade school ranks. I wish him the best and hope he has a very, very speedy recovery.

CONGRATS!

Congratulations to coach Lanny Hall and the South Floyd Middle School Raiders on being crowned conference champs in the Big Sandy Middle School Football Conference. The junior Raiders went 9-0 on the season. Lanny does a great job with the program and has some outstanding assistants as well.

LOOKING GOOD

Coach Roy Harlow of Allen Central Middle School likes the looks of the Lil' Rebel program in the future.

"We have some real good sixth graders coming up," he said last Tuesday night. "We have some good seventh graders who will return next season. We haven't found much success this season but this has been a fun season to coach. This is a fun team."

We will be looking at you from the pressbox the next time!

Johnson County Middle school basketball coach Phillip Wireman pulls double duty as the Johnson Central Lady Eagles coach. Wireman is one of the more successful coaches in the 15th Region (photo by Ed Taylor)



dles the Johnson County Middle School team, as well as the high school program.

The middle school season ends just when the high school season begins. So, it is not an easy matter for the veteran coach.

He is one of the most cooperative coaches you will ever encounter in the sport.

Wireman's middle school "A" team is comprised strictly of eighth graders. A seventh grader or sixth grader must play on the "B" team. But Phillip is hoping to get that changed before next season.

"You may have a good seventh grader who can play

said. "But kids develop so much quicker than they used to."

Wireman, with a handle on both the feeder school and high school program, can instill his coaching philosophy in upcoming players early.

"When they get to the high school level, they pretty much know what to expect and as a coach, you don't have to waste a lot of time teaching them all over again."

Wireman says he plans to keep on working both programs and believes it is the right way to find success at both the middle school and

game, as well, and informs them of the missed call, lest they make it again.

The Johnson Central Lady Eagles will be a young ballclub this season but Wireman had a strong eighth grade group last season in the middle school ranks, and I saw them play three times last year. If they continue to improve, then look for the Lady Eagles to make a couple of trips to the Sweet 16 before this freshman group leaves school.

HAMILTON SET FOR NEW SEASON

One of the new coaches on the block this season is

served several seasons as an assistant.

Hamilton is being rewarded for his past hard work and this Prestonsburg team will have to be a team to be contended with. Gone are Shelly Greathouse, Kimi Nunnery and Crystal Slone, but the Lady Blackcats have some outstanding talent returning, as well as a couple new players.

Ashley Ousley will be one of the returning players, who saw a lot of playing time toward the end of last year. In grade school, Ashley was an outstanding player and I knew that once in the high school ranks, she was going