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Section



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Volume 72 • Number 111

The Times

FLOYD COUNTY

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Diesel tank ignited by forest fire

by Randell Reno
Staff Writer

In the middle of fighting forest fires and working EMS calls, the Garrett Fire Department took on a fire of much different dimensions early Sunday morning.

According to the 911 media logs at Pikeville, the GFD was dispatched midnight Sunday morning to Raccoon Mountain to face a fire of immense proportions. A security guard with NorStar Mining called 911 reporting that a forest fire had caused a diesel storage tank to catch fire.

As firefighters rushed to the scene, they soon discovered the flames were too hot to battle.

"We couldn't handle the blaze. We had to back off," said assistant chief Terry Triplett.

As the conflagration lit up the mountain top, firefighters made a call to Disaster and Emergency Service Coordinator Lon May. May told firefighters that letting the fire burn itself out would be more environmentally friendly than allowing the fuel to seep into the ground.

"Lon May told us to back off

(See Tank, page two)

Fires continue assault on Floyd forests

by Willie Elliott
Staff Writer

Setting backfires seems to be a good idea to prevent damage to a person's property, but personnel from the Kentucky Division of Forestry said the practice was dangerous to both the land owner and firefighters.

The division said fire activity has increased over the past weekend, and with no rain in sight until Friday, the fire situation is expected to remain extreme.

Across the state, over 75,000 acres of woodlands have been lost to fire. In Floyd County alone, 2,500 acres of forestland have been torched in the past week.

The division has brought in its own personnel, as well as

(See Fires, page two)

Clean-up time



Brad O'Bryan piles the last of the picket signs on a heap to be hauled off as garbage, as former strikers cleaned up their picket locations in preparation for returning to work. Union workers also disposed of the coal and wood they used to keep warm on cold days. (photo by Willie Elliott)

HRMC strike over; workers wait to be called back

by Willie Elliott
Staff Writer

The picket materials have been hauled off, the signs have come down and workers await the call from Highlands Regional Medical Center (HRMC) to go back to their job, after the two sides agreed to a three-year contract Sunday night.

Kathy Rubado, spokesperson for the hospital, said in addition to the contract, a settlement agreement was worked out between the two parties concerning worker recall. The workers will be recalled on a seniority basis as the number of patients at the

hospital rises. Rubado said it could be five to 10 days before the hospital would begin calling back workers.

Kathy McCormick, organizer for the union, said the union was satisfied with the contract.

"We didn't get everything we wanted, but that is the way it usually happens," McCormick said. She added the workers would be called back as needed.

McCormick commented on the major items and assessed what was accomplished. On insurance, she said the union got affordable insurance. She

(See Strike, page two)

Bailiff says he was wrongly fired by sheriff

by Randell Reno
Staff Writer

A former bailiff has filed a civil suit against his former employer.

Ricky Newsome, who has worked as a bailiff since County Judge-Executive Paul Hunt Thompson's administration, says he was released from employment without due process.

Newsome claims he was terminated from the sheriff's office on July 15 under a false pretext of tardiness.

The suit asserts that because Newsome was employed as a deputy he is protected under the 14th amendment from being released from his job without due process. Newsome contends that he was purposefully denied proper

notice and a hearing, as mandated by a state law which protects deputies.

According to the suit, Newsome is currently receiving unemployment, which he says was awarded in a fact-finding hearing which determined he had not committed any work-related miscom-

(See Bailiff, page two)

Board sues parent to retrieve tapes

Attorney says
system trying
to cover up goof

by Ralph B. Davis
Managing Editor

The Floyd County Board of Education has filed suit against the mother of a special education student, saying the woman refuses to return tapes they mistakenly gave her.

Meanwhile, an attorney for the woman — identified only as "Jane Doe" in order to protect the identity of her child — says the board is trying to cover up its own illegal actions and is wasting taxpayer money by filing the lawsuit.

According to the complaint, filed November 2 in U.S. District Court in Pikeville, the woman is allegedly refusing to return tapes the board says were given to her either "by mistake or inadvertence."

The board says the woman requested a taped transcript of Admissions and Release

Committee hearings involving her child back in early June. The board says it complied with the request on June 11, but also gave three additional tapes involving another special education student to the woman.

The board became aware of the mistake when the woman's attorney, Earl Martin McGuire, wrote a letter to Janice Allen, principal at Adams Middle School, informing her that his client had received the wrong tapes.

Since that time, the board claims it has repeatedly requested that the mother return the tapes but that she has refused to do so. The board contends that, under the guidelines of the Family Educational Rights and Privacy Act, the woman has no right to keep the tapes.

But McGuire says the case is more complex than the board describes.

McGuire said his client originally requested tapes concerning her child, whom he described as mildly retarded, after the child was allegedly strip-searched at

(See Tapes, page two)

Off-duty firefighter catches falling car, saves man

by Randell Reno
Staff Writer

A Garrett firefighter put his life on the line for another man Sunday, saving that man's life.

Firefighter Roger Conley, who had stopped to fuel up at the Garrett BP station, was in the garage area when he saw a car falling forward off the hydraulic jack.

The firefighter immediately moved into action. Placing himself within the danger, Conley held the car while James Conley, 25, rushed to get out from under the vehicle.

For two to three seconds the firefighter withstood the weight of the vehicle before jumping out of the way, said Terry Triplett, Garrett assistant fire chief.

That two to three seconds possibly saved the James Conley's life.

While the car still fell, striking James Conley in the back and legs, he managed to escape with only a bruised spleen and one or two crushed vertebrae.

He was rushed to the McDowell Appalachian Regional Hospital, where he was transferred to the University of Kentucky Chandler Medical Center.

Triplett said that James Conley will be in a back brace for a while but is expected to make a full recovery.

Roger Conley attributed his act of heroism to "pure adrenaline," said Triplett.

The Garrett Fire Department had been working day and night fighting forest fires. Two of the station's three trucks were already on separate scenes and Triplett was en route to Salt Lick for another fire when he received the call for

(See Rescue, page two)

What's Inside

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Briefs

Local police to get bulletproof vests

They might not be 10 feet tall, but a few local police officers will at least be bulletproof thanks to a grant announced Monday.

The Martin and Wheelwright police departments are among 33 small law enforcement agencies in the state which will receive bulletproof vests under the Kentucky Body Armor Program.

The program was created by the 1998 General Assembly and uses money from the sale of seized weapons to purchase the vests for police agencies.

The Martin Police Department will receive three of the vests, while Wheelwright will get one.

Statewide, the program is paying for 78 vests, far fewer than have been requested. The Department for Local Government received 112 requests for 1,085 vests.

KSP called to two Pike schools

A 16-year-old Pike County boy was taken into custody Monday after Kentucky State Police received a complaint that a student was threatening the lives of teachers at his school.

KSP began its investigation after being tipped about threats against Mullins Middle School teachers.

Following an investigation, the teen was arrested around 11:30 a.m. Monday morning and lodged in the Floyd County Detention Center.

Trooper Randy Hunter continues to investigate the incident.

Later that same day, police were dispatched to another Pike County school after a caller reported seeing a student with a pistol and an "unknown long weapon" at Elkhorn City High School.

When KSP and Elkhorn City Police responded to the scene, however, all they found was a 12-year-old boy who was skipping class and playing with toy guns on school property.

I-66 info meeting

The Kentucky Transportation Cabinet has scheduled public meetings to give the public an opportunity a chance to review and comment on the proposed route for Interstate 66 between Hazard and West Virginia.

The first meeting will be held from 6 to 8 p.m. on Monday, November 29, at the Pikeville High School cafeteria at 1987 Championship Drive in Pikeville. A second meeting will take place on December 1 at the 123A-FC Conference Center at Hazard Community College beginning at 6 p.m.

Public meetings

- Wheelwright city commission, 6 p.m.
- Wayland city commission, 7 p.m.

Strike

(Continued from page one)

said the contract also has seniority language and contains language which prevents subcontracting.

The contract calls for a cap on insurance premiums at \$25 per pay period during the third year of the contract. Rubado said the rates could be even lower, depending on how much the insurance was used.

Two items on the list were compromised. The union wanted one contract for the nurses and the service, maintenance, technical and clerical employees or at least have the two contracts expire at the same time. The hospital had sought two separate contracts expiring in different years to prevent another work stoppage affecting both bargaining units. The compromise agreement calls for two contracts, with the nurses' contract expiring

three months prior to the other workers' contract.

McCormick said while the union did not get a complete union shop, they could live with what they got, maintenance of membership.

McCormick reiterated the union's stance that the strike was not about money.

McCormick said it was time to start the healing process. She said the union would be there to support the workers. She said the union would go ahead with plans for such things as fruit baskets which had been planned in case the strike continued through the holidays.

"We're going to take care of our members," McCormick said.

McCormick said she would be in the community, on and off, for the next three to four weeks.

Brad O'Bryan, who was working to remove various items used by picketers, said he was satisfied with the contract. "I don't know when I will be called back, but I hope it will be pretty soon," he said.

O'Bryan said, based on the num-

ber of cars in the parking lot, he thought the patient load was building back up. He said he had heard that the hospital was performing surgeries. On Monday, Rubado said the patient count was up to 30.

On Monday, security guards were still on the premises at Highlands, but one guard who did not give his name said he thought the guards would only be there for two to three more days.

Tapes

(Continued from page one)

school, leaving the child traumatized.

After he and his client discovered they had received tapes they shouldn't have, McGuire says he brought the mistake to the school's attention and requested a meeting to discuss the matter.

But the board has refused to meet with him and his client, McGuire says, even though he said he has tried to be accommodating.

"They absolutely refuse to talk, on the record or off," McGuire said yesterday.

McGuire also accused the board of trying to cover up the mistake by initially not informing parents of the student mentioned in the disputed tapes that their child's privacy had been violated. He said the board was trying to keep the disclosure secret because it was in direct violation of federal law.

"They never told the other parent," McGuire said. "When I found that out, I told them I wouldn't give them the tapes, I would give them to the other parent ... They were trying to cover it up and keep it a secret from the other parent."

McGuire said that, after the alleged strip search and the disclo-

sure of the other student's private information, his client is not sure she can trust the board.

"In light of what my client has been through and the treatment she has received from this school system, she can hardly trust these people," McGuire said.

McGuire also questioned the board's judgment in deciding to pursue the matter in federal court, even while at the same time refusing to meet with him and his client to work things out.

"I wonder how much they've spent in legal fees on this matter, rather than just sitting down and talking about it?" McGuire said.

The board is being represented in the suit by John Cato Fogle III of the Frankfort-based Chenoweth Law Office.

State police nab fugitive at hotel

by Randell Reno
Staff Writer

A middle-of-the-night visit to a local motel reaped an arrest of a man wanted in Wolfe County and North Carolina.

According to the 911 logs, state police Trooper Rick Conn

made a Thursday morning call to Dean Bailey, 38, of Stanton, at the Prestonsburg Holiday Inn.

Bailey was placed in the custody of the Floyd County Detention Center, charged with being a fugitive. Bailey, who faces theft by unlawful taking, second-degree burglary, second-degree criminal mischief and failure to appear in court charges in Wolfe County, is also wanted in North Carolina for a parole violation.

Bailey had been staying at the Holiday Inn with his employer Wednesday night. Later, an anonymous caller told the KSP dispatch that Bailey's mother, who had put up her property for his bond, was afraid she would lose her home after he failed to appear in court.

The caller also informed the dispatcher that Bailey had outstanding warrants.

Bailey was transported to Wolfe County Friday by deputy jailer Dennie Brooks.

Bailiff

(Continued from page one)

duct.

"As a direct result of the sheriff not submitting a sworn document stating the nature of the cause for termination and for not conducting an administrative hearing to evaluate the cause of his termination within 60 days, he is entitled to back pay," states the complaint.

Newsome claims he was terminated because his political beliefs were not the same as the sheriff's concerning the election of Family Court judge.

Floyd County Sheriff John K. Blackburn said in response to the lawsuit that Newsome had been released from employment because he had been absent and tardy more than one day without an excuse. The issue of Family Court judge is totally false, said Blackburn.

"We didn't even have a judge at

the time," said the sheriff.

Sheriff Blackburn is represented by the Kentucky Association of Counties.

Newsome is represented by Jonah Stevens, of Hamilton & Stevens in Pikeville.

Tank

(Continued from page one)

and let it burn," said Triplett.

The firefighters had been assisting in a forest fire in the Handshoe area of Knott County when they were dispatched to the scene. The 3,000-gallon tanker, sitting at NorStar mine number three, was fully engulfed when a single engine arrived on the scene, prompting the firefighters to send out the call for two more.

The 13 firefighters could only stand in awe of the inferno, unable to get close enough to aid in the scene. A foam truck was called from Knott County only to sit useless until the fire burned itself out.

The Garrett firefighters, like others in the county and across Eastern Kentucky, have worked tirelessly over the past several days. The tally officially stood at 25 forest fires fought through Monday afternoon, the tanker fire, and two EMS calls since the middle of last week.

Fires

(Continued from page one)

outside resources to help deal with the fires. Two National Guard Black Hawk helicopters are providing water drops to area fires.

Sarah Douglas, assistant information specialist with the division, said 20 additional National Guard soldiers were being trained yesterday (Tuesday) to aid in fighting the fires.

The Guard is also providing support for ground crews. Two additional crews were brought in Monday.

The division asked that people observe the burning ban and be careful in any situation which involves the use of fire. Douglas said the weather conditions were conducive to more fires and asked people to be especially careful until conditions improve.

Rescue

(Continued from page one)

assistance. He called the Left Beaver Rescue Squad and headed to the scene.

The car apparently fell off the hydraulic jack because too much of the weight was on the front of the jack, said Triplett.

James Conley remains at the UK hospital, where he is listed in fair condition.

-NOTICE-

Due to the Thanksgiving Holiday, The Floyd County Times will be temporarily adjusting deadlines for the Friday Paper, 11/26; Sunday Paper, 11/28; and the East Ky. Shopper, 11/28.

FRIDAY PAPER & SHOPPER:

Editorial— Tuesday, Nov. 23, at 12 noon
Classified, Local Advertising and Legals—
Tuesday, Nov. 23, at 5:00 p.m.

SUNDAY'S PAPER:

All deadlines will be Wed., Nov. 24th at 5:00 p.m.

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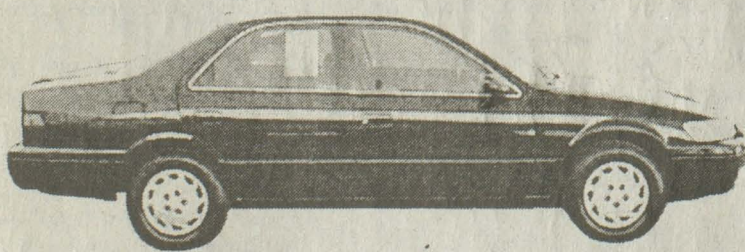
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These disabled American veterans from left Corbett Taylor, Alexander Kidd, Richard Moore, Marcillous Stacy, Christopher Slone, Carlos Mullins, Ed Martin and Ecil Hicks (back to camera) saluted as Taps was played at a ceremony held at Prestonsburg Health Care Center on Thursday. (photo by Willie Elliott)

Veterans Day honored with nursing home residents

by Willie Elliott
Staff Writer

In observance of Veterans Day, Chapter 128 of the Disabled American Veterans, of Martin, honored the day with the residents of Prestonsburg Health Care Center, which is the brand new name for Mountain Manor Nursing Home.

Mayor Jerry Fannin gave thanks to the veterans who fought in wars that we might be free.

"I sometimes think what it would be like or where would be if

these men and men like them had not fought for our freedom," the mayor said.

Ecil Hicks gave the introduction in which he said the deaths of many veterans go unnoticed while politicians and other noted persons receive a great deal of attention and praise.

Ed Martin read a poem about veterans, and Carlos Mullins read Abraham Lincoln's "Gettysburg

Address."

The residents joined in with the veterans as they pledged allegiance to the flag.

To close the program, the veterans saluted as Taps was played.

After leaving the ceremony at the nursing home, the chapter prepared for a military funeral which took place Friday. Members said they took part in 128 such funerals last year.

Community education schedule announced

The Floyd County Community Education program, sponsored by the school system, is offering five

classes over the next few weeks.

According to coordinator Beverly Crisman, the classes are designed to provide personal enrichment and enjoyment. The classes will take place at Prestonsburg High School.

The schedule includes:
• Christmas Crafts; providing an opportunity to create a personal gift for the holidays; Tuesdays, November 23-December 14, 6-8 p.m.; Room 122; Ellen Trimble, instructor; \$40 per person, plus supplies.

• Cake Decorating; Tuesdays, November 23-December 14, 6-8 p.m., Room 160; Jean Stephens, instructor; \$30 plus supplies.

• Floral Design; Tuesdays, November 23-December 14; 6-8 p.m., Room 133; Suzanne Stumbo, instructor; \$40 plus supplies.

• Appalachian History; Wednesdays, November 24-December 15; 6-8 p.m., Room TBA; John Patton, instructor; free.

• TWYKAA featuring information for parents about the harmful effects of alcohol on teens and how to talk to kids about alcohol use; Mondays, November 22-December 13; 6-8 p.m.; Room 139; Gary Hopkins, instructor; free.

Registration will be held the night each class is scheduled to begin at the high school. A minimum enrollment of four students is required for each class to be offered. Fees are due on enrollment.

For information, call Crisman at 606/886-4547, beginning November 22.

Social Security helps people with disabilities return to work

More and more people with disabilities are expressing an interest in returning to work and contributing to society and their own feelings of self-worth. The Social Security Administration (SSA) is helping these people fulfill their desire and potential.

When a person files an application for Social Security or Supplemental Income disability benefits, specially trained employees review the application to see whether the person's medical condition qualifies him or her for disability benefits. At the same time, they also evaluate the person's rehabilitation potential. If it appears that the person may benefit from vocational rehabilitation services, they refer the applicant to the state vocational rehabilitation agency.

If the state agency is unable to serve the individual, SSA may refer the individual to an alternate participant in our vocational rehabilitation program. An alternate participant is any nonstate public or private agency that is qualified to serve Social Security disability beneficiaries.

Under a recent change in the law, beneficiaries can refer themselves for rehabilitation by contacting a management company under contract with SSA. The company, Birch and Davis, will assist them in finding appropriate rehabilitation services. Their toll-free number is 1-888-606-7787.

SSA is allowed to pay for vocational rehabilitation services they furnish to people receiving disability benefits if certain conditions are met. The services must result in the person's return to work for at least nine continuous months at a substantial earnings level, which changes from year to year. Examples of services are: tests and assessments to evaluate the client's physical or mental condition, skills and abilities; counseling and guidance; wheelchairs, prosthetics and other devices to help restore the individual's availability to work; training; and job placement.

Referral to vocational rehabilitation services is just one way SSA helps people with disabilities

return to work. For more information, call our toll-free number, 1-800-772-1213, or call or visit any local Social Security office and ask for the publication, "How We Can Help With Vocational Rehabilitation" (SSA Pub. No. 05-10095). You may also be interest-

ed in "Working While Disabled—How We Can Help" (SSA Pub. 05-10050) or "If You Are Blind—How We Can Help" (SSA Pub. No. 05-10052). For more information and to access our publications electronically, visit our website at www.ssa.gov.

Student investigated for threats

by Randell Reno
Staff Writer

Kentucky State Police responded to reports that an elementary student threatened his teacher at an area school.

KSP 911 logs report that police were dispatched to John M. Stumbo Elementary after a 5th-grade student allegedly threatened

to "whip" his teacher.

Logs report the incident happened last Friday during school.

Apparently the 10-year-old boy was kept away from his teacher until the KSP could get to the scene.

Troopers advised the teacher to contact the county attorney and the adolescent was released to the custody of his parents.

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—First Amendment of the U.S. Constitution—

Viewpoint

QUOTE OF THE DAY...
 I don't want to achieve immortality through my work. I want to achieve it through not dying.
 Woody Allen—

Wednesday, November 17, 1999 A4

Editorial

Prescription

Physical violence is never excusable. Yet, bruises disappear with time. Scars shrink and fade. Wounds heal over.

Not so with words. Once spoken or written in malice, they hang in limbo until they can hurt again. We can erase them or paint over them or promise to take them back, but they tend to live on.

Thankfully, the strike of SEIU 1199 on Highlands Regional Medical Center is over. For two—and-a-half months, the strike was a hardship for the community, the striking workers and the hospital administration.

Overly harsh words rose and soared over the strikefield, permeating the hills and valleys, not just in Floyd County, but all around. They were carried along, retold and elaborated.

The words bit, they stung, they menaced, they ridiculed, they seared.

In letters to the editor, in advertisements and in commercials, the words tore away at civility and fanned the flame of hostility.

A strike is, in many ways, akin to a civil war, pitting friends and colleagues against one another.

The two sides have managed to forge a compromise on contract issues. Now, they must forge a peace. And to do so, they must forget the angry, hurtful words that have been spoken and written, lock them away behind lock and key inside their minds and hearts.

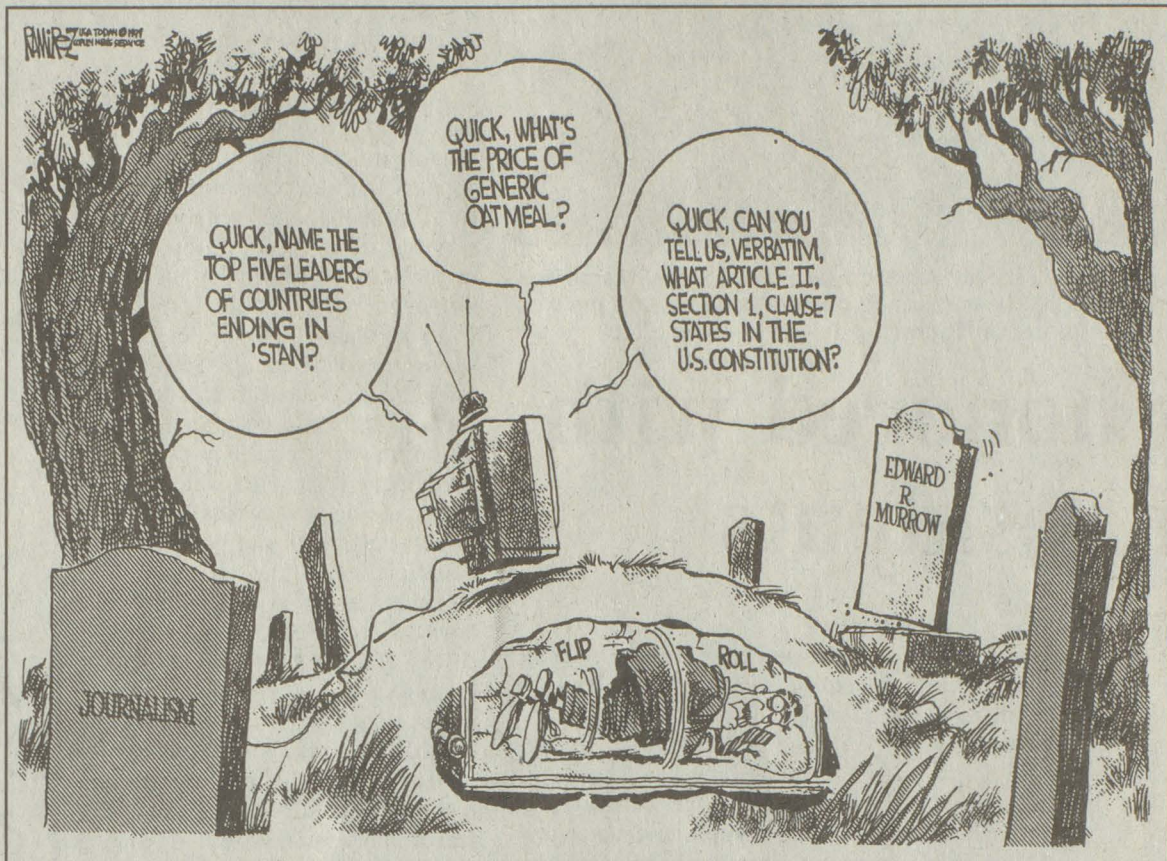
Those workers who chose to strike and those who chose not to, as well as those who administer the hospital, all did what they thought was best. We daresay no one involved took the decision lightly, and no one escaped occasional doubts.

As the hospital begins its recovery and as striking workers return to their work stations, let everyone involved take a big dose of humility, compassion and forgiveness.

Also important is a daily — perhaps hourly — prescription of forgetfulness. The harsh words can't be unsaid, but they can now be ignored, the attempt can be made to forget them, and the business of caring for patients can be resumed.

If at all possible, the hospital and the union should facilitate small group sessions with a counselor, where the hostility can be calmed and where both parties can learn to work together in peace, maybe even love.

Let the healing begin.
 — Pam Shingler



Letters to the Editor

Collecting for Center

Editor:

Please step by Harold, across from Red's Furniture, Friday, November 19, and talk with Den Hunter. There will be free clothes and toys, so come on by. If you have anything you would like to give, bring it with you; let's make it a great giveaway.

I will also have a box made for Mud Creek Senior Citizens. If you would like to give any

amount of money or checks, just drop it in the box or if you have anything that can be used in an auction for the Senior Citizens Center, just drop it off. I will see that they get it.

Anything donated will be appreciated. If you wish to give anything, just drop by and we will see that your donations are fairly taken and used.

Den Hunter
 Branham's Creek

Place our Trust Fund into a trust!

Editor:

President Clinton has reversed his long-standing proposal for government to invest some Social Security taxes in the stock market. This reversal by Clinton is not based upon a belief that future investment returns in the stock market are bleak, but rather is based upon the reality that there is no Trust Fund money to invest.

Most people correctly believe that Social Security has been our most successful social program. However as the program has matured it faces many obstacles to its viability. The first major crisis it faced was in 1981 when concerns were raised about the Trust Fund running out of money by 1983. The Greenspan Commission was formed which made recommendations to resolve the short-term financing problems the program faced. A combination of legis-

lation enacting the recommendations, low inflation and the economic boom has contributed to yearly Trust-Fund surpluses until the proclaimed total is now in excess of \$650 billion.

Unfortunately within the Treasury, Social Security taxes are co-mingled with general tax revenues which allows Congress to spend Trust Fund surpluses to fund other expenses within the budget. For example, the 1998 \$70 billion surplus existed only because Congress included the 1998 \$99 billion surplus when the actual budget showed a deficit. To cover up the embezzlement of Trust Fund money by Congress, the Department of Treasury has been forced to issue non-negotiable IOU bonds to the Trust Fund. As to the reversal by Clinton, he knows

See Letter, page five

Guest Editorial

College is possible

by Dr. Ronald G. Eaglin
 President, Morehead State University

Morehead State University and hundreds of other colleges and universities are participating in the first-ever National College Week, November 15-19, to send home the message that, with sufficient academic preparation and sound financial planning, Americans can realize their dreams of a college education.

As Kentuckians, we should be proud that our state has become a national leader in improving the quality, affordability and accessibility of postsecondary education through the bold and courageous reform effort led by Gov. Paul Patton. Our governor told us in his first inaugural address that history would brand him as the Commonwealth's "higher education governor" and he already has created that legacy with another term still to serve.

And we owe another debt of gratitude to those visionary men and women in the General Assembly who last year established lottery-funded, academically-based scholarships to reinforce the state's commitment to helping families meet the costs of college.

Starting this year, high school graduates with decent grades and good test scores can go to college with as much as \$500 per year in scholarship aid for each year of high school success through the Kentucky Educational Excellence Scholarships

(KEES). The program is well-named because solid academic performance is one of the keys to success in college and life. Continued improvement of the public schools through the KERA reforms of 1990 have resulted, for the most part, in better prepared students applying for college admission. In addition, the current movement to further improve teacher education in Kentucky can only pay more dividends in support of our "college is possible" mission.

Is a college education important? Until the last decade or so, that question was almost always asked by middle school and high school students. Now we hear it frequently from older persons who are considering their college options, often for the first time. My response to all age groups is that college creates far better career choices, opportunities for personal growth, for a healthier lifestyle and for increased capacity for public and community service.

Considering the variety of public and private institutions in this state and nation, coupled with the broad array of public and private financial aid options, college today is a viable choice for virtually any person capable of learning at that level. And for those who can't leave home, we have distance learning programs to bring college-level instruction to your community on your school for your home.

Today more than ever, "college is possible" is more than just a catchy slogan. It is reality!

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.

Mountain voices

by Willie Elliott
 Staff Writer



Food for thought

Sometimes we do crazy things. Sometimes the actions cause harm, sometimes only embarrassment. One of my latest experiences falls into the second category. I still ask why these crazy things happen to me and not other people, or is it just that I'm foolish enough to bring them out in the open?

Last Sunday during lunch, a rather amusing thing happened. Without going into great detail (for fear I will get a visit from THE COMMITTEE), I will just say that the atmosphere at Little Rosa Church in McDowell has been a little strained (well, maybe big strained) recently and leave it at that. Maybe that had something to do with my actions.

We always have lunch (which, by the way, is not the "old time way" either) after church each Sunday. I chose my food carefully making sure not to get any Little Debbie look-alikes. Linda helped me choose a dessert. Actually I put two together, but heck, who's counting?

The nice lady who was eating directly opposite me was Pearl Jones. She had her plate directly in front of mine, and her pound cake was practically in my face. Not a good place to keep your pound cake, Miss Jones, if you want to actually eat it yourself. You know that part of the prayer that goes "Lead us not into temptation."

As I was eating my dessert, I was in deep thought wondering how the Dow Jones was doing that day. Actually, I was thinking about something else, but you get the idea that I was in deep thought.

It must have been the devil of gluttony that said, "Willie, grab that pound cake and eat it." That is exactly what I did. I was halfway through that cake, which I may add was delicious, before it struck me, "I'm eating someone else's cake!"

I felt terrible. I have heard of taking candy from a baby, but taking cake from kind grandmothers? She knew I was eating her cake, but she didn't say a thing. I just blurted out my mistake, and Linda said, "Well, Willie."

The room lit up from my flushed face. I hurt my knee trying to get under the table. Linda brought me back to reality with, "Get up here, Willie. You know you are a bleeder."

You can't offer to give a kind lady her cake back after it has been eaten on. To make it worse, one of her daughters, Wilma Brown, was directly to my left and across the table was her other daughter Linda Tackett. Luckily (for me), they just got a big laugh out of the situation.

Oh, in case you are wondering, Miss Pearl did get a piece of pound cake. Her granddaughter found her another piece. I tell you that Miss Pearl is a fast learner. She put that piece of pound cake practically in her lap and held on with both hands.

Was that a faux faux (that's French for eating someone else's cake) or not?

Good job, candidates. Only a few political signs remain. Now, that didn't hurt, did it? Now let's get those few remaining ones down. I know where they all are.

The Floyd County Times

Published Wednesday, Friday and Sunday each week

cnhi

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Forest fires continue—no relief in sight

The Kentucky Division of Forestry has been actively engaged in fire suppression activities since July, but conditions have dramatically worsened in the last few days. Warmer temperatures, low relative humidity levels, and an ample supply of forest fuels (leaves) have added to the forest fire problem. Within the last 48 hours, 10,000 acres of forestlands have burned, and most of these fires were intentionally set.

Arson is a felony and is punishable by fines of \$1,000 to \$10,000, and up to 5 years in prison. The Target Arson Hotline, 1-800-27-ARSON, will pay up to \$1,000 for information leading to the arrest and indictment of an arsonist. The Kentucky Division of Forestry is bringing additional resources to investigate all suspected arson fires and is committed to fully prosecuting all suspects.

Over 68,000 acres have burned in Kentucky since January 1, and the forest fire hazard season continues until December 15. Eighty-nine counties have enacted burning bans that prohibit any outdoor burning (campfires, warming fires, debris burning, etc.) and more county burning bans are expected. Please contact your county officials before conducting any outdoor burning.

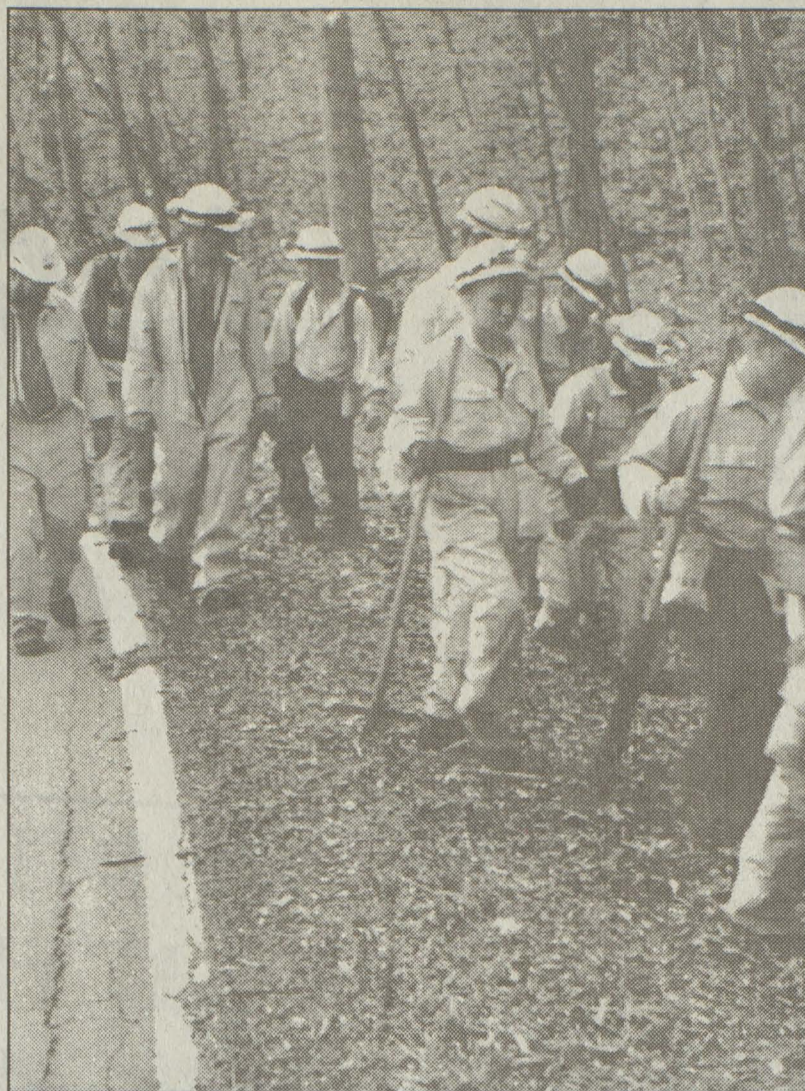
Over 600 people are involved in the fire suppression efforts, including Division of Forestry full-time personal, interim employees, and emergency labor. The Division of Forestry requested assistance from the Kentucky National Guard Air Operation's Division to assist with fire suppression activities. The

Kentucky National Guard activated four Black Hawk helicopters (2 each to the Eastern District in Betsy Layne, and the Kentucky River District in Hazard). Each will carry a 650-gallon water bucket that will be used in fire suppression activities. The National Guard has also activated four ten-person hand crews to be sent to the Eastern District office in Betsy Layne on Sunday. Additional hand crews are being requested for the Kentucky River District in Hazard.

Residents living in eastern Kentucky and firefighters currently working on fire lines are threatened not only by wildfires, but by backfires being set by homeowners to prevent fires from threatening their homes. Backfires are illegal and dangerous. Other measures can be taken to protect property. If wildfires threaten your home, clear brush and debris down to bare soil in a ten foot-wide path around all structures. If water is available, wet down the area and keep the hose readily available. To protect firefighters that may be in the area, under no circumstances should a backfire be set.

Smoke from the fires is also creating problems. Some districts have been unable to send up aerial detection planes because of dense smoke. The smoke is also a health concern. The elderly, babies, and people with existing respiratory conditions should remain indoors until the smoke dissipates.

The division asks for the cooperation of all citizens in observing the outdoor burning bans in their counties.



Back to work

Twenty firefighters, including 17 from the Division of Forestry and three from the U.S. Army Corps of Engineers, prepared to tackle a 100-acre blaze at Jenny Wiley State Resort Park last week. The firefighters, many of whom were on their eighth straight day of working 12 to 16 hour shifts battling fires throughout eastern Kentucky, were returning to action following a much-needed break. (photo by Ralph B. Davis)

Letter

(Continued from page four)

that brokerage firms will accept IOUs in payment for stocks purchased for the Trust Fund.

In order to prevent further embezzlements by Congress, the Trust Fund must be removed from control of the politicians and made into an autonomous agency like the Federal Reserve, having a charter to collect, invest and distribute the trust money in a prudent manner. Allow me to propose that the new agency be called the United States Social Security Trust.

Robert A. Dahlquist
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Registration now underway for KET's spring telecourses

Registration is now in progress at many Kentucky colleges and universities on KET's spring 2000 telecourses, which will begin

Sunday, January 23.

Telecourses are ideal for those trying to juggle their college schedule with other commitments,

such as work and family responsibilities. The telecourse process is simple.

First, students interested in taking advantage of the telecourse opportunity register for the course through their college or university, and purchase the course's required textbook and telecourse study guides (available at campus bookstores).

During the semester, students too busy to watch the regularly scheduled programs can record and watch them at their convenience. Most colleges require class attendance only a few times throughout the semester, and students can communicate with their

instructors via e-mail, phone or fax.

Upon successful completion of the course, the student earns three hours of college credit.

Among the 25 schools participating in KET's telecourses, five Kentucky Community Colleges—Ashland, Madisonville, Paducah, Prestonsburg and Southeast—offer an Associate in Arts degree that can be completed primarily through taking KET telecourses.

The following colleges and universities offer credit for some or all of the spring 2000 KET telecourses: Eastern Kentucky University, Kentucky State University, Morehead State University, Murray State University, Northern Kentucky University, Saint Catharine College, University of Kentucky and Lexington Community College, University of Louisville, Western Kentucky University and Bowling Green Community College of WKU.

Also, Ashland, Elizabethtown, Hazard, Henderson, Hopkinsville, Jefferson, Madisonville, Maysville, Owensboro, Paducah, Prestonsburg, Somerset, and Southeast community colleges.

The lineup for the 2000 spring semester includes 10 undergraduate-level telecourses:

- America in Perspective—American history, 2nd semester
- Business and the Law—introductory business law
- Living Literature II—English literature, classic texts, 2nd semester
- Marketing—contemporary marketing fundamentals
- Nutrition Pathways—health and nutrition
- Out of the Past—archaeology, anthropology
- The Sociological Imagination—introductory sociology
- Taking the Lead—business management
- Voices in Democracy—American government, political science
- The Western Tradition II—history of Western civilization, 2nd semester

To receive a telecourse schedule guide with each institution's registration dates, call KET at (800) 432-0970 or get information at <http://www.ket.org/Telecourses>. Viewers can find out more about programming on KET by visiting the KET Web site at <http://www.ket.org>, a Kentucky.com affiliate.

THANK-YOU FROM THE LAWSON FAMILY

We wish to thank everyone who attended the birthday celebration for our mother, Dixie Lawson, on Oct. 16. Thanks for the gifts, your presence, but most of all for wonderful memories of Mother that you shared with us. A special thank-you to Bro. Woody Pack for the beautiful song, and Bro. Harry Hargis for the prayer and comments.

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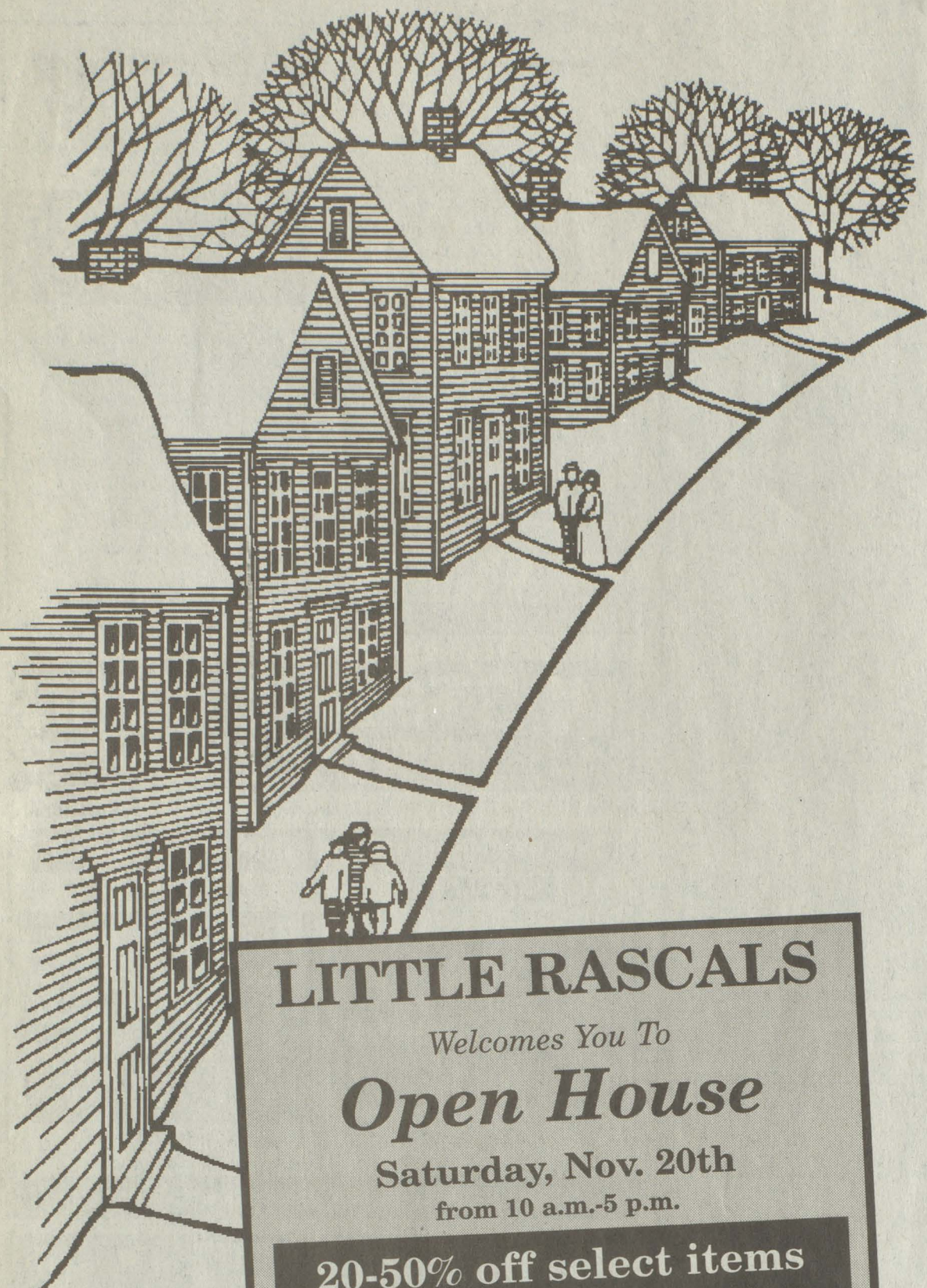
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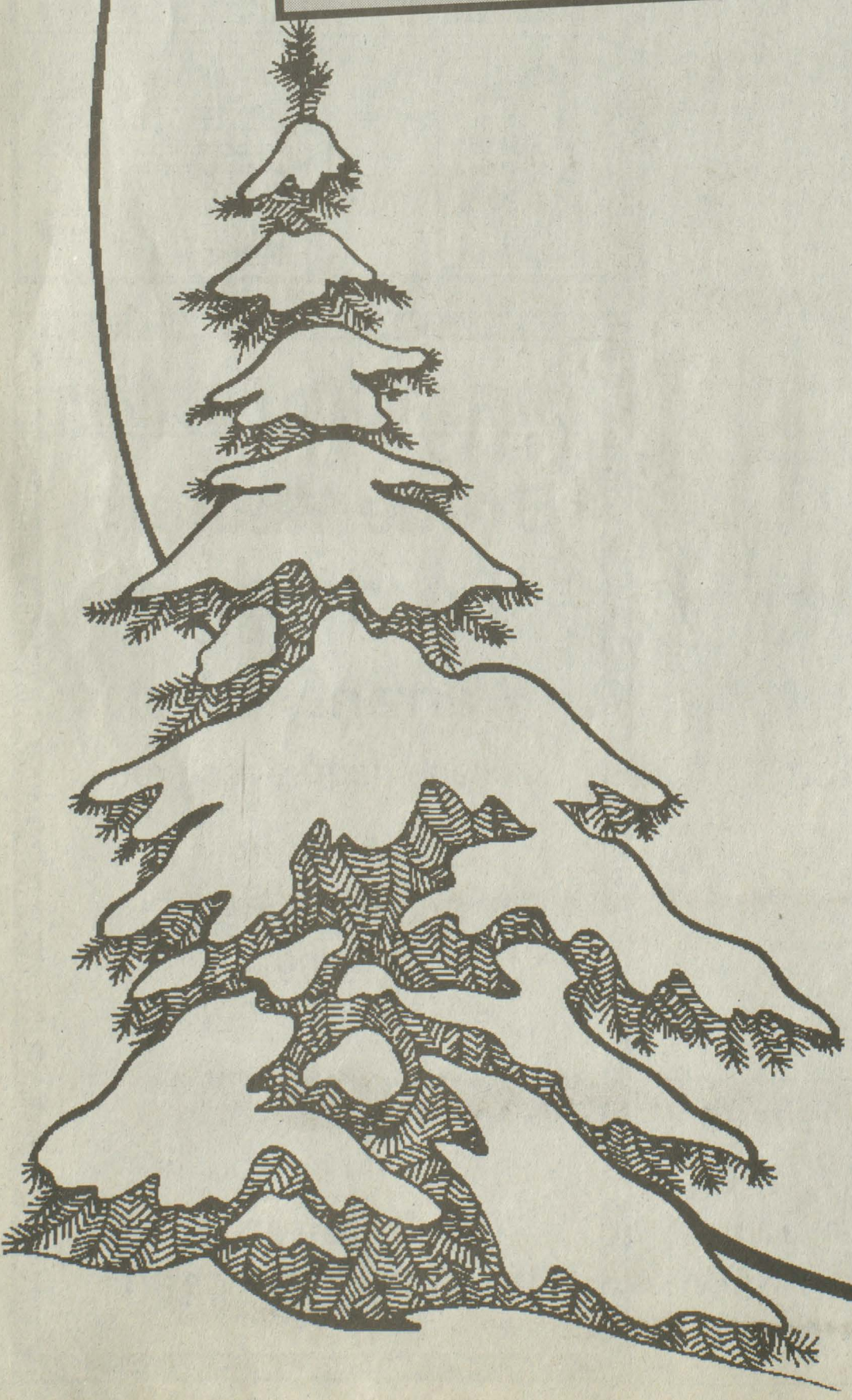
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OBITUARIES

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Tracy Barnett

Tracy Barnett, 83, of West Prestonsburg, died Tuesday, November 9, at Highlands Regional Medical Center, following an extended illness.

Born on April 16, 1916, in Salyersville, he was the son of the late Dud and Nora Watkins Barnett. He was a disabled coal miner.

He is survived by his wife, Castle Rose Barnett.

Survivors include his wife, Castle Rose Barnett; two sons, Kenneth Barnett and Gordon Ray Barnett, both of Prestonsburg; four daughters, Geneva Stamber of West Prestonsburg, and Shirley Poe, Janice Sester, and Virginia Blackburn, all of Prestonsburg; one brother, Clyde Barnett of Michigan; 24 grandchildren and 24 great-grandchildren.

Funeral services were conducted Friday, November 12, at 1 p.m., at the Nelson-Frazier Funeral Home, Martin, with J.M. Sloce officiating.

Burial was in the Richmond Cemetery, Prestonsburg, under the direction of the Nelson Frazier Funeral Home.

(Obituary reprinted due to an error.)

Margaret (Meg) Lafferty O'Quinn

Margaret (Meg) Lafferty O'Quinn, 78, of Garrett, died Sunday, November 14, 1999, at her residence, following an extended illness.

Born on February 11, 1921, in Pike County, she was the daughter of the late Johnner and Fannie Parsons Lafferty.

She was a member of the Hueysville Church of Christ. She was named Mother of the Year, 1995, by Floyd County Womens Christian Fellowship. She was a member of the Mended Hearts, Big Sandy Chapter.

She was preceded in death by her husband, Lacey O'Quinn.

Survivors include four sons, Ralph G. O'Quinn and Danny O'Quinn, both of Garrett, Charles O'Quinn of Oscoda, Michigan, and Lacey Jr. O'Quinn of Chelsea, Michigan; five daughters, Brenda Kay Stricklin and Sharon Handshoe, both of Paintsville, Rose K. Miller of Mt. Sterling, Joyce Watson of Hueysville, and Tammy Farmer of Garrett; one sister, Ida Belle DeRossett of Dwale; 17 grandchildren and 7 great-grandchildren.

Funeral services will be conducted Wednesday, November 17, at 11 a.m., at the Hueysville Church of Christ, with Greg Nicholas and Church of Christ ministers officiating.

Burial will be in the O'Quinn Family Cemetery, Garrett, under the direction of the Nelson Frazier Funeral Home, Martin.

Serving as pallbearer was Sam Handshoe.

Rev. Delmar Hamilton

Rev. Delmar Hamilton, 69, of Columbus, Ohio, died Thursday, October 28, 1999, at his residence.

An Army veteran of the Korean Conflict, he was retired from Columbus Coated Fabric, and was pastor of Shining Light Baptist Church of Hilliard. He was the former pastor of several founding churches, and a member of Groveport Masonic Lodge.

He was the son of the late Duran and Nancy Hamilton.

He is survived by his wife, Mae Hamilton.

Other survivors include his children, Danny of Delaware, Denny of Columbus, Tonya Craig of Columbus; one sister, Irene Spradlin, of Columbus; and four grandchildren.

Masonic services were conducted Friday at 8:15 p.m., at the Tidd funeral home.

Funeral services were conducted Saturday, October 30, at the Reese Community Baptist Church, Columbus, with Pastor Marvin Booth officiating.

Interment was in Riverside Cemetery under the direction of Tidd Funeral Home, Hilliard.

Information, courtesy of Hall Funeral Home.

Lucy Meadows

Lucy Meadows, 89, of Blue River, died Friday, November 12, 1999, at her residence, following an extended illness.

Born on July 3, 1910, in West Prestonsburg, she was the daughter of the late Bill and Liddie Rose McGuire.

She was a member of the Katy Friend Freewill Baptist Church.

She was twice married; first to James Meadows; and later to Johnny Meadows. Both preceded her in death.

Survivors include one son, Walter Meadows of Blue River; one daughter, Ann Ruth Hackworth of South Whitley, Indiana; one step-daughter, Renie Ethel Miller of Jackson, Ohio; 16 grandchildren and 25 great-grandchildren.

Funeral services were conducted on Monday, November 15, at 11 a.m., at the Nelson-Frazier Funeral Home, Martin, with George David Garrett officiating.

Burial was in the Miller Cemetery, Spurlock, Prestonsburg, under the direction of Nelson-Frazier Funeral Home.

Wilmer Lee Conner

Wilmer Lee Conner, 79, of Greenville, Tennessee, died Thursday, November 11, 1999, at the Johnson City Medical Center.

He was the son of the late Arthur and Bonnie Lamb Conner.

He was retired from Kaydon Corporation, veteran of WW II, and lifetime member of Greenville V.F.W. Post No. 1990.

He is survived by his wife, Willie Mae Conner.

Other survivors include three sons, Danny Conner of Prestonsburg, Randy Conner of Greene County, and Tommy Conner of Morristown, Tennessee; and one daughter, Sandra Justis of Afton, Tennessee; four sisters, Josephine Gladson Bishop of Greenville, Marvelene Gunner of Dandridge, Tennessee, Mamie McDaris of North Carolina, Nellie Dodd of Greenville; three brothers, Charlie Conner of Greeneville, Harvey Conner and Delbert Conner, both of Greene County; and six grandchildren.

Funeral services were conducted Sunday, November 14, at 2 p.m., with Edward McCamey officiating.

Burial was in the Green Lawn Memory Gardens, under the direction of Kiser Funeral Home, Greenville, Tennessee.

Active pallbearers were Jason Saylor, David Saylor, David Shelton, and Donald Conner.

Honorary pallbearers were Dr. Gordon Hoppe and Carl Morelock.

Joy Hall

Joy Hall, 68, of Martin, died Tuesday, November 16, 1999, at Highlands Regional Medical Center, Prestonsburg, following an extended illness.

Born on February 4, 1931, in Floyd County, she was the daughter of the late Taylor Price Sr. and Maudie Wallen Price Lucas. She was a retired LPN having worked for Beaver Valley Hospital, Prestonsburg Hospital, Mt. Manor Nursing Home and Our Lady of the Way Hospital. She was a member of the Jehovah's Witness Church for 38 years.

She is survived by her husband, Garnett Hall; one son, Jeffery Taylor Hall of Lakeland, Florida; one daughter, Gwendolyn Denise Hall of Martin; four brothers, Clyde Lucas of Huntington, Indiana, Robert Lucas of Mesa, Arizona, Kenneth Lucas of Owings Mills, Maryland, Gary Lucas of Lincoln, Nebraska; two sisters, Zella Price of Betsy Layne, Betty Douglas of Lexington; and one grandchild.

Funeral services will be conducted Thursday, November 18, at 11 a.m., at the Nelson-Frazier Funeral Home, with Christian Cuminotto and elders of the Jehovah's Witness Church.

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

Delight Wells Hall

Delight Wells Hall, 72, formerly of Auxier, died Wednesday, November 3, 1999, at her home in Louisville, following an extended illness.

Born November 3, 1927, in Floyd County, she was a daughter of the late Dick and Fannie Richmond Wells.

She is survived by her husband, Jack Ray Hall of Louisville; a daughter, Regina Harding, of Indianapolis, Indiana; three sisters, Mildred Sturgill, Lucille Patton and Beatrice Childers, all of Auxier; and one granddaughter.

Funeral services were conducted Friday, November 5, at the Fern Creek Funeral Home, Louisville, with the Rev. David Strange of the Greenwood Christian Church, Indianapolis, Indiana, officiating.

Burial was in Resthaven Memorial Park, Louisville.

Pamela Faye Hall

Pamela Faye Hall, 57, of Mousie, died Sunday, November 14, 1999, in the University of Kentucky Medical Center, Lexington, following injuries sustained in an automobile accident.

She was born July 25, 1942, in Mousie, the daughter of Aaron Tuttle of Eastern and Elizabeth Settles of Allen.

She was employed as a secretary for Onyx Coal Co., Lancer.

Other survivors include one son, Eddie T. Hall of Lawrenceburg; two daughters, Vickie T. Rosok of Lexington, Amy Leigh Hall of Lawrenceburg; three brothers, Eugene Tuttle of St. Marys, Ohio, Don Tuttle and Doug Tuttle, both of Horseshoe, North Carolina; two sisters, Connie Castle of West Milton, Ohio, Nadine Sanders of Celina, Ohio; and one grandchild.

Funeral services will be conducted Wednesday, November 17, at 11 a.m., in the Hall Funeral Home Chapel, Martin, with the Regular Baptist ministers officiating.

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

Woodrow Patrick

Woodrow Patrick, 82, of Carrie, died Friday, November 12, 1999 at the Hazard Appalachian Regional Medical Center.

He was born in Knott County, on May 17, 1917, the son of Hiram Patrick and Martha Ritchie Patrick.

He was preceded in death by his wife, Beulah Patrick.

Survivors include eight sons, A.C., A.B., Paul, Bufford and Homer Patrick, of Carrie, Flanery and Cecil Patrick, both of Rome City, Indiana, and Lewis Patrick, of Garrett; two daughters, Cathleen Carter of Wolcottville, Indiana, and Lola Combs of Lotts Creek; two brothers, Nick and Carl Patrick; five sisters, Jane Amburgey, Polly Napier, Lula Combs, Mary Wooten and Louise Shepherd; 27 grandchildren and 28 great-grandchildren.

Funeral services were conducted Tuesday, November 16, 2 p.m., at the Hindman Funeral Services Chapel with Bethel Bolen, Sterlin Bolen and Charles Ed Smith officiating.

Burial was in the Elish Patrick Cemetery at Emmalena, under the direction of Hindman Funeral Services.

REGIONAL OBITUARIES

Johnson County

Rufus Smallwood, 76, died Monday, November 8. He is survived by his wife, Esta Maynard Smallwood. Funeral services were conducted Thursday, November 11, under the direction of Preston Funeral Home.

Elizabeth Delong, 98, died Monday, November 8. Funeral services were conducted Friday, November 12, under the direction of Jones-Preston Funeral Home.

Nora Baldrige, 89, of Sitka, died Sunday, November 7. Funeral services were conducted Wednesday, November 10, under the direction of Jones-Preston Funeral Home.

Pike County

Ronn Hayes, 26, of Freeburn, died Thursday, November 11. He was employed by Mountain Top Baking. He is survived by his wife, Tina Louise Hayes. Funeral services were conducted Sunday, November 14, under the direction of Phelps Funeral Home.

York Runyon, 77, of Forest Hills, died Friday, November 12. He was retired from Chevron Oil

Co. He is survived by his wife, Betty Phillips Runyon. Funeral services were conducted Sunday, November 14, under the direction of Rogers Funeral Home.

Yvonne Bishop, 62, of Powells Creek, died Saturday, November 13. Funeral services were conducted Tuesday, November 16, under the direction of Thacker Memorial Funeral Home.

Myrtle Martin, 87, of Virgie, died Wednesday, November 10. She was retired from G.C. Murphy Co. of Pikeville. Funeral services were conducted Saturday, November 13, under the direction of R.S. Jones & Son Virgie Chapel.

Kathleen Gibson Williams, 69, of Pikeville, died Saturday, November 13. She is survived by her husband, Gratho Williams. Funeral services were conducted Tuesday, November 16, under the direction of Thacker Funeral Home.

Elbert Mullins Jr., 65, of Rockwood, Michigan, died Friday, November 12. He is survived by his wife, Shirley Mullins. Funeral arrangements were under the direction of Phelps Funeral Services.

Free educational opportunity for displaced coal miners

Coal miners who have lost their jobs due to downsizing in the mining or quarrying industry have a unique educational opportunity. Faculty at Madisonville Community College, in conjunction with The Center for Rural Development, have designed a course which is the equivalent of one college semester of study to teach the necessary skills required to enter the workforce in a manufacturing environment.

The class is absolutely free and will include topics such as mathematics for manufacturing, communication and teamwork, presentation skills, safety and environmental knowledge, and quality and economics in manufacturing.

The course is not intended to teach skills which are specific to any one industry, but will provide overall skills to apply for secure jobs in a variety of manufacturing areas.

Eligible students will gain practical abilities, such as creating and interpreting basic graphs and charts, using basic verbal and mathematics skills, establishing safety procedures when dealing with

machinery, and identifying customer satisfaction problems. Other areas of study include blueprint reading, business plans and operations, and a knowledge of a variety of manufacturing tools.

The free classes, which are being administered through a grant from the Economic Development Administration, begin on November 22, and will be taught on Mondays, Tuesdays, and Thursdays, from 6:00 to 9:00 p.m. Classes will be taught over interactive TV and will be held in Western Kentucky at Madisonville Technical College and Eastern Kentucky at Hazard Community College. Miners who have lived or worked in Floyd, Harlan, Hopkins, Lee, Letcher, Martin, Muhlenburg, Perry, Pike, or Union counties are eligible to attend.

If you have ever thought about attending college, but did not have the resources available to you, this is an excellent alternative. All books, materials, and training are free, but space is limited, so interested persons should register now by contacting Juliann Green at (606) 677-6026 or (888) 248-9438.

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ST. MARTHA CHURCH
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 Masses: 5 p.m., Sat.; 11:15 a.m. Sunday
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 Phone 874-9526



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 Inquire About Our Pre-Arrangement Programs. Insurance coverage available. With Monthly Payments Available to Suit Most All Families.
 "Floyd County's Finest Equipped Funeral Home"

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.

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.

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 Keith Barton, Iridologist from Columbus, Ohio. For more information call: Phyllis at 606/874-2769 or Sharon at 606/478-5224.

Social Security rep at Mud Creek

A social security representative will visit the Mud Creek Clinic each Tuesday during the month of November. He/she will assist people in filing social security claims

and appeals. People can also apply for Supplemental Security Income (SSI), Black Lung and Social Security numbers.

Entertainment changed at FCRTA meet

The Floyd County Retired Teachers Association will meet in regular session on December 2 at 10 a.m. at May Lodge. The Prestonsburg High School was scheduled to present a Christmas program. The program will be presented by Ron Vanover, director of Recreation and interpretation at Jenny Wiley State Resort Park. A business session will follow.

Veterans rep.

A Veterans Benefit Field Representative for the Kentucky Department for Veterans Affairs has an office on the third floor of the Floyd County Courthouse. He is there to assist veterans and their dependents in filing for state and federal benefits. This service is free and is provided by the commonwealth. Call 606/886-7920. If there is no answer, leave a message and he will return your call.

Forest fire hazard season reminder

The Kentucky Division of Forestry reminds that the fall forest fire hazard season continues through December 15. During this time, burning is restricted to the 12-hour period between 6 p.m. and 6 a.m. Further, burning cannot be done within 150 feet of any woodland or brushland.

Floyd County Arts council to hold meeting

The meeting of the Floyd County

Arts Council for November 9, as listed in the Kentucky Arts Council Connections newsletter, has been transferred to November 22. The meeting will be from 6 to 8 p.m., at the Mountain Arts

Center. The group will consider activities for the Arts Council. One topic of interest is Cultural/Heritage tourism especially related to persons tracing their genealogy, and how this relates to the study of cemeteries in the county.

Clark Family Resource Center Nursing services

A nurse from the Floyd County Health Department is the center on Fridays. Services available: Physicals for the 5th grade students entering 6th grade in the next school year; pre-school, headstart, and kindergarten physicals; physicals for any student, age birth-21 years old; blood pressure screening, TB skin tests, baby shots. Call the center at 886-0815 for an appointment. These services are available to anyone in the community.

Recycling Program—Program for students, kindergarten through grade 3, November 17.

Parent/Child Lunch
Parents are encouraged to eat lunch with their children, November 18.

"Kindergarten for Parents," November 23, at 8:30 a.m.

Auxier open house

An open house and dedication at the Auxier school buildings is set for Friday, November 19, at 7 p.m. The facilities have recently been refurbished, after having been purchased from the Floyd County

Board of Education by Fr. Ralph Beiting. Volunteers Charlie and Sue Schaffer are seeking input from local residents about how the buildings may best serve the community.

4-H program sponsors craft night

The Floyd County 4-H program will be sponsoring a family craft night on Thursday, November 18, at 6 p.m., at the Floyd County Extension Office in Prestonsburg. A Christmas ornament will be the project. There will be a \$2 charge for materials. Everyone is welcome to attend. Call the Extension Office at 886-2668 to register.

Apples for the students

James A. Duff is collecting Food City receipts that will help us to get free computers and other items that we can use in our school. Help us by saving your receipts and either send them to school with your child or dropping them off at the Family Resource Center. You may also drop them off at the front office of our school. We would appreciate any help you could give our school with this project.

Clark Elementary SBDM Council to meet

The SBDM Council at Clark Elementary School will have its regular monthly meeting on November 18, at 6 p.m., in the school library.

Everyone welcome.

McDowell Family Resource Center Activities

Nov. 23, Parent Support Group Meeting from 12:30-1 p.m. This meeting is for parents who want to discuss their child's education, discipline techniques, and other information with other parents (and other qualified personnel from Our Lady of the Way Hospital & Floyd County Board of Education Title IV) who share your concerns.

NO SCHOOL NOVEMBER 24-26 Thanksgiving Holiday.

Nov. 30, Introduction to First Aide for 6th grade students.

G.E.D. classes are held each Monday from 8 a.m. to 11:30 a.m. Free of charge for those interested in earning their G.E.D.

The Floyd County Health Departments Nurse is at the Center each Monday to see patients needing immunizations, T.B. Skin tests, pre-natal W.I.C., W.I.C., and school physicals (head start, kindergarten, 6th grade).

Please call today to schedule an appointment. Students who are currently enrolled in the 5th grade and have not received their physical to enter the 6th grade should call today to schedule an appointment, 377-2678.

A Mountain Comprehensive Care counselor is at the Center each Tuesday to see students in need of counseling services.

If you feel your child is in need of counseling services please call the Center for more information, 377-2678.

If you would like more information on any of the above programs or services contact the Center, 377-2678.

South Floyd Youth Center Walking track opened

Walking track is open to the general public, 7 a.m. till 5 p.m. (walking track is closed during special event). The Center is sponsoring several guest presentations. Contact the Center for time and subjects. The center has a One-Stop Career Station satellite. This is available to the community as well as to the students. Feel free to stop in Monday-Friday, 8 a.m.-3 p.m. Anyone interested in Adult Ed., contact the center.

The South Floyd Youth Services Center is located on South Floyd's campus in room 232. For more information, contact Keith Smallwood or Mable Hall at 606/452-9600, ext. 242 or ext. 243.

Prestonsburg High schedules meet

An organizational meeting for a reunion of Prestonsburg High School classes of 1940-49 is planned for Friday, November 19, at 7 p.m., at the Floyd County Library. For information, call Dallas Sammons, 886-2684.

PHS classes to host reunion

Prestonsburg High School classes of 1940-49 will have a reunion September 23, 2000, at Jenny Wiley State Resort Park. Members of those classes shall contact graduates in Prestonsburg by January 15.

Mayo Moments

by Linda Lyon

If you ask the man on the street about Mayo, chances are you would hear a personal or family story of school days spent training for a career.

Almost every day I hear someone tell me how this school prepared them to earn a living, support a family or advance in a career.

It is with a sense of pride that we listen to those stories and know that they are evidence of the commitment Mayo Technical College has made to this community through its 61+ years of educational involvement here in the highlands.

In addition to the personal commitment we have to the men and

women of eastern Kentucky is the commitment to the communities we serve. Through service to our communities we often provide practical experience for our students on live work projects. One such project is about to launch.

The Mayo Technical College Surveying and Mapping Program has started a very interesting project for the Magoffin County School system. They will be drawing up plans and laying out a baseball field and an adjacent softball field. This project will consist of several field trips to the school complex, along with classroom time for the computer layout of the project area.

Students participating in the project are Stacy Justice, Kyle Anderson, Doug Arms, Nancy

Collins, Larry Harris, Terry Mills, and Dale Snyder. The instructor is Chris Daniel.

You may have seen these students around the area. They stay pretty busy doing projects such as these. If you would like information about the Surveying and Mapping Technology Program, call the main campus at 606/789-5321 ext. 276.

Prospective students are being asked to plan now for the next semester. The January enrollment is historically lighter than the August enrollment. For this reason, it is easier to get the classes you want. Now is the time to get your foot in the door and get started.

Call Patty McKenzie today at 606/789-5321 ext. 235 today to ask how you can be in the next registration at Mayo. Classes begin January 10. Registration will be January 4, but you need to apply now.

Remember that Mayo staff will be in the Johnson County Library on Thursday, Nov. 18. Hours will be 9:30 a.m. - 3 p.m. Teachers will

be available to talk with potential and/or interested individuals about Mayo and class offerings.

Mayo has on display in the lobby a United States Flag that was flown over the ship USS Constitution. This flag is displayed as a courtesy of Mickey Daniels in celebration of Veterans Day.

Remembering the men and women who have served our country is another way that Mayo contributes. This school, founded in post-war time, had a primary role in retraining the veterans returning from war, as well as those who stayed here to keep the homefront functioning.

Remember the season and consider a gift of scholarship this year. The gift that will continue to bless the families you touch now for many generations to come. Big or small your contribution will make a difference in the life of someone you may never meet, but in turn that person may touch many more lives. Call Billy Breeding at extension 223 to ask how you can contribute.

Goal set at 3,000 pints for twelfth annual Big Blue Crush blood drive

Central Kentucky Blood Center (CKBC) is counting on a home-field advantage to help bring home its seventh win over Knoxville's MEDIC Regional Blood Center in the Twelfth Annual Big Blue Crush blood drive competition, November 15-19. The yearly Battle for Blood between Kentucky and Tennessee generates spirited participation from UK students and fans throughout central and eastern Kentucky and ensures the availability of blood for the Thanksgiving season. Coach C. M. Newton serves as honorary chair of the event. Kentucky leads the series 6-4-1.

"This drive is an exceptional opportunity for the community to focus on the need for blood for Kentucky patients," said Susan Berry-Buckley, CKBC's chief executive officer. "Wildcat fans have demonstrated by their profound giving that they can and do save lives in Kentucky."

Nearly 250 blood donors are needed daily in central and eastern

Kentucky to supply the needs of hospital patients battling life-threatening illnesses and injuries. Anyone 17 or older weighing at least 100 pounds and in good general health can be a blood donor.

The winning state will receive a trophy during the Kentucky-Tennessee football game in Lexington on November 20. All donors will receive a Big Blue Crush t-shirt and a chance to win a football signed by UK Coach Hal Mumme. Donors on November 15 and 16 are also eligible to win UK apparel prize packages.

Donors can roll up their sleeves at the Prestonsburg Donor Center during the following times: Monday and Friday from 9 a.m. to 5 p.m. and Tuesday through Thursday from 11 a.m. to 7 p.m. The center is located at North Lake Drive in the Municipal Building. For information about additional drives, call the Prestonsburg Donor Center at 606-886-1557 or visit CKBC's web site www.ckbc.org.

Gospel Singing

at
Cow Creek Freewill Baptist Church
Saturday, November 20th, at 7 p.m.

Featured singers

Mike Blanton and
Evidence Gateway Quartet

Pastor, Nathan Lafferty • Everyone welcome

WEEKEND REVIVAL at Lancer Baptist Church

Saturday, Nov. 20, 7 p.m.

and

Sunday, Nov. 21, 11 a.m.

Preaching by Rev. Jeff Jackson
(London, KY)

"Special Music at Each Service"

For more information, 886-1700
Rev. Tom Biddle, Pastor



A little guidance makes all the difference

Foster Parents Needed

- *Full or part time
- *Single or married
- *Compensation provided

call Cornerstone Family Center
in Harold

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A service of Kentucky Baptist Homes for Children



Christmas Bazaar & Chili Dinner

at

Auxier Freewill Baptist Church

Friday, November 19, 9 a.m. - 5 p.m.

Saturday, November 20, 9 a.m. - 2 p.m.

Dinner includes - Chili, crackers, sandwich and dessert
Price - \$3.00

Also available -
Homemade Jellies
Homemade Banana Bread
Homemade Candies

Phone - 886-8354

Card of Thanks

The family of Aileen Williams Tackett Layne wishes to take this opportunity to thank everyone for their help in the loss of our loved one. Thanks to those who sent food, flowers, or just spoke comforting words. We deeply appreciate you all. A special thanks to the Old Beaver Regular Baptist Church; the Regular Baptist ministers for their comforting words; the sheriff's department for their assistance in traffic control; and the Hall Funeral Home for their kind and professional service.

THE FAMILY OF
AILEEN WILLIAMS TACKETT LAYNE

Card of Thanks

The family of Paris Buster Music would like to thank the staff at Our Lady of the Way Hospital for taking such good care of Daddy. They even bathed him, shaved him, and cleaned his room daily, all with kindness—no attitude problems. In his last hours they did everything to make him comfortable while trying to help him all the way.

We would like to thank the Floyd Funeral Home, and all the people that came by or sent flowers and food. A special thanks to Reverend Clifford Austin and the singers who came with him. Also, we would like to thank the pallbearers.

THE FAMILY OF PARIS BUSTER MUSIC

Are you ready for Y2K (or a winter storm)?

Are you ready for Y2K? A better question is "Is your family ready for 'ordinary' emergencies? That's a good approach for a couple of reasons.

Planning for winter storms, floods and other common emergencies covers about the same ground as Y2K planning. If wide-spread Y2K disruption doesn't occur — and most experts think it won't — you'll still be ready for life's other

emergencies.

Putting together a kit

If your family was cut off from "the outside" for three days, what would you need to survive in comfort? Put together a disaster supplies kit with that thought in mind. According to the American Red Cross, there are six categories of items you should stock in your kit:

- Water (a gallon per day per person).
- A three-day supply of non-perishable food that requires little preparation (don't forget a non-electric can opener).
- A well-stocked first aid kit and list of emergency numbers.
- Clothing, including sturdy shoes or boots, and bedding.
- Tools and emergency supplies, including tools needed to shut off gas and water valves, flashlights, a battery-powered radio and extra batteries.
- Special items — supplies critical to your particular family, including those required by family members with special needs (expectant mothers, infants and young children, the elderly and people with disabilities) and pets.

You can store tap water in clean plastic two-liter soft drink bottles with four drops of unscented bleach added to each to increase "shelf life." (Don't store water in breakable containers or in milk jugs or cartons since they deteriorate.)

However, some emergency preparedness experts recommend buying a supply of bottled water with expiration dates.

Stored water tastes "flat," so you might want to add some powdered drink mix to your supplies.

You will have to "refresh" your supply of food every few months. One suggestion is to routinely use some of the emergency food and replace it with newly purchased items.

After assembling your disaster supplies kit, keep the items that you would most likely need during an evacuation in a duffel bag or other easy-to-carry container. Make sure your car's gas tank is at least half full and have an extra set of keys and local maps handy.

Doing the drill

Most people are familiar with (and should be doing) family fire drills. Other emergency situations require similar planning. Here are some steps involved in creating a family disaster plan:

Call a family meeting and talk about why you need to prepare. Discuss the types of disasters that are most likely to happen in your area and explain what to do in each case. (Your local American Red Cross has this information.)

Here are some "all-purpose" precautions you can take:

- Post emergency numbers by each phone (fire, police, ambulance, poison control, a trusted neighbor) and teach children how to call for help.
- Install smoke detectors, CO monitors and fire extinguishers in strategic spots and make sure everyone knows how to use the extinguishers properly.
- Show each family member how and when to turn off the water, gas, and electricity at the main switches.
- Make sure everyone knows where the first aid kit is and discuss first aid measures. Consider taking Red Cross first aid and CPR classes.
- Figure out the best escape routes from your home — find two ways out of every room.
- Pick places to meet if family members are separated. For example:

Right outside your home in case of a sudden emergency, like a fire.

Outside your neighborhood in case you can't return home. Everyone must know the address and phone number.

• Ask an out-of-state friend to be your "family contact" since it's often easier to phone out-of-state following a disaster. Each family member should know to phone that person if separated from the family.

• Plan how to take care of your pets in the event of an evacuation.

Go over the family plan every few months and conduct regular drills.

One final note about telephone contacts — phone companies are asking people, not to make non-essential calls around New Year's Eve just to "check" and see if the

system is working. This will overload the system.

Taking care of business

If you have a personal computer, consult your PC manufacturer (most have web sites) for advice on making your computer Y2K ready. Back up important computer files on disk and make paper copies of important documents.

Check with manufacturers of any essential computer-controlled electronic equipment in your home to see if that equipment may be affected. This includes fire and security alarm systems, programmable thermostats, appliances, consumer electronics, garage door openers, electronic locks, and any other electronic equipment in which an "embedded chip" may control its operation.

Getting ready for Y2K, or any other potential disaster, also includes attention to financial matters:

Withdraw only as much "emergency" cash from the bank as you would for any holiday weekend. Having a lot of money in your home may invite theft.

Review your insurance policies to see if you have adequate coverage. Many consumers do not read their policies until they experience a loss and need to file a claim. Unfortunately, this can create some unpleasant surprises.

Consumers should talk to their agents or call the Kentucky Department of Insurance (1-800-595-6053) to be certain they understand what their policies cover. There are safeguards in place to protect the consumer from unfair exclusions for losses due to Y2K.

Keep important family documents — wills, deeds, account numbers, Social Security numbers, a household inventory, insurance policies, etc. — in a waterproof, fireproof portable container.

Retain copies of important records — particularly your bank and financial statements, medical records and prescription drug information — in the few months before and after January 1, 2000. When you receive a transaction receipt, check it for accuracy and save it to compare against your statement.

Spend your money wisely when preparing for Y2K or any other emergency situation. As one person put it, "It's one thing to be prudent. It's another to go completely overboard."

Some examples:

Prudent: making sure you have a well-equipped first-aid kit.

Overboard: buying a \$800 "hospital in a box" for home use.

Prudent: buying a few extras each time you go to the grocery store.

Overboard: spending the kids' college money on a five-year supply of emergency rations.

Avoid being victimized by con artists. Be wary of goods and services touted as Y2K-guaranteed. Beware of anyone attempting to sell you unnecessary products such as massive food supplies or other unusual "Y2K personal preparedness" items.

Never give out personal financial information over the phone unless you initiate the call and are sure the person on the phone is legitimate. Report any attempts to solicit such information to the police.

Addressing safety issues

It's a good bet that most Y2K injuries will be self-inflicted. Here are a couple of issues to consider:

• Fire. If the power goes off and people use alternative methods of cooking and heating and lighting their homes, there is a very real danger of fire and/or carbon monoxide poisoning.

Have both smoke detectors and CO monitors installed in your house and, if they are wired to the house current, make sure they have battery backup.

Keep fire extinguishers handy and make sure all family members know how to use them.

Have family fire drills regularly. In case of power outage, it's safer to use flashlights and keep warm with blankets and extra clothing:

Don't use candles and oil lamps. Don't use open flames, charcoal grills, or camp-stoves to cook indoors.

Don't plan to heat your home with any device, like a gas-fueled oven or a camp heater, that is not specifically designed for that purpose and installed properly.

Don't stockpile gasoline in con-

tainers — it's too dangerous.

Follow safety rules if you are installing a portable generator.

Never attempt to power your home with a generator without assistance from an electrician.

Don't put a generator in your basement or anywhere inside your home.

Don't connect the generator to your home's electrical system. Connect what you want to power directly to the generator;

Keep a generator in a well-ventilated area, either outside or in a garage with the door open.

Contact your local fire department for more detailed information about fire hazards.

• Personal safety. Some people may become concerned about their safety in the event of a disaster. The best "defense" is having a plan.

The Federal Emergency Management Agency (FEMA) recommends that you meet with your neighbors to plan how the neighborhood could work together after a disaster until help arrives.

Know your neighbors' special skills (e.g., medical, technical) and consider how you could help neighbors with special needs, such as people who are very old or young or have disabilities. Make plans for child care in case parents can't get home.

Getting more information

There are several sources of information about disaster planning including the Kentucky Division of Emergency Management in Frankfort (the KyEM web site is HYPERLINK <http://webserve.dma.state.ky.us>, the state Project Office for the Year 2000 (HYPER-

LINK <http://www.state.ky.us/year2000/index.htm>), the American Red Cross and the Federal Emergency Management Agency (FEMA).

You can call your local Red Cross or go online at HYPERLINK <http://www.redcross.org/disaster/safety/tips.html>. FEMA has a Family Disaster Plan site online at HYPERLINK <http://www.fema.gov/pte/displan.htm> and a toll-free number, 1-800-480-2520.

Every county has a local emergency management (formerly called Disaster and Emergency Services) agency. Many have already conducted "Y2K community conversations."

The local emergency management director can assist with advice and free literature on making your family "Y2K OK." Contact your local government to be put in touch with emergency management personnel.

Notices provided by local government officials, banks, power and telephone companies, health-care organizations and other service providers are another source of local information.

Information for children and teen-agers is online at: the Y2K for Kids site HYPERLINK <http://www.fema.gov/kids/y2k.htm> and the Y2K Youth Education Web Site HYPERLINK <http://www.y2k.gov/youth/index.html>. KyEM has a Kentucky Kids and Emergency Management site at HYPERLINK <http://webserve.dma.state.ky.us/kykids.htm>.

But don't forget another source of information closer to home — older members of the family. This would be a good time for the kids to ask a grandparent about the "good old days" before computers were invented.

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
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-NOTICE-

Due to the Thanksgiving Holiday, The Floyd County Times will be temporarily adjusting deadlines for the Friday Paper, 11/26; Sunday Paper, 11/28; and the East Ky. Shopper, 11/28.

FRIDAY PAPER & SHOPPER:

Editorial— Tuesday, Nov. 23, at 12 noon
Classified, Local Advertising and Legals—
Tuesday, Nov. 23, at 5:00 p.m.

SUNDAY'S PAPER:

All deadlines will be Wed., Nov. 24th at 5:00 p.m.

COMMUNITY THANKSGIVING SERVICE



Sunday, November 21, 1999

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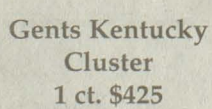
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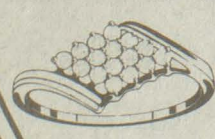
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Men's Health Fair

Jimmy Hammonds, of Prestonsburg, gets blood drawn during the Floyd County Health Department's Men's Health Fair held on Thursday. Those who participated were invited to have lunch at the center after going through the medical examinations and procedures. (photo by Willie Elliott)

Netting a free lunch, on FreeRide.com

(NUE) - It has been said that there is no free lunch. But that was said before the Internet came into being. Reportedly 12 million U.S. households currently shop online. More and more, people are discovering the wealth of services available on the World Wide Web.

In fact, the Internet is so popular that analysts estimate that Americans will spend more than \$7 million buying merchandise online during the fourth quarter of 1999.

According to eMarketer, online spending is expected to increase 121 percent from last year's spending.

But you don't need deep pockets to enjoy shopping online. A new Web site is now offering free products and services to simply reward you for logging on. Users at FreeRide (www.freeride.com) just need to sign up on the site to become members eligible for free merchandise.

The president and CEO of FreeRide Media, Jordan Stanley, says the site has been designed to be the rewards program for the new millennium.

"There's a whole new generation of consumers on the Internet who don't see any relevance in old-fashioned rewards that come with heaps of restrictions and take forever to earn," Stanley said. "Given a choice, they'll take gasoline, groceries and gift certificates over frequent flyer miles anytime."

FreeRide awards points to members when they interact with the site's sponsoring retailers, both on and off the Web. Members collect those points and then can redeem them for merchandise, such as CDs, books, tickets, flowers, Internet access, travel and gasoline.

Members can choose from more than 1,300 sponsor offers from 182 brand-name FreeRide sponsors, such as: AT&T, Nabisco, Kraft,

Kodak, The Disney Store, VISA, The ESPN Store, Johnson & Johnson, CDnow, Advil, Duracell, Bausch & Lomb, Tower Records, and Proctor & Gamble. FreeRide also offers gift certificates from many merchants, including Toys R Us and the Olive Garden restaurant.

Even more sponsors are likely to join the site, as it is proving to be a popular destination for users. According to Media Metrix (July 1999), FreeRide is the "stickiest" site on the Internet because it draws users in by offering them a reason to spend time on the site. (If a site is sticky, it means that users spend long periods of time on it.)

FreeRide is considered a "loyalty program," similar to airlines' frequent flyer mileage. A key difference, aside from the variety of choices available to members, is that it is much easier and faster for members to earn points, and possibly a free lunch, on FreeRide.

Second KCHIP expansion this year announced

The Kentucky Children's Health Insurance Program (KCHIP) has expanded for the second time this year to cover more children in families with income twice the poverty level.

The expansion took effect Monday, November 1, and will provide coverage to children birth

through age 18. For a family of four, the annual income could be up to \$33,400 to be eligible for this new coverage.

The services will be provided through a Medicaid "look-alike" program that will pay for most of the same services that the Medicaid program covers including office visits, preventive services and hospital stays. Some of the services that will not be covered include non-emergency transportation and certain special services such as private duty nursing.

Health Services Secretary Jimmy Helton announced that more than 20,000 children have enrolled in KCHIP program as of the end of September.

"Many people inside and outside of the cabinet have worked very hard to get families signed up for KCHIP. This is a remarkable effort that we want to continue," Helton said.

Interested families will be able to call a toll-free number—1-877-KCHIP-18—to get an application mailed to them to enroll. They can also pick them up at local health departments, Family Resource and Youth Services Centers, local Department for Community Based Services and other locations.

The Cabinet for Health Services also announced it is spending about \$4 million to fund an outreach effort through local health departments. The goal is to make families aware of KCHIP and other programs for which they may be eligible. The cabinet has already spent \$2.3 million on a statewide television, radio and newspaper campaign and other outreach activities to educate people about the benefits they may receive.

"It's wonderful that we have this kind of money to make people aware of the benefits they can get," Helton said. "We intend to take full advantage of this opportunity to help Kentucky children."

The money for the outreach campaigns became available when Congress separated eligibility for medical care from other entitlement programs. KCHIP first began in July of 1998, when the Medicaid program was expanded to cover children ages 14 through 18 who lived in families with income under the poverty line. An estimated 23,000 children became eligible for Medicaid coverage under the expansion.

In July 1999, the second phase of KCHIP was introduced. It offered the health insurance coverage to children, birth through age 18, who live in families with incomes under 150 percent of the federal poverty line. For a family of four that would be \$25,050 a year. A kickoff event was held in

June with country music star Naomi Judd to help promote the Medicaid expansion and offer training.

The promotion included television and radio commercials and posters.

During the fall of 1999, the Cabinet for Health Services used the opening of school to tell Kentuckians about KCHIP. Family Resource and Youth Services Centers, local health departments and other organizations handed out applications to students and their families. All students in public schools received a flyer telling about KCHIP and various organizations representing educators spread the word to their membership.

The cabinet also distributed information about KCHIP at the state fair in August.

During the second phase of KCHIP, some 10,127 children enrolled between July 1 and the end of September. The first phase that began last year had 10,467 children enrolled between July 1 and the end of September. The first phase that began last year had 10,467 enrollees, for a total of 20,594.

The Floyd County Health Department has mounted a massive outreach campaign to educate families about KCHIP benefits. Businesses throughout the county have agreed to allow health department staff to have space to help parents fill out applications for the program. An open house is scheduled at the health department in Prestonsburg on December 4. The hours are from 10 a.m. to 2 p.m. The staff of the health department will be doing a telephone campaign during November and December to tell families about KCHIP. The staff will also be going door to door with applications and information about the program.

The staff will also be easy to recognize as they will be wearing tee shirts with health department logo and KCHIP logo on them. If anyone has questions, they may call the health department and ask for Janice Prater at 886-2788, ext. 239 or 1-800-273-1928, ext. 239.

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FLOYD COUNTY
Sports

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**Hall: "We want to
silence the doubters!"**

Lindsey Hall



by Ed Taylor
Sports Editor

South Floyd senior Lindsey Hall has heard all the whispering about the chances of a good season for the Lady Raiders basketball team and she says some are going to be surprised at this year's team. "We want to win. We have a winning attitude this year," said Hall. "That is what we are out practicing for. No one thinks we can do it. Everyone is looking over us, and I just want to show them that we can play."

Hall said her first priority is leadership.

"I want to be a leader on the floor this season," she said. "We can go farther than we have ever went."

Hall, an emotional person by her own confession, feels this is the year of the Lady Raiders.

"I just feel we can play with anyone this year," she said. "I really do. It's just a matter of the whole team stepping up and playing hard and working hard. We are going to be a quicker team than we were last year."

However, Hall said, if the season were to start this week, some areas of the Lady Raiders' game would have to improve.

"We would have to improve down low," she said. "In the post area. We are not a big team and we may have some problems there. But we will just have to use our quickness to make up for it."

"We lost Shawna (Hall) from last year and Candance (Mitchell) is going to have to pick up her game inside. But she can do it. She is a good post player. She is very capable of playing well. It is just a matter of getting it done. We have some players who can step up and hit the outside shot, but even there we could improve."

Hall said the real test will be in how the bench performs.

"We have some young players, but they are very, very talented," she said. "This is a team that will go out and play to win, not lose. We want to go out and surprise the crowd with the way we play. I can say this, we will go out and do our best."

Hall said Coach Paul Cline has stressed hard work and being focused.

"He has told us to hustle, hustle and hustle," said Hall. "He has challenged us to go out and give 110 percent every time out. If we do, it will pay off."

Hall feels that a winning season will lift the stigma that fell on the South Floyd girls program from its initial season.

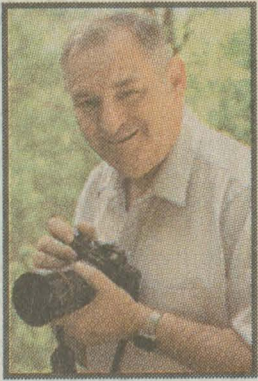
"If we can have one good year, it will be all down hill from there," said Hall. I think a winning season would be an incentive to get more players out. That's been a problem this year. We lose and no one wants to play for us."

The South Floyd girls program has gone through numerous

"This is a team that will go out and play to win, not lose. We want to go out and surprise the crowd with the way we play. I can say this, we will go out and do our best."

(See Hall, page four)

A Look At Sports



**Betsy Layne
Bobcats:
smelling like
a 'Rose'**

Do you like dark horses in any kind of competition? Do you find yourself pulling for the underdogs?

Well, we're not saying that the Betsy Layne Bobcats could be an underdog, a dark horse or even a long shot in this basketball season, but we will tell you Betsy Layne is going to have a very good basketball season and very well could be the surprise team of the 15th Region.

Now don't jump and down, yelling while you pull your hair out. You will lose it soon enough. But it could very well be a "Rose" of a season for the Bobcats.

Past seasons haven't been too kind to Betsy Layne basketball, after the strong tradition of being a regional powerhouse disappeared.

The Bobcats long for the winning tradition to return and they may just have the coach in place to bring it all back.

Brent Rose takes the helm for his first-ever venture into the high school coaching ranks. Brent has worked a lot of high school games before, but as an official. He coached some at McDowell and Adams Middle School level.

Rose was hired this past summer to replace last year's coach, Tim Rice. After getting a first look at the Bobcats this past Saturday night in the Johnson Central panorama, we all left the gym confident



(See Sports, page two)

**From the charity stripe,
Bingham leads Eagles**

by Ed Taylor
Sports Editor

There was an unusual sight at Raider Arena this past Monday night. A large crowd showed up for a basketball game. One side of the fieldhouse was almost full as the Allen Eagles and South Floyd Middle School Raiders battled on the hardwood in grade school basketball.

"Why can't our high school teams draw crowds like this?" wondered a bystander, who asked their name not be used. "This is just great."

But that is grade school basketball. And when you have a match up between two powerhouse county teams, you can explain the reason for the large attendance.

Josh Bingham did it all for the Allen Eagles in leading his team to a 42-36 win over a good South Floyd team. Bingham hit 12 of 16 free throws and scored 20 points to lead Allen's scoring.

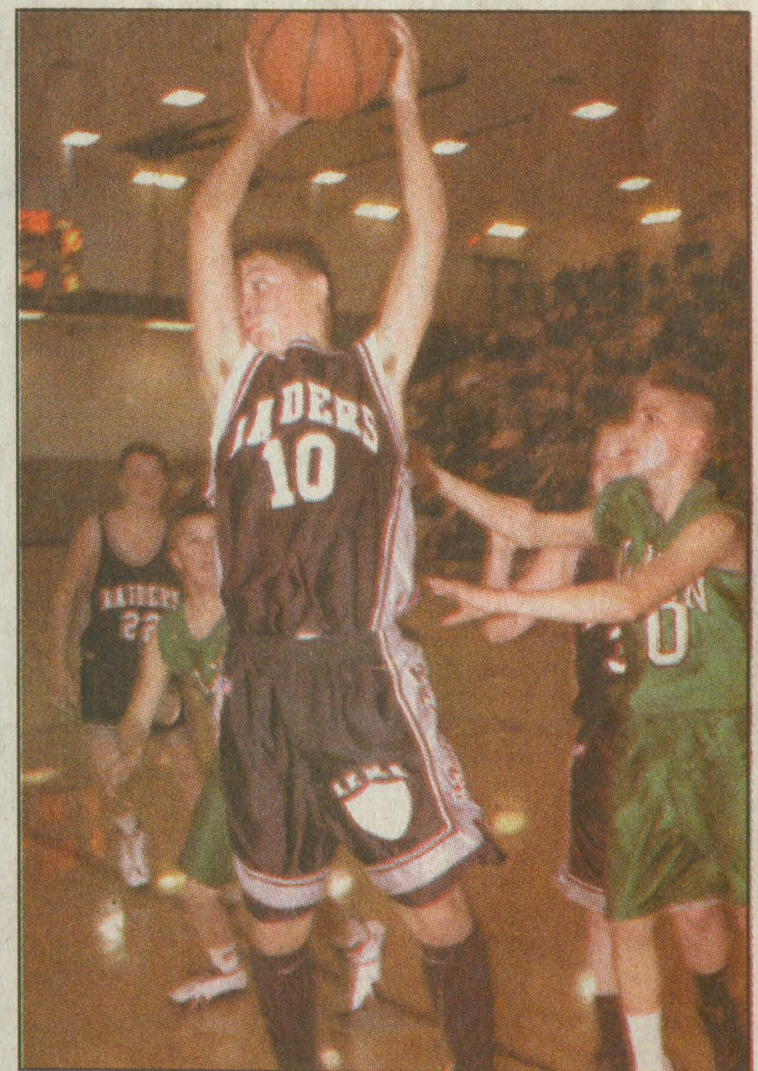
**Raiders
fail to
convert
around
the paint
area**

Nicholas Jamerson added nine points in a strong floor game.

Landon Hall topped the Raider's scoring with 12 points as the only one in double figures for South Floyd. Ryan Johnson, a sixth grader, finished with seven points and Erin Vance added six.

Turnovers plagued the Raiders throughout the game, but it was their inability to convert under the basket that had Coach Tony Isaac looking on in disbelief.

"We missed 16 shots



SOUTH FLOYD'S LANDON HALL (10) pulled down a rebound against Allen Monday night in grade school basketball. The Raiders dropped a 42-36 decision (photo by Ed Taylor)

(See Raiders, page three)

Sports

(Continued from page one)

things are definitely looking up for Bobcat basketball.

Betsy Layne was paired off against Sheldon Clark in the first game of the panorama and, after a rather slow start, the Bobcats returned in the second half and put some offense with their already stingy defense and won handily over the Cardinals.

Well, that was just a glorified practice game. But still, coaches like to win

those kind of games as well.

Coach Rose said overall he was pleased with his team's effort.

"Our defense was pretty good," he said. "We got hurt a little bit on our man-to-man, something we had been playing well in practice. But mostly this week, we had been working on the pressing game."

The pressing game was evident against the Cardinals and the Bobcats must have been good students as they played havoc with the Cardinals on the hardwood. But Coach Rose said while he was pleased, there were some disappointments (well, coach, everyone has those).

"The only part I was really disap-

pointed in was our offense," said Coach Rose. "I think, though, it was a lot of nerves. For these kids, everything is new. They are still confused on things."

If the Bobcats were confused on offense, it was only in the first half because they looked like a seasoned team in the second 15 minutes.

Scott Collins appeared to be playing with much more excitement and enthusiasm than last year. He was all over the court on defense, on the press, and under the baskets.

"He sort of got down on himself last year in games I saw," said the Bobcat mentor. "He is really interested in the team winning and not just him-

self. Scott knows if he plays good defense, everyone else will get points that way. He is a good kid to be around. I just need to keep him from getting down on himself."

It was evident Coach Rose has instilled some confidence in the Bobcats. They certainly played that way. Adam Collins looked like a different player than the one who roamed under the basket last year, hitting the offensive boards with several put-backs.

"Adam played well for us this summer," said Rose. "He has only been out for a week and a half because of foot-

ball. He just gets in there and battles. In another couple of weeks, when he gets his legs going, he will be in good shape. I don't think anyone is going to be able to stop him inside."

Workhorse Bradley Brooks dominated both ends of the floor against Sheldon Clark and looked impressive in his first outing on offense.


"Bradley is the type of player who just plays hard," said the first year coach. "He is like Adam, not quite in basketball shape yet. He will stay after practice a couple days a week and works real hard. He is always going to get rebounds no matter what."

Two weeks remain before the season gets underway for real, but Rose said the time will be needed because his team needs some extra work.

"Right now we need to work on rebounding and running our offense," he said. "And probably improving in our transition game. We have a lot of stuff we haven't put in yet, like a last second play and things like that."

Betsy Layne fans can expect a team which plays hard and will be fun to watch. Opponents can expect a different looking Betsy Layne team that will be much more competitive than last year.

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Blackcat Showcase to biggest and best ever

by Ed Taylor
 Sports Editor

The Prestonsburg Blackcats will host their annual Blackcat Showcase and it promises to be the biggest and best ever, according to Debbie Dixon.

"Every kid will be introduced at the Showcase," she said. "We have made arrangements with the Mountain Arts Center for use of their lighting effects."

The Showcase will happen on Tuesday night, November 23,

beginning at 7 p.m. The night's events will include Allen Elementary and Adams Middle School. All the AAU players and coaches will be introduced. The Allen cheerleaders and dance teams will be in attendance as well as those from Adams Middle School.

"The seniors wanted to do something a little different," said Dixon, "so we are going to have three-point competition and free throw shooting as well."

Allen and Adams will play a scrimmage game. A community pep rally is expected as well, and toward the end of the program, everyone will gather at center court.

"All those who support Blackcat basketball will be there," said Dixon. "That includes freshmen and junior varsity players. We will have the high school dance team performing. It is going to be the biggest and best we have ever had."

Flash from the Past

by Ed Taylor
 Sports Editor

Twenty years ago, high school basketball was just getting underway and the old Floyd County Annual Preseason Tournament was history in the month of November.

Allen Central High School was the powerhouse of high school basketball in the year of 1979, along with Betsy Layne High School.

The Allen Central Rebels and Lady Rebels (known then as the Rebelettes) captured the preseason tournament that year, making a clean sweep of the tournament.

The Rebels won over a good Wheelwright team, 69-61 in the championship game with Phil Slone scoring a game-high 33 points. Monroe Jones led Wheelwright with 22 points. Berger and Gerald Osborne (then a freshman) added eight points.

The Rebelettes defeated the Lady Trojans of Wheelwright in the finals of the girls preseason tournament 87-40 behind the scoring of Martin and Hensley. Martin tossed in 17 points and Hensley had 16. Bailey and Little led Wheelwright with 11 and 10 points respectively.

Former Prestonsburg standout, Bridget Clay, was forced to sit out the 1978 season for the Morehead State Lady Eagles due to knee surgery, but did return to play the 1979 year.

Morehead Coach Mickey Wells said of Clay, "It takes a great deal of mental toughness to come back like Bridget has. She is an excellent outside shooter and her experience from her freshman year should be a big asset for this year."

The Wheelwright Lady Trojans

(See Flash, page four)

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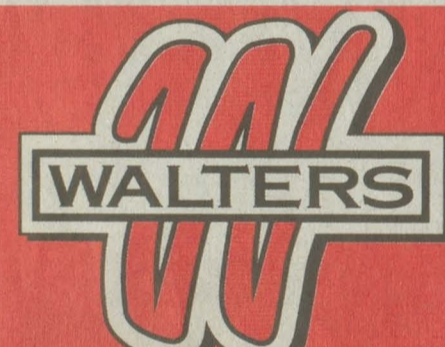


Dr. Chandra Daria

would like to inform her patients and other friends of the community that she will be on leave due to surgery from November 1, 1999 until February 1, 2000.


Her office located across from Our Lady of the Way Hospital will remain open. She apologizes for any inconvenience this may create.

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Blackcats fail to overcome slow first quarter in loss to Warfield Indians

by Karen Joseph

The Blackcats of Adams Middle School hosted the Warfield Indians Monday night. The Indians came to play ball and play ball they did.

The offense of the Indians overwhelmed the Blackcats in the first quarter and the Blackcats could never make up the deficit. The Blackcats tried to defend against a much bigger Warfield team, but had little success.

Adam Meade led all scorers with 14 points. Warfield had three players score in double figures. S. Garland scored 12 points, J. Garland had 11 points and B. Jenkins helped the cause

with 11 points. The final score was 51-24.

The Blackcats got off to a slow start. Their first points came when Adam Meade hit a free throw with 1:26 remaining in the first quarter. The Indians took advantage of the seven Blackcat turnovers in the first quarter by outscoring the Adams 19-1. The Blackcats had to play catch-up the rest of the game.

In the second quarter, the Blackcats adjusted to the Indian defense and only committed four turnovers. During the quarter, the Indians outscored the Blackcats by only one point. The halftime score was 27-8 in favor of the Indians.

Tyler Burke hit a three pointer

with 1:39 remaining in the half and all the other Blackcat points were made at the charity line.

Adam Meade had two of the free throws while Shane Hatfield also had two.

In the second half the Blackcats looked a lot better. They played together as a team. They started getting the ball to Adam Meade and Meade started to connect with the bucket. Meade had nine points and three rebounds in the third quarter.

Warfield outscored Adams by only four points in the third quarter. The score at the end of the third quarter was 41-19.

In the fourth and final quarter, the Blackcats played very hard but still came up short. The

Indians outscored the Blackcats by five points.

Adam Meade and Tyler Burke each had a field goal for the Blackcats while Jeremy Jarrell connected for one free throw.

The Blackcats struggled all night, after having such a hard first quarter and could never gain any ground on the Indians. It was a fairly even ball game after the first quarter, but that was all the

Indians needed. They easily defeated the Blackcats 41-19.

The Blackcats will travel to John M. Stumbo on Tuesday night to take on the Mustangs. Both girls and boys will play.



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Raiders

(Continued from page one)

underneath the basket," he said, shaking his head. "You won't beat no one that way."

But Isaac was encouraged and predicted that his team would be around tournament time.

"We are going to get better. All the teams are going to get better," he said. "It is early yet. But when it comes tournament time, this team will be right there as a contender."

The Raiders are still playing without highly regarded Brian Meade who is sitting out, although back on the team, because of an injured ankle.

In the final three minutes of the contest, South Floyd was getting shot after shot around the basket, unable to convert. At one point, they missed four attempts and trailed 39-36.

After Johnson hit two free throws, the Raiders went scoreless over the final two and half minutes.

Allen held a 32-26 lead at the end of three quarters, after trailing at halftime, 21-18. But Bingham and Jamerson teamed up to bring the Eagles back soaring.

On a nice assist from Jamerson, Bingham scored on an easy basket to cut the lead to one, 21-20. But on the Eagles' next possession, Bingham drilled a long jumper that gave the Eagles a 22-21 lead. Johnson drained a three-pointer for

the Raiders to reclaim the lead for South Floyd at 24-22.

Jamerson converted an old-fashioned three-point play as Allen led 26-24. Bingham hit two free throws, scored on a lay up and Jamerson connected twice from the charity stripe as Allen built a 32-24 lead, their biggest of the game. Steven Stanley had a rebound basket for the Raiders to cut the lead to six after three periods.

Hall opened the fourth for the Raiders with a long three-point basket and Vance scored underneath following a Jamerson basket, to make it a three-point game, 34-31. At the 3:44 mark of the game, Jordan Tackett completed a three-point play that drew the Raiders to within one point, 35-34. South Floyd trailed a second time by one point, 37-36 after two Johnson free throws. But the Raiders could never

get any closer with Allen scoring the final five points of the game.

It was an 8-7 South Floyd lead after the first quarter. The Raiders jumped in front 4-0 on a free throw by Tackett and Hall's three-point play. Allen turned the ball over five of their next six possessions, but South Floyd could only score once, a baseline jumper by Hall to lead 6-2.

The game was tied at 13-13, 16-16 and 18-18 in the second quarter, until the Raiders took a 21-18 lead on a free throw by Scott Allen and two charity tosses by Burnett Little.

Nathan Lafferty scored four points for Allen in the game. Nathan Newsome netted three. Stratton and Music had two points while Layne scored one.

Little and Tackett finished with four points for the Raiders. Stanley added two and Allen one.



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JB Sports

Wildcats, Herd looking to go Bowl-ing, McKeon gets respect

By Jason Blanton
Sports Columnist

Sometime late Saturday night or early this morning, the future of the University of Kentucky football occurred.

The Wildcats faced Vanderbilt University with a bowl game waiting for the winner and a long post-season in all likelihood waiting for the loser.

Since his arrival, Hal Mumme has brought excitement to football fans, but if UK lost at Vandy just how far has the program come.

Oh yes, I remember 1-1-99 when the Wildcat appeared in a New Year Day Bowl game, but Penn State proved again that UK still has a way to go.

I'll be the first to admit that

Mumme's crew lost a lot of talented players from a year ago, but to have a program that wins year-after-year a true football program has depth. A coach doesn't have to change position of player after player.

Back-to-back bowl games would mean more to the university that people realize.

UK has started getting the most of the best players in-state and have a lot of talent offensive players from around the country, but still do not have the depth to compete with Florida and the better teams in the Southeastern Conference.

If Mumme can only get the team in a bowl game every three or four years, UK is in the same situation that it has been in over the past 25 years.

But as most Wildcat fans say, Hey, we can put points on the board and that's exciting."

Even if the Wildcats lost Saturday, they still can make a bowl like they did Tennessee in their next game.

Well, at least basketball season is getting ready to start this week.

A time to remember

Marshall University is having just a great football season. The Thundering Herd entered this weekend one of a few unbeaten teams.

Marshall is ranked among the top 15 teams in the country.

It's remarkable just how far the Marshall football program has come.

Twenty-nine years ago Today

(Nov. 14.) was when the school lost 36 players and five coaches were among 75 people killed in a plane crash near Huntington, West Virginia.

The football program went through some lean times after that tragedy, but now has risen to top of the heap.

A lot of fans this week were upset that the Herd dropped out of the BCS standing, because of their schedule, and maybe a chance of major bowl game.

When Marshall University left the Southern Conference and moved into NCAA Division I-A it had to know that the Mid-American Conference wasn't a conference like the Big Ten or the SEC.

If the Herd can win the rest of their games then a "big" bowl will

probably come calling and the program can move into that next level.

One question, just how far can an UK/Marshall football game be down the road.

McKeon gets writers' nod

For a man that will turn 69 next week (Nov. 23), Jack McKeon is on top of the world.

McKeon this week was named National League Manager of the Year by the Baseball Writers' Association of America.

The Reds manager, whose low-budget team lost in a one game playoff for the NL wild-card berth, got 17 first-place votes, nine seconds and three third for 115 points.

Atlanta's Bobby Cox was second while Larry Dierker, who returned from midseason brain

surgery to lead Houston to its third straight NL Central title, was third.

"I've been in the game 50 years now, and this has probably been my most rewarding year," McKeon told the media.

McKeon is the third-oldest manager in major league history behind Connie Mack (88) and Casey Stengel (75).

Even though he had hoped for a multiyear contract extension, he received only a one-year deal to be back on the Reds' bench next season.

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Bentley's Comments

Upsets as common as routs in playoffs

by Rick Bentley

Yes, Reege, these notes are my final answer:

Unlike some of our friends in this business, Mr. Taylor and I are old enough to remember when the football playoffs consisted of two teams from each district instead of the current four.

There is some debate as to whether its worth having those three and four seeds in the event, so we did a quick scan of the brackets to try to shed some light on the matter.

To start off with, there was one reason (\$\$\$) and one reason only (more \$\$\$) that the playoffs were expanded an extra weekend. The KHSAA saw it as an opportunity to generate more revenue and yet only have to expand the playoffs by one weekend.

Probably the best effect it's had on the schools themselves is what it does to the second half of the regular season. Most of these districts have so many teams its not uncommon

to open with conference opponents in the first two or three weeks of the season.

Under the old system, lose them and it was over. A team had nothing to play for in the last two-thirds of the season.

It's also changed sports writing. It used to be you covered some of your weaker schools in the first few weeks; then when they were eliminated, you moved on to your Pikevilles and Belfrys.

Now, you hit the powerhouses hard for the bowls, catch them against each other and maybe against whichever pretender is battling them in a given year, and spend the stretch run focusing on the teams battling for the four-seed in the district.

Is it worth it? Consider this — there were 64 first-round games in the state last weekend, with 12 teams seeded third and seven No. 4s winning.

That's 19 so-called upsets in the first round, where a team seeded lower went on the road and got a

win. That's almost 30 percent of the games where a team which wouldn't even have qualified for the playoffs under the old system not only got in, but also won the first weekend.

Sure, it makes for some whoppers of scores, but every now and then, someone goes on the road and grabs the brass ring.

* For my money, the best use of radio airtime in these mountains happens at 10:30 on Friday nights. That's when Bryan Crager hosts Sports Central on East Kentucky Broadcasting.

That was a show "The Sports Dude" and I talked about some time ago, where he would come on the air on Friday nights and run down all the high school football scores. No one was happier than I when it came to fruition.

For someone who frequently drove to Belfry or Phelps (or Manchester or Pineville) for football games, it was nice to be able to tune in on the ride home and hear how the rest of the games turned

out. Without a doubt, it's work such as this which makes my friend Crager the top sportscaster in Eastern Kentucky.

* There has been some debate these last two seasons since he was moved from the backfield as to whether Pikeville's Jeremiah Akers has the size to play end in college.

I don't have the answer to that, but I'll say this for him: He has the flare to be one of the most exciting high school players I've seen in a long while. Watching Matt Branham look his way is the high school football equivalent to seeing Mr. Jordan cross mid-court with no defender in front of him.

Put him on the grass in some pads, and he's something special.

* Watching the Pikeville College Lady Bears beat No. 16 Rio Grande Wednesday night was thrilling.

Coach Bill Watson has a young team, and they're going to turn the ball over some and miss some key shots. But those freshmen, especially Tecco Gallion and Amanda

Collins, are exciting to watch.

* As for Wednesday's live episode of The Drew Carey Show, it may not have been their finest (half) hour, but it was pretty fun to watch. In the end, the talented cast had more success with live television than did Fox Sports' James Brown during halftime last Sunday.

It's those slips-of-the-tongue which remain with a guy.

Pikeville captures Rax finals behind Collins

Freshman Amanda Collins turned in team highs of 24 points and eight rebounds to earn MVP honors as Pikeville College won its own Rax Invitational Tournament with a 73-69 win over Cumberland College Saturday afternoon.

Collins hit seven of 12 from the floor and sank 10 of 12 from the free throw line in leading her team to its fourth win in five games this season.

"She had a great game today, and

played pretty well yesterday (Friday)," said Coach Bill Watson, referring to her 14-point, five-rebound effort against Mt. Aloysius, Penn., in Friday's semifinals.

The win was a hard-earned one for the Lady Bears, winning a game which was tied 13 times.

"This was a good win for us," said Watson. "We had to work hard and we earned this one."

Sophomore Nicole Stanley tossed in 12 points for the winning

Lady Bears. Charity Burke, a sophomore, turned in a solid performance, scoring nine points, handing out six assists and grabbing six rebounds.

Cumberland (3-1) had a balanced attack, led by sophomore guard Jessica Holt with 14 points. Sophomore Kerri Unverferth and freshman Jamie Walker came off the bench to hit for 13 apiece, while Emily Luttrell finished with 12.

Cumberland kept the game tight thanks to its prowess from the free throw line, as the Lady Indians were 33 of 44 from the stripe in the game. Pikeville was equally impressive, hitting 19 of 26 in a game that featured 49 personal fouls.

In the consolation game, Alice

Lloyd (1-3) came from behind, trailing 39-30 at the half, to pull out a 69-68 win over Mt. Aloysius. Senior Karrah Sampson came off the bench to score 17 points. Junior Jennifer Hilton hit four of five from the three-point circle en route to her 15 points.

Mr. Aloysius (0-2) had four players in double figures, led by sophomore Krista Pisarski. She had 20 points and eight rebounds to lead the club in both columns.

Joining Collins on the all-tournament team were teammates Charity Burke and Kelly Burke, Cumberland's Jessica Holt and Kelly Ferguson; Hilton of Alice Lloyd, and Ginger Fanelli of Mt. Aloysius.

Hall

(Continued from page one)

coaching changes and Hall said that has been a stigma to the program as well.

"Four years of playing high school basketball and I have had four different coaches," she said. "That's hard. You can't build a program if you are constantly changing coaches."

"It's hard to grow and build a team with four different philosophies. But Coach Cline is doing a good job this year. He is pushing us to be a winner and that is what we need."

Being a doormat for the rest of the conference could come to an end this season if the Lady Raiders jell.

"We are tired of being a doormat for the rest," said Hall. "People here

are just so used to us losing. They seem to expect it. We are picked to lose. But I don't think that is going to happen this year."

Hall said the size Allen Central will have will make them a team to reckon with.

"They are going to be a good team," she said. "They have the size inside. They always are a good team. Betsy Layne, we played them in summer camp and they did really good against us. They have Jenny (Parsons) and she is like an all-around player. Prestonsburg will be the most competitive in the district. They have big girls inside and good outside players as well."

Hall said she wants to be a leader and prove the team can be a winner.

Flash

(Continued from page two)

won their season opener in November 1979, defeating the Lady Hornets of Magoffin County 73-62. Amber Moscrip had 19 points to lead Wheelwright. Janet Little netted 16.

Billy Stegall was the head basketball coach for the Lady Trojans.

Coach Junior Newsome returned 10 lettermen from the 1978 58th District champions as the Betsy Layne Bobcats were heavily favored to repeat in the district. Newsome averaged 23 wins a season at Betsy Layne.

The Wheelwright Trojans captured the Jenny Wiley Invitational basketball tournament with a 57-54 win over the Virgie Eagles. Monroe Jones pumped in 32 points and Gerald Osborne totaled 12.

The Trojans defeated Magoffin County, 83-78, in the one semifinal game.

Perry Jones, a longtime Trojan supporter, spent some time in the hospital in Martin. He missed the Jenny Wiley tournament.

Look for more Flash from the Past in the future.

In come back, Alice Lloyd wins over Ohio Southern

by Amanda Compton
Contributing Writer

A second half surge by Alice Lloyd kept the Eagles from falling to 0-3 on the season.

Alice Lloyd outscored visiting Ohio Southern 49-26 in the second half to overcome a 41-30 halftime deficit and post a 79-67 win, the first of the season for the Eagles.

It took the Eagles the first five minutes of the second half to get rolling. But in an offensive blitz, they overtook Southern and rolled on to the win.

Jason Collins, a sophomore, led Alice Lloyd with 20 points and 12 rebounds. Troy Ginerich added 17 and Dave Feltner netted 18 points.


Alice Lloyd shot well from the charity stripe hitting 17 of 21 attempts.

The Eagles dropped their first game of the season to the same Ohio Southern team in an opening round game of the Kentucky Christian Tournament last week.

Ohio Southern placed three players in double figures, led by Andrew Stevens' 26 points. Momir Gajic added 16 and Kevin Wells tossed in 14.

Former Allen Central guard Nick Samons scored six points for Alice Lloyd.

UK vs. Penn. St, tonight at 9:00



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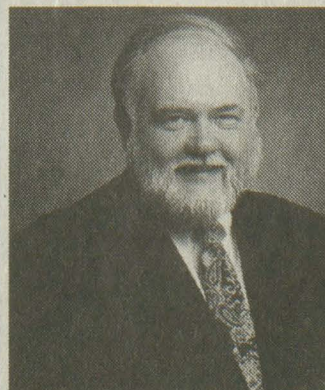
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CHIROPRACTIC OUTLOOK



Dr. Phillip R. Simpson

UPDATE ON NUTRACEUTICALS

Experts in holistic health care, chiropractors are interested not only in their patients' musculoskeletal systems but in their diets and general well-being, too. While chiropractic care does not use dangerous drugs, there is increasing interest in "nutraceuticals," food supplements that offer real benefits for arthritis and other connective-tissue dysfunction.

Glucosamine (a type of sugar) is considered one of the best known nutraceutical supplements. Quite often it is paired in capsules with chondroitin sulfate, a related food product.

Originally, many of the reports on these benefits were anecdotal, but recent research has compared the nutraceuticals to placebos with impressive findings. Patients in France reported less pain in their knees and more mobility. Those in Hungary required less pain medication and could walk more rapidly. Other studies agreed.

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Results of last weekend's games in the Betsy Layne Junior Basketball League

TRAINING LEAGUE BLUE VS NAVY

Jason McKinney scored eight points and Adam Gearheart added five to lead the Blue team past the Navy squad, 19-16. Kory Henry added five points for the winners.

Bronson Bishop and Eric Rice scored four points each for the Navy team. Casey Tackett, Adam Slone and Eric Madden tossed in two apiece.

The Blue team held a 5-4 first quarter lead and led 13-10 at the half.

McKinney scored four of his points in the first quarter and four more in the second period. Gearheart had four points in the second stanza as well.

RED VS BLACK

C. Rogers had a game high 12 points to lead the Red team to a 25-13 win over the Black. S. Case added eight points. R. Tackett, M. Hamilton and D. Hall had two points each.

K. Case led the Black team with eight points. W. Nelson scored three and A. Holyfield netted two.

Roger had eight first quarter points as the Red squad led 14-0 after the first quarter.

JUNIOR TRAINING LEAGUE BLACK/GOLD VS GREEN

Megan Hamilton scored six points and Ricky Newsome tossed in four as the Black/Gold team won easily over the Green team, 13-2. Jason Case scored two points for the winners. Kory Jarrell had one point. The Black/Gold team did not

score until the fourth quarter when number 24 tossed in a basket.

BLUE VS RED

It took four overtimes before the Blue and Red teams could settle their game. In the fourth extra period, Andrew Roberts scored on a long jumper that hit nothing but net to give the Red squad a 13-11 win.

Nathan Martin had seven points to lead the Red team. Roberts finished with four and Bradley Hicks scored two. It was Hick's jumper that tied the game and sent into the first overtime.

Adam Howell led the Blue team with six points. Casey Adkins scored five.

JUNIOR VARSITY RED VS GREEN

Jack Slone had 16 points and Brandon Hall added nine as the Green team edged the Red squad, 38-37. Hall's points all came on three-point baskets as he drained three in the game. His last two came in the fourth quarter that gave the Green team the win. Slone scored six points in the fourth period.

Adam Hall had four points, Kristen Smith three, while Alanna Cline, Justin Slone and Jordan Case finished with two points.

Derek Case had 16 points to lead the Red team. Buddy Conn netted 10 and Adam Roberts scored eight. Tyler Hamilton added two and Mason Rivers scored one.

The Green team led 5-4 after the first period, with Smith hitting a three-point basket. Case completed a three-point play for the Red team.

In the second quarter, Brandon Hall had the first of his three treys. Adam Hall scored four points in the second period.

The Red team outscored the Green 19-8 in the third to take a 31-26 lead after three quarters. Case had nine points in the third period. Adam Roberts scored six of his points in the quarter.

NAVY VS BLACK

Jordan Kidd scored a game high 22 points to lead the Black team to a 34-33 win over the Navy squad. Brent Newsome had 13 points for the Navy team. Bill Curtis Collins scored 10 points in the period for the Navy squad. Brenton Hamilton had four points, while Jason Worrix, Jessica Blackburn and Travis Hall scored two points each.

Krystal Daniels had two points for the Black team. Mike Slone had 10 points.

The two teams played to a 6-6 tie after the first period. Slone scored six of his 10 points in the second quarter but the Black team led 17-14 at the half.

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Prestonsburg Junior Basketball

The Prestonsburg Junior Basketball League got their 1999-2000 season underway this past Saturday at Adams Middle School with the following results in the three divisions.

JUNIOR VARSITY BULLS VS HAWKS

Brooks Herrick scored 11 points and Andrew Shepherd added 10 to lead the Bulls to a 32-26 win over the Hawks in the first game of the afternoon.

Herrick scored six of his 11 points in the first quarter, as the two teams played to a 6-6 tie at the first stop. Zack Stanley, who led all scorers with 13 points, had four first-period points.

The Bulls led 14-11 at the half, with Shepherd and Herrick scoring four points each in the second period. Matthew Crisp had four of his five points in the second period.

The Bulls led 24-16 after three quarters and held off a late charge by the Hawks in the fourth quarter.

Jarrod Willis scored four points for the Bulls. Mikey Crum netted three with Tommy Johnson and Elizabeth Chaffin netting two points each.

Crisp finished with five for the Hawks. Justin Conn added three. Heather Dean scored two and

Benji Fish had one point.

PACERS VS LAKERS

Coach Rodney Ousley got 13 points from Nick McGuire and 17 out of Bobby Hughes as the Pacers racked the Lakers of Coach Randy Reno 38-11.

James Lafferty scored eight points to lead the Lakers. Corby Wright added two and Trevor Patton had one point.

Ricky Crider, Zach Ousley, Chris Oliver and Meghan Slone had two points each for the Pacers.

The Lakers were close at the first stop trailing 6-5. Hughes accounted for all six Pacers points with two three-point baskets. Lafferty scored four of the five for the Lakers.

In the second period, the Pacers outscored the Lakers 20-0 to lead 25-6 at the half. Hughes hit three treys and scored 11 points in the period. He had five three-point baskets for the game. McGuire had five points in the second stanza.

TRAINING LEAGUE SIXER'S VS HAWKS

Seth Setser and Nathaniel Stephens combined for 30 points to lead the Sixers past the Hawks, 42-10 in the training league. Setser finished with 18 points and

Stephens added 12.

Steven Perry finished with six for the winners. Josh Holbrook, Christopher Schoolcraft and Zack Grindstaff had two points each.

Joshua Head scored six points to lead the Hawks. Jared May netted four points.

Setser scored eight first-quarter points and Stephens added six in the quarter to stake the Sixers to a 18-0 first quarter lead. Perry scored four points.

In the second quarter, Setser tossed in six and the Sixers led 26-4 at the half. May hit four free throws in the second quarter for the Hawks.

Head scored all six of his points for the Hawks in the fourth quarter.

LAKERS VS HORNETS

Jody Tackett scored a game high 11 points and Brittany Collins added nine as the Lakers rolled past the Hornets 31-9.

Josh Rodenbaugh had eight points, Sarah Crider scored two and Craig Conley had one for the Lakers.

Shawn Wallen scored five points for the Hornets with Timothy Marsillett and Stacy Perry netting two points each.

It was an 8-2 game in favor of the Lakers after the first quarter. Collins had seven points in the

period. Tackett scored six of his 11 in the second period as did Rodebaugh. The Lakers owned a 20-5 lead at the half.

PEE WEE LEAGUE SONICS VS BULLETS

The Bullets edged the Sonics 18-16 in a close encounter Saturday in the Pee Wee division. Jesse Brock scored eight points for the Bullets while Taylor Clark added six. Max Davis and Anthony Nagle had two points apiece.

Michael Burchett scored six points to lead the Sonics. Christopher Mullins netted four. Vincent Hayes, Allen Craynor and Bradley Stanley scored two points each.

The Bullets held a 6-2 lead after the first quarter, but the Sonics made a 10-3 run in the second period to take a 12-9 halftime lead. But in the third, the Bullets failed to score in trailing 16-9 after three quarters. However, in the fourth period, it was the Sonics who did not score and Jesse Brock had six fourth quarter points to lead a 10-0 run for the Bullets and the win.

KNICKS VS PACERS

The Pacers and Knicks played to a 2-2 tie in Saturday's games.

The Pacers led most of the game taking a 2-0 lead in the first quarter on a basket by Corey

Forney. But in the fourth period, Steve Shelton scored to tie the game, which did not go into overtime.

BULLS VS PACERS

Evan Hayes scored eight of his 10 points in the first quarter to lead the Pacers to a 14-2 win over the Bulls. Corey Forney had four points.

Will Allen scored the only two points for the Bulls.

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LETTERS TO SANTA

The Floyd County Times will be publishing letters to Santa in our annual Season's Greetings section on Friday, December 10. Letters will be accepted until noon, December 7, 1999.



Send letters to:
"Letters To Santa"
The Floyd County Times
P.O. Box 390
Prestonsburg, Ky. 41653
or drop your letter off at
The Floyd County Times
at 263 S. Central Ave.,
Prestonsburg

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ALLEN'S NATHAN LAFFERTY (15) LEAD an Allen Eagle break Monday night against the South Floyd Middle School Raiders. The Eagles won over the Raiders 42-36 (photo by Ed Taylor)



From the corner South Floyd's Ashley Johnson (35) put up a jumper over Allen in girls basketball play Monday night. South Floyd won easily over the Lady Eagles (photo by Ed Taylor)



Good for two Betsy Layne's Brad Daugherty (21) scored against Sheldon Clark on this break to the basket. The Bobcats won over the Cardinals in panorama basketball at Johnson Central (photo by Ed Taylor)



Kory Caudill (5) goes up for a jump shot in Monday night's match with the Indians from Warfield. The Blackcats struggled against the Indians and the Indians came away with the victory. (photo by Karen Joseph)

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2	\$1,844	\$22,120
3	\$2,314	\$27,760
4	\$2,784	\$33,400
5	\$3,254	\$39,040
6	\$3,724	\$44,680
7	\$4,194	\$50,320
8	\$4,664	\$55,960

*For family units of more than 8 members, add \$470 per member per month or \$5,640 for each additional member per year

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OFFICIAL ENTRY BLANK

1. _____ 7. _____
2. _____ 8. _____
3. _____ 9. _____
4. _____ 10. _____
5. _____ 11. _____
6. _____ 12. _____

Tie Breaker Game: Penn St. @ Mich St.

Total Points Scored _____
Name _____ Phone _____
Address _____ Zip _____

- CONTEST RULES:**
1. Only one person per entry per week.
 2. Games to choose from are listed within the advertisements on this page.
 3. Write your choices for the winners on the entry blank below.
 4. A \$250 Grand Prize will be awarded for a perfect score of 12, including the exact number of total points scored in the tiebreaker frame. A \$50 Prize will be awarded weekly to the highest score if no contestant correctly guesses 12. In case of a tie, the tie-breaker will be used.
 5. Entries must be received in our office by 5 p.m. each Friday. Entries can be dropped off at the Floyd County Times office, or mailed to the Floyd County Times, P.O. Box 391, Prestonsburg, Kentucky 41653.
 6. Winners will be announced in the following Friday edition of the Floyd County Times.
 7. Decisions of the judges are final.

- ED TAYLOR'S FOOTBALL PICKS • WEEK 11**
1. Pikeville
 2. Middlesboro
 3. Lawrence Co.
 4. Somerset
 5. Tennessee
 6. Louisville
 7. Arkansas
 8. Michigan
 9. Kansas City
 10. Baltimore
 11. San Diego
 12. Tennessee

HARMON FORECAST

Sat., Nov. 20 — Major Colleges — Div. 1-A

Alabama	27	* Auburn	16
* Arkansas	23	Mississippi State	13
* Army	19	Houston	17
* Central Florida	30	Bowling Green	15
Central Michigan	17	* Ball State	13
Clemson	27	* South Carolina	9
* Colorado State (Thurs.)	24	Air Force	19
Duke	21	North Carolina	17
* East Carolina	28	North Carolina State	8
* Florida	28	Florida State	27
* Fresno State	26	San Jose State	7
Georgia Tech	24	* Wake Forest	17
* Idaho	20	Boise State	19
* Illinois	24	Northwestern	12
Iowa State	16	* Kansas	14
* Kansas State	35	Missouri	7
* Louisiana-Lafayette	15	Wofford	14
* Marshall	38	Ohio	7
* Maryland	16	Virginia	10
Memphis	13	* Cincinnati	10
* Miami	45	Rutgers	6
* Miami (Ohio)	46	Buffalo U.	6
* Michigan	26	Ohio State	21
* Middle Tennessee State	18	East Tennessee State	15
Minnesota	29	* Iowa	7
* Mississippi	22	Georgia	19
Navy	17	* Hawaii	15
* Nevada	22	Utah State	20
* New Mexico State	27	North Texas	12
* Northern Illinois	21	Eastern Michigan	14
* Notre Dame	31	Boston College	13
Oklahoma	17	* Texas Tech	7
Oklahoma State	23	* Baylor	7
* Oregon	20	Oregon State	17
Penn State	27	* Michigan State	23
Purdue	28	* Indiana	14
San Diego State	29	* Nevada-Las Vegas	16
* Southern California	28	U.C.L.A.	12
Southern Methodist	20	* Tulsa	9
Southern Mississippi	14	* Louisville	7
* Stanford	21	California	12
Tennessee	24	* Kentucky	15
* Texas Christian	20	Texas-El Paso	10
* Tulane	21	Alabama-Birmingham	19
Virginia Tech	42	* Temple	7
* Washington	28	Washington State	10
Western Michigan	14	* Toledo	13
* Wyoming	25	New Mexico	15



FLOYD COUNTY

Lifestyles

Serving Floyd County since 1927



by Pam Shingler

Mark Twain is reported to have said, "Quitting smoking is easy. I've done it hundreds of times."

Whether Twain said those words or not, every smoker or ex-smoker knows they ring of truth. It is easy to decide to quit. Staying quit is the challenge.

Frederick James of Prestonsburg tells it pretty succinctly: "I didn't quit. I just don't smoke."

James said he smoked for 50 years and then decided one day about five years ago not to smoke again and he hasn't.

According to the latest surveys, more than 30 percent of Kentucky adults age 18 and over smoke, making Kentucky literally the smoking-est state in the union.

The surveys also show that about half of the state's smokers have tried to quit.

"The data indicates many adult smokers want to quit, but they do not have the resources to do so," said Todd Warnick, tobacco control manager for the state Department for Public Health. "Of particular interest are the data showing young adults, minorities, and low income groups in Kentucky more likely to attempt quitting."

"Smoking cessation programs should be accessible to all adults who want to quit," he said.

Tomorrow is a good day to try again. It's the time of the Great American Smokeout, an annual event sponsored by the American Cancer Society to encourage smokers to quit smoking for at least a day.

Prayer worked for Jewel Bays of Prestonsburg. Bays says she smoked for 20 years and endured health problems galore related to the smoking. She's been smoke-free for 15 years, mainly because of prayer.

"I don't have any will power," Bays admits. "The thing I did was pray, along with my sister, and I stopped cold turkey."

Bays also admits the process of quitting was hard. "Sometimes I would stand in the middle of the room and scream, 'I want a cigarette.' Then I would talk myself out of it. I'd say to myself, 'You don't smoke. You don't need a cigarette.'"

Bays laughs as she recounts how her son would come into the room during her screaming bouts and ask her, "How long is this screaming going to go on?"

Today, she says she can't stand cigarettes. "I have to leave the room when the smoke is heavy," she says, adding that her health has improved considerably since she stopped smoking.

Betty Cavins of David laughs, too, when she tells about how her husband Darryl came to quit. She says when she first gave up smok-

ing after more than 20 years, she would cuddle up next to him and encourage him to smoke so she could breathe in the second-hand smoke.

"I would say, 'Isn't it time for you to smoke?'" she says. "He

had to quit or I would have killed him from making him smoke too much."

Cavins has been smoke-free for almost 10 years, and she credits her "stubborn streak" and the words of a co-worker in helping

her stay the course at first. She says she heard Sr. Emma Kriz of The David School tell someone she was proud of Betty for quitting smoking. "I didn't want to

See Smokeout, page four

POISON OAK

by Clyde Pack

The next best-seller?

Last Sunday's paper had no less than 16 pictures of brand-spanking new married couples, all smiling and happy.

As a long-time member of this time-honored institution, I welcome them to the club and wish them all a lifetime of happiness.

However, as someone who's been there a while (our next anniversary will be number 37) and especially since, as far as I know, the Surgeon General has not seen fit to attach warning labels to marriage licenses, I got to thinking that maybe I'd develop a sort of owners' manual for unsuspecting couples. Kind of like what Dr. Spock did for new parents back in the 1950s.

Now don't get me wrong. Wilma is the best thing that has ever happened to me. I'd be totally lost without her, and no man has ever loved a woman any more than I love her. Hopefully, she's sort of fond of me, too. However, I'm sure we both wish we'd known a few things ahead of time.

Not that we'd have changed anything, but at least we might have been a bit more prepared and a little less surprised had we known that spouses often turn vicious with little or no provocation.

So, what you're about to read just may be the beginning of a new best-seller. And to be perfectly fair about everything, and since, as the old saying goes, "It takes two to tango," I've even invited Wilma to submit her own list of things she wishes she'd known before she changed her Miss to Mrs. And, being the complete gentleman that I am, I'll even put her list first.

She says that she wishes her mama had told her that husbands are totally unpredictable and go crazy when they find cotton packed too tightly in aspirin bottles; that they change into grizzles when congealed ketchup appears on the bottle neck; that they become absolutely unbearable when the wife leaves the toothpaste uncapped; and she thinks someone should have told her never to ask a husband if it hurts when he hits his thumb with a hammer.

Continuing my self-imposed policy of fairness, I've trimmed to only four the more than 750 things that appeared on my original list.

See Seller, page four

What color are you?

As a second-grade teacher in an inner-city school, I am often faced with the task of answering questions that really have nothing to do with our course of study for the day — questions that you won't find on any national standardized tests.

Two Friends, One Dream...
Chicken Soup for the Soul
Mark Victor Henson & Jack Canfield

Some of these questions can be recycled into research for the class ("Mrs. Eastham, why are butterflies all different colors?" "How does the grass die in the winter and then come alive in the spring?") Others are much more ponderous and may not have an exact right or wrong answer.

Since I am not one to squelch curiosity, we often take these opportunities as they arise and have short class discussions on them. I let everyone comment on the subject and then tell them we can each make up our own minds. ("Why do we have homework every night?" "Are there really such things as angels?")

Our discussion on differences started innocently enough. I asked the class if they could tell me whether a very tall man was good or bad. They agreed that you couldn't tell if someone was good or bad just because they

See Soup, page four



A.J. "Jack" Crider checks for growth on one of about 1,600 Christmas trees he grows on a small farm on Bays Branch. Crider went into the tree business in 1993 when he retired after 39 years as a biology teacher. Read about his venture in today's Business section, page six. (photo by Pam Shingler)

SMALL WORLD

Encounter



By Aileen Hall

When Troy Cole remodeled our kitchen some years ago he installed a concealed waste basket that pulled out on rollers. It's a convenience I have appreciated over and over. I reached for the handle a few days ago thinking I'd dispose of some

bits of trash. But when I pulled the container out, there sat a little mouse on the frame who seemed to freeze in his tracks.

He looked at me with little beady eyes and an expression that said, "Whoa! Where in the world did you come from?" For several seconds we just stared at each other, neither able to move.

My husband was in the next room and I finally managed to say, "Walter, come here right quick!" My voice had escalated to a high soprano and there was a deflated note of

urgency in it.

He finished the candy bar he was eating, took another sip of Pepsi and sauntered in to ask, "What did you want?" By then the mouse had gone the way it came.

"What did I want?" I mocked him. "There was a mouse on my waste basket that just sat there staring me in the face. If you would have moved a little faster, you could have picked him up and put him out of the house." He just grinned a little and said, "If he sat there so long, why didn't you pick him up?" That was a silly question.

Had it been a larger animal that came uninvited, I might have grabbed a skillet and whacked it on the head, but with a mouse I could only stand there and cringe.

Finale

If there's anything I dislike as much as a fly—or a spider—it's a mouse. It was obvious that the big strong man of the house considered this one of my little distresses. He knew, of course, that if I was distressed enough, I would quit wringing my hands long enough to come up with a solution.

I went to the store and bought two mouse-traps and put them in the cabinet beside the waste basket. I had baited one with a piece of ham and the other with a bit of fried chicken.

All through the afternoon I checked to see if he came for either, but they remained untouched. But sometime in the night, he must have forgotten that nearly-hysterical woman who had frightened him half to death, and he ventured back in.

He went for the chicken—which meant he'd had his last free ride on a roll out waste basket.

Get Well Wishes

I'd like to send get well wishes to a very special lady who is a patient in the transitional care unit at Our Lady of the Way Hospital in Martin. She's Carol Webb who is anxious to get back to her home in Prestonsburg. She and my sister Sylvia have been roommates for a while, and they have been making plans to get together again when they are both completely recovered.

I'd also like to thank those people who sent cards to Sylvia from a few different states. She is finally home again and planning to let someone else run the vacuum since that's what caused her fall and six weeks in two different hospitals. She had great care, and a wonderful therapist named Carla Fields to get her up and going again.

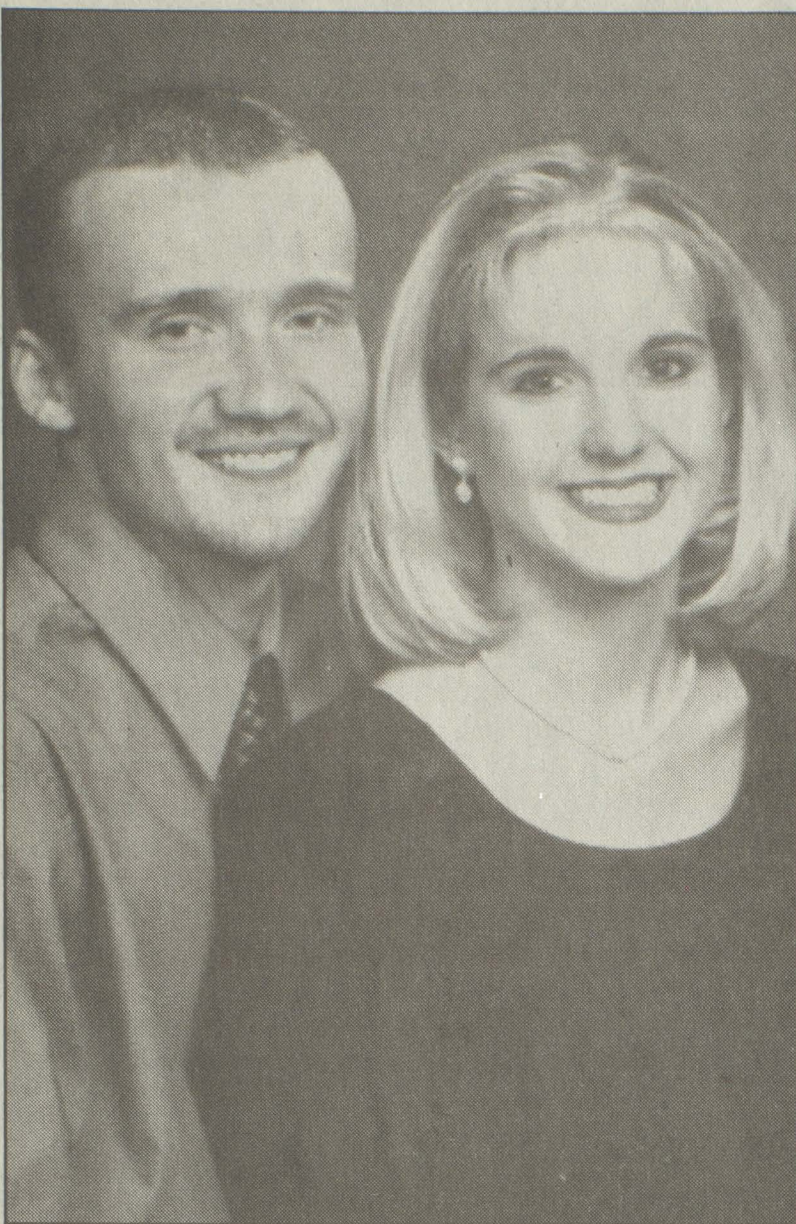
(Aileen Hall's mailing address is P.O. Box 188, Betsy Layne, KY 41605. For e-mail, it's hallway@eastky.net)

Celebrates 100 years



Lizzie Sester Pinion, formerly of Floyd County, celebrated her 100th birthday recently at Kettering Convalescent Home in Dayton, Ohio. She was born on October 27, 1899. With her late husband, Hents Pinion, who died in 1972, she reared a family of seven children in the John's Creek and Buffalo areas. Five of their children are still living: Lenardas Sellers of Logan, Ohio; and Ruth Stepp Carpenter, Anne Morrison, Leon Pinion, and Raymond Pinion, all of Dayton. She also has 15 grandchildren, 25 great-grandchildren and 12 great-great-grandchildren. Her birthday was celebrated with an open house at the convalescent home on October 24.

WEDDINGS/ ENGAGEMENTS



Couple to wed in Tennessee

Ricky and Charlotte Maggard, of Georgetown, announce the engagement of their daughter, Sabrina Maggard, and Chris Justice, son of Dallas and Janice Justice of Banner, and Clint and Elaine Roberts of Georgetown. The wedding is planned for December 18, at 6 p.m., at Bands of Gold Wedding Chapel in Gatlinburg, Tennessee. The bride-elect is a graduate of Scott County High School and is attending the University of Kentucky. The prospective bridegroom is a graduate of Scott County High School. He is employed with Freedom Dodge of Lexington.

from the American Institute for Cancer Research

There's been a revolution in British cooking in recent years. The stereotypical tradition of bland, overcooked foods is now yielding to more adventurous and healthier dishes. The once typical British fare of roast beef, game or lamb served with heavy steamed pudding and fried potatoes is being replaced by lighter meals featuring fish, vegetables and fresh herbs.

As in the U.S., modern transport is making an ever-increasing range of ingredients available year-round. Expanding ethnic and international communities in Britain are inspiring new flavors and variety as well.

Yet there are some aspects of the plain and simple British diet that are worth treasuring. Cabbage, once cooked for hours, can be turned into a delicious side dish when prepared by shredding, briefly boiling, then draining and tossing with a mixture of sautéed onions and apples, sprinkled with cinnamon, salt and freshly ground black pepper. Steamed English peas seasoned with mint are a simple vegetable favorite, as are braised parsnips and roasted potatoes.

Roast beef served with a green peppercorn sauce is a more healthful alternative to the traditional thick brown gravy. As for lamb chops, serve them grilled with old-fashioned plum sauce made by cooking pitted plums with white wine vinegar, cloves and sugar until tender. Remove the cloves and puree the plum mixture, then reheat with fresh chopped mint and serve with the chops.

Fried fish and chips are deeply imbedded in the British culture, but you can find healthier seafood options like broiled trout with lemon juice, capers and asparagus. Or try

grilled herring with a sauce featuring rhubarb, onion, brown sugar and ground allspice.

Chutney, long an accepted part of British cuisine, originated in India. Green tomato chutney, the most common variety, is made with green tomatoes, green apples, raisins and onions, seasoned with tarragon vinegar, brown sugar, red chilies, cinnamon, mustard seeds, cloves, peppercorns, lemon juice and salt. Another favorite, mango chutney, features the chopped fruit cooked with malt, vinegar, sugar, ground ginger, cinnamon, mustard seeds and cayenne pepper.


Try this comforting classic on the next cold day. It's brimming with cancer-fighting nutrients and fiber.

Vegetable Barley Beef Stew
1 pound lean stew beef
1 medium chopped onion
3 cups water
1 bouillon cube
1/4 cup raw barley
16 oz. can tomato sauce
16 oz. package frozen mixed vegetables
1-2 bay leaves
2 tsp. dried oregano
1/2 tsp. chili powder
1/4 tsp. pepper

2 cups water
Brown meat and onion in a large saucepan. Meat will initially stick to pan but as cooking continues it will become unstuck. Drain off any excess fat. Add three cups water and bouillon cube. Bring to a boil. Add barley. Bring to a boil again, then cover and simmer for one hour.

Add tomato sauce, mixed vegetables, bay leaves, oregano, chili powder and pepper and two cups of water. Bring to a boil and then simmer for 10 minutes or longer.

Each of the 8 servings contains 260 calories and 9 grams of fat.



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OUR YESTERDAYS

(Items taken from The Floyd County Times, 10, 20, 30, 40, 50 and 60 years ago.)

Ten Years Ago (November 15 & 17, 1989)

Bids were put on hold Tuesday for the new Allen Elementary School after bids came in about \$200,000 over budget... A canvass of votes from the City of Prestonsburg's city races and District 1 elections was conducted Friday afternoon, following requests from candidates Paul Joseph, Gorman Collins Jr., Harry Ray Porter and Doug Howes... A Martin man died Sunday morning in his parked car, apparently the victim of carbon monoxide poisoning. Ronnie "Lightnin" Blackburn, 35, was discovered at about 10:50 a.m. by his uncle Ollie Robinson Jr.... Some residents of Rice Branch whose homes are located beneath a ridge where mine reclamation work is underway will have to move, according to a Lexington engineering firm. A boulder earlier crashed into the trailer home of Johnny and Julia Hall. There died: Tennessee Bevins, 73, of Prestonsburg, November 8 at her residence at Green Acres; Kendrick Joe Airtrip, infant son of Kenny Airtrip and Jenelle Smith, November 13 at Pikeville Methodist Hospital; Ronnie Blackburn, 35, of Martin, November 12, as the result of an accident; Gertrude Broy, 67, of Superior Township, Michigan, formerly of this area, November 8, at Harper Hospital in Detroit; Bertha Lillian Conn Hall, 69, of Toler Creek, Harold, November 11, at Pikeville Methodist Hospital; Bill Hall Jr., 49, of Wheelwright, November 13, en route to the Wheelwright Clinic; Russell Jarrell, 55, of Cow Creek, November 12, at Highlands Regional Medical Center; Paul Johnstone, 50, of Betsy Layne, November 7, at his residence; Wall Johnson, 53, of Garrett, November 11, at Central Baptist Hospital in Lexington; Elmer Prater, 68, of Plymouth, Ohio, formerly of Hueysville, November 8 at Ohio State University Hospital; Richard Douglas Sanders, 55, of Ypsilanti Township, Michigan, October 26, at his residence; Vernia Mullett Skiles, 69, of Weeksbury, November 12, at Our Lady of the Way Hospital; Dewey Ray Hall, 65, of East Point, November 16 at Highlands Regional Medical Center; Bruce Hamilton, 87, of Berlin Heights, Ohio, formerly of Floyd County, November 14, at Wellington Hospital; Andy Mullins, 73, of Bevinville, November 15, at McDowell Appalachian Regional Hospital; Billy Joe Vaughn, 43, of Ypsilanti, Michigan, formerly of Prestonsburg, November 13 at Jeannette Hospital in Pennsylvania.

Twenty Years Ago (November 28, 1979)

Lives of four children were claimed by fire in the Kimper section of upper Johns Creek shortly after midnight Sunday...Chief Tom Blackburn of the Prestonsburg Fire Department lists a total of 19-bomb threats out of 135 runs this year...The largest harvest of marijuana on record in this county, with an estimated value of \$58,000 was confiscated last Wednesday in a raid carried out by Kentucky State Police detectives at Tram...No site for a landfill has been approved and no monies are expected until such time when one is, according to Judge-Executive Bill Wells...Major construction work at the \$10 million Kentucky Power Company's Beaver Creek sub-station near Hi-Hat is well underway and scheduled for completion next spring...Sam Church, new president of the United Mine Workers of America, visited Pike County last week in an attempt to restore harmony between coal miners and company officials at two union mines...There died: Ida Crider Fraley, one of the oldest residents of this county, 99, early Tuesday at Riverview Manor Nursing Home; Scott Meade, 58, of Ligon, Monday at McDowell Appalachian Regional Hospital; John Charles Clatworth, who at 94 was one of the oldest members of the UMWA, Saturday at McDowell Appalachian Regional Hospital; Johny Caudill Jr., 56, of McDowell, Monday at MARH; Helen M. Kalos, 72, of Lexington, Tuesday, November 20 at Highlands Regional Medical Center; Derick Kenneth Lewis, 2-month-old son of Norman and Deborah Darlene Jarrell Lewis, Friday at their home; and Sula Boyd, 63, of Dana, died Friday at the Methodist Hospital in Pikeville.

Thirty Years Ago (November 27, 1969)

What was described by a St. Xavier University seismologist as "a nice little earthquake" gave Eastern Kentucky and a sizable portion of its population the quivers last Wednesday night...Oil and gas will soon be sought in Eastern Kentucky at depths greater than ever before, if plans of a Texas-company materialize...The Prestonsburg City Council last Thursday evening unanimously voted a tax ordinance which provides for a 1 percent

"license fee" on all persons engaged in any trade, occupation or profession in Prestonsburg...The wrecker of Charlie Keathley was blasted Saturday night on Keathley's used car lot at Harold by a dynamite charge which reportedly ruined the equipment...There died: John (Jack) Justice Jr., 50, of Wheelwright, Wednesday at Paintsville; Allafair Dye, 82, of Orkney, last Tuesday at McDowell Appalachian Regional Hospital; Starlin Gibson, 89, formerly of Middle Creek, Nov. 17 in Toledo Ohio; Jerry Byron Stephens, 73, of Prestonsburg, Monday at Mountain Manor here; Oscar M. Farmer, 49, of Mount Gay, West Virginia, formerly of Wheelwright, Thursday at Huntington; Charles Clifford Byrd, 67, of West Frankfort, Ill., formerly of Weeksbury, Saturday at Huntington; Allie Elizabeth Moscrip, 78, of Flatwoods, formerly of Wheelwright, Sunday at Ashland.

Forty Years Ago (November 26, 1959)

The Floyd County Council for Retarded Children has received an \$1,800 grant from the 1959 WHAS Crusade for Children...A large part of Floyd County's population will be in Frankfort Dec. 12, to see Bert T. Combs, of this county, take the oath of office as governor...Freddie Spears, 31, was instantly killed at 4 p.m. Friday, when caught beneath a slatefall in the Preston-Collins Coal Company mine at Printer...There died: Azzie Lawson, 30, Sunday at his home at Blue Moon; Talt Webb, 78, of Blue River, Sunday at his home; Dr. Peter A. Loar, 80, formerly of Betsy Layne, last week at his home at Silverton, Ore.; Goldie Burchett May, 87, of Prestonsburg, Saturday at the Prestonsburg General Hospital; John Vanderpool, 94, retired blacksmith, of Garrett, Saturday at his home; Alice Hurd, 34, of West Prestonsburg, Saturday at home; Luther Branham, 68, formerly of Prestonsburg, November 22 in Oklahoma; William M. McKinney, 73, of Osborne, last Tuesday at home.

Fifty Years Ago (December 1, 1949)

After permitting the three-week mine truce to expire at midnight Wednesday, and the soft coal mines to become idle again today (Thursday), John L. Lewis, president of the

United Mine Workers, announced from New York this morning that the miners will return to work Monday on a three-days-a-week schedule...Control of the Stumbo Memorial Hospital at Lackey passed today from the hands of Dr. C.E. Aker to Dr. David Woolfolk Barrow, Lexington surgeon...Announcement was made last week of the purchase by the West Elkhorn Coal Company of the Porter Elkhorn Coal Company properties on Left Beaver Creek, which have been operated since 1942 by Henry Porter, former Allen man, now of Winchester...The eight-member Prestonsburg City Council to be inducted Monday will be composed of C.W. May, C.H. Corbin, Box Francis, William O. Goble, C.H. Smith, Wade Hall, Bill Fitzpatrick and Goble Branham. The new Mayor is Curtis Clark...There died: Martha Moore, 70, Friday at her home at Minnie; William Franklin Sowder, of Wayland, Sunday from injuries received in an auto wreck, Nov. 23 at Camargo; John Franklin Griffith, 69, at his home at Estill, Thanksgiving Day; Wayne Hall, 55, Friday at his home at Hueysville; Catherine Bowens, 70, today at the home of a granddaughter at Orkney; Dora Stumbo Crisp, 65, of Allen, Sunday; Ed Singleton, 66-year-old veterinarian, Friday at Garrett.

Sixty Years Ago (November 23, 1939)

Prestonsburg this week had a new mayor, but efforts of councilmen-elect to take up the reins of municipal government were dropped as it was learned that members of fourth class cities cannot enter upon their duties until the first Saturday in December...Magisterial District No. 3 of this county had its third magistrate since Jan. 1, 1938, as Henry Stumbo, Democrat, was inducted into office to serve the unexpired term to which Martin L. Johnson, Republican, was originally elected...Lindsay Pogue Johns, the Prestonsburg man who was decorated 20 years ago by the emperor of Japan for meritorious service as a United States Army captain in Siberia, died Saturday in Lafayette, Ind...Martin High's Purple Flash journeyed to Auxier Saturday night to win a thriller, 11-10, in overtime...There died: Edward Cook, 24, Wednesday, following an accident in an Elk Horn Coal Corporation mine at Wayland where he worked as brakeman; Temp Webb, 86, Sunday at the home of a daughter here; Bee Johnson, 70, Friday at her home at Risner.

Comic book is a sleeper hit

(NUE) — Ever since Tyler and his mother moved in with his grandparents, he has been tired all the time, his school work has suffered and he has had trouble making friends.

Although the scenario sounds like fodder for an after-school special for television, it is, in fact, the premise of a new comic book, Sleepyhead, illustrated by cartoonist Greg Cravens.

Designed as a comic book that both entertains and educates, Sleepyhead addresses a number of issues facing many children today, such as dealing with peer pressure, starting a new school, living with a single parent and lack of sleep.

The comic book stresses the importance of a good night's rest on a child's general well-being.

When first introduced in the comic book, Tyler is sluggish and getting into trouble with his teachers for falling asleep in class. The other children at school nickname him "Sleepyhead" and make snoring noises when he walks by. His gym teacher calls him a slacker. And, when report cards come out, Tyler has barely passed his subjects.

Terribly upset with Tyler's grades, his mother schedules an

appointment with the school. He finally tells his family about his school troubles, and he opens up about his problems getting to sleep at night.

After talking to the school nurse, Tyler's mother realizes the bed he was sleeping in — a remnant from her own school years — was preventing him from getting a restful night's sleep. Within days of sleeping on a properly supportive mattress, Tyler is his attentive and energetic self again, and his problems at school improve. His days of being called "Sleepyhead" are over.

"The purpose of Sleepyhead is simple: generate discussion and thought about how to help more children get the right kind of sleep for maximized growth and learning," says George Gwin, associate executive director, American Innerspring Manufacturers, a nonprofit trade association that provides free information on restful sleep, sleep surfaces and proper back care.

Sleepyhead will be available to parents and teachers by contacting AIM at 1-800-TUCK-ME-IN or via the Internet at www.aiminfo.org.

SOCIETY NEWS



Neeley reunion

On October 17, the Neeley family held a reunion at the home of Clifford (Chick) and Dixie Calhoun. There were more than 70 members of the family present, one coming from as far away as Honolulu, Hawaii. Present also were spans of five generations. One included Mada Neeley, mother; Dixie Calhoun, daughter; Sandra Branham, granddaughter; Melissa Spears, great-granddaughter; and Summer Stanley, great-great-granddaughter.

BIRTHDAYS



Turns two

Tylene Conley celebrated her second birthday on November 21, at her home in Hueysville. She is the daughter of Ronnie and Brenda Conley of Hueysville and the granddaughter of Isabelle and Raymond Parsons, and Sandra Conley, all of Hueysville, and the late Delbert Prater and Elwood Conley.



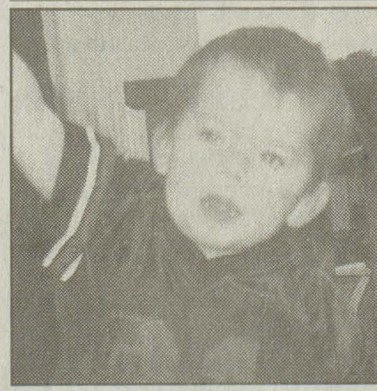
Wee Miss Patriotic

Hillary Victoria Slone was crowned Wee Miss Patriotic, on October 10. She also won photogenic queen, overall prettiest dress, overall most beautiful, best personality and judge's favorite. She is the 22-month-old daughter of Kerry and Jill Slone and the granddaughter of Randy McKinney and Carolyn Buckley of Martin, and Herman and Dora Slone of Prestonsburg. She is the great-granddaughter of Evelyn Buckley of Prestonsburg, and Pauline McKinney of Martin.



Ninth birthday

On October 13, John Guess, son of Kathlene and Jim Guess, celebrated his ninth birthday at the Archer Park skating rink. Friends, family members, and brother, Robert Clay, were there to celebrate with him.



Second birthday

Logan Owens celebrated his second birthday, October 12, at his home in Langley with "Blues Clues." He is the son of Amy Anderson of Langley and the grandson of Joann and Freddie Samons of Martin; Ralph and Kim Anderson of Michigan; and Johnny and Bonnie Owens of Water Gap. He is the great-grandson of Floyd and Irene Hughes of Martin; Ralph and Thelma Anderson of Michigan; Marcella and Bud Coleman of Water Gap; Vada and Ernest Owens of Lancer, and the late Joe Slusher.

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Physician referral/health information line offered

Now finding a good physician is only a phone call away thanks to the start up of CareLine by Our Lady of Bellefonte Hospital in Ashland.

CareLine is a service where callers can receive detailed information about members of the OLBH medical staff, register for classes or receive general health care information simply by dialing 606/833-CARE.

The first of its kind in the local area, CareLine, provides one easy-to-remember number so that community members can have their questions answered quickly, without being routed to various other departments.

"This service is perfect for people who are looking for a family physician," said Chris Hoffman, director of Marketing at OLBH. "We can provide the doctor's name, address and qualifications and even help the caller set up an appointment."

CareLine also will take reservations for the many OLBH educational offerings such as Sugar and Spice pediatric education classes, health screenings, support groups, etc. CareLine operators will have access to a detailed calendar of hospital events.

Callers seeking general information about health care topics such as asthma, oncology, pediatric care, may request printed materials via CareLine. These callers then will be notified by mail when special educational sessions are planned on their respective topic.

"This new service is an excellent source of healthcare information. It makes it very easy for members of the community to interact with our hospital, learning about our physicians and services," Hoffman added. "A variety of health care needs can be addressed with just a call."

CareLine is open weekdays from 8 a.m.-6 p.m.

Advancement of Women symposium at MSU

A call for participation has been announced for the ninth annual Wilma E. Grote Symposium for the Advancement of Women which will be held at Morehead State University, March 26-28.

The symposium which will follow the theme "Coming of Age: Women in the New Millennium," will focus on women's issues and advancements in a variety of areas.

Scholars, students and other interested individuals may submit ideas for papers, panel discussions, creative productions, and roundtable discussions that relate to the theme, which is open to many interpretations.

Those include: "The Future of Feminism," "Women and Issues of Aging and Health," "After the Glass Ceiling?," "Women's Values in the Corporate World and Global Economy," "Girl Power: The Third Wave?," "Women's Rights as Human Rights in the 21st Century," "Women's Future in Math, Science, and Technology," "Women's Prospects in the Non-Western World" and

"Appalachian Women: Economic and Social Empowerment."

All proposals must be post-marked or faxed by December 28, to Susan A. Eacker, coordinator, Grote Symposium, UPO 993, Morehead State University, Morehead, KY 40351, or fax to 606/783-5047.

The submission must include five copies of a one-page abstract of the paper, panel, creative production, or roundtable discussion that demonstrates its relation to the theme, but does not include any names of the participants.

A cover sheet with the title, presenters' names, addresses (including e-mail), phone numbers and a brief biographical sketch of each participant must accompany the proposal. A list of audio/visual materials, multimedia, or other equipment needs should be submitted at this time.

Additional information is available from Dr. Eacker at 606/783-2015, or visit the Web site at www.morehead-st.edu/womensymposium for updates on guest speakers and registration information.

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Views On Dental Health
 DR. MARTIN R. MINIX, D.M.D.

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The first thing a dentist must do is convince the child of his honesty. Children are smart. They are not easily fooled. If a youngster is promised that a particular thing will be done, the dentist had better be sure he does it.

Usually, the dentist begins with something easy. He says, "Today I am going to count your teeth." And, after that, come what may, he must count the teeth, using whatever means necessary. Remember this: The child often cries before anything is done to him (even a first haircut). He is not hurt, and the dentist has to prove that he can be trusted to do exactly what he says he is going to do—no more, no less. The noise and hysterics generally disappear after the first visit. If the dentist establishes his reliability and that he is trustworthy, there will rarely be any more trouble.

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Soup

were tall.

I told them that I knew someone who couldn't walk well and so she rode in a wheelchair most of the time. I asked if that person was bad or mean because she uses a wheelchair, and they all agreed that you couldn't tell.

We went on for a while in this vein and came to the conclusion that being different doesn't make someone good or bad, it just makes that person different.

I decided to take the discussion to a more personal level and explore our personal differences. We talked about how we are all different from one another, how no two people are exactly alike, how even twins have different personalities or features that define them as individuals. I went on to tell them that I was different from everyone in the room because I was the tallest. I was also different because I lived in Red Oak and everyone else lived in Dallas.

Then I planned to have each of them tell the class how they were different. But before I could call on the first pupil, my quietest student raised his hand and announced, "Mrs. Eastham is different because she is a different color."

As I think back now, I realize that if this had been said in a room with 15 other adults, this simple statement of truth would have laid out on the floor, floundering like a fish out of water, while embarrassed glances waited for someone to break the awkward silence.

Not so in a classroom of 15 second-graders. They jumped on it!

"Yeah, Mrs. Eastham is white."

"No she's not, she's peach!"

"I think she's really just bright brown."

"She's creamy."

"She's kinda yellow."

"She's just really shiny."

Trying to hide my grin, I told the class they could have small group discussions on it while I turned the attendance report into the office. I barely made it out of the room before my smirk turned into a full belly laugh. I chuckled all the way to the office and related the story to a fellow teacher while there. I couldn't wait to get back to the room to hear them discuss this!

When I opened the door, they were already back in their seats. They

Smokeout

disappoint her," Cavins says.

A negative of stopping smoking is that some people gain weight, substituting food for tobacco. Cavins says when she started gaining weight, she told her doctor that she was thinking of taking up smoking again, and her doctor replied that if she did, she would simply be a "fat smoker."

Many people seek organized help in their attempt to stop smoking. Our Lady of the Way Hospital in Martin, for instance, periodically sponsors the Freedom from Smoking Program, running over seven to eight weeks and averaging one class per week.

Tomorrow the hospital will have an information booth in the lobby to offer materials about the hazards of smoking and tips on stopping, according to Kim

Blocker, community health outreach educator.

Jane Bond, health educator for the Floyd County Health Department, also presents smoking cessation classes and adds that the department offers one-on-one counseling to people who want to give up tobacco.

"Smoking is the worse thing to get people to quit," Bond says. "A person has to want to quit."

The Centers for Disease Control and Prevention has listed some tips to help stop smoking.

- Don't smoke any number or any kind of cigarette. Smoking even a few cigarettes a day can hurt your health. If you try to smoke fewer cigarettes, but do not stop completely, soon you'll be smoking the same amount again.

- Smoking "low-tar, low-nicotine" cigarettes usually does little good, because nicotine is so addictive, if you switch to lower-

had finished their discussion. (Darn, I had missed it!) I picked a spokesperson for the group, and he said that they knew what color I was, but they wanted me to tell them if they were right or not.

I said that since this question had only one right answer, I would tell them if they had guessed right or not. Then he told me that the class had decided that I was clear.

Clear? Somehow I was able to suppress my laughter. How did they come up with that? I was saved by the bell, as it was time for them to go to the gym. I told them we could talk about it after gym and sent them on their way. Looking back now, I know someone was looking out for me.

While grading papers, I began to muse over our morning again. I was reminded of the times I had been at conferences and workshops and even dinner parties and had been asked, "How many of your students are black? How many white children are in your class? Do you teach many Hispanics?"

So many times I have had to stop and try to count out the answers. "How many black students do I have? I know I have 15 kids. Is it 10 black and five Hispanic, or 11 and four?"

The person posing the question is very often amazed and perplexed that I don't know the ethnic makeup of my classroom. I guess it's because when I am teaching, I am teaching children, not colors.

I began to realize that it was the same for my kids. They don't see me as black or white or Hispanic; they see me as a person, someone who cares about them, encourages them to do their best and works hard with them every day.

When my students got back to the room, they were all still abuzz about our morning discussion and begged me to tell them if they were right or wrong. I had to tell them the truth. They were exactly right. I am clear!

Now when I am asked that inevitable question at dinner parties or conventions or workshops — "How many black and Hispanic and white children do you have?" — I have a pat answer that works every time, with no fumbling or counting. I look the person straight in the eye and say, "None. They are all clear."

Melissa D. Strong Eastham
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(Continued from page one)

nicotine brands, you'll likely puff harder, longer and more often on each cigarette.

- Write down why you want to quit. Do you want to feel control of your life, to have better health, to set a good example for your children, to protect your family from breathing other people's smoke?

Really wanting to quit smoking is important to success in quitting. Find a reason for quitting before you have no choice.

- Know that it will take effort to quit smoking. Nicotine is habit forming. Half of the battle in quitting is knowing you need to quit. This knowledge will help a smoker deal with the symptoms of withdrawal that can occur, such as bad moods and really wanting to smoke.

There are many ways smokers quit, including using nicotine replacement products, but there is no easy way. Nearly all smokers

have some feelings of withdrawal when they try to quit. Smokers should give themselves a month to get over those feelings.

- Half of all adult smokers have quit. That's the good news. There are millions of people alive today who have learned to face life without a cigarette.

- Get help if you need it. Locally, help is available from the health department by calling 886-2788, or from OLV Hospital, 285-5181, ext. 3420, 3010 or 3000, as well as from other sources.

Others sources include Agency for Health Care Policy and Research, 1-800-358-9295; American Cancer Society, 1-800-ACS-2345; American Heart Association, 1-800-AHA-USA1; American Lung Association, 1-800-LUNG-USA; Office on Smoking and Health, 1-800-CDC-1311; or National Cancer Institute, 1-800-4-CANCER.

Nutrition Wise

American Institute for Cancer Research

by Karen Collins, M.S., R.D., C.D.N.

American Institute for Cancer Research

Q: If snack foods are labeled "baked," does this mean that they are low-fat?

A: No. The key to low-fat foods is not only whether they are cooked in fat, but also how much fat is used as part of the ingredients. Baked chips and cracker may be low in fat, but don't count on it. If a product catches your eye, quickly check the fat content listed on the Nutrition Facts panel (adjusting the portion size listed to match what you would eat). And as you shop for nutritious, low-fat snack foods, remember to look beyond the "snack food aisle." Besides being low in fat, fruits and vegetables—fresh, frozen, canned or dried—offer important dietary fiber and nutrients. Some breakfast cereals also make nutritious snacks, alone or mixed with dried fruit and a few nuts in quickly-made "trail mix."

Q: Is it true that for best nutrition we should eat all our vegetables raw?

A: No. Although the heat from cooking does destroy a portion of certain heat-sensitive vitamins like Vitamin C, some sources have misinterpreted this to mean that no nutrients remain in vegetables after they are cooked. This is far from true. If you take care not to

cook vegetables until they're limp, then you will get plenty of nutrition. Also, cook by steaming, microwaving, roasting or stir-frying to prevent vitamins from leaching out into cooking water. New research shows that at least one valuable phytochemical (a naturally-occurring substance in plant foods) may actually become more available to our bodies when we get it from cooked vegetables. Lycopene, which some studies suggest plays a role in helping to prevent prostate cancer, is better absorbed by the body from processed products like tomato sauce, soup and juice than from raw tomatoes. Eat vegetables the way you enjoy them so you eat substantial portions every day.

Q: Is the resveratrol found in wine available in any other foods?

A: Resveratrol is a naturally-occurring substance found mainly in grapes that may have health-protective benefits. At a recent American Institute for Cancer Research conference, scientists reported that resveratrol does more than merely promote heart health. It may also help prevent the development of cancerous cells. Researchers cautioned, however, that much of the work regarding resveratrol's effects has been conducted only in test tubes; we are just beginning to see how this compound may work in animals or humans. Content varies

with the type of grape, growing conditions and stage of ripeness. Since resveratrol is found in the grape skins, white wine (which is not fermented with the skins) has little of the substance. Resveratrol is most readily found in red wine, but it is wise to drink it in very moderate amounts. The health risks of more than one or two small glasses of wine a day outweigh the potential phytochemical benefits. Grape juice (especially dark types) and table grapes provide resveratrol in less concentrated amounts, but you can consume larger portions without health risk. With so much said, remember, phytochemicals like resveratrol tend to reinforce each other. The greatest health benefit drives from enjoying a mostly plant-based diet that includes phytochemicals and nutrients from a wide variety of fruits, vegetables and whole grains.

"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.

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Seller

(Continued from page one)

First of all, I wish I'd known that wives hate Monday Night Football and John Wayne movies; that they go bonkers when they find an empty roll of paper in the bathroom; that they become as grouchy as an old wet hen if they find hair accumulated in the shower drain; and that they won't speak to you for a week at a time if they find the toilet seat up.

Admittedly, that's a tiny list. But at the same time, if you've been married any time at all, you have to identify to at least one or two of the items listed. But this last little piece of advice has been known to save many a marriage: Husbands, never try to guess your wife's size. Just buy her anything marked "petite"... and save the receipt.

Business

Oh, Christmas tree



Jack and Barbara Crider inspect this year's crop of Christmas trees on their farm at Dickie Town. The couple sell white and Scotch pines and are getting into the fir line. Though their product is sold only around Christmas, maintaining the trees is a year-round effort. (photo by Pam Shingler)

by Pam Shingler

Christmas is never far from the minds of Jack and Barbara Crider of Bays Branch at Dickie Town.

They raise white pines and Scotch pines, Douglas firs and Frazier firs — commonly known as Christmas trees.

Although it's a year-round obligation, this is the Criders' busy season. Already, they're getting calls from families and business owners who want to come out and pick out a tree. Several people have been out to tag and reserve the tree they want to harvest closer to the holidays.

On just a few acres next to their home on the riverbank and

across the railroad track on Jack Crider's old home place, the couple have about 1,600 trees in different stages of growth.

"I never thought I would get interested in this kind of stuff," Jack said last week, as the weather felt more like late spring than a month shy of Christmas.

It turns out that growing Christmas trees is pretty closely related to his vocation as a biology teacher for 39 years. When he retired in 1993 after a teaching career at Prestonsburg and Betsy Layne high schools and at the old one-room Katy Friend school, he officially became a businessman/farmer.

At first, he put in about 200 white pines and Scotch pines on

the lot adjacent to the house he and Barbara built in the late 1960s in the northern part of the county, not far from Highlands Regional Medical Center and US 23.

The white pines, he said, grow faster, maturing in eight to nine years. And the whites have become the most popular seller. "People at first preferred Scotch pines," he said, "but now most want white pines."

Customers, also, generally want trees that fill a room. "Everyone wants a 7-1/2-foot tree," Crider jokes.

He adds, though, that some people choose smaller trees and the average sale comes in at 6-1/2' to 7'. Occasionally, he sells larger ones — as much as 15' tall — to businesses and to people who have homes with cathedral ceilings.

Planted later, the Douglas firs are now coming into their own and are expected to be good sellers. The Frazier firs are an experiment. "They're not supposed to grow here," Jack explains. But he had to try. Some are coming along nicely, but he says he's lost about 50 percent of what he planted.

Ironically, the mountain soil which lacks the fertility of deltas and plains suits the evergreens we use for Christmas trees. "They don't want to grow in soil that's really fertile," he adds.

What makes the area less than perfect for growing the trees, however, is the lack of sustained level land. The saplings need sun and do not grow as evenly and quickly when the hills cast their large shadows over the bottomland.

Still, the Criders have no trouble selling trees that have less-than-full, shaded sides. Some people, they say, expect to put one side next to the wall, as long as they have a "perfect" side facing outward. Others look for trees that deviate from the flawless cone shape.

Working with the trees is a year-round business. Jack generally plants new trees — about one foot tall — in March. He gets the saplings from a company in Pennsylvania and from the state Division of Forestry.

Each, he says, is planted by hand, "with mattock and shovel, a one- or two-person operation."

This year was a particularly disappointing one since just about every tree he planted last spring has died because of the drought.

In June and July, he prunes all the trees that are four years old and older, cutting and shaping them. Periodically, he uses a leaf blower to whisk away the needles that shed like dandruff onto the branches.

As fall comes on, the tree farmer walks through his fields measuring those that are mature enough for harvesting. He identifies each and maps where it is in

the various sectors, which he delineates with pink plastic ribbon.

He puts an organic tint on the ones to be harvested to give them a deeper hue that much of the public has come to expect.

Then he tags each that is for sale and puts a price on it, so that when customers start coming in October for selection and in November and December to cut, they can walk through the rows and pick what they want.

In pricing the trees, Jack says he goes "by what I would pay." Depending on size and type, the price range is between \$15 and \$50.

Throughout the year, the Criders keep the grass mowed in the tree orchards. Barbara, who is in her 43rd year of working with the state Department of Community-based Services, does most of the close work. On her knees, she pulls and clips the weeds from around the young tree stems.

Also, throughout the year, Jack has to keep on the lookout for insects, some of which can do serious damage to the foliage in a day or two. He picks the invaders off individually, the biology teacher in him refusing to use chemical sprays.

Although he hopes to make a profit eventually, Jack Crider says that right now, he is "more or less breaking even."

He adds a few more trees each year, but he's still limited by the lack of land, especially land that is open to the sun for large chunks of the day. He advises anyone who wants to get into the tree business for profit to start with 40 or 50 well-drained, sunny acres.

Deer are a potential problem because the males are apt to rub their antlers against the trees, causing serious damage. A solution that appears to be working is spreading human hair among the trees. It helps, says Crider, to have a friend who's a barber.

The priceless element of the business is the people who come to buy trees. "I enjoy having people come here," Jack says, "particularly people I've worked with and former students."

The Criders have already picked out their own family tree. In past years, they've waited until the crop was picked over and have taken "what's left," Barbara confesses. This year, they decided to select a good one up front.

They hope it will be shared by their son Byron Crider, a University of Kentucky Medical School graduate who's now doing his hospital residency in Johnson City, Tennessee.

The call for trees is usually over by the week before Christmas, so the family will have a chance to enjoy the holidays themselves, content that they've helped make the occasion happier for many others.

Charitable trust continues David ties

Thirty years after Princess Elkhorn Coal Company ceased its mining operations along KY 404 in Floyd County, its presence continues to be felt.

James D. Francis, the company founder, was the driving force behind the development of the community of David and its all-but-forgotten companion community of Permele. The two model communities were named after his daughter Permele and his son David, who was president of the company.

Over time, the mines shut down and the houses and buildings were sold. Today, the Huntington-based Princess Elkhorn Company is involved primarily in leasing of its extensive mineral holdings, not in the actual mining and drilling.

In the David area, it retains about 8,000 acres, which are leased to other operations, according to Gary Baldwin, managing director of the David L. Francis Trust, which oversees the Princess Elkhorn holdings.

Also in the David area, the company retains an interest in The David School, which operated for more than 20 years out of the company's old store and office building.

Over the last few years, the Jeannine Y. Francis Charitable Trust has made contributions to the private school, much as it has contributed to organizations in communities where the family has had an

interest. The charitable trust was created by and named for the widow of David L. Francis, said Baldwin, who is the trust's sole trustee.

"David L. Francis was very generous," Baldwin said. "Through the charitable trust, we are able to give back to the communities."

The organization funds selected charities in southern West Virginia, southwestern Virginia and in Floyd and Magoffin counties of eastern Kentucky — places where the Francis family had an interest. Baldwin said the trust gives away about \$50,000 a year.

Baldwin said the family has kept tabs on The David School for several years. "I wish more people would know what good work The David School does," he said, "particularly people in northeastern Kentucky and in the Huntington area."

Baldwin said he was impressed with the school back when it operated out of the old company buildings and that he is proud of its new building complex at the base of David Mountain on land formerly owned by Princess Elkhorn.

The school, which has been nationally recognized, provides a high school curriculum for young people who need a more personalized, individual approach to learning. It also operates an extensive adult education program.



Tom Wolf, Ashland businessman and member of The David School board of directors, left, and Gary Baldwin, trustee of the Jeannine Y. Francis Charitable Trust, pose in front of a portrait of James D. Francis, founder of Princess Elkhorn Coal, which once operated coal mines throughout the region. Baldwin is presenting a check to the school. (photo by Daniel Greene)

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CLARK DR.—Must see to appreciate. Immaculate 3-bdrm., 1-bath home on large level lot in a nice neighborhood. Close to town. \$59,900. C-104075

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MSU professor recognized

David Collins, right, an assistant professor of radio-television at Morehead State University, was presented the J.T. Whitlock Life Member Award from the Kentucky Broadcasters Association. The award was presented by Whitlock, a former executive director of KBA. Collins, of Huntington, West Virginia, has been in broadcast communications for 45 years and has taught at MSU for 18 years. (MSU photo)

Baker agency owners honored

1999 Kentucky advertising practitioners of the year

On Friday, October 22, the Western Kentucky University School of Journalism and Broadcasting honored Tom and Cindy Baker, owners and co-founders of Baker Communications, the marketing

communications agency for Citizens National Bank in Floyd, Magoffin and Johnson counties, with the 1999 Kentucky Advertising Practitioners of the year award at its fourth annual awards dinner.

The dinner is held each year to recognize leaders in the business fields of advertising, public relations, print, visual, and broadcast journalism.

The advertising practitioners of the year award is designed to acknowledge leaders in the industry who have significantly contributed to education, served as role models for Kentucky's students, and are involved in issues concerning the advertising industry in the State of Kentucky.

"One of the criteria for this award has always been strong involvement in education and leadership in the advertising industry," said Caroline Stringer, coordinator of the WKU advertising program. "This year the faculty was so pleased to find a husband-wife team that so well exemplified the criteria for this award."

Looking back on nearly a quarter of a century of success, the team is modest when asked to reflect on their thoughts about winning the award.

"We've both been dedicated to the advertising and marketing communications industry from the start of our careers," Tom said. "Cindy used her artistic experience to establish her credentials, then to benefit our agency. I have contributed entrepreneurial instincts, research, strategic planning, and knowledge gained from creating and producing all types of commercial communications. Combining our skills and techniques with those of our staff members allowed us to build a successful business."

Since opening the doors to Baker Communications, the small local agency that Tom and Cindy Baker first envisioned has grown to a full-service marketing communications firm serving local and regional clients.

The agency is located in a suite of offices at 128 East Reynolds in Lexington, and works with a variety of clients, including those in the banking, equine, healthcare, shopping mall, manufacturing, funeral, and cemetery industries.

How to teach kids about money matters

(NUE) - Kids are quick to catch on about money matters. In fact, many kids admit that they could use some advice about how to get the most for their hard-earned money.

Typically, most kids have no idea how to open up a savings account, much less invest in a stock or mutual fund. Fortunately, there are services available that can teach youngsters:

- How to make their money work harder and smarter.
- How to avoid the hidden credit traps that face teens and college-age kids.
- Where to get money-saving, money-making bank and brokerage deals.

One service that helps children learn to plan for their financial future is Kids Own America, whose primary mission is to build confidence within families to help kids deal responsibly with money. To do this, it provides the tools and resources to let children see how easy it is to save, invest and budget their money wisely.

Kids Own America incorporates

Netstock Direct, which helps kids choose stock or mutual funds so that their parents can make the purchase for them without a broker. Kids Own America provides members with a continually updated list of stocks they can purchase commission-free.

Kids Own America also offers Mind-Gems — exclusive products and services that include articles, bank listings and interactive games to allow kids to work wisely with their money.

The Washington, D.C.-based group also lets parents trade in frequent flyer miles and loyalty points to avoid bank and brokerage fees for their kids' accounts. This allows children to earn more money.

Kids Own America provides down-to-earth techniques for building trust by defining scenarios that parent and child can act out together.

For example, Kids Own America encourages parents who have self-directed IRAs (Individual Retirement Accounts), stock accounts or mutual funds to sit down with their kids and talk about the

uncertainties of making the right stock or fund buying/selling decision.

"These are the stocks I'm thinking about buying or selling; now what do you think I should do?" the parent might ask.

In this scenario, Kids Own America sees a learning opportunity for both child and parent. Children may ask questions that cause the parent to think twice about a buying or selling decision. The youngster gets to ponder what he or she would do if it were their money at stake.

According to the group's founder Cliff Brody, Kids Own America is perfect for parents because it offers them access to high-quality solutions for teaching children about money. It also provides direct access to top financial product and service providers who offer special incentives and exclusive discounts to members.

To learn more about Kids Own America, call 1-888-KIDS-OWN (1-888-543-7696), or visit their Web site at www.kidsownamerica.com.

A Perfect Fit

by Jack Faris
President
National Federation of
Independent Business

There are some things in life that you just can't beat having the old-fashioned way — things that we will always want to do without the help of machines or computers. Like chocolate-chip cookies made from scratch at home.

Don't get me wrong — modern technology is a wonderful thing. We live in an exciting, prosperous time that should be embraced and appreciated, but that doesn't mean that we should lose the recipe for homemade cookies.

There is a group in America that may seem a little bit behind the curve when it comes to technology: small-business owners.

A recent survey by the National Federation of Independent Business shows that 17 percent of them do not have computers! Nearly half of them are not on-line, and most of those who are do not use on-line services for their business. Only 16 percent of small businesses have a Web site for their business.

In an age when we think that everyone is using e-mail to conduct business, this group may

seem to be a little square, a little behind the times.

But for a slightly old-fashioned group, they are actually doing just fine.

Small-business owners, for example, continue to produce jobs like the dickens. Their lack of technological wizardry has not stopped these folks from creating 80 percent of all new jobs in America and producing over 50 percent of the American private-sector output.

As I said, they are doing just fine... today.

However, the marketplace as a whole is changing. Microsoft is now part of the Dow Jones industrial average. One wonders: what's next? Am I ready? And small-business owners are very much aware of that. That's one of the reasons why NFIB and Microsoft Corporation recently joined hands in partnership.

NFIB, the nation's largest small-business advocacy group, knows about how to keep government off of the small-business owner's back, and Microsoft and its small-business partners know about riding the wave of the Internet and technology.

Both groups have needs and both have areas of expertise, and like any good

partnership, their strengths and gaps fit together in a way that clicks like

the final piece of a puzzle. Many of NFIB's small-business members are behind the curve when it comes to technology issues, they would like to increase their technological capabilities in the near future, and Microsoft can teach them a lot of what they need to know.

Similarly, many of the small firms in the high-tech industry are not up-to-speed on public policy issues. More than 300,000 independent software developers, solution providers and resellers work closely with Microsoft and a survey of those entrepreneurs showed that they are anxious to take a more active role in the public policy arena — and that's the area that NFIB knows best.

NFIB and Microsoft have one thing in common that is one of the strongest traits I know of: the spirit of entrepreneurship. That is the thread that will bind them as they work toward the future together.

And the future looks pretty good... it will have families making homemade cookies in the kitchen and surfing the 'net in the living room. I, for one, look forward to both.

Selling Power rates Longaberger®

The Longaberger Company, a \$700 million direct sales company and the largest manufacturer of handmade baskets in the U.S., appeared for the second consecutive year on Selling Power's top 30 Direct Selling Companies in their October, 1999 issue.

Sharing the 23 spot with fellow direct sales companies, Home Interiors and Reliv International, The Longaberger Company has more than 50,000 Independent Sales Associates throughout all 50 states. Selling Power conducts the research through phone calls and questionnaires and bases the listing on the number of salespeople at each organization.

Local associates are Peggy Fraley of Prestonsburg, Debra Burton of Paintsville and Carolyn Bailey of Salyersville.

Selling Power's list of the Top 500 Largest Sales Forces includes: the top 200 companies in the manufacturing industry, the top 200 companies in service, the top 50 insurance companies, the 30 largest direct-selling companies and the top 20 automotive dealer organizations.

"As our society gets busier and busier, many people are trying to find a career to fit their life," said Donna Krueger Simmons, Longaberger's executive vice-president of business growth. "Through

The Longaberger Company and direct sales, many people are finding that balance. Longaberger Sales Associates enjoy the opportunity to own their own home-based business, set their own hours and achieve the personal and financial goals they have set for themselves."

Independent Longaberger Sales Associates nationwide market and sell Longaberger products, including a full line of Longaberger Baskets®, an exclusive line of pottery and dinnerware, fabric liners, hardwood maple lids and dividers, home decor accessories and wrought iron products through home shows.

Chamber Notes

by Rebecca Derossett
Executive Director

New resource in the Chamber office—everything you want to know about Floyd County can be found in a handy little book called Kentucky Resources for Economic Development, just off the press

from the Kentucky Cabinet for Economic Development.

Labor market statistics, industry information, transportation, utilities, local government, education and other logistics about Floyd County are all included in this resource guide. Demographics like this can help business persons

develop a strong business strategy for the year 2000.

The Chamber has worked very closely with the Cabinet for Economic Development on this publication to ensure that Floyd County is depicted in a positive light for those who may be looking for a place to locate a business, establish a new home, or just learn about a great place for a getaway vacation. Call the Chamber office today to order a copy at a cost of \$5 (include \$1 for mailing.)

Resource material is also available at the Chamber office on how to write a business plan; an entrepreneur's guide to starting a business; and housing information. Maps may be purchased at \$1 each (add 50 cents for mailing).

In addition to being a clearing house for business information, the Chamber is a good place to pick up brochures on member businesses, local lodging and restaurants, entertainment schedules, and general information about the area. Stop by and visit at 106 North Front Street in downtown Prestonsburg, or call 886-0364 with your requests.

See you, same place, same time, next week.

Hospital accredited

Paul B. Hall Regional Medical Center has received Accreditation with Commendation from the Joint Commission on Accreditation of Healthcare Organizations.

This is the highest level of accreditation awarded by the Joint Commission, the nation's oldest and largest accrediting body. This marks the second consecutive time the Paintsville hospital has earned this

highest accreditation, according to Debbie Trimble, administrator and CEO of the 72-bed facility.

"Receiving Accreditation with Commendation is a significant achievement, one that recognized exemplary performance by Paul B. Hall Regional Medical Center," said Dennis S. O'Leary, MD, president of the Joint Commission.

"The hospital is to be commended

for its commitment to providing quality care to the people of its community."

The Joint Commission's on-site survey of Paul B. Hall occurred in June.

"We are extremely pleased to have achieved this designation once again," Trimble said, "and we are very proud of our employees and staff for the hard work that made it possible.

"Everyone here goes that extra mile on a day-by-day basis to provide the best possible health care to our patients. Receiving Accreditation with Commendation for the second consecutive time is recognition that they richly deserve."

The primary care hospital employs more than 200 nurses, technicians and support staff.

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EMPLOYMENT OPPORTUNITY
 The Floyd County Health Department has vacancies for nursing staff. Positions are: Full-time Registered Nurse in the Clinic and a Part-time Registered Nurse in Home Health.
 Minimum qualifications are as follows: Valid license to practice as a Registered Nurse in Kentucky. No work experience is necessary.
 Salary for the positions are:
 Full-time Registered Nurse in Clinic—\$24,667.50
 Part-time Registered Nurse in Home Health—\$12.65 hourly
 A criminal background check may be required.
 For more information regarding these positions, please call 606-886-2788, extension 222 or 249.
 An application may be picked up at the Floyd County Health Department, 144 N. Front Street, Prestonsburg, KY 41653.

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LOTS FOR SALE: 30 Acre Hollow. 2 acre bottom. Located at Harold. 478-4490.
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Hwy. 80, Hazard 606-378-3143 or 1-800-510-7064
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POSITION AVAILABLE
An established construction company will be hiring a bookkeeper/accountant—bachelor's degree preferable, but will consider experienced applicants with associate degree—salary commensurate with education and/or experience.
Send resumé to:
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Job Opportunity
Jerry's Restaurant in Prestonsburg is now taking applications for waitresses, cooks, dishwashers, and busboys.
Jerry's offers BC/BS insurance, paid vacations, meals and uniforms.
Apply in person, only!
No phone calls, please
Applications may be obtained
Mon.-Fri. 3-4 p.m. only

BIG 32' WIDE! This home features a huge den with a huge rock fireplace, raised kitchen with an island bar and hardwood floors throughout. Comes with footers, central air, washer & dryer for only \$425 per month. (606)478-4530.

NEW FLEETWOOD 14X70 - 3 Bdrm, 2 Bath, 5 Year Warranty, Delivered & Set-up. Less Than \$198 Per mo. Plus Factory Rebate To Customer \$500. Affordable Housing Mart, 537 New Circle Rd - Lexington. Call (606)293-1600 or (800)755-5359.

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3 BR HOUSE: 1/2 acre lot, near Prestonsburg. 886-2818.

COMMERCIAL PROPERTY next to Prestonsburg shopping center, Highway 23. For sale by owner. 886-3023.

INVESTMENT PROPERTY: 2 homes on large lot in downtown Prestonsburg. \$49,500. 874-0039.

3BR HOUSE & 75 ACERS OF LAND: Living room, dining room, kitchen and 1 Ba. Call between 10-12 am and 4-7 pm, 874-2655.

3 BR HOUSE: Near school in McDowell. Central Heat & air, furnished. Must sell. \$35,000. 377-1110.

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APPROXIMATELY 1.5 ACRES: Located at Valley View Estates, Maytown, 1 mile from 4 lane. Beautiful view, out of flood plane and sewer system approved. Call 358-2866, leave message.

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South Lake Drive, Next to Cablevision. **New Building Completed!** New customers signing a 3 month lease during Nov. or Dec. and get third month FREE. 889-0242

Apartment

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.

2 SPACIOUS APARTMENTS with a great view of the valley. Very reasonable. 478-4490.

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NICE 2 BR APT: Near Jenny Wiley entrance and Porter School on Rt. 321. Central heat/air, washer/dryer hookups, dishwasher. \$350 per month, \$200 deposit. Call 789-5973.

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2 BR APT. FOR RENT AT HAROLD: 606-437-4716.

FOR RENT: Furnished 1 BR apts. All utilities paid. Located near hospital at Martin. \$400 plus deposit. Call 285-0650.

1 BR APT: 4 miles west of Prestonsburg. \$350 month, \$150 deposit, includes utilities. 886-6061 or 886-1898 after 5 pm.

1 BR FURNISHED APT: All utilities Pd., \$365 month, \$150 deposit. Free laundry room. Call 886-9213.

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NOW ACCEPTING APPLICATIONS (1 & 2 BR apts.) 2 BR Apts Available Immediately. Rent \$229-\$275. Section 8 welcome Park Place Apts. Rt. 114, Prestonsburg, KY 886-0039

Houses

3 BR HOUSE: near Otter Cr. & South Floyd High School. Electric heat, carport. References & deposit required. \$300. 377-9215.

2 BR HOUSE: Central heat & air, privacy. 3 miles from P'burg, on David Rd. 886-3902 Also trailer for rent.

3 BR, 2 BA HOUSE: At Banner, KY. 874-2098.

3 BR HOUSE: Stove, refrigerator furnished, total electric. 285-5192.

2 BR, 1-1/2 BA HOUSE: Total electric. On US 23, 1 mile from Prestonsburg. No pets. 886-9007.

HOUSE FOR RENT: 220 Westminister St., Prestonsburg, Ky. \$400 a month, \$250 deposit. Call 606-298-7323 or 606-298-4051.

3 BR, 2-1/2 BA, HOUSE: Fenced-in yard, 2 car garage. Located in Auxier. Serious inquiries call 285-5100 after 6 pm.

3 BR & 4 BR HOUSE: HUD approved. Located 1-1/2 up Arkansas Cr. 285-3376.

HOUSE FOR RENT: At Wayland, Ky. \$250 month. Call 478-4722.

2 BR HOUSE FOR RENT: Jenny's St. in Martin. \$275 month + deposit & utilities. References required. 874-2720 or 886-6059.

3 BR, 2 BA: Harold area. \$600 month, 1 yr. lease. Gas heat included. 478-9496 or 437-4853 ask for Tom.

PRESTONSBURG, HOUSE FOR RENT: Central heat & air, yard & storage bld. Excellent condition. \$450 month. Call 886-0226 after 5 pm.

Mobile Home Lots

MOBILE HOME LOT FOR LEASE: Fenced, city water, farm setting, Johns Creek, Van Lear. \$155 month, \$155 deposit. 606-789-5296 or 1-803-957-5931.

Mobile Homes

3 BR, 2 BA NEW MOBILE HOME: Morehead area. \$600 + utilities. Students welcome. 606-780-4848.

2 BR, 1 BA MOBILE HOME: Near Prestonsburg. \$350 month. 432-8735.

1995 3 BR TRAILER: Located on Cow Cr. Excellent condition. \$375 month + utilities, security deposit & ref. required. 874-2802.

CLEAN, NICE, 2 BR. MOBILE HOME, partially furnished, partial utilities paid. Central heat & air. Call 886-3628.

SMALL FURNISHED TRAILER FOR RENT: Just off Mt. Parkway on old 114. 886-8724.

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NICE 14X72 MOBILE HOME: 2 BR, fully furnished with washer & dryer. Located at Barnett Dr. between Twin Bridges, Martin, KY. Call 285-3140.

NICE, 2 BR TRAILERS: Call 874-0011.

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14X70 TRAILER: 2 BR, 2 BA, in Prestonsburg city limits. \$350 month. For more information call 886-7065.

2 BR MOBILE HOME: \$225 month + deposit. Water included. 285-3825.

2 BR, TOTAL ELECTRIC: Stove & ref. On US 321, between Prestonsburg & Paintsville. 886-9007.

TWO-MOBILE HOMES: One-2 BR and One-3 BR. Conveniently located. Accept HUD. 587-1004.

2 BR TRAILER: All electric with washer & dryer. 886-8481.

2 BR MOBILE HOME: Appliances, fireplace, garage, private lot. On Arkansas Cr. Rd. Real nice. \$350/month + utilities. 886-6665.

Rental Properties

2 BR TOWNHOUSE with garage in Allen. Central heat & air. Also, 285-0900 or 874-9976.

FOR RENT IN PRESTONSBURG: 2 BR house, \$400 month. 1 BR furnished apt. \$300. 2 BR house, \$425. All plus utilities and deposit. 886-3404.

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Want To Buy

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Job Listings

IMMEDIATE OPENING! FULL-TIME ADMINISTRATIVE ASSISTANT. This position involves all facets of the daily operation of a retail store, fudge company and travel agency. Apply at: **COUNTRY AT HEART**, 128 S. Front Ave., Prestonsburg, Ky 41653 (606)886-8957, ask for Gary Frazier.

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Applications now being accepted for 1-, 2-, 3- & 4-bedroom apartments at **HIGHLAND HEIGHTS APARTMENTS** in Goble-Roberts Addition, and **CLIFFSIDE APARTMENTS**, located on Cliff Road, Prestonsburg. Apply at Cliffside Apts. Office Hours are 8:30 a.m. to noon and 1:00 to 4:30 p.m. (closed Wed. afternoons); or call (606) 886-1819, 886-0608 or 886-1927 (TDD 1-800-247-2510). Church Housing Assoc. of Prestonsburg, Inc., DBA Highland Heights and Cliffside Apts. does not discriminate in admission or employment in subsidized housing on account of race, color, creed, religion, sex, national origin, age, familial status or handicap.

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-NOTICE-

Due to the Thanksgiving Holiday, The Floyd County Times will be temporarily adjusting deadlines for the Friday Paper, 11/26; Sunday Paper, 11/28; and the East Ky. Shopper, 11/28.

FRIDAY PAPER & SHOPPER:
Editorial— Tuesday, Nov. 23, at 12 noon
Classified, Local Advertising and Legals—
Tuesday, Nov. 23, at 5:00 p.m.

SUNDAY'S PAPER:
All deadlines will be Wed., Nov. 24th at 5:00 p.m.

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REGIONAL COMPANY seeking Key System Telephone Technician for service & installations in Eastern Ky. Mail resume to: Personnel Administrator, 301 East Main St., Suite 620, Lexington, Ky 40507.

DENTAL ASSISTANT NEEDED: 3 days / week. Send resume to: 415 N. Lake Dr., Ste. 201, Prestonsburg, Ky. 41653.

SALES REP. for construction & mining equipment dealership in Prestonsburg. Must be self-motivated and have previous sales experience. Send resume to: Rudd Equipment Company, P.O. Box 190, Prestonsburg, KY 41653.

AVON: Career or pocket money, you decide. Call Jancy at 886-2082.

AVON: Earn up to 50% profit. Your products at wholesale. Be your own boss. Work your own hours. 1-800-796-7070.

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\$\$\$WORK FROM HOMES\$ \$500-\$4,500 / per month. Part-time/full-time. Call (706)742-3486 NOW!

LOCAL HOME MEDICAL EQUIPMENT COMPANY has an immediate opening for a Customer Service Representative. Experienced preferred. Salary based on experience. Excellent benefit package included. Send applications to CSR, 1900 Ky Rt 321, Prestonsburg, Ky 41653.

NOW ACCEPTING JOB APPLICATIONS: For days, evenings and nights shifts. Cooks, waiters and waitresses for Around The Clock Waffle House, Prestonsburg, Ky. Call 606-886-9835 to set-up and appointment.

OVER THE ROAD TRUCK DRIVERS NEEDED: Home almost every weekend. New equipment available, good pay. Call 606-436-3064 about more information, ask for Shannon Combs.

PETS AND SUPPLIES
EXOTIC BIRDS FOR SALE: Call 285-0410 or 285-0650.
3- DOUBLE REGISTERED ROCKIE MTN. HORSES: 3-Top breed Walking Horses, show or pleasure. Barn # 606-874-9219 or Home # 606-886-1684, leave message.

AKC CHOCOLATE LAB PUPPIES: First shots & wormed. \$200. 606-638-9301.
TIGER OSCAR 16" WITH 55 GAL. TANK: \$250. A pair of Oscars, 10" & 12", 29 gal. tank complete. \$150. Will sell fish separately. AKC, champion blood line, lemon & white female **Bassette Hound Puppy**, had all shots. \$300. 874-9234.

HORSE BOARDING: No studs. Exercise ring, trail ride and large pasture grazing. Total care. 606-874-2948 after 5 pm.

FREE KITENS: To a good home. Stripes & solids. 3 males, 2 females. 358-4155.

AKC REGISTERED BASSETT HOUND PUPPIES: Call 606-946-2122.

YARD SALES

INSIDE SALE: Nov. 19, 20 & 22, Fri., Sat. & Mon. Near HRMC & U.S. 23 on Ky Rt. 1100E. Winter & summer clothing (many sizes), household items. Must sell/everything \$1 and under, Ph: 886-8785.

SERVICES

Bridge Builders

BRIDGE BUILDERS Increase your property value quickly, with an all new steel and concrete bridge, from B&L Construction. We also build retaining walls and repair all existing bridges. Serving the Tri-State Area for 25 years. Join the many other satisfied customers and call 606-754-1095 for your estimate.

Carpentry Work

ALL TYPES: New homes; remodeling, additions; all types concrete work, driveways, sidewalks, foundations, etc.; garages; decks. Robie Johnson, Jr., call anytime, 886-8896.

JIM'S HANDY MAN Experience in: Plumbing, Electrical, Carpentry and others. 631-4844.

Carpet Installation

INSTALL OR REPAIR carpet-vinyl-wood-ceramic & sub-floors. Low rates. 789-3900.

Chimney Cleaning

R. A. TAYLOR: Chimney Cleaning Services. We do painting also. 886-8453.

Contractors

BACK HOE AND DOZER FOR HIRE: Excavating, custom work, hauling, septic tanks, and filling gravel. 25 + yrs. exp. Reese Ray 874-8049.

HEARTLAND CONTRACTING

Dozer, Backhoe, Hauling, Gravel, Top Soil, Fill Dirt, Footers, Ditches, Concrete. 889-1404, 886-1718, 886-9465.

FREE FILL DIRT: You haul. Located at Ivel. 587-2654.

BACKHOE, DUMP TRUCK FOR HIRE: Culverts, bridges, mud slides, complete landscaping. Septic tanks, water & sewer lines installed. Fill dirt hauled. No job too large or small. 606-478-3039.

Dog Grooming

DOG GROOMING: All breeds. Fancy Cuts. Professional Groomer. Call Betsy at "Tails a Waggin" 297-3647.

Dozer Work

DOZER, EXCAVATOR AND TRUCKS FOR HIRE: 433-1356.

Elderly / Child Care

WILL STAY WITH ELDERLY: My home or theirs. Can furnish references. 377-2811.

Employment Services

MEDICAL BILLING. Earn Excellent Income. Full Training. Computer Required. Call Medi-works Toll-Free (800)540-6333 Ext. 2301.

Financial Services

NEED AN EARLY PAYDAY? No office visit necessary. Up to \$500 instantly. Call toll-free 1-(877)-EARLYPAY. 1st ADVANCE FREE! Lic#cc70036.

TURN KEY WEBSITE MALL Your own designed website mall. Over 1000 quality products, instant exposure. www.web-serve2000.com 877-217-9552.

FREE MONEY! It's True. Never Repay. Guaranteed. \$500-\$50,000. Debt consolidation, personal needs, business. 1-800-511-2640.

CREDIT PROBLEMS... STOP HERE!! WE CAN HELP!! LOANS AVAILABLE \$3000 AND UP. CALL TOLL FREE 1-888-748-8810, Ext. 663.

FREE CASH NOWS from wealthy families unloading millions of dollars, to help minimize their taxes. Write Immediately: Windfalls, 847 - A SECOND AVE., SUITE #350, NEW YORK, NEW YORK 10017.

FREE MONEY! It's True. Never Repay. Guaranteed. \$500 - \$50,000 - For Debt consolidation, personal needs, medical bills, education & business. Call toll-free 1-800-724-6047 (24 hrs).

Need A Loan? Try Debt Consolidation. \$5,000 - \$200,000. Bad Credit OK. Fee. 1-800-770-0092, ext. 215.

\$\$\$ NEED A LOAN? Consolidate Debts! Same Day Approval. NO APPLICATION FEES!! 1-800-863-9006 Ext. 936. www.help-pay-bills.com.

FREE DEBT CONSOLIDATION. Application w/service. Reduce Payments to 65%. !!CASH INCENTIVE OFFER!! Call 1-800-328-8510 Ext. 29.

\$\$ Auto Loans, Personal Loans, Debt Consolidation, Mortgages and Refinancing. Credit Problems OK. Consumers Financial (800)247-5125 Ext 1134. Void OH, KS.

*** GUARANTEED APPROVAL*** Bank Card, No Credit Check, No Up-front Cash Security Deposit Required. *Must be 18+ and Have Valid Checking Account*. Pre-approval By Phone. 1-800-689-1556.

CREDIT REPAIR! AS SEEN ON TV! Erase bad credit legally. Free info. 888-659-2560.

Health & Beauty

FREE SAMPLE. Registered Nurse Loses Over 90 Lbs. No Dieting. No Exercise. Eat Anything Plus Have Lots of Energy! 800-793-9364.

FREE HOME DELIVERY. POWERED WHEELCHAIRS/SCOOTER at LITTLE or NO COST as Medicare Benefit if eligible. DIABETIC SUPPLIES Direct to YOU, NO COST as Medicare Benefit. 1-800-588-1051.

ARE YOU OVER WEIGHT? Do you or a family member have skin/acne problems? Call 1-800-242-0363 ext. 1916 for a natural solution.

Piano Sales & Service

THE PIANO CLINIC: Quality tunings, repair or restoration. 25 yrs. experience. Phil Cole, Technician. For app. call 889-9721 ev.

PIANO TUNING, REPAIRING AND REBUILDING: \$39.95/introductory offer. 1-800-335-6063.

Plumbing

PORTER PLUMBING COMPANY Allen, KY Commercial, residential and service work. Licensed and insured. Rotor roter service, drain cleaning, etc. **CALL US FIRST!** 874-2794

PLUMBING REPAIR & ROTARY SERVICE: 886-0363.

Professional Service

TURNED DOWN FOR SOC. SECURITY/SSI? Free consultation. Call 1-888-582-3345. No fee unless we win your case.

Roofing & Construction

FOR ALL YOUR BUILDING NEEDS! New homes, remodeling, roofing, patios, block, concrete or siding. Have 30 years experience. Call Spears Construction, Romey Spears (606)874-2688.

Services

BACKHOE, DUMP TRUCK & DOZER: Fill dirt, top soil. 886-0200.

Transportation Service

NEED A RIDE? Call **Mountain Transportation Service.** We accept Medicaid and cash. We're open 24 hrs a day, you can call 606-886-6698, ask for Jo or Stella.

Tree Service

TREE CUTTING AND TRIMMING: Topping, land clearing, etc. Free estimates. References furnished. Call 889-9630.

Legals

NOTICE OF BOND RELEASE In accordance with KRS 350.093, notice is hereby given that Czar Coal Corporation, HC 64,

Upholstery & Sewing

NO JOB TOO BIG OR TOO SMALL: Vehicle, boats, house hold furnishings. Any or all alterations. Call Tracy Bobo at Village Sewing Inc. 285-1384.

MISC.

Computers

COMPUTERS - \$0 Down. Low monthly payments. Y2K Compliant. Almost everyone approved. Call **FIROCOM Advanced Technologies** 1-800-617-3476 ext. 330.

Health/Misc.

ARE YOU INTO MUSCLE MASS and want a natural alternative to chemicals guaranteed? Call 1-800-242-0363 ext. 1916.

Instruction

EARN A LEGAL COLLEGE DEGREE QUICKLY, bachelors, Masters, Doctorate, by correspondence based upon prior education and short study course. For FREE information booklet phone **CAMBRIDGE STATE UNIVERSITY** 1-800-964-8316.

Miscellaneous

STEEL BUILDINGS! Will Sacrifice for Immediate Delivery. **THREE ONLY.** 25X30, 30x40, 50X150. CALL 1-800-211-9593 x-32.

**** WATERLESS COOKWARE **.** Home Demonstration Kind., Highest Quality - American Made. NOT Korean. Normally, \$1,500.00, Selling, \$695. 1-800-421-7267.

Are you a Metal Building Erector/Contractor? We have Factory/Direct Buildings with NO dealership fee or volume commitment. **ALL SIZES/ALL LOADS. ELDORADO BUILDING SYSTEMS** 1-800-279-4300.

Musical Instruments

J & J MAY MUSIC Guitars-Banjoes. Buy, Sell and Trade. **605 N. Lake Drive Prestonsburg, KY 606-886-7010**

Travel

FLORIDA, MARCO ISLAND. LUXURIOUS VACATION RENTALS IN S.W. FLORIDA. AVAILABLE WEEKLY/MONTHLY. HOMES/CONDOS AVAILABLE. CALL FOR SALES RENTALS. CENTURY 21.

Free

BECOME DEBT FREE! Cut payments without new loans. It's easy! 1 hr. approval. Call 1-800-517-3406.

FREE HOUSE: Tear it down & take it home with you. 358-4249.

FREE PALLETS: Can be picked up behind The Floyd County Times.

Legals

NOTICE OF BOND RELEASE In accordance with KRS 350.093, notice is hereby given that Czar Coal Corporation, HC 64,

Box 915, Deborn, Kentucky 41214 has applied for a phase I bond release on a surface coal mining and reclamation operation permit number 880-0124, Increments #3 & #8 which was last issued on 01/25/99. Increment #3 covers an area of approximately 101.86 acres of surface area and 30.33 acres of underground area for a total acreage 132.19 acres. Increment #8 covers an area of approximately 28.44 acres of surface area and 19.33 acres of underground area for a total of 47.77 acres, located 1.82 miles northwest of Thomas Kentucky, in Martin and Floyd County.

The permit area is approximately 1.84 miles northwest from Ky. Rt. 194's junction with Wolf Branch Road and located 0.09 mile northeast of Wolf Branch. The latitude is 37°42'06". The longitude is

82°36'05". The bond now in effect for Increment #3 is a surety bond in the amount of \$ 290,800.00. Approximately 60% of the original bond amount of \$290,800 is included in the application for release. Reclamation work performed includes: Backfilling, grading, seeding, and mulching completed in the Spring of 1997 for increment #3 and the Spring of 1999 for increment #8.

Written comments, objections and requests for a public hearing or informal conference must be filed with the Director, Division of Field Services, #2 Hudson Hollow, Frankfort, Kentucky 40601, by 01/03/00.

A public hearing on the application has been scheduled for 01/04/00, at 9:00 a.m., at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, Kentucky 41653-1410. The hearing will be canceled if no request for a hearing or informal conference is received by 01/03/00.

Reclamation work performed includes: Backfilling, grading, seeding, and mulching completed in the Spring of 1997 for increment #3 and the Spring of 1999 for increment #8.

The permit area is approximately 1.84 miles northwest from Ky. Rt. 194's junction with Wolf Branch Road and located 0.09 mile northeast of Wolf Branch. The latitude is 37°42'06". The longitude is

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HELP LEAD FLOYD COUNTY TO EDUCATIONAL EXCELLENCE

Kentuckians have an unprecedented chance to rebuild the state's school system, and local boards are central to the reform movement. Share a sense of pride with other citizens by serving the children of Floyd County.

You are invited to nominate yourself or a qualified acquaintance to serve on the Floyd County Board of Education.

There is a vacancy created by the resignation of a current board member.

Activity Board members are involved in four main tasks:

- Developing policy-making guidelines that govern the operation of schools.
- Providing visionary leadership and vigorous stewardship with long-range educational plans and programs.
- Hiring the district superintendent and issuing annual evaluation reports.
- Setting local tax rates and ensuring that public funds are spent wisely and efficiently.

Requirements

- At least 24 years old.
- Kentucky citizen for the last three years.
- Registered voter in the School Board District Two.
- High school diploma or GED certificate.
- Except in limited circumstances, board members may not have a relative employed by the school district.

Pick up an application at the Floyd County Board of Education office at 183 North Arnold Avenue, Prestonsburg, Kentucky, or the County Court Clerks Office, Central Avenue. Mail the completed form to Wilmer S. Cody, Commissioner of Education, 500 Mero Street, First Floor, Capital Plaza Tower, Frankfort, KY 40601. Applications must be postmarked by November 21, 1999.

The Kentucky Department of Education does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services.



EDWARD B. HATCHETT, JR.
AUDITOR OF PUBLIC ACCOUNTS

To the People of Kentucky
Honorable Paul E. Patton, Governor
John P. McCarty, Secretary
Finance and Administration Cabinet
Sarah Jane SchAAF, Secretary, Revenue Cabinet
Honorable Paul H. Thompson, County Judge/Executive and Former Sheriff
Honorable John K. Blackburn, Floyd County Sheriff
Members of the Floyd County Fiscal Court

INDEPENDENT AUDITOR'S REPORT

We have audited the former Floyd County Sheriff's Settlement 1997 Taxes as of October 16, 1998, and the Sheriff's Settlement 1997 Unmined Coal Taxes as of November 20, 1998. These tax settlements are the responsibility of the former Floyd County Sheriff. Our responsibility is to express an opinion on the financial statements based on our audit.

We conducted our audit in accordance with generally accepted auditing standards, Government Auditing Standards issued by the Comptroller General of the United States, and the Audit Guide for Sheriff's Tax Settlements issued by the Auditor of Public Accounts, Commonwealth of Kentucky. These standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation. We believe that our audit provides a reasonable basis for our opinion.

The former Sheriff prepared his financial statements on a prescribed basis of accounting that demonstrates compliance with the cash basis and laws of Kentucky, which is a comprehensive basis of accounting other than generally accepted accounting principles.

In our opinion, the accompanying financial statements referred to above present fairly, in all material respects, the former Floyd County Sheriff's taxes charged, credited, and paid as of October 16, 1998, and November 20, 1998, in conformity with the basis of accounting described in the preceding paragraph. Based on the results of our audit, we have presented a schedule of Comments and Recommendations, included herein, which discusses the following areas of noncompliance:

- Former Sheriff Paul H. Thompson should eliminate all prior year deficits
- Former Sheriff Paul H. Tompson should have maintained an adequate bond in accordance with Government Auditing Standards, we have also issued a report dated September 22, 1999, on our consideration of the Sheriff's compliance with certain laws and regulations and internal control over financial reporting.

Respectfully submitted,
Edward B. Hatchett, Jr.
Auditor of Public Accounts

Audit fieldwork completed - September 22, 1999
The above transmittal letter accompanied the audit report presented to the fiscal court. KRS 43.090(2) requires that this letter be published in this newspaper. Copies of the complete audit report, including the accompanying financial statements and additional information, are available in the reports section of the Auditor of Public Accounts' website at <http://auditor.state.ky.us>, or upon request by contacting the Auditor of Public Accounts, 144 Capitol Annex, Frankfort, Kentucky 40601.

NOTICE OF INTENTION TO MINE

Pursuant to Application #836-5052, Renewal

In accordance with KRS 350.55, notice is hereby given that Lodestar Energy, Inc., 251 Tollage Creek, Pikeville, Kentucky 41501, has applied for renewal of a permit for an underground coal mining and reclamation operation located 1.0 miles west of Tram in Floyd County. The proposed operation will disturb 7.6 surface acres and will underlie 349 acres, and the total area within the permit boundary will be 356.6 acres.

The proposed operation is approximately 1.5 miles southwest from US 23's junction with Amy Branch County Road and located 0.1 miles south of Amy Branch.

The proposed operation is located on the Harold U.S.G.S. 7 1/2 minute quadrangle map. The surface area to be disturbed is owned by Sidney Justice. The operation will underlie land owned by Junior Conn, Sidney Justice, Will Amey Heirs, Green Kidd, Wilford & Ruth Boyd, Industrial Fuels Corporation, Kate Cade Heirs, B. Rickman, Edward R. Jones, Marie Justice, R. F. Justice, Louise Watkins, Dora Taylor, and Edna Kirsby Johnson.

The application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive,

Prestonsburg, Kentucky 41653. Written comments, objections, or requests for a permit conference must be filed with the Director of the Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601.

This is the final advertisement of the application; all comments, objections, or requests for a permit conference must be received within thirty (30) days of today's date.

NOTICE OF COMMISSIONER'S SALE

COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION NO. I C.A. NO.98-CI-00665 DANNY KIDD, ET AL; PLAINTIFFS VS: BILLY B. KIDD, ET AL; DEFENDANTS BY VIRTUE OF Judgment and Order of Sale of the Floyd Circuit Court entered on the 30th day of April, 1999, and Order of October 20, 1999, in the above styled cause, I shall proceed to offer for sale at the Old Floyd County Courthouse Door, 3rd Avenue, Prestonsburg, Kentucky, (behind the new Floyd County Justice Center) to the highest bidder, at public auction on Thursday, the 2nd day of December, 1999, at the hour of 9:00 a.m., the following described property located on the Hunt's Branch of Prater Creek, Floyd County, Kentucky, and more particularly described as follows:

BEGINNING at a stake 75 feet below the Forks of the Hunt's Branch of Prater Creek; thence to the line of Otis Hall; thence a northerly course with his line to a white oak; same course to a beech marked by a stake; thence leaving said Hall's line and down the hill with line of Hazel Kidd to the Branch marked by cross on a rock; thence down the Branch to the beginning.

Being the same property conveyed to Danny Ray Kidd and Barbara Kidd from Green B. Kidd and Rena Kidd, his wife, by deed dated July 13, 1976, and recorded in Deed Book 225, Page 609, records of the Floyd County Clerk's Office. Reference is also made to that certain deed of conveyance from Elias Kidd and Ellen Kidd to Hulda Kidd, et al., by Deed dated August 12, 1930, and recorded in Deed Book 226, Page 183, records of the Floyd County Clerk's Office. Reference is also made to the Affidavit of Descent of Hulda Kidd, as recorded in Deed Book 419, Page 151, records of the Floyd County Clerk's Office.

Said property cannot not be divided without materially impairing its value and therefore will be sold by the Master Commissioner of the Court as a whole, subject to those items set forth hereinbelow, but free and clear of all other liens and encumbrances and said subject matter real property shall be sold with all improvements, appurtenances and fixtures and the rents, issues and profits therefrom and thereon, prior and superior to any and all liens and encumbrances, except the following:

(a) delinquent ad valorem taxes asserted by Floyd County, Kentucky;

(b) ad valorem taxes due and payable in the year 1999, and all taxes due thereafter;

(c) easements, restrictions and covenants of record;

(d) assessments for public improvements levied against the property; and,

(e) any facts which an inspection or accurate survey of the property may or would disclose.

TERMS OF SALE:

(a) At the time of sale, the successful bidder, if the other than the Plaintiff, shall either pay cash or make a cash deposit of ten percent (10%) of the purchase price, with the balance on credit for thirty (30) days.

(b) The successful bidder shall be required to execute a bond with good surety thereon for the unpaid purchase price of said property, if any, bearing interest at the rate of twelve percent (12%) per annum from the date of sale until paid, having the force and effect of a Judgment.

(c) The property shall be sold subject to any easements and restrictions of record in the Floyd County Clerk's Office and such right of redemption as may exist in favor of the United States of America and/or the record owners thereof, pursuant to 28 U.S.C. 2410 or KRS 426.530.

(d) The purchaser shall be required to assume and pay all real property taxes for the fiscal year 1999, and any prior years for which taxes are due and owing, and all subsequent years not yet due and payable.

Any announcements made on date of sale take precedence over printed matter contained herein.

THIS THE 9TH DAY OF NOVEMBER, 1999.

WILLIAM S. KENDRICK Master Commissioner P. O. Box 268 Prestonsburg, Kentucky 41653 (606) 886-2812 CERTIFICATE OF SERVICE

This is to certify that true and accurate copies of the foregoing Notice of Sale were duly mailed, this the 9th day of November, 1999 to:

Hon. Randy G. Clark P. O. Box 1529 Pikeville, KY 41502

Mr. Billy B. Kidd 324 Delaware Avenue Lorraine, OH 44052

Hon. John T. Chafin P. O. Box 700 Prestonsburg, KY 41653

WILLIAM S. KENDRICK MASTER COMMISSIONER

NOTICE OF COMMISSIONER'S SALE

COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION NO. II CIVIL ACTION NO. 98-CI-00158 MATEWAN NATIONAL BANK; PLAINTIFF VS: SIMON KIDD and ROSALYN KIDD, his wife, CHAD KIDD; NORMA MULLINS, and FLOYD COUNTY, KENTUCKY; DEFENDANTS BY VIRTUE OF Summary Judgment and Order of Sale of the Floyd Circuit Court entered on the 13th day of September, 1999, in the above styled cause, against the Defendants, Simon Kidd, Rosalynn Kidd, his wife, (in rem only, as to the mortgaged property) for the sum of \$84,613.76 (as of January 25, 1999), plus any additional late charges, with additional interest thereon at the rate of 9.25% per annum, from January 25, 1999, to the date of Judgment, and interest thereafter at the rate of 12% per annum, until paid, and against the Defendants, Simon Kidd and Rosalynn Kidd, his wife, and Chad Kidd, jointly and severally (in rem only, as to the mortgaged property) for the sum of \$4,131.81 (as of January 25, 1999), plus any additional late charges, with additional interest thereon at the rate of 11.25% per annum, from January 25, 1999, to date of Judgment, and interest thereafter at the rate of 12% per annum, until paid, and against the Plaintiff, Norma Mullins, shall be entitled to claim her interest in and to the above-described property by virtue of a Notice of Judgment Lien filed March 16, 1994.

TERMS OF SALE:

(a) At the time of sale, the successful bidder, if the other than the Plaintiff, shall either pay cash or 10% down, with the balance on credit for sixty (60) days.

(b) The property shall be sold subject to any easements and restrictions of record in the Floyd County Clerk's Office and such right of redemption as may exist in favor of the United States of America and/or the record owners thereof, pursuant to 28 U.S.C. 2410 or KRS 426.530.

And, being the same property conveyed to Simon Kidd and Rosalyn Kidd, his wife, by Deed of Conveyance from Martha Stratton, widow, dated March 18, 1993, being of record in Deed Book 365, Page 194, Floyd County Court Clerk's Office.

For further reference see that Deed of Conveyance from Alonzo Stratton, et ux, to Clayton Stratton and Martha Stratton, dated June 23, 1962, recorded in Deed Book 180, Page 104, and reference is made to Will of Clayton Stratton recorded in Will Book K, Page 557, both of record in the Floyd County Clerk's Office.

The property hereinabove described cannot be divided without materially impairing its value and the value of the plaintiff's lien thereon and therefore will be sold as a whole by the Master Commissioner of the Court with the proceeds therefrom distributed to the parties as set out hereinbelow.

The property hereinabove described shall be sold by the Master Commissioner as more particularly set forth in order to satisfy the debt owed the Plaintiff Bank, interest, costs, attorney fees, and Floyd County Ad Valorem taxes owed by the Defendants, jointly and severally.

The liens herein adjudged shall attach to the proceeds of said sale of the real estate in priority as follows:

The Plaintiff, Matewan National Bank is adjudged to have a first and superior mortgage lien (subject only to any appropriate liens of Floyd County, Kentucky) upon the hereinabove described real property.

The Defendant, Norma Mullins, shall be entitled to claim her interest in and to the above-described property by virtue of a Notice of Judgment Lien filed March 16, 1994.

TERMS OF SALE:

(a) At the time of sale, the successful bidder, if the other than the Plaintiff, shall either pay cash or 10% down, with the balance on credit for sixty (60) days.

(b) The property shall be sold subject to any easements and restrictions of record in the Floyd County Clerk's Office and such right of redemption as may exist in favor of the United States of America and/or the record owners thereof, pursuant to 28 U.S.C. 2410 or KRS 426.530.

the following described real estate, together with any and all improvements, appurtenances and/or fixtures located thereon, lying and being in Floyd County, Kentucky, and more particularly described as follows, to-wit:

That certain tract or parcel of land lying and being in Floyd County, Kentucky, being more particularly bounded and described as follows:

Beginning at a point at the south end of a culvert and running with Ky. & U. S. Highway 23 to a stake and corner to Arthur James; thence a west course a straight line and beech tree center of old country road and Loars Branch; thence center of old country road a north course to a stone near chicken lot; thence a straight line to the beginning.

And, being the same property conveyed to Simon Kidd and Rosalyn Kidd, his wife, by Deed of Conveyance from Martha Stratton, widow, dated March 18, 1993, being of record in Deed Book 365, Page 194, Floyd County Court Clerk's Office.

For further reference see that Deed of Conveyance from Alonzo Stratton, et ux, to Clayton Stratton and Martha Stratton, dated June 23, 1962, recorded in Deed Book 180, Page 104, and reference is made to Will of Clayton Stratton recorded in Will Book K, Page 557, both of record in the Floyd County Clerk's Office.

The property hereinabove described cannot be divided without materially impairing its value and the value of the plaintiff's lien thereon and therefore will be sold as a whole by the Master Commissioner of the Court with the proceeds therefrom distributed to the parties as set out hereinbelow.

The property hereinabove described shall be sold by the Master Commissioner as more particularly set forth in order to satisfy the debt owed the Plaintiff Bank, interest, costs, attorney fees, and Floyd County Ad Valorem taxes owed by the Defendants, jointly and severally.

The liens herein adjudged shall attach to the proceeds of said sale of the real estate in priority as follows:

The Plaintiff, Matewan National Bank is adjudged to have a first and superior mortgage lien (subject only to any appropriate liens of Floyd County, Kentucky) upon the hereinabove described real property.

The Defendant, Norma Mullins, shall be entitled to claim her interest in and to the above-described property by virtue of a Notice of Judgment Lien filed March 16, 1994.

TERMS OF SALE:

(a) At the time of sale, the successful bidder, if the other than the Plaintiff, shall either pay cash or 10% down, with the balance on credit for sixty (60) days.

(b) The property shall be sold subject to any easements and restrictions of record in the Floyd County Clerk's Office and such right of redemption as may exist in favor of the United States of America and/or the record owners thereof, pursuant to 28 U.S.C. 2410 or KRS 426.530.

suant to 28 U.S.C. 2410 or KRS 426.530.

(c) The purchaser shall be required to assume and pay all Floyd County real property taxes for the fiscal year 1999, and all subsequent years not yet due and payable.

Any preceding year delinquent Floyd County real estate taxes shall also be paid by the purchaser.

(d) In the event the Plaintiff is the purchaser of the above described property for an amount equal to, or less than, its first lien, it shall take a credit against said lien for the amount of the bid and no bond shall be required of the Plaintiff, and it shall only be obligated to pay court costs, the fees and costs of the Master Commissioner and any real estate taxes assessed against the real estate.

Any announcements made on date of sale take precedence over printed matter contained herein.

THIS THE 9th DAY OF November, 1999.

WILLIAM S. KENDRICK Master Commissioner P. O. Box 268 Prestonsburg, Kentucky 41653 (606) 886-2812 CERTIFICATE OF SERVICE

This is to certify that the original was forwarded to Floyd Circuit Court Clerk, with true and correct copies of the foregoing duly mailed, postage prepaid, this the 9th day of November, 1999, to:

Hon. J. Scott Kreutzer P. O. Drawer 31 Pikeville, KY 41502

Hon. J. Gregory Allen Riley & Walters 106 West Graham Street Prestonsburg, KY 41653

Chad Kidd Box 226 Harold, KY 41635

Hon. Keith Bartley Floyd County Attorney P. O. Box 1000 Prestonsburg, KY 41653

Simon Kidd Rosalynn Kidd Box 226 Harold, KY 41635

Hon. Arnold Turner, Jr. Warning Order Attorney P. O. Box 388 Prestonsburg, KY 41653

WILLIAM S. KENDRICK Master Commissioner

November 1, 1998, until date of judgment, and then at the rate of 10.65% thereafter until paid; plus non-sufficient funds charges of \$10.00; plus a reasonable attorney's fee of \$1,500.00; plus court costs herein expended, I shall proceed to offer for sale at the Old Floyd County Courthouse Door, 3rd Avenue, Prestonsburg, Kentucky, (behind the new Floyd County Justice Center) to the highest bidder, at public auction on Thursday, the 2nd day of December, 1999, at the hour of 9:30 a.m., the following described real estate together with all improvements thereon and appurtenances thereunto belonging and the rents, issues and profits, lying and being in Floyd County, Kentucky and more particularly described as follows, to-wit:

Being a certain tract or parcel of land lying in Floyd County, Kentucky, on Left Fork of Otter Creek of Left Fork of Beaver in the City of Wheelwright, Floyd County, Kentucky, and being Lots No. 18 and 18A of the Golf Course Hollow Subdivision as recorded in File No. 552, as revised in File No. 574, of the Floyd County Clerk's Office and as shown on Baldridge Engineering Company drawing no. 1133. Together with all fixtures, personal property and improvements of any and every kind situated thereon or affixed thereto; together with all appurtenance, right of ways surface rights easements and hereditaments there to belonging and not previously conveyed by Grantor to the City of Wheelwright the premises.

Being the same property conveyed to Jeff D. Hamilton and Michelle L. Hamilton, his wife, by Deed dated May 14, 1996, and recorded in Deed Book 395, Page 68, in the Office of the Clerk aforesaid.

Together with the following described manufacture home which is located on the above-described real estate: A 1996 651-Freedom manufactured home, serial number HONC0526552 (hereinafter "collateral").

The property hereinabove described cannot be divided without materially impairing its value and the value of the plaintiff's lien thereon and therefore will be sold as a whole by the Master Commissioner of the Court with the proceeds therefrom distributed to the parties as set out hereinbelow.

The property hereinabove described shall be sold by the Master Commissioner as more particularly set forth in order to satisfy the debt owed the Plaintiff, Oakwood Acceptance Corporation, interest, costs, attorney fees, and Floyd County Ad Valorem taxes owed by the Defendants, Jeff D. Hamilton and Michelle L. Hamilton, if any.

The liens herein adjudged shall attach to the proceeds of said sale of the real estate in priority as follows:

Oakwood Acceptance Corporation, is adjudged to have a first and superior mortgage lien (subject only to any appropriate liens of Floyd County, Kentucky) upon the hereinabove described real property.

TERMS OF SALE:

(a) At the time of sale, the successful bidder, if the other than the Plaintiff, shall either pay cash or 10% down, with the balance on credit for thirty (30) days.

(b) The property shall be sold subject to any easements and restrictions of record in the Floyd County Clerk's Office and such right of redemption as may exist in favor of the United States of America and/or the record owners thereof, pursuant to 28 U.S.C. 2410 or KRS 426.530.

(c) The purchaser shall be required to assume and pay all Floyd County real property taxes for the fiscal year 1999, and all subsequent years not yet due and payable, and any preceding year delinquent Floyd County real estate taxes.

(d) In the event the Plaintiff is the purchaser of the above described property for an amount equal to, or less than, its first lien, it shall take a credit against said lien for the amount of the bid and no bond shall be required of the Plaintiff, and it shall only be obligated to pay court costs, the fees and costs of the Master Commissioner and any real estate taxes assessed against the real estate.

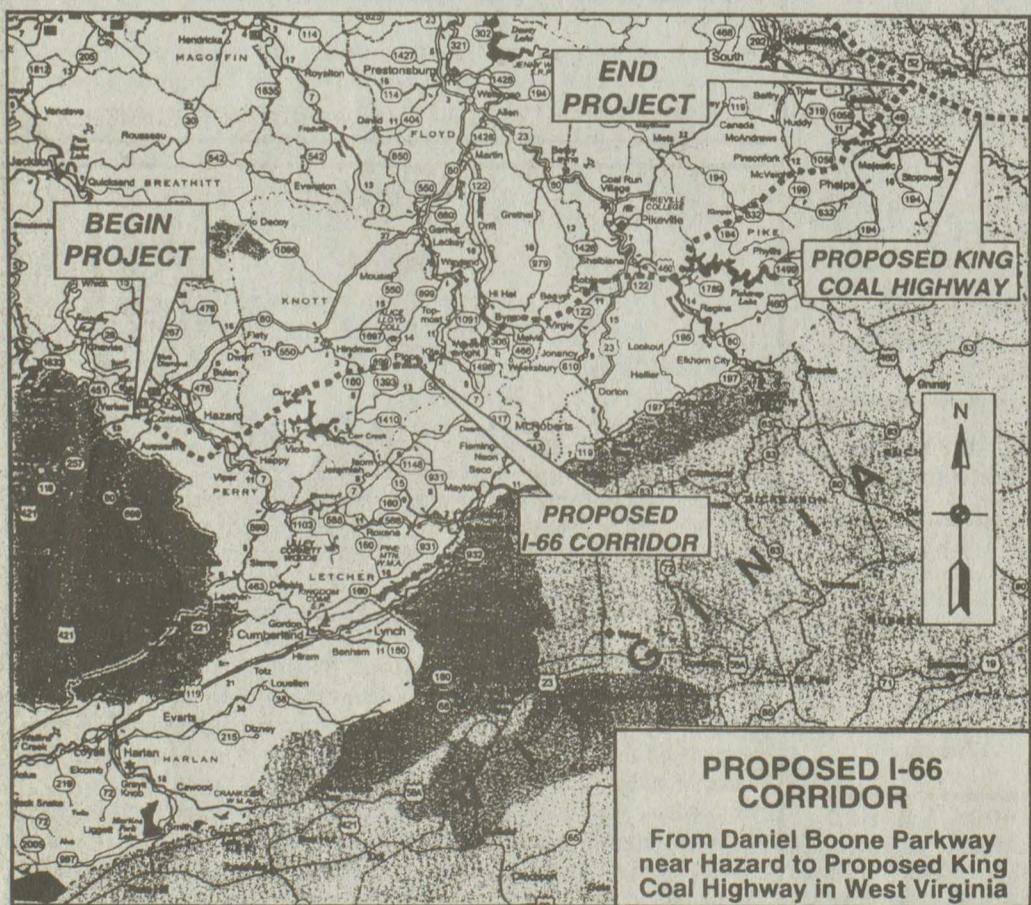
(e) The successful bidder at said sale shall, at the successful bidder's own expense, carry fire and extended coverage insurance on the collateral from the date of sale until the purchase price is fully paid, to the extent of the court appraised value of said improvements or the unpaid balance of the purchase price, whichever is less, at a minimum, with a loss clause payable to the Master Commissioner of the Floyd Circuit Court or the Plaintiff herein.

Any announcements made on date of sale takes precedence over printed matter contained herein.

THIS THE 9TH DAY OF NOVEMBER, 1999.

WILLIAM S. KENDRICK Master Commissioner P. O. Box 268 Prestonsburg, Kentucky 41653 (606) 886-2812

NOTICE FOR A PUBLIC INFORMATION MEETING INTERSTATE 66-HAZARD, KY TO WEST VIRGINIA FD52 C121 6707701 D



The Transportation Cabinet, Department of Highways has scheduled public participation meetings for proposed Interstate 66 in Pikeville and Hazard. The Pikeville meeting will be held on Monday, November 29, 1999, at the Pikeville High School Cafeteria, located at 1987 Championship Drive, Pikeville, Kentucky 41501 from 6:00 p.m. to 8:00 p.m. The Hazard meeting will be held on Wednesday, December 1, 1999, at the Hazard Community College, at 123A-FC Conference Center, One Community College Drive, Hazard, Kentucky 41701 from 6:00 p.m. to 8:00 p.m. These public meetings have been scheduled to afford all interested persons a forum for open exchange of information and ideas on this project at the earliest point possible.

The project is the proposed construction of the Segment of Interstate 66 from the Daniel Boone Parkway near Hazard to proposed Interstate 73 in West Virginia.

The public is invited and encouraged to attend these public meetings, which will be conducted in an "Open House" format. There will be short presentations of where the project is and what information will be solicited at these meetings. Attendees are welcome to review the proposed corridor and express their views concerning the social, economic, historic and environmental effects the project, as proposed, will have upon individuals, business, cultural resources and other organizations in the area. Representatives of the Transportation Cabinet and the consultant engineer will be available to answer questions, address comments and assist the public with any information that is available.

Copies of the proposed corridor will be displayed. For convenience, a comment sheet will be provided for soliciting written comments, and a recorder will be made available for those who desire to make oral statements. Statements will be accepted at the meetings and from 8:00 a.m. to 4:30 p.m., prevailing local time, Monday through Friday at the District Offices listed below up to fifteen (15) days after the Public Meetings.

Once compiled, the transcript from these Meetings, and/or supporting documentation will be made available for review and copying only after an Open Records Request has been received and approved. All Open Records Requests must be submitted to the Transportation Cabinet, Department of Administration Services, State Office Building, Frankfort, Kentucky 40622

In accordance with the "Americans with Disabilities Act", if anyone has a disability for which the Transportation Cabinet needs to provide accommodations, please notify John Bowlin, at 606-785-9644, of the necessary requirements two days before the meeting. Your request may also be mailed to:

Linda Wagner-Justice
Chief District Engineer
Kentucky Transportation Cabinet
Department of Highways
P.O. Box 2468
Pikeville, Kentucky 41502
606-433-7791

Amos Hubbard
Chief District Engineer
Kentucky Transportation Cabinet
Department of Highways
Highway 15/P.O. Box 621
Jackson, Kentucky 41339
606-666-8841

WILLIAM S. KENDRICK Master Commissioner

Hon. Lee W. Grace
Mapother and Mapother
Suite 200
801 West Jefferson Street
Louisville, KY 40202

Jeff D. Hamilton
Michelle L. Hamilton
1729 Territorial Road
Battle Creek, MI
49015-2756

NOTICE TO BID

The City of Prestonsburg will be accepting bids until Friday, November 19, 1999, at 4:00 p.m., on a Vertical Cardboard Baler, with 1,000 lb. capacity, 240 volts, single phase. Specifications may be obtained at City Hall,

in the clerk's office.

Please send bids to City of Prestonsburg, 200 North Lake Drive, Prestonsburg, KY 41653. If you have any questions, please call (606)886-2335.

The City of Prestonsburg reserves the right to accept or reject any

or all bids.

City of Prestonsburg

**SCHOOL-BASED
 DECISION MAK-
 ING COUNCIL
 PARENT
 LECTION**

Due to the vacancy of a parent member of the John M. Stumbo

Elementary School-Based Decision Making council, an election to elect one parent representative to the Council will be held in the school library on December 2, at 6:00 p.m. Voting will be by secret ballot, and any parent or legal guardian who

has a child enrolled at John M. Stumbo Elementary will be eligible to run and vote in this election. The exception, by law, is a parent cannot be an employee, or the relative of an employee, assigned to the district central office or the school which they

intend to run. They are also prohibited from being a local board member or the board member's spouse. According to KRS 160.345, a parent representative on the council may be an employee of another school or a relative of an employee of

another school.

Relative is defined as father, mother, brother, sister, husband, wife, son, daughter, aunt, uncle, son-in-law, daughter-in-law, niece, nephew, father-in-law, or mother-in-law.

Election of parent members to the

Council shall be by majority of the voting parents. Parents may nominate themselves or be nominated by others. Nominations shall be made in writing (Nomination forms will be available in the office) and submitted to the Principal by the end of the school day

(2:55 p.m.) November 24, 1999.

The term of office shall be from the date of being elected to June 30, 2000. The elected parents must be willing to take School-Based Decision Making training.

CALL



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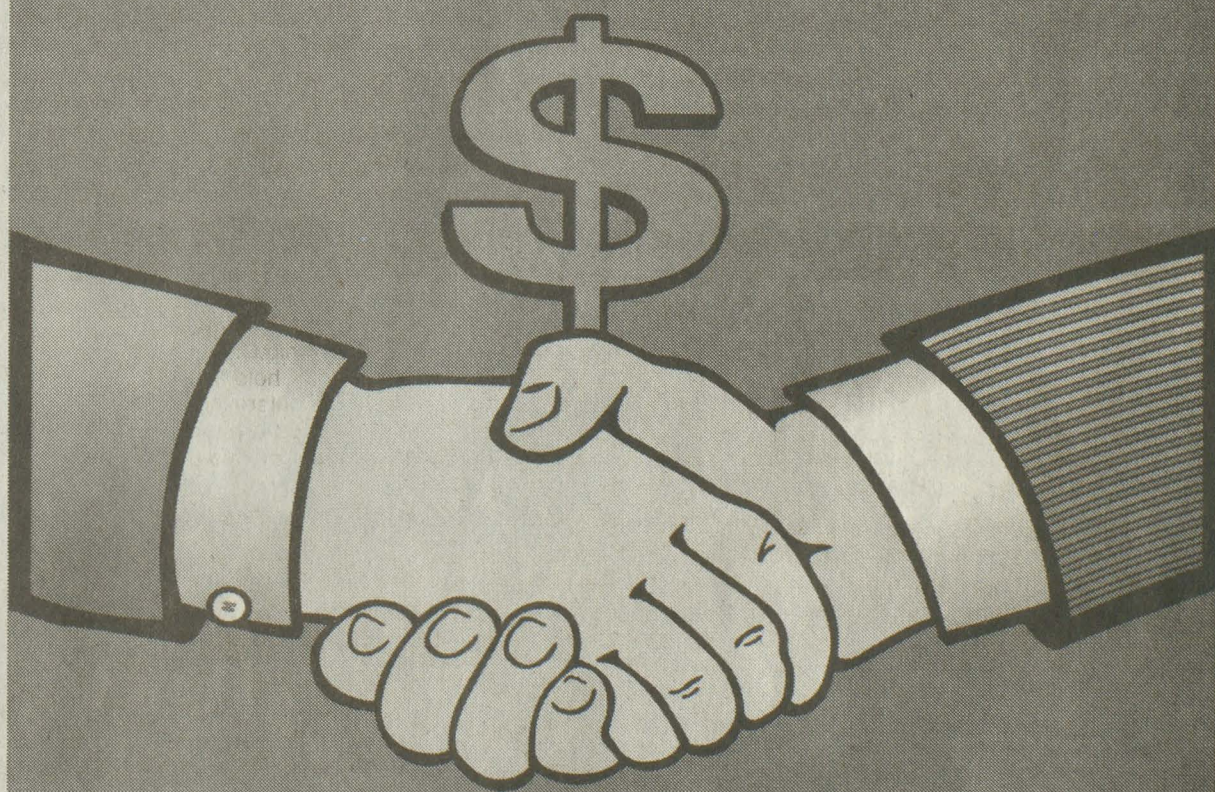
Sandra at Ext. #15
 or Jenny at Ext. #14

The Floyd County Times

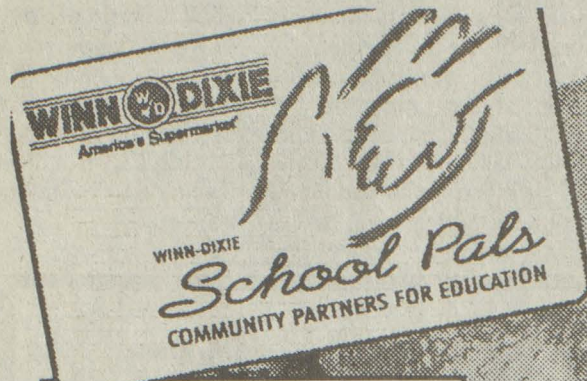
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HOLIDAY FIESTA WITH CHI-CHI'S

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 Breakstone Sour Cream 16-oz., Save up to 50¢... **\$1.18**

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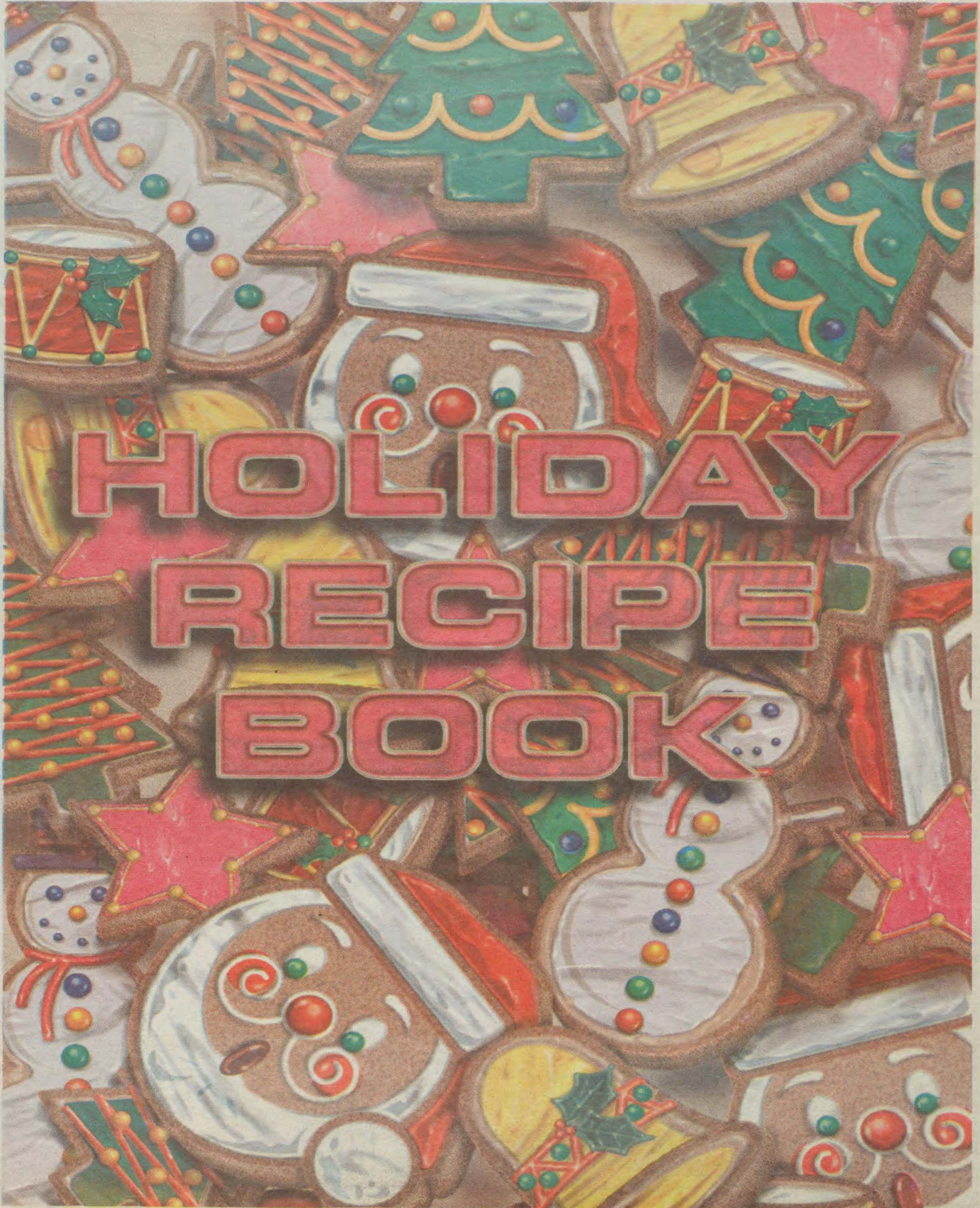
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**HOLIDAY
RECIPE
BOOK**

HOLIDAY RECIPES

The following recipes are reprinted from "The American Cookbook," by Ruth Berolzheimer, 1940.

JELLIED APPLES

Pare and core the required number of apples and bake, steam or boil in syrup until tender. Cool. Cover the bottoms of individual molds with lemon jelly, put in apples and cover with jelly. Unmold and serve with meringue or whipped cream.

BAKED APPLES

Select sound apples; core them and place from one tea-

spoon to one tablespoon of sugar in each cavity. Place the apples in a baking-dish, add water to cover the bottom of the dish, and bake in a moderate oven (350°-375° F.) until tender.

Sour apples cook more quickly than sweet ones, and summer or fall apples take less time to cook than winter apples.

Baked apples may be varied by filling the centers with brown sugar and raisins, sections of bananas, red cinnamon candies, marshmallow, marmalade or jelly, honey or corn syrup and lemon-juice, nuts, candied orange-peel,

candied pineapple, preserved ginger, canned or fresh berries, peaches and other fruits or left-over fruit-juice. Meringues, custard sauce, whipped cream or marshmallow sauce may be used as garnish.

BAKED STUFFED APPLES

6 large tart red apples
1 cup chopped bananas
1 cup chopped cranberries
1 cup sugar
1 teaspoon cinnamon
Chopped nut-meats
Whipped cream

Cut off the stem end of the apples, but do not peel them. Remove all the core and part of the pulp, leaving the walls of the cup about three-fourths inch thick. Mix bananas, cranberries, sugar, and cinnamon. Fill the cavities in the apples with this mixture, cover with chopped nut-meats, and bake in the oven (350°-375°F.) until tender. Serve cold with a spoonful of whipped cream on top of each apple.

POP-CORN BALLS

No. 1
3 quarts popped corn
1 cup sugar
1/3 cup white corn syrup
1 cup water
1/4 teaspoon salt
1 teaspoon lemon or vanilla

Discard all imperfect kernels and put the popped corn into a large pan. Cook sugar, sirup and water to the medium-crack stage (280°F). Add flavoring and salt. Pour over the corn, stirring with a spoon so that all kernels will be evenly coated. Shape the corn into balls, lay on waxed paper, and wrap in waxed

paper.

No. 2
3 quarts popped corn
1 cup honey
1 cup sugar
2/3 cup water
2 tablespoons butter
1/4 teaspoon salt
Proceed as for No. 1

MAPLE NUT BRITTLE

1 cup light-brown suar



Spicy Italian Christmas Chowder

1 cup maple sugar
1/2 cup water
1/4 teaspoon salt
1 teaspoon vanilla
1 cup broken nut-meats
2 tablespoons butter

Boil the sugar and water to the stiff-ball stage (246°F). Then add the fat and cook to the brittle stage (290°-300°F). Add the vanilla and salt and pour over the nut-meats, which have been placed on a buttered pan. When cold, break into pieces.

HOLIDAY COCONUT BALLS

1/3 cup corn syrup
1/4 teaspoon maple flavoring
1/4 cup currants
1/2 cup raisins

1 cup moist coconut
Stir the ingredients together to make a stiff loaf. Pack in a small cake-tin. Chill in the refrigerator and roll into small balls. Dust with confectioners sugar.

INDIAN PUDDING

No. 1.

1 quart milk
1/3 cup corn-meal

1/4 cup water
1/8 teaspoon allspice, if desired
1 cup sugar
1 teaspoon butter
Pare peaches and slice thin. Put in pie-pan lined with paste; sprinkle with sugar and spice, add water and dot with butter. Cover with upper crust and bake forty minutes in hot oven (450°F. 10 minutes, then 425°F. 30 minutes).

FIG PIE

3/4 pound dried figs
1 1/2 cups boiling water
2 eggs
2 tablespoons powdered sugar
2 tablespoons granulated sugar
1/2 teaspoon salt

Cut the figs fine, add boiling water and cook about one-half hour, or until the skins are tender. Beat the egg-yolks, add the granulated sugar and the salt, stir into the figs and cook until the egg thickens. Turn into a baked crust. Cover with a meringue made of othe stiffly beaten egg-whites and the powdered sugar. Brown in a low oven (300°-350°F.).

RHUBARB PIE

No. 1, Double Crust—
2 cups cut up rhubarb
Flour

1 cup sugar
Wash and peel the rhubarb and cut into small pieces. Flour the pieces until they are quite white, then add sugar. Line a pie-pan with paste, put in the rhubarb, with the sugar well stirred into it. Cover with the upper crust and bake about forty minutes in a hot oven (450°F. for 10 minutes, then 425°F. for 30 minutes).

No. 2, Single Crust with Meringue—
2 cups cut up rhubarb
3 tablespoons flour
1 cup sugar
2 eggs
1 tablespoon sugar for meringue
1 teaspoon butter

Line a pie-pan with plain paste. Wash and peel the rhubarb, cut it into small pieces, and dredge with flour until each piece is quite white. Mix the sugar, rhubarb and egg-yolks together and place in the pie-pan. Dot with butter. Bake in

PEACH PIE

2 cups cut up peaches

(See Recipes, page three)

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Recipe

(Continued from page two)

a hot to slow oven (450°F. for 10 minutes, then 325°F. for 30 minutes). When the filling is set, spread over the top the stiffly beaten whites of the eggs, into which the tablespoonful of sugar has been folded. Return to the oven and brown the meringue lightly (300°-350°F. for 8-10 minutes).

Land O Lakes recipes

FESTIVE TRIANGLE TARTS PASTRY

1 1/2 cups all-purpose flour
1/2 cup sugar
1/4 tsp. sugar
1/4 tsp. salt
1/2 cup Land O Lakes® Butter, softened
1 (3-ounce) package cream cheese, softened
3 tbsp. cold water
Filling
1/2 cup jam or preserves
3 tbsp. finely chopped nuts
1/8 tsp. lemon or almond extract
Glaze
3/4 cup powdered sugar
1/4 tsp. lemon or almond extract
3 to 4 tsp. water

Combine flour, sugar and salt in large mixer bowl; add butter and cream cheese. Beat at low speed, scraping bowl often, until mixture resembles coarse crumbs (2 to 3 minutes). Add water; continue beating just until dough forms (20 to 30 seconds). Shape dough into a ball with hands. Divide in half; flatten each half and wrap well in plastic food wrap. Refrigerate until firm (at least 3 hours or up to 3 days).

Stir all filling ingredients together in small bowl; set aside. Heat oven to 375°. Roll out one half of dough on lightly floured surface (keeping remaining dough refrigerated) to 1/8-inch thickness. Cut dough with floured 2 1/2-inch round cookie cutter. Place cookies 1 inch apart on ungreased cookie sheets. Spoon 1/2 teaspoon filling in center of each round. Lift up edges of each circle at 3 points; pinch points together firmly forming a triangle and leaving center open.

Bake for 8 to 10 minutes or until edges are lightly browned. (Tarts will open slightly as they bake).

Remove from cookie sheets; cool completely.

Combine powdered sugar and lemon extract in small bowl, adding enough water for desired glazing consistency. Drizzle on tarts (3 dozen tarts).

TIP: If necessary, cut large pieces of fruit in jam into smaller pieces.

SAVORY HOLIDAY SNACK TOSS

Preparation time: 10 minutes
5 cups corn, rice or wheat cereal squares
2 cups oyster crackers
2 cups pretzel sticks, broken in half or holiday-shaped pretzels
1 cup dried cranberries
1 (9.5-ounce) can (2 cups) salted cashew halves
1/2 cup Land O Lakes® Butter, melted
1 (1.2-ounce) package Caesar dry salad dressing mix*

Heat oven to 300°. Combine cereal squares, oyster crackers, pretzels, cranberries and cashews in large roaster pan. Stir together butter and salad dressing mix in small bowl. Pour over cereal mixture; toss to coat. Bake for 20 to 30 minutes, stirring twice, until lightly browned. Cool completely. Store in tightly covered containers (12 cups, 24 servings).

*Substitute Italian dry salad dressing mix.

Tip: Snack may be baked in two 13x9-inch pans or two 15x10 x 1-inch jelly roll pans.

SANTA'S SANDWICH COOKIES

Preparation Time: 1 hour
Chilling Time: 1 hour
Baking Time: 8 minutes
Cookies
1 cup Land O Lakes® Butter, softened
3/4 cup sugar
2/3 cup firmly packed brown sugar
2 eggs
1 tsp. vanilla
2 cups all-purpose flour
1/2 cup unsweetened cocoa
1 tsp. baking soda
1/4 tsp. salt
Candies
Decorator candies and sugars
Filling
3 cups powdered sugar
3 tbsp. creamy peanut butter

2 tbsp. Land O Lakes® Butter, softened
2 to 3 tbsp. milk
Combine butter, sugar and brown sugar in large mixer bowl. Beat at medium speed, scraping bowl often, until creamy (1 to 2 minutes). Add eggs and vanilla, continue beating until well mixed (1 minute). Reduce speed to low; add flour, cocoa, baking soda and salt. Beat until well mixed (1 to 2 minutes). Cover, refrigerate until firm (1 to 2 hours).
Heat oven to 350°. Place



Chewy Caramel-Pecan Bars

candies in small bowl. Shape dough into 1-inch balls. Dip balls in candies to coat one side. Place candy-side up. 2 inches apart on ungreased cookie sheet. Bake for 8 to 10 minutes or until edges are set. Do not over-bake. Let stand 2 minutes; remove from cookie sheet. Cool completely.

Combine powdered sugar, peanut butter and 2 tablespoons butter in small mixer bowl. Beat at medium speed, scraping bowl often and gradually adding enough milk for desired spreading consistency.

To make sandwiches, spread about 2 teaspoons of filling on flat side of cookie, top with a second cookie, flat side down. Repeat with remaining cookies (3 dozen cookies).

CREME DE MENTHE CHEESECAKE

Preparation time: 35 minutes. Baking time: 45 minutes. Chilling time: 3 hours
Crust
2 cups finely crushed chocolate graham crackers
1/2 cup Land O Lakes® Butter, melted
Filling
1 cup sugar
3 (8-ounce) packages cream cheese, softened
4 eggs

1/3 cup green or white Creme de Menthe liqueur*
1 (4.67-ounce) package Creme de Menthe chocolate mint candy thins, chopped (reserve 6 for garnish)
1 tsp. all-purpose flour
Whipped cream, if desired
Heat oven to 375°. Stir together all crust ingredients in large bowl until crumbly. Press on bottom and 1 inch up side of lightly greased 9-inch springform pan; set aside.

chopped mints and 1 teaspoon flour in small bowl; gently stir into cream cheese mixture. Pour filling onto crust. Sprinkle with remaining chopped mints.

Bake for 45 to 55 minutes or until firm to touch. (Cheesecake surface may be slightly cracked). Loosen side of cheesecake by running knife around inside of pan. Cool 1 hour. Cover, refrigerate at least 3 hours. To garnish, pipe whipped cream over top of cheesecake and top with reserved mints. Store refrigerated (16 servings).

*Substitute 1 teaspoon peppermint extract plus 6 drops green food coloring.

Tip: To prevent cracking, place pan of warm water on rack below cheesecake in oven.

Tip: Chocolate mint candies are individually wrapped.

SUGARED SOFT GINGER BARS

Preparation time: 10 minutes.
Baking time: 16 minutes
1 1/4 cup sugar
1 cup Land O Lakes® Butter, softened
1 egg
3 tbsp. molasses
1 tsp. vanilla
3 cups all-purpose flour
1 tsp. baking soda
2 tsp. ground cinnamon
1 1/2 tsp. ground ginger
1/4 tsp. salt

1/4 tsp. ground cloves
3 tbsp. coarse decorator sugars or sugar
Heat oven to 350°. Combine 1 1/4 cups sugar and butter in large mixer bowl. Beat at medium speed, scraping bowl often, until well mixed (1 to 2 minutes). Add egg, molasses and vanilla. Continue beating, scraping bowl often, until creamy (1 to 2 minutes).

Reduce speed to low; add flour, baking soda, cinnamon, ginger, salt and cloves. Continue beating, scraping bowl often, until well mixed (1 to 2 minutes).

Press dough into greased 15 x 10 x 1-inch jellyroll pan. Sprinkle decorator sugar on top. Bake for 16 to 20 minutes or until golden brown. Cool completely. Cut into desired shapes with knife or cookie cutters (48 bars).

Tip: To make ornaments, carefully make hole in top of bars with drinking straw. Cool; thread 1/8-inch ribbon through hole and tie into bow.

JUMBO GINGERBREAD

House Cookies
1 c. butter or margarine
1 c. firmly packed brown sugar
1 c. molasses
1 egg
5 c. flour
2 tbsp. pumpkin

(See Recipes, page four)

**Christmas
open house**

Friday, November 26th

Christmas decorating service

- Wreaths
- Arrangements
- Fresh cut flowers
- Gifts for those who have everything

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owner/designer Barbara Porter
Rt. 80 Prestonsburg
(near the U.S. 23 & Rt. 80 intersection)

Recipe

(Continued from page three)

pie spice

1 tsp. baking soda
Assorted Brach's
Christmas Candies
1 8-by-10-inch piece
heavy paper board for
pattern

Pre-packaged tubes of
decorating icing in holiday
colors

Cream butter and brown
sugar. Add molasses and
egg. Beat until smooth. Stir
together flour, pumpkin pie
spice and baking soda; add
to butter mixture. Beat until
well mixed. Cover and chill
2 hours. Preheat oven to
350°.

Make a full-size paper-
board pattern of a house by
drawing a 4-inch square for
the base. Draw a triangle on
the top to make a roof and
add a chimney.

Divide dough into halves.

Roll one half to a 1/4-inch
thickness. Place cardboard
house on rolled dough and
cut with a knife along the
edges. Repeat until all the
dough is used. Use the same
procedure to cut houses out
of second half of dough. Re-
roll scraps to make addition-
al houses. Bake cookies on
greased baking sheets for 9
to 11 minutes or until edges
darken slightly. Cool for 5
minutes, then place cookies
on wire racks to cool com-
pletely.

Decorate cooled cookies
with icing and Brach's
Christmas Candies.
Christmas Nonpareils make
a colorful roof. Snowbase
Jellies and Jelly Wreaths and
Trees are great for "land-
scaping" your house.
Colorful hard candies make
windows, doors and other

decorative touches.

Yield: 12 to 15 cookies.

CANDY CAPPED BUTTER COOKIES

1 c. butter or margarine
1 c. sugar
1 tsp. almond extract
20 drops green food
coloring (optional)
2 c. flour
Pinch salt
Granulated sugar

18 Brach's Christmas
Snowbase Jellies (halved
lengthwise) or 36 Brach's
Christmas Nonpareils

Cream butter or mar-
garine and 1 cup sugar. Add
extract and if desired, green
food coloring. Beat in flour
and salt until well mixed.
Cover and chill dough 2
hours.

Preheat oven to 350°.
Shape dough into 36 balls,

roll balls in sugar, then place
2 inches apart on ungreased
baking sheets. Bake 10 to 12
minutes or until edges
brown. Gently press
Snowbase Jelly halves into
centers of cookies after 6
minutes of baking, OR, press
Nonpareils into centers of
cookies immediately upon
removing them from oven.
Cool cookies on pans for 5
minutes. Then place on wire
racks to cool.

Yield: 3 dozen.

SPICY ITALIAN CHRISTMAS CHOWDER

1 lb. bulk lean Italian
pork sausage (mild
and/or hot)
1 large onion, chopped
(about 1 cup)
1 cup chopped celery
2 cloves garlic, minced

(or 1 teaspoon refrigerat-
ed minced garlic)
5 cups water
4 cups frozen hash
brown
potatoes, thawed
1 can (14 1/2 oz.)
Italian-style diced toma-
toes with garlic, oregano
and basil
4 teaspoons chicken
bouillon granules or
chicken flavored soup
base
1 package (2.75 oz.)
Pioneer No-Fat or
Regular Country Gravy
Mix
2 cups milk
1 cup (4 oz.) finely
shred
ded Cheddar cheese
1 package (10 oz.)
frozen
chopped spinach,
thawed
and drained

In large saucepan, cook
and stir sausage, onion, cel-
ery and garlic over medium
heat until onion is tender and
sausage is no longer pink,
about 5 minutes. Drain, if
desired. Stir in water, pota-
toes, tomatoes and bouillon;
heat to boiling over high
heat. Reduce heat and sim-
mer, stirring occasionally,
for 10 minutes or until pota-
toes are tender. Return mix-
ture to boiling. In 4-cup
glass measure, dissolve
gravy mix in milk; stir into
boiling mixture. Cook and
stir until thickened. Stir in
cheese and spinach; reduce
heat and simmer for 2 min-
utes or until cheese is melted
and spinach* is heated
through. Makes 6 to 8 serv-
ings.

*To retain bright
"Christmas green" color,
heat spinach just until hot.
Continued cooking turns the
spinach dark green.

BASIL BISCUITS

3 cups Pioneer
Buttermilk Biscuit and
Baking Mix
1 cup (4 oz.) finely shred-
ded mozzarella cheese
1/4 cup chopped fresh
basil leaves or 2 tea-
spoons dried basil leaves
1 cup milk
3 tablespoons butter or
margarine, melted

In medium bowl, stir
together biscuit and baking
mix, cheese, basil and milk
to form a ball. Turn out onto
surface dusted with addition-
al biscuit and baking mix;
knead 8 to 10 times. Roll out
to 1/2-inch thickness. Cut
into star or round shapes
with cookie cutter. Place on

baking sheet coated with
cooking spray. Brush tops of
biscuits with butter. Bake at
400° for 12 to 15 minutes or
until golden brown. Makes
16 biscuits or 8 servings.

Helpful Tip: When mea-
suring biscuit and baking
mix, gently spoon mix into
nested (dry) measuring cups.
Using a metal spatula or
straight-edged knife, level
off the top.

CHEWY CARAMEL- PECAN BARS

2 cups Pioneer
Buttermilk Biscuit &
Baking Mix
1 2/3 cups packed light
brown sugar (divided)
1 cup (2 sticks) butter or
margarine, softened
(divided)
1 package (6 oz.) pecan
halves (1 1/2 cups)
1 cup semisweet choco-
late chips

In food processor con-
tainer, combine biscuit and
baking mix, 1 cup of the
brown sugar and 1/2 cup of
the butter. Pulse until mix-
ture resembles coarse meal.
Press on bottom of 13x9x2-
inch baking pan coated with
cooking spray to form crust.
Sprinkle pecans evenly over
crust. In 8-cup glass measure
or microwave-safe bowl,
combine remaining 2/3 cup
brown sugar and 1/2 cup but-
ter. Microwave on High for 4
minutes or until mixture in
thickened and syrupy, stir-
ring every minute. Pour
evenly over crust and
pecans. Bake at 350° for 18
to 20 minutes or until
caramel layer is bubbly.
Remove from oven; sprinkle
with chocolate chips. Let
stand 3 minutes. Using a
knife, swirl chips over
caramel to create a marbled
effect. Cool completely; cut
into bars. Makes 36 bars.

Helpful Tip: When mea-
suring biscuit and baking
mix, gently spoon mix into
nested (dry) measuring
cup/s. Using a metal spatula
or straight-edged knife, level
off the top.

INDULGENT "TIMES SQUARE" CHEESECAKE

Shortbread Cookie
Crumb Crust:
1/2 cup (1 stick) butter
or
margarine
2 cups Pioneer
Buttermilk Biscuit &
Baking Mix

(See Recipes, page five)

Chef Jim Stinnett would like to
welcome you to our

Thanksgiving Buffet

Thursday, November 25th

Holiday Inn®

in the Garfield Room

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\$4.95

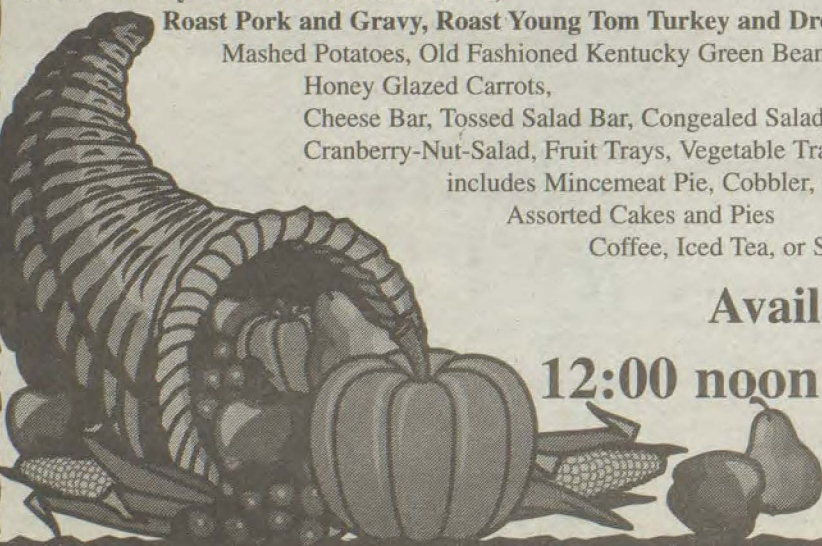


Top Round of Beef Carved on line, Baked
Cured Country Ham with Mustard Sauce,

Roast Pork and Gravy, Roast Young Tom Turkey and Dressing, Giblet Gravy, Homemade
Mashed Potatoes, Old Fashioned Kentucky Green Beans, Candied Yams, Buttered Sweetcorn &
Honey Glazed Carrots,
Cheese Bar, Tossed Salad Bar, Congealed Salads, Fresh
Cranberry-Nut-Salad, Fruit Trays, Vegetable Trays, Hot Rolls & Butter. Dessert Bar
includes Mincemeat Pie, Cobbler, Pumpkin Pie, Warm Banana Pudding,
Assorted Cakes and Pies
Coffee, Iced Tea, or Soda

Available from

12:00 noon until 8:00 p.m.



Recipe

(Continued from page four)

1/2 cup granulated sugar
Filling:

4 packages (8 oz. each)
cream cheese, room tem-
perature

3/4 cup granulated sugar
5 large eggs, room tem-
perature

2 tablespoons Pioneer
Buttermilk Biscuit &
Baking Mix

2 tablespoons vanilla
1/2 teaspoon salt

Topping:

1 carton (16 oz.) sour
cream, room
temperature

3 tablespoons
granulated
sugar

Crust: In microwave-safe bowl, heat butter on High for 60 seconds or until melted. Using a whisk, stir in biscuit and baking mix and sugar. Microwave on High for 5 to 6 minutes or until golden yellow, stirring every minute. When cool enough to touch, press in bottom and up the side of a 10- or 10 1/2-inch springform pan that has been coated with cooking spray. Set aside to cool completely.

Filling: In large mixer bowl, beat cream cheese and 3/4 cup sugar until fluffy. Add eggs, one at a time, beating until smooth and creamy. Add biscuit and baking mix, vanilla and salt; beat on low speed until smooth. Pour into prepared crust. Bake on middle rack of oven at 350° for 30 minutes. (During baking, place a pan of water on the bottom rack to prevent the cheesecake from cracking. Cover cheesecake loosely with aluminum foil to keep from browning.) Reduce oven temperature to 300° and continue baking for 1 1/2 to 2 hours, until cheesecake is almost set in center.

Topping: Stir together sour cream and 3 tablespoons sugar; carefully spoon over top of cheesecake. To prevent cracking, run a knife around the rim of the pan to separate the cheesecake from the pan. Bake at 300° for 15 minutes. Turn over off; let cheesecake stand in oven for 1 hour. Remove from oven and let stand at room temperature for 1 hour. Refrigerate (uncovered) at least 3 hours or overnight. Garnish with fresh fruit. Makes 16 servings.

Note: Place chilled cheesecake in large resealable plastic bag to store in

the refrigerator for up to one week or in the freezer for up to 3 months.

Helpful Tip: When measuring biscuit and baking mix, gently spoon mix into nested (dry) measuring cup/s. Using a metal spatula or straight-edged knife, level off the top.

PUMPKIN-PECAN MUFFINS WITH OATMEAL STREUSEL

Make these moist muffins to share with your family on Thanksgiving morning, or serve them at the big meal later in the day.

3 cups Pioneer
Buttermilk Biscuit &
Baking Mix

1 cup packed light
brown sugar

1/2 cup chopped pecans,
toasted

2 teaspoons ground cin-
namon

1/4 teaspoon ground
cloves

2 large eggs, beaten

1 can (15 oz.) pumpkin

1/2 cup low-fat butter
milk or plain yogurt

1/2 cup vegetable or
canola oil

Oatmeal Streusel:
1/2 cup chopped pecans

1/3 cup Pioneer
Buttermilk Biscuit &
Baking Mix

1/3 cup packed light
brown sugar

1/3 cup old-fashioned
oats

1/4 cup (1/2 stick) butter
or margarine, melted

In large bowl, combine 3 cups biscuit and baking mix, 1 cup brown sugar, 1/2 cup pecans, cinnamon and cloves. In medium bowl, stir together eggs, pumpkin, buttermilk and oil. Gently stir pumpkin mixture into dry ingredients just until dry ingredients are moistened. Spoon about 1/4 cup batter into each of 24 muffin cups coated with cooking spray. In small bowl, stir together streusel ingredients until crumbly. Sprinkle over batter. Bake at 375° for 20 to 24 minutes or until wooden pick inserted in center of a muffin comes out clean. Makes 24 muffins.

PUMPKIN BREAD WITH STREUSEL NUT TOPPING

This recipe makes two loaves. Share one loaf with someone you are thankful for.

4 cups Pioneer
Buttermilk Biscuit &
Baking Mix

1 1/4 cups granulated
sugar

2 teaspoons ground
cinnamon

1/4 teaspoons ground
cloves

2 large eggs, beaten

1 can (15 oz.) pumpkin

1 cup low-fat buttermilk

3/4 cup vegetable or
canola oil

Streusel Nut Topping:
1/2 cup chopped pecans
or walnuts

1/3 cup Pioneer
Buttermilk Biscuit &
Baking Mix

1/3 cup granulated sugar

1/3 cup old-fashioned
oats

1/4 cup (1/2 stick)
butter

or margarine, melted

In large bowl, combine 4 cups biscuit and baking mix, 1 1/4 cups sugar, cinnamon and cloves. In medium bowl, stir together eggs, pumpkin, buttermilk and oil. Gently stir pumpkin mixture into dry ingredients until thoroughly combined. Pour batter into two 9x5x3-inch loaf pans that have been coated with cooking spray. Set aside. In small bowl, stir together streusel ingredients until crumbly. Sprinkle over batter. Bake at 350° for 60 to 65 minutes or until toothpick inserted in center of loaf comes out clean. Cool in pans for 10 minutes; remove from pans. Cool completely on wire rack. Makes 2 loaves.

Helpful Tip: When measuring biscuit and baking mix, gently spoon mix into nested (dry) measuring cup/s. Using a metal spatula or straight-edged knife, level off the top.

CHEWY BUTTER- SCOTCH NUT BARS IN A JAR

Butterscotch chips and toasted pecans flavor these rich and chewy bars.

1/2 cup butterscotch
chips

1/2 cup pecan pieces,
toasted*

1/2 cup packed light
brown sugar**

1 cup Pioneer
Buttermilk

Biscuit & Baking Mix

1/2 cup packed dark
brown sugar**

1 cup Pioneer
Buttermilk

Biscuit & Baking Mix
In 1-quart wide-mouth

glass jar, gently layer and pack ingredients in the order listed, beginning with butterscotch chips. If there is any space left after adding the last ingredient, add more butterscotch chips or pecans to fill the jar. Place lid on top. Cut an 8-inch circle of fabric to cover lid. Place fabric over lid; secure in place with ribbon or raffia. Decorate as desired.

Make a gift card to attach as follows:

Empty contents of jar into medium bowl. Stir in 1 stick butter, melted; 1 large egg; and 1 teaspoon vanilla. Press into an 8x8x2-inch baking pan coated with cooking spray. Bake at 350° for 20 minutes. Makes 16 bars.

WHITE CHRISTMAS BARS IN A JAR

Layer white chocolate and sliced almonds to create this "White Christmas" gift jar of bars.

1/2 cup "white choco-
late" or vanilla milk
chips

1/2 cup sliced almonds,
toasted*

1/2 cup packed light
brown sugar**

1 cup Pioneer
Buttermilk

Biscuit & Baking Mix

1/2 cup packed dark
brown sugar**

1 cup Pioneer
Buttermilk

Biscuit & Baking Mix

In 1-quart wide-mouth glass jar, gently layer and pack ingredients in the order listed, beginning with white chocolate chips. If there is any space left after adding the last ingredient, add more white chocolate chips or almonds to fill the jar. Place lid on top. Cut an 8-inch circle of fabric to cover lid. Place fabric over lid; secure in place with ribbon or raffia. Decorate as desired.

Make a gift card to attach as follows:

Empty contents of jar into medium bowl. Stir in 1 stick butter, melted; 1 large egg; and 1 teaspoon vanilla. Press into an 8x8x2-inch baking pan coated with cooking spray. Bake at 350° for 20 minutes. Makes 16 bars.

M&M OATMEAL BARS IN A JAR

Decorate with a pretty Christmas ornament—makes a great gift to give your teachers.

1/2 cup old-fashioned
oats

1/2 cup mini M&M®
candies

1/2 cup packed light
brown sugar**

1 cup Pioneer
Buttermilk

Biscuit & Baking Mix

1/2 cup packed dark
brown sugar**

1 cup Pioneer
Buttermilk

Biscuit & Baking Mix

In 1-quart wide-mouth glass jar, gently layer and pack ingredients in the order listed, beginning with oats. If there is any space left after adding the last ingredient, add more candies to fill the jar. Place lid on top. Cut an 8-inch circle of fabric to cover lid. Place fabric over lid; secure in place with ribbon or raffia. Decorate as desired.

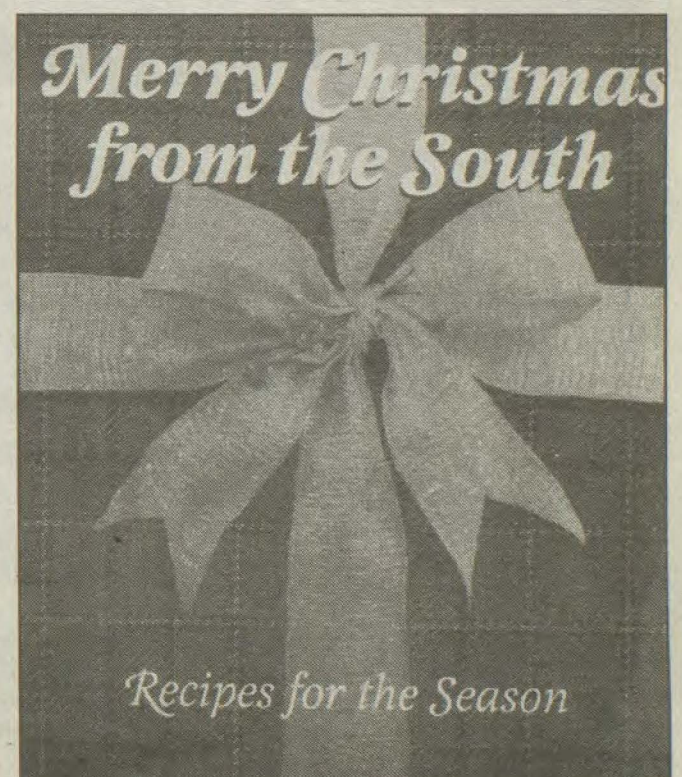
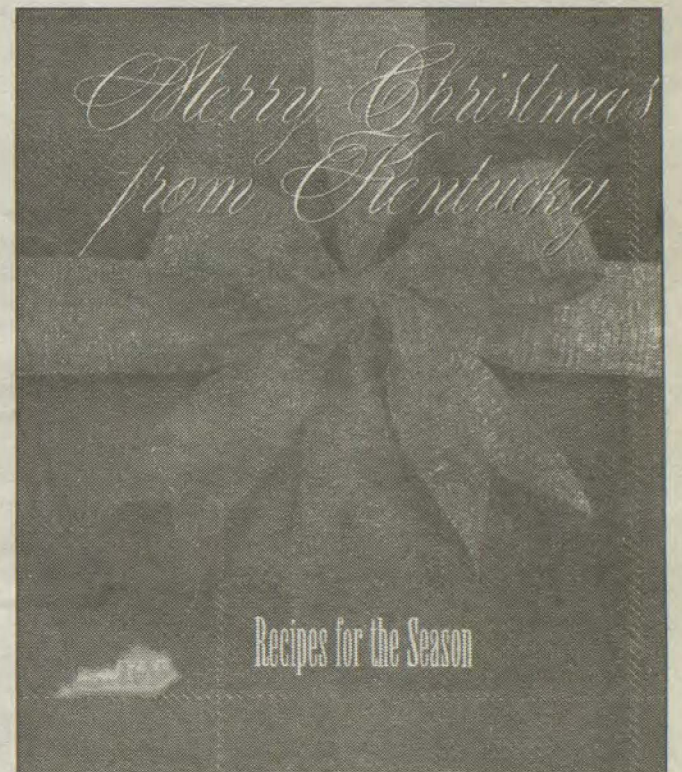
Make a gift card to attach as follows:

Empty contents of jar into medium bowl. Stir in 1 stick butter, melted; 1 large egg; and 1 teaspoon vanilla. Press into an 8x8x2-inch baking pan coated with cooking spray. Bake at 350° for 20 minutes. Makes 16 bars.

*To toast nuts, place in a microwave-safe dish and microwave on High for 4 to 5 minutes, stirring every minute. Cool completely before using.

**After measuring the brown sugar, crumble it between your fingers for uniform texture. Be sure to pack the brown sugar firmly in the jar to prevent the baking mix from sifting down through it.

(See Recipes, page six)



Recipe

(Continued from page five)

**Merry Christmas
from the South
and Merry
Christmas
from Kentucky
by Michelle Stone
Available at Country
at Heart in
Prestonsburg**

BUTTERMILK AND BASIL MASHED POTATOES

3 1/2 pounds potatoes, peeled and cut into 1-inch cubes
1 onion, chopped
3 stalks, celery, cut in half
12 cloves garlic, peeled
1/2 teaspoon salt
3/4 cup cottage cheese
1/2 cup buttermilk
2 to 4 tablespoons chopped fresh basil
1 teaspoon salt
1/4 teaspoon freshly ground pepper
Combine first 5 ingredients in a Dutch oven; add water to cover. Bring to a boil over high heat; reduce

heat and simmer 20 minutes or until potatoes are tender. Drain; remove and discard celery. Mash potato mixture. In a separate bowl beat cottage cheese and buttermilk until smooth. Add cottage cheese mixture to potato mixture, stirring mixture thoroughly until smooth. Stir in basil, salt and pepper. Cook over low heat until thoroughly heated. Serve immediately. Makes 8 servings.

DELICIOUS CORN PUD- DING

1/4 cup sugar
3 tablespoons all-purpose flour
2 teaspoons baking powder
2 teaspoons salt
6 large eggs
2 cups whipping cream
1/2 cup butter or margarine, melted
6 cups whole kernel or shoepeg corn
Combine first four ingredients. Beat eggs with a fork. Stir in whipping cream and butter. Gradually add sugar mixture, stirring until smooth; stir in corn. Pour mixture into a lightly greased 12x9x2-inch baking

dish. Bake at 350 degrees for 45 minutes or until mixture is set. Let stand 5 minutes. Makes 8 servings.

SANTA'S TREAT COCOA MIX

10 cups nonfat dry milk powder
16 ounces sifted powdered sugar
1 3/4 cups unsweetened cocoa powder
1 1/2 cups instant malted milk powder
6 ounces powdered non-dairy creamer
Marshmallows or whipped cream
Combine nonfat dry milk powder, powdered sugar, cocoa powder, malted milk powder and creamer in a large bowl. Stir until thoroughly combined. Store cocoa in an airtight container. Makes about 16 cups. For each individual serving, place 1/3 cup cocoa mixture in a mug and add 3/4 cup boiling water. Stir to dissolve. Top with marshmallows or a dollop of whipped cream.

CHRISTMAS PARTY MEATBALLS

10 ounces Cheddar

cheese
1 pound sausage
2 1/2 cups biscuit mix
1 teaspoon garlic powder
1 heaping teaspoon parsley flakes
Preheat oven to 350 degrees. Cut cheese into cubes; place in top of double boiler. Cook over hot water, stirring frequently until melted. Mix sausage, biscuit mix, garlic and parsley in large bowl. Add cheese and mix well. Shape into dime size balls. Place on a cookie sheet and bake for 15 minutes.

CHILLED CITRUS AMBROSIA

9 large oranges, peeled, seeded and sectioned
20 ounces pineapple chunks, drained
16 ounces fruit cocktail, drained
2 medium apples, unpeeled and coarsely chopped
2 cups sliced bananas
1 cup coconut
1 cup chopped pecans
Combine all ingredients, tossing well. Chill thoroughly. Makes 10 servings.

ON THE GO HAM- BURGER CASSEROLE

1 pound ground beef
1 onion, chopped
6 potatoes, diced
1 can, cream of mushroom soup
1/2 cup milk
2 tablespoons butter
1 pound Velveeta
Brown beef and onion. Boil potatoes separately. Mix beef, soup, milk, butter, Velveeta and potatoes in a

covered casserole dish. Bake at 350 degrees for 20 minutes or until cheese is melted.

BRUNCH TORTE

2 frozen pie crusts, thawed
1 cup shredded Cheddar cheese
3/4 pound thinly sliced cooked ham
1 1/2 cups thinly sliced, unpeeled red potatoes
1 medium onion, sliced
9 ounces frozen spinach, thawed and squeezed to drain
1 egg
1 tablespoon water
Preheat oven to 375 degrees. Put cookie sheet in oven to heat. Press one crust on bottom and up sides of a 9-inch pie pan. Sprinkle 1/3 cup cheese on bottom of crust. Top with half of ham, half of potatoes and half of onion slices. Distribute spinach evenly over onion. Top with 1/3 cup cheese and remaining ham, potatoes and onion. Sprinkle remaining cheese over onion. Gently press mixture into pan. Top with second crust; fold over top edge of bottom crust and pinch edges to seal. Cut slits in top crust. Mix egg and water and brush top with mixture. Place torte on hot cookie sheet and bake at 375 degrees for 45 to 60 minutes or until crust is golden brown and filling is thoroughly heated. Makes 8 servings.

BREAKFAST CASSEROLE

6 slices bread, cut into

cubes
Nonstick spray coating
1/2 pound pork or turkey sausage
1 medium green pepper, chopped
1/2 cup mushrooms, chopped
1/2 cup onions, chopped
1 cup shredded sharp Cheddar cheese
1 can, cream of mushroom soup
2 eggs, well beaten
1 cup evaporated milk
3/4 teaspoon dry mustard
1/2 teaspoon salt
1/8 teaspoon pepper
Place bread cubes in a large, shallow pan. Bake in a 350 degree oven for 8 to 10 minutes or until toasted, stirring once. Spray a 9x12-inch baking dish with nonstick spray. Place half of the bread cubes in the baking dish; set aside. Meanwhile, in a large skillet, cook sausage, green pepper, onions and mushrooms over medium-high heat until sausage is brown. Drain off fat. Spoon mixture on top of bread cubes in dish. Sprinkle with half of the shredded cheese. Top with remaining bread. In a medium mixing bowl combine soup, eggs, milk, mustard, salt and pepper. Pour over bread, pressing down cubes with back of spoon to moisten. Cover; chill for at least 2 hours or for up to 24 hours. Bake at 350 degrees for 45 minutes. Sprinkle with remaining cheese. Bake 2 to 3 minutes more. Let stand for 5 minutes before serving.



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If you find yourself alone this Thanksgiving....

If you're unable to prepare your meal...If you have nothing to prepare...

OR

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Thanksgiving Day • November 25, noon - 1:30 p.m.

Fellowship Hall (Basement of Church)

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SHUT-INS: If you are unable to come to the church, we will be glad to bring your dinner to you. Deliveries limited to a 10-mile radius of Prestonsburg. (Please call in advance for delivery)



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At your service

by Pam Shingler

The house is sparkling clean and beautifully decorated. Friends and family are sure to drop by.

You're cooking a wonderful meal, using tried and true recipes and, maybe, a few surprises with your own special touch.

What more could you want?

Figuratively speaking, the icing on the cake is the presentation — how the food looks as it's set before your family and guests.

An inviting serving dish can make the dish you're serving even more appealing.

Fortunately, close by are several stores with products

that will serve your holiday dishes in style.

For instance, Trends and Traditions, in its still-new location on South Central Avenue in Prestonsburg, has a number of cookie jars that you'd have a hard time putting away after the holidays. They're perfect for storing those cookies that draw people to your kitchen year after year (or even for store-bought goodies).

The store also has colorful serving trays and dishware that will turn any table into an elegant sight.

A white and red ceramic cake dish with a whimsical bow on top is among the holiday serving pieces at Ritchie's Hallmark on Court Street in downtown

Prestonsburg.

Even more whimsical and sure to bring smiles are over-sized cups with carrot-nosed snowmen, as well as matching plates. Place settings of dishes that make you wish the holidays lasted longer are also available at Ritchie's.

Around the corner at Country at Heart, you'll find a number of serving pieces that will grace any table. Some — with winter scenes, not just holiday — could be used beyond Christmas.

The store also has several books of holiday recipes to add to your collection, as well as a number of mixes for soups, hot chocolate and coffee that will warm the

heart of Scrooge himself.

The Dollar General Store at Betsy Layne has the ideal serving tray for a Christmas turkey and it won't break your budget. The store also has perhaps the best bargain in holiday dishware — a pretty holiday motif on a 20-piece set for about \$10.

Likewise, Rite-Aid has a beautiful set of dishware that's white with gold-plate trim, an inviting place for any kind of meal.

This is merely a start. Gift shops, groceries, drug stores, department stores, discount stores — all are fully stocked with seasonal goodies. With your good cooking, they'll only add to your reputation as an exceptional holiday hostess.



**PIKEVILLE COLLEGE
APPALACHIAN
CHRISTMAS BAZAAR**

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and
Saturday,
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and more!

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Offers Turkey Trivia: Fun Facts About America's Favorite Bird

(ARA)— A long-time centerpiece of American holiday feasts, the turkey has a colorful and delicious history. Here are some intriguing facts about our nation's favorite bird, provided by Woodbridge Vintage Barrel Chips (www.woodbridgechips.com), that you probably didn't know:

- Turkeys originated in North and Central America, and evidence indicates that they have been around for over 10 million years.
- Until 1863, Thanksgiving Day had not been celebrated annually since the first feast in 1621. This changed in 1863 when Sarah Josepha Hale encouraged Abraham Lincoln to set aside the last Thursday in November "as a day for national thanksgiving and prayer."
- In Mexico, the turkey was considered a sacrificial bird.
- Domesticated turkeys (farm raised) cannot fly. Wild turkeys can fly for short distances at up to 55 miles per hour. Wild turkeys are also fast on the ground, running at speeds of up to 25 miles per hour.
- Only male turkeys (toms) gobble. Females (hens) make a clicking noise. The gobble is a seasonal call during the spring and fall. Hens are attracted for mating when a tom gobbles. Wild toms love to gobble when they hear loud sounds or settle in for the night.
- The heaviest turkey ever raised weighed in at 86 pounds — about the size of a large German Shepherd — and was grown in England, according to Dr. Sarah Birkhold, poultry specialist with the Texas Agricultural Extension Service.
- Mature turkeys have 3,500 or so feathers. The Apache Indians considered the turkey timid and wouldn't eat it or use its feathers on their arrows.
- More than 45 million turkeys are cooked and 525 million pounds of turkey are eaten during Thanksgiving.
- Ninety percent of American homes eat turkey on Thanksgiving Day. Fifty percent eat turkey on Christmas.
- Benjamin Franklin, the great American statesman, thought the turkey was so American it should have been chosen as our national symbol, rather than the eagle.
- North Carolina produces 61 million turkeys annually, more than any other state. Minnesota and Arkansas are number two and three.
- The fleshy growth from the base of the beak, which is very long on



male turkeys and hangs

Prestonsburg
886-2321

Martin
285-3266

Betsy Layne
478-9596

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down over the beak, is called the snood.

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