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Sports

- JCHS Survives Hopkins • B1
- NCAA Tournament Bracket • B2
- Outdoor Page • B3
- Track and Speed • B6



Lifestyle

- In Conce
- Postscrip
- Youth N
- Classifieds

Sun., March 19, 2000

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Search nets over \$1 million for county

Court readies for trash, tire pickup

by Randell Reno
Staff Writer

A man known for trying to bring more money into the county to be used for improvements discovered a treasure chest in his own backyard.

During Friday's fiscal court meeting an elated Paul Hunt Thompson revealed what he had found.

In a single act of refinancing the county's bonds last year, County Judge-Executive Thompson saved area taxpayers an estimated \$1.15 million in interest payments.

Once that was accomplished, the judge asked for a prospectus on the availability of funds to the county through those bonds. After receiving a statement of about \$115,000, Thompson was set back.

The disbelieving judge decided to have the bond issues re-evaluated in late summer of last year. He reportedly received a call in January saying the available funds were higher than first reported.

The error in accounting proved to be on the side of the fiscal court as a representative of Ross, Sinclair and Associates reported the county had approximately \$985,000 at the end of the last quarter.

That estimate is expected to change, at its final reading on April 3, to nearly \$1 million.

"When the bank accounts were swept, I didn't think the amounts were right," said Thompson. "I felt like there was money in the system that should be returned to the county."

Thompson also reported to the court he had discovered an additional \$150,000 in an old bank account at the Bank Josephine. Those funds were apparently put aside for a landfill.

The money strengthens county coffers that were already in the black.

(See Money, page three)

Students find 'hands-on' anatomy a good approach

by Willie Elliott
Staff Writer

Students at Allen Central Middle School were captivated by both the content and style of Dr. Don Frazier's presentation Tuesday as he gave the students an opportunity to see real examples of human body organs not normally found in a typical health or science class.

Frazier is director of the Outreach Center for Science and Health Careers at the University of Kentucky Chandler Medical Center.

David Kilburn found the presentation informative and was impressed by the large sample of a race horse's lung. He said it struck him as odd that the horse's lungs were much cleaner than those of most humans. This led Kilburn to ponder if horses were a little smarter than humans when it comes to health matters.

Kilburn said the sight of a damaged lung had at least one effect on his actions: "I will think twice before I pick up smoking." Not smoking is especially important for Kilburn since he hopes to continue his athletic career. Kilburn plays on the basketball team at his school.

Ryan Hammonds said it was really impressive to see what the human body looks like inside. Hammonds was impressed with the shape and function of the spinal cord.

"Dr. Frazier not only showed us organs but he supplied a great deal of information as we looked at the various organs," said Regina Castle.

Stacy Howard was as much taken by Frazier's style as she was the content.

"He kept everyone by his questions and remarks and that kept it from being boring," Howard said.

She said Frazier involved the class by asking the students questions. Howard said she really thought the heart was shaped like the symbol we associate with love and valentines.

The students liked it when Frazier talked about local residents around the Martin area.

Regina Castle said she appreciated the fact that Frazier told them how the body works.

Justin Moore said he was intrigued by the way the brain sits in the skull and how the brain can bounce around in the skull during hard impacts. He said he now understands why babies have to be treated so carefully to prevent brain damage. He said he liked the soft texture of the lungs.



David Kilburn



Ryan Hammonds



Regina Castle



Stacy Howard



Justin Moore

Somebody's mess...



This instance of apparent illegal dumping at Huelyville at the junction of KY 7 and KY 550 is being investigated by officials in the judge-executive's office. (photo by Willie Elliott)

House passes 'get tough' DUI bill

By Lisa Carnahan
and Karla Dooley
KPA News Bureau

The House of Representatives has backed a comprehensive piece of legislation that will make the law much tougher on drunk drivers. One of the key provisions lowers the blood-alcohol level for a DUI charge from .10 to .08.

House Bill 366 was passed 91-5. The bill's sponsor, Rep. Rob Wilkey, D-Simpson, started off the debate by telling his colleagues that his little girl, Grace, climbs into his lap every weekend and asks "Daddy, what did you all do this week?"

"I want to be able to tell her 'Honey, this week we saved lives,'" said Wilkey. "When I came up here in 1997, I didn't really have an agenda. A colleague told me, 'Find something you're passionate about.' Well folks, this is it."

In addition to .08, the bill makes it much tougher on repeat offenders and those with a blood-alcohol level of .18 or higher.

An amendment to the bill from Rep. Kathy Stein, D-Lexington, calls for several "aggravating circumstances" that would result in offenders receiving longer jail terms that couldn't be probated by a judge. Those aggravating circumstances include:

- having a BAC of .18 or higher;
- causing a serious injury or death due to an alcohol-related crash;
- driving the wrong way on a highway;
- driving in excess of 30 miles per hour above the speed limit;
- and having a juvenile passenger at the time of arrest.

There were few voices of opposition to the bill. The five "no" votes came from Rep. Joe Barrows, D-Versailles; Rep. Jesse Crenshaw, D-Lexington; Rep. Johnnie Turner, D-Harlan; Rep. Jim Gooch, D-Providence; and Rep. Gross Lindsay, D-Henderson.

Barrows argued that the provision in the bill that would take the license plates off cars of repeat offenders would be too harsh, noting many of the defendants in DUI cases have low incomes.

"I'm not worried about inconveniencing somebody down at district court who's there on their second or third DUI,"

said Wilkey. Two provisions of the bill are tied to the state receiving a hefty chunk of federal money for road construction.

According to Transportation Secretary James Codell, Kentucky stands to lose \$72 million in federal highway monies for the state's Six-Year Road Plan if an open container ban and some type of mechanism aimed at disabling the vehicle or separating the drunk driver from the vehicle isn't passed in this legisla-

(See Legislature, page two)



Sen. Ed Worley, D-Richmond, left, Sen. Dick Adams, D-Madisonville, and Sen. Gary Johnson, D-Pikeville, discuss the day's activities on the floor of the Kentucky Senate on Thursday.

What's Inside

- Poison Pen • A4
- For the Record • A5
- Regional Obituaries • A6
- Obituaries • A6
- Community Calendar • A6
- Family Finances • A7
- The Tax Picture • A8

COUNTY BRIEFS

Traffic stop turns into drug bust

A preliminary hearing of a Prestonsburg man was postponed after he failed to obtain a lawyer for his case.

Larry D. Vance was arrested Tuesday and charged on multiple charges that included drug trafficking.

While traveling through Prestonsburg, Police Officer Tommy Gearheart recognized Vance, 46, for recently having his license suspended. Gearheart followed the suspect to Dairy Cheer, inquiring if he had in fact had his driving privileges revoked.

While speaking with the man, Gearheart thought Vance seemed a little fidgety.

"As I was talking to him he began acting pretty nervous," said Gearheart, who suspected the man was under the influence of something.

Vance allegedly admitted to the officer that he had taken four Lortab pills. Pursuant to Vance's arrest, Gearheart performed a quick search of the vehicle which resulted in the discovery of five small bags of marijuana. Vance allegedly told the officer he had been selling the drugs.

While placing the suspect under arrest, Gearheart found more Lortab tablets. Vance had four Lortab tablets inside a container that resembled a pocket watch.

He was placed in the Floyd County Detention Center under a \$25,000 property bond or 10 percent.

Vance was charged with driving under the influence of drugs, driving with a suspended license, failure to register vehicle, trafficking within 1,000 yards of a school, possession of marijuana, second-degree possession of a controlled substance, and possession of drugs in an improper container.

Vance's wife, Patricia, 40, was also arrested in the incident. She was charged with possession of a controlled substance, possession of a prescription in an improper container, and possession of drug paraphernalia.

Burn ban lifted

County Judge-Executive Paul Hunt Thompson has ended a ban on outdoor burning which had been in effect for the past two weeks.

Thompson had originally put the ban in place March 6 due to dry conditions which had made the danger of forest fires extreme.

A recent change in the weather, however, ended the need for the prohibition and Thompson lifted the ban on Friday.

Legislature

Continued from p1

tive session.

Some lawmakers expressed their disapproval of that conditional funding arrangement.

"It's federal blackmail at its finest," said Lindsay.

Others argued that the federal money shouldn't be the primary or sole factor behind a "yes" vote.

"Yes there's money attached to it, but we're also talking about safe streets," said Rep. Brent Yonts, D-Greenville.

Wilkey reminded legislators that, according to polls, tough drunk driving laws are favored by most Kentuckians.

"We all care about what the people want ... so I'm glad a UK survey showed that 69 percent favored a lower blood-alcohol level," said Wilkey. He also said the survey showed that 40 percent of those who had consumed alcohol and then driven, wouldn't have if the level had been .08.

"That's what we want, for people to think before they drink."

House Bill 366 now heads to the Senate for approval.

Budget

With some minor changes, the House passed Gov. Paul Patton's budget, but not before several legislators voiced discord that the state is doing little to lower taxes.

After an hours-long debate, the budget, House Bill 502, was passed on a vote of 85-13, with several of those who voted "no" saying they did so in protest of the tax issue or projects that had been cut.

The Senate is expected to come forth with its version of the budget in the near future, but the group faces a tight time schedule, since it received the document later than almost any other time in modern history.

There were three attempts during the House debate to include tax relief in the budget, but each of them fell after a vote or a parliamentary ruling that they were not relevant to the discussion or appropriately written.

A week earlier, the House had passed a bill that would, among other changes, levy a seven-percent excise tax on communications services such as satellites, cable television and pagers. The tax would replace a number of small taxes already imposed on some communications services.

Rep. Chris Ratliff, R-Pikeville, offered an amendment that would have phased out the motor vehicles property tax over two years, costing the state \$37.5 million in the first year and \$75 million in the second. Ratliff wanted to make up the loss with a 0.5 percent across-the-board cut in the budget for the first year and a 1 percent cut in the second.

"We are voting to maintain a tax structure that is tilted against those who are least able to pay," he said.

House Majority Floor Leader Greg Stumbo, D-Prestonsburg, countered by stating that Ratliff had opposed Patton's proposal to phase out the tax and take some of the poorest citizens of the income tax rolls.

"You were against it," he said. "We ought to be responsible and not play petty politics."

House Speaker Jody Richards, D-Bowling Green, ruled that the amendment was out of order because it did not show where the money to replace the lost funds would come from.

Next, Rep. Mark Treesh, R-Philpot, offered an amendment that would have required the legislature to dole out tax rebates whenever there was a surplus of more than \$100 million.

That suggestion failed on a vote of 31-58, after House Budget Chairman Harry Moberly, D-Richmond, told the group that the amendment would do little to help the working poor and would limit the legislature's ability to decide how surpluses should be spent in future years.

Finally, Rep. Bob Heleringer, R-Louisville, asked the House to approve an amendment that would give families a tax credit of up to \$300 for sending their children to private schools.

The state would have lost \$4.5 million to \$5.5 million each year under the plan, which he proposed to pay for out of the "rainy day fund." The account has a balance of \$239 million.

Heleringer, who was educated in private schools, said that the 70,000 Kentucky children who are enrolled in private institutions save the state \$400 million in public school funding.

After some complicated parliamentary maneuvering, Richards ruled that the amendment was not germane.

"House Bill 502 is an appropriations bill. It spends money," Stumbo said. "It cannot contain a revenue enhancement measure."

Moberly said the budget promises to be good for Kentucky's future.

"This is a good, progressive budget," he said. "This is a balanced budget."

One of the biggest alterations in the large document was an amendment by Rep. Pete Worthington that will allow the state to press forward in road construction over the next two years, despite the governor's failed attempts to increase the road fund with a seven-cent hike in the gas tax.

That proposal would have brought in \$872.2 million over the next six years, and its defeat left legislators wondering where the money would come from to build and repair state roads.

Under Worthington's plan, which passed without debate, the state will spend between \$325 and \$250 million of the cash it has set aside for future projects. However, the one-time cash advance will only cover two years' worth of roadwork. Under normal circumstances, the General Assembly would have approved a six-year spending plan, which means the 2002 legislature will have to revisit the issue.

Some of the other projects funded in the spending plan are:

- \$24 million increase for school safety.
- \$47 million increase for family resource centers.
- \$5 million increase for education technology.
- \$9.8 million for health departments.
- \$38 million for a new high risk health insurance pool.
- \$53 million for helping promote high-tech industries.
- Funding for 50 new state troopers.

Insurance

As time in the legislative session began to run out, the Senate stopped waiting for the House to pass a bill intended to restore competition in the individual health insurance market and took action.

In a surprise move, the group tacked a lengthy amendment onto a short and incongruous insurance bill, House Bill 517.

The amendment, which was

offered by Senate President David Williams, is virtually the same as House Bill 617.

Both pieces of legislation would make several changes to the state's insurance laws, but the most controversial is a provision to create a state-subsidized pool for those who had been turned down for insurance twice or more because of "high risk" health problems.

The pool, which would be called Kentucky Access, would place a \$2 million lifetime cap on benefits under the plan approved by the Senate.

Senate Majority Floor Leader Dan Kelly, R-Springfield, said the bill will still face a battle in the House.

"It's a politically divisive issue," he said. "It will be difficult."

Proponents of the change say it could lure insurance companies back into the state and allow those in the individual insurance market to see a 10-percent drop in their rates.

"If we're able to pass this ... we'll get competition back," said George Nichols, the state insurance commissioner. "We are proposing something that would benefit everybody."

But opponents of the measure say the pool will place a drain on the general fund and unfairly segregate the state's sickest citizens. They've said the legislature could better spend the \$39 million it's devoting to the pool by expanding Medicaid coverage or offering to help senior citizens pay for their prescription drugs.

The original bill, HB 617, was filed by Stumbo and Rep. Steve Riggs, D-Louisville. It made it out of the House Appropriations and Revenue Committee earlier in the week after days of debate. However, the plan was sent back to the committee soon after, which would have spelled death for the issue without the Senate's action.

Hemp

Industrial hemp won't become a Kentucky cash crop in the next two years.

The House passed House Bill \$55, but it removed parts of the bill that would have set up a regulatory system under which the state would allow hemp to be grown commercially.

The sponsor of the legislation,

Rep. Joe Barrows, D-Versailles, said he hopes that the plant, which is grown and harvested like hay, could become a future alternative to tobacco.

But for now, all that is left of the bill is a provision allowing one of the state's post-secondary schools to study the plant and its economic benefits.

Hawaii, Minnesota and North Dakota have passed legislation making hemp cultivation legal, but they must receive permission from the federal government before growing it.

Barrows agreed to remove the provisions making hemp legal in Kentucky because he said legislators needed more time to grow accustomed to the idea. Law enforcement officials across the state have opposed the change, saying legalizing hemp, which is closely related to marijuana, would make it more difficult for them to spot the drug.

The issue of even allowing a study was hotly debated on the House floor, with the vote coming in at 63-31. The Senate will now consider the issue.

Teacher quality

The House took out two fervently opposed points before passing a measure to improve the quality of the state's public school teachers.

The Kentucky Education Association and the Jefferson County Teachers Association came out against provisions in House Bill 437 that would have created an Education Professional Standards Board on which teachers were not the majority and would have required middle school teachers to demonstrate that they were qualified to teach the subject areas in which they were assigned.

The bill covers a number of teacher issues, including recruitment, training and evaluation.

Moberly, who sponsored the legislation, voluntarily removed the section requiring teachers to demonstrate their qualifications and settled for a study of the problem, but he fought the amendment offered on the floor by Rep. Susan Johns, D-Louisville, that changed the makeup of the professional standards board.

Johns, a former teacher, said that teachers "deserve to be in the majority on their own board."

But Moberly, who blamed the Jefferson County Teachers Association for damaging his bill, said the public interest outweighed the teachers' right to control standards. Rep. Jon Draud, R-Crestview Hills, who co-sponsored the legislation, agreed.

"The Jefferson County teachers acted in a very obstructionist manner," he said. "Our responsibility is to be accountable to the public."

Under the original provisions of the bill, eight of the 19 board members would have been teachers. Johns' amendment, which passed 47-45, changes that to 12 teachers on a board of 23.

Although the bill allows districts to offer higher pay in some instances in order to attract better teachers, Rep. Kathy Stein, D-Lexington, offered an amendment that would have only permitted a one-time stipend.

Stein said she feared that morale problems could result from a new teacher being paid more than a teacher who had been in a school for some time, but Moberly, Draud, and others argued that the schools need flexibility in order to attract the teachers they need.

The amendment failed after a narrow voice vote.

The bill passed 88-9 and now goes to the Senate.

Bottle bill could get public vote

The controversial bottle bill could be left to the public to decide.

The House of Representatives approved House Bill 745, which would place the issue of container deposits on the ballot in a referendum.

"Kentucky is not a referendum state and normally, I'd be the first to stand on this floor and say we shouldn't go in this direction," said the bill's sponsor, House Majority Floor Leader Greg Stumbo. "But drastic times call for drastic measures. I believe the people of Kentucky, like the people of Michigan, will be willing to sacrifice a few pennies or a few dollars to see this state cleaned up. I'm willing to give them a chance to be heard."

Stumbo sponsored a bill that called for container deposit and

(See Legislature, page three)

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Money

Continued from p1

In other news, a major undertaking to clean the county of its refuse is set to begin with the coming PRIDE Spring Cleanup, the cleaning of seven area streams, and the Tire Amnesty Pickup Program.

Tires that have been accumulated on residential properties, at gas or service stations, or are lying along the roads or streams can be gathered and disposed of soon.

Judge Thompson urges residents of the county to gather up tires and other waste for the project scheduled for April 27-29. The three-day pickup is an unprecedented event, allowing old tires that could not be disposed of previously to be taken away.

During the spring cleanup, a temporary staging area will be set up at the Garth landfill for the tires. Thompson said the tires must be separated from the rest of the refuse.

Tires will be taken from everyone but salvage yards, large retail dealers, and truck tire dealerships. Passenger, light truck, truck, and agricultural tires will be accepted at the pickup sites.

"Preferably not on the rim," said Thompson.

Bids were opened for the seven PRIDE cleanup projects. Bids were submitted by B&J Landscaping,

whose bid \$19,000 for each; High Tech Construction, whose bids ranged from \$23,500 to \$28,480; J&L construction, whose bids ranged from \$18,100 to \$19,650; and Gary Wolfe, whose bids ranged from \$16,000 to \$17,000.

Thompson proposed hiring as many of the contractors under \$20,000 as possible. Thompson said he'd liked the court to consider "breaking them up, so we can get them all cleaned up at the same time."

He will review the bids and present them to the fiscal court so that each company can be notified at the same time.

Thompson also applied for emergency grants to be used to clean streams in McDowell and the bend of Beaver Creek at Bosco.

A \$50,000 grant has been applied for by Thompson for a potential wetlands project at the Garth landfill. The wetlands will apparently be used to remove unwanted chemicals from the landfill before the water is allowed to return to the watershed or creek.

The water will travel from the landfill into the wetlands and then into the creek. The water will be tested before it is released.

The court has found itself attempting to get out of a hole left

by former County Court Clerk Carla Robinson Boyd. Apparently Boyd or her employees failed to file a lien on an RV camper for the NBD Bank.

The buyer of that RV defaulted on the loan, leaving the bank unable to collect for its loss. Unable to seek relief from the buyer, the bank turned to the county clerk's office.

The situation was amplified when it was discovered the county did not cover the clerk's office in its liability policy. Without the insurance, the county was left with the bill.

Negotiations by Floyd County Attorney Keith Bartley brought the proposed \$40,000 debt to \$9,000. The fiscal court agreed to make the payment to the bank to clear up the matter.

In other matters before the court: Stacey Marshall, assistant county attorney, was appointed to the floodplain appeals board for a four-year term.

Walter Akers and Ted Stumbo were re-appointed to the Betsy Layne Senior Citizens Board of Directors. That term runs for four years.

Rick Caudill, Eugene Hutchinson, Joe E. Howard, Thomasine Robinson, Mahendra Varia and Larry Foster Stumbo

were appointed as members of the advisory board for the Martin Flood Project.

"We can work on roads and everything else but we also need to work on things for kids to do," said Thompson as the court signed a resolution to donate funds to area Little League teams. \$5000 will be given to the Prestonsburg, Beaver Creek and Harold-Allen-Prater (HAP) Little Leagues, and to the Beaver Creek Junior and Senior League.

\$40,000 was received from the Transportation Cabinet to be used for repairs to the Bosco Bridge.

Excess fees of \$14,500 were returned to the court by County Clerk Chris Waugh.

The Kentucky Labor Cabinet requires that jail personnel be hourly employees. Therefore the court changed Deputy Damon Newsome from a biweekly salary of \$1,250.63 to \$15.64 an hour.

The court approved the following bills to be paid: \$2,311 to the Floyd County Rescue Squad, \$692.79 to Wright's Lumber Company for the Kentucky Tech low-income house project, \$12,360 to Dave's Concrete for the removal of leachate from the landfill at Garth, and \$16,400 to Dream Home

& Land Development for the installation of water lines.

Three roads were added to the county's road system — Akers Lane at Grethel is approximately 800 feet long, 14 feet wide; Tackett Fork

Bottom at Tackett Fork at Beaver is approximately 300 feet long, 14 feet wide; and Woodland Park at Daniel's Creek is approximately 4821 feet in length and 20 feet wide.

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Customer service: Designing a site for sore I's

by Dave Stoltzfus

(NAPSA)—When it comes to the Internet, it doesn't matter if a site is meant to sell merchandise or disseminate information. If customers can't maneuver through the site easily, or can't find out what they want to know, they likely won't be back.

Customer service is key to building customer loyalty, and a company's website, when designed from the consumer's perspective, can be particularly helpful in addressing customer needs.

I want to talk to a person. Customer service centers and automated voice response units have been in use for years, and they should still be available for consumers who desire personal

contact. On the business end, the push should be toward online service (which costs a few cents per transaction, compared to \$5 for a live call agent), and the site's design should reflect that.

I want to do it myself. Online customer service should guide the user through tasks, such as the exchanging of money between funds or enrolling in a health care plan, but allow the user to feel that he or she is in control of the transaction.

I have a problem. Problem resolution can be handled effectively online by giving customers the opportunity to dispute a bill, clarify an order or submit a service request.

I need information. Efficient customer service goes beyond the standard "frequently asked ques-

tions" page. Users should be able to download helpful information that answers questions in language the user can understand.

Before you start designing a site, it's important to identify your objective. For example, if customer loyalty is a top priority, then the site should be highly personalized and provide helpful content for users. On the other hand, to generate revenue, a site should be very marketing oriented and feature dynamic content and product information geared toward the customer's personality profile and usage patterns.

Simply put, do not underestimate the importance of designing a site that creates a positive experience for the user. From orientation and interactivity right down to page composition, typography

and graphics, the user experience affects your repeat traffic and reputation.

Dave Stoltzfus is Chief Technology Officer of Logical Design Solutions (www.lids.com).

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Legislature

Continued from p2

mandatory garbage collection that was defeated earlier this month. The Michigan legislature also defeated a similar measure that was later approved by voters in a referendum. That state has had a container deposit program for several years that supporters say has resulted in a dramatic reduction in roadside litter.

House Bill 745 is a constitutional amendment calling for a statewide referendum on creating a container deposit program. It passed the House on a vote of 62-27. But the measure still faces a tough path.

The House and Senate can each propose two constitutional amendments per regular session, and if the Senate goes along with House Bill 745, the question of whether or not to approve the constitutional amendment would be placed on the November ballot. If approved by the voters, a petition would be circulated that would have to garner at least five percent of the registered voters who voted in the last gubernatorial election. If that happened, the issue would be placed on the ballot again and if approved, the

General Assembly would be required to write the legislation that would implement the program.

"I've been against the bottle bill," said Rep. Hoby Anderson, R-Flatwoods, "and I think it's bad that we've killed mandatory garbage for this session. I hope we can bring it back as some type of amendment ... but I support this (referendum). Let's let the people decide."

Some legislators questioned the referendum method of deciding controversial issues.

"I think this is a slippery slope," said Rep. Joe Barrows, D-Versailles. "Are we going to put everything that's controversial on the ballot ... like California? That's not what our forefathers had in mind when they established our form of government."

Unlike the previous bottle bill legislation that included an advance disposal fee on fast-food packaging sold at restaurants' drive-thru windows and mandatory garbage collection, House Bill 745 calls for a referendum on only container deposits.

Workers' comp

The House has passed a bill that takes the governor's recommendations on revising the workers' compensation reform he pushed through in a special legislative session in 1996.

Stumbo sponsored the legislation, House Bill 992, and said that when the reform was passed, it was predicted that it would save the system 20 percent. In reality, reductions have been closer to 40 percent.

Among the changes in the governor's plan is a 40 percent increase in the benefits paid to workers who have permanent but partial disabilities and are still able to work. The bill also changes the method in which black lung cases are evaluated, places more emphasis on retraining and doubles the benefits paid in cases where the worker is killed.

The revisions don't go far enough, according to many lawmakers.

"I'm probably going to vote for the worst workers' comp bill

that I've ever voted for," said J.R. Gray, D-Benton. "I'm not proud to stand here and say this. But I'm a realist. I've tried to plead the case of the working men and women of this state. This bill doesn't go far enough to restore benefits to the injured worker ... but I know it's the only bill that stands a chance of being passed. It's a small step toward restoring equity for the injured worker."

Several amendments that would have increased workers' benefits even more were handily defeated.

The bill passed by a 71-27 vote and now heads to the Senate.

Annual sessions

The House of Representatives has passed a bill that would ask voters to allow the General Assembly to meet annually, as opposed to its current biennial sessions.

Currently, the legislature meets in even numbered years for 60 working days. House Bill 936 would place a constitutional amendment on the ballot that would allow for odd-year sessions of 24 days or less to deal with specific issues, like the budget. A similar amendment failed in 1998 but that amendment did not restrict the session's agenda. Under House Bill 936, the legislature could discuss and "act upon" the budget, government reorganization, gubernatorial appointments and administrative regulations.

Riggs urged support for the bill so legislators could have more control over implementation of administrative regulations.

"If you want more authority to deal with administrative regulations, if you're tired of regulators not correctly interpreting our intent with legislation, then vote for this bill," said Riggs.

Not everyone agrees annual sessions are a good idea.

"This hasn't been a good session," said Rep. Woody Allen, R-Morgantown. "It's been a good session for state government and special interests. We've got more fees, more taxes, and until we clean up our act, I don't think we need any more days."

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—First Amendment of the U.S. Constitution—

Viewpoint

QUOTE OF THE DAY...

If you would convince a man that he does wrong, do right. Men will believe what they see.

Henry David Thoreau—

Sunday, March 19, 2000 A4

Editorial

Hemp vote could clear way for progress

The state House of Representatives took a step toward solving some of our state's problems, both new and chronic, by voting to allow the University of Kentucky to study the growing of hemp.

It was a baby-step, perhaps, but a step nonetheless. Returning hemp to its rightful place in Kentucky agriculture is an issue which has been gathering widespread public support in recent years, particularly given the hard times tobacco has fallen on of late and the worse times to follow.

Allowing our farmers to grow industrial hemp would give them a way to break the tobacco habit and open new markets.

But before we write off hemp as merely salvation for the state's tobacco farmers, we need to realize that it can play a significant role in the mountains as well.

Hemp does not require the same acreage as tobacco, which makes it easier to grow in our region. Just ask the growers of the plant's illicit cousin, marijuana. They've managed to learn how to grow that plant in every half-hidden nook and cranny throughout the state.

As such, hemp could provide a new form of agriculture which would not be confined to the western two-thirds of the state. By giving eastern Kentucky families a means of making a living from the land they already own, we can give them a means of breaking the cycle of poverty which plagues our region.

Not that anyone is predicting hemp could be the miracle cure for our economy. But in addition to helping tobacco farmers diversify their crops, it could bring new money into eastern Kentucky and every bit counts in a depressed economy.

Still, under the best of circumstances, that day is still a few years down the road. The House has only voted to allow a two-year study of the plant's potential, and it is not yet known how the Senate will react.

But taking this one small step will keep our state competitive with Hawaii, Minnesota, North Dakota and Quebec, all of which have voted to allow growing the crop to some degree. It deserves passage and Gov. Paul Patton's signature.

—Ralph B. Davis



Guest Column

Discrimination goes high-tech

The frightened middle-age woman was relieved she would not have to give her name. She handed over several \$100 bills, counting them out with trembling hands. She had never done anything like this before. She rolled up her sleeve and looked away, awaiting the needle.

It was not a street corner drug deal, although it felt like it. She was in a major teaching hospital undergoing genetic testing to see if she had an increased risk of contracting a life-threatening disease.

Along with her fears that this glass tube identified by number might render a deadly warning in every unseen strand of her DNA, she also was afraid of other threats unseen: that the test alone might prevent her, or a family member, from getting health or life insurance, a job, a promotion, custody of her children, an organ transplant; or perhaps even something as simple as a home loan.

As technology soars forward in the Human Genome Project and computer science, we will know more about ourselves than ever before, and be less capable of keeping it to ourselves. Medical science already has hundreds of genetic tests that detect mutations putting a person at increased risk for such ailments as ovarian, breast, colon and prostate cancers, Alzheimer's and other, rarer diseases.

The potential for good abounds in areas of prevention, early detection, treatment and most spectacularly, cures.

But, there is also tremendous potential for abuse. In California, a government laboratory had for years genetically tested government employees for diseases, including sickle cell anemia, without their knowledge following pre-employment physicals.

Even though genetic testing does not render a diagnosis, only indicators of increased risk, it has been used to deny medical insurance and charge higher rates.

Such cases led Congress to pass legislation in 1996 outlawing genetic discrimination in group health insurance plans serving 50 or more employees.

But, according to a senior White House official, many people who could benefit from genetic testing still are deciding not to have it, solely because they are afraid the results will be used against them by employers and insurers.

Recently, President Bill Clinton took an important step, issuing an executive order that forbids federal agencies from using genetic testing in any decision to hire, promote or dismiss workers. The order protects 2.8 million federal employees.

There is much left to be done. Genetic information that can be gleaned from testing will only increase, through innovations like the biochip, which one day may be able to map from one strand of hair a person's entire identity, from hair color to inquisitiveness.

Clinton challenged private sector employers to adopt similar nondiscriminatory policies. Even better is his endorsement of congressional legislation sponsored by Sen. Tom Daschle, D-S.D., and Rep. Louise M. Slaughter, D-N.Y., that would make it illegal for employers to discriminate on the basis of genetic testing.

All of us are predisposed to some illness. No one should be penalized for discovering what that illness might be.

—St. Louis Post-Dispatch

A Legislative perspective

by Rep. Gregory D. Stumbo
House Majority Floor Leader

(FRANKFORT) As the old saying goes, "We were up to our bootstraps in alligators" last week as the 2000 legislative session advanced into its final weeks. Major issues such as the state budget, stiffer drunk driving penalties and workers compensation were controversial issues for which everyone wanted to clarify their feelings causing us to burn the midnight oil.

But now the budget we voted upon which is based upon the proposed tax increases is before the Senate. And it is unknown at this time what course they will take. The House version of the budget contains important appropriations such as the expansion of early childhood development programs and funding for the expansion of mental health services. The workers compensation bill was unwanted by some and according to others the amendments to the present law were not enough. House Bill 992 does raise benefits for injured workers who are permanently disabled, expands programs to retrain disabled workers who can't return to their old jobs, doubles benefits to \$50,000 in cases where workers are killed and changes the way black lung cases are evaluated. Some attorneys' fees would increase in an effort to answer complaints that workers were not getting adequate representation if the bill makes it through the process. The legislation was not all I had hoped for in changes

to the workers compensation law but is probably all we can hope to get passed with a Republican Senate.

Also of great significance to Kentucky children, House members passed a teacher quality bill. It is the result of a year-long study done by a teacher quality task force and reflects those issues earmarked important by the members after a great deal of fact finding. House Bill 437 addresses most issues that affect teacher training from college preparations to the training required after reaching the classroom. The bill tackles various topics such as training in diversity and equity issues, the role of school councils in offering continuing training, and specificity in subject training. A new, independent Education Professional Standards Board would oversee all this. This board is authorized to establish statewide standards for evaluation and support for improving the performance of all certified school personnel.

Set board duties will also include formulating a model plan for the preparation of current teachers for teaching in their subject assignments, defining out-of-field teaching and determining the system for ranking of teachers.

The board had been originally set at 19 members but an amendment introduced on the House floor increased the membership to 23, with at least 12 practicing teachers as participants. It was argued successfully that a board governing teachers should have a

See Guest, page five

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.

Poison Pen

by Ralph Davis
Managing Editor



Stand up and be counted

The census forms have been sent and, if you haven't received one by now, you should soon.

I received mine, the long form, on Wednesday. Dutifully, I filled it out that evening and put it in the mailbox first thing the next morning.

That was the end of my thoughts about the census, or so I figured.

Over the course of this week, I've managed to run into quite a few people over the internet who are determined to not take part in the census, or to sabotage it by leaving blanks or filling in wrong answers.

I suppose I should have expected such, given the particular libertarian bent of many internet users. But I never expected such vehement opposition to what I consider a harmless and potentially beneficial exercise.

Most folks I talked to said they didn't mind being counted, but they were outraged over the nature of some questions on the long form. In particular, they felt the questions were an invasion of privacy and were suspicious of what their answers could be used for.

I suppose I understand that. With Watergate and the Iran-Contra scandals, as well as the assassinations of the Kennedys and Martin Luther King Jr. and all the speculation surrounding their deaths, one would have to be foolish to not cast a skeptical eye at the actions our government takes.

But the census, I feel, is pretty benign. And let's face it. If the guys in the black helicopters are out to get you, they've got a lot more detailed, more reliable information from the IRS, FBI and all the health-care regulators at their fingertips.

More than than being harmless, however, this year's census is a good chance for Kentucky, particularly our end of it, to right a wrong from 10 years ago.

During the last census, Kentucky was woefully under-counted. I was working in another county several years ago, and the judge-executive there said he never even received a form or had census worker come to the door.

As a result, Kentucky lost one of its representatives, which, as it turned out, probably wasn't so bad, since the one we lost was Chris Perkins.

But along with that loss came a whole host of other problems. In addition to losing a congressman, we lost a little more say in the presidential election. We also lost potentially millions of dollars, since federal spending hinges on census statistics.

But all of that could have been corrected with an accurate count. Still, the long-form statistical sample is important because it will dictate what types of funding we will be eligible for.

The government bean-counters like to look at census statistics when deciding how to spend money.

Getting ready to build a VA hospital? Look where the veterans are and build it where it will serve them best.

Have money in the budget for low-income housing? Take a look at the census and build it where the poor people are.

Traffic problems need to be corrected? Find out where people are driving to

(See Pen, page five)

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FOR THE RECORD

Civil Suits Filed

Michael Keith Sanders vs. Ralph Joseph Bryant, personal injury.
 Joe Bentley, et al vs. John D. Martin, personal injury.
 Randy Carroll vs. J & A Coal Corporation, personal injury.
 Greenpoint Credit Corp. vs. Mary J. Bentley, et al, petition for debt collection.
 Dinah Kidd vs. Andrea L. Justice, et al, personal injury.
 Eastern Kentucky Development Associates vs. Jim Cole, et al, petition for debt collection.
 Jason Brent Caudill vs. Jessica L. (Rugherford) Caudill, petition for dissolution of marriage.
 Neil Moore vs. Sharon Rose Moore, petition for dissolution of marriage.
 Angela Sue Newsome Thacker vs. Brandon Scott Newsome, petition for dissolution of marriage.
 The Huntington National Bank vs. Frank Goble, petition for debt collection.
 Jamie Blackburn vs. Mary Holbrook Blackburn, petition for dissolution of marriage.
 Teresa Hobson vs. John D. Hobson, petition for dissolution of marriage.
 Robert Edward Little vs. Kamela Gillespie Little, petition for dissolution of marriage.
 James E. Clay vs. Drema Gayle Clay, petition for dissolution of marriage.
 Patty Ann Mullins Teeter vs. Joseph Mullins, petition for dissolution of marriage.
 Diana P. Owens vs. Vanessa M. Morman, petition for dissolution of

marriage.
 Priscilla Sparkman vs. Wal Mart Pharmacy Bag Program, et al, negligence.
 James Coy Smith vs. Esther Smith, petition for dissolution of marriage.
 Kizzie Halbert vs. Rebecca Dye, personal injury.
 Cabinet for Families and Children vs. Glenda Short, petition for child care and health insurance.
 Cabinet for Families and Children vs. Edward Short, petition for child care and health insurance.
 Veronica Little vs. David Little, petition for dissolution of marriage.
 Paul L. Williams vs. Tammy M. Williams, petition for dissolution of marriage.
 Connie Jean Hancock vs. David Green, et al
 Glenn Dale Spradlin vs. Anna Spradlin, petition for dissolution of marriage.
 Patsy L. Reed vs. Jimmy D. Reed, petition for dissolution of marriage.
 Connie Reed vs. Russel Reed, petition for dissolution of marriage.
 Violet May Tackett vs. Wayne Tackett, petition for dissolution of marriage.
 Paulette Johnson vs. Scott Johnson, petition for dissolution of marriage.
 Deloris James Hayden vs. Herbert R. Hayden Jr., petition for dissolution of marriage.
 Mark Blankenship vs. Kevin R. McCarty, et al, personal injury.
 Providian National Bank vs. Daisy M. Holt, petition for debt collection.
 Shelia Sue Gilliam vs. Johnny

Gilliam, petition for dissolution of marriage.
 Community Trust Bank vs. Ronald Yates, et al, petition for debt collection.
 Jennifer Hope Caudill vs. Larry Gordon Caudill, petition for dissolution of marriage.
 Brenda Case vs. Clive Case, petition for dissolution of marriage.
 First Commonwealth Bank vs. Burchett Enterprises Inc., et al, petition for debt collection.
 FirStar Bank vs. Gary Justice, et al, petition for debt collection.
 William K. Moore vs. Dordena Buckley Moore, petition for dissolution of marriage.
 Dennis Roy Hall vs. Daisy Lynn Mullins Hall, petition for dissolution of marriage.
 Stacey Rose vs. Bert Allan Rose, petition for dissolution of marriage.
 Elizabeth (Slone) Caudill vs. Stony Sam Caudill, petition for dissolution of marriage.
 Richard Ray, et al vs. Robert Lavigne, personal injury.
 Sammie Lemasters vs. Edna M. Lemasters, petition for dissolution of marriage.

Marriage Licenses

Amanda Lynn Wallen, 21, of Garrett and Danny Joseph Hawkins, 26, of Pound, Va.
 Tabitha Solomon, 20, of Prestonsburg and Merlin O. Conn Jr., 26, of Printer.
 Mitzi Ann Tussey Justice, 27, of Langley and John Daniel Hall, 33, of Langley.
 Michelle Leann Powers, 19, of

Auxier and Marvin Kelly Jervis, 22, of Prestonsburg.
 Stephanie Lynn Maynard, 25, of Prestonsburg and Randy Robert Sizemore, 32, Prestonsburg.
 Sandra Gayle Hale, 30, of Warsaw, Ind., and William Ray Newsome, 29, Warsaw, Ind.
 Ellam Clay, 40, of Dwale and Derek V. Click, 37, of Hueysville.
 Teresa Feliciano, 20, of Lookout and Travis D. Hall Jr., 22, Teaberry.
 Angela Reynolds Newsome, 27, of Stanville and Randall Leo Watts, 34, of Allen.
 Brenda G. Coleman, 40, of Bevinville and James Ernest Hall, 40, Bevinville.
 Angela Reynolds Newsome, 27, of Stanville and Randall Leo Watts, 34, of Allen.
 Derlene Boline Abrams, 36, of Molone and Eugene Campbell, 40, of Garner.
 Leisa Maria Salisbury, 19, of Harold and Christopher Jay Tackett, 27, of Harold.
 Alisha M. McCade, 22, Langley and Jeffrey G. Bays, 27, of Prestonsburg.
 Reba Jean Martin, 37, of Allen and Michael Delbert Conn, 35, of East Point.
 Mary Ann Mullins, 18, of Hueysville and Brett Alexander Patton, 18, of Martin.
 Ella M. Clay, 40, of Dwale and Derek V. Click, 37, of Hueysville.
 Mary Jane Slone, 31, of Printer and Bobby Lee McCoy Jr., 32, of Printer.
 Pamela Gean Gibson, 19, of Grethel and William M. Handshoe, of Grethel.
 Angela Lee Damron, 20, of Harold and Sollie Junior Tackett, 21, of Harold.
 Nancy Ann Springer, 26, of Hueysville and Jimmy Darrel Patton, 25, of Langley.
 Miranda Gabrielle Stanley, 19, of Prestonsburg and Mark Fraley, 26, of Prestonsburg.
 Crystal Dawn Stumbo, 23, Prestonsburg and Brian Keith Prater, 28, of David.
 Kandy L. Arnett, 34, of McDowell and Jeffrey Moore, 33, of McDowell.

Pen

and from during the morning commute to see whether public transportation or new highways will work best.
 For these reasons, it is of the utmost importance for as many people as possible to fill out the census.
 Especially in eastern Kentucky. I don't know about you, but I am tired of seeing good money spent on the wrong projects. I don't know if a good showing in the census will help out in that regard, but if not, it won't be because the bureaucrats lack information.
 So, speaking as one person to a few thousand others, complete the census,

whether you get the short form or the longer version.
 If you don't, you're not only committing a crime. You're cheating your community and, ultimately, yourself.



Alexander the Great introduced the eggplant to Europe.

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Sounding the alert about undiagnosed diabetes

(NAPSA)-Diabetes, which affects 16 million Americans, is called the "silent killer" because one-third of those with the disease-almost six million people-do not know they have it.

According to the American Diabetes Association, early diagnosis is critical to successful treatment and delaying or preventing some of its complications, including blindness, heart disease, kidney disease, stroke, amputation and death.

To help inform the American public about the seriousness of diabetes, particularly when it is left undiagnosed or untreated, the American Diabetes Association is

presenting the 12th Annual American Diabetes Alert-a one-day "wake up" call-on March 28, 2000.
 On the day of the Alert, the Association's local offices will "Sound the Alert" about the dangers of diabetes through special Alert activities and events. In addition, the Association will distribute thousands of diabetes risk tests nationwide.

Those most at risk for diabetes include people over the age of 45, and those who are overweight, or have a sedentary lifestyle. African Americans, Hispanics, Native Americans, Pacific Islanders and people who have a family history of the disease are also at an

increased risk.

The paper-and-pencil test requires users to answer seven simple questions about weight, age, lifestyle and family history. People scoring 10 points or more are at a high risk for diabetes, and are encouraged to see a doctor for final diagnosis. Even those who score as little as three points may be at higher risk in the future.

The diabetes risk test is free and is available in both English and Spanish by calling 1-800-DIABETES (342-2383). The risk test is also available online at www.diabetes.org. Although the Alert is a one-day event, the risk tests are available all year long.

High school seniors to receive preliminary KEES award

Gov. Paul E. Patton has announced that Kentucky high school seniors who are potentially eligible for a Kentucky Educational Excellence Scholarship (KEES) will be receiving notices this month.

Students who earned a KEES award during their junior year, or have a 2.5 or higher grade point average for the first half of their senior year, will be receiving preliminary award information.

"By providing a preliminary KEES award amount," Gov. Patton said, "we can help students and their families plan for higher education by estimating the amount they can expect to receive to help them pay for college or technical school."

The Kentucky Higher Education Assistance Authority (KHEAA) is calculating the preliminary awards for seniors, using data provided by the Kentucky Department of Education (KDE).

The estimated award will be based on (1) the junior-year GPA earned last year; (2) the GPA for the first half of the senior year; and (3) the highest composite ACT (or equivalent SAT) score achieved prior to the high school's submission of data to KDE.

Under the KEES program, students earning at least a 2.5 GPA for school years starting in 1998, are eligible for a KEES base award. Students who are eligible for base awards can qualify for a bonus award if they have an ACT composite score of 15 or higher. (Students who earn an equivalent score on the SAT also qualify for a bonus award).

Base awards range from \$125 to \$500, and bonus awards from \$36 to \$500. The maximum award for which this year's high school seniors can qualify is \$1,500/\$500 for a junior-year GPA of 4.0, \$500 for a senior-year GPA of 4.0, and \$500 for an ACT score of 28, or

higher.
 "This is a tremendous opportunity for Kentucky students to earn awards to help pay their higher education expenses," said Londa L. Wolanin, KHEAA Chief Operating Officer. "We encourage high school seniors to maintain or improve their grades and test scores, since final KEES awards will be determined by their grades for the entire senior year, and their highest ACT (or SAT) composite test score received prior to graduation."

KHEAA is the state agency that

administers KEES and several other student aid programs—grants, scholarships, work-study, savings, and Federal Family Education Loans—to make higher education more affordable.

For the most up-to-date information about KEES, visit www.kheaa.com; or write to Tim Phelps, Kentucky Higher Education Assistance Authority, 1050 US Highway 127 S., Frankfort, Kentucky 40601-4323; call 1-800-928-8926, extension 7397; or e-mail tphelps@kheaa.com.

Guest

"fair" amount as members.

Last week we also passed House Bill 366, legislation that would lower the acceptable blood-alcohol level to 0.08 for those operating a vehicle. It would also make illegal to have an open container of alcohol in a moving vehicle. Federal funds would have been withheld from the state if this bill had not passed. I hope this will serve as a lifesaving mechanism for Kentuckians who potentially could die at the hands of a drunk driver.

The House approved my House Bill 745, which allows for a referendum vote for a container deposit program in Kentucky. I think that most Kentuckians support this kind of plan to clean up the litter along the roadside and if they can vote to implement it, it will happen.

An opportunity for Kentucky farmers to forge ahead in the fledgling crop production of hemp in the United States was derailed and instead a directive to study hemp production during the upcoming interim was substituted for House Bill 55. Some of my colleagues thought it unwise for Kentucky farmers to get out in front with such

a controversial crop.

Currently, Kentucky is ranked 47th in its efforts to establish a Rails-to-Trails program. These trails, situated upon abandoned railroad beds for nonmotorized public traffic, produce a multitude of leisure options. In states nearby, such as Ohio and West Virginia, the Rails-to-Trails programs are extremely popular and a financially successful recreational and tourism attraction. House Bill 221 will put the mechanism in place for local governments

to utilize abandoned railroad beds, utilizing the assistance and tools available from the Department of Local Government, Parks and the Transportation Cabinet. East Kentucky could significantly enhance many of its tourism sites utilizing the Rail-To-Trail plan.

Only eight more days of this legislative session are left to consider Senate bills and House bills that have Senate amendments attached to them.

To follow the progress of these bills call (888) 701-1488. To leave a message for me, call (800) 372-7181.



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REGIONAL OBITUARIES

COMMUNITY CALENDAR

Pike County

Thomas "Tom" Osborne, 79, of Robinson Creek, died Tuesday, March 14, at his home. He is survived by his wife, Loraine Hopson Osborne. Funeral services were conducted Friday, March 17, under the direction of Lucas and Hall Funeral Home.

Teresa Lynn Charles Defisi, 42, of Conway, South Carolina, formerly of Zebulon, died Thursday, March 9. She is survived by her husband, Jack Clark.

Ralph Blake May, 81, of Sidney, died Saturday, March 11. He is survived by his wife, Roxie Leedy May. Funeral services were conducted Wednesday, March 15, under the direction of Thacker Funeral Home.

Richard "Dick" Robinson, 94, of Pikeville, died Monday, March 13. He is survived by his wife, Myrtle Sowards Robinson. Funeral services were conducted Thursday, March 16, under the direction of Lucas and Hall Funeral Home.

Gracie Coleman Newton, 57, of Sidney, died Tuesday, March 14, at Cabell-Huntington Hospital in Huntington, West Virginia. Funeral services were conducted Friday, March 17, under direction of R.S. Jones & Son Funeral Home.

Robert L. Damron, 77, of Virgie, died Tuesday, March 14, at Pikeville Methodist Hospital. Funeral services were conducted Friday, March 17, under the direction of R.S. Jones & Son Funeral Home.

Kenneth L. Deskins, 66, of Pikeville, died Sunday, March 12. He is survived by his wife, Barbara Hatmaker Deskins. Funeral services were conducted Wednesday, March 15, under the direction of J.W. Call & Son Funeral Home.

Magoffin County

Ethel Smith, 75, died Saturday, March 11, at Central Baptist Hospital in Lexington. Funeral services were conducted Wednesday, March 15, under the direction of Rogers Funeral Home.

Greenville "Greene" Salyer, of Rockledge, Florida, died Sunday, February 13. He is survived by his wife, Lois Salyer. Burial was Saturday, February 19, in Newark, Delaware.

Walter Perkins, 87, of Salyersville, died Friday, March 10, at Paul B. Hall Regional Medical Center, in Paintsville. He is survived by his wife, Susanna Ferguson Perkins. Funeral services were conducted Monday, March 13, under the direction of Salyersville Funeral Home.

Rx for staying healthy: Make a friend

(NAPSA)- "A friend a day" may be just as useful as "an apple a day" when it comes to staying healthy. According to Mayo Clinic on Chronic Pain, people with a solid support system cope better with health problems.

A good support network is particularly important for those with chronic pain or other medical problems. Making friendships and maintaining family ties does not come easily to everyone, but these suggestions from Mayo Clinic on Chronic Pain can help everyone make new friends and strengthen existing relationships:

- Answer phone calls and letters. It's easy to fall behind in correspondence, but taking the time to respond to someone who has taken the time to reach out to you is time well spent.
- Take part in community organizations, community events or family get-togethers.
- If everyone waits for someone else to strike up a conversation, no one ever will. Introduce yourself to a neighbor or people next to you at a local gathering. They could become your new friends.
- Accept invitations to events, even if it feels awkward at first. You won't get to know people any better unless you interact with them.
- Set aside past differences and approach all your relationships with a clean slate and a heavy dose of patience, acceptance and compromise.

William Isaac Johnson, 79, of Monroe, Tennessee, formerly of Magoffin County, died Saturday, March 11, at Livingston Regional Hospital, in Livingston, Tennessee. Funeral services were conducted Tuesday, March 14, under the direction of Dunn-Kelley/Prater & Dunn Funeral Home.

Byron B. Stephens, 90, of South Bend, Indiana, died Wednesday, February 9. Funeral services were conducted Saturday, February 12, under the direction of Forest G. Hay Funeral Home, South Bend.

Hurst Prater, 72, of Stockdale, Ohio, a former Jackson, Ohio resident died Monday, March 6, at his residence. He is survived by his wife, Luria Rigsby Slusher Prater. Funeral services were conducted Friday, March 10, under the direction of Mayhew Funeral Home, Jackson, Ohio.

Geather Whitaker, 69, of Greenwich, Ohio, died Thursday, March 9, at his residence. He is survived by his wife, Roberta (Oney) Whitaker. Funeral services were conducted Monday, March 13, under the direction of Eastman Funeral Home.

Lola Skaggs Hamilton, 70, of West Liberty, died Monday, March 6, at St. Claire Medical Center, in Morehead. Funeral services were conducted Thursday, March 9, under the direction of Herald & Stewart and Halsey Funeral Chapel.

OBITUARIES

Deward Osborn

Deward Osborn, 82 of Eastern, Kentucky died Thursday, March 16, 2000, at Our Lady of the Way Hospital following an extended illness.

He was born on July 28, 1917, in Eastern Kentucky. He was the son of the late William E. and Nebraska Smith Osborn. He was a retired factory woodworker/WWII Army Veteran, member American Legion Post 0156 in New Jersey.

He is preceded in death by wife Priscilla Kucarski Osborn, one son, Daniel Osborn of Eastern, one sister, Virginia Martin of Flatwoods, and three grandchildren.

Funeral services will be conducted on Monday, March 20, 2000 at 11 a.m. at the Nelson Frazier Funeral Home with Jamie Seiger officiating. Burial will follow in the Osborn Cemetery at Eastern, under the direction of the Nelson Frazier Funeral Home, Martin. Visitation will be held at the Nelson Frazier Funeral Home, Saturday, after 4 p.m.



According to Dr. Jeffrey Rome, a Mayo Clinic psychiatrist who specializes in treating people with chronic pain, a social network is an important link in managing your pain. "Educate friends and family about your pain," says Dr. Rome. "Let your friends or spouse know when you'll need help-and also when you don't need help. To manage your pain, you need to learn to do things for yourself again."

Many studies confirm that adaptation to chronic pain occurs when family members are supportive in upbeat and positive ways that don't reinforce pain behaviors, such as limping, groaning or grimacing.

Be honest about how your pain is affecting you-and allow your friends and family to tell you how your pain has affected them. Communication is the glue that holds your relationships together. Just as you need their support, they need yours.

Mayo Clinic on Chronic Pain is available in bookstores everywhere. Or call, 800-291-1128 to place an order with a VISA, MasterCard, Discover or American Express card. The book sells for \$14.95. Price does not include shipping and handling.

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, or 5 p.m. Thursday for Sunday's publication. These cannot be taken over the telephone.

Area Homemaker Conference planned

The Northeast Area Homemaker's Leadership Conference is set for March 30 at the Convention Center at Jenny Wiley State Resort Park. Registration is \$7 and includes lunch. For information, contact Theresa Scott at the Floyd County Cooperative Extension Service, 606/886-2668.

Free lunch for seniors

Free lunches for senior citizens are planned for March 24 and April 28 at the Auxier Lifetime Learning Center (Auxier School). The first lunch will feature a program by Christian Appalachian Project and the second by Floyd County Extension Service. Seating is limited to the first 50 persons who call 886-0709 for reservations.

Alice Lloyd College offers one stop program

The Kentucky Department for Employment Services and Alice Lloyd College have joined in helping both citizens of Kentucky and students of ALC find jobs, write resumes, and provide information on labor markets, career options, education and training programs, and much more. There are currently about 20 One Stop Program Offices statewide. The assistance received is free of charge and more information may be obtained through the Alice Lloyd College Career Development Office. Both the One Stop Program Office and the Career Development Office are located on the second floor of the Student Center on the campus of ALC. Call the ALC Career Development Office at 606/368-6136, Monday through Friday, 8 a.m. to 4 p.m.

AARP tax aide service begun, February 1

Jenny Wiley Chapter No. 3528, American Association of Retired Persons (AARP), has begun its tax service for senior citizens and low-income taxpayers and will continue through April 13.

The service will be offered at the Floyd County Library, in Prestonsburg, from 8:30 to 3:30 each Tuesday, and is free to all senior citizens and low-income taxpayers.

Exams for census extended

Opportunities for persons interested in working with the 2000 Census to take the required exam are much broader than originally announced. The exams will be administered at sites throughout Floyd County from now through March. For information on times and locations, call 1-888-325-7733. Jobs are available as census takers and crew leaders and pay between \$6.50 and \$13 an hour. If you call the toll-free number, indicate that you live in the Ashland, Kentucky, region.

Support for former addicts

As recovering addicts, we have found it is possible to live without the use of drugs with the help of Narcotics Anonymous. If you are still using and can't stop, we can help. Give yourself a break. Call 886-6760, 886-9167 or 1-888-987-7700 for more information.

Domestic violence?

The staff at the Big Sandy Family Abuse Center are available

for presentations on dating or domestic violence, for court advocacy, support groups, professional training, crisis intervention, counseling referrals, or to have someone to talk to about your relationship. Call 886-6025 or out-of-area 1-800-649-6605, and remember: Love doesn't have to hurt.

Fibromyalgia group meeting

The Fibromyalgia Family Support Group meeting for individuals with FMS and the people who care about them are encouraged to attend our meetings.

The meeting will be held the first Tuesday in each month at 7 p.m. in the Betsy Layne Senior Citizens Building.

For more information, call: Phyllis at (606) 874-2769 or Sharon at (606) 478-5224.

Martin High alumni

Mark your calendar now for Martin Purple Flash Bash, 2000 on Memorial Day weekend, 2000. This will be perhaps the last Martin Purple Flash Homecoming. The event will begin on Friday evening and end Saturday night with the alumni dance.

SSI representative to visit Mud Creek Clinic

A Social Security representative will visit the Mud Creek Clinic each Tuesday during the month of March.

The representative will be in the clinic to assist people in filing Social Security claims and appeals.

People can also apply for Supplemental Security Income (SSI), Black Lung and Social Security numbers. You can also pick up booklets on Social Security and get questions answered.

Clothing articles found

Allen Central Middle School Y.S.C. has several coats and other articles of clothing brought in that have been found in the school. If you have misplaced your coat at school, come by the center to see if it has been brought to the Youth Service Center.

Big Sandy Abuse Center

If you are a victim of abuse, remember it is not your fault! The abuser is responsible for their behavior. If there is no intervention, the abuse will only get worse over time. Break the cycle of abuse; call the Big Sandy Family Abuse Center's 24-hour crisis line to find a way out of victimization. Call 886-6025, or out-of-the-area 1-800-649-6605. Remember: Love doesn't have to hurt!

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.

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.

Veterans affairs

The Kentucky Department of Veterans Affairs is trying to locate family members of missing soldiers that fought in the Korean War, U.S. and North Korean Governments have been negotiating to bring our missing comrades home. If you are a family member of such a serviceman, from any branch of service, or know of someone that is, please contact your local KDVA field representative, Roger Belcher at 606/ 886-

7920.

You or someone you know can't stop drinking

Alcoholics Anonymous is willing to help. For more information, call 1-800-467-8019.

Al Anon: For support and understanding of the disease—meets, 8 p.m., Saturdays, at the Presbyterian Church in Prestonsburg. (Alanon is for family members of alcoholics).

Depressed Anonymous

Are you feeling lonely, hopeless and trapped in a self-constructed prison and can't overcome it or get out? This support group is not for those people who need it but for those people who want it. We understand. For more information, call: Randall, 886-0483; Jim, 886-3027; Jane—886-8219; Sue—789-8712.

G.E.D. classes

Linda Bailey of the David School will teach GED classes at the James A. Duff Family Resource Center each Thursday from 12:30 p.m. to 4 p.m. Classes are free. If you need more information, call Judy Handshoe, at 358-9878.

SF Youth Service Center

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 Education contact the center.

Clark Family Resource Center Calendar

Nursing services: A nurse from the Floyd County Health Department is in the center on Fridays. Services available: Physicals for 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.

Free lunches planned

After school child care is Monday through Friday, school days, from 3 p.m.-5:30 p.m. There are currently openings for enrollment in after school child care. Call the center for more information, 886-0815.

Pikeville Methodist Hospital Community Calendar March 2000

May 8: "Celebration of Hope," Breast Cancer Survivors' Day, hosted by First Lady Judi Patton at the Governor's Mansion in Frankfort. Begins at 1 p.m.

Super Pantry offered

A Super Pantry for low-income persons will be held at the Auxier Lifetime Learning Center on Thursdays from April 13 to May 18, 10 a.m. to 2:30 p.m. Participants will take part in cooking demonstrations and will then be given food to replicate the meal at home. Participation is by referral. Call 606/886-0709.

Clark FRC notes March schedules

A nurse from the Floyd County Health Department is at the Clark

Family Resource Center on Fridays. Services, which are available to anyone in the community, include physicals for fifth grade students entering sixth grade in the next school year; pre-school, Head Start, and kindergarten physicals; physicals for any student, age birth to 21 years old; blood pressure screening; TB skin tests and baby shots. Call 886-0815 for an appointment.

GED classes are offered Fridays, 8:30-11:30 a.m.

Meetings:
• Kindergarten Parents, March 21, 8:30 a.m.

Conservation District meeting

The Floyd County Conservation District will hold its monthly meeting on Monday, March 20, at 10 a.m. in the new district office at Brandykeg. The meeting is open to the public. For information, call 606/889-9800.

Food pantry open in Auxier

The Auxier Lifetime Learning Center has opened a food pantry, sponsored by the Voice of Victory Church. According to Rev. Junior Hayton, the food pantry will be open Tuesdays and Thursdays in the second week of each month, from 11 a.m. to 2 p.m. Mercy calls will be accepted. Call 606/886-6009.

Center slates activities

The McDowell/Minnie Senior Citizen Center has planned several activities for the month of March. Exercise sessions are slated for every Monday and Wednesday, and a stress management program is on tap Monday, March 20. Mud Creek seniors visit on March 17, and on March 21, McDowell/Minnie seniors will visit another center. On March 23, a shopping trip is planned. Seniors will visit Yoder's in Hindman on March 28 and will participate in a program on eye disease on March 30. For information on center programs, call Ellen Brown at 606/377-0171.

Betsy Layne seniors plan activities

During March, the Betsy Layne Senior Citizens Center will have exercise on Mondays and Wednesdays, as well as other activities.

Quilting days are March 28 and 30. A trip to Mountain Homeplace is slated on March 24.

March 21, 23 and 30 are designated Bus Day. A breakfast is planned for March 14 and a covered dish dinner on March 31.

For information, call director Nannette Yates at 478-9583.

Free lunches planned

The Auxier Lifetime Learning Center is sponsoring two free lunches for senior citizens this spring. A program on benefits will be presented by Christian Appalachian Project on March 24, and the Floyd County Extension Office will present a program on April 28. Seating is limited to the first 50 persons to make reservations. Call 606/886-0709.



If you feed a wild moose often enough, it will begin to attack people who don't feed it.



President John Quincy Adams kept a pet alligator in the East Room of the White House.

Five things you didn't know your computer could do

(NAPSA)-Able to leap entire continents in a single keystroke. Faster than a click of a mouse. It's a stereo. It's a movie studio. It's the home PC.

Thanks to innovative software, computing peripherals and easy-to-understand technology, the limit to computing potential today is approaching zero-except perhaps walking the dog or doing the dishes.

"As technology becomes easier to use, more people are discovering the additional benefits of owning a home computer," said Erin Nelson, senior marketing manager for Dell's online technology superstore, Gigabuy.com. "PCs can now be used as a movie editor, music mixer, television tuner, home entertainment system or answering machine."

According to Nelson, with the addition of a few simple programs or external components, consumers can expand their home computers into powerful entertainment and personal management tools to perform tasks not typically associated with a PC, such as:

- **Mixing music.** Creating a CD of favorite songs is easy with CD-Recordable equipment. By adding an external or internal CD-Recordable drive to a home PC, along with a compatible CD-Recordable software package and a stack of CDs, music aficionados can create personalized CDs designed for workouts, romantic evenings, or just a mix of favorite

songs. In addition, the more adventurous music fans can cut and add music snippets to create party mixes.

- **Editing old and new home movies.** With the help of fast processors and new technology, computer owners can create and edit their own home movies. Using products such as the Dazzle Digital Video Creator, home computer users can plug audio and video devices into their PCs, including CD players, MiniDisk decks, cameras and camcorders, to create and edit movies. To facilitate the use of the programs, make sure that all the software and peripheral equipment used can work with each other. Pre-bundled technology packages, such as those found on sites like Dell's Gigabuy.com, can ensure product compatibility to help minimize frustrations.

- **Tuning in to television.** Many consumers may be unaware that computers can tune into television shows. Adding a video card upgrade and a TV tuner to the home PC allows consumers to watch or monitor television shows on their home computers while working in other software programs. An added benefit to "TV tuner" technology upgrades includes the ability to monitor a television show for specific words or topics, such as a favorite stock or television character. Some programs allow tracking of several channels at once.

- **Creating a home theater.** Bring surround

sound home through the computer with affordable home digital audio and video technologies. Sound cards and various levels of sound technologies, such as Dolby Digital and DVD players, can bring the sensation of a movie theater home. Videotapes, laser disks or stereo TV broadcasts are decoded by the sound technology to convert sound into different channels, sending the sounds to appropriate speakers attached to the PC.

- **Managing voicemail messages.** Consumers can benefit from the multiple mailboxes and Caller ID features of telephone and voice mail products that convert the PC into a home telephone system. Telephones complete with software programs are available to convert a computer into an advanced messaging system that can allow a family of six to have six personal voice mailboxes complete with passwords and limited accessibility. In addition, messages can be saved and copied to other mailboxes.

"Getting the most out of a home computer is easy, with the right equipment," said Nelson. "Dell offers thousands of software and peripherals so that consumers have a one-stop source for their technology needs, and can get the most out of their computers."

For more information regarding additional computer uses, visit Dell's www.gigabuy.com for answers to package and installation questions.

Long Term Care: What you should know

(NAPSA)-A growing number of older Americans are avoiding devastating financial expenses by doing some prudent planning. These commonly asked questions may help you understand and avoid the long-term care problems faced by many seniors.

Q. What is the chance that today's adult American will require extended care at home or in a nursing home?

A. One in two, or 50 percent will require long-term care. By comparison, Nationwide Insurance says the odds are one in 200 that a policyholder will suffer a house fire loss.

Q. How much long-term care is provided in nursing homes?

A. Less than 15 percent. The vast majority takes place through home care, adult day care, or assisted living.

Q. Nationally, what is the average cost for long-term care?

A. Home health care involving assisted daily living averages almost \$44,000 a year, while nursing home care averages about \$50,000. However, added costs for physical therapy and a registered nurse, and home health care can quickly surpass nursing home expenses.

Q. How much of a person's assets must be spent to qualify for long-term care Medicaid benefits?

A. Nearly all of the assets must be exhausted to qualify for

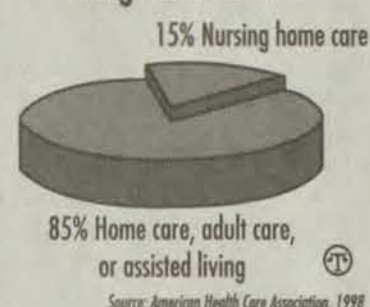
Medicaid which is a state and federal welfare program. In most states, a person must spend down assets to \$2,000 or less (excluding home and car) before Medicaid begins to pay.

For most Americans with assets between \$50,000 and \$2 million some form of long-term care insurance is an important part of a complete financial plan.

According to a spokesman for Nationwide, the perceived problem with traditional long-term care policies is that they are "use it or lose it," meaning a customer must use the policy or risk losing the money spent on payments.

A better solution may be a retirement planning product, such

Where Americans Receive Long-Term Care



as one issued by Nationwide Life Insurance Company, Columbus, Ohio, which can potentially provide long-term care coverage for a lifetime. (The general distributor for the product is Nationwide Advisory Services, Inc., member NASD.)

For more information about long-term care planning, call Nationwide at 1-888-242-3073 or visit www.nationwidefinancial.com.

Almost two decades after establishment, IRA's still a solid investment choice

(NAPSA)-Any good reasons not to add to your IRA for 1999? Well, maybe if you've already done it...or you had no earned income for the year. Other than that, there may be few reasons left not to invest in your IRA, still one of the best personal retirement savings vehicles for working Americans.

Experts agree that for most Americans the quality of life during retirement will depend principally on the individual's personal retirement savings-far more so than income that might be derived from the government or an employer-sponsored retirement plan. The deadline for 1999 IRA contributions is April 15, 2000 (no exceptions).

It's your money
IRAs offer great flexibility in how and where to invest your money. An IRA also offers one of the greatest investment advantages ever: tax-deferred compounding. With a traditional IRA, that means your IRA dollars compound tax-free until you make a withdrawal (and under some circumstances, the

contribution itself is tax-deductible). With a Roth IRA, your contribution isn't deductible, but both compounding and withdrawals are tax-free if specific requirements are met. The compounding power for both is extraordinary compared to a taxable investment strategy.

The cost of waiting
Every year you wait-in fact, every month you wait-costs you money. You can't "catch-up" for the years you don't make IRA contributions. The longer the money compounds, the more you'll have at retirement.

Generally, the best way to invest is to contribute the maximum \$2,000 at the first of the year. That way, your IRA dollars are at work for the maximum length of time. Possibly the next best thing, and the most affordable for many, is to make IRA investments on a monthly (\$166.66) or semi-monthly (\$83.33) basis. If you didn't or can't do one of these, then invest what you can on or before April 15, 2000.

A piece to your puzzle
An IRA is only one of the sever-

al retirement savings plans available. Many people have retirement plans offered through their employer, and an IRA can be a good way to supplement it or another retirement plan. And an IRA is not subject to many of the restrictions and conditions that accompany most employer-sponsored plans.

Have a plan
Consumer surveys suggest that, despite the availability of IRAs and other retirement plans, many Americans are "behind schedule" in saving for their retirement.

To address your specific IRA questions and retirement goals, consider consulting a professional financial advisor. He or she can help you answer important questions. Are you on target to reach your retirement goal? If not, how much should you be saving to ensure the desired amount at retirement? Which is better for you, a Roth or a regular IRA?

How do you select the appropriate investments for your IRA? Many IRA plans allow for inclusion of a variety of different asset types:

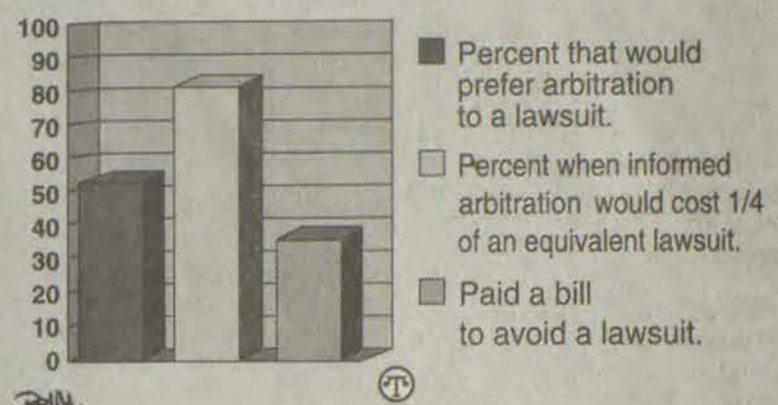
bonds, money market instruments, stocks and mutual funds. Although IRAs are easy to own, there are many issues related to the retirement planning process that are best addressed by informed decisions.

Today is the best day to add to your 1999 IRA. It's also a good time to develop a plan to manage your IRA and the other investment and savings issues related to your retirement. Your financial future depends on it.

Waddell & Reed, based in Overland Park, Kan., has been in the financial services business for more than 62 years. Today, Waddell & Reed has grown to more than 200 offices nationwide. It offers a wide array of investment products and services, as well as a variety of insurance products through arrangements with insurance companies. The company manages, through its subsidiary Waddell & Reed Investment Management Co., more than \$29 billion for more than 1.5 million mutual fund accounts. Waddell & Reed can be accessed on the Internet at www.waddell.com.

IT'S THE LAW! Saving money on litigation

Arbitration or Lawsuit?



(NAPSA)-If you're a homeowner having a legal dispute with the company that built your patio, the problem is now less likely to deck you. Chances are you have an arbitration agreement that will help you resolve the dispute quickly and inexpensively. You may also have an arbitration agreement with the e-business you patronized to purchase your lumber and the bank or credit card company you used to pay for your new patio.

Arbitration is a streamlined legal procedure used for hundreds of years to resolve legal disputes. Just like the court system, arbitration provides people with legal decisions and remedies. Arbitrations are conducted by neutral, impartial organizations such as the National Arbitration Forum. All Forum arbitrators are legal professionals-former judges and senior attorneys-with at least 15 years of experience. They preside over a case and render a decision based on the law.

Courts, businesses, unions, community organizations and schools are among the many groups that use and recommend arbitration. Arbitration is now widely used in e-commerce for its convenience and low cost. The United States Supreme Court says arbitration is less expensive than a lawsuit, and that it has simpler, more user-friendly rules, minimizes hostility and is more flexible.

When Linda Bennett, a Missouri housewife, found her-

self the owner of a faulty water softener, for instance, she used an arbitration agreement to file a claim. She won her case and the cost of the water softener and her filing fee. Total cost to Bennett: nothing. In some cases, businesses with which consumers have a dispute will even pay for the arbitration regardless of who wins.

In a recent Roper Starch survey, 59 percent of respondents said they would prefer arbitration to a lawsuit to resolve disputes over money. That percentage grew to 83 percent when respondents were informed that arbitration could cost one-quarter of an equivalent lawsuit. An American Bar Association study of consumer attitudes found similar results.

How can consumers best use arbitration?

- Read all contracts.
- Get informed about arbitration and the arbitration administrator. Many have web sites and other information about their services.
- Try to resolve your complaint directly with the company first.
- Keep receipts, contracts, copies of correspondence, warranties and proof of payment as evidence should a dispute arise in the future.
- Go online to easily file a claim. The National Arbitration Forum, for example, offers online filing. Its web site is www.arbitration-forum.com.

FAMILY FINANCES

Managing your money online

(NAPSA)-With the Internet becoming a focal point for everything from buying airline tickets to seeking advice, more and more consumers are now going online to buy financial products and to manage their finances.

In fact, Morgan Stanley Dean Witter estimates the online financial services market will quadruple in the next three years-\$453 billion by 2003-and that the number of households using the technology will reach 9.7 million in the same time period.

As a result, one of the world's leading companies, General Electric, has stepped forward to offer what is considered by some to be a significant move toward becoming a major force in the consumer financial services industry. The Web-based initiative-GE Financial Network-helps consumers:

- Assess their financial needs,
 - Gather information and immediate price quotes on different products,
 - Submit applications for financial products online,
 - Access their accounts and policies,
 - Find a conveniently located, licensed financial services professional, and
 - Get the advice necessary to manage financial matters.
- The site, www.gefn.com, offers financial products to meet just about any kind of consumer need. The products include:
- Annuities,
 - Mutual funds,
 - Auto insurance,
 - Long-term care insurance,
 - Term life insurance,
 - Mortgage loans,
 - Credit card,
 - Extended warranty plans,
 - GE Interest Plus,
 - Auto club, and
 - Dental, vision, hearing, chiropractic care, and pharmacy plans.
- To learn more about the site and its services, visit www.gefn.com.

A new way to restore old friends

(NAPSA)-Picture this: your favorite old photos looking better than new. Thanks to the powers of digital imaging, restoring old family photos can be both simple and fun.

"People love the idea of displaying sepia-toned photos of their grandparents, great aunts and uncles, even Dad as a little boy, around the house," notes creative living expert Deborah Durham. "It gives them a feeling of being connected to another time and a comforting sense of family history."

Digital imaging technology and high-quality scanners can help make restoring old, even damaged, photos easier than many people realize. So can following these tips:

- Assess the damage and do the necessary prep work. Some old photo flaws, including stains, specks, tape or glue marks, can be removed by gentle rubbing using a very soft fabric or cotton balls. Other kinds of blemishes, including fading, overshadowing, tears, white lines and discoloration spots can usually be corrected with help from a scanner and a good software program, such as Adobe PhotoDeluxe®.
- Get the right scanner for the job. Some scanners, such as HP's ScanJet, automatically



Restoring old photos with the help of modern technology is increasingly popular.

find and optimize images, so you don't have to adjust complex settings, unless you want to. Plus, you can start a scan from within your

software application by pushing a button.

- **Adjust the color.** If your photo is black and white and has yellowed with age, you can access specific tools in your software program to remove the yellowish cast. If you have a color photo that has faded, you can adjust the color of your photo. If your photo is too dark, too light or has low contrast levels, there ways for you to adjust the exposure. There's even a tool designed to help sharpen the image if your photo is blurry.

- **Repair the damage.** There are several common ways a photo can be damaged over time. These include dust, scratches, stains and fading. Most software programs feature a "repair table" containing several step-by-step guides to help you repair your photo. Once you've repaired the blemishes, you can send the photo via email to faraway friends and family or save and print your image.

- **Display your work,** if you choose to print your photo, be sure to use a photo-quality color inkjet printer. Visit a local frame shop for advice on matting, framing and even displaying your restored photos.

For an online lesson in restoring old photos, visit www.scanjet.hp.com.



A better return on your investment

(NAPSA)-The bull market of recent years has consistently seen a large number of funds produce double-digit returns. But what a fund may return after taxes can be very different from pre-tax returns, depending on how much of the fund's returns are derived from taxable income and gain distributions. With 50 percent of equity fund assets held in taxable accounts—those outside tax-deferred plans such as 401Ks and IRAs—the tax implications of fund investing is an important consideration. Taxes on fund distributions can have a substantial negative impact on an investor's bottom line—reducing returns from income and short-term gains distributions by up to 39.6 percent and returns from long-term gains distributions by as much as 20 percent.

Given Uncle Sam's bite out of fund distributions, those investors with assets in taxable accounts may wish to consider funds that are actively managed for after-tax performance. Tax-managed funds employ a long-term buy-and-hold strategy that can significantly lower taxes by reducing regained fund distributions. By focusing on "investing" to achieve capital appreciation—rather than trading stocks to take

advantage of short-term profit—an investor is better positioned to help build wealth from companies' long-term successes.

Most funds focus on pre-tax returns and largely ignore shareholder's tax effects. A KPMG study that tracked pre-tax and after-tax performance of more than 500 domestic stock funds for the 10 years ended December 1998 found that the median fund's pretax return was 15.7 percent, while after-tax returns were 13.2 percent, a loss of 2.5 percentage points.

According to the KPMG study, a hypothetical investment of \$10,000 with a return of 15.7 percent over a 20-year period could have grown to \$198,000 before taxes—but only \$126,000 after taxes. This hypothetical assumes a maximum 39.6 percent tax on short-term gains and dividend income, and 20 percent tax rate on long-term gains (held greater than one year). Meanwhile, a fund with the same performance could grow to \$169,000 after 20 years, if actively managed for after-tax returns. "Simply put, our tax-managed mutual funds exist to meet the investment needs of people who pay taxes—in other words, everyone investing outside a tax-deferred plan," says Duncan W. Richardson,

Vice President of Eaton Vance Management and Portfolio Manager of Eaton Vance Tax-Managed Growth Fund.

Over the ten years ending December 1998, the KPMG study found that the 53 most tax-efficient funds earned a median return of 17 percent after taxes, giving up only 8/10 percent of performance to taxes. By combining strong pre-tax returns with high tax-efficiency, tax-managed funds can achieve superior after-tax return for investors, a fact many investors are beginning to realize. Assets in tax-managed funds doubled over the last two years from \$6.9 billion in 1997 to \$14.5 billion in 1998, according to Morningstar, a fund-rating service. "Tax-managed funds are growing because people are beginning to realize that the returns produced by the top mutual funds are not always reflected in their after-tax dollars," added Mr. Richardson.

For a prospectus containing more complete information on Eaton Vance Funds, including charges and expenses, contact your financial advisor or call Eaton Vance at 1-800-225-6265. Please read the prospectus carefully before you invest or send money.

Don't forget to contribute to your IRA

(NAPSA)-Tax time can be a great time to open or contribute to an Individual Retirement Account.

IRAs, as they are also known, can be an excellent way to accumulate funds for your retirement—either on your own or to supplement whatever retirement plan your employer may offer.

Here are a few facts to remember about IRAs courtesy of TIAA-CREF, one of America's leading providers of financial services and the largest pension system in the world.

- All IRAs offer some kind of tax benefit, either at the time you make your contribution or when you withdraw your contribution and earnings at retirement.
- It is possible to contribute as



Each kind of IRA offers a specific tax benefit, either at the time of contribution or withdrawal.

much as \$2,000 a year to what is called a traditional IRA. Depending on your income, you may be able to reduce your tax-

able income by the amount contributed to the account.

Earnings in this kind of IRA are tax deferred, meaning you don't pay taxes until the money is withdrawn, usually at retirement.

It may be possible to make specific kinds of early withdrawals—such as to fund the purchase of a first home or for college expenses—without a penalty. Taxes, however, will have to be paid on the amount withdrawn.

- Below certain income limits, it is possible to contribute up to \$2,000 each year to what is called a Roth IRA.

With this kind of account, contributions are not tax deductible. However, once you reach the age of 59 1/2, funds can be withdrawn from a Roth account free of federal

taxes if the account has been in place for at least five years.

That means you pay no federal taxes on the money your contributions earn.

- If you are leaving or have left a job with funds in a 401(k) or similar account it may be possible to move those assets—including tax-deferred funds from government and corporate pensions—to what is called a Rollover IRA.

For more complete information about IRAs, including charges and expenses, please call TIAA-CREF at 1-800-223-1200 or visit www.tiaa-cref.org on the web for a CREF prospectus. Read it carefully before investing. CREF certificates are distributed by TIAA-CREF Individual and Institutional Services.

Tips for filing taxes in the electronic age

(NU) - Technology is a part of our everyday lives, affecting even how we file our taxes. With the IRS moving toward digital filing, it is easy to rely too heavily on computers to properly file and store important tax documents.

Experts from the National Association of Tax Practitioners and 3M, the creator of Post-it® Flags, have developed some recommendations for surviving the next century of filing tax returns.

"Hard copies are still the most reliable protection," suggests Russ Upton, NATP. "People need to be reminded, in this age of computer files, that tangible files are king when it comes to taxes."

And that goes for tax preparation as well. Upton cited several of the most common mistakes that consumers may make when filing their tax returns and when collecting receipts and bills throughout the year.

- Throwing out important information. Most people believe that their reliance on computers

means less reliance on paper receipts. For example, most brokerage houses do not keep records of the price you paid for a particular stock. To avoid frustration when preparing your taxes, be sure to keep hard copies of this information yourself.

- Amassing a huge pile of receipts over a year's time. Upton suggests color-coding receipts with Post-it® Flags as you get them, or at least on a monthly basis. When it comes time to gather your tax information, this system will make it much easier to identify old receipts.

- Relying on a tax software program to save each year's return. While using a tax software program is a great way to prepare your tax return, you shouldn't rely on that program exclusively to save your tax return for the recommended seven years. "The best and safest way to protect against computer bugs or crashes is to retain a hard copy of your tax returns," says Upton.

- Forgetting to obtain needed signatures

from spouses or household members. Clearly identifying the pages and areas that a spouse or household member should review and/or sign can cut down on missed signatures and confusion about which documents need attention. Use Post-it® "Sign Here" Flags to indicate forms that need attention.

So while the electronic age is bringing ease and simplicity to an area that was once only understood by professional tax practitioners, it is important to remember that not all systems are perfect. The best way to prepare and file your taxes remains the old-fashioned way: staying organized, keeping receipts and retaining hard copies of your returns.

For additional tax preparation tips, contact the National Association of Tax Practitioners or visit their Web site at www.natptax.com. For information on how Post-it® Flags can help you stay organized during tax season and year-round, visit 3M at www.3m.com/post-it/flags/CS00-04.

How to beat the IRA rush to April 17

(NUI) - This year, people are rushing to open Individual Retirement Accounts earlier than ever. In fact, investors have already opened one-third more IRAs than at this time last year, according to Fidelity Investments.

Thanks to the leap year, the traditional April 15 tax filing deadline falls on a Saturday, so Americans get two extra days to file their 1999 return and contribute to an IRA before the April 17 deadline. But don't wait! Take the extra time to learn how an IRA can help you plan your retirement future.

Contributing to an IRA is an investment in your retirement with significant tax advantages. Consider this hypothetical example: If a 30-year-old woman opens an IRA today and contributes the annual limit of \$2,000 each year until she retires at age 65, assuming an 8 percent market return, she will have \$372,204 in her retirement nest egg.

With the help of an IRA, getting another degree, sending a grandchild to college or heading south for the winter in your golden years may not be impossible after all.

Doing your homework now could provide significant benefits later. Start by choosing the right IRA for you, by comparing eligibility limits on age and income, tax advantages and the tax

deductibility of contributions.

For example, a Traditional IRA offers investors under age 70-1/2 tax-deferred earnings growth and, for many investors, a tax deduction on all or part of a contribution. The tax deductibility of contributions depends on employer-sponsored retirement plan participation and adjusted gross income limits.

Contributions to the newer, slightly different Roth IRA are not tax deductible. Since any earnings grow and can be withdrawn tax-free, provided certain requirements are met, Roth IRAs may be a good choice for young people who have more time before retirement to benefit from the tax-free earnings.

This year, there are two extra

days before the April deadline to choose an IRA, make your 1999 contribution and take control of your retirement future. Plan today to visit www.fidelity.com/ira and check out NetIRA, with online tools and information for selecting, transferring or contributing to an IRA. Use the extra time this leap year to begin mapping out the retirement of your dreams.

Don't miss out on these deductions

(NAPSA)- Did you know:

- educational expenses, such as courses taken to upgrade your job skills, may be tax deductible,

- you can deduct certain expenses if you are looking for a new job,

- you may be able to deduct the rent paid on a safe deposit box if you use it to store taxable income-producing items, and

- under certain circumstances, you may be able to deduct gambling losses?

Paying taxes may be one of life's certainties, but the tax laws themselves are always subject to change. To avoid confusion when preparing your taxes, it's a good idea to start with a guide to the current laws.

Considered the best by many is The Ernst & Young Tax Guide 2000. In addition to including more useable final forms than any other guide, this edition has a section on the gift tax, a chapter on mutual funds and information on how to access tax tips online.

Described by The New York Times as "the top choice among popular tax books," The Ernst & Young Tax Guide 2000 is available in bookstores or by calling 1-800-225-5945.

The Ernst & Young Tax Guide 2000

#1 BESTSELLER MORE TAX FORMS YOU CAN USE with clear, line-by-line instructions

THE OFFICIAL IRS TAX GUIDE FROM AMERICA'S LEADING TAX AND ACCOUNTING FIRM — PLUS —

The latest tax law changes and how they affect you

Easy-to-use explanations and tax-saving tips

This guide contains forms you can use to prepare and file your taxes.



Print your own greeting cards

(NAPSA)-Running out at the last minute to buy a birthday card? Now you can avoid the hassle of greeting card shopping and still deliver your card on time thanks to a dynamic, free Web site.

The Web site called printQuick.com is an online store that combines the power and convenience of the Internet with the tradition of regular greeting cards. Unlike other Web services whose electronic greetings can only be sent from computer to computer, printQuick.com creates traditional cards that emerge in color from the Internet straight to home printers.

"With printQuick.com, shopping for greeting cards has never been faster or easier," said Drew Haygeman, printQuick.com's president and CEO. "Our Web site is perfect for people who really want to create something special for birthdays, Mother's Day, anniversaries, weddings or any occasion. The quality is remarkable and you can't beat the price—they're free." The Web site's card galleries

feature designs by both emerging and well-known artists. The wide variety of thoughtfully chosen illustrations and photographs lets visitors create truly unique cards in a broad range of styles, from traditional to contemporary, from soft to cutting-edge.

Professionally written greetings in calligraphy-style print complement the art. Visitors can also write their own messages.

Additionally, creating a card is incredibly easy. The service transfers a small piece of software to the user's PC. After that, visitors can create as many free cards as they want, whenever they want.

While these can be printed on standard paper, truly impressive cards result from using printQuick.com's designer paper. It's available in three elegant, pre-scored styles and includes envelopes. printQuick.com also offers exclusive frames just for greeting cards. These products are all available at www.printQuick.com.

National letter writing week

The week of March 13-17 was designated National Card and Letter Writing Week. This is a week everyone is encouraged to write a letter or thank-you card to someone in their life. The theme is "There's someone in your life who's worth it."

For those who were not aware of the week or failed to get a letter out, send your letter or card belatedly—better late than never.

"I am sure many readers of your newspaper appreciate the fine art of letter writing. As proof, your 'Letters to the Editor' section remains one of the most popular forums for the public voice," said Vickie Boyd, postmaster at Drift.

Boyd and the rest of the postal employees invite readers to rekindle interest in letter writing. School

and libraries are encouraged to promote letter writing and literacy through planned activities. Schoolchildren can share in the fun and celebration by writing a letter to someone they care about or to a friend they haven't seen in years.

"Let them know how you feel! There's someone in your life who's worth it ... Take the time to write," advises Boyd.

The Postal Service reminds us that since the beginning of recorded history, famous people such as Martin Luther King Jr. have written letters that shaped the destinies of entire nations. By taking time to write, some of the most powerful figures of all have created memoirs that withstood the test of time and still serve as guidelines for today's youth.

Motorcycle rider training course offered

The Community Center for Lifelong Learning at Prestonsburg Community College announces a Kentucky Motorcycle Program approved training course for beginning motorcyclists in the region.

The course provides classroom instruction on the proper operation of a motorcycle along with controlled, off-street riding instruction. A final test, administered at the end of the three-day course, evaluates motorcycle knowledge and handling safety.

The class hours are Friday, March 31, 6 p.m. to 9 p.m.; Saturday, April 1, 8 a.m. to 5 p.m.;

and, Sunday, April 2, 8 a.m. to 5 p.m. The class will begin in room 148 of the Johnson Administration Building on the Prestonsburg campus.

Students must be at least 16 years of age. If under 18, a parent or guardian must sign a permission waiver before the student is permitted to begin the class. Early registration is recommended, as class size is limited to 12.

For more information, or to register for the class, call the Community Center for Lifelong Learning, Monday through Friday, 8 a.m. to 4 p.m., at 606/886-3863, ext. 258.

STEP FORWARD

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Feature:
**Regional
 Bracket
 Updates**
 ■ NCAA Tourney
 Brackets • B2

JCHS survives Hopkins Central

by Ed Taylor
 Sports Editor

It was definitely "Sports Central" Thursday night in the final game of the first-round of the boys 83rd State High School Basketball Tournament as two Central's battled for the final spot in the second round.

Coach Johnny Ray Turner's Golden Eagles of Johnson Central did battle with the new kid on the block, Hopkins Central and the Eagle prevailed 66-64 thanks to some pressure free throw shooting by senior Tommy McKenzie.

It was the first-ever win for Johnson Central in a state tournament and the first appearance for the Eagles since the 1987 season.

McKenzie scored 14 points in the game to lead four players in double figures. Marvin Fannin also tossed in 14 points while Mitchell Coleman and Heath Castle scored 11 apiece.

The Eagles appeared to be soaring to an easy win building leads of 20 points twice in the game. But Johnson Central seemed not able to handle prosperity and saw the lead disappear with Hopkins Central taking a 64-63 lead with

only nine seconds left on the scoreboard at Rupp Arena.

Coming out of a Johnson Central time out, the Eagles had eight seconds to make things happen. The ball was placed in the McKenzie's hands as he made his way up court on the run.

McKenzie, on a dead run, pulled up and lofted a three-point attempt toward the basket, that

The Eagles began spreading their wings for the flight by rolling out to a 14-1 lead early in the first quarter to the approval of their huge following.

just missed going in. However, on the play, Seth Prow was whistled for the foul and sent McKenzie to the line for three attempts.

As a picture of poise, McKenzie calmly sank all three attempts that gave Johnson Central a

66-64 lead. A last second desperation attempt by Hopkins Central went astray as the Eagles picked up the win.

It was a large and noisy Johnson Central crowd who make their way up the Mountain Parkway and into Lexington for the first round game.

Both times the Eagles would build their lead, the Storm would storm back and get back into the game. The second comeback resulted in the Storm trailing by three, 55-52, with less than a minute to play, Hopkins Central battled back and took the lead 64-63 on a three point basket by J.T. Riddle with 11 seconds to play. Johnson Central then called the time out to set up their

(See JCHS, page four)



A Look at Sports

Dear Tubby, I would like to play!

■ HAPPY BIRTHDAY WISHES...

To Betsy Layne's Whitney Lykens who turned 14 today (Sunday). Whitney is one of the top upcoming young basketball players in the county.

Happy birthday, Whitney! Also, a happy delayed birthday to South Floyd's Dusty Tackett who turned 18 this past Wednesday, March 15, Happy birthday Dusty!

■ CONGRATS TO COACH WEBB

South Floyd Coach Henry Webb was named the Coach of the Year in the 15th Region and recognized at last week's state tournament.

Congratulations to an outstanding basketball coach.

■ LET TODD PLAY...

After sitting and watching, by tape, the 1999-2000 version of Kentucky basketball struggle, look impressive, only to struggle again, one has to wonder what Coach Tubby Smith is thinking from the bench.

The troops are thin and they are not a good offensive basketball team.

Eight players (not counting one former walk-on) and seven play while number eight can only look on and hope to get in the game.

Former Paintsville Tiger standout Todd Tackett could only keep his warm-up jacket on and watch as the Cats sputtered to a double overtime win over St. Bonaventure Thursday in the first round of the NCAA tournament.

For Todd, it has had to be a frustrating season, as was last year as a freshman. But Thursday had to be the pits for Tackett.

Just knowing he was going to get a chance to get some "quality minutes" in the tournament game, Todd did not even get a look from Coach Smith.

The UK coach said he did not want to use Todd in the second half because, "he did not get in the game in the first half."

Well, he was available for first-half duty. All the UK coach had to do was give him the call.

Said Tackett, "...I don't think they have the confidence in me." Tackett said it was "very discouraging" to sit the bench and not getting recognition as being part of the team.

In a report, Todd said he would ride out the rest of the season and then "weigh his options."

"Every player does that after a season," he said. "Every player wants to play at this level."

I personally think Todd should seek a school that will (not could) use his talent and leave the UK program for greener pastures.

■ SWEET SIXTEEN NOTES

✓ What a great state basketball tournament (well, the second day anyway) it has been this week. The first round produced blowouts, while the second round featured some nail-biters.

Coach Johnny Ray Turner and his Johnson Central Golden Eagles advanced past the first round with a thrilling win over Hopkins Central.

The Russellville and Corbin game was a good one.

✓ Coach Stacey Hall and his Mercer County Scotties went out in the first round to Scott County, but look for the Scotties to make the trip again soon. Stacey has a good group of young players coming into the program.

✓ The attendance has been very good and I know the KHSAA has to be pleased with that. After all, it's a money

■ Sports Commentary



Harness Racing gains in popularity

◀ HARNESS RACING IS JUST AROUND the corner at Thunder Ridge. This trotter is waiting the start of the race season (photo by Ed Taylor)

▼ GETTING A START ON THE RACING SEASON this driver took to the track for some practice time at Thunder Ridge. (photo by Ed Taylor)



Thunder Ridge: Harness Racing

Local track to run three days in week

by Ed Taylor
 Sports Editor

It is reported that millions of Americans attend harness racing yearly. The average American think of harness racing as being held at major tracks across the United States, and that is true, but at one time harness was part of the county fairs in America.

Harness racing is a form of racing where a horse is harnessed and hitched to a two-wheel cart — called a "sully."

Harness racing is not only popular in our country but has gained popularity in countries like Australia, Canada, New Zealand and most European countries.

Locally, harness racing will return to the Thunder Ridge Entertainment and Racing Complex. With the dates in place, racing will begin June 22 and run through August 30. Racing will be held three days a week, Thursday, Friday and Sunday. The track is hopeful of running a special race on Tuesday, July 4.

Harness horses are standardbreds, a breed developed from thoroughbreds. There are two kinds of harness horses — trotters and pacers.

Harness drivers are both amateur and professional and both are permitted to compete in harness races. A driver must be licensed by the state of

(See Thunder Ridge, page two)



NATALIE COOLEY JOINED Jeremy Hayes as they took in the girls district tournament at Allen Central. Cooley had to miss the basketball season and will also miss the upcoming softball season after surgery on her knee. (photo by Ed Taylor)

■ Boy scouts

Troop 27 had busy March

by Ed Taylor
 Sports Editor

It has been a busy March for Troop 27 of Prestonsburg as they have had several events take place.

Emergency medical technicians demonstrated first aid and CPR to the local troop during the month.

"We would like to thank those people for giving their time," said George Morgan, troop leader.

In February the troop celebrated the founding of Boy Scouts and attended church services at the First Methodist Church, which is a chartering organization.

Receiving their first rank awards were Ryan Barber, son of Mr. and Mrs. David Barber, and Ricky Crider, son of Brenda Allen and Rick Crider. The two received the Scout Rank.

The scouts also attended two polar bear swims, one in Lexington with the Thoroughbred District and the second with the Lonesome Pine District at Alice Lloyd College.

March 18, the scouts collected nonperishable foods for "Scouting for Food."

The scouts will be in the area of the

(See Troop, page two)

(See Sports, page four)

Kentucky Sportsline...

That which doesn't kill you makes you stronger. Tubby Smith needs to hang a copy of that adage on his office wall.

The loss of Desmond Allison to a DUI charge is the latest in a long line of setbacks for Smith's program at Kentucky, starting with the death of recruit John Stewart this time a year ago, then the transfers of Ryan Hogan and Michael Bradley and then the loss of another recruit, Marquis Estill, to an academic shortcoming.

Smith must now rally his troops

quickly to avoid Kentucky's earliest exit from the NCAA Tournament since 1994, when Marquette bounced the Wildcats out in round two.

But the good news is that Kentucky got a fairly decent setup for the tournament.

St. Bonaventure was one of the last teams that got into the tournament, at the expense of better teams like Vanderbilt, Virginia and perhaps Notre Dame. The Bonnies started fast at 12-2, including an upset of Temple, but they lost to the

Owls by 19 in the Atlantic 10 Tournament final.

St. Bonaventure features a strong core of three seniors and it led the A-10 in field goal shooting, but if that's the strong suit of the Bonnies, it's a good matchup for UK because of the Wildcats' defensive capabilities.

A win Thursday would probably put the Cats against Syracuse, a team that got waxed at Louisville, so you have to like Kentucky's chances if that matchup occurs. Then, in round three, UK would

probably face top-seeded Michigan State, a team that it has already beaten, albeit in Rupp Arena.

Is a return trip to the Elite Eight possible? Probably not. But if Kentucky could somehow get to Michigan State and then upset the Spartans, the bottom half of the Midwest bracket is not very imposing to me.

country? LSU and Tennessee got the highest seeds of SEC teams at number four, while teams like Oklahoma and Maryland were given threes — please explain.

Newton's absence seems clear when it comes to the lack of respect accorded the Southeastern Conference.

league's best in the steals category and he played some of his best basketball in big games. And it's no coincidence that Kentucky's fortunes turned around when coach Tubby Smith inserted the freshman into the starting lineup against Louisville in mid-December.

And anyone who saw the pickup games involving the Wildcats last summer certainly cannot be surprised by what Bogans accomplished this season. Playing against former UK stars like Derek Anderson, now in the NBA, Bogans showed absolutely no fear.

"When I play against those guys, I want to go out and play hard. I don't want to be a laid back type of player. I want to go at them before they go at me," said Bogans. "To me, they're just on the next level. It's nice that they're playing in the NBA but I'm going to go at 'em, regardless of who they are."

Some of Bogans' confidence comes from his high school background, having played for perennial power DeMatha in Maryland and its legendary coach, Morgan Wooten. But Bogans says self-assuredness was developed long before then.

"I just picked that up on my own. When I was a kid, I used to always play against the older kids. When I was nine, I was playing like 14-and-under. Older guys never intimidated me. If they want to talk trash, I'll talk trash," Bogans matter-of-factly stated.

And that's the attitude that kept Bogans focused during the inevitable up-and-downs of his first season in big-time college basketball.

"This is the way I expected myself to play. I got off to a slow start and I had to learn a lot. I didn't get down on myself at any point. When you're in a shooting slump, my main thing was just to keep my head up. When I first got here, I wanted to get a lot stronger, because I knew the game would be more physical. Right now, I'm having fun and I don't think I'm getting pushed around," noted Bogans, who weighed 190 pounds when he arrived at UK but played in the 215 range this season.

What I like most about Bogans is something called "moxie." It's a combination of confidence and cockiness and it's why in those games when things were going so well for the Wildcats, it was guys like Bogans and Saul Smith who were trying to make something happen. It's too bad Tubby Smith can't clone a little of that attitude and insert it into Tayshaun Prince.

FINAL FOUR PICKS

I'll enter the office pool on the NCAA Tournament like many of you will do, but I must tell you that I am only slightly more confident about winning than when I colored in those circles on



my Powerball ticket a couple of weeks ago.

In Kentucky's region, the Midwest, I like Michigan State to beat UK and then handle Iowa State en route to the Final Four for the second year in a row.

From the East, I'll take Temple over Florida, which will upset Duke in the semifinals. My pick in the South is Stanford, which knocks off upstart Tulsa in the region final. And in the West Region, I'll take St. John's in what I believe is the weakest of the four regions overall.

That's two ones and two twos in the Final Four and I'll take Stanford to win it all, over Michigan State.

SUPER FROSH

Perhaps no league has more head-turning rookies than the SEC and Kentucky has one of the best in Keith Bogans, who enters NCAA Tournament off a 25-point effort against Arkansas, matching his season high.

Bogans needs to spend a lot of his offseason time improving his outside shot. Once he is consistently able to stroke it from the three-point line, Bogans will be All-America caliber.

Few freshmen make a big impact defensively, but Bogans was one of the

BRACKET BASHING

C.M. Newton left the NCAA men's basketball committee this year and his absence, along with that of several other members who left, was evident.

With four newcomers in the nine-person group, the committee performed like a team that is full of young players — in and out.

And what's unfortunate is that the committee sent a message that a tough out-of-conference schedule doesn't count for as much as most of us thought. If it did, teams like Vandy and Virginia would be in the tournament while teams like St. Bonaventure and UNLV would be headed for the NIT.

Take Kentucky, for example. The Wildcats and Florida are both on the five-seed line. They split two games in the regular season by almost identical margins and they had the same conference record, but the Gators' non-league schedule was shameful in comparison to the one played by UK.

And I don't want to hear a committee member ever again say that the group does not look at how many teams a given conference has in the field when evaluating the at-large candidates. It's clear to me that this committee was determined to avoid putting a seventh SEC team into the field, although Vanderbilt clearly deserved it.

What about those RPI ratings that said the SEC was the best league in the

Troop

Continued from p1

Methodist church collecting food. Anyone who wishes to make a donation please give it to a scout or you may drop it by the church.

The donations will be given to God's Pantry to be distributed to citizens of Floyd County.

Some of the activities that the scouts will be looking toward are Scout World at the Horse Park in Lexington, the district Camporee at Camp Shawnee, and summer camp at Camp McKee.

Thunder Ridge

Kentucky by the Racing Commission.

At Thunder Ridge, like at all tracks, horses line up behind a specially designed automobile called a "mobile starting gate."

The vehicle is designed with two extended arms that allow the horses to line up just before the race. I had the privilege, two years ago, to ride in one and it was an experience. Of course, the arms are collapsible and both horses and vehicle track around the track and gradually gain speed. When the gate pulls away, by way of an

electronic beam at the starting line, the race officially begins.

Harness tracks range from half-mile to a mile in length.

History teaches us that harness racing has been around since ancient times in various forms.

It wasn't until the 1800s that harness racing became popular in the United States. However, with the advent of the car in the 1900s, interest in harness racing (horses all together) began to decline. The sport made a comeback in the 1940s and has been popular ever since.

Some horsemen have already stabled their horses at Thunder Ridge but are in waiting as the race season at Lexington's Red Mile gets started next month. After the Red Mile season, owners will move their horses to Thunder Ridge for the summer race season.

Around 15-20 local Floyd Countians have harness horses and compete each year around the circuit. There has been concern over the lack of local interest in the facility and efforts have been made to create more interest.

Continued from p1

Enjoying the Game...



MARCH Madness

FINALS
Monday, April 3
RCA Dome
Indianapolis, 9:18 p.m.

CHAMPIONS



West

Salt Lake City

1. Arizona (26-6)
16. Jackson St. (17-15)
8. Wisconsin (18-13)
9. Fresno State (24-9)
4. LSU (26-5)
13. SE Miss. St. (24-6)
5. Texas (23-8)
12. Indiana St. (22-9)
2. St. John's (24-7)
15. N. Arizona (20-10)
7. Louisville (19-11)
10. Gonzaga (24-8)
3. Oklahoma (26-6)
14. Winthrop (21-8)
6. Purdue (21-9)
11. Dayton (22-8)
1. Michigan St. (26-7)
16. Valparaiso (19-12)
8. Utah (22-9)
9. St. Louis (19-13)
4. Syracuse (24-5)
13. Samford (21-10)
5. Kentucky (22-9)
12. St. Bonaventure (21-9)
2. Iowa St. (29-4)
15. C. Conn. St. (25-5)
7. Auburn (23-9)
10. Creighton (23-9)
3. Maryland (24-9)
14. Iona (20-10)
6. UCLA (19-11)
11. Ball State (22-8)

Tucson, Ari.

1. Arizona (27-6)
8. Wisconsin (19-13)
4. LSU (27-5)
5. Texas (24-8)
2. St. John's (25-7)
10. Gonzaga (25-6)
3. Oklahoma (27-6)
6. Purdue (22-9)

Cleveland

8. Utah (23-8)
4. Syracuse (25-5)
5. Kentucky (23-9)

Midwest

Minneapolis

2. Iowa St. (30-4)
7. Auburn (24-9)
3. Maryland (25-9)
6. UCLA (20-11)

First Round Thursday **Second Round Saturday** **Reg. Semi's March 23** **Reg. Finals March 25**

East

Winston-Salem, N.C.

1. Duke (27-4)
16. Lamar (15-15)
6. Kansas (24-9)
9. DePaul (21-11)
4. Illinois (21-9)
4. Illinois (22-9)
5. Florida (25-7)
12. Butler (23-7)
2. Temple (26-5)
2. Temple (27-5)
10. Seton Hall (21-9)
7. Oregon (22-7)
10. Seton Hall (20-9)
3. Oklahoma St. (24-6)
11. Pepperdine (24-8)

Buffalo, N.Y.

15. Lafayette (24-6)
10. Seton Hall (20-9)
3. Oklahoma St. (24-6)
14. Hofstra (24-6)
6. Indiana (20-8)
11. Pepperdine (24-8)
1. Stanford (26-3)

Birmingham, Ala.

1. Stanford (27-3)
8. N. Carolina (19-13)
9. Missouri (18-12)
4. Tennessee (24-6)
4. Tennessee (25-6)
5. Connecticut (24-9)
12. Utah St. (28-5)
2. Cincinnati (28-3)
2. Cincinnati (29-3)
7. Tulsa (30-4)
10. UNLV (23-7)
3. Ohio St. (22-6)
3. Ohio St. (23-6)
6. Miami (Fla.) (21-10)
11. Arkansas (19-14)

South

Nashville

15. UNC-Wilm. (18-12)
7. Tulsa (29-4)
14. App. St. (20-10)
6. Miami (Fla.) (21-10)
11. Arkansas (19-14)

Semi Finals, West vs. Midwest Indianapolis April 1 **Semi Finals, East vs. South Indianapolis April 1**

Reg. Finals March 26 **Reg. Semi's March 24** **Second Round Sunday** **First Round Friday**

INSIDE THE PRO FISHING TOUR

Pro Spotlight Is on Florida

The state of Florida will own the professional bass fishing spotlight throughout the month of January as the Sunshine State hosts two BASSMASTER events and an FLW Tour tournament.

The \$409,450 Big Kmart BASSMASTER Top 150 is set for Jan. 12-15 on Lake Tohopekaliga. The \$208,000 BASSMASTER Florida Eastern Invitational will be held the following week on Lake Okeechobee. And the Big O will be the site of a Wal-Mart FLW Tour stop the last week in January.

A top prize of \$100,000 is at stake this week on Lake Toho. "Toho has been a little slow this year," said Florida pro Terry Seagraves, who was the co-runner-up in this event last January. "An abundance of hydrilla has made these fish real hard to get to."

"If a guy is used to fishing a grass lake, he will probably do well. You just have to read these grass-lines and know how to fish the contour. If we continue to have warm weather it will probably take 50 pounds to win, but if we experience a cold front like last year, 35 to 40 pounds will probably take it."

"We will definitely be seeing a whole different lake than we saw last year," added Shaw Grigsby, a fellow Florida pro who shared runner-up honors with Seagraves last year. "We have had a very mild winter and the grass has really grown up."

"I think the fish will be easier to catch than last year, as long as we don't experience a lot of cold weather. Florida bass seem much more susceptible to cold weather than other fish in the country. A drastic drop in temperature really shuts down the bite."

The BASSMASTER Tournament Trail is celebrating its 32nd year of competition.



Tim Tucker's Tour Notebook

Everstart Opener Robert Beatty of Orlando, Fla., took top honors Saturday in the season-opening event of the EverStart Batteries Series on Lake Okeechobee. Beatty, a 52-year-old engineer, used a spinnerbait and a paddletail worm to catch the only limit (12 pounds, 4 ounces) of the finals and earn the \$35,000 top prize.

Bass Hall of Fame The membership of the fledgling Arkansas-based Professional Bass Fishing Hall of Fame recently voted in its first board of directors: Mark Davis, Rob Kilby, Larry Nixon and Mike Wurm, all of Arkansas; Gary Klein, Tommy Martin and Jay Yelas, all of Texas; and Guido Hibdon of Missouri.

How I Got My Start Denny Brauer, the 1998 BASS Masters Classic champion and all-time money-winner (\$2 million) from Missouri: "If I remember right, I started fishing when I was about 8 years old, and we caught a lot of catfish on a canepole in a little old creek using grasshoppers for bait. That was a lot of fun. "Later, I got a baitcasting outfit, a primitive Hiawatha reel. A spincast outfit was an upgrade for me. Regardless of what I was using, I always had a good time fishing back in those days. That's important even today."

Tim Tucker's Pro Power Ratings

Star indicates a pro who is coming on strong.

This Week	Last Week	Weeks on List	Angler, Hometown
1	1	30	Denny Brauer, Camden, Mo. Runner-up in 1999 Classic; still the man to beat
2	2	30	Davy Hite, Prosperity, S.C. Won '99 BASS Masters Classic
3	3	30	Larry Nixon, Bee Branch, Ark. Won BASS Top 150 opener; made Md. finals
4	4	30	Kevin VanDam, Kalamazoo, Mich. Won N.Y. BASS event; third in Md. Top 150
5	5	30	Rick Clunn, Ava, Mo. Runner-up in VI. BASS Top 150
6	6	13	David Fritts, Lexington, N.C. Two top-10 finals; Millennium runner-up
7	7	30	Stephen Browning, Hot Springs, Ark. BASS Mich. Top 150 finals
8	8	13	Tim Horton, Spruce Pine, Ala. Won Md. Top 150; leads Angler of Year race
9	9	26	David Walker, Cannon, Ky. FLW Tour Angler of Year; 15th in Md. Top 150
10	10	27	Zell Rowland, Montgomery, Texas Finals of VI. BASS Top 150
11	11	27	Clark Wendland, Cedar Park, Texas Won FLW Open, MegaBucks runner-up
12	12	10	Darrell Robertson, Jay, Okla. M-1 champ; won \$850,000 in two months
13	13	30	Mark Davis, Mount Ida, Ark. Narrowly missed Md. Top 150 finals
14	14	20	Roland Martin, Clewiston, Fla. Runner-up in Top 150 season-opener; 21st in Md.
15	15	8	Aaron Martens, Castaic, Calif. Calif. BASS winner; WON Bass Angler of Year

These ratings of America's top tournament bass pros are based on Tim's opinion of their talent, knowledge, experience and most recent tournament performances.

Tips From the Pros



DAVID HALE, co-founder of Knight & Hale Game Calls, is regarded as one of the country's top hunting and game-calling authorities. He lives in Cadiz, Ky.

Practice Makes Better Turkey Talk

"If a person wants to be a better turkey caller, here are some tips that I feel will help. "First, learn to master more than one type of call. I recommend something that is easy for you to use. Secondly, I always carry various types of mouth calls — something that I can use to call both loudly and softly. I also take a box call and a glass or slate call. Most days, I will use almost all of them before the day is through. "What might work today won't necessarily work tomorrow, depending on the weather conditions. A good rule of thumb in calling to a wild turkey is, the farther away he is, the louder you can call. The closer he gets, the softer you should call. "Remember, there is no substitute for practicing your calls and listening to live turkeys or live turkey sounds on tape. Instructional audio cassettes are a good way to refine your calling skills."

A weekly guide to sports in the wild, including the professional bass fishing tour

Outdoors

Longwing Publications Inc. Peter Gentile, Editor.

YOUR SPORTS

Un-Belize-able!



A spotlight parrotfish swims among coral off the shore of Belize.

PHOTO © LINDA GETTMANN

Tiny Nation Packs In a Lot of Outdoor Fun

By LINDA GETTMANN

From exploring the jungle to diving a coral reef, opportunities for outdoor adventure abound in Belize, a chunk of paradise where the rainforest meets the Caribbean.

Belize may feel like a world apart, but it is actually quite close to the United States and is easily reached by air from several gateway cities, including Miami and Houston.

Visitors are attracted to Belize primarily because of its natural assets — it is a place like nowhere else on Earth, a biological and cultural shelter, a meeting place between two great continents and an ocean wilderness. Offshore, there is diving, surfing, boating, fishing and birding. On land, you can hike in the cool mountain air or bask in the warmth of a sunny beach.

The sheer variety of wildlife is staggering. There are more than 300 species of birds, 150 varieties of orchids, and more species of butterflies than in the U.S. and Canada combined. Belize offers a refuge for the jaguar and the tapir, among many other exotic creatures. Adventurous travelers will find rivers, mountains, estuaries, jungles, waterfalls and deep limestone caves waiting to be explored.

Off the 170 miles of Belize coastline, from 12 to 30 miles away, is a massive and continuous section of barrier reef. The second-longest reef system in the world, it offers a lifetime of dive discoveries. Beyond the barrier reef are three magnificent coral atolls, Turneffe Islands, Lighthouse Reef and Glover's Reef. Each is another dive universe. Some are equipped with comfortable accommodations, restaurants and dive shops dedicated to discovering the fascinating underwater world at their doorstep.

Belize's underwater landscape is rich and varied, providing a range of diving that exceeds every other Caribbean dive destination in diversity and scope. The dive areas along the reef include shallow sea gardens, mid-reef pinnacles and deep, precipitous walls. Along the reef crest are mountains of corals segregated by sinuous sand channels, huge protrusions of ancient reefs capped with a colorful, living fringe of hard



Fishing shacks share the beach with an abandoned lighthouse.

PHOTO © LINDA GETTMANN

corals, soft corals, sponges and bryozoans. In many locations the barrier reef forms a continuous wall, sloping, vertical or undercut in its descent to the abyss.

If you can tear yourself away from diving adventure, there is another Belize waiting for you inland. It begins with the wonderful people, who will delight you with their humor and charm. A thousand years ago, their Mayan ancestors created impressive cities and temples in the jungle. Modern-day Belize encompasses a sizable portion of the ancient Maya heartland. Fifteen archeological sites are open to visitors, but hundreds more are still engulfed by the jungle, some perhaps still waiting to be discovered.

Central Belize and the Maya Mountain region provide hiking, birding and jungle exploration opportunities for all ages and skill levels. Take a tube trip down a river, or just sit on the veranda and sip your favorite beverage while watching a spectacular red sunset and listening to the chatter of jungle birds and the mournful cry of howler monkeys in the distance. Or visit the world's first and only jaguar reserve at the Cockscomb Basin Wildlife Sanctuary.

Belize welcomes all visitors — you will feel right at home the minute you arrive. To start planning a trip there, see the Web sites: www.belizenet.com and www.turq.com/belizefirst.

Linda Gettmann is a writer and photographer from Camas, Wash.



HUNTING

Crowded Lands Require Change In Strategy

By TIM TUCKER, Outdoors Writer

Lee Sisson painfully recalls his introduction to hunting Florida's popular and pressured public wildlife management area system five years ago.

"I had hunted private land all my life in Louisiana and Georgia and other Southern states, so I really didn't know what to expect," he said. "The first time I tried to hunt a management area was at Green Swamp, and I found what I considered to be an ideal spot to put my stand."

"Well, everybody else must have thought this spot looked pretty nice, too. I must have had 60 people walk under my stand that day. That was aggravating. It kind of turned me off to hunting management areas. It was almost enough to make me hang it up."

Not being one of the privileged few with tickets to game-rich private tracts, Sisson became determined to develop a system for succeeding on pressured public hunting grounds despite the aggravation. He knew it would be a challenge.

But with the proper planning, an extraordinary amount of legwork and detailed scouting trips, Sisson managed to develop such a system, one that has paid off handsomely on a consistent basis.

His is a system that could benefit hunters of big game throughout the country. Yet it avoids the more orthodox techniques and tactics.

Sisson's strategy could be summed up in one sentence: When hunting on public land, put yourself in position to benefit from the pressure of other weekend warriors.

"That's the key," he said. "The vast majority of the hunters in this country are faced with the reality of having to share the hunting land with other hunters, so you have two choices: Do what everybody else is doing and maybe you'll luck into something at some point in the season. Or adjust your tactics to take advantage of the pressure from the hunters you're sharing the woods with and how the game reacts to that pressure."

The first issue is where to place your tree stand. Positioning your stand on public hunting tracts is more than mere guesswork. It begins before the season opens. Sisson utilizes Florida's archery season to find sign, locate game trails, and figure his strategy for positioning his stand for the black-powder and modern weapons seasons.

"You need to have two or three spots in mind where you feel confident that the game is working nearby," he said. "That way, you'll have some quick alternatives if you arrive at your best spot with your stand on your back and find somebody has beat you there. That's crucial for hunting on public lands."

The second part of his strategy involves predicting how hunting pressure will cause the deer to move during the day.

"I use archery season to scout, because you can get some good idea of how the game will react to a lot of pressure when modern gun season begins," Sisson said. "I sit in a tree early and late and I start to walk around in the middle of the day."

"By the combination of sitting in the stand and then doing some walking, you're able to see what the hunting pressure from the bowhunters does to the game. There's not nearly as much pressure during archery season as there is during modern gun season, but there is enough pressure to make the game react to it. This is more beneficial than simply scouting an area before any hunting seasons begin. What happens in that case is the deer patterns are probably going to change (from the those established before any season opens) once you start getting some human influence into the area."



Deer are easy to spot in Florida's wildlife management areas — and so are hunters.

PHOTO © TIM TUCKER

GEAR AND GOODIES

Riverside Puts a New Spin on Its Lures

One of the neatest spinnerbaits to come along in years is Riverside's unique Counter Attack Spinnerbait.

The key to the new spinnerbait is an off-center hole in the blades, which creates a counter-rotating action in the tandem models. Counter-rotation means one blade rotates to the left, while the other blade rotates to the right. This assures that the lure is perfectly balanced every time it is cast.

Jim Gowing, the designer of the lure, said this is the only spinnerbait ever designed to perform exactly the same way, time after time. Other spinnerbaits have the hole drilled in the middle of the blades, which means the blades might rotate one way on one

retrieve and another way on the next retrieve.

"The blades, that's the key to this spinnerbait," Gowing said. "That's the thing that makes our lure different. We know it's got a pretty skirt and head, but it's the offset blades that make it chatter and vibrate. The different vibration is the big thing about this spinnerbait."

Besides counter-rotating blades, the Counter Attack Spinnerbaits feature ultra-thin wires made of tempered stainless steel — said to be a great conductor of vibration.

—Tim Tucker

For more information, call Riverside at (800) 422-FISH.



Riverside's new Counter Attack Spinnerbait.

FROM THE TACKLE BOX

by Jim Lyon

Ever since angling began, anglers have tried to figure out the mind and habits of the largemouth bass. If you are going to be successful and bring in the big ones, it is necessary to know where to find them. It is said that 75 to 80 percent of the difficulty in catching these big hogs is finding them.

Well, I imagine it could be explained that way, except if you don't find them you will not have to worry about the other 20 to 25 percent of the problem, and that is how to catch them.

The problems involved that make it so difficult to find largemouth bass are due to the many things that govern their movements. Some of these are water temperature, oxygen level of the water, location and angle that the sun rays hits the water, food supply, turbid water, and in some cases the water level. This

is why every body of water, including streams and rivers, will have a different activity characteristic for fish. Warm rains can heat streams and rivers very quickly. The head waters of lakes will also warm as the warm rain water flows into the lake.

Spring will arrive on the 20th of March. That only means that we can look forward to some of the year's greatest bass fishing as spring gets underway. The great fishing will arrive as the weather and the above mentioned conditions present themselves. We will just have to wait and watch the conditions and, most importantly, go down to the fishing hole and test the conditions.

Some of the things we must keep in mind are that the fish will soon start to move. The males will move out first to the shallows. The water will warm faster in the shallows due to

the sun penetrating the water to the bottom. They may move into their spawning beds well ahead of the actual time for spawning.

As the water edges toward the lower 50s, bass will begin to feed more often. When the water reaches the mid- to upper-50s, they seem to develop an appetite as large as their mouths.

This will depend upon the number of warm days we have, but we can look forward to great fishing as the water warms. They will be found in the shallows searching for bait fish, and will be feeding most anytime of the day.

As the water warms to the 58- to 62-degree level, the bass will most likely be found on their spawning beds, where they feed little or not at all, and fishing for largemouth will not be as good. They may hit a lure while on their beds, not to feed, but to attack anything that comes near and threatens their nesting site.

Good largemouth fishing will usually resume as the water warms to the 70s. Again this is an unpredictable time, depending on the weather. The bass will be coming off the nests and will have an appetite for just about

anything you will toss out to them. This time varies with the geographical location. Obviously, the southern states will warm much faster, and may start getting into the 50s in February. The northern states will be much later, April and May. We are central, and will fall in between. Probably the last of March the water will begin to reach the 50-degree level.

The current conditions at Paintsville Lake are approaching the 50-degree level. It is muddy and murky at the head waters where the fishing is reported as good. I was at the head waters on March 2 and saw fish being caught in the muddy water. The water temperature at the surface is 48 degrees.

Yatesville is already at a temperature when bass begin to be active, and start their spring feeding frenzy. The surface water is at 52 degrees and the fishing is reported as being very good.

Dewey Lake is the coldest of the three at 44 degrees. The water is muddy to murky. No fishing report was available at this writing. With the current water conditions at Dewey, bass will probably still be in their winter habitat, but will hit slow-running lures.

Tee's Fishing Tips

Question: What size worm hook do you use the most?

Answer: More than any other equipment improvement I've seen in the last 20 years, I think fishhooks have improved the most of all.

They are sharper out of the box, they're stronger and smaller in diameter, which makes them easier to set the hook in a fish's mouth.

I've always said, the most important thing about a lure is the quality of its hooks.

I'll fish all sizes of worms from four-inch finesse worms to 11-inch monster worms. So I keep hooks from 1/0 to 5/0 in my tackle box at all times.

A 6-inch worm is the most popular size used, and for this I would recommend a 3/0 offset round bend hook.

The offset hook will not twist your line as much as a straight one. The brands I would go with are Owner and Gamakasu. Both make a very good hook.

Until next time, good fishing.

Hunting dates set for 2000, local smallmouth bass limits changed at fish and wildlife meeting

The Kentucky Department of Fish and Wildlife Resources' Commission voted during its quarterly meeting, March 3, in Frankfort, to make sweeping changes for the upcoming deer hunting seasons.

We want to increase hunter opportunity and provide a better hunting experience," said deer program coordinator Jon Gassett. "We also need to increase the antlerless deer harvest to keep existing deer populations in control."

As a result, there will be more days in the modern firearms deer season this year.

- Muzzleloader—October 28-29, 2000; December 9-15, 2000
- Modern Firearms—Zones 1 & 2, November 11-26, 2000; Zones 3 & 4 November 11-20, 2000
- Crossbow—November 27-December 6, 2000

In previous years the state was divided into six or more zones and grouped counties into those zones based on harvest information and a number of other factors. This year the commission reduced the number of zones to four.

Zone one counties are targeted for reduction in deer herd. There will be no limit on the number of antlerless deer a hunter can take in zone one counties. Besides the two deer the state tag, a hunter can buy an unlimited number of bonus zone

one antlerless permits at two for \$10.

Hunters in zone one can still take only one antlered deer. The new definition for antlered deer is a deer with polished antlers visible above the hairline.

Zone two counties have achieved desirable deer herd size and will be maintained at current levels, while zone three counties are approaching desirable levels.

In zones two and three, a hunter will be allowed to take one deer, either sex, and one antlerless deer with a statewide tag. In addition, a hunter can purchase up to two bonus archery permits for \$10 each.

Zone four counties will be managed to allow the herd to grow. Hunters in these counties can take one antlered deer with a statewide deer permit and can use the statewide antlerless permit during archery season. A hunter can take two additional antlerless deer with bonus archery permits.

A hunter participating in youth hunt weekend may take any deer in zones one through four. During archery and crossbow season a hunter may take any deer in zones one through four. During muzzleloader seasons, a hunter may take any deer in zone three, but shall not take antlerless deer in zone four.

Another item that will affect deer hunting in 2000 concerns quota hunts and archery hunting on five Wildlife Management Areas (WMAs).

On Higginson-Henry, Yellowbank, Pennyrile-Tradewater, Green River and Dewey Lake wildlife management areas, buck harvest will be restricted to deer with an outside spread 15 inches or greater.

"A simple way to determine whether a deer fits this criteria," says deer biologist Jon Gassett, is "if the antlers reach outside the tips of the animal's ears."

The goal for the new restriction on five WMAs is to create quality deer management areas. "Kentucky currently has a great deer herd," Gassett says. "Our WMAs should be showpieces of quality hunting."

Rabbit and quail season for 2000-2001 was another item voted on and changed at the Fish and Wildlife Commission meeting.

In the western zone, the season will open Monday following the opening of modern firearms deer season (November 13, 2000), and run through February 10, 2001.

In the eastern zone, the season will open November 1, 2000, close for the first two days of modern firearms deer season (November 11-12, 2000), and run through January 31, 2001.

Finally, the bag limit for raccoons was increased from one to two. This limit goes into effect with 2000-2001 furbearer hunting season.

The Fish and Wildlife Commission also passed several laws that affect fishing. The Commission voted to increase the size limit on smallmouth bass on Laurel River Lake and Lake Cumberland from 15 inches to 18 inches, beginning March 1, 2001.

On Dale Hollow Lake, the length and creel limit for smallmouth was changed to coincide with the current Tennessee fishing regulations. Beginning March 1, 2001, there will be a slot limit of 16-21 inches. The daily limit will include two smallmouth bass—one over the slot limit, and one under.

The commission voted to change boating restrictions on Lake Malone. Beginning March 1, 2001, boats on the lake shall not exceed 22 feet in length. The boat motor limit of 150 hp remains the same.

Cast nets were the subjects of

another law passed by the commission. To provide increased opportunities for anglers to catch bait fish, the legal size for cast nets was increased.

The new statewide size limit will be 20-foot maximum diameter with a one-inch maximum bar mesh. In Crocus and Marrowbone creeks in Cumberland County, the mesh size will be one-inch bar mesh only, and Crocus Creek will be closed from its mouth upstream for 50 yards.

Cast nets cannot be used in lakes with fewer than 500 surface acres and in trout streams and tailwaters listed in the Kentucky Trout Waters brochure, available from the Kentucky Department of Fish and Wildlife Resources at 1-800-858-1549.

The Fish and Wildlife Commission recommends all hunting, fishing and boating laws for passage by the Kentucky General Assembly and approves all expenditures made by the KDFWR. Changes are effective only when the regulatory process is completed.

The next meeting of the Fish and Wildlife Commission will be June 9, at 8 a.m., at the Arnold L. Mitchell Building, No. 1 Game Farm Road off US 60 in Frankfort.

Persons interested in addressing the Commission must notify the KDFWR Commissioner's Office in writing at least 30 days in advance to be considered for placement on the meeting agenda.

People who are hearing impaired may contact the KDFWR at least 10 days in advance and the agency will provide a translator.

To request to address the commission, write to KDFWR Commissioner Tom Bennett, No. 1 Game Farm Road, Frankfort, KY 40601.

- Deer seasons for 2000-2001:**
- Archery—September 16, 2000-January 15, 2001
 - Youth Weekend—October 21-22, 2000

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HAP Little League registration slated

Baseball signups for the Harold-Allen-Prater Little League has been scheduled for two days.

All players, former and new, may register at the Allen Park on March 18 from noon to 2 p.m. The second day of registration will be conducted on March 25 from 10 a.m. until noon at the Allen Park.

Ages are 7 to 12 for boys and girls. Registration fee is \$15 per player or \$25 for two in same family. No player will be turned away.

For more information, contact Tommie Layne, league president, at 874-9481.

JCHS

Continued from p1

game strategy for the final seconds.

Hopkins Central tried to ice McKenzie at the free throw line by calling a time out. However, the veteran guard stepped to the line and hit all three attempts.

The Eagles began spreading their wings for the flight by rolling out to a 14-1 lead early in the first quarter to the approval of their huge following.

The Storm, who had no state tournament experience, could not take care of the basketball against the Johnson Central pressure defense.

Hopkins Central turned the ball over five times in the early going, allowing the Eagles to soar.

Johnson Central went to the locker room at the half holding a 32-19 advantage, scoring the final nine points of the half behind Castle and Fannin.

The Storm had managed to recover somewhat in the first half pulling to within eight points of the Eagles. But the late spurt gave the Eagles the advantage at intermission.

It was the Eagles with some hot scoring at the onset of the third period that gave them a 20 point lead and the appearance of a blow-out in the making. But the Storm refused to fold and rallied back to take the one point lead.

Johnson Central improved to 26-6 on the season. It was the 11th consecutive win for the Eagles.

Sports

Continued from p1

game.

✓ The big upset? Try Bishop Brossart over Graves County.

■ **NCAA NOTES...**

I sat up and watched as many of the NCAA tournament games Thursday night as I could stand. It has been a good tournament thus far.

I picked Gonzaga over Louisville and it happened that way as the only upset of the tournament so far.

When the final 32 teams are set, it is going to be interesting to watch some of the matchups.

AT HOME...

Country at Heart and WMDJ radio are sponsoring their first baseball excursion to Cincinnati when the Reds host the Los Angeles Dodgers.

A limited number of seats remain for the first trip. Two buses will depart the MAC on April 22 for the trip to Cinergy Field.

If interested, call Gary Frazier at Country at Heart in Prestonsburg. I am looking forward to making the trip.

Until Wednesday, good sports everyone and be good sports!



TAKING A BREAK FROM ALL THE ACTIVITIES of tournament play, James Collins, Mike Howard and James Slone got a breather during a time out in the boys regional tournament (photo by Ed Taylor)

Kentucky Afield...

■ KDFWR HOMEPAGE GETS NEW ADDRESS

The Kentucky Department of Fish and Wildlife Resources (KDFWR) has a new address for its homepage. Now, for the latest information on hunting, fishing and boating regulations, in addition to news and information about special programs, visit www.kdfwr.state.ky.us.

The new address is shorter and should make it easier for the public to find the site. The old address will still work — it will just redirect the user to the new site, but don't forget to change your bookmarks or favorites to point to the new address.

■ NATURE PLATE SERVES WILDLIFE AND PEOPLE

Add something wild to your car — a Kentucky nature license plate. Chances are that while driving along Kentucky's roads, you've seen one of these wild plates and wondered how to get one for your car or light truck. It's simple — just visit your county clerk.

The five-year license plates are available from your county clerk's office. They cost just \$10 above the cost of the regular plate, plus registration. Kentucky nature license plates are available in three designs: Kentucky warbler on a tulip poplar branch; a cardinal on a Kentucky coffeetree branch; and a bobcat in rhododendron.

Not only does the nature plate look good on your vehicle, but it also helps wildlife. The extra \$10 from each plate goes into the Kentucky Heritage Land Fund for purchasing natural areas to be left as wild places held in trust for future generations.

The Heritage Land Conservation Fund uses the tax-deductible \$10 to purchase and manage land from willing sellers for public wildlife management areas, nature preserves, state parks, recreation and environmental education areas, state forests, wild river corridors and wetlands.

Local governments, colleges and universities can also apply to use the funds for these purposes.

The Heritage Land Conservation Fund is administered by a 12-member board consisting of five state officials and seven citizens representing agriculture, conservation, the Kentucky Academy of Science, The Nature Conservancy, the League of Kentucky Sportsmen and the public.

When you normally renew your license plate (during your birth month), simply request the nature plate instead of the standard issue. If you lease in Kentucky, offer your leasing company a check for the extra charge to get the Kentucky Nature License Plate.

If you are converting from a regular plate, turn in your plate to your county clerk, and you will be given credit for the months remaining on your decal.

If you are registering a new or out-of-state vehicle in Kentucky for the first time, request a nature license plate from your county clerk or motor vehicle dealer.

For more information, contact your county clerk or the Heritage Land Conservation Fund Board, 633 Teton Trail, Frankfort, KY 40601; phone 502/564-2184.

■ LEASING PROGRAM OFFERS \$\$\$ FOR FARMERS

It's time to start thinking about spring planting, especially if you want to make some money. The Kentucky Department of Fish and Wildlife Resources (KDFWR) is again offering a leasing program for farmers.

Entering its third year, the Dove Field Lease Program (DFLP) offers Kentucky landowners a way to make some extra money. It also provides habitat for wildlife and more places for people to hunt doves.

Enrolling in the DFLP is easy — just contact your local private lands biologist to set up a consultation. The biologist will visit the property and create a plan that's good for the farmer and the habitat.

Fields planted this spring for dove hunting next fall can generate as much as \$2,500 for a landowner when leased to the KDFWR for public hunting.

All you have to do is plant an idle field (or one you intended to put into silage production) to the crop your KDFWR biologist recommends for mourning doves, such as sunflowers or millet.

The next step is to sign an agreement with the KDFWR allowing folks to hunt doves on your land during the legal season. That's all there is to it. After dove season ends, you'll get a check in the mail for as much as \$2,500.

But, you must hurry — the deadline for enrolling is March 20.

"After its first two years, the Dove Field Lease Program has been extremely successful. It has greatly improved habitat for doves across the state. Plus, it provides hunters access to some prime dove fields, many of which were used heavily last season," comments Rocky Pritchert, migratory bird program coordinator with the KDFWR.

To find out more about enrolling your land in the Dove Field Lease Program, contact your local private lands biologist. If you're not sure how to reach a biologist, call the KDFWR Information Center at 1-800-858-1549, Monday-Friday, 8 a.m.-4:30 p.m.

Upon your invitation, your biologist will schedule an appointment to meet with you, inspect the property and discuss your interest in DFLP (or any other KDFWR programs).

You're under no obligation to participate, but following the site visit, the biologist will provide recommendations about how your property might best be managed for doves.

If your property is accepted into the program, you'll then be given a firm dollar figure for leasing your property to KDFWR during dove hunting season.

Participation in the Dove Field Lease Program does not affect landowner liability. Kentucky's Recreational Use Statutes (KRS 411.190 and KRS 150.645) are intended to encourage landowners to open their lands to the public — without charging a user fee — for hunting, fishing and other outdoor recreational activities.

A list of leased dove fields will be available after the middle of August. Hunters can receive the list by calling the KDFWR Information Center after mid-August at 1-800-858-1549.

Remember, hunting (and fishing) on private land is a privilege. Treat private land — and private landowners — with respect.

■ JUNIOR DUCK STAMP CONTEST DEADLINE DRAWS NEAR

Kids, don't delay! The deadline for submitting an entry for the Kentucky Junior Duck Stamp Contest is right around the corner. Entries must be post-marked by March 15.

The Junior Duck Stamp Contest is an annual competition open to students K-12. The contest is an effort to instill in Kentucky's youth an appreciation for waterfowl and wetlands conservation. Winners are chosen from four age groups. Twelve first-place entries will be chosen and displayed across the state later in the year.

Entry forms and information are available from teachers, or you can call the Kentucky Department of Fish and Wildlife Resources at 1-800-858-1549.

■ WORLD RECORD FISH BOOK AVAILABLE IN APRIL

The 2000 edition of the National Fresh Water Fishing Hall of Fame world record book will be available in April.

The Hall, a nonprofit national museum, keeper and qualifier of fresh water fish records since 1970, recognizes more than 125 species in their "kept" division and 54 in the "catch-and-release" division, as well as all the state records. Foreign records are also included.

This past year, the Hall qualified over 100 records in the "kept" program and over 200 in the "catch-and-release" program. There are many line classes available in both programs, giving the angler numerous opportunities to establish a record.

The Hall processed more than 600 records this past year. Applicants having significant fish that did not make a record received outstanding angler awards. Despite the large numbers of applicants, there still exists many opportunities for anglers to make the record book.

Records are meant to be broken. Send for a record book, look over your most favorable opportunities and challenge yourself to establish a record.

A \$22 membership not only entitles the member to the record book but also the Hall's annual calendar, the quarterly magazine Splash (which updates the records), museum pass and garment emblem. The membership also includes no-fee processing of world record applications.

Nonmembers may obtain the record book by sending \$8 (\$9 outside the USA) to cover cost of mailing.

For additional information on membership, record book or record programs, write the National Fresh Water Fishing Hall of Fame, PO Box 33, Hayward, WI 54843 or telephone (715) 634-4440, fax (715) 634-4440 or e-mail fish-hall@win.bright.net

Bentley's COMMENTS

BY RICK BENTLEY

The road to Tuesday night started in the fall of 1981 for Bobby Spears. It was his first year as the girls' basketball coach at Dorton High School, and it wouldn't be an easy one.

"It was the year the gym burned down," he recalled, meaning a small school, maybe the smallest in the 15th Region, with a new coach had no place to practice, no place to play.

He practiced at Virgie, at Hellier, at Millard. "Wherever we could find a gym," he said. He worked hard, "scouring the state to find somebody we could beat. We beat Hazel Green, and they closed the school down. We beat Magoffin County, and they shut down the program. We beat Mullins, somehow. And we found a little school in Jackson City, and went down there and those little girls who couldn't shoot a lick, I prayed every night we'd shoot 20 percent from the foul line, hit 21 of 22 free throws to win."

■ Season one, four wins.

It was a long road to Tuesday, March 14, 2000.

Tuesday is a night he'll remember, this likable coach. When he started, he was butting heads with people like Roy Cutright and Bun Jack Burnette. He's faced coaches who he faced when they were players. He's laughed at jokes made by referees, and cried at shots missed by his players.

And Tuesday night, it was all worthwhile.

Understand something about Bobby Spears. This isn't a guy who is ego-driven, even if he does refer to his earlier coaching days as "all about me, and me getting to the state tournament." If it was truly all about him, someone else would

"This time, I'm a different person," he said. "I am religious person. I know the people who've known for awhile probably think I'm still that crazy man I used to be, but I'm not."

have coached his young AAU girls in the summers, and someone else would have coached the junior high teams, and the junior varsity teams, and then the varsity, all in the same night.

But in an attempt to make sure they knew the game, and just as importantly, the system they'd play when they became Lady Wildcats, he did it himself. He's seen great ones come and great ones go, and all the while, one thing escaped him.

■ Tuesday night.

When Bobby Spears started coaching, no one came to girls' bas-

kethball games. In fact, in an attempt to generate interest in them, girls' games were often held during school hours, with students allowed to come in and watch for a dollar.

There have been some good ones who have played for Spears. Beverly Smallwood, Melissa Anderson, Bridgette Poe — the list goes on and on.

Those young ladies will take the floor at McBrayer Arena next Wednesday with this current crop of Lady Kats.

They'll be there, as will Autumn Damron, Colette Jarrell, Cheryl Roberts and many others who spent their playing days at Virgie.

It's no longer Dorton and Virgie. "Tonight," he said Tuesday, "Shelby Valley came together."

He doesn't take all the credit for that. The football team, of all things, got it started. They were 9-0 to start the season. His counterpart on the boys' side, Rodney Rowe, kept it going as well.

All those nights, all those bus rides, it all paid off on Tuesday. Even the two years he took off in the mid-1990s, it came together for him five days ago.

It wasn't easy. Beating Sheldon Clark never is. But tight regional-tournament games never are easy. It wasn't easy the night Spears' Dorton team, with the lowest enrollment in the region, lost to Johnson Central, the school with the highest.

"That was David vs. Goliath," he said. Goliath won that night. In four

Richmond a long one for Spears

overtimes.

It wasn't easy the night Shelby Valley went to Belfry for the regional tournament, the odds-on favorite to win the whole shooting match. It played Paintsville, a team full of sophomores who somehow pulled a first-round upset in the district tournament and was in.

But that young Paintsville team could shoot, and down the stretch it paid off, and an overtime later, Shelby Valley was ousted from a tournament that Betsy Layne eventually won.

For awhile, it appeared Tuesday night would never happen, especially when he stepped down after that season.

But the fire still burned for Spears, so, two years later, he returned to the bench. Things are a little different this time around. For one, he's got some help on the sidelines. The focus isn't so much on him, he said, as it is the team.

And this time, he's looking for help. "This time, I'm a different person," he said. "I am religious person. I know the people who've known for awhile probably think I'm still that crazy man I used to be, but I'm not."

"This is a team that looks to the Lord for help, and that's rare these days. But it's true, and I'm proud of that. It makes the difference."

It made a difference Tuesday night.

And for Bobby Spears, it was finally worth the wait.

Use the Web to learn to inline skate

(NU) - Interested in learning all the inside moves of inline skating? Be sure you've got all the equipment you need:

Skates? Of course.
Protective helmet and pads? Don't leave home without them.

Computer? Don't laugh.

The PC is almost as important for today's inline skaters as knee pads and a safe place to skate. And it's no surprise since surfing the Web is probably the most popular indoor sport for the generation that's helping to drive the popularity of extreme sports such as inline skating.

There are literally thousands of Web sites dedicated to the sport - from skating message boards, equipment manufacturers and organizations dedicated to keeping skating safe and available for everyone.

Inline skating was the fastest-growing sport of the 1990s, thanks in large measure to events such as ESPN's X Games and exposure through television commercials and the Internet. At last count, there were more than 30 million inline skaters in the United States.

But how do you learn the basics of inline skating, and how do you learn advanced tricks once you've figured out the basics? After all, it can be hard to understand inline skating moves from reading about them in a book or a magazine.

That may help explain the popularity of Web sites, such as www.ThrottleBox.com, which offer downloadable video clips of extreme sports including inline skating. From your personal computer, you can learn the inline skating basics, then advance your skills as far as you can by learning your favorite tricks.

ThrottleBox.com is a free archive of multimedia entertainment that also includes music videos, classic cartoons, comedy, movies and more.

The ThrottleBox Web site has its own unique ThrottleBox Player and file format. The "Box files" allow video, audio, still images, text and hyperlinks to be placed together in a single downloadable file. The file size is considerably smaller than other video and audio files of the same length in other formats.

The ThrottleBox Player and all files on the site can be downloaded free of charge. There are no admission or membership fees to the site. To find a selection of extreme sports inline skating video clips, visit the "Carnival" section of the ThrottleBox.com site.

ThrottleBox works with PCs using Windows 95, Windows 98, Windows 2000 or Windows NT. You'll need at least 8 MB of RAM and Version 6.2 or later of the Windows Media Player. Macintosh owners can use ThrottleBox by using a PC compatibility software package.



IN A REVISIT OF THE PAST BASKETBALL season cheerleading will not take much time off as they will be attending tryouts and looking toward summer camps. (photo by Ed Taylor)

TRACKS

Stats and Standings
Through March 13, 2000

NASCAR Winston Cup Series through 4 races

Driver/winnings	Pts.	Wins
1. Bobby Labonte/\$610,881	665	1
2. Mark Martin/\$661,181	647	0
3. Dale Earnhardt/\$428,031	597	1
4. Bill Elliott/\$800,176	557	0
5. Ward Burton/\$403,901	548	0
6. Bill Jarrett/\$2,686,714	546	1
7. Ricky Rudd/\$371,321	535	0
8. Tony Stewart/\$511,201	503	0
9. Rusty Wallace/\$654,681	480	0
10. Ken Schrader/\$322,356	471	0

Leading Stats (through 4 races)

Driver	Miles led	Times led	Races won	Miles run
1. Mike Skinner	301	9	2	1,586
2. Mark Martin	249	9	4	1,621
3. Dale Jarrett	230	4	2	1,516
4. Bobby Labonte	207	5	2	1,622
5. Ward Burton	101	4	1	1,619
6. Johnny Benson	97	1	1	1,119
7. Jeff Burton	92	5	3	1,220
8. Dale Earnhardt Jr.	75	5	2	1,591
9. Dale Earnhardt	53	4	2	1,622
10. Bobby Hamilton	42	3	1	1,262

Next Winston Cup race: **Mall.com 400**, March 19; Darlington Raceway

NASCAR Busch Series through 4 races

Driver/winnings	Pts.	Wins
1. Matt Kenseth/\$197,225	648	1
2. Randy LaJole/\$105,915	557	0
3. Mark Martin/\$143,300	545	2
4. Todd Bodine/\$95,265	528	0
5. Ron Hornaday Jr./\$92,640	499	0
6. Jeffroy L. Green/\$112,165	486	0
7. Phil Parsons/\$70,605	465	0
8. Mike Dillon/\$63,325	453	0
9. David A. Green/\$73,655	446	0
10. Kevin W. Grubb/\$55,315	433	0

Next Busch race: **Suncom 200**, March 18; Darlington Raceway

NASCAR Craftsman Truck Series through 2 races

Driver/winnings	Pts.	Wins
1. Mike Wallace/\$109,650	355	1
2. Andy Houston/\$89,251	350	1
3. Kurt Busch/\$64,075	308	0
4. Terry Cook/\$41,253	307	0
5. Greg Biffle/\$33,108	300	0
6. Joe Ruttman/\$33,168	276	0
7. Steve Grissom/\$25,500	269	0
8. Randy Toisma/\$28,493	268	0
9. Randy MacDonald/\$28,440	253	0
10. Marty Houston/\$27,543	253	0

Next Craftsman race: **Chevy Trucks NASCAR 150**, March 18; Phoenix International Raceway

By the numbers

Mark Martin already has two wins in the NASCAR Busch Series this season. Here is a glance at drivers with the most Busch wins in past seasons:

- 1998: Dale Earnhardt Jr. 7*
- 1997: Mark Martin 6
- 1996: Mark Martin 6
- 1995: Chad Little 6
- 1994: Terry Labonte 4
- 1993: Mark Martin 7
- 1992: Robert Pressley 5
- 1991: Harry Gant 5
- 1990: Chuck Bown 6*
- 1989: Rob Moroso 4*
- 1988: Harry Gant 5
- 1987: Larry Pearson 6*
- 1986: Dale Earnhardt, Jack Ingram 5

* - denotes winner of series points championship that year

Coming up

March 26 - Food City 500
Bristol Motor Speedway
Bristol, Tenn.

April 2 - DIRECTV 500
Texas Motor Speedway
Fort Worth, Texas

April 9 - Goody's Body Pain 500
Martinsville Speedway
Martinsville, Va.

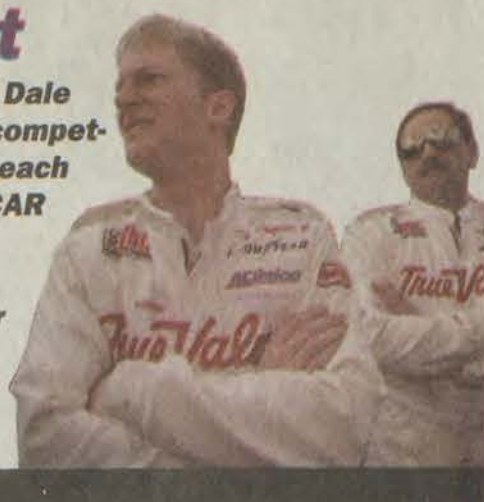
On the air

March 13 - 19 Winston Cup:
Mall.com 400
Darlington Raceway
Sunday, March 19, 12:30 p.m. ET; ESPN
Radio: 12 p.m. ET; MRN

TRACK & SPEED

Fast Fact

Dale Earnhardt and Dale Earnhardt Jr. have competed directly against each other in eight NASCAR Winston Cup point races. Earnhardt Jr. has qualified higher than his father in seven of the eight races.



The Week Ahead in NASCAR • March 19, 2000



So far this season, the veterans like Ricky Rudd, Bill Elliott, Jeff Burton and Dale Jarrett have given the kids a lesson on what it takes to win

DRIVER EDUCATION

Do the rookies stand a chance against NASCAR's older superstars?

By HENRY MILLER

THEY may be the bold and the beautiful or the young and the restless, but they certainly haven't had much of a guiding light in the battle between youth and experience on the Winston Cup scene in the early part of the 2000 season.

Heralded as one of the strongest rookie classes, if not the strongest rookie class, in NASCAR history, and led by a super sophomore who won an unprecedented three times as a rookie last year, the young ones are taking a back seat to the veterans of the sport this year.

Dale Earnhardt added to the "senior citizen" domination on Sunday, edging out Bobby Labonte, one of the youngest of the sport's veterans, for a win in Atlanta. At 48 years old, Earnhardt can still be a teacher on the track.

But "The Intimidator" hasn't been the only old fogey to shine this season.

Dale Jarrett and Ricky Rudd, both 43, have been on the pole in three of the first four races of the

season and they made up the front row for this year's Daytona 500.

Rusty Wallace, also 43, started on the pole in Rockingham.

Rudd and Bill Elliott, 44, won their respective Twin 125 qualifying races heading into the Daytona 500.

Jeff Burton and Bobby Labonte, in their seventh and eighth seasons respectively, on the Winston Cup circuits, have wins along with Earnhardt and Jarrett thus far.

Even 53-year-old Darrell Waltrip has a bright spot this year, starting 10th at Rockingham.

"I told you at Daytona, you've got to be 43 to run good," Wallace joked after winning the pole at Rockingham. "I told you after the 125 and then, heck, if Jarrett didn't go out and win again."

"I told Earnhardt earlier, 'Boy, you gave me a lot of hope.' He said, 'What do you mean?' and I said, 'You go out there and qualified third. I figure if you're 49 and can qualify third, then me being 43, I sure ought to be able to outrun you.'"

And he did. But that same logic isn't working itself all the way down

the line.

Despite flashes of brilliance, as expected, from rookies Dale Earnhardt Jr., Matt Kenseth, Scott Pruett and Dave Blaney, the young guys - even Tony Stewart, last year's amazing Rookie of the Year - aren't making the headlines ... yet.

It seems that no matter how talented the youngsters are when they come into the sport, rarely does one come in and turn heads with superior performances. In other words, you don't get too many Earnhardts, Jeff Gordons or Stewarts.

For every young phenom, many others take the slow road to stardom. And many more never make it.

"There's nothing that will take the place of experience," said Ned Jarrett, a former Winston Cup champion and winner of 50 races. "I'm sure that if you talked to Richard Petty, he would say that the last day he raced, he learned something, and I think that's the reason you see the older guys in this sport continue to do well."

Dale Jarrett was in his fifth full season before he won his first race,

at 35. Before 1996, however, he had never won more than once a season. But that was the year he went from pretender to contender. He was 40.

Ned Jarrett said experience and intelligence can outweigh a loss of enthusiasm, something that comes with age, but something that younger drivers are always filled with.

"You might take some chances when you're younger that you wouldn't take as time goes by, but that helps to make you a better driver as times goes by," Jarrett said. "That way you're there more at the end and have a chance at winning."

Jarrett likened the phenomenon to some of the top pitchers in baseball. When they're young, they can overpower hitters but will probably make more mistakes as they lean on pure talent. When they're older, they turn into better pitchers.

"I'd say Greg Maddux is a better pitcher right now than he was 10 years ago," Jarrett said of the multiple Cy Young Award winner. "He might not be able to throw it quite as hard, I don't know, but he uses what he's learned over the years, and it works for him."

Is Earnhardt in line to win his eighth championship?

By HENRY MILLER

WHEN Dale Earnhardt stepped out of his car after the 1999 Goody's 500, he was mired in the longest slump of his career.

In the previous 101 Winston Cup races, the seven-time points champion had driven into victory lane just once, in the 1998 Daytona 500.

Many had written off "The Intimidator."

Nobody is writing him off now.

For the fourth time in the last 30 races, Earnhardt drove into victory lane on Sunday, after an exciting side-by-side finish with Bobby Labonte. The Atlanta victory was the ninth at the track for Earnhardt and the 75th of his career.

Not only are people talking

about Earnhardt being back, but there's talk of an elusive eighth Winston Cup trophy, the one that would vault him past Richard Petty as the sport's all-time biggest winner.

"This man right here can still win plenty of races," car owner Richard Childress said after Earnhardt's victory Sunday in the Cracker Barrel 500. "And we haven't forgot about that championship, either."

Earnhardt climbed from seventh to third in the NASCAR Winston Cup points standings. He is 50 points behind Mark Martin (who currently sits in second place) and 68 behind NASCAR Winston Cup point leader Bobby Labonte.

This weekend Earnhardt heads to another track he enjoys, Darlington, for the Mall.com 400. Earnhardt is a nine-time winner

on the 1.366-mile oval and just one win away from tying David Pearson as the all-time biggest winner on the track deemed "Too Tough to Tame."

It would seem only appropriate that Earnhardt drove to victory lane again this weekend. He hasn't won at Darlington since 1994, the last year he won the Winston Cup championship.

"I think I've never been as determined," Earnhardt said of the 2000 season. "I work hard trying to stay focused on the job at hand. Richard and everybody in the garage will tell you there's a lot more going on than there was in the '80s. There's a lot of things happening in that garage area now that used to not happen that a driver had to contend with."

"How do you focus on all of it and keep it going in the right

direction? You've just got to have good people, and you've got to also keep your eye on what got you there. That black 3 car got me there. That's the ball as far as I'm concerned, and I'm going to keep my eye on it."

Being considered washed up is nothing new for Earnhardt. After he won his fifth championship, in 1991, he fell to 12th in the point standings the following year. He had four DNFs that year (did not finish), equaling the third-highest number of his career.

He followed that year up, however, with back-to-back championships. It was the third time in his career he accomplished that feat - he also won in 1986-87 and 1990-91.

And now it looks like he's on that winning path again.

The Lugnut

By Rod Thrown

The readers speak

I'VE decided that every time Dale Earnhardt wins a race, I'll take the week off to recover from the shock and run reader mail:

I have to agree with you about the special treatment given to the 88 team. But once again, there goes NASCAR with its inconsistency in dealing with situations. I think they think nobody notices it. It reminds me of how they deal with these races ending on yellows. Sometimes they do, and other times, for some strange reason, they don't. Guess it depends on who's leading.

- D. Wood

Your "conspiracy theory" article reeked of sour grapes from all the w(h)ine you put in it. What's the problem? If your man Gordon doesn't win, then there's something funny going on?

- J. Pastore

I wonder who the idiot was who wrecked Jarrett? Also, if someone other than crybaby Jeff was spraying for mosquitoes like he was during the race, they would have thrown the black flag sooner, but NASCAR wanted to leave him out there so they could throw a yellow for the drivers of that brick called the Monte Carlo.

- G. Thompson

I hope all the people do realize what a crybaby and whiner Tony (Stewart) is ... you hit that right on the head The memory of the race where he and Kenny got into a bumping match was pathetic. Thanks for stopping your bashing of Mark, and keep on bashing the people who need it.

- M&C Roth

Now for the top five at Darlington:
1. Jeff Burton. The latest conqueror of this track; 2. Mark Martin; 3. Tony Stewart; 4. Dale Jarrett; 5. Jeff Gordon.

Care to disagree with The Lugnut? Write to him at: Track & Speed, 730 N. Franklin St., Suite 706, Chicago, IL 60610. Or e-mail him at: lugnut@tmedia.com



Has Dale Earnhardt returned to championship form?

In Brief

The new Dodge

Bill Elliott, NASCAR's Most Popular Driver, will drive the No. 9 Dodge Intrepid for Evernham Motorsports for the 2001 season. Elliott, who hasn't won a NASCAR Winston Cup Series points race since September of 1994 and finished 21st last year in the standings, is off to a strong start in 2000. He is currently fourth in points. The driver of the second Evernham Motorsports entry has yet to be announced. The two-car Evernham team will be joined in the Dodge Intrepid camp next season by the two-car effort from Bill Davis Racing, with drivers Ward Burton and Dave Blaney, and the three-car contingent of Petty Enterprises, featuring drivers Kyle Petty, John Andretti and Adam Petty.

This Week's Track

Darlington Raceway: Darlington, S.C.

Length: 1.366 miles

Qualifying record: Ward Burton, 173.797 mph, March 22, 1996

Race record: Dale Earnhardt, 139.958 mph, March 28, 1993

Last year: TranSouth Financial 400 March 21, 1999; Won by Jeff Burton

Listen up

You only get a few mulligans in this game, maybe two a season, and I think we've already used two. When I play golf, I need a mulligan on every hole. But you don't get one on every hole in golf, and you sure don't get one in every race.

- Larry McReynolds, crew chief of the No. 31 Lowe's Chevy

Lifestyles



Feature:
En route to med school
 ■ Floyd County Youth News • C4



Spotlight is on academic winners

Their faces are becoming familiar — the faces of Floyd County's academic competition achievers.

Students from Allen Central Middle School, Betsy Layne Elementary School, Betsy Layne High School and Allen Central High School soared to the top during district and regional competition and earned the right to compete at the state level.

While honors at the state Governor's Cup were elusive, the local students did perform well in their region during Kentucky Academic Association Competitions.

Floyd County students who qualified for state finals, which took place last weekend in Louisville, are:

Middle School

Ashley Gunnell, ACMS, English composition; Brett Watson, ACMS, science; Brentton Akers, BLE, mathematics.

High School

John Slone, ACHS, mathematics; J.R. Conn, BLHS, mathematics; Marcus Allen, BLHS, mathematics; Jeremy Tackett, BLHS, science; Billy Newsome, language arts, BLHS.

High School Quick Recall

BLHS: J.R. Conn, Brandon Newsome, Billy Newsome, Daphne McCoy, Jeremy Tackett, Nick Hall, Mollie McMillan, Tyler Harris, Trent Tackett, Marcus Allen and Josh Allen.



Floyd County language arts teachers practice moon tag.

Teachers 'Act Up' at 4-H communications day

"This is a ball."
 "A what?"
 "A ball."
 "A what?"
 "A ball."
 "Oh, a ball."
 You're asking yourself, "Huh?"

But picture this. Fifteen educators in a circle learning a game of rhythm and motion that can be used in the classroom while they are teaching poetry or fine arts.

Middle School Language Arts instructors came together recently to learn innovative ways of teaching communications using 4-H Youth Development curricula.

Debbie Daniels, Floyd County Schools Writing/Language Arts Coordinator, and Chuck Stamper, Floyd County 4-H Agent have wanted to give middle school language arts instructors the opportunity to get involved in teaching communica-

tions in an interactive manner.

Stamper, who led the training said, "My background is in communications and theatre. I really have much respect for the teachers in Floyd County. The 4-H Program emphasizes learning by doing, and this curriculum lets students learn communication skills as they go through the process. I'm glad to offer this training."

The Floyd County 4-H Program offers a communication event each spring. This year's contest will be held Friday, March 24 at 6 p.m. at the Betsy Layne Elementary School Auditorium with the following categories: Public Speaking, Demonstrations, Prose Reading, Poetry Reading, Impromptu Speaking, Story Telling, Solo Acting and Vocal/Singing.

Any 4-H'er may enter the event.

For more information, contact Stamper, County Extension Agent for 4-H/Youth Development at 606/886-2668.

This Town That World

Editor's Note: For years, Floyd County Times founder and former publisher Norman Allen wrote a weekly column that looked at Floyd County through his eyes. His columns are being reprinted due to request. The following column was written in 1960.

This has been a hectic week for the City Fathers and just about everybody else. One member of the city council replied, when asked if he intended to remain on that body:

"Well, I'm going to my doctor and get a check-up, and if he thinks I'm able to stand it, reckon I'll try it a while longer."

THE CHALLENGE

The Big Sandy News, on which I cut my editorial teeth, if any, a long while ago, this week published a Page One editorial that should be challenge enough to all public officials. It reads:

"According to various straws in the wind today, Louisa and vicinity can become the hub for this section of Eastern Kentucky, if properly managed and if those in charge play their role effectively as good stewards should."

"There now exists an opportunity for growing into what might be called a prosperous community if we can see beyond personal part to the benefit of all concerned."

"We all are stewards. This is fundamental to every consideration of life and religion. It is especially so for those who have been trusted and paid to take care of the affairs of others. Had they not been trusted, they would not have been placed in a position of trust. Therefore, let us warn in the same spirit that Paul did when he wrote to Timothy saying, 'O Timothy, guard what has been entrusted to you.'"

We hope these few words will serve both as a warning and a challenge. They are meant to point up a never to be forgotten appeal to all that the Bible said about stewardship. All that we are and have is a gift from God, and every man is a character and destiny turn upon his faithfulness to the trust.

And this, my friends, is 40 days since the good earth was entirely clear of snow in these parts.

FOR THE BIRDS

Happiness is a bluebird; melancholy, the raven; blitheness, the lark; sauciness, the jay, and so on. Popularity usually is pretty well represented by a dying swan.

HOW TOWNS DIE

Every town has in it the seeds of death. But only those towns die which nourish and cultivate them to an evil harvest.

This fatal sort of incubus exists because towns are inhabited by people, and man has inherited the death disease.

So it is that men fight each other because of envy, jealousy and or hatred. One man has an idea, but that idea is taboo to the individual who dislikes him. Each draws supporters to his cause, and so factions are born. Eventually, the original point of dissension is forgotten, but in the meantime there have sprung up a multiplicity of other differences to widen the breach.

Suspicion of every motive, opposition to every move, disregard of the public good—these are the flowerings of the deadly nightshade that has sprung up.

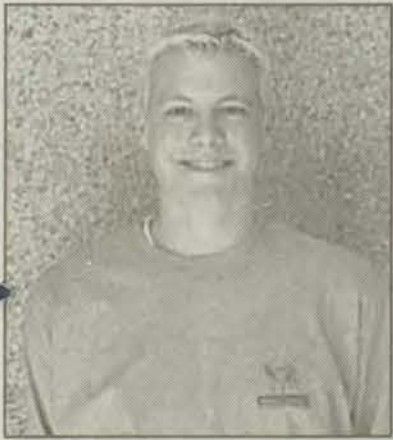
Progress is impeded, and not because anybody is opposed to progress. Improvements are retarded where all declare they want improvements. Citizens look to other communities and see harmony and improvements and progress, and they are alarmed. But they can do nothing about it now. The seeds of death have not fallen on fallow ground.



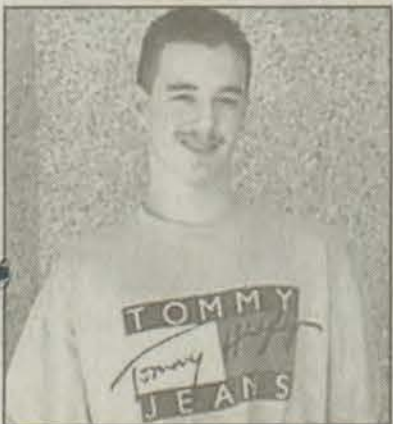
Ashley Gunnell



Brett Watson



J.R. Conn



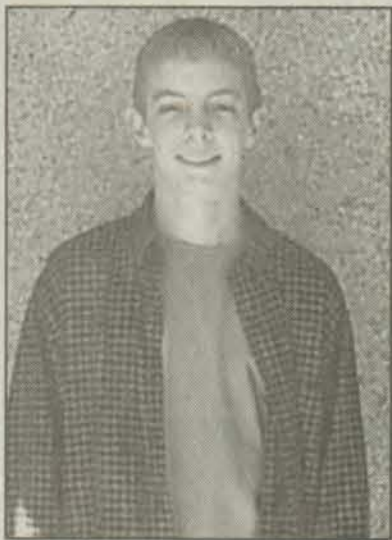
Marcus Allen



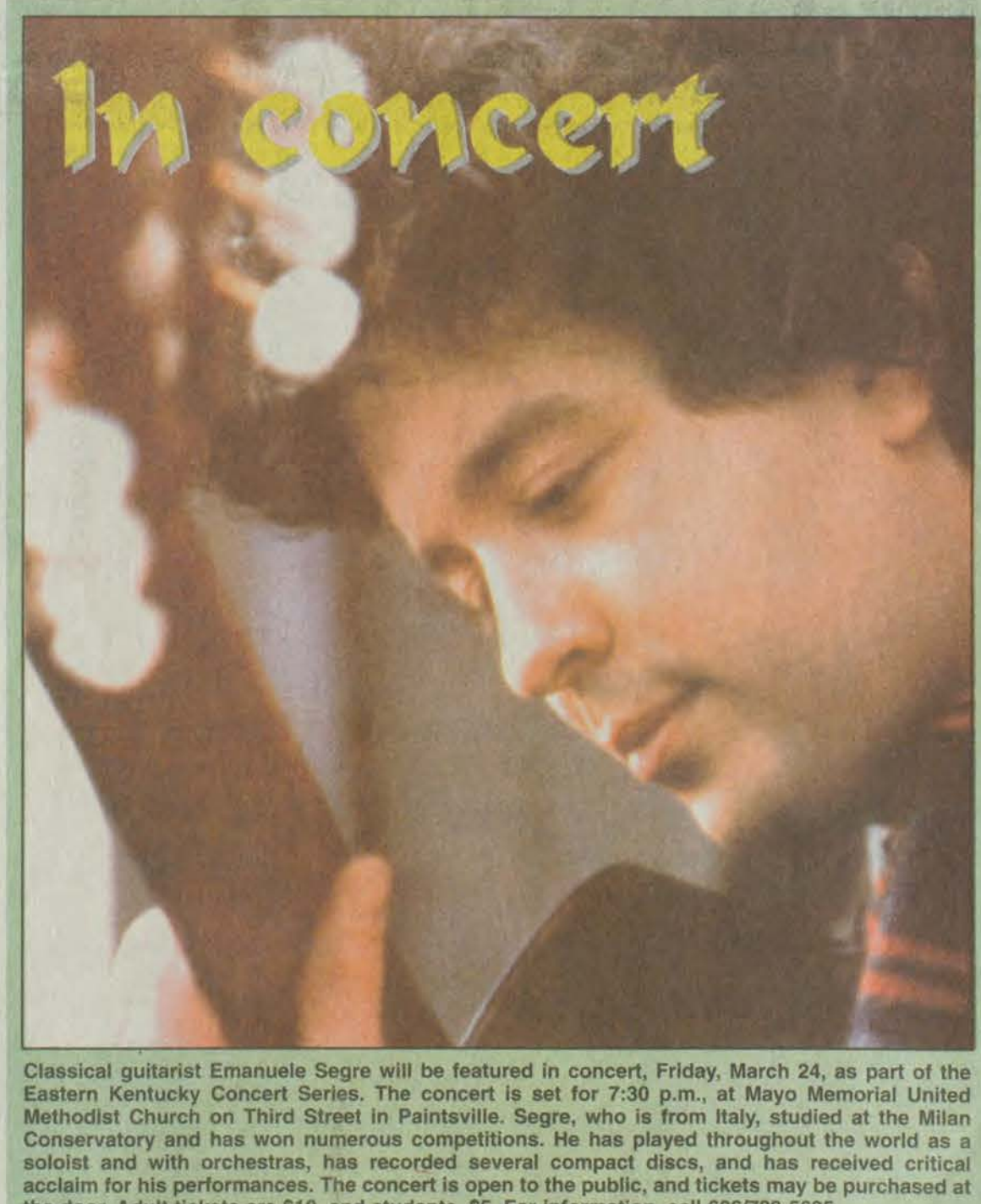
Brentton Akers



Billy Newsome



Jeremy Tackett



In concert
 Classical guitarist Emanuele Segre will be featured in concert, Friday, March 24, as part of the Eastern Kentucky Concert Series. The concert is set for 7:30 p.m., at Mayo Memorial United Methodist Church on Third Street in Paintsville. Segre, who is from Italy, studied at the Milan Conservatory and has won numerous competitions. He has played throughout the world as a soloist and with orchestras, has recorded several compact discs, and has received critical acclaim for his performances. The concert is open to the public, and tickets may be purchased at the door. Adult tickets are \$10, and students, \$5. For information, call 606/789-5625.

PostScript

by Pam Shingler
 Editor

The things we do

Thank goodness it was dark. Thank goodness my fence is up. Thank goodness no one else was around except a friend who had just arrived from Iowa.

There I lay on my back, head down the slope of the yard, feet on the incline pointed toward the house.

The ground under me was part-grass, part-bare earth trampled by the big dogs. The night air had begun to dampen the soil into mud.

I was hanging onto the leash of the big, stout dog Bubba (the name this week). I'd just put him on a leash when I'd heard the car pull up. I knew my friend was bringing the

good-natured part golden retriever she'd rescued from abandonment a couple of years ago.

I didn't know how Bubba, the alpha dog wannabe, would react.

I feared the worst and was proven right. Bubba was — shall we say — a tad over-aggressive. I could not hold up to his lunges, and that's how I ended up on the ground, my head just inches away from the hot wire of the electric fence.

Whenever I thought I had Bubba calmed down and could get up, he'd lunge again.

Meantime, the guest dog was terrified of this teeth-baring behemoth. So much so, she backed into the fence and got a surprising shock. Talk about getting it from all sides.

Fortunately, I finally got Bubba to sit and stay. I spanked him lightly — I had no more strength left than to do it lightly. He was devastated. You'd have thought I hit him with a two-by-four.

After that, all I had to do was raise my

hand. I never knew I had such power.

Unfortunately, Bubba's memory is not long. He forgets. So the struggle continued until the guests went inside.

I had to tie him up the next day, which, thankfully, he doesn't seem to mind. Remember, this is the pup who was tied to the wheelbarrow at my cousin's house and who pulled it around with cement blocks in it, the one who broke through the old fence beside the tree at the Auxier house and made himself some more living space.

I knew he'd be all right tied up, but I hated to see him that way.

When I got home from work that day, I decided to see if I could let Bubba loose. Could I trust him? Would he not attack and mortally wound the beautiful, visiting canine, something for which I would probably never be forgiven, and rightly so.

When I let Bo, the guest dog, out and encouraged her to move toward the straining Bubba, he calmed down long enough to

touch noses with her and sniff. She growled, he growled, baring his teeth, but he didn't lunge.

I hoped that if I untied him and they began to fight I could pull him off before much damage was done. Thankfully, he lived up to my expectations.

If anything, he's gone too far in the other direction. He appears to be smitten — he falls all over himself around her, he licks her face, he puts his heavy paw up to her shoulder to get her to play.

It's a delightful sight, this clumsy, brute of a dog with a face that looks as if he has a permanent five o'clock shadow, and a sleek, graceful wench with long silky hair.

She seems to like the attention, but sometimes you can tell she's a little annoyed, especially when she needs to take care of personal business and he's trying to nuzzle. And what he considers a playful, gentle paw

Things to Ponder

More, more happiness

by Mable Rowe Lineberger, Ph.D.

As promised before, the beat goes on with more about happiness with other predictors associated with subjective well-being, according to the "The Funds, Friends, and Faith of Happy People" (American Psychologist, 1/2000).

Over the last two weeks, we have found out that emotionality changes with maturity, men and women perceive themselves as equally happy, 50 percent of current happiness is heritable, feeling happy is more likely when work and leisure involve one's skills, and the modern American dream seems to be life, liberty, and the "purchase" of happiness.

It is very interesting that we are twice as rich and no happier, 1998 in comparison to 1957, and yet there are more dysfunctional behaviors generally in regard to teen suicides, the divorce rate, violent crimes, and depression. Considering all of these things, how happy are you; how content, glad, joyful, cheerful, exalted, and etc.?

The other possible contributing factors to increasing happiness seem to be associated with the inner person. Several writers have looked at the impact of close relationships and well-being.

From the perspective that stress of close relationships might exacerbate illness and misery, Jean-Paul Sartre supposedly said, "Hell is other people."

As discussed over the past, co-dependent relationships, with their "too much" support and loyalty to an inappropriate partner, are prone to cost one's self-fulfillment.

Due to the "chains" of marriage and the "shackles" of commitment, often leading to "bondage," modern individualism advises us to give priority to increasing our own identity and self-expression, "me" time. Reportedly, the only question that Carl Rogers thought mattered was "Am I living in a way which is deeply satisfying to me, and which truly expresses me?"

Another predictor of one's level of happiness is the need to belong. As Aristotle recognized, we are social animals since social bonds boost our ancestors' survival chances — kids protected by parents and groups share food.

It has been consistently found that close, intact relationships predict health. In our search for close relationships, new social bonds are typically marked and glued by celebration — the wedding, birth of a child, getting a new job, joining a sought-after group. Much money is spent in our pursuit of close relationships by the buying of clothes, cosmetics, diet and fitness aids, and fancy cars.

Often, it is obvious how the fear of being alone seems worse than the pain of emotional or physical abuse; thus, attachments may keep us in degrading relationships.

Without others' acceptance, the person often experiences depression, anxiety, jealousy, loneliness, and guilt. Close relationships also predict health; i.e., those with social ties tend to be less vulnerable to ill health and premature death.

So often, individuals with broken social ties — widowhood, divorce, being fired from a job — experience weakened immune defenses and the rates of disease and death go up. "Woe to one who is alone and falls and does not have another to help." (Ecclesiastes 4:10)

In regard to friendship and well-being, centuries ago Francis Bacon (1625) described the benefits of being attached to friends and partners: "It redoubleth joys, and cutteth griefs in half." In the more modern version by Lennon and McCartney (1967), "I get by with a little help from my friends."

Happier feelings are revealed when with others. In addition, it has been found that people enjoying close relationships cope better with various stresses, including bereavement, rape, job loss, and illness.

Individuals with supposedly "Yuppie values" — preferring high income and occupational success over having very close friends and a marriage — were twice as likely as former classmates to describe themselves as "fairly" or "very" unhappy.

Marriage and well-being have been noted to have meaningful impact on one's happiness. As probably expected, most individuals are happier when attached than when unattached. Married people perceive themselves as being happier and more satisfied with life than their single counterparts; plus, they have decreased risk for depression.

Those in not-very-happy marriages were found to be even less happy than those unmarried or divorced. "Very happy" folks were the happiest — 57 percent declared life generally as very happy.

"Well-married a person is winged; ill-matched, shackled." (Henry Ward Beecher).

Would you believe this: women and men being equal for doing household tasks was found to be a predictor of marital happiness? Different from what I thought, globally, women and men were similar to married versus not-married happiness.

So we are not surprised that positive, happy people more readily form happy relationships — more good-natured, out-going, focused on others, and socially attractive. Who wants to keep company with an irritable grouch that doesn't like anything or is not happy anywhere?

"When marked by intimacy, marriage — friendship sealed by commitment — reduces loneliness and offers a dependable lover and companion."

A final predictor is faith and well-being. Although some evidence revealed that some forms of religious experience correlated with prejudice and guilt, in general an active religiosity is associated with several mental health criteria.

Examples are that actively religious North Americans are much less likely than irreligious people to become delinquent, to abuse drugs and alcohol, to divorce, and to commit suicide.

In addition, religiously active folks even tend to be physically healthier and to live longer, perhaps in part to their lessened smoking and drinking.

Reportedly, coping with crises, such as recently widowed women, mothers of developmentally challenged children, those recently divorced, unemployed, seriously ill, or bereavement, and are religiously active, saw themselves as happier than those in the same situations and not religiously oriented.

For older people, health and religiousness were noted to be the best predictors of life satisfaction. "Very happy" people felt "extremely close to God" (41 percent) rather than "somewhat close" (29 percent) and not close (23 percent).

Several possible explanations about the associations between faith and well-being were provided:

(1) faith communities provide social support — "the fellowship of kindred spirits;"

(2) religion satisfies "the most fundamental human need of all" — the need to know that somehow we matter, lives mean something, count as something more than just a momentary blip in the universe; and

(3) besides answers to life's deep questions, many religious worldviewers project hope when confronting the so called "terror resulting from our awareness of vulnerability and death."

Although this is by no means all there is to know about what is happiness and how do we get it, "Happiness depends, as Nature shows, Less on exterior things than most suppose" (William Cowper, 1782).

Perhaps "the scientific pursuit of happiness can help our culture rethink its priorities and envision a world that enhances human well-being." Again, where do you think you are in all of this?

Organizations



Orville Frasure, Joel Stumbo, Ray Brackett, Tom Burgess, Joel Bowles, James Sammons, O. Sam Blankenship, Donnie Francis, Scotty Francis and Norman Miller.



A future marine? Logan Brewer, son of Mr. and Mrs. Seth Brewer and grandson of Mr. and Mrs. James Sammons, Louisa.



Row one: Angela Brackett, Michelle Waska, Theresa Bowles; row two: Mrs. Donnie Francis, Jean Blankenship, Shirley Stumbo; row three: Frances Brackett, Carol Sherman, Betty Burgess and Josephine Frasure.

Marine group meets at Inez

Commandant Ray Brackett called Marine Corps League Detachment #617 to order at Miss Ida's Tearoom, February 12, at Inez.

Chaplain Donnie Francis gave the invocation, and sergeant-at-arms Norman Miller led the Pledge of Allegiance to the Flag of the USA.

Senior Vice Commandant Joel Stumbo, on behalf of members, presented roses to wives, girlfriends, and grandchildren. Orville and Josephine Frasure were recognized for being married for more than 50 years.

Commandant Brackett presented certificates of patriotism to Mr. and Mrs. Joel Stumbo, Harold, Joel Bowles, Senior Vice Commandant of the Department of Kentucky, to Scotty Francis, associate member, and life membership certificates to marines present.

He also presented the associate membership pin to Scotty Francis, who became the first ever to be named an associate of the detachment.

Attending were Mr. and Mrs. Ray Brackett, Ulysses; Mr. and Mrs. O. Sam Blankenship, Prestonsburg; Mr. and Mrs. Donnie

Francis and Scotty Francis, Mousie; Mr. and Mrs. Joel Stumbo, Harold; Mr. and Mrs. Tom Ray Burgess, Louisa; Mr. and Mrs. James Sammons, Louisa; Mr. and Mrs. Orville Frasure, Harold; Mr. and Mrs. Joel Bowles, Pikeville; and Norman Miller, Van Lear.

Special guests were Mr. and Mrs. Seth Brewer and son, Logan, Louisa; Michael Sammons and April Van Horn, Louisa; Michelle Waska and Bethel Alaska, Pikeville; Carol Sherman, Van Lear; and Angela Brackett, Ulysses.

Paxton speaks at woman's club

by Judy Bowen

The GFWC/KFWC Prestonsburg Woman's Club held its monthly meeting on March 2 in the Club House at Archer Park.

The March program was an informative presentation by Judge Julie Paxton concerning family court and her role in this important aspect of our judicial system. She discussed two new programs, Families in Transition and Court Appointed Special Advocates (CASA).

Mable Brown gave the devotional. The monthly focus of the club was personal items for the Spouse Abuse Center.

Decorations and desserts were provided by Thelma Lafferty, Elizabeth Ramey, Boots Adams and Paula Spriggs.

The GFWC/KFWC Prestonsburg Woman's Club would also like to thank all community members who purchased Irish Stew during the club fund raiser on



Judge Julie Paxton, center, was the speaker for the March 2 meeting of Prestonburg Woman's Club. She poses with Lida Howard, left, and Beverly Oxford.

March 10. The proceeds will be used to continue the club's community service projects and other programs.

How to achieve quality family time

(NU) - When was the last time you and your family spent an evening together without watching television? Can't remember?

That's because, like for most Americans, television seems like the only source of relaxation. We forget that it is possible to spend quality time with the family and still have fun.

That's why you need to start setting aside some quality family time, even if it's only a couple of hours a week, without watching television.

To help parents do this, one week out of every year is designated as National TV-Turnoff Week, when families across the country voluntarily turn off their television sets and turn to other ways to have fun with their families.

You can make it TV-turnoff week in your home anytime you want. It may be difficult to do, especially for the kids, but in the end it's worth every minute of family bonding.

To make it easier for you, Hasbro, the makers of some of the best-known classic games, is here to help. They have come up with a new way of bringing families closer together by helping them spend quality time while having fun.

Hasbro's Family Game Night offers one way that family members

can take advantage of their time together by interacting with each other, face-to-face, playing board games.

Introduced during the fall of 1998 as a practical way to put some real quality time back into your busy life, Hasbro has brought together some of its most well known games for the Family Game Night theme. They include, the Monopoly game, the Scrabble game, The Game of Life, Sorry, Clue, PayDay and Yahtzee.

"We believe that playing games makes family time together more meaningful and fun," says John Chandler, senior vice president of marketing for Hasbro Games.

"We know from our own families that when you play a game there are two experiences - the actual game where you strategize and the emotional experience of enjoying each other's company. These are the experiences that make family life more constructive, rewarding and

Postscript

Continued from p1

is actually quite heavy.

Of course, she's here for only a few days. I wonder how he'll act when she's gone. I do hope he's learned from the experience not to be so quick with the aggressiveness and the pre-judgment — as should we all.

Sometimes, something beautiful can come out of what we dread — and sometimes not.

Greetings to subscriber Peggy Howard of Prestonsburg. Thanks for reading the Times.

healthy."

Many families are rediscovering the wonder of board games, according to the Toy Manufacturers Association. Sales of family and adult games were up more than 10 percent in 1999.

For parents who need a little extra help planning a Family Game Night, Hasbro has made a fun and interactive brochure outlining the benefits of family gameplay that also provides creative ways to plan family game night.

To order your free brochure, send your address via e-mail to fgn@hasbro.com or write to Hasbro Family Game Night, P.O. Box 5659, Pawtucket, RI 02862. For more information about Family Game Night, visit www.familygamenight.com.

Search is on to find the world's greatest granny

Everyone thinks their own grandma is special, but only one can earn the title, "world's greatest granny."

The Washington Apple Commission has announced the official beginning of its annual Search for Granny Smith—a nationwide hunt to find the perfect grandmother to promote the state's famous green fruit.

"We're looking for on-the-go grannies," said Kristen Malott, search coordinator for the commission. "Someone who personifies the healthful attributes of our apples."

Malott said a successful candidate should meet the following

guidelines:

- Be sweet to the core and have good moral fiber.
- Be hand-picked by children, grandchildren, spouse or friends.
- Have beauty that's more than skin deep, and just the right amount of maturity.
- Have "a-peel."

Anyone in the United States or Canada wishing to nominate a grandma should write, in 100 words or less, why the nominee should be considered and enclose a non-returnable photo.

Nominations should be sent to Granny Smith, P.O. Box 18, Wenatchee, WA 98807, and be received no later than April 7.

Last year's winner was 55-year-old Melba Cope of Lincoln, Nebraska, an avid community volunteer, fitness enthusiast and grandmother of two. Cope was selected from thousands of entries to be the official "spokesgranny" for Washington's apple growers.

"I've had an unbelievable year," Cope said. "I've traveled all over the United States making TV and public appearances, and I've met so many wonderful people. It's an experience I'll never forget."

Twenty grandmothers, and a companion for each of them, will be chosen to participate in the "Granny Finale," held in May at the Washington State Apple

Blossom Festival, in Wenatchee, Washington.

The winner will be featured on grocery store posters and will make promotional appearances in the upcoming year.

"We have another crop of high quality Granny Smiths this year, so we need an even bigger crop of granny nominees," Malott said. "The search has really turned into something special. We give people a chance to tell us why grandmothers are a special part of their lives."

"From the past nominations we've received, it seems many modern grannies have traded in their rocking chairs for tennis shoes."



The most common element in the atmosphere is nitrogen.

WEDDINGS/ ENGAGEMENTS



April 1 wedding planned

Bill Gibson and JoAnn Crum announce their engagement and forthcoming marriage. The bride-elect is the former owner of the Plaza Laundromat in Prestonsburg. Gibson is the Broker of RE/MAX Action Team in Pikeville and Prestonsburg. The wedding is open, and will take place at 4 p.m., Saturday, April 1, at the Green Meadow Country Club in Pikeville. A reception will follow in the Club's dining room.



Engagement announced

Gene and Linda Weathers of Prestonsburg announce the engagement of their daughter, Cathy, and Vince Matteini, son of Don and Jennifer Anderson of Paintsville. The bride-elect is a 1993 graduate of Prestonsburg High School and a 1997 graduate of Morehead State University. An assistant property manager in Lexington, she is the granddaughter of Tom and Edna Pridam of Prestonsburg; Grace Braddock of Riverview Manor Nursing Home and the late William Braddock. The prospective groom is a 1988 graduate of Johnson Central High School and served in the United States Army for six years. He is a police officer for Lexington-Fayette Urban County Government and is a member of the Kentucky National Guard.

BIRTHDAYS



Fifth birthday

Kaitlyn Nicole Williamson, daughter of Kevin and Jane Williamson of Lexington, celebrated her fifth birthday on Saturday, February 12, 2000, at Kids Place. Celebrating with her were her parents; her sister Kristen D. Williamson; David and Patti Mollette; David R. Mollette; Dennie and Lois Williamson; Ken, Cheryl, Haley, and Luke Roberts; Tina McCord; Christie Slone; Marky Bryer; Kyle Dyson; Mark Elliott; Felicia Gater; Jennifer Hall; Kara Hart; Jamie Lanham; Rachael Posch, and Tyler Renner. The theme of her party was Barbie.



Third birthday

Kristen Danielle Williamson, daughter of Kevin and Jane Williamson of Lexington, celebrated her third birthday on Saturday, October 30, 1999, at Chuck E. Cheese. Celebrating with her were her parents; her sister Kaitlyn N. Williamson; David and Patti Mollette; David R. Mollette; Anthony, Miranda and Nick Lafferty; Tina McCord; Christie Slone; and Erica Adams. The theme of her party was Dalmations.

Home & Garden show features Mr. Food, charity auction

Spring is in the air, and what better way to celebrate the season's return than by attending the 25th annual Central Kentucky Home & Garden Show, March 23-26, at Rupp Arena and Heritage Hall.

The silver anniversary show will feature merchandise and tips for everyone's interest. With more than 225 various exhibitors, presentation topics will range from cooking an easy meal with Mr. Food, local chefs, and WKYT TV news personalities, to landscaping your garden with Hillenmeyer Nurseries.

Show times are Thursday and Friday, 5 to 10:30 p.m.; Saturday, noon to 11 p.m., and Sunday, noon to 6:30 p.m. Admission is \$6 for adults, and children under 14 years of age will be admitted free of charge.

225 Home and Garden Exhibitors

Hundreds of experienced home and garden experts from national, regional, and local businesses will be available to share new home and garden ideas, provide professional answers to questions, distribute important information, and offer merchandise and services at show-only discounts.

Businesses represented at the show range from cooking equipment suppliers to retailers of garage doors, spas, lawn mowers, and invisible fencing for animals.

"We like to compare the size of our show to a large shopping mall," said Mike Claypool, producer of the Central Kentucky Home & Garden Show. "Occupying the entire floor space of Rupp Arena and Heritage Hall Convention Center, this year's show features more than 500 exhibit booths."

In WKYT's Kitchen with Mr. Food

Those who are interested in learning how to cook a quick and

easy, but delicious meal should plan to attend the informative presentations by Mr. Food, nationally recognized chef and television celebrity.

He will present "In WKYT's Kitchen with Mr. Food," sponsored by WKYT-TV Channel 27, highlighting tips and techniques for preparing delicious healthy meals, Friday, March 24 at 7 p.m., and Saturday, March 25 at 2 p.m.

Famous for his saying, "Ooh It's So Good!," Mr. Food, otherwise known as Art Ginsburg, has been cooking up fun in the kitchen since the 1970s, and has become one of the best known chefs in homes across the country.

His 90-second television food news insert, syndicated by King World Productions, airs in more than 170 markets in the United States.

The corporation has grown from a cooking show to a company that encompasses a Hearst-produced magazine, a recipe newsletter, and merchandising such as cookbooks and kitchen and houseware products.

In addition to Mr. Food's fun and exciting kitchen demonstrations, local news personalities from WKYT-TV and Lexington chefs will be cooking up their favorite dishes at various times throughout the show.

In the Garden

Hillenmeyer Nurseries, whose staff members are experts in the gardening and landscaping industries, will present "In the Garden with Hillenmeyer Nurseries," a series of demonstrations on topics ranging from herb gardening to landscaping techniques and hanging basket creations.

Hillenmeyer Nurseries professionals will be available to answer questions while they demonstrate the proper techniques for spring and summer gardening projects.

Individuals who wish to beautify

their lawn and make their garden more beautiful should plan to participate in the "Live with Louis" radio hour on Saturday, March 25, from noon to 1:45 p.m.

In his fourth appearance at the Central Kentucky Home & Garden Show, Louis Hillenmeyer, owner of Louis' Flower Power, will present a special Flower Power broadcast during this time on WVLK-AM 590.

Appalachian Log Home

Returning to the Central Kentucky Home & Garden Show for a third year, the "Yukon Trail II" log home presented by Back Country Cabins of Lancaster, will be a feature of this year's show. Manufactured by Appalachian Log Homes Inc., the cabin is perfect for families looking for the cozy comforts and casual weekend living environment a log home can offer.

Constructed using western hemlock 6' x 12' timber from British Columbia and Oregon, the "Yukon Trail II" includes one bedroom, one bathroom, and living area. The log home will be furnished with indoor and outdoor furniture, plus decorations from the Wood Shack in Lancaster. Additionally, individuals who tour the home can register to win Kentucky Crafted prizes.

Lowe's How-To Clinics

Returning for the second year, Lowe's Home Improvement Warehouse—South Lexington, will present How-To Clinics at its booth in Heritage Hall at various times throughout the show. Spectators can learn about remodeling tips for the home interior ranging from faux finishing and bordering to installing ceramic tile.

Garden Display

Bill Lose Garden Depot of Lexington will become part of 5,200 square feet of garden space in the show by creating a landscaped area of "colorful conifers" uniquely dis-

played among blooming azaleas and rhododendrons. The area's largest collection of eminently unique garden accessories and gifts will be on display, from handmade solid granite oriental lanterns to hand-blown glass hummingbird feeders, bronze cast fountains, and more.

Bonsai and Orchid Displays

If exotic plants are your passion, new at this year's show will be orchid and bonsai exhibits presented by the Bluegrass Orchid Society and the Lexington Bonsai Society. The floral exhibits will be on display in the Heritage Hall conference center area.

Space Charity Auctions

For great home, garden, and entertainment bargains, live and silent auctions featuring a variety of products and services will be conducted on Friday, and Saturday, at 8 p.m., and Sunday, at 3 p.m., to benefit the University of Kentucky Children's Hospital.

Floral Review and Competition

The Central Kentucky Floral Review and Competition presented by the Kentucky Florists Association will feature about 50 live and silk flower arrangements creatively decorated to the theme "Celebrate Spring" and designed exclusively for the show by member florists.

Six finalists will compete live on stage in Rupp Arena, on Sunday at 2 p.m., where each will have 30 minutes to design a live floral arrangement with boxes of identical flowers provided to them. The winners will be awarded \$2,500, \$1,500 and \$1,000. The silk arrangements will then be up for bid at the UK Children's Hospital auctions on Sunday.

For more information on entering the contest, contact Lynn Pennington, at 606/873-3203.

Poison safety tips for National Poison Prevention Week, March 19-25

FRANKFORT — Every 20 minutes, someone in Kentucky calls the state's Poison Control Center about the possible poisoning of a child.

Many of these situations can be prevented if families follow some simple tips on keeping medicine, chemicals and cleaning products away from children. That's one of the main points public health officials are stressing during National Poison Prevention Week, March 19-25.

"One of the most important things is that when you buy medicine — either prescription or over the counter — get it with child-resistant caps," said Mike Cavanah, the program administrator for product safety in the Kentucky Department for Public Health.

"It's also a good idea to get cabinet locks for chemicals and cleaners. Little kids love to play with pots and pans in the kitchen and they'll try to get the cleaning liquid out, too."

The department spends \$1 million a year to fund the Kentucky Regional Poison Center at Kosair Children's Hospital in Louisville. The center is staffed around the clock 365 days a year. It received 61,000 calls during 1999, with 29,100 of them involving children.

The emergency number for the center (in Kentucky only) is 1-800-722-5725. For the Louisville Metro area the number is 502-589-8222. It is staffed by nurses and physicians, trained in toxicology. (The center's web page with more information for parents can be viewed at www.krpc.com)

The most common substances involved in the poisonings are cleaning products, pain relievers, personal care products and cough and cold products.

Here are some prevention tips regarding children from the American Association of Poison Control Centers:

HOUSEHOLD AND CHEMICAL PRODUCTS

- Use safety locks on all cabinets. Store potential poisons out of reach of small children.

- Store all poisonous household and chemical products out of sight of children.

- If you are using a product and need to answer the phone or doorbell, take the child with you. Most poisonings occur when the product

is in use.

- Store all products in their original containers. DO NOT use food containers such as milk jugs or soda bottles to store household or chemical products.

- Store food and household and chemical products in separate areas. Mistaken identity could cause a serious poisoning. Many poisonous products look alike and come in containers very similar to drinks or food. An example of this is apple juice and pine cleaner.

- Return household and chemical products to safe storage immediately after use.

- Use extra caution during meal-times or when the family routine is disrupted. Many poisonings take place at this time.

- Pesticides can be absorbed through the skin and can be extremely toxic. Keep children away from areas that have recently been sprayed. Store these products

in a safe place where children cannot reach them.

- Discard old or outdated household and chemical products.

- Use the poison safety checklist to poison proof your home. Each room in the house has a potential for poisoning emergency.

- Take time to teach children about poisonous substances.

- Keep the telephone number of your local Poison Control Center on or near your telephone.

MEDICINE

- Keep medicines out of sight, locked up and out of reach of children.

- Make sure that all medicines are in child-resistant containers and labeled properly. Remember child resistant does not mean child proof.

- Never leave pills on the counter or in plastic bags. Always store medicines in their original contain-

er with a child-resistant cap.

- Keep purses and diaper bags out of reach of children.

- Avoid taking medicines in front of children. Young children imitate grown ups.

- DON'T call medicine candy. Medicines and candy look alike and children cannot tell the difference.

- Vitamins are medicine. Vitamins with iron can be especially poisonous. Keep them locked up and out of reach of children.

- Be aware of medicines that visitors may bring to your home. Children are curious and may investigate visitor's purses and suitcases.

- Keep a bottle of activated charcoal, a medicine used to stop the absorption of poison, in your medicine cabinet. Make sure the babysitter knows where you store your activated charcoal. Do not use the activated charcoal unless instructed by the Poison Control Center or your doctor.

'New opportunity' for women

Applications for the summer session of the New Opportunity School for Women, a free educational and career exploration program, should be requested now.

The upcoming session is scheduled, June 4-June 24, on the Berea College campus. Designed for women of low-income who have high school diplomas or GED's, but who have not completed college, applicants must be between the ages of 30 and 55.

The program provides educational opportunities through class-

es in computer basics, leadership development, Appalachian literature, and writing, in addition to lectures, field trips, and workshops focusing on building self-confidence.

Job skills will be identified and participants will learn to write resumes and practice interview techniques. Those selected to attend will also have internships in a field of interest, either on the Berea College campus or in the community. Lodging and all meals are provided and grants for travel

and child care are available.

Requests for applications and additional information should be addressed to Caroline Francis, executive director, New Opportunity School for Women, 204 Chestnut Street, Berea, KY 40403, or by phoning 606/985-7200.

The school was founded in 1987 by Jane B. Stephenson, a specialist in adult education programs, and 301 women have now graduated from the program.

Bardstown to host quilters

Bardstown and My Old Kentucky Home Quilters will host the 10th annual Festival of Quilts on Thursday, March 23, to Sunday, March 26, at Hillbilly Heaven at the intersection of Bluegrass Parkway and US 31-E.

Designated the official Kentucky Quilt Festival in 1992 by the Kentucky legislature, the event follows a theme each year. This year's theme, Past and Future Favorites, will be carried out by 160 quilts and wall hangings from Kentucky and five other states.

The viewer-friendly show

includes the issuing of plastic gloves so that the quilts can be inspected closely.

The main exhibit and merchant's mall will be open Thursday-Saturday, 10 a.m.-6 p.m., and Sunday, 10 a.m.-5 p.m.

Other activities include educa-

tional workshops, downtown window displays and a Friday Fashion Show Luncheon.

For additional information, call Bardstown-Nelson County Tourist and Convention Commission at 1-800-638-4877.

Agency slates adoption seminar

A seminar on adopting infants and toddlers internationally has been scheduled for Saturday, March 25, at 2 p.m. at Suburban Hospital in Louisville.

The free seminar is presented by Chosen Children Adoption Services and Carolina Adoption Services.

For information, call 502/231-1336.

YOUTH NEWS

Sullivan College brings MCSE program to Pikeville

Sullivan College, Kentucky's largest private college, is currently offering its Microsoft Certified Systems Engineer (MCSE) program on the campus of Mayo Technical College's Pikeville Regional Technology Center.

The program, which has been offered at Sullivan's Louisville and Lexington campuses since 1998, is the newest academic initiative that the college brings to Eastern Kentucky.

In 1998, Sullivan College entered into an articulation agreement with the state's community college system, now the Kentucky Community and Technical College

System (KCTCS), which allowed for simplicity in the transfer of courses between the schools. Sullivan College is currently offering their "2 + 2" program, which culminates in a Bachelor of Business Administration degree with a concentration in Management or Accounting, in addition to the MCSE Certification program.

The MCSE Certification program offered by Sullivan College will allow students to earn college credit, while gaining the knowledge required to become certified computer network engineer, qualified to design, implement and troubleshoot

existing computer networks.

Sullivan College is the only school in the state of Kentucky that Microsoft has been designated as an Authorized Academic Training Partner (AATP). Since this is an academic program, students are eligible to receive college credit and to utilize federal financial aid.

This nine-month program is slated to begin March 31. Classes will be held on Friday evenings and Saturdays.

The Louisville-based college is accredited by the Southern Association of Colleges and Schools and has campuses located in Louisville, Lexington and Ft.

Knox, in addition to the extended campus at Prestonsburg Community College and at the Lees College Campus of Hazard Community College.

Sullivan is currently accepting applications for the MCSE program, in addition to the bachelor's degree program, which begins on March 27.

Further information regarding any academic program, transfer credits, academic advising, registration, scholarships or financial assistance can be obtained by contacting Sullivan College's Lexington campus at (800) 467-6281.



In children's chorus

Two Floyd County students, Anita Allison and Holly Pack, recently participated in the fourth annual Kentucky Children's Chorus. The girls were among 200 fifth and sixth graders selected by audition statewide. The chorus rehearsed and performed as part of the Kentucky Music Educators Professional Development Conference in Louisville, February 2-5. The chorus was directed by Dr. Sandra Snow, assistant professor of music at the University of Michigan and Central Division Repertoire and Standards Chair for Women's Chorus. Allison, left, is a sixth grader at Adams Middle School. Her parents are Clark and Phyllis Allison of Prestonsburg. Her music teacher is Kathy Caudill. Pack, the daughter of James and Sandra Pack of Prestonsburg, is a fifth grader at Prestonsburg Elementary School. Her music teacher is Rebecca Haywood.



Accepted to medical school

Paula Heater, daughter of Kenneth and Mary Heater of Prestonsburg, has been accepted into the University of Kentucky's College of Medicine. Set to begin class in August, she is a 1995 graduate of Prestonsburg High School and attended Prestonsburg Community College for one year before transferring to UK. She was graduated in May 1999 with a Bachelor of Science degree in biology. An employee of the UK Early Childhood Laboratory, she plans to specialize in either family medicine or pediatrics.

Osborne Ele. Honor Roll

The second nine weeks honor roll for Osborne Elementary is as follows:

Robin Hall (4th Grade)—4.00—Danielle Bates and Faith Little; 3.00-3.99—Matthew Crittenden, Elena Fouts, Ashley Hall, Jordan Hall, Westley Hunt, Jeri Ann Jones, Ethan Meade, Samantha Tackett, and Stephanie Slone.

Colleen Johnson (4th Grade)—3.00-3.99—Maria Curry, Ashley Fogle, Martha Hall, Ryan Johnson, Terri Slone, Amber Tackett, Whitney Tackett, and Brittany Thornsbury.

Sherry Caudill (4th/5th Grade)—4.00—Wesley Akers and Ethan Mullins; 3.00-3.99—Kaitlyn Crum, LeAnn Day, Brandi Hall, Mark Helton, Austin Johnson, Kyle Ray, and Tia Salisbury.

Tammy Mullins (5th Grade)—3.00-3.99—Casey Anderson, Jacob Couch, Erica Hall, Lyle

Johnson, Paige Johnson, Amanda Lindemuth, Bessie Maynor, and Katie Spears.

Dale Pack (5th Grade)—4.00—Bianca Bailey and Christopher Hamilton; 3.00-3.99—Kim Elkins, Kortney Hall, Matthew Shawn Hall, Tiffany Hall, Sarah Harris, Ethan Johnson, Alena Little, Tara Little, Tobie Little, Heather Newsome, Brittany Puckett, and Brain Williams.

Jeff Castle (6th Grade)—3.00-3.99—Sarah Bakay, Tiffany Hamilton, Ashley Johnson, Scott Johnson, Ryan Little, Stephanie Slone, and Megan Tackett.

Susie Tackett (6th Grade)—4.00—Megan Castle and Sandra Hunter; 3.00-3.99—Stephan Blanton, Chrissy Blibeker, Eva Cook, BreAnna Daniels, Lester Holbrook, Matthew Johnson, Ryan Johnson, Dennis Matthews, Christal Ramsey, and Sunni Williams.

Japanese influence

felt in McDowell

by Sandra Slone
McDowell Elementary

"Students, may I have your attention! I'm good at reading your names in English but I have no idea who this paper belongs to with your names written in Japanese!"

Children at McDowell Shougakkou, (Elementary), are learning what it would be like to live half-way around the world, on the islands of Japan.

Taeko Nishino is joyfully welcomed into every classroom with, "Konichiwa," and, "Sayonara," as she leaves for her next class.

She has shared many customs and lifestyles with us, one of the most fascinating being the Ancient Tea Ceremony.

Taeko, dressed in a Kimono, explains the elements of the ceremony: harmony, respect, purity, and calm, where the host honors only one guest at a time. Every movement is precise and elegant while freshly made tea is served.

The students also learned about schools in Japan and were amazed when the subject of shoes came up. Students in Japan change their shoes as they enter the school, leaving them in lockers without doors or locks. They could not believe no one would bother them.

They disliked the idea of



Taeko is sharing stories with the students about interesting places in Japan.

going to school a half a day on Saturday. Frowns appeared on faces and heads began to shake, "No," when Taeko explained that the students in every class took turns serving lunch and everyone cleaned their classroom, giving them responsibilities and hands-on experience.

"Kumi, (class) it's ok to write your name in Japanese, I think I'm getting the hang of it!" Sayonara.

Sandra Slone, third grade teacher, and Taeko Nishino model Kimonos before the Ancient Tea Ceremony.



Sandra Slone and her third grade primary class poses with Taeko before the Tea Ceremony.

Kentucky writes! at the Kentucky Historical Society on April 15

Children and families are invited to the Kentucky History Center in Frankfort for a Super Saturday "Kentucky Writes!" on April 15, from 10 a.m. to 3 p.m.

Lexington-based author John Maruskin will assist kids in exploring their own literary creativity through poetry, illustrations, and storywriting. Unique crafts will delight children who enjoy hands-on activities.

Discover creative works by Kentucky authors through readings at noon and 2 p.m. Experience special performances of "James Still's Schoolroom Primer," a play that mixes music and rhyme to celebrate the days of one-room 'blab schools,' at the Old State Capitol, at 11 a.m. and 1 p.m.

Craft activities are primarily for children between the ages of 5 and 12. Children must be accompanied by an adult. Groups of 10 or more must register in advance. Super Saturdays at the Kentucky Historical Society are free. For more information, call 502/564-1792, ext. 4424.

Prestonsburg Elementary School



Winners of the third month Perfect Attendance Wal-Mart certificates at Prestonsburg Elementary are: K-Megan Newsome; 1-Josh Whitaker; 2-Cady Rice; 3-Ashley Skeens; 4-David Hicks; 5-Meaghan Slone. The PTO sponsors this award every month.



Students at Prestonsburg Elementary learned about bus safety when Lonnie Badger brought Buster, the Bus, to school. Here, Phyllis Allison's class poses with Buster and Mr. Badger.



Ron Vanover, recreation interpretation program supervisor, at Jenny Wiley State Resort Park, came to Prestonsburg Elementary and taught all students square and folk dancing. These students are dancing the Virginia Reel.



These students are waiting their turn to jump rope at the annual Jump Rope Club program at Prestonsburg Elementary. More than 90 students participated. This program is designed to help students achieve a level of fitness, while interacting with other students in different grade levels. Teachers and parent volunteers to help make this program possible.



Students in Connie Parsons' kindergarten class at Prestonsburg Elementary wore pajamas to celebrate the birthday honoring Dr. Seuss for the 'Read Across America' week, February 28-March 3. Front row: Chelsie Sawyers, Kelsie Sawyers. Middle row: Morgan Horn, Charlie Joseph, Lynnsey Stowers, Tyler Shelton. Back row: Keri Maynard, Amber Childers, Jenny Thompson, Caitlyn Forney and Kendra Perry.

Youth News

Students challenged to improve the world

News of Education

(NAPSA)-Can today's students show adults how to make the world a better place for all people in the 21st century? Absolutely.

And, The Earth We Share™ (TEWS), an international science camp created by astronaut Dr. Mae C. Jemison, is giving kids the opportunity to do just that.

As part of its millennium celebration, "TEWS 2000: Preparing the World for the New Century," TEWS has launched a special web site (www.tews2000.org) that encourages students to voice their fears, hopes, concerns and dreams - not only for their own futures, but for that of the global community.

"It's only fair that we give today's students a chance to express their views about the world they'll be inheriting very soon. Then it's up to us adults to take note-and action," said Dr. Jemison.

In the upcoming weeks, TEWS encourages adolescents and teens to speak to one another and the world through two very special initiatives. The first is the TEWS 2000 "Listening to the Future" International Survey (deadline May 10, 2000). Students can log on and weigh in on questions like "Whom do you trust most to solve

global problems in the next 25 years?" and "What are the most difficult challenges you may face in the next 25 years?"

Results from the survey will help guide a month-long series of online chats later this spring featuring special guest-hosts including NASA scientist and "October Sky" author Homer Hickam, comedian Sinbad and United Nations representatives, among others. Check the site soon for a complete schedule.

The second initiative, the TEWS 2000 "Shaping the World" Essay Contest (deadline April 20, 2000), asks students to explore the connection between science and technology, and society. Visit the site for contest rules and information.

Essay contest winners will host the TEWS 2000 International Youth Internet Conference (June 27-28, 2000). A 24-hour global event, the Conference will link students worldwide to dis-

cut the issues they care about most and outline solutions for today. Students are welcome to log on those days to share their ideas and be heard.

Since 1994, The Earth We Share has brought together and influenced more than 95 students from 12 countries to address current global dilemmas. Using an experiential, hands-on approach, TEWS students have designed the world's perfect house, predicted the hot public stocks of the year 2030, and figured out the number of people the earth can hold and what to do with the earth's garbage. The Earth We Share and "TEWS 2000: Preparing the World for the Next Century" are projects of the Dorothy Jemison Foundation for Excellence, a non-profit organization established by Dr. Mae C. Jemison, the nation's first African-American female astronaut, to honor and implement the teaching principles and life accomplishments of her late mother.

Junior Historical Society to feature storyteller

The Kentucky Junior Historical Society will hold its 38th annual convention, March 31-April 1.

On Friday, William Turner, local historian and professor at Hopkinsville Community College, will tell the tale of the Bell Witch, an apparition that is said to have haunted the Bell family in the early 19th century.

Turner is the official historian of this folk legend that occurred in a small Tennessee town near the Kentucky border.

The Friday evening session features former University of Kentucky basketball star Cameron Mills as the keynote speaker.

Almost 500 students from all across the state will attend, bringing projects in categories such as

photography, poetry, crafts and exhibits. Other events this year will include a quick recall competition in Kentucky history, a downtown Frankfort scavenger hunt and tours of the History Center.

Project awards and election results will be given out on Saturday morning, April 1.

The Kentucky Junior Historical Society is a program of the Outreach Division of the Kentucky Historical Society that gives young people the opportunity to become active participants in the historical activities of their community, region and state. Since 1961, the KJHS has operated through a network of local chapters organized as school clubs.



Day care represented at May Valley School
Melinda Hall, head teacher and assistant director at Linda's Carousel Day Care in Martin, represented the day care at May Valley school's Dr. Seuss' birthday party. Hall read two stories to the children, "Green Eggs and Ham" and "The Foot Book." As she read, she also had the children count the feet in the Foot Book, which they enjoyed.

Helping college students choose a career

(NAPSA)-What am I going to do with the rest of my life? Sound familiar?

At universities throughout the country, these words cross the lips of thousands of college seniors every day. Thankfully, career counseling has come a long way in the last 20 years.

Choosing a career need not be so daunting, say career counselors, if students avail themselves of the resources that are actually much closer to home than they think.

Career Searching
Students looking for "the perfect job" need to remember one thing, warn the experts.

Jobs have to fit you, regardless of what is "hot" or available. The most important aspect of career exploration is self-assessment. Capitalize on your talents and change your mind a million times as you explore the possibilities.

Networking
In college, there are many effective ways to network-they involve talking to people you already know.

You don't need to begin your networking efforts by cold calling strangers and attending formal luncheons; start with people who are already an important part of your life, such as family members, professors and friends.

Alter the Question
Instead of asking, "What do I want to do?" ask



The most important part of deciding on a career is finding a job that fits your talents.

yourself, "What do I want to do for now (or the next three, six or 12 months)?" Giving yourself permission to make temporary decisions instead of "the big one" can help get the gears moving.

One college graduate, who decided to make a career decision that was right "for the moment," is this year's Burger King College Football

Scholar Athlete of the Year recipient, Hofstra University quarterback Giovanni Carnazzi. As an exceptional athlete and scholar, Carnazzi is a good example of capitalizing on one's talent to forge a career path.

Carnazzi maintained a 3.95 GPA as a business management major, while starting as quarterback for his team and volunteering for a variety of community organizations.

This prestigious honor enabled Carnazzi to earn \$135,000 for Hofstra University's general scholarship fund, putting this amazing scholar athlete in the spotlight all over the nation-Carnazzi is currently eligible as an NFL draft pick.

Developed to foster the pursuit of athletic and academic excellence while encouraging social awareness and community service, the Burger King College Football Scholarship Program is the single, largest corporate commitment of its kind to the sport of college football.

The program has already endowed more than 5.3 million dollars in college scholarship funds to more than 250 colleges and universities nationwide in the last five years.

While playing professional football might not be in everyone's future, finding an exciting stimulating career is certainly within reach and the tools of the trade are available to everyone.



Bryan Fitzpatrick of Prestonsburg recently completed a Centre College travel-study program to Europe. The three-week trip focused on the study of art, architecture and music. Fitzpatrick was among 19 students who made the trip with music professor, Barbara Hall. The students spent much of their time in Italy touring the cities of Florence, Venice and Padua. They also toured Munich, Germany and Prague in the Czech Republic. Some of their ventures included viewing art work of Michelangelo and Picasso, visiting the Prague Castle and attending concerts. Fitzpatrick is the son of Franklin and Kathy Fitzpatrick of Prestonsburg and is a graduate of the Woodberry Forest School in Virginia.

Youth News

Improving the grade on report card anxiety

(NAPSA)-There's a lot parents can do to make report card time more rewarding for everyone involved.

Here are some tips devised by the education experts at the Sylvan Learning Centers and the American School Counselor Association (ASCA):

- Communicate with your child throughout the report period. Don't wait until report cards are issued.
- Clearly communicate your expectations to your child. Also, determine if those expectations are realistic considering the student's ability level.
- Identify skill deficiencies that are causing performance problems. Once the deficiencies are defined, appropriate steps must be taken to address the problem (i.e. what will the teachers do...the parent...the student.)
- Get help immediately if you see a problem.

Don't fall prey to your child's promise to do better. He or she may not be able to correct certain issues without adult guidance.

- What might motivate your child to improve his grades? There are motivators and consequences. Positive motivators include offering rewards such as money, CDs or dinner at their favorite restaurant. Consequences include grounding your child, restricting phone/Internet time and taking away privileges.
- Praise your child for positive aspects of the report card such as improvement in a specific area.

When it comes to grades, parents must remember to communicate effectively as well as to do what works best for their child. Stay in touch with the school through your child's school counselor. The link between home and school is vital.



A child may promise to do better in school but needs some help from adults to make real progress.

Online services for college-bound students

(NAPSA)-The number of students enrolled in U.S. colleges and universities is expected to grow 14 percent by 2009, fueling an increasingly competitive college admissions market. But high school students can take comfort in new online services at www.kaptest.com. The comprehensive site includes an SAT exam prep course; a college admissions course; application essay review; and a range of free services such as financial aid advice and links to services for applying to college online.

"Kaplan's online courses offer a convenient and flexible option to busy high school students," said Sharon Miller, Vice President and General Manager of the site, kaptest.com. "Students can learn at their own pace, attending class anytime, anywhere...at school

between classes, or at home following swim practice or an after-school job."

Kaplan's SAT course features more than 24 hours of multimedia lessons, interactive quizzes, a diagnostic test to assess each student's skills, email help from Kaplan experts, a database of frequently asked questions and a comprehensive home study kit.

The college admissions course has many of the same features and covers every aspect of the admissions process. These include strategies for creating and narrowing a target list of schools; completing college applications; ensuring successful college interviews and securing great letters of recommendation.

Kaplan offers students taking the SAT or preparing their college package the following few pointers:

- SAT:**
 - Know the format and learn directions beforehand. Learn the directions with a sample test before test day.
 - Predict the Answer. Read the sentence, predict the answer first, then scan the answer choices to see which one fits.
 - Skip Around. Skip tough questions to come back later; answer all the questions that are within your compass first.
 - Pace Yourself. Practice under timed conditions, keep your pace brisk throughout the test, wear a watch.
 - Guess. Whenever you can eliminate one or more answers as definitely wrong, guess.
- College Admissions:**
 - Colleges generally admit students who can not only handle the

academic demands, but those who will also take advantage of what the school has to offer and who will contribute positively to life on campus.

Contrary to what many students believe, it is not necessarily better to have a long list of extracurricular activities. Colleges are looking to see that students have demonstrated leadership, growth and/or commitment which can be illustrated in a few activities as well.

The college essay is one of the most important pieces of a student's application because it not only serves as an example of the student's critical thinking and writing skills, but helps the admissions committees put that student's face to the facts of his/her application materials.



Hopson wins frat award

James Raymond "J.R." Hopson, a senior at Eastern Kentucky University, received the honor "Greek Man of the Year" at the annual Greek Weekend and Scholarship Ceremony in February.

The award is based on an individual's service to his fraternity, service to the university, character, interest and ability in scholarship, and the ideals exemplified in Greek membership.

Each chapter submits a nominee from its own chapter as well as a nominee from an additional fraternity and sorority. Hopson is a member of Kappa Alpha fraternity.

He was cited for his diverse activities, which include involvement in Student Government

Association, service as chief justice of Student Court, Greek Weekend Chair, member of College Republicans, and member of the EKV Mock Trial Team.

While serving as president of KA, he received the Distinguished Service Award for 1999, which honors the fraternity for its collective efforts toward the Greek system, the university and the Richmond community.

Hopson is the son of Sara Wheeler Blair of Paintsville and the late James D. Hopson. He is also the grandson of the Jeanne M. Wheeler of Staffordsville and the late Charles O. "Buzzy" Wheeler and the late Mabel and Raymond Hopson, who lived at Prestonsburg.



PC musicians perform

Members of Pikeville College's choir and band attended the Kentucky Music Educators Association annual conference in Louisville recently. The students participated in the intercollegiate choral and band activities that included two days of rehearsals and a performance at the Kentucky Center for the Arts for more than 800 conference attendees and their guests. Members of the intercollegiate choir are selected by voice parts, and band members are selected by instrumentation. About 13 other colleges participated. Attending from PC were, from left, Margaret Andraso, assistant professor of music; students Jessica Hampton, David Meek, Brandon Blackburn and Wesley Nelson; and Brad Daniels, director of music and instrumental ensembles.

Courses for AP tests offered online

(NAPSA)-With more high school students entering college than ever before and the number expecting to grow 14 percent by 2009, competition has never been more fierce. To gain an edge, a growing number of students are taking Advanced Placement (AP) programs in high school that can earn them credit for college level courses if they earn a high enough score. In 1999, an estimated 700,000 high school students took over 1.1 million AP exams.

While these high-stakes exams can make some students anxious, now there is convenient online help at www.kaptest.com. Kaplan, one of the leading providers of test preparation and admissions consulting, has partnered with Apex Learning, a company founded by Paul Allen, a founder of Microsoft, to offer the first interactive, online AP test preparation courses for students taking the May 2000 AP tests. A supplement to the AP courses students take in school, AP test prep courses at kaptest.com are offered in U.S. Government and Politics, Statistics, Calculus AB, Macroeconomics and Microeconomics.

Students are now able to study for the increasingly important AP exams anytime, anywhere, without the hassle of having to rearrange their busy after-school schedules. Each course features regularly-scheduled live audio-chats where students and teachers interact in an online classroom, as well as interactive diagnostics, customized study plans, 30+ tutorials, self-

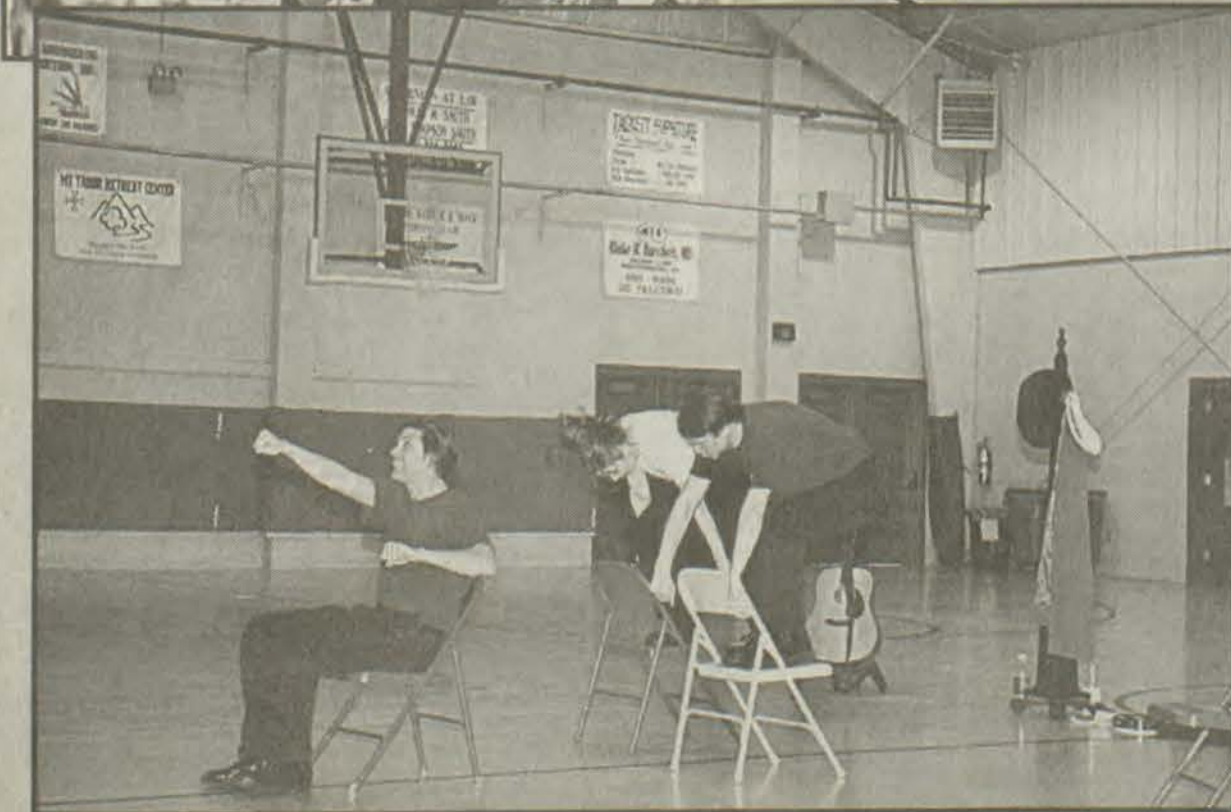
check quizzes, instructional support from a team of experienced AP teachers, study tips and test taking strategies for each course.

Regardless of the AP exam students take, according to experts at Kaplan and Apex there are some key tips students should follow. They may seem obvious, however, it is often the simple things that are overlooked. Applying these basics can help maximize your efforts on test day:

- Know the exam-understanding the format and structure of the test can help students save time and increase points.
- Practice-obtain some old exam questions and practice answering them under timed conditions.
- Rest and eat-without rest and food, you won't function well. Get a good night's sleep and eat a breakfast that includes carbohydrates for maximum alertness.
- Multiple choice strategies-skip the hard ones as time is your most valuable resource. Only guess if you can eliminate one or more of the possibilities. Better to not answer the question than guess wrong.
- Free response (essay) strategies-read the question carefully to notice what the question is really asking, outline your answer, quickly list the main points you want to make with key facts or arguments you want to use. Write; remember to keep it clear and concise.

For more information on preparing for the AP exams, SAT or college admissions in general, students can visit www.kaptest.com.

Barter Theatre



The students at Mountain Christian Academy had the opportunity to enjoy the "First Night Players" of the Barter Theater from Abingdon, Virginia, in a performance of "American Tall Tales," Monday, February 21.

Your Health

Dry Mouth: Causes, Symptoms, Treatments

(NAPSA)-Everyone has a dry mouth once in a while-if they are nervous, upset or under stress. But if you have a dry mouth all or most of the time, it can be uncomfortable and can lead to serious health problems.

Dry mouth can cause difficulties in tasting, chewing, swallowing and speaking; can increase your chance of developing dental decay and other infections in the mouth; and may be a sign of a serious medical condition.

People get dry mouth when the glands in the mouth that make saliva are not working properly. Because of this, there might not be enough saliva to keep the mouth wet. Common causes of the condition include:

- Medication. More than 400 medicines can cause the salivary glands to make less saliva. Medicine for high blood pressure and depression often cause dry mouth.
- Disease. Some diseases, such as Sjögren's Syndrome, HIV/AIDS, diabetes and Parkinson's disease can all cause dry mouth.
- Cancer treatment. Radiation therapy can damage the salivary glands. Chemotherapy can make saliva thicker, causing the mouth to feel dry.
- Nerve damage. Injury to the head or neck can damage the nerves that tell salivary glands to make saliva.

Preventing Suicide:

What everyone should know

(NAPSA)-Depression is a common illness that affects 17 million Americans-nearly one in ten.

The illness is more than just sadness. People with depression may feel hopeless, helpless and generally overwhelmed by life.

Fortunately, depression is very treatable. The majority of people who receive treatment feel better. However, there are times when people don't get the treatment they need.

The American Psychiatric Association, also called the APA, recommends that people be aware of depression symptoms. They include insomnia or oversleeping, loss of energy or increased fatigue, feelings of worthlessness, changes in appetite, and thoughts of death or suicide or attempts at suicide.

To educate the public about depression and to help prevent suicide, the APA recently launched a public service announcement that features a toll-free

What Can Be Done About Dry Mouth?

If your dry mouth is caused by medication, your doctor can change the medicine or adjust the dosage. Your doctor (or dentist) might also prescribe "artificial saliva" to keep the mouth wet, or medication to help the glands work better.

Steps you can take to combat dry mouth include:

- Sip water and/or sugarless drinks. Also, avoid caffeine, alcohol and tobacco, all of which can dry out the mouth.
- Avoid spicy food, which can cause pain in a dry mouth.
- Use a humidifier at night.

Be extra careful to keep your teeth healthy. Brush with a fluoride toothpaste at least twice a day and floss every day. Get a dental checkup at least twice a year.

For a copy of "Dry Mouth," a booklet from the National Institute of Dental and Craniofacial Research, contact the National Oral Health Information Clearinghouse, 1 NOHIC Way, Bethesda, MD 20892-3500, call (301) 402-7364 or visit the website at www.aerie.com/nohicweb. For information about dry mouth related to Sjögren's Syndrome, see the websites at www.dir.nidcr.nih.gov/sjogrens/sjogrenindex.htm and www.sjogrens.com.

depression screening referral hotline sponsored by the National Mental Illness Screening Project.

The announcement was made possible through an educational grant funded by Eli Lilly and Company.

Depression can strike at any time, but most often appears for the first time during the prime of life, from ages 24 to 44. One in four women and one in 10 men will confront depression at some point in their lives.

The APA is a national medical specialty society, founded in 1844, whose 40,000 physician members specialize in the diagnosis and treatment of mental and emotional illnesses and substance use disorders.

The hotline can be reached by calling 1-888-976-1000, or, for other information, you can visit the website at www.psych.org. You can also write to the American Psychiatric Association, 1400 K Street, N.W., Washington D.C. 20005.

Health tips to take to heart

(NAPSA)-Here's some news you should take to heart. Heart disease is a leading health concern among Americans. Although certain factors that increase the risk cannot be changed, such as age, gender and heredity, there are lifestyle choices within your control that can help prevent heart attacks.

As new research disputes existing truths, making heads or tails of the conflicting information on heart-health can be challenging. more.com's Nutrition Editor, Janet Lepke, R.D., C.D.E., provides a reality check on some of the most popular heart-health myths:

Myth 1 "It's all about the fat." Fat in the diet is only part of the equation. You should limit your total fat intake to 30 percent of total calories and look for foods that have a low amount of saturated (a.k.a. "bad") fat, which can clog the arteries. Unsaturated fats, such as those found in olive and canola oils, are your best choices.

And remember, weight gain is a result of taking in more calories than you use. Therefore, fat-free, calorie-rich foods are not necessarily the solution if the sum total at the end of the day outweighs what your body needs.

Myth 2 "Too much coffee causes heart attacks." Caffeine is well known to raise blood pressure, heart rate and basically wake you up, but it hasn't been clinically proven to cause heart disease.

For you heavy coffee drinkers, excess caffeine may contribute to elevated cholesterol levels, which

is a precursor to heart disease. So if you must, enjoy one to two cups of java per day and then move on to a decaffeinated blend.

Myth 3 "No more red meat." Unfortunately, red meat has received a bad rap. In moderation and as part of a balanced diet, red meat is an important source of iron, B vitamins and protein. Red meat can be enjoyed three to four times a week in three- to four-ounce servings (the size of a deck of cards). Red meat does contain saturated fat so look for leaner selections.

Myth 4 "Red wine, please..." Recently, red wine has been spotlighted as a tasty way to thwart heart disease. Research indicated that the incidence of heart disease in those who consume moderate amounts of alcohol (average one to two drinks per day) is lower than for non-drinkers. One suggestion, if you are so inclined, is to limit red wine to no more than two four-ounce servings a day.

Finally, before making significant lifestyle changes, consider researching online to become more educated about your choices as a supplement to consulting a physician. The Internet offers many useful sites that provide a wide range of health information. For example, more.com, an online health and wellness store, offers a Healthy Heart Center that provides more tips, as well as product suggestions, for a healthy heart. You can also find useful heart-health information at the American Heart Association at www.amhrt.org or the American Dietetic Association at www.eatright.org.

Spring Allergies:

Protecting your eyes

(NAPSA)-More than 50 million Americans suffer from allergies. High levels of spring pollen can mean itchy, irritated eyes, runny noses and scratchy throats for allergy sufferers. Fortunately, there are a number of simple yet effective strategies that can help minimize allergy symptoms throughout the season.

Contact lens wearers can help address their symptoms by switching to a lens designed for one-day use. Daily disposable lenses, such as Focus Dailies, allow wearers to replace their lenses every day. This enables wearers to avoid a buildup of protein and pollen and minimize the risk of irritation and infection at the same time.

Made with new Comfort Edge Technology, Focus Dailies' thin edges also offer an added level of comfort for long, busy days. Individuals interested in receiving a free trial offer of Focus Dailies one-day disposable contact lenses can call 1-888-DAILIES or visit www.focuscontacts.com.

Atlanta allergist Dr. Robyn Levy says people need to live their lives and enjoy the spring-but also be smart about it.

"Just wearing sunglasses, for example, filters out

about 40 percent of the pollen that would otherwise reach your eyes," said Levy.

Spring allergy season doesn't have to mean misery. A few common sense tips can help keep you more comfortable:

- Carry comfort drops to rinse your eyes frequently-with contact lenses left in.
- Consider wearing one-day disposable contact lenses.
- Play sports later in the day or evening-when pollen counts are lower.
- Avoid mowing and raking, or at least wear a dust mask and protective eyewear.
- Keep doors and windows closed.
- Keep air conditioning on, which filters indoor air.
- Choose wood flooring over carpet.
- Keep hands away from eyes and do not rub eyes.
- Avoid drying clothes outside as pollen clings to fabric.
- If you suspect you are suffering from allergies, see your doctor.

Norton Hospital iMRI Center now in use

Norton Hospital's Intra-Operative Magnetic Resonance Imaging (iMRI) Center is now in use and already demonstrating how it can enhance the level of patient care delivered.

The first two procedures were performed on children. One procedure was removal of a recurrent brain tumor on 11-year-old Derek Dile of New Haven, February 18. Because physicians could take pictures of the brain throughout the operation, they were able to determine complete removal of the tumor during surgery.

"It was perfect imaging," said Thomas M. Moriarty, M.D., Ph.D., co-director of the iMRI Center and chief of Pediatric Neurosurgery at Kosair Children's Hospital. "We removed all the abnormal areas we could see with our eyes and hands, then we took MRI images, saw clear abnormality remaining on the brain, then removed those. We kept taking MR pictures and removing the tumor until we had a totally clean image of his brain."

The other procedure was an exploration of a cystic mass on the head of two-year-old Jacqueline "Payton" Howard of Campbellsville, February 17. Because physicians were able to use a dye to help able to use a dye to help them determine, during surgery, if the mass had "communicated" with the brain, the procedure was less invasive—meaning shorter recovery time.

If the procedure had been done in a traditional operating room, physicians would have had to make a much deeper, more invasive incision to find out the same information. This translates into a longer time for the connective tissue and muscles to grow back together—

thus a longer recovery time.

The iMRI Center at Norton Hospital is only the fourth site in the United States, including Harvard and Stanford universities, and one of just 11 centers worldwide collaborating with GE Medical Systems to provide this ground-breaking concept in minimally invasive surgery.

Unlike traditional MRI systems, the iMRI has openings on either side, which gives two physicians direct access to the patient, permitting them to obtain MRI images any time during surgery.

The ultimate in computer-assisted, image-guided surgery, the iMRI enables physicians to view three-dimensional images of the brain and body live and in "real time" during minimally invasive surgery and laser therapy.

Surgeons then can pinpoint the location of tumors and diseased tissue and monitor treatment as it is delivered.

The Norton Hospital iMRI Center is the only one of its kind to be directly accessible to a pediatric hospital, Kosair Children's Hospital. In fact, it is designed to treat pediatric patients on a routine basis.

"We are pushing the envelope of research in computer-assisted, image-guided surgery," said Moriarty, also an assistant professor of neurological surgery at the University of Louisville School of Medicine.

Moriarty was recruited from Harvard Medical School to help develop Norton Healthcare's iMRI program. He was instrumental in the development of the iMRI program at Harvard University and is a world-renowned leader in iMRI and image-guided surgery.

The iMRI can eliminate the need for follow-up surgery or other procedures because a surgeon often is able to determine immediately if an entire tumor has been removed. It also enables physicians to treat many tumors that were once thought inoperable.

The Signa SP system in the iMRI Center at Norton Hospital is available to treat a wide variety of diseases of the brain and spine. In the future, Norton Hospital plans to expand the scope of services provided in the Center to include breast and prostate cancer.

"The iMRI will forever revolutionize the way surgery is done," said Christopher B. Shields, M.D., co-director of the iMRI Center and Norton Hospital Chair in Neurological Surgery.

Shields also is professor and chairman of the Department of Neurological Surgery at the University of Louisville School of Medicine and a neurosurgeon at the Norton Hospital Spine and Neuroscience Center. "It is helping usher in the next generation of minimally invasive interventional and surgical procedures."

The \$3 million system, which was purchased in 1997, brings the "world's latest state-of-the-art technology to the people of this region," said Stephen A. Williams, Norton Healthcare president and CEO. "The new system offers multiple benefits to our patients, both in improved care and reduced costs. It also will help guarantee that our patients have the latest ground-breaking technology anywhere in the world."

For more information on the iMRI Center at Norton Hospital, check out the website at www.ioMRI.com.

In-home pill test can reveal 'bio-availability' of calcium

Question: I am in my 40s and am concerned about bone loss. I know that calcium is supposed to help, but I don't know which type to take. And, can't it cause kidney stones? Is there anything I can do to guard against this?

Also, I know that estrogen is good for osteoporosis, but is it safe and should it be taken with progesterone?

Answer: Bones are made of stored minerals — mostly calcium — and several types of living bone cells. Some of these cells constantly dissolve existing bone, and at the same time, others lay down new bone. All bones, whether in an adult or a child, are continually undergoing this type of change.

Until early adulthood the rate of "bone making" is greater than that of "bone destruction." Therefore, there is an increase in the total amount of bone — in other words, growth.

Normally during adult years, the amount of bone formed is equal to that lost. This produces no net change in the strength of bones because the quantity of stored minerals and living bone cells remains constant.

Osteoporosis is a disease characterized by a loss of bone mineral content. This loss of minerals can be the result of diabetes, kidney disease, the use of certain medications, or because of other poorly understood causes.

Nutrition also plays an important role. Consumption of large quantities of sodium, phosphates, proteins, caffeine or alcohol can all decrease the amount of calcium and, thereby, increase the risk of osteoporosis.

Excessive phosphate intake usually comes from drinking too many soft drinks and excessive caffeine ingestion from too many soft drinks or cups of coffee.

The loss of bone strength from decreased mineral content often results in fractures in the vertebra in the region of the shoulders and low back, in the lower arm and also in the hip. Most of these bones are broken suddenly with only minor exertion.

Sometimes all that's needed to break a weakened bone is lifting a light object, getting out of a car, stumbling over a curb, suffering a minor fall or even just riding in a car traveling on a bumpy road. At the moment the bone is fractured, the person experiences acute pain in the area of injury, which is accompanied by many spasms in the surrounding muscles.



Family
Medicine

John C. Wolf, D.O.
Associate Professor
of Family Medicine



As you obviously know, the body needs calcium in order to build strong bones. The most common dietary source is dairy products. However, most adults don't consume sufficient milk and milk products to meet their calcium needs. The average cup of milk contains only 300 milligrams, and the typical diet provides about 700 milligrams per day.

Since the average post-menopausal woman should have 1500 milligrams of calcium each day, it is apparent that most need to take supplemental calcium.

Not all calcium is the same. In order to derive any benefit from it, it must be in a form that the body can readily absorb. Calcium citrate, calcium carbonate and calcium phosphate are usually good choices.

Even within these types of calcium, however, there is considerable variation between brands. There is a simple in-home test you can do to determine if your body will absorb enough of the product for it to be "bio-available." Place a tablet in a

glass of room-temperature vinegar. If it dissolves within 30 minutes it's OK, if not, find another brand.

While the most common kidney stones are formed from calcium oxalate, taking extra calcium in the quantities I've mentioned doesn't increase this risk. It is the level of oxalate that enhances the risk of stone formation, not the level of calcium.

Your question about the roles of estrogen and progesterone in the prevention of osteoporosis is important, but sufficiently complex that its discussion fills volumes. I suggest that you take your calcium and also talk to your doctor about any benefits hormone replacement therapy could have for you.

"Family Medicine" is a weekly column. To submit questions, write to John C. Wolf, D.O., Ohio University College of Osteopathic Medicine, Grosvenor Hall, Athens, Ohio 45701. Past columns are available online at www.fhradio.org/fm.

Saving the diabetic foot

(NUE) - Each year, 67,000 people lose a leg because of diabetes. Diabetes is the leading cause of non-traumatic foot amputations in the United States.

However, with proper foot care, nearly three-quarters of amputations could be prevented.

Because diabetes causes nerve damage and poor circulation, diabetics must take extra care of their feet. Recommendations include checking feet daily for cuts, sores, bumps and red spots, drying feet between toes after washing, and cutting toenails straight across.

Diabetics should also have their feet examined yearly by a podiatric

physician — a foot and ankle specialist with skills in treating diabetic foot complications.

Proper foot care is especially important for minorities. These groups are at higher risk for diabetes and its complications. Among diabetics, African-Americans are twice as likely to have amputations, while the amputation rate among Native Americans is three to four times higher than in the general population.

For information on diabetic foot care, call the American Podiatric Medical Association at 1-800-FOOTCARE (1-800-366-8227) or visit www.apma.org.

The Floyd County Times

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1990 CADILLAC BRAUGHAM, gray, one owner, rear wheel drive, special tires & wheels, \$5000. 606-478-5178.*

1992 TOYOTA 4X4 PICKUP: 145K, great for work. \$4,500. 447-3081.*

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Sale / Misc.

MOVING SALE: Upright freezer, window a.c., twin bed with mattress and springs, dresser, work desk, kero. heater, Youth bow with case, 25" in. TV and more. Call 606-874-0075 or leave message.*

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AMERICAN SADDLEBRED HORSES. Call 606-285-9028 between the hours 6 p.m. 10 p.m.

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3 BR, 2 BA HOUSE: Small attached garage on 1 acre of land, P'burg city limits. 606-499-3322.*

HOUSE FOR SALE: 4 BR, 2 BA, family room. Gas heated, central air, city water. On Rt. 1428, across from Finance Hollow. \$38,000. 358-2292.*

3 BR BRICK HOUSE: at Mousie. Garage, carport, remodeled. \$49,500. 606-439-1896 or 435-6142.*

HOMES FROM \$5000. Forclosed & repossessed, no or low down payment. Credit trouble okay. For current listings call 1-800-311-5048 Ext. 3908.*

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HI HAT, STONE HOUSE: Approx. 2400 sq. ft., 5 BR, 2 full BA, 1st floor laundry, large family room, large kitchen, full basement, gas heat, central air. Must see inside to appreciate. \$92,000. 1-606-377-2030.*

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2 BR APTS.: 12 miles north of Pikeville & 16 miles south of P'burg. W/D hook-up, Kit. appl. incl., pool. 478-8000, www.mellowbrook.com.

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3 BR, 2BA HOUSE in Harold area. 550 per mo., 300 dep. 1 yr. lease. Call 437-4853 ask for Tom or 478-9496.*

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2 BR TRAILER: \$200 month. On Salt Lick, Rt 7. 358-4524.*

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