

October 22, 2000

The Times

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Briefs

Road to be closed a year for construction

Beginning Tuesday, the Route 302 entrance to Jenny Wiley State Resort Park will be closed while construction crews continue work nearby. The closure is expected to last for at least one year. The park will remain accessible by taking Route 3 from Route 321 and entering the park from Route 302 to the spillway. The southern Route 3 entrance to the park near Lancer will also remain open.

Two Day Forecast...

Today
Mostly sunny
High: 72 • Low: 48

Tomorrow
Partly cloudy
High: 70 • Low: 46

For up-to-the-minute forecasts, see www.floydcountytimes.com/weather.htm



Vendors at Martin's Red, White and Blue Festival had to improvise to protect their wares from a mid-afternoon downpour Saturday. While the rains put a damper on festivities, those offering umbrellas and ponchos experienced brisk sales.

RED, WET & BLUE



Members of Country Spice, including Dee Ann Akers, Angela Akers and Elvis impersonator Rick Smith, entertained the crowd before Saturday's parade, although most listened from a distance as they sought shelter from the rain.

photos by Ralph B. Davis



The Queen and King of the Martin Senior Citizens Center, Mable Hensley and Frank Prater, ducked out from under their umbrellas for a quick snapshot.



Langley residents Johnathan Ousley and Brianna Combs got out of the rain and into a flashy red convertible at the carnival.



The rain didn't spoil the fun for Laken Tackett, Taylor Halbert and Veronica Reynolds.



Like many of Saturday's parade participants, Junior Miss Red, White and Blue Randi Anderson and her escort tossed out plenty of candy to the kids along the parade route.

Thompson speaks out on Ky.-W.Va. Gas dispute

by RALPH B. DAVIS
MANAGING EDITOR

The criticism against Kentucky West Virginia Gas Company for its handling of a labor dispute is now bipartisan, after Democratic County Judge-Executive Paul Hunt Thompson weighed in on the issue Friday. Thompson's remarks came during Friday's regular meeting of the fiscal court, during which commissioners voted, with Thompson's recommendation, to allow Kentucky West to relocate a gas meter used by B&H/B&S Gas Company of Betsy Layne to buy and sell gas to Kentucky West. However, Thompson made it clear he was not doing Kentucky West any favors. "I'm recommending we adopt this, only because it will benefit [B&H/B&S Gas] and the people of Betsy Layne," Thompson said. The judge continued his remarks by criticizing Kentucky West for seeking to trim its workforce by 110. Thompson said that, at a time when his office was working to bring jobs into the community, he found Kentucky

(See THOMPSON, page two)

City gives final approval to annexation

Times Staff Report

The Prestonsburg City Council held a special called meeting on Friday to give final approval to its annexation of the Big Branch area. Attending the meeting were Robert Allen, Estill Carter, Gorman Collins Jr., Danny Hamilton and Bill R. Collins. Ralph Davis, Hansel Cooley and Trent Nairn were not present. Mayor Jerry Fannin opened the meeting and the second readings of Ordinance Nos. 12-2000 and 13-2000 were conducted. The ordinances were approved without discussion. The ordinances concern annexation of the Big Branch of Abbott Creek and Middle Creek to Route 114 areas of Floyd County. Controversy has been imminent concerning annexation of the areas, but plans are now underway to begin the actual work of incorporating the areas into the city's limits.

Judge sends warning to garbage shirkers

by RALPH B. DAVIS
MANAGING EDITOR

County Judge-Executive Paul Hunt Thompson put those shirking the county's mandatory garbage pickup law on notice Friday, saying they bear the burden of avoiding a tax increase. Prior to the beginning of Friday's regular meeting of the Floyd County Fiscal Court, Thompson noted that about 70 percent of the county's residents are signed up for garbage service, leaving 30 percent who are not paying a bill. That will not do, he said. "It's not fair that 70 percent of the citizens are paying to support the 30 percent who are not paying their garbage bills," Thompson said.

(See COURT, page two)

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All Kentucky districts to receive 2000-2001 school safety funds

Frankfort — For the first time since the General Assembly's 1998 passage of safe schools legislation, all Kentucky public school systems will receive funding from a state program designed to support school safety and violence prevention strategies.

The Center for School Safety (CSS) is awarding \$11 million in grants to all 176 public school systems, the Kentucky School for the Deaf and the Kentucky School for the Blind for the 2000-2001 school year. A total of 72 districts received \$4 million in 1999 and 126 districts shared \$9 million in the 1999-2000 school year.

Oldham County Supt. Blake Haselton, chairman of the Center's board of directors, said, "During the first two years of this program,

school safety funds were distributed on a competitive basis. However, based on a recommendation from our board, a different formula was approved by the General Assembly earlier this year."

The new formula for distributing the safety grants calls for every district to receive a base of \$20,000 with the remaining funds distributed on a "per pupil" basis, Haselton said. Based on current statewide enrollment, districts will receive \$13.15 per student for 2000-2001. Funds will be distributed by the Kentucky Department of Education in collaboration with CSS.

Although all districts are funded under the new plan, they were still required to submit applications outlining the types of programs or services that will be implemented as

well as the indicators each district will use to measure the impact of the funded services.

Based on these applications, 73 percent of the districts are using the monies to support alternative education programs for students who exhibit disruptive or violent behavior or are at risk of academic failure.

Alternative education programs provide academic instruction, emotional support and behavior management services to meet the individual needs of students who are at risk of school failure.

Other strategies that will be supported with 2000-2001 safe school funds include intervention services in traditional school settings (i.e. in-school counseling, mentoring programs, or classroom instruction focusing on conflict resolution and

anger management), training programs for school staff and parents, school resource officers (specialized law enforcement officers who work in school settings), and security equipment such as metal detectors and surveillance cameras.

"Based on our review of the applications, most school districts are focusing their funds on middle and high school students," said Haselton.

Another requirement of the state funding is an evaluation process. Haselton said the most common indicators being used by schools to examine the impact of their safety efforts were reductions in student absenteeism, reductions in school dropouts, reductions in suspensions and expulsions, and improvements in academic performance.

Videostreaming of KET election programs offered in addition to regular TV broadcast

For the first time, KET is videostreaming its congressional forums and its statewide election-night report. Available for downloading from KET's Election 2000 Web site (<http://www.ket.org/election2000>), these videostreamed programs provide a valuable, added resource for those viewers who may have missed the regular broadcast of a program or who may want to see the programs again prior to going to the voting booth.

The service also allows those who are out-of-state on election night an opportunity to follow the local returns live. The videostreaming can be viewed

either during or after the program broadcasts.

Among the programs that will be available on the Web site are all of the Kentucky congressional district forums. The forums are scheduled to be broadcast on KET as follows: On October 20, the 3rd Congressional District forum airs at 9 p.m., followed by a forum featuring 4th District candidates at 10 p.m. (The 3rd District forum

repeats Tuesday, October 24 at 10 p.m. on KET2). On October 27, the 6th District forum repeats Tuesday, October 24, at 10 p.m. on KET2). On October 27, the 6th District forum airs at 9 p.m., followed by forums featuring 1st, 2nd and 5th District candidates at 10 p.m.

Additionally, Election 2000: The Vote, featuring comprehensive statewide coverage and analysis of election results, will be

videostreamed live and archived on KET's Web site.

Airing Tuesday, November 7, beginning at 7 p.m. on KET, the program will consist of up-to-the-minute updates on the races for the U.S. House of Representatives, the Kentucky Senate and House and judicial positions across the state, as well as the presidential race and key races from other states that could change the face of Congress.

Court

The judge said that, unless participation in the county's garbage service rises, a tax increase could be on the way.

Following the meeting, Thompson said his remarks were meant as a "shot across the bow" to those not paying for garbage service and that his office is studying ways to increase participation in garbage pickup.

Thompson also told the court that the county is looking for ways to replace its sticker system of identifying those paying for trash pickup, saying the current system has allowed some stickers to be lost or stolen.

In other news, commissioners selected a new life insurance carrier for county officials and employees which offers twice the benefits for a lower price.

County Judge-Executive Paul Hunt Thompson recommended the change to commissioners during Friday's meeting.

Under the new policy, purchased from Jefferson Pilot, county officials and administrative personnel will be have \$40,000 in coverage, while county employees will have \$20,000 in coverage.

Under the county's old policy, the coverage was \$20,000 and \$10,000, respectively.

In addition to providing more coverage, Thompson said the new policy would be cheaper than the current, although he did not say by how much.

The change in insurance carriers

was adopted unanimously by the court.

The fiscal court also gave initial approval to an ordinance setting an order of succession for the county judge-executive's office.

Under the plan, in the event Thompson is unable to serve as county judge-executive, Deputy Judge-Executive Brett Davis would assume the powers of the judge-executive's office. Should both men be unable to serve, the power would then transfer to a member of the fiscal court.

The succession ordinance would appear to be an attempt to avoid a situation the county experienced this past summer after Thompson was involved in an accident while driving a four-wheeler. Following the accident, Thompson conducted county business from his hospital bed while he recovered from injuries.

But Thompson said he is not planning to put himself in that situation again.

"Hopefully there will be no more four-wheeler wrecks," Thompson said. "I will no longer be trying to climb mountains straight up. I will be on strip jobs, cruising along at 5 miles per hour."

In other news, the court: ■ Gave initial approval to a budget amendment to reflect \$81 in unbudgeted receipts from the Kentucky Housing Corporation.

■ Accepted fiscal year 2000-01 budgets from the Floyd County Board of Health, Floyd County Conservation District, Floyd County

Cooperative Extension Service, Big Sandy Area Development District and Honey Branch Development Authority.

■ Approved an amendment to the sheriff's budget to reflect a \$9,700 grant for bulletproof vests.

■ Gave Thompson authority to appoint two people to inspect Nelson Road at Bull Creek, which residents have requested be taken out of the county road system.

■ Placed the following roads in the county road system:

- Williamson Lane at Ivel, 475 feet in length and 14 feet wide.
- Plat of May Village at Allen.
- Spencer Cemetery Lane in Eastern, 450 long and 14 feet wide.
- Garrett Cemetery Road at Columbus Branch of Calf Creek, 200 feet long and 14 feet wide.
- Walter Akers Cemetery Road near Tanyard Branch off of Route 1426, 1,000 feet long and 14 feet wide.
- Robert Burchett Road at Gobel Branch of Cow Creek, 250 long and 15 feet wide.
- Preacher Road at Jim Case Lane, 60 feet long and 14 feet wide.
- Jim Tackett Road at Clear Creek, 400 feet long and 14 feet wide.

■ Accepted tax rates from all county taxing districts except the Floyd County Board of Education.

■ Agreed to place the picnic shelters at the Wayland Fire Department Park in the county parks system.

All members were present for Friday's meeting.

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Thompson

West's actions deplorable.

"I think it's a shame Kentucky West Virginia Gas has decided to get rid of their jobs in this area and replace them with contract employees, who may or may not be from this ..." Thompson said. "I think I speak for everyone when I say we're unhappy. I don't know what we can do about it, but we're unhappy."

Asked after the meeting if his remarks meant he would be hesitant to grant requests from Kentucky West in the future, Thompson said, "I don't think there's any doubt about that."

Thompson is the second public official to openly lambaste Kentucky West in recent weeks. In a letter to The Floyd County Times dated September 27, Republican Pike County Judge-Executive Karen Gibson denounced Kentucky West after the company first announced that it intended to eliminate 110 union jobs through early retirement and voluntary severance packages, saying the company was engaging in union busting tactics.

"We can't sit back and let this company destroy the only protection these workers have," Gibson wrote in her letter. "What would keep them from going after the hundreds of Kentucky West Virginia retirees next?"

Kentucky West came under fire after notifying members of the

Paper, Allied Industries and Chemical Employees Union Local 5-512 of its decision to layoff 110 of its 148 union workers.

After having lost a well tending services contract with Equitable Production, its largest customer, Kentucky West presented PACE with a warning that it would seek to reduce its workforce by as many as 110 employees November 15. In the notice given to PACE, the company said it would first try to accomplish the cutbacks by offering an enhanced retirement and voluntary severance package before resorting to layoffs.

Union officials later charged, however, that they believe Kentucky

West's announcement is part of an effort to dismantle the union and replace employees with contract labor. Officials pointed to record profits by Kentucky West's parent company, Equitable Resources, and the fact that Kentucky West and Equitable Production are both owned by Equitable Resources in making their claim.

For its part, Kentucky West says that PACE refused to allow its members to vote on the company's retirement and severance package, which it called "generous." The company also says it must restructure its workforce in order to remain competitive in the recently deregulated natural gas industry.

Pair arrested for stealing mine equipment parts

by KATHY J. PRATER STAFF WRITER

Two criminal complaints were filed by Floyd County Sheriff John K. Blackburn in connection with felony theft on Tuesday, October 10.

The complaints state that Kevin Hutchinson, 32, of Teaberry and Billy Ray Hutchinson, 31, also of Teaberry, allegedly committed the offense of theft by unlawful taking in excess of \$300, when they allegedly removed a mining belt head and

starter from Marine Coal Company of Salt Lick.

Further, Billy Ray Hutchinson is charged with allegedly transporting the machinery to Highlands Coal Company in Cumberland of Harlan County and selling it to a Robert Stump for \$13,000.

Both men have been arrested in connection with the crime and were being held under bonds of \$15,000.

Preliminary hearings for the two men are scheduled for October 23.

Continued from p1

Continued from p1

THIS LETTER WAS MAILED ON OCTOBER 18, 2000 TO ALL KENTUCKY WEST VIRGINIA GAS EMPLOYEES REPRESENTED BY P.A.C.E. LOCAL 5-512

As you know, your Union negotiating committee of PACE Local 5-512 called a strike against Kentucky West, beginning at 12:01 a.m., October 16, 2000.

This strike occurred after numerous bargaining sessions despite the efforts of a federal mediator to have the parties present their final offers with the hope of reaching agreement. Contrary to what has been reported in the news, the Union expressed no interest in presenting a final offer to the Company or discussing the Company's final offer in detail.

The Company made final offer on Friday, October 13, 2000. It included an extraordinarily generous early retirement and voluntary separation package and a restructured pipeline and well operation proposal that would preserve approximately 90 good paying jobs and give Kentucky West the opportunity to compete and grow. Among other things, the Company's final offer provided you the opportunity to receive an \$8,500 lump sum payment for every full year of service with Kentucky West. This means that the most senior employees would have been eligible to receive a lump sum payment ranging from \$204,000 to \$323,000, if they elected to leave the Company. This payment would have been tax free if rolled over into a qualified plan, like an IRA.

In addition, under the Company's offer, employees who elected to leave who were age 55 or over and had a minimum of 20 years of service, would have been eligible for full retiree health benefits. We also created a special plan that would have allowed employees with 15 or more years of service, who ordinarily would not have been eligible for any retiree benefits, to receive a generous fixed contribution from the Company toward their medical benefits until they reach age 65, if they elected to leave.

These were very difficult negotiations. Your Union representatives shared the Company's concern about the impact that deregulation has had and will continue to have

on our operations. Kentucky West's competitors are operating with 20% lower operating costs than we are and our customers continue to demand cost effective gas supply. With gas prices as high as they currently are, our customers will go where they can to get less expensive service. We are proud of how our employees have maintained our reliable and safe pipeline and gathering business. Our restructured operations, will allow us to grow this business and claim work that our competitors are enjoying. We need to become smaller and more agile to hold onto what we have and go after more business. We searched for a compassionate, yet decisive way to compete and offered a generous volunteer program to our employees.

We were disappointed to learn that the Union negotiating committee did not allow you to vote on this offer. We believe many employees had a sincere interest in wanting to at least understand and consider this offer. Attached is a summary of the economic package that we presented which you can use to calculate the benefit you would have received.

We believe that a significant number of the 150 employees would have taken advantage of this volunteer program, allowing the Company to achieve its staffing goals without the need to layoff any employees. In fact, with such a generous separation package, we believe we might not have had enough employees to fill the 90 or so positions.

If you have any questions, you should contact your Union committee member because any response to our offer must come from your Union Committee.

Very truly yours,

Kathleen Helms
Director Human Resources

SUMMARY OF KENTUCKY WEST VIRGINIA GAS COMPANY'S FINAL OFFER OF SETTLEMENT PRESENTED TO UNION NEGOTIATING COMMITTEE ON OCTOBER 13, 2000

- Contract would have been in place for five years
- Early retirement/separation incentive

Employees age 55 or older with 20 or more years of service would have received:

- ✓ \$8,500 for each full year of service in place of the current Pension Benefit Unit multiplier of \$35. There would have been no penalty for retiring early.
- ✓ Lump sum payment option was being made available and there would not have been a tax penalty on payments rolled over into a qualified plan, such as IRA. The company would have provided general information to help establish such an account.
- ✓ Full retirement benefits would have been offered with contributions from the employee established at 80% of the premium each year. This was an improvement over the current plan.

Employees with 15 or more years of service would have received:

- ✓ \$8,500 for each full year of service in place of the current Pension Benefit Unit multiplier of \$35. There would have been no penalty for retiring early.
- ✓ Lump sum payment option was being made available and there would not have been a tax penalty on payments rolled over into a qualified plan, such as an IRA. The Company would have provide general information to help establish such an account.
- ✓ Medical benefits would have been offered to employees until they reached age 65. The Company agreed to contribute \$100 for individual coverage and \$500 for family coverage. This was a fixed amount until age 65.

Employees with less than 15 years of service would have received:

- ✓ \$8,500 for each full year of service
- ✓ Retirement benefits would have been maintained.
- ✓ Health care benefits for one year plus ability to sign up for benefit continuation through COBRA after that year.

All employees who elected for early retirement/separation incentive would have been eligible for:

- ✓ Up to \$5,000 for continuing education for courses that would have been taken to help them develop new job skills.
- ✓ Up to \$5,000 for relocation expenses to find employment outside the region.
- ✓ Outplacement training for job searching skills.
- ✓ Job referrals from the Company where possible.

• PBU (Pension Benefit Unit)

✓ For those that would have continued to work for Kentucky West Virginia Gas Company, the Company would have increased the PBU as follows:

11/01/00	\$35.00
11/01/01	\$35.00
11/01/02	\$35.50
11/01/03	\$36.00
11/01/04	\$37.00

• Wages and Classification

✓ With the restructured operations, the Company had identified approximately 90 positions to be filled: The hourly rate for each job would have been as follows:

Pipeline Classifications	
Station Engineer (6)	\$19.225

Pressure Operator (4)	\$19.225
Maintenance Repairman (4)	\$19.220
Welder (1)	\$19.605
Meter Inspector (2)	\$19.265
Meter Man (4)	\$19.215
Meter Reader (5)	\$19.205
Corrosion Inspector (1)	\$19.095
Electrician (1)	\$18.945
Pipeline Inspector (10)	\$18.895
Stores Department Helper (1)	\$18.750
Welder's Helper (1)	\$18.690

Production Classifications

- *Area Operator II (40)
\$14.790 plus \$42,744 Lump Sum Bonus
- **Utility Specialist (Remaining)
\$13.830 plus \$49,088 Lump Sum Bonus

Production Pool Classifications

Driller	\$15.380
Equipment Operator	\$15.155
Swabbing Machine Operator	\$15.155
Tool Dresser	\$15.015
Swabbing Machine Helper	\$15.015
Truck Driver	\$14.840

* For the Production Classification only, to offset the impact of a wage reduction, the Company offered to pay the difference for the five (5) year term of the contract in a lump sum amount. For example, a pipeline inspector earned \$18.90 per hour. If the inspector bid to an Area Operator position, the difference in pay would be \$4.11 per hour. This difference multiplied by 2080 hours per year times the five (5) year term would result in a lump sum bonus of \$42,744. This payment would be made in the first pay period in January 2001. Employees holding Pipeline Classifications would receive five (5) lump sum bonuses equal to 3% of their base salary in each of the five (5) contract years.

**The Utility Specialist would have filled temporary vacancies in both the Pipeline Department and the Production Department.

The Company also offered an annual bonus program that would have paid employees up to 3% of their annual base salary based on financial and operating improvements.

• Transition staffing procedure

✓ On 11/16/00 (after employees had elected early retirement/separation), the above job classifications and numbers of jobs would have been posted and awarded in accordance with seniority and transition staffing procedure.

• Health Insurance

✓ All employees would have been covered by the PPO at the following weekly contribution rates which would have been reduced from the current rates:

Medical Participation Levels	01/2001	01/2003	01/2004
Employee	\$7.00	\$8.00	\$9.00
Employee plus one	\$15.00	\$17.00	\$19.00
Family	\$19.00	\$22.00	\$25.00



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—First Amendment of the U.S. Constitution—

Viewpoint

Sunday, October 22, 2000 A4

QUOTE OF THE DAY...

In politics there is no such thing as an enemy — only someone who disagrees with you today and who might be with you on the next vote.

Gerald Ford—

Editorial

Dangerous dams

As area communities continue to battle the coal slurry that has disrupted and threatened the water supplies of communities along the Big Sandy and Ohio rivers, there is a report from the U.S. Mine Safety and Health Administration that is anything but comforting: The Martin County dam that collapsed was rated much safer than many other dams that impound mine waste.

The message is clear: If something is not done soon to dramatically improve the dams, the odds of another collapse polluting water supplies, killing fish and disrupting the lives of humans are unacceptably high.

At least 45 dams in southern West Virginia, eastern Kentucky and Virginia have a high potential to break into nearby underground mines, according to a review by the U.S. Mine Safety and Health Administration. However, that same government agency rated the dam that caused last week's spill as only a "moderate risk."

Slurry from an A.T. Massey Coal Co. dam near Inez broke through the roof of an underground mine beneath the impoundment Oct. 11. More than 200 million gallons of slurry — water polluted with black coal dust and other mine waste — poured into the underground mine. The slurry then broke through the hillside and flowed into two tributaries of the Tug Fork of the Big Sandy River.

Massey blamed a "sudden and unexpected" collapse of the underground mine. It certainly was sudden and may have been unexpected, but the company must be held accountable for the damage the slurry has done.

Federal officials ordered a nationwide review of dams in 1997 when two coal dams in Virginia collapsed into underground mines. At least 17 of the dams identified as high risk threatened the safety of miners, the public and environment, according to the review of more than 650 coal dams in the United States.

Pressure must be put on coal companies to immediately improve dams that are rated a "moderate risk" and worse. Accidents will happen, of course, but it's no accident when problems with potential dams are ignored — it is a disaster waiting to happen.

—Ashland Daily Independent



Letters to the Editor

Farm Bureau lauds McConnell

Editor:

Sen. Mitch McConnell's latest effort for tobacco farmers can only be classified as a "McConnell miracle." Last week McConnell included funds into the Agriculture Appropriations Bill allowing for the forfeiture of loans on 1999 tobacco pool stocks.

This effort will result in a 30 percent increase in basic quota for next year. However, what tobacco farmers call a miracle, a cynical few call a mistake.

Recently, Matt Myers, president, Campaign for Tobacco Free Kids, distributed a press release condemning McConnell for this action. As a farmer, I find it confusing that Myers, who was appointed by the administration to develop solutions for tobacco farmers, is that out of touch with burley farmers' needs.

Hopefully, Myers' action is not a sign of things to come. In his statement, Myers alleged McConnell's action was simply a windfall for tobacco companies. In reality, the McConnell legislation ensures that tobacco companies are prohibited from selling the

1999 crop on the domestic market.

No one works harder for tobacco farmers than McConnell. In under two years, he has delivered over half a billion dollars to the Kentucky tobacco economy. Communities, not just farmers, will benefit from this influx of emergency funds.

And they are emergency funds. Because of many actions taken in recent years, tobacco farmers face a crisis. McConnell has ensured that tobacco farmers aren't left out in the cold as many anti-tobacco entities work to destroy our livelihood.

I thank Sen. McConnell for giving tobacco farmers a ray of hope in the midst of the biggest turmoil most have ever seen. As I attend agricultural meetings around Kentucky, I hear many farmers state McConnell's actions will allow them to stay on their farms. Senator, I commend you on a job well done.

Sam Moore
President
Kentucky Farm Bureau Federation

Guest Column

A little R-E-S-P-E-C-T is still to be expected

by REX MARTIN

Some years ago, the noun "disrespect" somehow morphed into a verb. Showing disrespect for someone began being described as "disrespected" or "dissed," as in, "He dissed me, so I punched him in the mouth."

A lot of disrespecting has been going on ever since, which leads us to the recent and highly publicized firing of Indiana University basketball coach Bobby Knight. As IU students, sports fans, and most Americans know by now, Knight is not a guy who takes kindly to being disrespected, especially by a college student who saw the legendary coach coming through a doorway and called out, "Hey, Knight, what's up?"

Knight apparently grabbed the kid by the arm and demanded that he show a little more of that which Aretha Franklin requested: R-E-S-P-E-C-T. Already on probation for aggressive behavior on and off the basketball court, Knight was fired by the university a few days later.

On its face, the question "Hey, Knight, what's up?" seems void of any real disrespect. It would even be considered friendly in many circles. It's the kind of greeting friends and colleagues in all walks of life offer each other every day. And yet, there is a difference. While friends and colleagues may call each other by their last names at times, it's still bad form to address superiors or others you don't know well by their surnames only.

Yes, this column refers to Knight by his surname alone, but only after first reference. This is the style used by most newspapers and The Associated Press. It's not meant to show disrespect; it's a matter of brevity, and it seems less stilted than the continual use

of such titles as Mr. Knight or Coach Knight.

In fact, where language and behavior are concerned, Americans have grown progressively more casual over the past half century. The baby boom generation is responsible for this; it certainly wasn't our parents' doing, for they had been raised by a generation that hailed from the prudish, respectable Victorian era.

Having been raised in the 1950s, most baby boomers can recall a time when American society was still somewhat formal. People dressed up when they went out to dinner. Filling station attendants wore uniforms and not only pumped the gas for you, but checked under the hood. Mousing off to a teacher, the principal, or any other grownup was a major mistake with real consequences. Few of us would ever have dreamed of calling our teachers or coaches by their last names only, at least not to their faces.

What, then, has caused American society to become less civil during the latter half of the 20th century? Stress may have something to do with it, but I doubt we are really more stressed than were our parents or grandparents, most of whom actually worked longer hours, had larger families, and were less prosperous than we are today.

Perhaps the old curse "May you live in interesting times" is to blame. It certainly seems to apply to boomers who grew to adulthood during the divisive Vietnam War and the Watergate scandal, both of which damaged the credibility of our government and the political process to this day. How else to explain our disinterest in the questionable behavior of the current White House occupant? Boomers and their off-

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.



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Guest Column

Will "choice" in health and drug insurance work?

by SALLIE MOOK

In campaign speeches about medical and prescription drug insurance, the word "choice" is being used a lot. Okay, what is the effect of "choice" in insurance? Well, most people in Miami would choose to buy hurricane insurance, if it were affordable. Kansans would opt for tornado protection, and folks on the San Andreas fault would choose earthquake policies. The insurance companies look at this and shout bankruptcy! However, they would love to sell hurricane coverage in Kansas.

How does insurance work at all? Only if most policy owners are lucky enough to get little or no return on their investment. Almost all of their money goes to the unlucky few who have claims, and to keep the insurance companies in business. For example, I estimate that our family has spent on the order of \$75,000 on auto and homeowners premiums in the last 45 years. We have been lucky: no fires, big crashes or liability claims. Less than \$5,000 was paid to us to cover our losses, after deductibles. People who were unlucky got our money. But homeowners and auto insurance policies work pretty well, because the risk is spread over a large heterogeneous population, making premiums fairly affordable. Most people don't have a choice about purchasing these policies — their lenders require it. Big company health insurance works the same way, as premiums paid by the healthy cover the claims of the sick.

Whatever system we use, health insurance is a costly problem because nearly everybody goes to the doctor (in comparison to having their house burn down). But what happens when people have choices? They often make rational wagers about their needs for coverage, and they often have good information about their needs. People with diabetes or asthma want prescription coverage. Sixty-year-old cigar smokers with big bellies better have a policy that will cover a triple bypass.

The people who are being discussed by Bush and Gore, uninsured families with marginal incomes and no particular assets, can sensibly look at their choices. Basic insurance policies (assuming they don't have dreaded "preexisting conditions") will cost upwards of \$4,000 a year, money they don't have to spare. Moreover, most of them notice they didn't spend \$4,000 on medical care last year. When the baby got the croup, they went to the emergency room; it wasn't pleasant, but it worked. If Congress passes Governor Bush's \$2,000 refundable tax credit, and the family has-les through finding a policy (which costs more than it should, because it is an individual policy) and the paperwork so their employers will refund the tax credit, they still will have to find another \$2,000 or more to pay the premiums. Will they do it?

Worse still, what will happen to the families who really need coverage now? How much will an individual policy cost for a family with a history of cancer, an asthmatic child, a member with kidney problems or any other preexisting condition? The insurance company sensibly wants to write policies for 30-year-old non-smoking vegetarians. If Medicare prescription coverage is optional, as under the Bush plan, people can make simple calculations about their prescription costs versus the premiums and deductibles. Only people with high costs will choose to sign up. Nevada has a state plan, to be run by private insurers, but has been unable to find an insurance company to bid for the contract. Do you wonder why the insurance companies are opposed to this plan?

Real solutions for real people have to work in the real world. The costs for medical insurance, including prescriptions, have to be shared between the healthy and the sick, and between the rich and the poor. It's the only way insurance can work.

Sallie Mook is a retired science and math teacher. She now combines her writing and photography skills working to preserve the environment. She lives in Auberry, Calif.

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Study shows food stamps effectively target poorest households, elderly

WASHINGTON — More than 90 percent of food stamp benefits went to households with children

and elderly or disabled people in 1999, and the vast majority of food stamp households had incomes that were at or below the federal poverty guideline, according to a new study by the U.S. Department of Agriculture.

The study, titled "Characteristics of Food Stamp Households: Fiscal Year 1999 (Advance Report)," also showed that more than half of all food stamp recipients were children, most of whom lived in a household headed by a single parent.

"The Food Stamp Program is America's first line of defense against hunger, and this study shows us that it provides critical nutrition assistance to families and individuals who need help" said Shirley R. Watkins, USDA under secretary for food, nutrition and consumer services.

The study also showed that in

1999:

- The program served 18.2 million people each month in 1999, in 7.7 million households. Slightly more than half of all participants were children; 39 percent were non-elderly adults; and 9 percent were elderly (60 or over). More than two-thirds of participating adults were women.

- The average household size was 2.4 people, and the average household food stamp benefit was \$162 a month. The average benefit for households with children was \$234 per month.

- Ninety percent of food stamp households had incomes that were at or below the federal poverty guideline (\$13,330 for a family of three in 1999 in the continental United States), and one-third had incomes that were less than half of the guideline.

- 40.6 percent of all food-stamp

participants were white, 36.1 were African American, 18.1 percent were Hispanic, 3 percent Asian and 1.6 percent Native American. Another 0.7 percent were of unknown ethnicity.

- Over the past 10 years, sources of income for food stamp households have shifted from welfare benefits to earnings and benefits to the aged and disabled.

- In 1990, 42 percent of food stamp households received cash welfare. By 1999, this proportion was down to 27 percent.

- In 1990, less than 20 percent of food stamp households contained a worker. By 1999, 27 percent of food stamp households were working.

- In 1990, 20 percent received Supplemental Security Income (SSI) and 19 percent received Social Security. By 1999, the proportion receiving SSI and Social

Security rose to 30 percent, and 25 percent respectively.

Watkins said, "The statistics show us that the Food Stamp Program is helping to support the youngest, the most needy and the

working poor. That's as it should be — that is what the program was intended to do."

The study is available on the USDA Food and Nutrition Service web site at www.fns.usda.gov.




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Family week observed locally

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The Kentucky Board of Education has declared October as Family Month in Kentucky. The family is the cornerstone for the development and well-being of students, and family participation is critical to students' education success.

The Floyd County School System supports this concept and has designated October 23-27, Family Week in Floyd County. The schools wish to recognize students and their families during this week.

Our schools and community will be promoting family activities at various locations throughout the county during Family Week. We believe that regular time for family activities strengthens communications and family relationships.

By providing activities that support educational practices for families, the schools hope to encourage more parental involvement. The district wants parents to know

that schools want them and their children need them to be involved.

We know from research that children from families who are involved in and supportive of their education tend to perform well in school. We hope your family will participate and have fun with the activities your school will be providing. As you know by doing things together, you can show your child that learning is fun and important.

Also available from your Parent Involvement Coordinator will be calendars that contain activities for use at home with your child. A copy of "Learning Partners: A Guide to Educational Activities for Families" can be prepared for your use upon request. Again, contact your school for locations and times. If your school is not listed here please call your local school for activities or check the School Happenings calendar in this paper, as some may not be included due to the printing deadline.

FAMILY WEEK CELEBRATION

ALLEN ELEMENTARY:
October 23: Open House 6-8 p.m. Refreshments and free items to parents

October 24: Halloween Reading. Community members and retired teachers will read to all classes K-8. All readers will dress

up for Halloween.

October 25: Confidentiality Orientation Training for Parent Volunteers

October 26: Reading is Fun Night for 2nd and 3rd Grade Students and Parents

October 27: Proclaiming Red Ribbon Week Activities for All K-8 Classes throughout the day.

MCDOWELL ELEMENTARY:
October 24: Community Night, 5:30-7:30 p.m. The following activities for parents and children: Registration in the lunchroom for door prizes and free haircuts, 5:30-7 p.m. (Drawings will be at 7 in the lunchroom); Movie "Bug's Life" in the school library; Organized sports activities in the gym; Board games in the lunchroom; and chili dinner in the lunchroom.

OSBORNE ELEMENTARY:

October 24: Title I Family Picnic with free games and food

October 25: Class discussions on family history

October 26: Story time with visitations from Senior Citizens

October 27: Parents involved to have lunch with students

SOUTH FLOYD HIGH SCHOOL:

October 25: Parent Appreciation Night with a dinner and activities.

Krystan Lee Hamman will be celebrating her 1st birthday on Monday, Oct. 23, 2000

Her grandparents, Belinda and Milford Case and her great-grandparents, Katherine and Bobby Ison, all of Prestonsburg, would like to wish her the best birthday ever.

With lots of love from them all!

Guest

Continued from p4

spring also have experienced the proliferation of illegal drugs, a relaxing of societal laws, increased violent crime, and the continual explosion of knowledge, especially in the electronic sector.

In the business world, a healthy economy and a tight labor market have produced some relaxed attitudes as well: suits and ties have lost out to casual Fridays or business-casual dress all the time. At high-tech firms, jeans-and-sneaker attire is as familiar as the dot.com in their addresses.

Nonetheless, most workplaces still expect employees to observe a degree of etiquette. Students preparing for their first jobs in the real world would do well to remember that a kid may get away with disrespecting the college coach, but your new boss may not be as understanding as that old softy Bobby Knight.

Rex Martin is chairman, president and CEO of NIBCO INC., an Elkhart, Ind.-based worldwide provider of plumbing products to the residential and commercial construction, industrial, and irrigation markets. www.nibco.com

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Kentucky Child 2000 has 150 charter members

Frankfort — Embracing the belief that all children in Kentucky deserve the opportunity to achieve success, more than 150 business, individuals, and non-profit organizations have signed on as charter members of Kentucky Child 2000.

The non-profit organization, established in 1998, aligns business, government, and non-governmental organizations to more effectively respond to and serve Kentucky's children through public awareness, information, collaboration and asset building.

"Our mission is to work at the grass roots level, in local communities throughout the state to bring all of our resources together in a concerted effort to help Kentucky's kids," said Carol Lopez, executive director of the organization.

Kentucky Child 2000 leads a number of statewide initiatives, including KY Y.E.S. (Youth Empowered for Success), a long-term project that promotes asset building, a proactive, positive approach to youth development and the Kentucky Youth Policy Network,

a collaborative effort to strengthen current youth policies and adopt best practices of youth development.

The Kentucky Child 2000 Membership Program was initiated to broaden the scope of individuals, organizations and businesses involved with the organization and to provide additional financial support for activities and projects.

Sixty-four individuals, 75 non-profit organizations, and eight businesses signed on during the first membership drive. The Kentucky Pediatric Society, Kosair Children's Hospital, and the University of Louisville's Department of Pediatrics joined forces with Kentucky Child 2000 as Patron Members.

Membership in Kentucky Child 2000 is open to anyone and everyone committed to the health and success of Kentucky children — individuals of all ages, businesses, agencies, non-profit groups, clubs, faith communities, coalitions, and civic groups.

For more information about joining Kentucky Child 2000, call 859/421-4640 or visit www.kychild2000.com.

Regional Obituaries

Pike County

Neville Lester, 64, of Newtown, West Virginia, died Wednesday, October 18, in Williamson, West Virginia. He is survived by his wife, Sarah Kinder Lester. Funeral services were conducted Saturday, October 21, under the direction of Chambers Funeral Home.

Draxie McPeck Robinson Phillips, 82, of Ashland, died Wednesday, October 18. Funeral services were conducted Saturday, October 21, under the direction of Thacker Memorial Funeral Home.

Chester R. "Check" Fields, 58, of Freeburn, died Wednesday, October 18, at the South Williamson Appalachian Regional Hospital. He is survived by his wife, Mildred Fields. Funeral services were conducted Saturday, October 21, under the direction of Phelps Funeral Services.

Blaine Pruitt, 39, of Matewan, West Virginia, died Wednesday, October 18, at his home. He is survived by his wife, Louise Burke Pruitt. Funeral services were conducted Saturday, October

21, under the direction of Chambers Funeral Home.

Carol Kendrick Jones, 84, of Robinson Creek, died Tuesday, October 17, at Parkview Manor. Funeral services were conducted Saturday, October 21, under the direction of Lucas & Hall Funeral Home.

Lewis W. Asbury, 70, of Thacker, West Virginia, died Wednesday, October 1, at Good Shepherd Community Nursing Center, Phelps. Funeral services will be conducted Sunday, October 22, under the direction of Rogers Funeral Home.

Earnest James Gilliam Jr., 59, of Pikeville, died Tuesday, October 17, at Pikeville Methodist Hospital. Funeral services were conducted Friday, October 20, under the direction of J.W. Call & Son Funeral Home.

Steven Todd Lynch, 31, of Pikeville, died Tuesday, October 17, at Pikeville Methodist Hospital. He is survived by his wife, Cynthia Lynch. Funeral services were conducted Friday, October 20, under the direction of Justice Funeral Home.

Obituaries

Chester Harold Epling

Chester Harold Epling, 69, of Martin, died Wednesday, October 18, 2000.

Born on November 16, 1930, he was the son of the late Estil Epling and Carrie Rowe Epling. He was a factory worker.

He is survived by his wife, Emogene Thacker Epling.

Other survivors include three sons, Larry Epling of Bryant, Ohio, Harold Dean Epling of Akron, Ohio, James Richard Epling of Lexington; two daughters, Tonya Trimble of Salyersville, Donna Lynn Hall of Martin; one brother, Bobby Epling of Akron, Ohio; five sisters, Ruth Ruby of Akron, Ohio, Cloa Chaney and Betty Thacker, both of Pikeville, Lavonne Smith of Marrowbone, Dorothy Thompson of Grundy, Virginia; and 12 grandchildren.

Funeral services were conducted Saturday, October 21, at 2 p.m., with Jerry Scott, Leroy Auxier and Morris Scott officiating.

Burial was in the Annie E. Young Mausoleum, under the direction of Thacker Memorial Funeral Home.

Joe Howell

Joe Howell, 78, of Tippecanoe, Indiana, formerly of Drift, died Thursday, October 19, 2000, at his residence.

Born in Amba, on February 19, 1922, he was the son of the late William and Emily Spencer Howell. He was a resident of Tippecanoe for the past 37 years. He retired from Turner Elkhorn Mining Company of Floyd County, after 22 years. He then worked for Midwest Spring Manufacturing of Mentone for 15 years, retiring in 1975. He was a member of United Mine Workers Union for 22 years. He enjoyed gardening as a hobby. He was a member of the New Hope Baptist Church of LaPorte.

He is survived by his wife, Naretta Howell.

Other survivors include two daughters, Phyllis King of Bourbon, Indiana, and Brenda Iams of Kansas City, Kansas; two sons, Gary Howell of Etna Green, Indiana, and Rodney Howell of Rochester, Indiana, and 12 grandchildren.

Funeral services will be conducted Sunday, October 22, in the United Baptist Church of Tippecanoe, with Pastors Monroe Jones and Delmas Stiles.

Burial will be in Pleasant Hill Cemetery at Bourbon, Indiana, under the direction of Deaton Funeral Home of Bourbon.

Larry Rowe

Larry Rowe, 52, of Weeksbury, died Wednesday, October 18, 2000, at McDowell Appalachian Regional Hospital, following a short illness.

Born on June 16, 1948, in Weeksbury, he was the son of Ruby Coleman Rowe of Melvin, and the late Aula Rowe. He was a disabled heavy equipment operator.

Survivors include one son, Tommy Rowe of Melvin; three sisters, Merwonne Childers of Cleveland, Ohio, Patricia Evanoff and Dicy Kay Thornsberry of Melvin.

Graveside services were conducted Saturday, October 21, at 2 p.m., at the Lonesome Pine Cemetery, Weeksbury, with Pastor Roy Cosby officiating.

Arrangements were under the direction of Nelson-Frazier Funeral Home.

Burke pallbearers listed

Serving as pallbearers for the funeral of Clarence Burke were Joshua Akers, Bobby Akers, Charles Collins, Andy Akers, Charles Hamby, Gary Allen and Greg Boyd.

Honorary pallbearers were Jack Justice Jr., Darrell Flannery and Jeff Boyd.



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Card Of Thanks

The family of Clarence Burke wishes to take this opportunity to thank everyone for their comfort in the loss of our loved one: Those who sent flowers, sent food, said a kind word or prayed for our family. We especially want to thank Louis Ferrari, Atha Johnson, members of the Wheelwright Freewill Baptist Church, the Sheriff's Department for their assistance in leading the funeral march and Nelson-Frazier Funeral Home for their kind and professional service.

Card Of Thanks

We, the family of Annette (Hunt) Hall would like to take this time to thank everyone who expressed in any way in the loss of our loved one. Perhaps you said a prayer, sent flowers, food, or said a comforting word. It was greatly appreciated. We would like to thank Nelson-Frazier Funeral Home and staff for doing a great job. A special thanks to Virgil and Jack Hunt for a good service and all of those who were there for us during our loss. Annette will be sadly missed.

The "Word" for the Week

Love in our hearts

by DR. DENNIS PRUTOW
STERLING, KANSAS

The glory of God filled the sanctuary. The priests retreated from their places of ministry. King Solomon dedicated the new temple with a display of God's approval. Then Solomon offered this prayer. "May the Lord our God be with us, as He was with our fathers; may He not leave us or forsake us, that He may incline our hearts to Himself" (1 Kings 8:57-58).

Jesus Christ answers Solomon's prayer. First, the great Christian confession is simple. "Jesus is Lord" (Romans 10:9). Second, Jesus came into the world to be God with us. "Behold, the virgin shall be with child and shall bear a Son, and

they shall call His name Immanuel," which translated means, "God with us" (Isaiah 7:14, Matthew 1:23).

Third, after His death, resurrection, and ascension into heaven to sit on the throne of God, Christ pours out His Holy Spirit "that He may include our hearts to Himself." The Holy Spirit gives us what we need, a whole new disposition and attitude of heart. He pours God's love into our hearts (Romans 5:5).

This love, produced by the Spirit, is a new inclination of heart. We experience the power and presence of the Lord Jesus Christ. We freely embrace the good things of God. We freely serve others. "Your people will volunteer freely in the day of Your power." (Psalm 110:3).

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Court

Continued from p4

out a license.
 Nathan A. Johnson, 25, Prestonsburg, fishing/hunting without a license.
 Gary A. Light, 36, Bevensville, open season (wildlife) raw fur, fishing/hunting without a license.
 Riley Hall, age unlisted, Beaver, open season (wildlife) raw fur.
 Karen Martin, 56, Prestonsburg, harassment.
 Tonya Farmer, 26, Bypro, harassing communications.
 Scottie R. Bradley, 18, Martin, third-degree criminal trespass, public intoxication.
 Roland Douglas Patrick, 36, Salyersville, flagrant non-support.
 Austin Shepherd, age unlisted, Allen, theft by unlawful taking, more than \$300.
 Mark Meade, age unlisted, Prestonsburg, theft by failure to make required disposition of property, less than \$300.
 Linda Arnett, 34, Salyersville, alcohol intoxication.
 Carlos Hoover, 43, Hueysville, alcohol intoxication, possession of open container alcoholic beverage in motor vehicle.
 Tommy Ray Bays Jr., 18, Prestonsburg, alcohol intoxication,

disorderly conduct.
 Charles Hunley, 32, Salyersville, alcohol intoxication, possession open container alcoholic beverage in motor vehicle.
 Roger D. Slusher, 32, Pikeville, public intoxication, possession marijuana, third-degree unlawful transaction with minor.
 Derek R. Stanley, 20, Honaker, alcohol intoxication, disorderly conduct, resisting arrest, possession marijuana.
 Johnny E. Paige, 28, Wayland, possession marijuana, possession drug paraphernalia, prescription in improper container.
 Heather L. Meade, 29, Prestonsburg, fourth-degree assault.
 Chester Burchette, 43, David, alcohol intoxication.
 Jimmy Burchett, 41, Endicott, alcohol intoxication.
 Johnny D. Allen, 29, Prestonsburg, public intoxication, prescription in improper container.
 Robert E. Dmitruk, 32, Prestonsburg, alcohol intoxication.
 Johnny D. Allen, 29, Prestonsburg, operation of motor vehicle on suspended license, fleeing/evading police.
 Maryland Burchett, 35, Endicott, alcohol intoxication.
 Bee M. Branham, 23, Sitka, fourth-degree assault, resisting arrest, alcohol intoxication.
 Jason A. Tackett, 19, Tram, alcohol intoxication, disorderly conduct, second-degree criminal mischief.
 Jeremy Pennington, 20, Ligon, alcohol intoxication.
 Michael J. Stanley, 22, Bevensville, fourth-degree assault, spouse abuse.
 Jarrad K. Hall, 27, Melvin, disorderly conduct.
 Brenda Miller, 37, Prestonsburg, theft by unlawful taking/ shoplifting, under \$300.
 Mark A. Horne, 19, West Prestonsburg, theft by unlawful taking/shoplifting, under \$300, possession marijuana.
 Bobbie J. Setser, 22, Blue River, theft by deception.
 Rebecca A. White, 21, Salyersville, theft by unlawful taking/shoplifting, under \$300, resisting arrest, disorderly conduct.
 Norma Ray Webb, 26, Blue River, public intoxication, resisting arrest, disorderly conduct.
 Mark Allen Adams, 30, Prestonsburg, alcohol intoxication.
 Debra L. Blackburn, 28,

Prestonsburg, resisting arrest, disorderly conduct.
 Debra L. Blackburn, 28, Prestonsburg, first-degree criminal trespass, second-degree criminal mischief.
 Lynn Brown, 27, Allen, menacing, terroristic threatening.
 Lilly M. Burchett, 22, Prestonsburg, harassment.
 Steven R. Hampton, 18, Allen, reckless driving, second-degree wanton endangerment, possession marijuana, possession drug paraphernalia.
 Raymond Burke, age unlisted, Bevensville, fourth-degree assault.
 Jerry Ann Burke, age unlisted, Bevensville, fourth-degree assault.
 Virgil Tackett, Jr., age unlisted, Beaver, third-degree criminal trespass.
 Elmer Eugene Blakenship, 38, Prestonsburg, harassing communications.
 Brian Adams, age unlisted, Salyersville, harassment.
 Amanda Marie Miller, 19, Martin, minor possession alcohol, possession open container alcoholic beverage in motor vehicle.
 Teddy Hall, 36, Hi Hat, theft by deception.
 Delphia Vance, 86, Bevensville, theft by failure to make required disposition of property.
 Sally McCown, 34, Melvin, theft by deception.
 David Oil Blackburn, 55, Banner, custodial interference.
 Clint A. Thompson, 20, Martin, fourth-degree assault.
 Robert Aldred, 21, Prestonsburg, theft by unlawful taking/under \$300.
 Clint A. Thompson, 20, Martin, fourth-degree assault.
 Lisa Brown, age unlisted, Prestonsburg, harassment.
 Shawn Caudill, age unlisted, Hi Hat, third-degree criminal trespass.
 Frankie Lee Slone, 41, David, terroristic threatening.
 Edna Adkins, 30, Wheelwright, alcohol intoxication.
 Rhonda J. Hall, 27, Grethel, theft by unlawful taking/shoplifting, under \$300.
 Lonzo Bryant, 39, Prestonsburg, terroristic threatening.
 Teresa L. Layne, 36, Langley, alcohol intoxication.
 Teddy A. Jones, 24, David, public intoxication.
 Eddie Williams, age unlisted, Prestonsburg, theft by failure to

make required disposition property, under \$300.
 Billy Ray Hutchinson, 31, Teaberry, theft by unlawful taking, over \$300.
 Chad Edward Brown, 26, Prestonsburg, public intoxication, use/possession drug paraphernalia.
 Thomas H. Bartrum, 46, Martin, flagrant non-support.
 Gregory Patton, 38, Weeksbury, second-degree forgery/theft by deception.
 Kevin Hutchinson, 32, Teaberry, theft by unlawful taking, over \$300.
 Geoffrey Brent Nickell, 23, Pikeville, second-degree burglary, theft by unlawful taking, over \$300.
 Kevin S. Hamby, 31, Wheelwright, flagrant non-support.
 Herbert Smith, 22, Teaberry, first-degree wanton endangerment.
 Bobby Rogers, age unlisted, Harold, second-degree assault.
 Timmy Jason Hall, age unlisted, Branham's Creek, first-degree wanton endangerment, terroristic threatening.
 Shawn Thacker Hall, age unlisted, East Point, receiving stolen property over \$300.
 Margaret Hoover Hayes, 52, Prestonsburg, three counts of theft by unlawful taking, over \$300, three counts of second-degree forgery, three counts of theft by deception, over \$300.
 Ronnie Bradley, 44, Salyersville, theft by deception, over \$300.
HEALTH DEPT. INSPECTIONS
 Murphy's Mixes #2, regular inspection, violations noted: Ice dispenser stored in ice with handle also in ice. Score: 99.
 Shaved Ice, regular inspection, violations noted: Deep freeze has no conspicuous thermometer. Score: 99.
 Boyd's Dairy Bar, regular inspection, violations noted: Several containers in upright refrigerator not properly labeled or dated, gaskets on chest type freezer in bad repair, floors in moderate disrepair. Score: 97.
 Old Mule Concessions, regular inspection, violations noted: Apple slicer has some buildup on it. Score: 98.
 Murphy's Mixes #1, regular inspection, violations noted: Fruit/apple cutter has some buildup on it. Score: 98.

Landmark Church of God, regular inspection, violations noted: Ice dispensing utensil has no handle to prevent hands from touching ice when dipping. Score: 98.
BANKRUPTCIES
Pikeville District
Chapter 7
 Janet Sue Stanley, Belfry
 Brenda Kay Mills and John Earl Mills, Inez
 Kenneth Thompson and Regina Thompson, Jackson
 Curtis Kilgore and Mary Kilgore, Neon
 Constance L. Wyatt, Jenkins
 James M. Wright, Mayking
 Donald R. Hall and Marie Hall, Kite
 James Earl Baker, Jenkins
 Lucellan Wells and Sam Wells, Hazard
 Joey Williams and Paula Williams, Slemp
 Amanda Oaks, Jackson
 Laura Sueann Harris, Pikeville
 Wanda Alice Lester, Steele
 Danny W. Martin and Georgia A. Martin, Prestonsburg
 Shannon Smith, Happy
 Brian Alan Adkins and Linda Carol Adkins, Paintsville
 Diana L. Henderson, Jackson
 Melissa K. Neace and Rickey D. Neace, Hazard
 Larry Glen Newsome and Robin Denise Newsome, Jonancy
 Cossie W. Adams, Mayking
 Sammy D. Elswick and Shellie N. Elswick, Jenkins
 Raymond Landrum and Sonja Landrum, Jackson
 James Ritchie and Wilma Sue Ritchie, Noctor
 Vickie Lucas, Martin
 Michael Walker, Inez
 KHP Mining Inc., Auxier
 Sandra Gail Brown, Isom
 Bruce Edward Ward and Sheila Melene Ward, Pikeville
 Patricia Y. McKenzie and Shamron Curtis McKenzie, Prestonsburg
 Charles Dwayne Tackett, Robinson Creek
 Marty Hall and Pamela J. Hall, Garner
 Darlene Cable and Robert D. Cable, Jenkins
 Anthony W. Hensley, Paintsville
 Deonna Claire Allen, Minnie, and Jerry Dean Allen, Bypro
 Bill Wesley Hamilton and Tina

Dalene Hamilton, Pikeville
 Shirley Jean Prater, Stopover
 Joseph Morris III and Tracie Ann Morris, Pikeville
 Elbert Strickland and Violet Strickland, Vicco
 Helen Smith Charles, Pikeville
 Sandy B Trucking Inc., Isom
 Victoria Sparks, Inez
 Alex Shawn Spencer, Pikeville
 Raymond Willis Cochran, Hazard
 Ida N. Taulbee and Jeffery L. Taulbee, Vanclave
 Roger Anderson, Phyllis
 Veronica Mae DiRico, Stanville
 Christina L. Goble, Auxier
 Betty Joyce Hurt, Bonnyman
 Juanita J. Helton, Prestonsburg
 Gary W. Whitaker, Bonnyman
 Lou Venia Stone, Darfork
 Billy John Gilliam and Bonnie Mae Jude Gilliam, Inez
Chapter 13
 Juanita Faye Caudill and Robert G. Caudill, Premium
 Randy A. Gross and Wanda J. Gross, Whitesburg
 David L. Anderson and Patricia A. Anderson, Cromona
 Alvin D. Turner and Lisa S. Turner, Talbert
 Susan Renee Rice and Timothy Wayne Rice, Betsy Layne
 Hi Carter Jr. and Lorrie Ann Carter, Pikeville
 Anthony C. Wilson and Crystal G. Wilson, Busy
 Anita Lynn Adkins and Jeffery Lynn Adkins, Harold
 Jackie Hall and Kathy Ann Hall, Topmost
 Cheryl E. Wynn, Whitesburg
 Douglas Bradley, Salyersville
 Lundy Samons and Margie Samons, Martin
 Mary Goble, Dwale
 Anita Coleman and Robert Coleman, Emma
 Angel Goble and Thomas Goble, Offutt
 Harold W. Harris and Sheila Diane Harris, Hindman
 Sharon Kay Hubbard, McVeigh
 Kevin Hall and Sharon Kay Hall, Harold
 Tammy Lee Johnson and Terry Mars Johnson, Melvin
 Beatrice Lucinda Ritchie and Billy Ritchie, Lost Creek
 Alice L. Jones and Robert Jones, Jackson
 Homer Eugene Garrett and Jill Garrett, Virgie

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Feature:
Belfry coach James Runyan will have most of his Belfry Lady Pirates returning next season.

A Look at Sports

Is the game getting out of hand?



We have come down to one Friday night left in the 10 weeks of high school football and everyone is jockeying for position to receive a play-off berth in the upcoming

state playoffs. I think it is a little too much when the KHSAA allows the top four teams to enter the playoffs from their respective district. A fourth seed usually does not have a chance against the opposite district's number one seed. However, just making the play-offs is the thing.

At South Floyd Friday night I could not help but feel for the seniors who have played hard all season and it came down to one game as to whether their season will continue after next Friday night or not.

You could tell things were going to get out of hand when the game ended.

You heard the talk on the sidelines and the players were upset.

I do not think what happened after the South Floyd/Paintsville game should be permitted to go with just a hand slap.

Too often we turn our backs as if things are not happening. But the reality of it all is things are happening and parents are getting too much involved in coaching a team when they are not the coach.

I can imagine how they feel and I am sure they do not agree with all the moves a coach makes along the sidelines. The plays he calls and the subs he inserts into the game.

However, there is no way, no way at all to justify a parent going after a coach because he or she does not like a coaching move he makes. It should not be tolerated by the school officials nor the board of education.

Athletics is getting more and more out of hand as parents are becoming more and more vocal at games and sometimes that leads to other actions.

Is there an answer?

Yes!

Deal with it quickly and pass out future restraints as well, like "you are not welcome at the next athletic event." Let them know that such actions will not be tolerated at athletic events.

I can understand parents being upset but we should never let it affect us to the point we want to harm someone. That is not right!!

I have attended athletic events at South Floyd High School for several years now and I have found some of the finest people in Floyd County there. There are a few hot heads, sure, but those are everywhere.

Overall, the folks up Left Beaver love their sports and love their kids. But for the most part, they know how to handle defeat and have shown that in the past.

Someone needs to send a message out to all the county that what happened at South Floyd will not be tolerated anywhere in Floyd County — by players, parents and coaches. What kind of example are we setting before young men and women in our school system?

Outside the fence, following the melee, a young girl asked a very vulgar question. It was funny to them. Is this what we want our young people to learn from our examples? I think not.

I know it was the heat of the battle and things got hot. I am sure that all involved wish it had not happened. But it did and we need to take steps to make sure it does not happen again.

Until Wednesday, good sports everyone and be good sports! See you in church Sunday.

Visit my site at <http://www.crosswinds.net/~edtaylorspathway>
If you would like to subscribe to my Pathway's newsletter which goes out every month please reply to this email with your email address and say "Add me, Mr. Taylor"

■ Prestonsburg at Shelby Valley

District Domination...

Blackcats shutout Shelby Valley

Spriggs' 2-TD's lead Prestonsburg

by STEVE LeMASTER

Nearly perfect. Coach John DeRosset's Prestonsburg Blackcat football team nearly finished the 2000 season with a perfect district record. Take out a home letdown to Pike Central and the Blackcats would be a perfect 5-0 in the district. A 4-1 district record could be good enough for at least a share of the district championship.

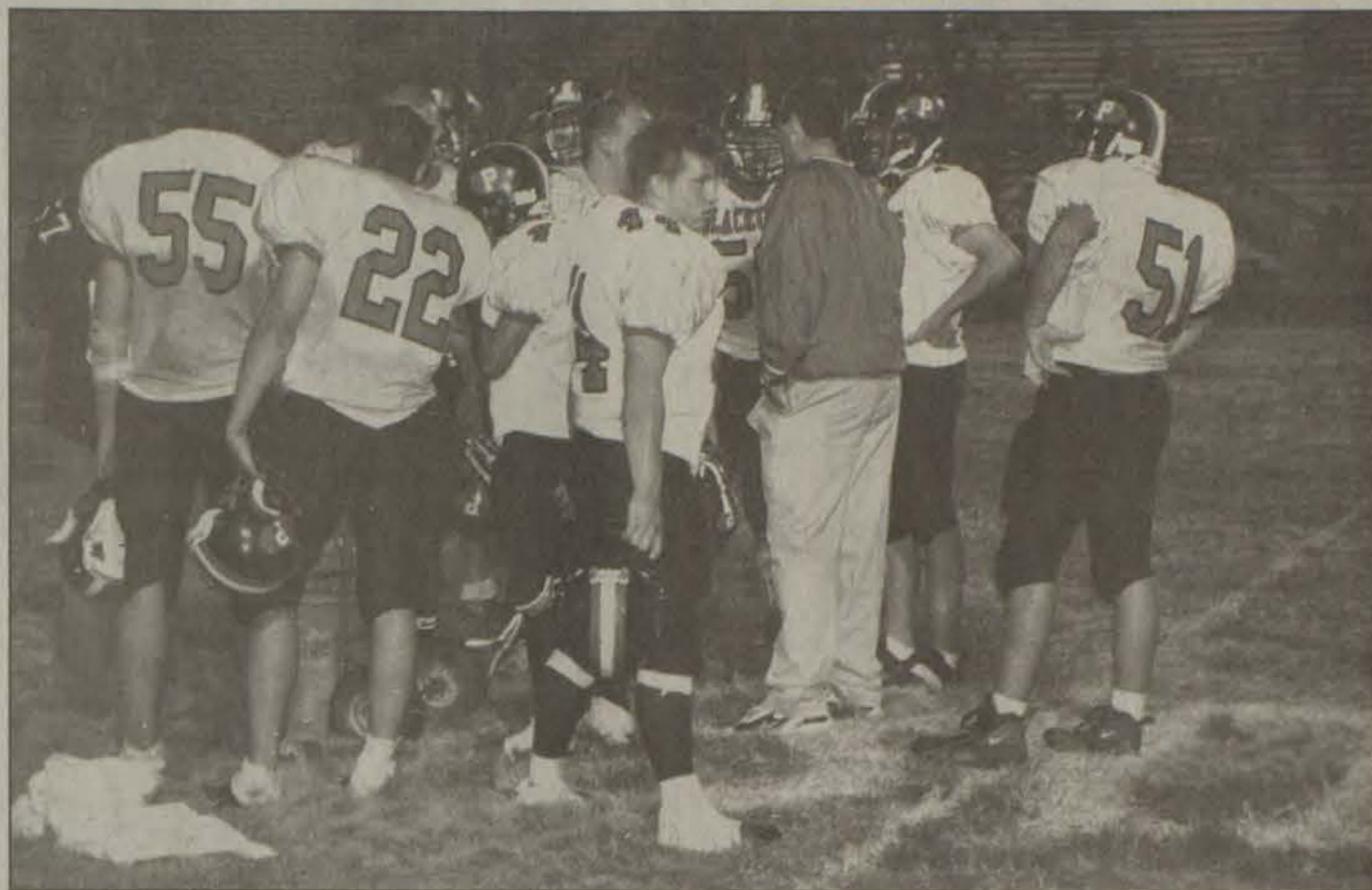
The Prestonsburg Blackcats went into Shelby Valley Friday and beat the Wildcats on their senior night. Ten Shelby Valley senior football players were honored before Friday's Shelby Valley-Prestonsburg game.

The Blackcats went into the game knowing if they won, they would at least lock up home field advantage for the first playoff game, something players, coaches, and fans all wanted.

Prestonsburg won the opening toss and elected to receive the football.

Junior Matt Slone was deep to receive for the Blackcats but it was lineman Kevin Younce who took the short opening kickoff and returned it 22 yards.

The Blackcats had good field position at their own 48 yard line, but the first of several penalties on the night would negate the run, leaving the Blackcats to set up



The Prestonsburg offense gathers around Coach John DeRossett during a time-out. The Prestonsburg offense put three scores on the board and the Blackcat defense played shutout football against Shelby Valley.

See **BLACKCATS**, page three



South Floyd Raider P.J. Cox (5), made some good catches in the Paintsville game, but in the end it was the Tigers coming out on top.

■ Paintsville at South Floyd

Playoff hopes disappear in loss to Tigers

South Floyd drops 24-14 decision to Paintsville

by ED TAYLOR
SPORTS EDITOR

The South Floyd Raiders saw their chances for a fourth straight state playoff berth disappear this past Friday night. The Raiders dropped a crucial 24-14 district game to the Tigers, who won big over a good Hazard team a week earlier.

It was a must win for South Floyd in order to keep their playoff hopes alive. A win over the visiting Tigers would have them in the run for a berth with Paintsville having to beat Pikeville next week.

But it was a night of frustration on Senior Night at Brackett Field and the final seven minutes of the game was the final nail in the coffin for South Floyd.

The frustration spilled over on the sidelines when the game had ended as South Floyd coach Nathan Jones was chased by an upset parent after the game. No physical contact was made between the two as officials stood

between the two. It was the final home game for the seniors and tears were evident when the Raiders went down to defeat.

The Raiders fell to 3-6 overall and 1-4 in district play. Paintsville locked up a playoff berth in the November season and improved to 7-2 on the year. The Tigers went to 4-1 in the district.

South Floyd's remaining game is on the road at Elkhorn City while Paintsville will meet front-running Pikeville Friday night at home.

The Raiders had only 20 players out for the game as the numbers continue to plummet. However, South Floyd played hard and gave the Tigers, a heavy favorite, all they wanted in four quarters of play.

Senior B.J. Bryant, playing his final game at home, finished with 84 yards on 19 carries. He scored one of the Raiders touchdowns. Senior fullback Joe Platkus

See **SOUTH FLOYD**, page three

Jackets roll over Betsy Layne on senior night

by STEVE LeMASTER
SPORTS WRITER

Coach Ted George and his Betsy Layne Bobcats traveled to Letcher County Friday. To be more specific, the Bobcats traveled to Whitesburg in search of their first district win of the 2000 campaign.

Betsy Layne (1-8) has not won a game since the first week of the season when they hosted and beat county rival Allen Central. Since the Allen Central game, the Rebels have found it extremely difficult putting points on the scoreboard. Losses to Evarts, South Floyd, and district foes Belfry, Pike Central and Prestonsburg have all been lopsided losses. Last week's home game with Shelby Valley was the Bobcats' closest loss of the season. The Bobcats trailed the visiting Wildcats 8-0, and wound up losing 14-6.

Coach Ted George has once again experienced the numbers problem with this season's team, something that has hindered his squads in past seasons. The number of players on the Betsy Layne roster is minuscule compared to many of the teams on the Bobcats schedule.

Many of the lopsided losses were played without key players such as Matt Williams, Adam Collins and junior quarterback Brandt Brooks, players



Coach Ted George

See **BETSY LAYNE**, page three

Wilson a winner regardless of season's outcome

by STEVE LeMASTER
SPORTS WRITER

As I walked into the Pike Central Gymnasium this past Monday night, one of the first people I saw was an upstart coach as well as a friend of mine sitting in the stands 45 minutes before the first game of the 8th Region high school volleyball tournament was scheduled to start and over two hours before his team was slated to take the floor.

That coach was none other than Betsy Layne head man Larry Wilson.

Over two months ago I ventured up to Harold and into Betsy Layne High School to meet the new girls volleyball coach.

A husband-wife coaching duo of Larry and Karen Wilson with Larry serving as the head coach and Karen the assistant. Karen is also the dance team coach at Betsy Layne High School.

That first shortened volleyball practice was somewhat dull and a



photo by Steve LeMaster

Coach Larry Wilson saw his Betsy Layne girls volleyball team struggle early before coming on strong late in the season.

little drab. It took the Betsy Layne Lady Cat volleyball team nearly half a season to get a win, but they got it. It took the Betsy Layne Lady Cats a regular season before they got going full stride winning three district tournament game in a

stretch of just over 24 hours. The three district tournament wins were good enough to give them a district tournament championship game with the mighty Prestonsburg Volleys.

Coach Wilson's team didn't beat the mighty Volleys but they did finish district runners-up, giving them a ticket to the regional tournament.

Coach Wilson took over a Betsy Layne volleyball program and took it to new heights many Betsy Layne faithful thought were unattainable.

"We've got more interest in the program now than when I first took it over," said Wilson. "I've had several girls inquire about playing next season. It's the little things like having the national anthem played before ball games and having someone to announce the ball games that have made a difference and have helped to get more girls interested in the sport."

See **WILSON**, page three

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Blackcats

shop back at their own 26 yard line.

The Blackcat offense struggled on their first offensive possession of the game. On a 4th and 4 call, Matt Slone got the pigskin but failed to get the needed yardage. The Wildcats took over and began their first offensive possession of the game.

Facing a 4th and 1, the Shelby Valley coaching staff called a time-out. The time-out call did very little for the struggling Shelby Valley. A botched punt snap left punter Josh Johnson scrambling. Blackcat Kevin Younce ran down the Shelby Valley punter all the way back at the Shelby Valley 34 yard line, where the Blackcats took over on offense.

Matt Slone began what would be Prestonsburg's first scoring drive with a 7-yard gain. Mike Fannin followed Slone's rush up with a 4-yard gain. A Slone run good for a 9-yard gain set the up the first Blackcat touchdown. The fleet-footed Slone found the endzone on a 13-yard run, giving the Blackcats a 6-0 lead at the 4:16 mark in the first quarter. The Prestonsburg two-point conversion pass try failed.

Prestonsburg's scoring drive took just four plays and covered a total of 34 yards.

The Blackcats got the ball back following a Shelby Valley four and out series. The host Wildcats strug-

gled on offensive during the first half and would continue to do so throughout the game. In previous games, the Shelby Valley offense had relied more on the pass. The Wildcats had went to the run for the big district game with Prestonsburg.

The Blackcats had a 6-0 lead at the end of the first quarter and held the Shelby Valley offense in check during the entire first half.

Junior Chris Spriggs found the endzone for the first of two touchdowns at the 3:47 mark in the second quarter. Spriggs scampered to pay-dirt on a 48-yard run. The Blackcats held a 12-0 lead going into the final two minutes of the second quarter.

Facing 4th and 6 with 2 seconds remaining on a second quarter clock, the Shelby Valley offense took a time-out. The final play of the half proved to be a near disastrous play, Shelby Valley senior quarterback Brandon Stevens dropped back to pass and saw a receiver in the endzone. Matt Slone darted in front of the Stevens thrown ball and picked off the pass returning it nearly the length of the field.

Slone had one defender to beat, before being tackled short of the endzone.

Shelby Valley received the football to begin the third quarter coming out of half-time.

The Wildcat offense drove the ball for nearly half the quarter. Just when the Shelby Valley offense looked like they were going to punch it in, the walls came tumbling down. The Wildcats turned the ball over on a fumble recovered by defensive end Kevin Younce. The Blackcat offense took over at the 6:44 mark in the third quarter.

A determined Shelby Valley defense stopped the Blackcats twice in the second half. However, the Shelby Valley offense couldn't get going, and the Blackcat offense had one more score left in them.

Junior Chris Spriggs got his sec-

ond touchdown of the game on an 81-yard touchdown gallop. The Prestonsburg extra point kick failed and the Blackcats went on to post the 18-0 district shutout over the host Wildcats.

With the win, the Blackcats finish the season with a near perfect district record of 4-1.

The Blackcats will be back in action Friday night when they host the undefeated Harrison County Thoroughbreds.

A district game to keep a close eye on will be the Pike Central-Whitesburg contest. The game is full of playoff implications.

Continued from p1

South Floyd

Continued from p1

rushed for 49 yards on four carries. P.J. Cox, who played a strong all around game, netted 16 yards on four tries. Matt Tackett finished with 14 yards on six attempts. Tackett is a senior.

Josh Johnson completed 10 passes for 62 yards. Cox had four catches for 33 yards and Josh McCray had four catches for 20 yards. Jeremy Tackett hauled in one catch for 8-yards. Trailing 18-14 the Raiders looked to be in good position to pull out the win and upset the Tigers. The South Floyd defense stopped a Paintsville drive with some outstanding pressure on fill-in quarterback Brad Turner.

Controlling the football from their own 32 yard line, the Raiders moved quickly into Tiger territory on the running of Bryant. With the ball at the Paintsville 38 yard line and a first down, Turner picked off a Johnson pass and returned it 78 yards for the touchdown and put the game out of reach for the Raiders at 24-14 with 25 seconds left in the game.

The Raiders did get the ball back with 21 seconds showing but some hard intentional hitting cost the Raiders heavy in penalties on two unsportsmanlike flags.

South Floyd looked sharp on offense at the onset of the game marching from their own 35 yard line to pay dirt on the game's first possession and a 6-0 lead. Platkus found an opening around the left side and jaunted 14 yards for the touchdown with 7:19 to play in the first quarter.

But Paintsville answered as full-back Matt Brown was hard to pull down. Brown had 19 yards rushing in the first series of plays for Paintsville and scored on a 3-yard run to tie the game at 6-6.

South Floyd put together a strong drive that stalled out at the Tiger 17-yard line with Paintsville taking over

the football on downs at the onset of the second quarter.

But the Tigers found little ground against a good Raider defense. Paintsville did take their first lead with 6:02 to play in the second period. Chas Harmon hit Brad Turner on a little screen pass and Turner went 30 yards for the touchdown and a 12-6 Tiger lead. Paintsville's first interception came when Johnson was facing a third and 23. On a pass play action, Ben Hale stepped in front of a Raider receiver and pulled the ball down setting up the third score for the Tigers.

With the ball at the South Floyd 45, the Tigers got help on an unsportsmanlike penalty moving the ball to the South Floyd 29 yard line. On a first down play, Brown gave the Tigers an 18-6 advantage running the ball into the end zone from 2-yards out.

South Floyd came back and struck quickly to stay close to Paintsville. The Raiders marched from their own 45 on 10 plays that concluded on a 2-yard scoring run by Bryant. Bryant also ran the conversion for a 18-14 score.

The score would remain four points difference through the third quarter as both teams got after one another.

Brown led the ground game for the Tigers with 81 yards on 12 carries. Turner finished with 38 yards on seven carries. Early in the second half Turner had to move from the backfield to under center when Harmon had to leave the game due to a shoulder injury.

Paintsville rushed for 186 yards while passing for 50 yards on two completions. Harmon completed both passes before he left in the third quarter. Turner attempted one pass and was intercepted by Matt Tackett.

Betsy Layne

Continued from p1

Coach George could ill-afford to have out with injury. With key players all but faded away on the sideline, George has seen his team play with pure heart all season. Nevertheless the low number of bodies coupled with injuries has definitely plagued the Bobcats. Senior first-year receiver/defensive back Brock Keathley was touted as a college football prospect after coming out for football this season. Keathley was having a good season on the football field before going down to injury.

The Bobcats season would get no better at Whitesburg Friday night. The Yellowjackets were in command of the district near the halfway point of the season before a loss on the road to Prestonsburg put the Jackets in a rut of sorts. Friday's win over Betsy Layne all but put the Whitesburg Yellowjackets in the playoffs.

With a three-way tie for first place in the district between Prestonsburg, Belfry and the surprise Pike Central Hawks, the Yellowjackets knew a win over Betsy Layne was essential for their return trip to the playoffs.

On senior night, it would be the Whitesburg Yellowjackets rolling to victory over the visiting Betsy Layne Bobcats. The Yellowjackets came out and jumped on the Bobcats early

and didn't let the Bobcats have much. Although the 20 points Betsy Layne put on the scoreboard was their highest game total of the season, it wasn't near enough as Whitesburg handed the Bobcats a 40-plus point loss; 64-20.

Betsy Layne will return home for their season finale this Friday night when they host non-district opponent Fairview. The Eagles got in the win column this past Friday night when they defeated Jenkins (0-9).

Coach George saw the Eagles play before the regular season started way back in August. Fairview took part in the Betsy Layne Grid-o-Rama along with Lewis County and Allen Central. The Rebels defeated Fairview in the grid, but the Eagles have shown improvement all season long.

Will the Fairview game be Coach Ted George's last game as head football coach at Betsy Layne High School? Many people are wondering if the Bobcat mentor will keep his coaching position next season after accepting an assistant principal job at Adams Middle School. Adams has been at the middle school for over a month now.

Kickoff for Friday's Betsy Layne-Fairview game is set for 7:30.

Wilson

Continued from p1

The future of Betsy Layne High School girls basketball is definitely looking good. Coach Jim Roberts led his Betsy Layne Elementary girls volleyball team to a near perfect 9-1 season and a Floyd County Conference championship. So, the cupboard for next year team is far from being empty.

Larry Wilson is a very capable high school girls volleyball coach. With a top notch assistant wife Karen by his side, how can he go wrong?

Although the Lady Cats fell to Belfry on Monday's opening round of the regional volleyball tournament, they have absolutely nothing to be ashamed of.

Plans are already in the works for off-season workouts and summer camps.

"I've been looking at a setters camp, possibly at EKU (Eastern Kentucky University)," said Wilson. "Getting the coach from Louisville to come in this next summer is another thing we've considered."

Senior Denise Jones will be hard to replace following her departure. The talented senior garnered all-district and all-region honors this season. She seems to play the entire floor, while providing that all-important floor leadership.

"How do you replace Denise Jones," said Wilson. "Denise is going to be hard to replace but with the talent we've got returning, I think we've got a team that will just continue to get better the next couple of years."

You bet they'll get better.



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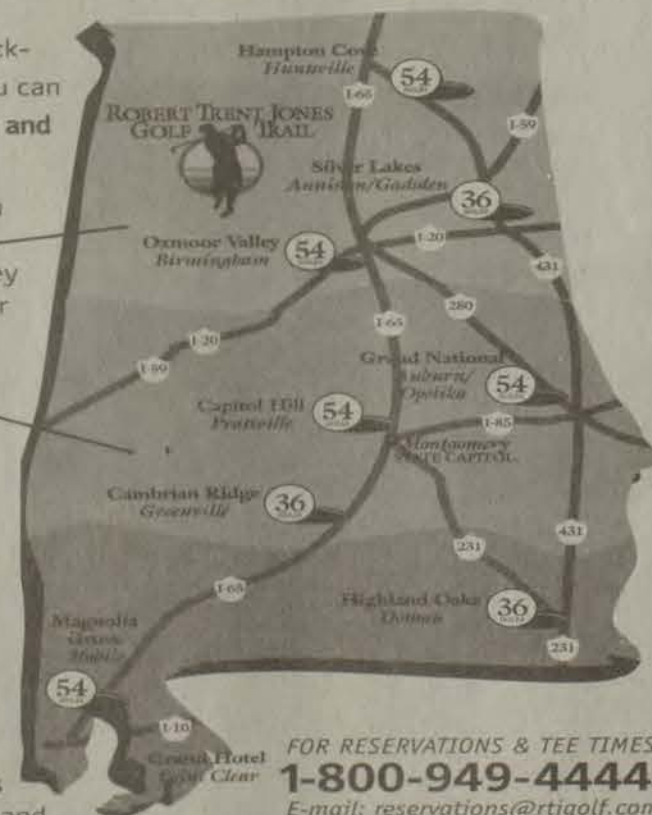
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INSIDE THE PRO FISHING TOUR

Dearman Falters, Fears Steps In

Saturday was the best of days for O.T. Fears and the worst of days for fellow pro Slade Dearman. As a result, the standings were upended in dramatic fashion at the conclusion of the \$232,000 BASSMASTER Louisiana Invitational on the Red River.



Tim Tucker's Tour Notebook

Fears caught every one of his fish from a single fallen pecan tree in a river oxbow that was otherwise devoid of cover. He repeatedly returned to the tree throughout each day to guard it from his competitors.

"There were so many shad in there. Every time I went back to that tree, I would catch a couple of fish. When I started the motor today, a 6-pounder jumped right at the base of the tree," Fears said.

Fears alternated an 8-inch Zoom Dead Ringer worm (watermelon with red flake) and a Norman Scooper crankbait (khaki-and-black). When worked close to the partially submerged tree, both lures proved to be equally effective. Fears' amazing laydown, which was in 4 to 15 feet of water, surrendered more than 40 bass during the three days of competition.

Jordan's success came upriver in the Shreveport area, where he flipped isolated laydown trees with a Lake Fork Tackle Trophy Tube rigged on a 1/4-ounce tungsten MegaWeight, 50-pound test SpiderWire line and a 20-pound fluorocarbon leader.

Mercury Sues BASS Tournament sponsor Mercury Marine recently filed suit for breach of contract, advertising fraud and misrepresentation against the Bass Anglers Sportsman Society.

According to a lawsuit filed in Wisconsin state circuit court, BASS entered into a confidential agreement with Mercury in 1998 for the exclusive promotion of Mercury outboard equipment. Mercury claims BASS violated that five-year deal by allowing a fraudulent advertisement featuring anglers sponsored by a rival company to appear in its BASSMASTER Magazine.

"The lawsuit filed by Mercury is completely without merit and we expect to be vindicated," BASS spokesman George McNeilly said. "Meanwhile, we will continue to represent Mercury and all of our sponsors to the best of our ability."

BASS also has a pending lawsuit from Operation Bass owner Irwin Jacobs, stemming from his decision to withdraw his Ranger Boats company from its longtime sponsorship of BASS events. Jacobs alleges that BASS officials made disparaging and false remarks in a press release regarding his FLW Tour tournament circuit.

Tim Tucker's Pro Power Ratings

Star indicates a pro who is coming on strong.

Table with columns: This Week, Last Week, Weeks on List, Angler, Hometown. Lists top 15 pro anglers and their performance metrics.

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.

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Outdoors

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Flight Time

Near-Record Migration Awaits Hunters This Fall

By TIM TUCKER, Outdoors Writer

America's duck-hunting enthusiasts can expect another fine season of shooting when their favorite sport opens next month, as the North American waterfowl population continues to recover from its near collapse in the early 1990s.

Duck hunters can expect to see plenty of waterfowl migrating this fall. The U.S. Fish and Wildlife Service predicts that about 90 million ducks will fly south from their Canadian breeding grounds. That includes 11.3 million mallards, down considerably from last year's record high of 13.6 million.

Although the overall fall flight number has decreased from last year's 105 million birds, 90 million is still a very high index, according to officials at Ducks Unlimited. Prior to last year's record-breaking total, the record index was 92 million in 1997. That means this year's fall flight will be the third highest on record.

"This is a very encouraging fall flight outlook, following the dry conditions that existed across most of the breeding grounds early last spring. The spring rains made all the difference," said Dr. Bruce Batt, DU's chief biologist. "Since conditions were dry in early spring, many early-breeding birds, such as mallards and pintails, probably overflow their nesting areas. When the rains finally fell in late May and early June, better habitat was available for breeding ducks, which will ultimately mean more ducks in the fall flight."

"Overall duck populations remain high, but two individual species continue to cause concern. We are still very concerned about pintail and scaup, whose numbers continue to lag behind the other duck species. These two species threaten to become quite serious problems when the next dry period pushes them, along with all other species, to even lower levels."

Batt expressed a less urgent concern for Arctic geese. "Arctic geese have generally had a poor production year," Batt said. "Most populations are doing very well, so there is no reason for concern about their future, although hunter success will likely be lower because there are fewer of the more vulnerable young in the flight."

The impressive recovery of our migrating waterfowl can be traced to the effects of both man and nature since the early 1990s, when the lowest numbers of ducks in history were documented. Nature provided six consecutive wet springs throughout the waterfowl nesting region, which includes Canada, Minnesota and the Dakotas. And the long-



Duck hunters can expect a migration of 90 million birds this fall.

term conservation efforts of both public and private organizations to establish and protect precious nesting habitat is paying off in a big way.

Ducks Unlimited is a major partner in the North American Waterfowl Management Plan, a blueprint for restoring and managing the continent's waterfowl populations. The focus of NAWMP is to support waterfowl populations at levels similar to those seen in the 1970s. The plan is based on a fundamental principle of wildlife conservation — that abundant, quality habitat is key to healthy wildlife populations.

Through the efforts of DU and other conservation organizations, through government initiatives like the Wetlands Reserve Program, and through the conservation work of thousands of individual and corporate landowners, millions of acres of habitat have been protected and restored across North America.

The nation's duck hunters have been the beneficiaries of these efforts. The increasing fall migrations have led federal U.S. Fish and Wildlife Service officials to continue (and, in some cases, increase) liberal hunting seasons and increased bag limits. For example, Ohio and Michigan enjoy generous waterfowl restrictions that include a 60-day season and six-bird daily bag limit. Texas has a whopping 74-day duck season (six birds per day), along with special geese seasons ranging from 86 to 107 days (depending on the species).

Tips From the Pros



DION HIBDON is a past BASS Masters Classic champion and reigning FLW Tour Championship winner. He lives in Stover, Mo.

Set Hook Gently Using Light Line

"With light-line fishing, executing well enough to get a big bass to strike is only half of the battle. Playing and landing a bass on light line requires as much skill and patience as getting it to bite."

"One of the keys to landing fish on light line is controlling it without letting it get too excited. And that begins with how you set the hook. A lot of people set the hook as hard as they can when the fish bites their bait."

"I try not to do that. With a Texas-rigged bait, you need to jerk on him a little bit to get the hook in. But a lot of times with an exposed hook, I hardly have to pull on him at all. A lot of times, if you will just pull on the fish, he won't get as excited. With little finesse-type baits, the fish will take the bait, close its mouth and swim in a straight line. It will swim 5 or 6 feet before the fish actually starts throwing its head back and forth, and stuff like that. You can actually lead it out of the cover if you stay calm and don't get the fish excited."

YOUR SPORTS

Stuffed Fish Is One Recipe For Success

By STEPHANIE J. MALLORY

When you catch that 10-pound largemouth bass, you have two options to preserve your trophy. You can have the bass skin-mounted, or you can have a fiberglass reproduction made.

Either way, you may want to call Archie Phillips of Fairfield, Ala., who bills himself as the nation's leading fish-stuffer.

Phillips mounts approximately 5,000 fish a year — including at least 3,000 largemouth bass. "Largemouth bass are my most popular mounts," Phillips says.

Fish arrive at his business every day from across the United States and Canada, many shipped to him and some carried through his front door.

How has Phillips built a business that reaches every corner of the United States and Canada?

"I discovered my love for taxidermy as a kid while trying to earn a merit badge for Boy Scouts," Phillips said. "I started my first taxidermy shop as a teen-ager at my parents' home on a table."

Phillips had an active taxidermy business throughout high school and college. He grew his business rapidly with a clever promotional method. "I mounted fish that belonged to me and put each on a panel with a decal that gave my name, address and phone number. I hung those fish at every store and boat dock I could find."

Phillips has carved out a niche for himself creating fiberglass replica mounts.

"Certain fish didn't lend themselves to mounting because of their tissue-paper-thin skin, like catfish, or they are too oily, such as saltwater fish. A fellow taxidermist mounted saltwater fish by reproducing problem parts of the fish's bodies with fiberglass. I finally decided that I would just reproduce the whole fish."

If you want a fiberglass replica, you will need to take a picture of your fish, and determine its exact length, width and weight.

Phillips says that many of his requests for exact-replica fiberglass fish come from Canada, because Canada has a catch-and-release policy.

Phillips will even create the fish of your dreams — literally.

"Many people will request replications of fish they haven't caught but want to display — especially sailfish and sharks," he said.

And rest assured, the secret will stay between you and the taxidermist.

Stephanie J. Mallory is a writer in Birmingham, Ala.

MORE INFO

Recognized as a pioneer, an innovator, a teacher, and a willing dispenser of advice to newcomers, Phillips travels throughout the country lecturing to fellow taxidermists on the latest techniques and technology. To learn more, call him at (205) 787-6902.



Archie Phillips shows off a fiberglass replica mount of a record bass.

WRITE TO US

The Outdoors page is published weekly by Longwing Publications Inc., P.O. Box 15045, Sarasota, FL 34277. If you have a question that you would like Tim Tucker to answer on this page, write to him in care of Longwing Publications. Sorry, no phone calls.

PRO BASS FISHING RESULTS

Louisiana Invitational

Here are the top finishers in the BASSMASTER Louisiana Invitational held Oct. 12-14 on the Red River at Shreveport, La., including angler, hometown, total catch (and number of dead fish), total weight, and earnings.

Table with columns: Angler, Hometown, Total Catch, Total Weight, Earnings. Lists top 60 anglers and their performance in the Louisiana Invitational.

GEAR AND GOODIES

Whipstik Shimmies, Shakes and Succeeds

Face of bass fishing with their introduction of the Slug-Go nearly a decade ago comes a new topwater soft-plastic finesse lure that is sure to make waves of its own.

New to the soft jerkbait world is the Whipstik from Luner City Specialties, a bait that is equally effective slithering over pads and matted vegetation or working deep cover behind a sinker or on a jighead. Its smooth texture and streamlined shape come through cover easily, while its whiplike tail shakes, shimmies and undulates with nonstop action.

Twitching the rod tip gives the Whipstik an erratic, darting motion on the surface that mimics the movements of injured or disoriented

prey. At the same time, the Whipstik's wriggling tail section provides the illusion of something trying desperately to escape.

For exciting smallmouth and spotted bass action, Connecticut pro Terry Baksay suggests rigging the 4-inch Whipstik on a 1/4- to 1/2-ounce jighead. The 4-inch version can also be weighted internally for deeper situations.

The 7-inch Whipstik is best balanced with a 4/0 hook when used unweighted as a soft jerkbait. When

fishing it through cover behind a slip sinker, or Carolina-rigging the lure, a 3/0 hook is recommended.

— Tim Tucker

For more information, call Luner City Specialties at (203) 237-FISH.



PostScript

by Pam Shingler
 Editor



Presidential pick

My pick for president is Dr. Josiah Bartley. I like his intelligence. I like his politics. I like his forcefulness and his analytical ability to get to the heart of matters. I like that he's an economist and not a lawyer and life-time politician. I trust him.

I also like his staff. They're bright, compassionate, liberal, conscientious, tough, and often fun. I look forward to having them in my home.

If you haven't seen it, I'm referring to "West Wing" on NBC-TV on Wednesday evenings. I've gotten hooked on the Emmy-winning drama that's just started its second season, after a spring cliff-hanger.

Perhaps I like most the fact that the characters have convictions and they're not afraid to own up to them and to fight for them. That's not something we see much in the real world.

I've got a poster that I've had for 25 years or more and it remains appropriate to me. It says, "Reality is a nice place to visit, but I wouldn't want to live there."

Story of my life.

Back in the real world, Bubba, the 500-pound (or so it seems) pup has become quite the hunter. Within the last month, he has dropped at my feet two birds, a mole and a giant frog, the kind you get edible frog legs from.

Bubba stands under the bird feeder, barks and sometimes jumps at the birds. But I doubt he's caught a bird in flight. Rather, I suspect his victims have been stunned by the electric fence and Bubba could not resist the temptation to take them down.

Frankly, I'm hoping the one mole he ate in front of me is not the only one he's captured. The ridges in the yard and the subsequent holes that Bubba and his cohort Ben have dug lead me to believe there's quite a colony.

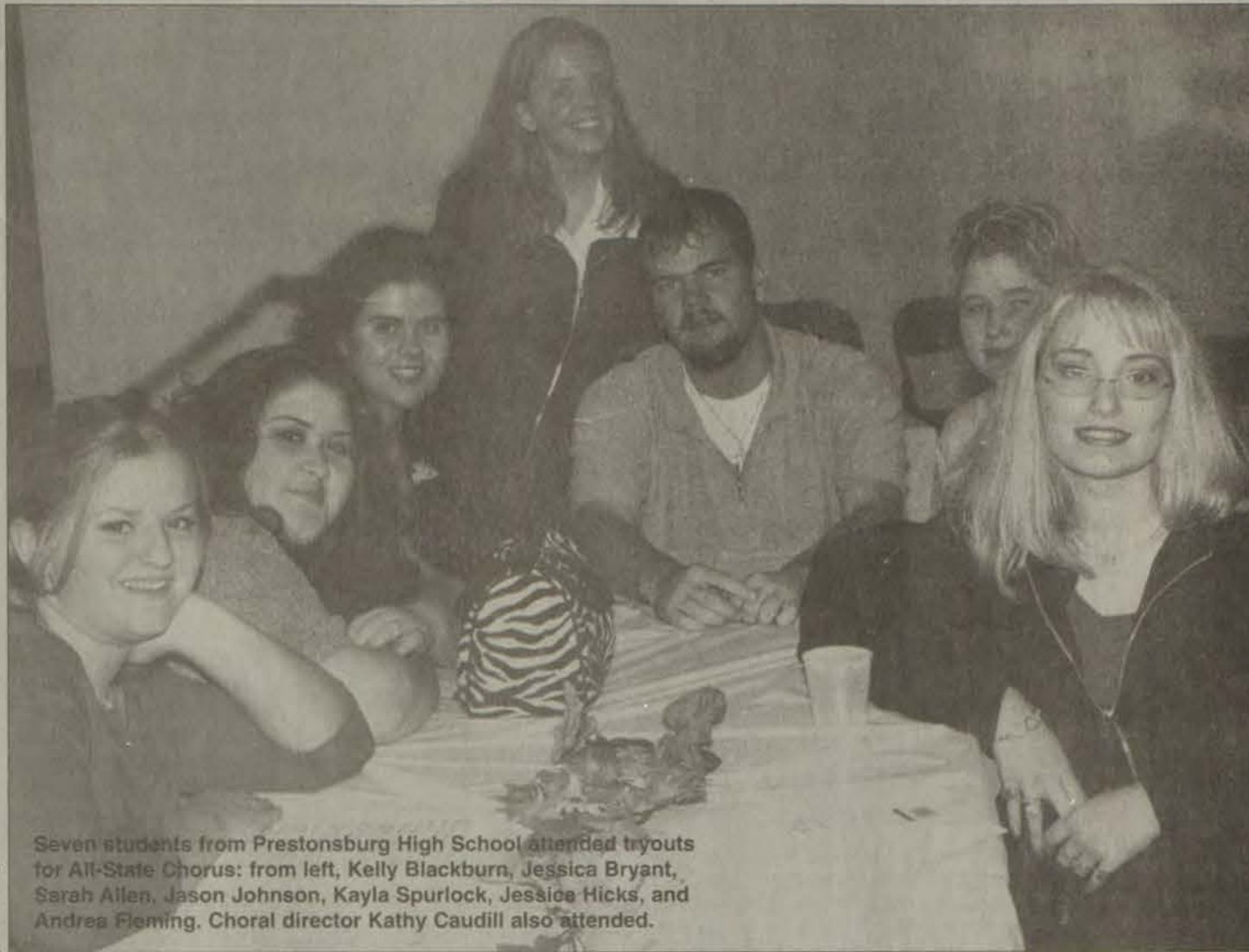
The frog is a complete mystery. I've seen the tiny, brown ones around the walnut tree and among the rocks beside the porch steps. But this one was more than a foot long in the stretched-out, rigor mortis state I first saw.

Long after I ceased to be impressed, Bubba carried the body around in his mouth, much as he does his ragged, deflated doll. In fact, he carried the dead frog around for more than a week. Several times, I came across it in the yard and at least once on the porch.

Last Monday, I almost stepped on a black object about the size of a pawpaw. Looking down, I saw it was the torso of the frog. Later, I came upon Bubba as he was scraping the last of the decaying meat from the

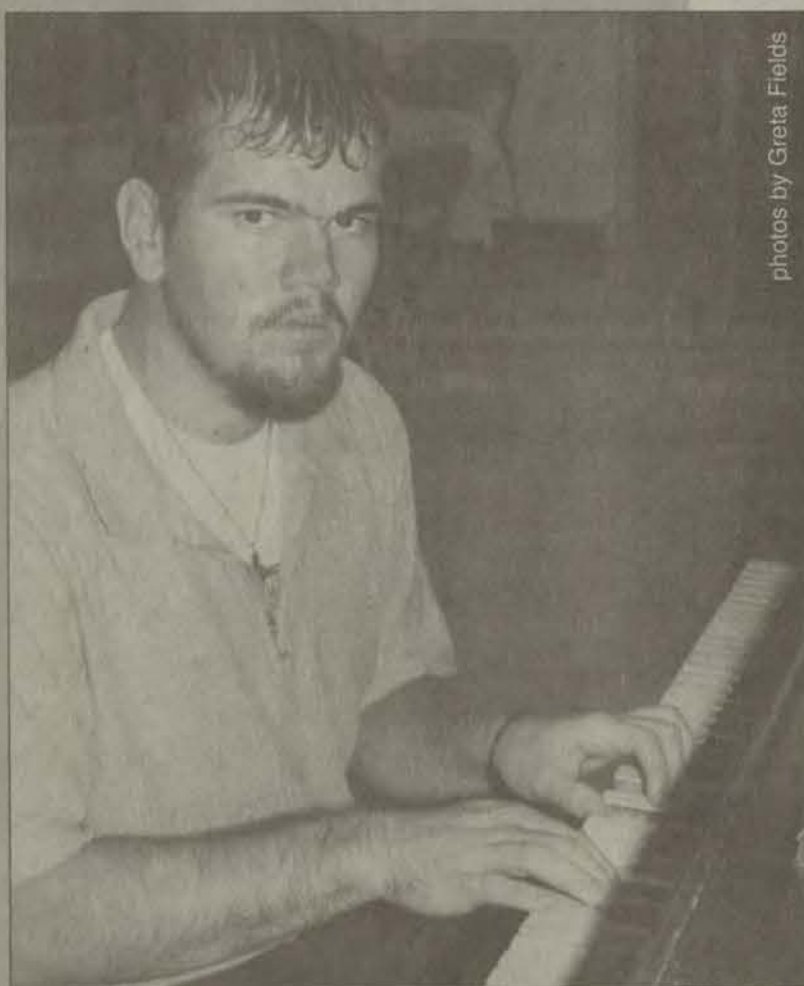
(See POSTSCRIPT, page two)

Music, music, music!



photos by Greta Fields

Seven students from Prestonsburg High School attended tryouts for All-State Chorus: from left, Kelly Blackburn, Jessica Bryant, Sarah Allen, Jason Johnson, Kayla Spurlock, Jessica Hicks, and Andrea Fleming. Choral director Kathy Caudill also attended.



photos by Greta Fields

Jason Johnson

High school composer sets sights higher

by GRETA FIELDS
 SPECIAL TO THE TIMES

Jason Johnson, a senior at Prestonsburg High School, is a creative composer who is already developing his own personal, eclectic style.

Johnson composes pieces on the piano which contain a variety of moods, movements, rhythms and feelings — from haunting sonatas to Christian rock.

In addition to composing on keyboards, Johnson also plays tenor sax in the high school band and is a member of the Christian metal band, Seven Rise Up.

A prolific composer, Johnson said he "gets ideas all the

(See COMPOSER, page three)

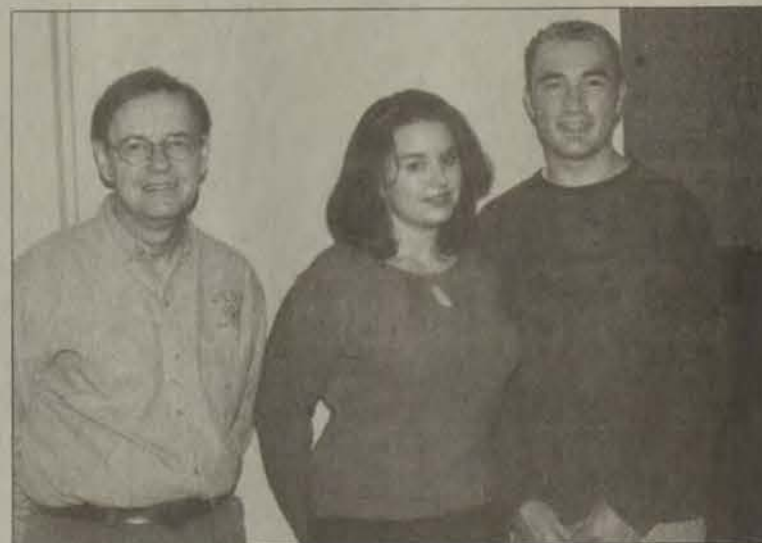
Nine students from Floyd County were in Hazard Monday for tryouts for the All-State Chorus.

But they'll have to wait for a month or more for the results, as auditions take place throughout the state. Students will not know if they placed until around Thanksgiving or later, after statewide results are compared.

The tryouts for students in this region took place at First Baptist Church in Hazard. The All-State Chorus will be the first Saturday in February at the Louisville Convention Center.

Seven students from Prestonsburg High School attended the competition: seniors Sarah Allen, soprano, Jason Johnson, bass, and Andrea Fleming, alto; juniors Kayla Spurlock, soprano, Jessica Hicks, alto, and Kelly Blackburn, alto; and sophomore Jessica Bryant, soprano.

Two Betsy Layne High School students tried out, both seniors: Sarah Click, soprano, and Clayton Case, bass.



Representing Betsy Layne High School at regional tryouts for All-State Chorus were, from left, choral director Mike Cooley and students Sarah Click and Clayton Case.

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.

IS THERE NO PEACE?

We dislike the role of pessimist, but we must admit things do not seem to be improving. Time was when the November knock-down-and-drag-'em-out known as the final election was followed by Armistice Day, its memories and thoughts of peace. But now they call November 11 Armed Forces Day... Back to the foxhole—er, bomb shelter—men!

Meanwhile, there is Halloween. Is there no place to hide?

Incidentally, that padlock on our office door was not put there by the sheriff. We just beat him to it.

THE BIGGEST 'UN

Sgt. Marvin E. Craft, Army recruiter here, had a volunteer Wednesday afternoon that was accepted without even a physical. This recruit which swallowed the lure so temptingly dangled before him was an eight-pound, 12 ounce largemouth bass—the biggest bass taken on hook and line from Dewey Lake, or yours truly is worse mistaken than usual. Hope the ol' sarge is a member of the Floyd County Fish & Game Club. If he is, that catch should relieve them of some choice fishing equipment.

SO LET'S PHILOSOPHIZE

After bouncing back from the shock of seeing another man's stringer on this bass I've dreamed about, I decided I might as well be philosophical about the matter and swallow, bury or otherwise dispose of that envy that was showing. So I ruminate.

Here was a fish that may have known Johns Creek before it became Dewey Lake, a wise old-timer that had sampled perhaps a dozen lures in his time and had promptly spat them back at the angler. Why, this patriarch probably knew the trademark, manufacturer and serial number of every artificial bait man has dunked in this lake of ours.

And here, for all his years and all his wisdom, this bass loses his head over a little, old minnow of crappie fishing size.

It just goes to show you, my countrymen, that age is no bulwark against folly. Even as some men do in their later years, this old bass fell for a cue wiggle that really wasn't worth a second look.

IT'S NOT ALL THORNS

This job does have its rewards. Just this morning there came the nicest letter and some copy for this column. This letter sugared me up to a fare-the-well. For instance, the writer says, "Somewhere along the way I have acquired the idea that you are quite an authority on fishing, especially fishing stories..."

My reader evidently has not read about the good boat No-Strike or about my harrowing experiences with a fly rod and other incidents which carried me down, down into that old slough of despond. Be all that as it may, and belonging to the dear, dead past, let us turn to this from Printing Service which our friend sends us:

WHEN FISHERMEN MEET

- "Hiyamac."
- "Loddy."
- "Binearlong?"
- "Cuplours."
- "Ketchanenny?"
- "Goddafew."
- "Kindarthay?"
- "Bassencarp."
- "Ennysize toom?"
- "Cuplapowns."
- "Hittinard?"
- "Sordalite."
- "Whachoozin?"
- "Gobbawurns."
- "Fishanonaboddum?"
- "Ryadonnaboddum."
- "Iggoddago."
- "Tubad."
- "Seeyaroun."
- "Yeahtakideezy."
- "Guluk!"

(See EDUCATOR, page two)

Tau Chapter befriends international educator

Patricia Watson, right, of Delta Kappa Gamma, Tau Chapter, meets with Bulgarian teacher Vanya Dimova.



by PATRICIA WATSON

Throughout the year, the Tau Chapter of Delta Kappa Gamma Society International has engaged in discourse with Vanya Dimova, a native Bulgarian who teaches at the American School of Sofia in Bulgaria.

Via e-mail, the chapter has learned a great deal about Vanya's life, her work as an author and her dedication to teaching the 125 children of a seventh grade Bulgarian classroom.

The chapter has learned that teaching in Vanya's classroom is

a great deal like teaching here in the states. Teaching requires an investment of time, careful nurturing and a willing attitude.

To get her students to write, Vanya says: "In the early stages, I usually engage in talk which accompanies the process of prewriting, writing or editing. Maybe, at times, these talks begin to look like psycho-therapy sessions. There can be questions like: 'Tell us how did you feel brainstorming?' 'Why do you think it is easier to speak than to write?' I try to cover all possible types of frustrations

they may experience in the process of writing."

Her approaches are much like those used in Kentucky schools as teachers engage students in more analysis and reflection to learn more about their own work.

In the process of sharing e-mail exchanges and learning about the challenges Vanya faces in this third world country, Tau also became involved with providing assistance so she could complete study at the Bread Loaf School of English, at Middlebury, Vermont. Just prior

Things to Ponder

'How much is that doggie in the window?'

by MABLE ROWE LINEBERGER, PHD

Dogs as family pets are everywhere. The family dog can create an image of fun and frustration for the household. Even though we all have heard the do's and don'ts about having a canine pet, this is meant to remind everyone how to increase the success of having the family's children and dog in the same home at the same time.

The family dog is viewed as an important member in numerous American households. Many folks have the perception that children growing up with pets have the chance to learn important life lessons. An expectation is that pets provide companionship and pleasure, while teaching children the values of gentleness, responsibility, and respect for life. In the process of keeping the family dog healthy, happy, and in control of itself, children learn to respect, understand, care for, and successfully control a dog, while obtaining a dramatic uplift to their self-esteem.

Since many young couples postpone having a baby and may instead have a dog for several years, it is not unusual for expectant parents to be concerned about how to begin the relationship of the new baby to the family dog, especially if the dog has never been with a baby before. If the dog has displayed aggressive behaviors in any way previously, keep the dog away from the infant.

Be prepared for bringing the baby home. Before the baby arrives, the dog should be able to reliably sit and lie on command and stay, no matter what else is happening. Use the typical behavioral techniques of reinforcing the wanted behavior with positive rewards, such as praise or a treat, and never punishment.

Role-play activities that will be common after the baby is home. For example, with the dog sitting, carry a doll wrapped in blankets, rock the doll, and let the dog look at the doll while in the sit/stay position. Before the baby actually comes home, let the dog sniff something worn by the baby. The dog will get to know the baby's odor, which should decrease the animal's initial curiosity.

A leash may be necessary, if the dog seems to overly react to the child. Although your dog may not have been aggressive before and most dogs adapt quickly to a new baby, it is best to supervise all interactions between your dog and your baby.

Now you have this marvelous Lassie coming to live with your child in your home. Life will be more than pouring out puppy chow every day. Ideally, adults and children need to have family puppy training before the two species are allowed to mix at will. Everyone must learn to control the dog. Children and adults need to have training before playtime with the dog. The cute little ball of fur may not react much to hugging and squeezing. However, a few months later, the now adolescent dog of almost adult size and strength may likely be uncooperative. If the dog and child do not interact well, another big issue arises—frequently children will believe they failed, which does not do much to support their self-image.

There are some common guidelines to teach the children, so that they will be more successful with the dog. Children need to stand still or move slowly when around the puppy. They need to always speak softly. If the children are "training" the dog and giving hand signals, the other hand should be in their pocket. Children need to be warned to not approach a dog that is eating.

Another consistent concern about children and dogs is the risk of the children being bitten by dogs. Reportedly, three quarters of a million children are bitten every year—mostly boys in the 5-to-9-year-old age group. Usually it is not a stray dog, but it is the family or neighborhood dog that does the biting. Many children are bitten by dogs that are contained or restrained. As expected, the major suggestion is for parents to monitor closely when children are interacting with dogs. Match your dog to your family's lifestyle.

An additional recommendation is to choose a non-aggressive dog for your family. It is better to select a suitable pet than to try to make a pet suitable. A friendly puppy does not equal a non-aggressive, mature dog. Male dogs, especially unneutered young ones, are responsible for most of the bites. The dogs listed as more likely to be involved in bite attacks to children are: large ones—German Shepherd, Chow, Pit Bull, Akita, Doberman, or Rottweiler; and small ones—Chihuahua, Dachshund, and Terriers.

A strong recommendation is that all family pets be desexed. Several other steps help prevent dog bites from occurring. Observe your dog for growling, snapping or barking at your child, as these are signs of aggression. Your child and dog do not "need time to work things out." Never approach a barking dog, even if he is wagging his tail. Never take a toy or food from a dog. Never disturb a sleeping dog. Never discipline a dog by hitting it.

"A dog is a man's best friend" has also been shown in ways other than bringing joy to the family's children. Supposedly, a wall painting excavated in Pompeii depicted a man walking with a staff, being led by a dog, who appears to be waiting for instructions from his blind master.

In addition, dogs were domesticated in the first place to help man work more efficiently. An example would be the sheep dog that tends the flock. The "seeing eye" dogs that are often used today were first used for visually impaired soldiers after World War I. For many years, groups have helped bring the dog and the person the dog can benefit together.

Non-profit organizations, such as the Canine Companions of Independence, have volunteers help them train dogs to assist disabled people, such as those having hearing loss, emotional or cognitive disabilities, and being wheelchair-bound. There have been many news stories of how the elderly in nursing homes and chronic patients in hospitals have benefited from regular visits by a volunteer and his dog. In contrast, families can give back the benefit that the dog gives them by adopting a greyhound that has been abused at dog racing tracks and then discarded when the dog is of no further value. Hopefully, parents will examine the family's activities and way of life before choosing to get a dog, so that the relationship will last for a long time and bring pleasure to the family and the dog.

Reunions...



The descendants of the late Mack and Susan Taylor gathered for their annual family reunion on August 15 at St. Mary's, Ohio. Their four surviving children, all raised at Martin, are Maxine Lee of St. Mary's, Bob Taylor of Georgetown, Ohio, Goble Taylor of Alton, Illinois, and Ed Taylor of Bucks Branch, Prestonsburg.

Reunions Calendar

- Clark Elementary School graduating class of 1988 reunion, October 27. Call 606/886-7955.
- Prestonsburg High School Class of 1965, October 27 & 28, Holiday Inn, \$30 per person or \$50 per couple. Rose Price, 235 Woodland Hill, Prestonsburg, KY 41653; 606/886-6486.
- Tussey third annual reunion, descendants of Jonathan and Anna Buchner Tussey, Saturday, November 4, Pines Building, Jenny Wiley State Resort Park, beginning at 11 a.m., with dinner at noon. Bring covered dish, old photos and documents (copier provided).

(** New to list)

The Reunion Calendar is a free service. Send reunion announcements to Pam Shingler, Floyd County Times, PO Box 390, Prestonsburg, KY 41653; fax 606/886-3603; e-mail fctimes@east-ky.net.

Postscript

Continued from p1

thick back.

And then he looks at you like you're the neatest person in the world, and he leans his heavy body into your legs to see how close he can get. Plus, all you have to do to put him into a state of bliss, besides feed him, is to give him a

shoulder massage or a tummy rub. That's a sweet reality.

Greetings to subscribers Clois and Judy Hamilton of Teaberry. Thanks for reading the Times.

Educator

Continued from p1

to August graduation ceremonies, Vanya tearfully accepted a monetary gift presented by Patricia Watson, second vice-president of Tau.

The Tau Chapter's members are women, both retired and active educators from Floyd and Johnson counties. Included are Joyce Watson, president; June B. Rice, first vice-president; Patricia Watson, second vice-president; Lillian Wheeler, secretary; Denise A. Spencer, treasurer; Bonnie Picklesimer, parliamentarian; Delphia Hicks, chapter founder; Roberta Davidson; Anna Sue Stumbo, Ruby Akers, Barbara Conley, Nikki Barber, Wanda Barrows, Emogene Burton Chandler, Judée Carter, Martha A. Damron, Cherie Deskins, Deborah D. Hicks, Paget Johnson, Bobbie Lynn Moore, Candace Ousley, Eileen Ramey, Elizabeth Rennick, Janet Taylor, Sandra Travis, and Dr. Zella Wells.

Poison center recommends having activated charcoal

Unintentional poisoning is a leading cause of accidents for children in the United States, injuring several thousand each year. Having activated charcoal in your home may save a costly trip to the emergency room and save your child's life.

Activated charcoal is a specially treated, inert charcoal powder made of organic vegetable matter that binds to swallowed toxins before they can enter the blood stream. The charcoal is non-digestible, and when taken mixed with water, passes through the body taking the toxins with it.

"Every home should have a bottle for each child," said Henry Spiller, director of the Kentucky Regional Poison Center of Kosair Children's Hospital. "It's very fine powder which has incredible absorption properties and a huge surface area."

"It's a very important the parent or care-giver calls the Kentucky Regional Poison Center first to let us know exactly

what the child ingested because activated charcoal is not effective in all cases, such as with petroleum distillates like gasoline or corrosives."

Activated charcoal may be purchased without a prescription at local pharmacies, but should not be used without consulting a doctor or the poison center first.

"Although we want the public to know we have it available, we will only administer the product if we get a call from the poison center saying we have a patient on the way who needs it," says Anna Newkirk, Norton Healthcare's administrator for the five Norton Immediate Care Centers. "It's not effective for all poisonous substances—that's why the referral from the poison center is crucial."

For additional information or questions regarding activated charcoal, call the Kentucky Regional Poison Center at 800-722-5725. Or, visit the Kentucky Regional Poison Center's website at www.kosairchildrens.com.

BIRTHDAYS



Is one year old

Jasmine Brooke Porter, daughter of Kevin and Heather Porter of Abbott, celebrated her first birthday on July 29, 2000, with a "Teletubbies" party. She is the granddaughter of Harry and Lorraine Porter and Terry Ford, all of Prestonsburg. She is the great-granddaughter of Minnie Joseph of Prestonsburg and the late Estill Joseph, of Arnold and Rosa Campbell of Prestonsburg, and of Ida Akers of Toler Creek and the late Herbert Akers.

Organizations

Author to speak at women's meeting

Internationally known Bible teacher and author, Peg Rankin, will be the speaker at the 16th annual Victorious Women fall retreat on November 10-12 at the Ramada Inn in Paintsville.

Rankin, who has written several books for women on Christian ministry, and her husband, Lee, will team-teach a Saturday session on the over-busy life. "Feeling fractured, frazzled, fragmented?" may help women get their feet on anchored ground again.

Also on the program will be Pam Jacobs, musician and vocalist, who is in youth ministry.

"Step Into the Water" is the theme of

the fall retreat. According to the press release, "The entire weekend is committed to encourage you to grow in faith and be strengthened in His might, to send you home with more confidence than you had when you came concerning 'stepping into the waters' of daily life."

The event is open to women 16 and older.

Advance registration is required by November 3. Brochures are available at Christian bookstores or by calling Beverly at 606/666-2359, ext. 230, after 4:30 p.m.; Carol at 606/251-3513; or Carol Ann at 606/789-6982.



The Floyd County Democratic Women's Club met at Jenny Wiley State Resort Park on September 28 and elected new officers. State president Carolyn Davis, left, of Louisa held the election and did the swearing in. The local officers are, from left, President Janice Allen, Vice President Donna Thompson, Secretary Pam Justice and Treasurer Rebecca Derrossett. The regular meeting time was set as the second Monday of each month at 6 p.m. at May Lodge. The next meeting is November 13. Other guests included Teenie Ward and Numia Pickle, president and secretary of the Johnson County club.

School happenings....

Adams Middle School Youth Services Center

- October 24: Open House, 6-8 p.m.
 - 23-27: Red Ribbon Week for drug abuse prevention.
- Center is open weekdays, 8 a.m.-4 p.m. or later by appointment. 886-9812.

Betsy Layne High School

- November 3: Blood drive, 8:30 a.m.-2 p.m., library, sponsored by Beta Club.

Clark Elementary

- October 28: Fall Carnival. Cakewalk, games, haunted house, prizes, bingo, concessions. 6-8 p.m., Admission, \$1.

McDowell FRC

- October 24: Community Night, 5:30-7:30 p.m.
- 25: Parents meeting, 1-2 p.m. "What are you teaching my child in math?" by Nadine Hicks.

- Floyd County Health Department nurse is at the Center each Monday to see patients. Call to schedule physical appointment for your 5th grader. Flu shot clinic, November 20. Children must have three Hepatitis B vaccines before entering sixth grade; vaccines will be available on November 6 and 13. Call 377-2678.
- GED classes, free, Mondays, 8 a.m. -11:30 a.m. Instructor, Linda Bailey of The David School.
- Child Care, from school dismissal -5 p.m., \$20 per week/per child. For possible fee assistance, call East Kentucky Child Care Coalition, 886-1280.

Osborne Elementary

- October 23: Red Ribbon Week
- 27: Primary School Store, 11 a.m., library
- November 2: Ray Slone, Appalachian music & culture, K-3; 2 p.m., gym
- 2: Manners, 9-11 a.m.
- 2: Ray Slone, 4-6 grades, 2 p.m., gym.

- 10: Tobacco Prevention, 4-6 grades, 9 a.m.-3 p.m.

Prestonsburg High School

- November 1: Blood drive, 9 a.m.-2 p.m., science room.

South Floyd Youth Services Center

Walking track open to public. One stop career station satellite and adult education available. 452-9600 or 9606, ext. 243 or 242.

June Buchanan School

- October 27: Fall Festival. Games, treats, auction. Bid for chance on "evening on the town" with WYMT-TV's Jill Fraley, Denae D'Arcy, Hershena Hanshaw, Jason Bussey, JBS' Matt Baker or Tyrell Maggard, formerly with the Christian rock band Palette. \$1.50 adults; 50 cents children. Call 606/368-6108.

Youth News

OLW hosts back-to-school health fair

Jayne Staggs shows off the artistic abilities of Lola Ratliff of Floyd County Schools, who proved she has a way with a brush.



Among helpers for Our Lady of the Way's Back to School Health Fair were Darlene Starnes, left, of the regional Prevention Center, and Donna Samons of May Valley Elementary Family Resource Center.



"Brutis the DJ," also known as Bradis Childers, kept health fair participants moving to the beat.



Lola Ratliff poured on some paint during the health fair — to the delight of the children who took part.



About 300 people took advantage of the OLW Back to School Health Fair in August.

The sun was hot and the rain made a brief appearance, but there wasn't anything that could deter the success of the second annual Back to School Health Fair hosted by Our Lady of the Way Hospital on August 4.

"We consider it a privilege to be able to provide these services for the children of Floyd County," stated Neva Francis, Our Lady of the Way Hospital's Community Health Education Coordinator. "It was truly the collaborative effort of the community that made this day such a success."

Around 300 children attended the event to receive various free services. Greta Thornsberry and Kim Reed, May Valley Elementary primary teachers, volunteered their time to register the participants.

Physicals were performed by Our Lady of the Way staff including Dr. Prem Verma, Michael Williams, PA-C, Carla McGlone, PA-C, Brent Davis, PA-C. Support staff included Teresa Bailey, RN, Heather Osborne, LPN, Brenda Lawson, LPN, Kim Blocker, LPN, Carol Jo May, LPN, Connie Hicks, LPN, Ellouise Branham, LPN, and Denise Tackett.

Immunizations were done by Floyd County Health Department staff Jeannie Lafferty, RN, and Janice Prater. Della Hicks and Lora Hammonds, Cabinet for Families and Children Community Based Services, provided information about the Kentucky Children's Health Insurance Program (KCHIP) and distributed other items donated by the community.

Darlene Starnes, Mountain Regional Prevention Center, provided various drug/alcohol prevention brochures and handouts. Tony Berry, Roche Pharmaceuticals, also provided educational material and school supplies. Snacks were provided by OLWH's dietary department.

Many of the Family Resource Youth Service Center directors and staff assisted with the fair and distribution of school supplies and other items donated by FRYSC, OLWH, Phillip Elliott, and Novartis Pharmaceuticals Corporation.

Directors and staff included Sharon Collins and Linda Brown, Allen Central High School; LaDonna Patton, Allen Central Middle School; Judy Handshoe, Duff Elementary; Donna Samons and Karen Goble, May Valley Elementary; Anita Tackett, John M. Stumbo; Karen Vaughn, Prestonsburg High School; Michelle Keathley, Adams Middle School; Cathy Campbell and Katherine Garrett, Allen Elementary; Rebiel Reynolds and Joyce Blackburn, Prestonsburg Elementary; Pam Meyer, Clark Elementary; Mable Hall, South Floyd High School; Clara Johnson, McDowell Elementary.

A total of 114 haircuts and/or haircare supplies were donated by the following businesses: Ginger's Cut & Curl, Ebony and Ivory, C&M Beauty Salon, Tammy's Hair Perfection, Hair Gallery, Rita's His & Hers Beauty Salon, Lou Jean's Beauty Shop, Sandy's Family Hair Care, Tammy's Shear Perfection, Moore Brothers, Shear Power, Leigh Ann's Perfect 10, Hair Works, Salon Sensations, DeShea's Beauty Salon, Miller's Barber Shop, Wright's Barber Shop, Hair Designs by Toby, Mitzi's Hair Designs, Regency School of Hair Design, Finishing Touches, Family Barber & Styling, Haircuts by Holly, Silhouette Hair Design and Hair It Is.

Entertainment was provided by "Brutis the DJ," AKA Bradis Childers, and creative painting was done by Lola Ratliff, Floyd County Board of Education.

Additional space was provided by Herschel Tackett and staff, Mines and Minerals and Clint Martin. Additional parking was provided by FirStar Bank and Family Dollar. Shelter was provided by Nelson and Frazier Funeral Home. Jeff Robinson and Thomas Tackett, OLWH employees, assisted with traffic control.

NEW ARRIVALS

Highlands Regional Medical Center

September 28: A daughter, Sarah Kelsey Jade, to Lisa Ann and Larry Douglas Vanover of Prestonsburg; a son, Tre Alexander, to Holli Michelle and Jeffery Dean Arnett of Flat Gap; a son, Jacob Hunter Tackett, to Melisha Collins of Hager Hill; a daughter, Alydia Shyanne Jenkins, to Martha Marie Bishop of Flat Gap; a daughter, Breanna Danielle, to Ronda and Daniel Hatfield of Prestonsburg; a daughter, Cheyanna Lashell, to Ronda and Daniel Hatfield of Prestonsburg; a daughter, Caroline Brooke, to Carla and Craig McGlone of Prestonsburg.

September 29: A son, Matthew Lloyd Pack, to Brenda Moore of Paintsville; a daughter, Ally Da Nae, to Shawna and Clyde Evert Windland of Thelma.

October 1: A son, Caleb James, to Jammie and Bobby Fairchild of Auxier.

October 3: A son, Ethan Tyrel, to Penny Lynn Mullins of Topmost; a daughter, Brooklyn Lasha, to Bobbie Lashina and John Langley Cook of Inez.

October 4: A son, Tyler Scott Patrick, to Rena Manns of Salyersville; a daughter, Brooklynn Paige, to Alana and Charles Gallion of Prestonsburg; a daughter, Jaiden Alexandria, to Alana and Charles Gallion of Prestonsburg.

October 5: A daughter, Alexis Paige, to Michelle and Jerrod Hall of McDowell; a son, Blayze Colton Richard Shannon, to Belinda and Billie Stumbo of McDowell.

October 7: A son, Jacob O'Ryan, to Laura and Timothy Watkins of Prestonsburg; a son, Collin Dean, to Richard and Laura Ousley of Martin; a daughter, Kassidy Grace, to Karla Sue and Carlos Randall Griffith of Prestonsburg.

October 9: A son, Tyler Neil, to Angela and Doug Wright Jr. of Salyersville.

Tips To Help Brides Prevent Wedding Disasters

(NAPS)-Most women dream of their wedding day—often long before they even have someone to marry. But without some real planning, the fantasy of a perfect wedding can, unfortunately, turn into a nightmare.

Consider these real-life scenarios: She wakes up on her big day to find that the bridal store never completed her dress alterations. The hairstylist makes her look more like Cruella De Vil than a blushing bride. The cake sinks. The band doesn't show. The photographer loses the negatives. The reception site is double-booked, and the program is full of misspellings.

How can the bride-to-be ensure that she hires trustworthy wedding vendors? "Search for wedding vendors as though you are searching for a job or a good doctor," says Linda Stansbury, editor of *Elegant Bride Magazine*. "Check all available resources. Find out how long they've been in business, how many weddings they've successfully completed and whether or not they have recommendations from at least five recent brides."

1-800-WEDDING agrees. To make sure your wedding day goes smoothly, the company recommends putting your wedding vendors to its 5-Bride Certified test.

- Require that the vendor provide you with recommendations from five brides and three professionals. Interview these references and request recommendations for the vendor in writing.
- Consider only vendors who receive "excellent" ratings from at least five brides.

- Conduct an extensive background check on each wedding vendor.
- Contact the Better Business Bureau and other business associations to determine if the vendor is reputable.

- Call to see if your vendor is a member of 1-800-WEDDING.

The busy bride-to-be can call 1-800-WEDDING for a free wedding planner and referral package. The company helps take the legwork out of wedding planning by providing brides-to-be with free, credible referrals to the most trustworthy wedding vendors in their locations and budgets. By phone or online (www.1800wedding.com), experienced bridal representatives walk brides-to-be through their wedding plans and vendor selections. The company developed its 5-Bride Certified program to reassure brides-to-be that their referrals will come through on the big day.

Brides-to-be who register with 1-800-WEDDING receive a wealth of invaluable information, such as how many years of experience the vendor has, payment and cancellation policies, financing options, languages spoken and reservation policies.

"Most referral services recommend vendors that advertise or pay a fee, regardless of the company's reputation for service," said Donne Kerestic, president and CEO of 1-800-WEDDING. "We do all the research to save the bride hours of planning time and give her peace of mind on her big day."

Composer

Continued from p1

time." "I wrote one for the whole band. It was a weird piece," Johnson said, demonstrating one of his compositions on an old piano in the basement of the First Baptist Church in Hazard, where he was attending tryouts for All-State Chorus.

He will be playing keyboards locally today (October 22) at 7 p.m. at the First United Methodist Church in Prestonsburg, with his band, as part of a Christian music festival for Mega Worship.

"After that, we're going to hit the recording studio," Johnson said, adding that the band is mak-

ing its first CD.

The band will be featured in a music video, which will be made at the music festival, for a program at The David School for public television, he said. One member of Seven Rise Up, Cody Perkins, is a David student.

Johnson does effects and back-up vocals with the band, and Perkins plays guitar and does vocals. Other band members are Jason Hurd, bass, Josh Stumbo, guitar, and James Elkins, drums.

The band even has a web site under construction at www.geocities.com/hordack_hack/seven_rise_up.html.

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Pageants...



Toddler royalty

Wesley Dalton Slone won the title of Toddler Mr. Jenny Wiley 2000 on October 8. He attends Dinosaur Playland and is the son of Virgil Jr. and Robin Slone of Hi Hat. He is the grandson of Virgil Sr. and Joyce Slone of Hi Hat, Rose and Charlie Collins of Prestonsburg and Jerry and Denise Robinette of Virginia Beach, Virginia. He is the great-grandson of Nancy Leedy of Hi Hat.



Family Medicine

John C. Wolf, D.O.
Associate Professor
of Family Medicine



NO alcohol, learning cpr and watching kids = good water safety

Question: My family and I play on the water most weekends of the summer. We boat, ski and swim in the river. I'm always worried about someone drowning. Do you have any advice to help us minimize this risk?

Answer: Drowning is a major cause of accidental death in the United States. In 1997, the most recent year for which complete statistics are available, 4,051 people drowned, including 964 children under the age of 15.

The circumstance of each death is unique, but a close examination of the data show certain unfortunate patterns. These lethal combinations include young children in backyard swimming pools, inattentive swimmers who get in the way of boats in lakes and rivers, and experienced swimmers who make fatal judgment errors.

In all of these situations, alcohol is frequently a contributing factor. This may involve adolescent or adult swimmers whose judgments are impaired by drinking or adults who become inebriated while they are supervising children in the water.

You can reduce your family's risk of death in a water accident by encouraging each teen-age and adult family member to enroll in a cardiopulmonary resuscitation (CPR) course. My medical dictionary defines resuscitation as the restoration to life of one who is apparently dead. That pretty well says why CPR is so important, and the sooner it is started, the more likely it is to restore life to a drowning victim.

If you have the training, you might save a life by starting CPR before EMS personnel arrive on the scene. If you don't know basic CPR, I'd suggest you contact your local American Heart Association chapter for information about courses in your area.

Equally important, you should insist that each family member receive sufficient instruction to become a competent swimmer. This includes adults who may have missed the opportunity to master this skill when they were children. The area Red Cross can direct you to swimming lessons.

As you may have gathered from my earlier statement, one of the biggest risks for your family may be alcohol. Thirty-eight percent of men and 11 percent of women involved in water-related accidents, including drowning, had been drinking alcoholic beverages.

While the quantities they consumed were often enough to make them legally drunk, you should know that even a small quantity of alcohol slows your reflexes and mildly impairs your ability to make critical decisions.

This is why I think it's foolish to have any alcohol before swimming, water skiing or operating a boat because of the potentially severe consequences of an error in judgment.

People who dive into shallow water can sustain one of the more serious water-related injuries — paralysis due to injury of the spinal cord and neck.

The easiest way to prevent this tragedy is to familiarize yourself with the area you're diving in. It's a good idea to carefully go feet first into the water before your first dive. That way, you'll know the water level and you'll find out about any dangerous objects under the surface that can't be seen from the shore or from within the boat.

Also, remember that the water levels in familiar lakes, streams and rivers can change from day to day and from season to season.

Here are a few final suggestions to help prevent a needless summertime tragedy in your family:

- Watch young children CONSTANTLY when they are near water.
- Individuals of any age should not "horse around" on the bank of a stream, on a water slide, or while in a boat.
- Don't venture into unfamiliar water alone.
- Don't take chances.
- Wear a personal flotation device whenever you are in a water craft or on water skis.
- And, if a child who doesn't know how to swim is in the water, make sure he or she is with an adult swimmer at all times and has on an approved flotation device. NEVER, let a child substitute a blow-up tube or similar device for an approved flotation device.

"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.

Youth News



During Grandparents Day at May Valley Elementary, J.O. Dingus shared the story of Jenny Wiley with students in Anna Shepherd's class.



Corey Terry, a student in Anna Shepherd's class at May Valley Elementary, shared his grandmother Mary Terry's 52-year-old Teddy bear and his Papaw Sam's 34-year-old book during Heritage Week.

28th annual "Colgate Youth for America" campaign rewards local youth groups for best service projects

Local clubs and troops of six of the largest national youth organizations are invited to enter their best community service projects as part of the "Colgate Youth for America" campaign.

Colgate-Palmolive Company presents cash grants of up to \$2,000 for the most creative and best-executed projects by local units of the Boy Scouts, Girl Scouts, Boys & Girls Clubs, Girls Incorporated, Camp Fire and 4-H organizations, which represent 13 million children across America.

Local club and troop community service programs running between March 1, 2000, and March 1, 2001, are eligible to win one of more than 315 cash awards.

A celebrity panel of judges who volunteer their time and talent to the campaign will be announced in January 2001 and will determine the top winners.

Last year's top winners reflect the ingenuity and resourcefulness of today's kids:

- A Boy Scout troop from Rhode Island took on the enormous task of enumerating the entire community's telephone poles so that emergency vehicles could locate addresses fast.

- A Boys & Girls Club from Michigan partnered with senior citizens to teach them basic computer, e-mail and Internet skills. Teen and senior "buddies" communicated online anonymously for several sessions before meeting in person. The program allows teens to trade modern technological skills for old-fashioned wisdom.

- A Camp Fire group from Oregon staffed the high school career office, connecting students with volunteer opportunities, both on-campus and throughout the community. They maintain a Web site that includes a calendar of events, essays about student volunteer experiences and volunteering opportunities.

- A Girl Scout troop from Washington built an outdoor playhouse for the local YMCA domestic violence shelter. Scouts researched designs, solicited materials, and attended classes on the use of power tools. After completing the

project they collected items to fill the playhouse, and cleaned up the surrounding grounds.

- A 4-H club from Florida conducts a "Teen Court" which allows first time, non-violent offenders between the ages of 10-17 to appear before a jury of their peers. Club members act as prosecuting attorneys, defense attorneys, bailiff, clerk and jury before an adult judge. Teen Court educates young people about responsibility and the consequences of their actions.

- A Girls Incorporated unit from Indiana created and maintains a Web site called "Teen Line" where teens can exchange ideas, comments and information. "Teen Line" provides a safe environment where girls can reach out to each other emotionally and get help making tough choices.

"By bringing these exceptional young people into the spotlight, Colgate Youth for America hopes to inspire other kids to make a difference in their own communities," says program director Jennifer Marcus Barbara.

To date, Colgate-Palmolive Company has awarded nearly \$6 million to America's children through Colgate Youth for America. The campaign, initiated in 1972 to encourage social responsibility, is now the longest-running corporate-sponsored program for young people.

Colgate Youth for America has been honored by The White House under the last five administrators, has received a Freedom's Foundation Award, is included in The Points of Light directory, and is praised annually by members of Congress, governors and mayors across the nation.

Entry forms are now available through regional offices of the six national organizations, or by sending a stamped, self-addressed envelope to Colgate Youth for America Campaign, P.O. Box 1058, FDR Station, New York, NY 10150-1058. Entry forms and more information about past winners can also be found online at www.colgate.com. Entries must be postmarked by March 15, 2001.



Courtney Hodge made gingerbread men during Heritage Days at May Valley Elementary School. She is a student in Anna Shepherd's K-1 class.

Floyd County student shows UK freshmen the college ropes

Neill Hamilton, a junior at the University of Kentucky in Lexington, is serving as a student teaching assistant for UK 101, the university's orientation course.

Hamilton, the son of Danny and Lora Hamilton of Prestonsburg, is working with his first UK 101.

"I want to make strong connections with our new students and make them feel comfortable at UK," he said. "I want to be a peer instructor and mentor to incoming freshmen and have a positive impact on their impression of UK."

UK 101 is a general and voluntary orientation to the university offered each semester to all freshmen. An eight-week orientation, the class meets twice a week for one credit hour. Each session is taught by a faculty or professional staff member and a student assistant. In the class, students learn everything from where buildings are located to how to use campus e-mail to how to better study for exams.

Hamilton is one of more than 40 students assisting with UK 101 this semester. He is an economics major at the university and a graduate of Prestonsburg High School. At UK, he participates in weightlifting, golf, sports and social fraternities. He also serves as a Summer Orientation assistant and works at a local mall.



Tips On Applying For Scholarships

(NAPS)-Scholarships are an increasingly popular way for families and students to find the money for a college education.

Here are several tips on applying for scholarships. The tips are offered by the Alliance Scholarship Program:

- Apply early. Each year students miss out on opportunities to receive scholarships simply because they miss the application deadline.

- Apply annually. Many funds allow former recipients to apply again. Check the restrictions concerning the particular scholarship and act accordingly.

- Apply completely. Answer ALL the questions, sign the application and send all requested information. This includes transcripts and letters of recommendation. Follow up with scholarship administrators to make sure all items were received.

- Apply! Many students prevent themselves from receiving scholarships simply by not applying. Students can increase their chances of receiving a scholarship by applying for as many as they can.

The Alliance for Affordable Services established its scholarship program in 1996 to provide educational assistance to the dependents of its members. Since then \$133,000 has been awarded to 110 students.

Founded in 1981, The Alliance for Affordable Services serves all Americans who embrace the entrepreneurial spirit. Through a full range of money saving benefits, the Alliance helps its members drive down the costs of running a business and raising a family. In addition, the Alliance monitors legislative issues in Washington D.C. on behalf of its members. For more information, call 1-800-733-2242.

Historically, Halloween isn't just for kids

(NUE) - Halloween often is considered a holiday for kids. Parents can have so much fun dressing up their kids in scary or cute costumes and walking them through the neighborhood amidst ghoulishly decorated homes. But what about adults - shouldn't they get some treats around the holiday, too?

The fact is, Halloween isn't just a special time for children. The word "Halloween" itself originated in the Catholic Church. It comes from a contracted corruption of All Hallows Eve. All Hallows Day or All Saint's Day — November 1 — is a Catholic day of observance in honor of saints.

In Celtic Ireland around fifth

century B.C., summer officially ended on October 31. The ancient Celts called the festival Samhain (pronounced sow-an) and observed it to celebrate the onset of winter and the beginning of the Celtic New Year. On that day, the disembodied spirits of all those who had died throughout the previous year would come back in search of their living bodies to possess for the next year. It was believed to be their only hope of afterlife — "Panati."

The Celts believed all laws of space and time were suspended during Samhain, allowing the spirit world to intermingle with the living — "Gahagan." Naturally, people who were alive didn't want to

become possessed. So on the night of October 31, villagers would dress up in all manner of ghoulish costumes and noisily parade around the neighborhood being as destructive as possible in order to frighten away spirits looking for Panati.

The custom of Halloween was brought to America in the 1840s by Irish immigrants fleeing their country's potato famine.

The custom of trick or treating is thought to have originated with a ninth century European custom called "souling." On November 2, All Souls Day, early Christians would walk from village to village begging for "soul cakes" made out of square pieces of bread with cur-

rants. The more soul cakes they would receive, the more prayers they would promise to say on behalf of the dead relatives of the donors. At that time, people believed prayer, even by strangers, could expedite a soul's passage to heaven.

Considering this history, adults should be able to enjoy some soul food for Halloween. So why not treat yourself or someone you know to a Halloween assortment from a gourmet dessert company like Cheryl & Co.?

Cheryl & Co. delivers fresh-from-the-oven, all natural cookies and fine baked goods in exclusive packaging. To learn more, log on to

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Excercise tips for people with diabetes

(NUE) - Proper nutrition and exercise is important for everyone. But did you know it's even more essential for people who have or are genetically prone to diabetes?

Few people who have diabetes use exercise as a way to control their symptoms and lower their risk of developing serious complications, according to the American College of Sports Medicine. So the ACSM is urging diabetics to get on physical fitness plans in addition to their special diets.

According to the premier health information Web site, WellnessAmerica.com, diabetes is a disorder caused by decreased production of insulin or by decreased ability to use insulin. Insulin is a hormone produced by the pancreas that is necessary for cells to be able to use blood sugar. Diabetes results when the pancreas produces insufficient amounts of insulin to meet the body's needs or when the pancreas produces insulin but the cells are unable to efficiently use it.

A diet emphasizing foods that are high in complex carbohydrates and fiber, such as whole grains, legumes and vegetables, will reduce people with diabetes' need for insulin by controlling the release of glucose into the bloodstream. They also should avoid simple carbohydrates, like fruit juices, and foods with refined sugar, like processed foods or baked goods, because they raise sugar levels too rapidly.

Exercise can also help control

the amount of sugar in the blood and help burn excess calories. Overweight people are more at risk for adult onset diabetes. And other people who are prone to diabetes — like those who have family members with the disorder — should use exercise as a preventative measure.

Exercise also helps the circulatory system. This is important because people with diabetes are more vulnerable to heart attacks, strokes and foot problems due to poor circulation.

Incorporating exercise into your daily routine isn't that hard. People with diabetes should exercise three to five times a week and burn a total of about 1,000 calories.

When choosing exercise, people with diabetes should:

- Choose an enjoyable activity appropriate for their fitness level.
- Exercise every day, at the same time of day if possible.
- Monitor blood glucose levels by home testing before and after exercise.
- Carry food that contains sugar in case blood-glucose levels drop during or after exercise.
- Carry a diabetes identification card, cell phone or change for a phone call in case of an emergency.
- Drink extra fluids that do not contain sugar, during and after exercise.

To learn more, log on to www.top100websites.com and click on "health." Then go to Wellnessamerica.com or any of the Web sites listed.

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