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Jenny Wiley brings back buffalo buffet

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Briefs

County receives sewer grant

Gov. Paul Patton announced Tuesday that \$840,000 in community development block grant funds would be coming Floyd County's way to help pay for a sewage collection system in Auxier.

Money received from the grant will be used to design and construct 38,200 feet of sewer lines, a pumping station and related items. The project is part of the Honey Branch wastewater treatment system.

Overall, the grant will help provide sewer service to 303 households and 11 businesses in the Auxier area.

"Providing sewers to this community will eliminate 117 straight pipes as well as failing septic systems that are polluting the Big Sandy River," Patton said. "This project helps residents, this community and the environment."

Two Day Forecast...



Today
Party Sunny
High: 44 • Low: 32

Tomorrow
Party Sunny
High: 46 • Low: 34

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

ACMS audit cites role of council

by PAM SHINGLER
SENIOR EDITOR

As indicated in previously released school audits, the Site-Based Decision Making Council at Allen Central Middle School may not quite be fulfilling its leadership role.

That's a thread throughout the ACMS audit report, disseminated recently by the Kentucky Department of Education. The Eastern school, along with Stumbo Elementary and South Floyd Middle schools, were scrutinized last fall by a

KDE-sponsored team of educators, as a result of the lack of student progress on annual standardized exams.

The ACMS report is the third of the required audits to be released.

The audit team spent a week in November at ACMS looking at academic performance of students, learning environment, and leadership efficiency. In each category, the SBDM Council was advised to establish policies or strengthen existing ones.

The report was not all negative. The auditors praised the school in several areas,

including the use of multiple techniques to assess student work, the variety of technology in use, high expectations for students, maintenance of the facility, staff evaluation, and openness of the staff to the audit process.

The highlights of the report are presented by category.

ACADEMIC PERFORMANCE

To assist student transition, the auditors recommend more collaboration with feeder schools on the curriculum and monitoring by an SBDM committee.

As for student evaluation, the audit reports that "assessment is not rigorous" and that "there is an inconsistency and lack of knowledge in evaluating student work." The auditors also cited the lack of a homework policy.

They stated that the media center "is inadequate to support the middle school curriculum" and termed library holdings "very limited."

Among recommendations for improving academic performance, the audit team

(See **AUDIT**, page two)

On the job ...



photo by Kathy J. Prater

Pace on work to construct a new football stadium has picked up over the past week, with work crews busy shaping the new field.

Ex-officers sue city for pay

by KATHY J. PRATER
STAFF WRITER

According to city attorney David Neeley, "when it rains, it pours," and in so keeping with the familiar adage, the city of Prestonsburg has been named as a defendant in yet another lawsuit.

The complaint, filed by Paintsville attorney Lance A. Daniels, a former assistant Floyd County attorney, was issued on behalf of two former members of the Prestonsburg Police Department, Darrell Preston and Charles "Little Shag" Branham, plaintiffs in the case.

The complaint alleges that the two were wrongfully denied health care and retirement benefits as well as normally afforded leave time for sickness and vacation that is regularly granted

to full-time employees.

The complaint attests that both men were hired to serve as part-time employees of the city and that they were not hired for any specified frame of time.

According to the complaint, the city's employment practices are governed by a personnel manual adopted by ordinance. The ordinance defines a temporary employee "as an individual hired full or part-time for a specified time frame," and a part-time employee as "an individual hired on a limited or regular basis but works less than a normal work week..." The manual further provides that temporary and part-time employees are not eligible for benefits coverage.

The plaintiffs attest that they each worked a full normal work week during their employment by the city and

that they regularly accrued overtime pay in addition to the normal 40-hour week.

The plaintiffs allege that the city is guilty of breach of contract in that it failed to treat them as true part-time employees evidenced by the fact that each of the plaintiffs worked in excess of the hours allotted to that of part-time employees, and that the city also failed to provide them with the benefits afforded to regular full-time employees.

The complaint alleges that the city acted against section 2 of the Kentucky Constitution, which prohibits arbitrary and capricious government action.

As a result of this alleged wrongful action, the plaintiffs ask to be awarded

(See **LAWSUIT**, page three)

Jury rules utility must pay \$18,000

Times Staff Report

A Floyd County jury ruled Monday that Prestonsburg Utilities owes a David woman \$18,000 for damages caused after a sewer line backed up into her house last year.

Janet Salisbury had filed suit against the utility and the city of Prestonsburg on April 26, four days after the sewage spill. The city was later dropped from the suit.

According to an affidavit filed with her complaint, Salisbury said that utility workers had been working lines on April 21 and April 22. While they were working, Salisbury alleged that raw sewage spilled into her three-bedroom, brick home at Schoolhouse Hollow in David through two commodes, two bathtubs and the home's sinks.

(See **UTILITY**, page two)

Former Mines Commissioner dies

Times Staff Report

A Melvin man who served as commissioner of the Kentucky Department of Mines and Minerals under three governors has died.

Willard Stanley, 80, died of chronic heart failure Saturday at St. Joseph Hospital in Lexington, where he had made his home for the past two decades.

The former commissioner worked for mining companies in Weeksbury, Wheelwright and Ligon before joining the state as a mine inspector in 1953. He was promoted to supervisor of the Prestonsburg District in 1959.

He returned to private business in 1969 to become safety director for Island Creek Coal Co. in Virginia and eastern Kentucky, but he rejoined the state department as supervisor of the Martin District Office in 1973 and

(See **STANLEY**, page two)



Stanley

Ambulance is victim of hit & run

Times Staff Report

An ambulance transporting a patient from McDowell to Hazard was reportedly run off the road and struck early Saturday morning near Minnie, and the driver of the car that hit the ambulance continued going.

Roy May of the Left Beaver Fire and Rescue Squad said no one

was injured, but officers with the Kentucky State Police and Floyd County Sheriff's Department are looking for the hit and run suspect.

The Left Beaver ambulance, driven by Craig Carter, was taking an "advanced life support patient" from McDowell Appalachian Regional Hospital to the ARH in Hazard, at about 7:30 a.m., when the accident occurred.

May said the ambulance was traveling west on KY 680, about a mile from the KY 122 intersection at Minnie, when a vehicle traveling east, allegedly at a high rate of speed, crossed the center line. The ambulance went onto the shoulder to avoid collision, May said, but the car continued veering toward it, struck it and then left the scene.

May said witnesses believe the vehicle in question is a bluish-green, Mercury Cougar, 1993 or '94 model. He said the car likely has some damage on the driver's side.

May said the ambulance sustained "some body damage," although it is still usable. Another ambulance was dispatched to take the patient to Hazard, while a

KSP officer investigated the accident.

Aaron Cantrell was the paramedic with the ambulance, but May did not name the patient.

May asked that anyone with information on the identity of the driver of the car call the Left Beaver squad at 606/377-6773, KSP at 1-800-222-5555, or the sheriff's office at 606/886-6171.

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Audit

advised the SBDM Council to "develop and implement meaningful policies in the areas of instructional practices, classroom management and homework." It also called for more and better professional development for teachers.

Stanley

was appointed commissioner by former Gov. John Y. Brown Jr. in 1979. He also served under Gov. Martha Layne Collins and Gov. Wallace Wilkinson, until his retirement in 1990.

Stanley's career was spent in the mining industry, beginning with Koppers Coal Co. in 1938. He also worked with Inland Coal Co. and Clear Branch Mining Co., in addition to his stint with Island Creek.

Commissioner Stanley was recognized for his devotion to making coal mines safer. He often was called a "miner's miner," because he had worked as a miner and had lost members of his own family in coal mine-related accidents. He led several rescue operations after mining accidents had occurred.

He successfully advocated stronger rock dust regulations while serving on the special Commission on Mine Safety in 1981, traveling to mines and holding hearings on the problem.

He later held statewide hearings on roof fall support, which resulted in the implementation of stronger regulations to encourage the use of ATRS machines to provide support to underground mine roofs.

LEARNING ENVIRONMENT

The report indicates that only 42 percent of students said they feel safe at the school. Further, the report says that students say they are not challenged at high levels in

Continued from p1

He also promoted the development of mine rescue teams, making Kentucky a model for the country.

In addition to his work, Stanley was active in the community. He was former president of the Wheelwright Parent-Teacher Association and Past Master of the Wheelwright Masonic Lodge No. 889. He was also a former member of the advisory board for McDowell Appalachian Regional Hospital and was in the Kiwanis Club.

Professionally, he had served as chairman of the National Mine Rescue Association, president and executive secretary of the Big Sandy Elkhorn Coal Mining Institute, secretary-treasurer of the Kentucky Mining Institute and president of the Mine Inspectors Institute of America.

He had been married to Pansy Mae Johnson Stanley for 58 years. They had six children: Carol Sue Sword, Deborah Hall, and Willard Stanley Jr., all of Lexington; Charlotte Lynn of Pikeville, and Patricia McCown and Sherry Goeing, both of Melvin.

Funeral services are today (Wednesday) at 1 p.m. at Hall Funeral Home Chapel at Martin, with burial to follow in Davidson Memorial Gardens at Ivel.

Martin man arrested for assaulting parents

Times Staff Report

A Martin man was arrested Tuesday on charges connected with alleged violent behavior exacted toward members of his family as well as law enforcement officials who were called to the scene.

The initial violation of two counts of fourth-degree aggravated assault occurred shortly after midnight Tuesday morning.

According to a citation issued by the Kentucky State Police, a call was received at Post 9, Pikeville, in which a family member stated that

James A. Rederick, 30, of Martin, had allegedly assaulted his parents, James and Sandra Rederick.

Upon arrival at the family's residence on Old Hite Road, the troopers observed that an obvious assault had occurred and noted that Rederick was allegedly continuing to behave in a violent manner in their presence.

Trooper John Hunt noted that Rederick allegedly made several threats to "kill his father."

As the officers attempted to arrest Rederick and bring him under control, Rederick persisted in behaving violently and allegedly executed a successful attempt to "head butt" Trooper Ronald Peppi in the face. He also allegedly struck Trooper Joe King with his elbow.

According to the citation, Rederick allegedly further resisted arrest by refusing to get into the patrol car and by continually cursing at and spitting upon each of the officers in addition to allegedly making threats against their lives.

Rederick, according to the citation, was allegedly under the influence of alcohol during the time of the incident.

Members of Rederick's family who were contacted late Tuesday afternoon refrained from any comment in regard to the incident.

Rederick has been charged with two counts of aggravated assault, two counts of third-degree assault against a police officer, disorderly conduct, resisting arrest, and three counts of terroristic threatening.

Utility

Continued from p1

Salisbury's attorney, Ned Pillersdorf, said his client had to evacuate her home because the sewage flooded her basement and spilled into the upstairs living quarters of the home.

Salisbury said in her affidavit that she contacted utility Superintendent Seldon Horn about the problem and that he made arrangements for her and her two daughters, ages 10 and 15, to stay at Comfort Suites Hotel the nights of April 22 and 23. However, when she spoke with Horn again on April 24, she says she was told that the utility company would no longer assist her.

Without the help of Prestonsburg Utilities and having only \$60 at the time, Salisbury said that she and her daughters were rendered "homeless," having to keep her personal belongings in her car and to sleep on the floor of a friend's house on April 24.

On April 27, one day after Salisbury filed the lawsuit, she won an injunction against Prestonsburg Utilities, forcing the company to clean her home and provide her with temporary housing.

The case went to trial on Friday and continued until Monday, when the jury ordered Prestonsburg Utilities to pay Salisbury \$18,000 for damages to her home and the loss of personal items.

Continued from p1

most subjects, and auditors said they observed that some classrooms have "serious behavioral disruptions."

A lack of communication with parents is cited, as is under-involvement by staff members in decision making. The report also says school personnel make "limited effort ... to involve families and the community as active partners in the educational process."

Even the restrooms are said to be "inadequate" for the number of people in the school.

The auditors say the SBDM Council should involve "all stakeholders" in the school and implement "an effective committee structure, effective decision making and policy development processes and an effective communications/public relations plan."

In addition, the team recommends that the Council adopt and carry through on a policy on training for all staff members, Council members themselves, and other parents.

Teachers and administrators are advised to do more to profile student academic development and to initiate Individual Graduation Plans.

EFFICIENCY

The report encourages staff to work more closely in assessing students and to make better use of instructional time.

In this category, the auditors are more harsh in their assessment of

the SBDM Council. The report states, "Council policies are vague, error-ridden and poorly focused. Most are cursory and were dated on the same date, 31 August 1998. Based on Council meeting minutes from that date, the Council did not adopt any policies on that date."


More tersely, it indicates "there is very little use or understanding of the SBDM Council process." In fact, auditors say they found that many Council functions "are handled by the faculty acting as a committee of the whole." The Council, by law, must also involve parents.

In terms of planning, the auditors say they found that information for planning is "not completely analyzed, nor ... managed effectively." The school's consolidated plan, the report says, "does not target student learning."

Also in the area of planning, "there is no commitment to continuous improvement," according to the auditors. "No reports are made to the Council. Ongoing targets are not met. Feedback is not collected."

The audit team recommends that the school accept the services of a Highly Skilled Educator to assist teachers and administrators and that it apply for Commonwealth School Improvement Funds.

It also advises the SBDM Council to "receive extensive training in policy development, team building and budget and finance." Further, it says the training should come from "outside the district."



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Many working families are joining ranks of homeless, new Volunteers of America survey

A four-state survey reveals that the strong American economy of the past decade has helped to cre-

ate a new category of families, the working homeless, Volunteers of America said today.

A survey last year of 202 homeless families with 370 children living in 14 shelters in Kentucky, Tennessee, North Carolina and South Carolina showed that 42 percent of the adults are employed and 28 percent have never been on public assistance.

The reason working poor families become homeless is often a simple matter of finances. The median income for working homeless families in this region is \$247 per week or \$988 per month. The cost of basic family need exceeds that income and it is only a matter of time before a family finds itself homeless. The typical family would need to earn at least

120 percent of its current income to afford just the basic needs, according to the findings of the study.

"This regional survey confirms the experience of Volunteers of America across the country. The problem of homelessness is growing nationwide, particularly for the working poor," Charles Gould, Volunteers of America president said.

"This trend of working poor families becoming homeless needs the attention of local, state and national policy makers. Affordable housing, a living wage, childcare subsidies, food stamps and programs that help families rebuild their lives will not only help families living in poverty, but will help build stronger communities and a better

future for all Americans," Gould said.

Gould urged the U.S. Congress to authorize and appropriate full funding for programs designed to prevent and end homelessness in America.

Perhaps the most disturbing finding of the survey, Gould said, was that "homeless children are at the greatest risk — facing educational barriers, emotional distress and erratic health. Over time homelessness can leave a permanent scar on a child's future."

The survey, The Other America: Homeless Families in the Shadow of the New Economy, was conducted by The Institute for Children and Poverty, the research and training division of Homes for the Homeless based in New York City. The data was col-

lected in conjunction with Volunteers of America at 14 homeless shelters in Kentucky, Tennessee, North Carolina and South Carolina.

Volunteers of America is a national, nonprofit, spiritually based organization providing local human service programs and opportunities for individual and community involvement. It is one of the nation's largest providers of affordable housing for families, the elderly, and people with disabilities. Volunteers of

America serves more than 1.5 million people each year. For more information about Volunteers of America and homelessness visit www.volunteersofamerica.org.

Homes for the Homeless provides residential and family-based education programs for homeless families, and works to eradicate homelessness nationwide. The Institute for Children and Poverty studies and publishes research findings on family homelessness and the impact on children nationwide.

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IRS has \$2.4 billion in refunds for individuals who failed to file 1997 returns

Unclaimed refunds totaling more than \$2.4 billion are awaiting about 1.6 million people who failed to file a 1997 income tax return, the Internal Revenue Service announced today. However, in order to collect the money, a return must be filed with an IRS office no later than April 16, 2001.

"I strongly urge these individuals to take steps to claim this money," said IRS Commissioner Charles O. Rossotti. "Money that is not refunded within three years

generally becomes the property of the U.S. Treasury," he said.

The IRS estimates that about half of those who could claim refunds would receive less than \$464. Some individuals had too little income to require filing a tax return, but may have had taxes withheld from their wages. Others may not have had any tax withheld, but would be eligible for the refundable Earned Income Tax Credit.

In cases where a return was not filed, the law provides most taxpayers with a three-year window of opportunity for claiming a refund. For 1997 returns, the window closes on April 15, 2001. However, because that day is a Sunday, taxpayers have until the next day to file their returns and claim their refunds. The law requires that these returns be properly addressed, postmarked, and mailed by that date (April 16, 2001). There is no penalty assessed by the IRS for filing a late return qualifying for a refund.

The IRS reminds taxpayers seeking a 1997 refund that their checks will be held if they have not filed tax returns for 1998 or 1999. In addition, the refund will be applied to any amounts still owed to the IRS and may be used to satisfy unpaid child support or past due federal debts such as student loans.

By failing to file a return, individuals stand to lose more than refunds of taxes withheld or paid during 1997. Many low-income workers may not have claimed the Earned Income Tax Credit (EITC). Although eligible taxpayers may get a refund when their EITC is

more than their tax, those who file returns more than three years late would be able only to offset their tax. They would not be able to receive refunds if the credit exceeded their tax.

For 1997, individuals qualified for the EITC if they earned less than \$29,290 and had more than one qualifying child living with them; less than \$25,760 with one qualifying child or less than \$9,770 and had no qualifying child.

Current and prior year tax forms are available on the IRS Web site (<http://www.irs.gov>) or by calling 1-800-TAX-FORM (1-800-829-3676). Taxpayers who need help preparing prior year returns or gathering income records may call the IRS help line at 1-800-829-1040. To allow time for processing, forms and/or tax help should be requested by mid-March.

Home Owners CORNER



by Stan Stumbo & Vancel Thacker

GETTING OUT ALL THE STOPS

To protect walls from being gouged by doorknobs, invest in either hinge-mounted or fixed-post doorstops. The hinge-mounted type offers the advantage of being safely out of the way while still allowing doors to swing open about 100 degrees. They work best on hollow-core doors, because they carry less heft to rack the hinges and loosen them. Fixed-post doorstops mount in baseboards and work best for heavier doors. When purchasing a hinge-mounted type, match its metal finish with that of the hinge hardware. Hang the stop in the door's top hinge, to install the fixed-post type, mount it so that it hits the door no farther than 1-1/2 inches in from either the edge or the bottom of the door.

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HINT: Hinge-mounted doorstops can be adjusted to get the desired travel of the door by turning the threaded setscrew in or out.

Lawsuit

Continued from p1

ed compensation for lost income and benefits as well as compensation for emotional suffering, and further, that an injunction be placed against the city prohibiting it from further engagement in any practices such as those named in the complaint with any present or future employees of the city.

In response to this action, Neeley claims that "this case is without merit" and that further "it was filed in the Floyd Circuit Court, which is the wrong venue for this type of case, it is clearly in the wrong court."

As a result, Neeley foresees an immediate "dismissal" of the case.

According to Neeley the case falls under the jurisdiction of the federal Employee Retirement Income Security Act of 1974 (ERISA) and that by that standard the case would therefore fall under the "exclusive jurisdiction" of a federal court.

Neeley also said that he believes both men were employed by the city for a short length of time and that employment of at least one of the men ended shortly after Jerry Fannin became mayor of the city more than three years ago.



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Viewpoint

QUOTE OF THE DAY...

"Long tresses down to the floor can be beautiful, if you have that, but learn to love what you have."
—Anita Baker

Wednesday, January 17, 2001 A4

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

—First Amendment of the U.S. Constitution—

Editorial

A missed opportunity

It's fair to wonder if the state is really committed to breaking the habit of smoking that plagues too many Kentuckians when the portion of tobacco settlement dollars spent on programs to prevent and stop smoking is so small.

When Kentucky decided last year how to spend its share of the annual windfall from the multi-billion-dollar tobacco settlement, policy makers chose to allocate less than one fourth of the minimal amount that the federal Centers for Disease Control and Prevention recommended be spent on programs that prevent smoking and help smokers break the habit.

Kentucky leaders decided to spend \$5 million a year for such programs. To make a real impact on smoking, the CDC had recommended that Kentucky spend a minimum of \$25 million and as much as \$69 million annually from its share of the settlement. The settlement is expected to bring in \$112 million to \$147 million a year to the state.

A report, issued last week by the Campaign for Tobacco Free Kids, found Kentucky's spending on programs to prevent and stop smoking, like that of other tobacco-producing states, toward the bottom. The commonwealth ranked 32nd among the states.

But when it comes to smoking, Kentucky stands near the top among states.

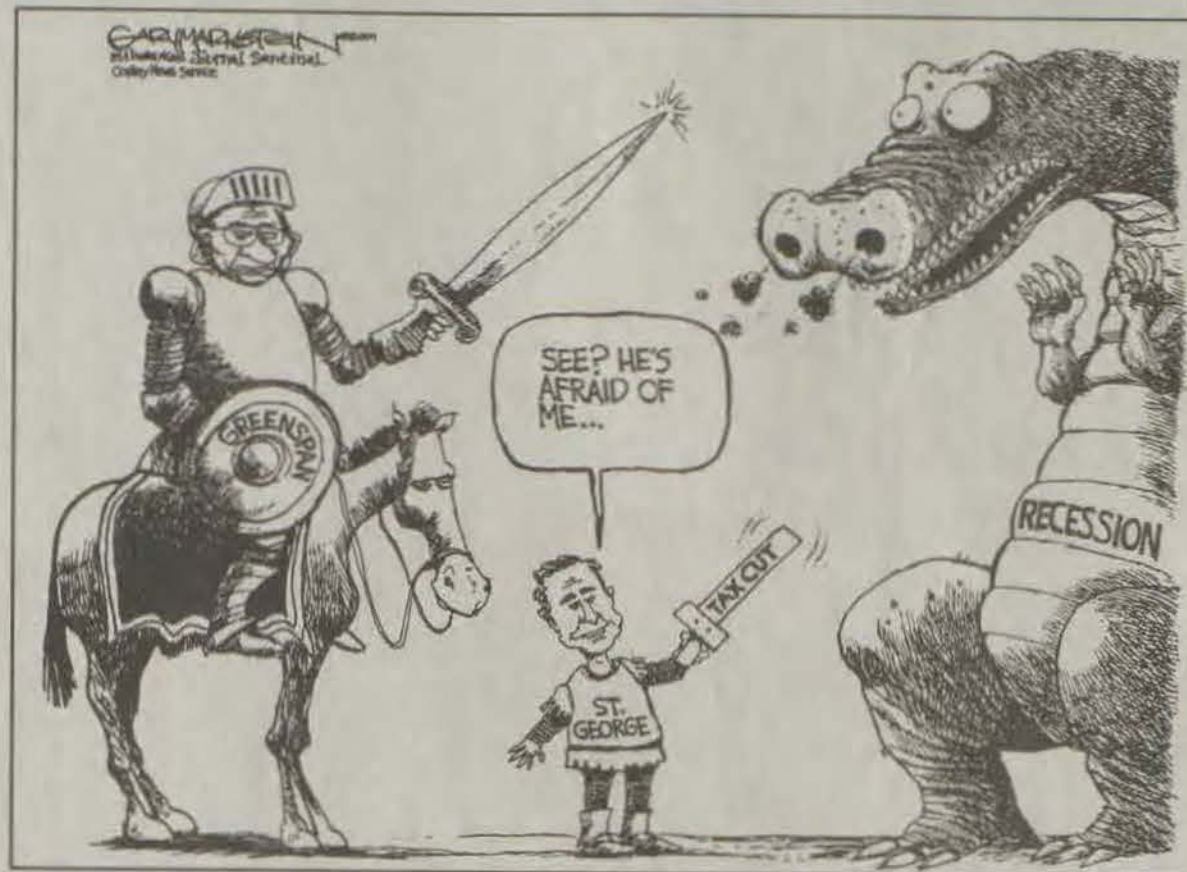
At 29.7 percent, the percentage of adult smokers in Kentucky is the second highest in the nation and well above the national average of 25 percent. Moreover, with nearly half of the teen-agers smoking - the highest rate among young people - the future looks gloomy.

Prevention and stop-smoking efforts can work. But it does require a commitment. States with the most success at reducing smoking have spent much more combating tobacco. Kentucky is missing an opportunity by not allocating more tobacco settlement dollars toward such programs.

Never starting smoking is arguably the most important health decision a young person can make. And stopping smoking is the single most important step toward improving health.

For the sake of the future, Kentucky must do more to prevent smoking and help those who already smoke to break the habit.

—The Kentucky Post



Letters to the Editor

Are all politicians bumper stickers and nail files?

Editor:

The thrill of victory, being able to stand with pride before your country, representing the values that people should abide by, and being able to influence the very decisions which mold and shape our country — these are all aspects for many of the men and women who hold a political office.

But did you ever wonder how exactly they reached a status such as this? Was this placement of power made strictly on their platforms, promises, plans and the occasional goal or two, or was it something more?

They say that money makes the world go 'round, but the truth is that in today's society, it can do a whole lot more than that. Money not only gives us what we need to purchase the materials to make what we need, it gives us a sense of security. It keeps food in our mouths, clothing on our backs and (sometimes) a reward for a hard day's work. But it seems that sometime, somewhere, someone forgot to mention the fact that money can also buy a political office.

It is a known fact that politics and politicians play a major role in the movement of our country, either toward the zenith or the nadir. Along the way, they may suffer many losses and defeats, only to pick up the pieces and make a move to become the president, vice president, governor, senator, representative and even city mayor.

Half of the battle in claiming the victory encompasses that of their campaign strategy. So many times, and really too often, those running for a political office spend thousands and even millions of dollars focusing on campaign speeches, advertisements and commercials, posters and flyers, bumper stickers and, yes, even nail files. They are dead set on the campaign trail, and stray away from the yellow brick road of recognizing our nation's veterans, tax cuts, better health care for the disabled and elderly, and increasing salaries for our nation's mentor's — teachers.

Hmmm ... but why on earth would these so bitterly honest and trustworthy men and women not want to follow that yellow brick road of acceptance and public gratitude and appreciation? Could it possibly be that by following the "million-dollar campaign trail," they could gain wealth, high status, power, foreign allies and even be involved in the furthering of so many young interns' educations? Surely these fine people wouldn't be interested in self-gain, rather than the progress of our nation. But let's face facts here and wake up and smell the tax increases.

With these million-dollar ideas for campaigns

comes the harsh slander and brutal lashings between opponents. These "adults" resort to elementary school name-calling and trash-talking to gain acceptance among voters. They waste precious time that they could be using to address public concerns, to argue back and forth across the airwaves.

Politicians believe wholeheartedly that these belittling comments will have a say in the opinions of the public. The fact is that it just gives the nation an amusing subject to discuss at the dinner table and in restaurants, which is sad in its own right. Why should we even waste our time in even discussing these matters? It's not as if we have a say in the whole scheme of things. In the world of politics, it isn't the public opinion and vote that matters. It is how much money is in the bank.

Politicians can't settle for taking the honest road anymore, but really when did they ever? Why would they need honesty when they have money, money, and more money and know all the right people atop the political food chain? When they have these two all-important things, their standpoint on many vital issues goes overlooked when they pay off those that "matter" ... top government officials and high status voters. To be perfectly candid, they probably don't have "actual" platforms. When they have the almighty dollar in their possession, they don't need platforms that stand true. Politicians can lead us to believe that they will strive to make our country better and more stable, but in the majority of situations that never happens. Sure, our country has one of the strongest economies on the globe, and we do continue to have much advancement in our society, but does that have a lot to do with the officials we elect, or the person who writes his speeches?

Government corruption and the power of money to buy political office have plagued our nation for so many years. It's not what you know anymore, it's who you know. And now we are confronted with another presidential election. In this election, the recounting of votes and lawsuits will never stop until the "right" person has been elected into office. But who is that person? Naturally, the one with the most power, influence and money. And in conclusion, as I continue to watch the presidential election follow-ups, I can look down at my beautifully manicured nails and say that politicians were finally good for something.

Kimberly Ann Hancy
High school sophomore
Staffordsville

Decrease the size of Johnson County schools

Editor:

You send your kids to school to learn, right? So you're interested in new ways to help them get a better education for your taxpaying dollars, correct? You would like to see your child learn more and be happier when they come home from school, right? You would also love to see the violence in the local schools decrease, wouldn't you?

If you answered "yes" to all these questions, then I have the perfect solution to your problem. The community here in Johnson County needs to consider decreasing the size of the schools. I think that if they can do this, you child would learn more and be hap-

pier, and the violence would decrease.

Back 30 years ago, children were taught in a one-room schoolhouse. If you ask around you will find that the children who were taught in those schools learned more for the simple reason that they were taught more one-on-one rather than with 30 or more students.

I feel that the schools in Johnson County are very overpopulated. I think something needs to be done to help the future of eastern Kentucky learn more and be

(See LETTERS, page seven)

Letters to the Editor

Letters to the Editor are welcomed by The Floyd County Times. In accordance with our editorial page policy, all letters must include the signature, address and telephone number of the author.

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

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

(See BELIEVE, page seven)

Who do you believe?

by ROBERT LINNELL

Linda Chavez, the Bush nominee for Labor Secretary has withdrawn from consideration and another nominee has been submitted.

Chavez appeared at a well-organized news conference with several immigrants who said that she had helped them. In her withdrawal speech she seemed like a very sincere person with a desire to help others. She criticized "the politics of personal destruction" in Washington and the "search-and-destroy" politics.

Most viewers probably felt some sympathy for her. Bush called her "a good person with a great deal of compassion" and his spokesman, Ari Fleischer, said that she was not asked to withdraw.

However several others reported that she stepped aside under pressure from the Bush political team. Many who saw only the press conference came away feeling this was indeed a good person who was prevented from public service by vicious politics.

The Wall Street Journal and the New York Times are two respected national newspapers, the one considered conservative and the other liberal. In an op ed on the Chavez withdrawal, the Journal said, "What a spectacle. In most parts of America, a woman who stretched out her hand to a struggling Vietnamese refugee, who paid for the schooling of two Puerto Rican children out of her own pocket and who opened her home to a battered Guatemalan woman without first demanding to see her green card would be held up as an example. That's the difference between most of America and the Beltway, where Linda Chavez gets reduced to a political scalp."

In contrast the NYT wrote: "No doubt Ms. Chavez has helped immigrants and young people over the years. But the testimonials felt rehearsed and exploitive. And Ms. Chavez's attempts to cast herself as a victim of the 'politics of personal destruction' simply rang false. Ms. Chavez conceded...I think that I always knew that she was here illegally.' Harboring an illegal alien is a felony. Hiring one would violate another federal law."

The Guatemalan woman that was befriended, Marta Mercado, lived in the Chavez home for two years, received room and board and over \$1,500 each year in "spending money" and performed housework and child care. She also did housework, for pay, for a neighbor. Although both Chavez and Mercado insist that there was not an employer-employee relationship, these facts are not disputed.

Linda Chavez was nominated to be Labor Secretary, the top position in Washington with responsibilities for the health and welfare of American workers. Our society is rapidly moving to an era of new employer-employee relationships with work-at-home, telecommuting and a myriad of other combinations. Some corporations are trying to avoid obeying basic worker protection laws by denial that the workers in these new relationships are employees, usually to the detriment of these workers.

By her personal actions, Chavez denied her employer relationship to Mercado which, if followed nationally, would take away basic benefits to hundreds of thousands of domestic workers. Social Security, Medicare, and unemployment taxes and protection are accepted basic rights for domestic workers. But of course Mercado was an illegal immigrant and could not be included, so to help her (if that was the motive of Chavez) the first step should have been to work on her immigrant status.

Based on the facts, we conclude that Linda Chavez has (no matter how "compassionate" she may be in helping people) by her actions shown herself to be the wrong candidate to be Labor Secretary. Her withdrawal was right for her and for the country.

The political hype about personal destruction is just that, political hype. Unfortunately most Americans will

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Important financial assistance deadlines near for Floyd Countians planning to attend EKU

Floyd County students seeking financial assistance to attend Eastern Kentucky University in 2001-02 need to act quickly.

Increased dollar amounts are available for the next academic year through a variety of grant, loan and scholarship programs, according to John Fish, director of EKU's Division of Financial Assistance, but "certain programs run out of funds very quickly."

Prospective students can download the Free Application for Federal Student Aid at www.finaid.eku.edu or pick up the form from a high school guidance counselor or at EKU's financial assistance office in the Coates Administration Building.

The federal form should be mailed by March 1, Fish said, adding that Kentucky residents applying for state College Assistance Program (CAP) funds need to apply no later than March 15.

EKU's Division of Student Financial Assistance will begin in March to determine students' eligibility for various types of assistance.

"Those who have all their forms on file in our office by April 1 will be the first to receive a financial aid package," Fish emphasized. "The earlier you apply, the better chance you have of getting more than one type of financial assistance. Timing is very important."

"There's no one program to pay the total cost of an education," Fish added, "so many students use a com-

ination. Some are helped by as many as five or six programs."

Many students benefit from one or more scholarships, and an increasing number of scholarships are available. To learn more about scholarships available to EKU students, prospective students should see a high school guidance counselor, visit www.scholarships.eku.edu for a downloadable form or inquire at Eastern's financial aid office. The deadline for submitting a scholarship application is February 15.

About 80 percent of EKU students receive some type of financial assistance, which last year totaled some \$49 million, according to Fish. About \$8 million of that was in the form of grants, which do not have to be repaid. The maximum Pell Grant has been increased to \$3,750 for 2001-02.

"Eastern always has been helpful in identifying sources of funding for our students," Fish said. "The best form of financial assistance of modest tuition, and we believe we offer a quality education at an affordable price, coupled with opportunities for financial assistance."

Another source for financial help is a campus job. About 1,500 Eastern students help finance their education through either the Federal Work Study Program or the Institutional Work Program. Openings exist throughout the school year, Fish noted.

In addition, various assistance programs are available to veterans or families of deceased or disabled veter-

ans.

A number of financial aid workshops will be held this winter at various sites. Also, on February 18, College Goal Sunday will be held simultaneously in 11 Kentucky communities, including Ashland, Corbin, Hazard, Pikeville and Lexington. Financial aid professionals from Kentucky colleges and universities will be available at each site to answer students' and parents' questions about the financial assistance process. For more information about College Goal Sunday, see a high school guidance counselor or call 1-888-4-KASFAA.

All first-time Federal Stafford Loan borrowers must follow a procedure on the Office's web site (www.finaid.eku.edu) or attend an

entrance counseling session prior to the first disbursement.

For more information about financial assistance opportunities at EKU, contact the Division of Student Financial Assistance at 859/622-2361 or visit www.finaid.eku.edu. Those wanting to know if their Federal Stafford Loan disbursement has arrived at the University, may access the Colonel Connection voice response telephone system at 859/622-2020 and follow the prompts for that and other financial aid information.

The financial aid office is open from 8 a.m. to 5 p.m., Monday-Friday.

For more information about EKU, visit www.eku.edu.

Louisville Adoption Fair, February 18, 2001

Adoption providers from across Kentucky will host a free adoption fair Sunday, February 18, in Louisville.

The Louisville Adoption Fair takes place from 1 p.m. until 4 p.m., at the University of Louisville Shelby Campus. Adoption providers will be on hand to discuss their programs and to answer questions about infant, international, special needs and inter-racial adoptions and a vari-

ety of other topics. The event is free.

Call 1-800-928-4303 for details and directions.

If you are part of an organization that would like to know more about adoption, call the Adoption Coalition for a speaker at 1-800-928-4303.

The Louisville Adoption Fair is sponsored by Wednesday's Child Inc. and the Kentucky Department for Community-Based Services.

CCCS offers tips for paying off holiday debt

The holidays are over, the kids have played with their new toys, the holiday decorations are back in the attic and the tree has been recycled. But you did it again. You charged up a blizzard during the holidays and the bills are rolling in. What do you do now?

"You need to create a holiday debt repayment plan," said Johnny Cantrell, director of operations for Consumer Credit Counseling Service, a non-profit community service organization that provides confidential credit counseling, debt management, and educational programs to financially troubled consumers. "Otherwise, you could be paying for those gifts for a long time."

How long? The American Bankers Association reports that the typical payoff time for holiday debt is four months. Depending on what was charged, some American families could have a lot to pay.

Families spent an average of \$1,067 on holiday gifts during 1999, reports the International Mass Retail Association.

If you are staring at a bundle of outstanding credit card bills, here are debt reduction tips from Consumer Credit Counseling Service.

■ **Out with the old.** Stop using your credit cards. Go into the New Year with the intent of paying off your debt. Start today. If possible, use cash to pay for food, clothes, utilities, rent/mortgage and other necessities. Hold your credit charges to a minimum refrain from using at all until your holiday debt is paid off.

■ **Total up your holiday charges.** Take a sheet of paper and create columns for the type of credit card, the amount outstanding and the annual percentage rate. This will give you an idea of how much money you owe creditors.

■ **Develop a repayment plan.** Decide how much money you can devote each month to reducing your holiday debt. For example, can you set aside an extra \$50 or \$100 a month to decrease your holiday debt? You could get extra money by reducing long-distance calls, eating out less, packing your lunch, steer away from lotto tickets, curbe your smoking expense or eliminate Automatic Teller Machine (ATM) withdrawals. You could also get a part-time job if your situation is severe. You will be surprised to see how these totals add up.

■ **Stick to your plan.** Pay off the credit cards with the highest interest rates first. Pay as much as you can each month until it is paid off. Then work on the account with the next highest interest rate. Always, always, always pay more than the minimum on your charge cards. Also, investigate the possibility of transferring bills to credit cards with lower interest rates.

■ **Budget for the 2001 holiday season.** One of the major causes of holiday debt is a lack of planning. Only 28 percent of the people surveyed by the American Bankers Association in 1999 had developed a holiday budget. If you are one of the 72 percent who did not budget, resolve to do better next year.

■ **In with the new.** "Make a determined effort to live on less

money as a positive change in lifestyle," recommends Cantrell. "Make the new millennium free from debt problems. Then next year at this time, you will not be worrying about paying off Christmas debt from 2000 in addition to 2001."

During the holidays, it is easy to get caught up in the spirit of the season and spend beyond your means. If this happened to you, treat this as a learning experience and look into less costly gifts next year. If you need help with debt management or need more information, call Consumer Credit Counseling Service at 606-432-5337 or 800-278-8811.

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Vegetables include: Country Style Fried Potatoes; Crowder Peas with Bacon; Seasoned Steamed Cabbage; Corn on the Cob; Turnip Greens with Hamhocks; and Sante Fé Green Beans.

Desserts include: a variety of Fruit and Cream Pies, Banana Pudding, and Assorted Fruit Cobblers.

Breads include Mexican Corn Bread and Kentucky Style Corn Bread and Rolls.

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ACTIVITIES

6:30 p.m. **Rob McNurlin:** Join this talented cowboy singer from Ashland, Kentucky, for some cowboy and folk songs. Meeting Room #3

7:30 p.m. **Cherokee Storyteller:** Jeff Hatmaker of Madison County, Kentucky, will provide Cherokee stories, music, and dances pertaining to the Cherokees' traditions and religion. Meeting Room #3.

8:30 p.m. **Square, Folk and Country Line Dancing:** Kick up your heels with some dancing in Meeting Room #3. No experience necessary as all dances are easy and will be taught.

NOTE: The activities are free to lodge, cottage, and dinner guests.

Area veterans to learn about benefits mobile service office

Detailed explanations of the full range of benefits available to disabled veterans and their families will be presented at an upcoming Disabled American Veterans (DAV) Mobile Service Office visit.

Like all services provided by the nonprofit DAV, there will be no charge for this on-site counseling and claim filing assistance. It will be presented at the Prestonsburg VA Outpatient Clinic, 5230 KY 321, Prestonsburg, from 10 a.m. to 5:30 p.m., on January 23.

A National Service officer from the DAV's Louisville office will meet with veterans. "This veterans' benefits expert offers you the best counseling and claim filing assistance you and your family can get," DAV National Adjutant Arthur H. Wilson said, in a letter inviting local veterans and their families to visit the Mobile Service Office.

"So many disabled veterans feel confused about benefits and services they've earned. There's so much to know and so many changes from one year to the next," he said.

Veterans and members of their families need not be DAV or DAV Auxiliary members to take advantage of the DAV service. They should bring their Department of Veterans Affairs (VA) claim number and Social Security number and any other pertinent documentation to the DAV Mobile Service Office

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January is Radon Awareness Month

The month of January is Radon Awareness Month and public health officials are urging Kentuckians to check their homes for this harmful gas.

Radon can be found in many places. But since you can't smell it or see it, it's hard to know if it's in your home. The surgeon general has warned that radon is the second leading cause of lung cancer in the U.S. Both the surgeon general and the U.S. Environmental Protection Agency recommend that homeowners test for radon. Winter is a good time for testing because it's easier to maintain the appropriate conditions for accurate readings.

About 40 percent of the homes that have been tested in Kentucky have levels high enough to require that action be taken to reduce the radon level.

Gov. Paul Patton, in a proclamation, noted that Kentucky's Department for Public Health has joined with several local health departments, the University of Kentucky and Western Kentucky University in the state Radon Program to educate citizens about radon, detect it and remove it from homes, offices and schools.

Here is more information about radon from the EPA: Radon is a cancer-causing, radioactive gas.

You can't see radon. And you can't smell it or taste it. But it may be a problem in your home.

Radon is estimated to cause many thousands of deaths each year. That's because when you breathe air containing radon, you can get lung cancer. In fact, the surgeon general has warned that radon is the second leading cause of lung cancer in the United States today. Only smoking causes more lung cancer deaths. If you smoke and your home has high radon levels, your risk of lung cancer is especially high.

Radon can be found all over the U.S.

Radon comes from the natural (radioactive) breakdown of uranium in soil, rock and water and gets into the air you breathe. Radon can be found all over the U.S. It can get into any type of building - homes, offices, and schools - and build up to high levels. But you and your family are most likely to get your greatest exposure at home. That's where you spend most of your time.

You should test for radon. Testing is the only way to know if you and your family are at risk from radon. EPA and the surgeon general recommends testing all homes below the third floor for radon. EPA also recommends testing in schools.

Testing is inexpensive and easy - it should only take a few minutes of your time. Millions of Americans have already tested their homes for radon.

You can fix a radon problem. There are simple ways to fix a

radon problem that aren't too costly. Even very high levels can be reduced to acceptable levels.

For more information about radon, check the Kentucky Radon Program website at publichealth.state.ky.us/radon.htm.

Regional

Continued from p6

Freeburn, died Thursday, January 11. He is survived by his wife Lisa Renee Blankenship. Funeral services were conducted Monday, January 15, under the direction of Phelps Funeral Services.

Herman Daugherty, 52, of Phelps, died Friday, January 12, at his home. He is survived by his wife, Delores Daugherty. Funeral services were conducted Monday, January 15, under the direction of Phelps Funeral Services.

Paul Fuller, 71, of Feds Creek, died Thursday, January 11, at his home. He is survived by his wife, Mary Lou Skeens Fuller. Funeral services were conducted Sunday, January 14, under the direction of Bailey Funeral Home.

Douglas Michael King, 50, of Louisa, died Saturday, January 13, at

Three Rivers Medical Center. He is survived by his wife, Dottie Riffe King. Funeral services were conducted Tuesday, January 16, under the direction of Young Funeral Home.

Violet Bevins Price, 80, of Winchester, died Friday, January 12, at St. Joseph Hospital in Lexington. She is survived by her husband, Charles W. Price. Funeral services were conducted Monday, January 15, under the direction of Scobee Funeral Home.

Stella Walters, 69, of Norwood, Ohio, formerly of Pike County, died Thursday, January 11, at Good Samaritan Hospital in Cincinnati. She is survived by her husband, Hasco Walters. Funeral services were conducted Sunday, January 14, under the direction of Bailey Funeral Home.

Letters

Continued from p4

better educated, because the way things are going now, the future isn't looking too bright for these students.

In the high school I attend, there are so many students that you can't get through the hallways. This usually makes kids angry. You can't even walk through the halls without getting pushed, shoved or smashed. I mean, really, it's ridiculous the amount of students who are cramped into the schools today. I'm sure that if the sizes of the schools were enlarged or the grades were split up, the kids would be much happier.

As all these students are together, it causes many conflicts to arise among them. As everyone knows, teenagers have really short tempers and with the amount of students cramped into the schools, many fights go on.

Also, the drugs would decrease if the "mean kids" were taken out of the schools. The alternative school needs to be enlarged to accommodate them.

It's terrible that the schools have to rely on cameras and security to control 14- to 18-year-olds, don't you think? It's not right that the good kids who are trying to get a good education have to worry about getting gunned down when they step into school.

If only the Johnson County Board of Education would really think about decreasing the size of the schools here, many changes would take place as the years go by. The kids would learn more, be happier and the violence would decrease.

Savannah Keel
High school sophomore
Van Lear

Are security cameras right or wrong?

Editor:

Do you ever wonder how much personal space you need? Well, I do. I feel that there are too many security cameras at Johnson Central High School. I think that the principal and staff should understand that students have an opinion also and should be able to vote on what needs to be done in their school. I am very strongly against this idea because you're being watched everywhere you go. You need a certain amount of privacy, and we don't have gangs in this area.

I feel that everywhere you turn there is someone watching you. You can't stand in the hallway or even go to your locker unless you're being followed by a security camera.

While you're at school, I feel that you need privacy. I feel that they could give us privacy by putting security cameras at every door that leads to the outside. I feel that it is unnecessary to have as many cameras as we have now.

I think that the school wants the best for us, but I don't think they realize that there is a level of security and protection before having so many security cameras. There aren't gangs and groups of people here like there are in many other places, so I don't feel that it should be necessary to have this many security cameras. Maybe in years to come it might be something to think about, but not right now.

My feelings toward security cameras aren't good. I feel that the staff of Johnson Central should take a poll of the school and see how many students want the security cameras and how many do not. Of course, there are some people who would make a wrong decision just to support their problem. Then there are others who feel the same way that I do. If they would take the poll and go with the majority, I think that would solve the security camera problem.

Jennifer Meek
High school sophomore
Boonscamp

Prayer in school?

I have noticed that many people, especially from this area, believe that prayer belongs in public schools. Would it help the youth of America? Or would it cause more harm than good?

No matter how you look at it, there will always be good points and bad points to this issue.

The main issue is that there are simply too many religions. Even as widespread as Christianity is, that doesn't mean that it is everyone's faith. It would be wrong to focus on one religion and not give equal time to those with different beliefs. Even if equal time were provided, it would still take up too much time, because

there are too many gods to pray to in polytheistic religions.

Would it improve the school environment? Would it help cut down on school violence? Probably not. When all the school shootings were happening, I remember reading a lot of things in which people were saying that if prayer was present in schools, that everyone would be happy and problem-free, and less violence would take place. If you really think about it, though, it would actually create more problems. Those who practice non-Christian religions would feel distant, unimportant and even offended, which could result in an even more hostile environment.

Everyone is entitled to the basic freedom of religion or non-religion, no matter how small the minority. Even though some may feel strongly about their religion, it gives them no right to force it upon others.

Religious practices are better left to home, church, synagogues or private worship places of one's choice. Religion should be a private thing, not publicly imposed on others.

Rachel Reffett
High school sophomore
Auxier

Teen hangouts are limited

Editor:

In today's society it is very repetitive to find any activities for teens to participate. Paintsville has a maximum of about four activities to choose from. One night we can go to the movies and bowling. The next night we can go to the plaza or skating. That's all there is to do.

I feel that we should establish an arcade or a dance hall just for teens. I think a hangout for teens would cause less boredom and less teen violence. A new hangout and activities would keep more teens out of trouble, cause less confusion in the plaza and increase the employment rate for Johnson County citizens.

It would keep teens out of trouble because they would have more activities to participate in. They wouldn't have as much time for drugs or to purchase guns. Instead, they could be hanging out with friends in a drug-free facility.

There would be less confusion in the plaza because fewer people would want to hang out there. They would want to hang out in the new hangout, instead of wasting gas in the plaza area. With less confusion, customers could shop on weekends without going through all the trouble due to overcrowding the plaza with young teens.

The employment rate would increase for Johnson County citizens because the owners would have to hire new people to run and clean the new hangout, so they would have to hire local residents of Paintsville.

A new hangout would solve several problems dealing with teen violence, the cluttering of the plaza and the unemployment rate of Johnson County. I think it would be of great interest to try to add a new hangout for teens and make it less repetitive to find activities to participate in.

Katrina Williams
High school sophomore
Staffordville

Believe

Continued from p4

never know this since their information came from a TV newscast or a narrow view by a conservative newswriter.

Editors Note:

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FLOYD COUNTY Sports



BROCK KEATHLEY (23) of Betty Layne scored 27 points against Painesville Thursday night

page 2B



T H U N D E R R I D G E B A N Q U E T

Thunder Ridge Speedway to host annual awards night

by Ed Taylor
SPORTS EDITOR

It is only January and already Thunder Ridge Speedway is gearing up for the 2001 race season and it will kick off the new year this Saturday night with the annual awards banquet at the Thunder Ridge Clubhouse beginning at 7:30 p.m.

Brad Martin, track promoter, said the event will be a big one and race fans are invited to come out and take part.

"We are going to have a good one," he said, "and we want to welcome all the car owners, drivers and fans to our annual stock car banquet. We have a lot planned for the new year."

It will be an awards banquet where drivers will receive cash awards for winning their respective points race as well as plaques and jackets.

"We just want fans to come out and enjoy the gathering of many of their race friends," Martin said.

The highlight of the night will be the huge buffet dinner as well as a drawing for free season passes along with other door prizes.

Fans will be able to dance the night away with a local D.J.

Martin also announced that racing for the 2001 season will be held on Friday nights with the track abandoning the usual Saturday night race night.

"We have four tracks in eastern Kentucky in a 50 mile radius and we are just working against one another," said Martin. "So we decided to move our race night to Friday night. There are not enough local drivers to take care of all the tracks."

The same five classes that ran last year will run once again at Thunder Ridge with the exception of the Late Models which will race once a month at the local track.

"Yeah, we are going to just have a special Late Model feature once a month," said the Track Promoter.

"All the other classes will run."

The other classes include modifieds, sportsman, four-cylinders, bombers and road hogs.

Kurt Hoffness was the points winner in the modified class with 1,008 points in his familiar 911 car. Joel Jensen finished second followed by Rick Clark, Glen May and Gary Combs to round out the top five.

Jackie Boggs edged out Prestonsburg's Paul Harris with 777 points to Harris' 759 for the points champi-

onship in the Late Model class. Eddie Carrier Jr., Shannon Thomsbury, and Ronnie Cole Jr. complete the top five.

In the sportsman class, Kevin Hall (790) finished with 60 points more than Jim David Hall (730) to win the points race in the sportsman class. Hall was followed by Jamie Slone, Brandon Mason and Barton Ratliff in the top five.

The familiar 2x car of Tandy Spurlock racked up 1,285 points in winning the bombers division over second place finisher Randy Fannin with 1,133 points. Rest of the top five included Dennis DeBoard, Daryl Sexton, and Brandon Johnson.

John "D.I." Henson captured the four-cylinder class with 1,079 points. He was followed by John Allen with 806. Third through five included Keith Anderson, Patrick Morris and Freddie D.

(See RIDGE, page two)



South Floyd scores clutch win over Allen Central

Ousley free throws propel Lady Raiders into All "A" finals

by STEVE LeMASTER
SPORTS WRITER

A South Floyd-Allen Central matchup promises a hard-fought contest in any sport. The two teams met up in the semifinals of the 15th Region All "A" Classic last Friday night with the winner advancing into the championship game of the tournament.

Allen Central jumped out to an early first period lead, but by the quarter's end found themselves trailing 14-13. The Lady Rebels outscored South Floyd in two of the last three quarters, but found being outscored by four points in the second quarter to be the major deterring factor, among other things. Allen Central battled back to tie the game at 47-47, when with just 5.6 seconds remaining in the game, South Floyd guard Megan Ousley drew a foul and went to the free throw line for one and a bonus. The steady Ousley hit her first attempt and then drained the second attempt to make it a 49-47 final. The win gave South Floyd a ticket to the championship game of the 2001 15th Region All "A" Classic. The win was the first win over a 58th District opponent in the history of South Floyd girls basketball.

A Lady Raider basically summed it all up after the game, saying to first-year South Floyd Coach Melinda Osborne: "We beat Allen Central!"

"This is our first win against a district team and our first win in any kind of tournament came the other night against

(See SOUTH FLOYD, page two)

SOUTH FLOYD (49)

player	fg	3pt	fta-m	tp
Mitchell	8	0	1-1	17
Ousley	6	0	6-4	16
A. Johnson	1	1	0-0	5
S. Johnson	2	0	2-0	4
King	1	0	0-0	3
Stanley	1	0	1-0	2
Williams	1	0	1-0	2

ALLEN CENTRAL (47)

player	fg	3pt	fta-m	tp
Risner	2	1	8-5	12
Sizemore	6	0	0-0	12
Mullins	1	3	0-0	11
Osborne	2	0	2-0	4
Howard	1	0	5-2	4
Marlin	1	0	3-1	3
Prater	0	0	2-1	1

'Great Scott,' Pike Central rolls

Newsome scores 19 in 74-63 loss to Hawks

by ED TAYLOR
SPORTS EDITOR

The Pike Central Hawks spotted the Allen Central Rebels a 10-0 lead and then roared back in soaring to a 74-63 win over the visiting Rebels in the second round of the Coca-Cola Classic at Pike Central High School Friday night.

In the first meeting of the season between the two schools, Allen Central was an easy 78-56 winner over the Hawks on their home floor.

But this time it would be different as the Rebels interior defense went south, allowing Pike Central to use the paint area for some uncontested easy baskets.

Shawn "Great" Scott burned the nets for 32 points in leading the Hawks. Chris Clevenger tossed in 15 and Barry Sanders netted 13.

Shawn Newsome led Allen Central with 19 points, far below his average of 27 per game. Jeremy Hayes totaled 16 points while Larry Mullins scored 15.

Allen Central, after enjoying a fast start in the first quarter, was just the opposite in the second period as they went ice cold from the floor while Pike Central was having their way around the basket.

After scoring the first 10 points of the game, the Rebels went on to take a 15-8 advantage after the first eight minutes. Scott and Sanders took charge for Pike Central in the second quarter as they held Allen Central to two field goals in the second stanza in leading 22-19 at the half. Pike Central's defense cut off the passing lanes on the Rebels, allowing Allen Central just one shot at the goal as the Hawks dominated the boards.

Early foul trouble for the Rebels in the third period and a quick run by the Hawks at the onset of the period netted them a 31-19 lead with 6:24 to play in the period. Scott hit free throws, buried a trey and scored on a reverse lay up for the 12 point advantage. Pike Central led by as many as 15 points in the period.

Trailing by 11 points entering the fourth quarter, Allen

(See GREAT, page two)



photo by Ed Taylor

ALLEN CENTRAL'S Shawn Newsome (23) sailed toward the basket against Pike Central last Thursday night in the semifinals of the Coca-Cola Classic. Newsome finished with 19 points for the game.



photo by Steve LeMaster

MEGAN OUSLEY (12) goes in for two points as Pikeville's Stephanie Kelly (12) trails behind. Ousley finished with 14 points against Pikeville before fouling out in the last minute of the contest. Ousley and her South Floyd teammates fell 67-65 to the Lady Panthers.

South Floyd edged in 67-65 loss to Pikeville

Lady Raiders already eyeing return to All "A" next season

by STEVE LeMASTER
SPORTS WRITER

Pikeville vs. South Floyd. A girls basketball rivalry, if not already alive, is definitely now alive.

It was the 15th Region Girls All "A" Classic finals, and what a game it was! It was a close game. No, let me rephrase that, it was a closer than close game that saw the Lady Raiders of South Floyd come from 12 points behind more than once in the game, only to be edged out of a historic first-ever appearance in the All "A" state tournament by just two points, in a 67-65 loss to defending 15th Region champion



Kandice Mitchell

(See PIKEVILLE, page three)

photo by Steve LeMaster

South Floyd coach Melinda Osborne holds the class "A" Runner-up trophy.



South Floyd

Continued from p1

Paintsville," noted Coach Osborne at the conclusion of the Allen Central game. "Beating a district team is a real big momentum builder for us. I think these girls are ready to play, they are ready to win. I'm so proud of these girls. Considering the fact that we were so far behind back in the summer, I think we've progressed really well this season and it now shows here in this tournament."

Allen Central senior Jennifer Risner put the Lady Rebels on the scoreboard first with a three-pointer. South Floyd forward Kandice Mitchell answered at the other end with a short field goal. Kari Osborne made it a 5-2 Allen Central lead with a short shot on the opposite end.

South Floyd (4-7) outscored Allen Central 12-8 the remainder of the quarter and took a slight 14-13 lead into the second quarter.

Mitchell extended the South Floyd lead out to a 16-13 advantage on the first score of the second quarter. Consecutive field goals by Shannon Sizemore and Risner, and Allen Central took a 17-16 lead, their first in nearly six minutes of play.

South Floyd regained the lead at the 3:56 mark of the second period and never relinquished it for the remainder of the half. The Lady Raiders led by as many as six points in the quarter and took a 28-23 advantage into the halftime break.

Allen Central (5-5) trailed 32-25 at the 6:30 mark of the third quarter, before four points, two each from Risner and Terri Mullins made it a 32-29 South Floyd lead. The Lady Raiders held a 38-31 lead with just seconds left in the half when Mullins nailed a three-point basket cutting the South Floyd advantage to just four points going into the final period.

Sizemore led a 4-0 run with two consecutive layups to tie the game up at 38 with 6:54 remaining in the game. South Floyd's biggest lead in the final quarter was just four points.

South Floyd forward Ashley Johnson and Allen Central's Mullins each hit timely three-point field goals in the fourth quarter for their respective teams.

Allen Central's Barb Prater drew a foul with just 18 ticks left on a fourth quarter scoreclock and went to the charity stripe. The senior hit the first, but missed the second free toss following a South Floyd timeout. South Floyd had 10.4 seconds left to work with, and thanks to Ousley's clutch free throw shooting, made the most of it, scoring the win.

"South Floyd is a much-improved team from the last time we played them," said Allen Central Head Coach Cindy Halbert at the conclusion of the South Floyd game. "We had a really poor shooting night. The girls played hard, but in order to win this game, we had to do the little things, like getting the offensive rebounds and boxing out on rebounds. There is an art to learning how to win close games. A game like this can really help you down the stretch. Offensively, we just couldn't ever get over the hump. Defensively, we've just got to be able to get after people."

Mitchell paced South Floyd with a game-high 17 points. Ousley finished with 16, none bigger than her final two free throws. Ashley Johnson and Sara Johnson finished with five and four points respectively.

Risner and Sizemore netted 12 points each for Allen Central. Mullins ended the contest with 11 points. Osborne and Tonya Howard finished with four points apiece. The Lady Rebels hit four three-pointers in the two-point loss.

The South Floyd win set up a championship game with Pikeville.

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photo by Ed Taylor

BROCK KEATHLEY (23) of Betsy Layne scored 27 points against Paintsville Thursday night, but it wasn't enough to help the Bobcats to overcome the Tigers.

Paintsville ends Betsy Layne's championship repeat attempt

Keathley pumps in 27 but Cats fall

by ED TAYLOR
 SPORTS EDITOR

Coach Brent Rose and his Betsy Layne Bobcats (8-5) were looking for a repeat of last year in the 2001 version of the Coca-Cola Classic at Pike Central High School this past Thursday night but the Paintsville Tigers (8-6) had something to say about that in posting a 83-66 win over the Floyd County team.

Brock Keathley led the Bobcats scoring with 27 points and Brad Daugherty was the only other Betsy Layne player to make double figures with 13 points.

Chas Harmon buried three three-point baskets and finished with a team high 25 points in leading the Tigers. Brandon Guillett finished with 14 points while Adam Rice netted 12.

Paintsville, who once dominated the 15th Region, may be serving notice they are back and

could very well be the best 8-6 team in the mountains.

Coach Bill Mike Runyon's ballclub did just about everything right in subduing the Bobcats. The Tigers controlled the boards and held Betsy Layne to less than 40 percent shooting from the floor.

In the early going it was all Betsy Layne as they roared out to a 13-4 lead in the first quarter. After a time out, Paintsville followed the leading of Guillett and Harmon in climbing back into contention and trailing 17-14 at the first stop, holding Betsy Layne to just four points over the final three minutes of the first quarter.

Two free throws by Keathley with 6:02 to play extended the Bobcat lead back to six points, but with just over a minute to play in the second period, a turnaround jumper by Guillett tied the game at 31-31.

Robbie Johnson gave the lead back to Betsy Layne with two free throws but the advantage was short lived as the Tigers tied the game on a jumper by Harmon and took their first lead of the game on Harmon's three-point basket with 10 seconds left in the half. The Tigers took the three-point lead to the locker room at the half.

On three consecutive turnovers by the Bobcats, Paintsville began to put distance between and the 58th District team. Harmon's second trey of the game gave Paintsville a 49-39 lead and the Tigers went to build a 14 point advantage entering the fourth quarter, 58-44.

The fourth quarter unfolded with Keathley standing at the free throw line without any time expiring off the clock. Paintsville's Ben Hale was whistled for a technical foul at the end of the third period. Keathley missed the two charity tries but did hit a 16-footer and buried a three for a 58-49 game.

In fact, it was Keathley who kept the Bobcats close as he scored the first 15 points of the period for Betsy Layne. Keathley fouled with just over three minutes left to play, Adam Collins and Nathan Tackett followed Keathley to the bench via the foul route.

Collins, Jeremy Daniels and Tackett finished with six points. Robbie Johnson contributed five points with Jim Boyd and David Johnson scoring one apiece.

Betsy Layne returns to the hardwood this Friday night in hosting the Prestonsburg Blackcats in a boys, girls doubleheader.

Prestonsburg passes century mark over Piarist Knights

by ED TAYLOR
 SPORTS EDITOR

What can you say? What can you do? When you are undermanned and not the most talented team in the district.

That is the way the Piarist Knights must have felt when they were helpless against Prestonsburg Monday night in district basketball play.

The Knights, with their leading scorer on the bench with a broken finger, could only do what they could do and watch as Prestonsburg passed the century mark in a 102-31 rout.

It was the fourth win of the season for Prestonsburg, who has won two of their last three games. Piarist is still looking for that initial win.

Matt Goeing topped the Knights scoring with 11 points including a three-point basket. Brett Hall, who could play anywhere, finished with eight points and 11 rebounds. Justin Ross, the fans' favorite and the shortest on the floor, drained a three-point basket in scoring five points. Eugene Sisco scored four points and had five rebounds. Brian Yates added three points.

Josh Justice led Prestonsburg with his 17 points as the starters saw little playing time. Matt Tackett had his season high with 15 points and T.C. Hatfield netted 10 points.

Prestonsburg had already put 60 points on the scoreboard after the first two quarters leading 60-8 at the half. They scored the first 28 points of the game in the first quarter and the Knights did not get on the board until :55 left in the first period. Brett Hall scored on a lay up.

The hard playing Knights just could not execute against the Prestonsburg defense.

After three quarters, Prestonsburg was in front 82-19 with the fans wanting their team to reach the century mark. A basket by Craig Fleenor reached the century mark for Prestonsburg and a basket from Josh Murdock sent the team past the century mark.

Ryan Martin hit three three-point baskets to finish with nine points for the Blackcats. Matt Slone tossed in eight and Dustin Music scored seven. Chris Kidd came off the bench and net-

ted nine points with Fleenor totaling seven. Josh Murdock scored four as did Brandon Branham. Ricky Power had two points and Justin Allen scored four.

Prestonsburg will face a good Betsy Layne team this Friday night in an important district

game for both teams. Outside of the Piarist School, neither team has been able to win against the other county schools. Betsy Layne has lost to both Allen Central and South Floyd in the district with Prestonsburg falling to both Betsy Layne and South Floyd.



photo by Ed Taylor

FROM THE CORNER
 Prestonsburg's Josh Justice (32) hit a three point basket and scored 17 points in a 102-31 win over the Piarist Knights Monday night.

Great

Continued from p1

Central rallied and cut the Pike Central lead to four points on a three-point basket by Newsome at the 4:29 mark. A 5-0 spurt by the Hawks netted them a 68-55 lead and Allen Central could only get as close as seven points with 20 seconds left to play.

Daniel Sazabo came off the Rebel bench and tossed in six points. Allen finished with four while Travis Francis and Josh Yates scored two apiece.

Allen Central will face Feds Creek tonight in an 8:15 tip off time in the opening round of the boys All "A" Classic at Pikeville.

Ridge

The road hog class was won by Joey Stanley with 1,013 points over second place finisher Thomas Blakeman at 993. Bucky Collins, Ryan Risner, and John Henson rounded out the top five.

SPECIAL DATES

Thunder Ridge has some very special race dates on the agenda for the 2001 season.

■ May 4, The Ridge will showcase the Hav-A-Tampa series with \$10,000 going to the winner.

■ June 8-9, fans will be able to enjoy the thrills of bull riding and a big rodeo.

■ June 22, the All-Star Sprint Cars will thrill the race crowd with \$5,000 going to the winner.

■ July 20-21, the Stars Racing Series returns with \$10,000 to win.

Piarist stays close but falls to Prestonsburg

by ED TAYLOR
 SPORTS EDITOR

For two quarters of the game the Prestonsburg Lady Blackcats could not put away a feisty Piarist Lady Knights basketball team until the final quarter and half of Monday night's district match between the two schools.

Junior center Ramanda Music played only half of the game but finished with a game high 24 points, eight rebounds and two assists in leading her team to a 65-28 win over the visiting Lady Knights. Taryn Harris tossed in 12 points as 11 players made the scoring column for coach Harold Tackett's ballclub.

Prestonsburg played without starter Brooke Coleman who was sitting out after an injury in the Johnson Central game last week.

"She's fine," said Coach Tackett. "I just wanted to hold her out this game and give her more time to heal up. It was just a sprain, nothing serious."

Kari Ross continued to be one of the top scorers in the district finishing with 20 points, her average of the season.

"I am proud of our team," said Piarist coach Gary Kidd. "What can you do when you only five players. They played hard and never quit. They are a good group of kids."

Five players is all that dot the Piarist roster and players who want to play might consider the Piarist School next season.

While the Lady Knights had enough to start the game they were one short at the onset of the second half. Mary Beth Bentley, who plays the point for Piarist, was sick at half time and did not start the second half. However, she did enter the game late in the third quarter and finished the game.

"I am not going to put a player in who is sick like Mary Beth was," said the Piarist coach. "I told her when she was ready and felt like it, just raise her hand and I would put her back in."

It was later that Bentley signaled she was ready resume playing.

Prestonsburg had a hard time shaking the Lady Knights in the first half holding a 27-23 half time lead. Coach Tackett starters opened the game but it was the bench who saw most of the playing time.

The game saw the return of Tara Ortega and Stephanie Adams for Prestonsburg. Both look impressive in their return to the Lady Blackcat team.

Playing with just four players at the start of the second half, Piarist failed to score in the third period falling behind 52-23. They scored only five points in the second half on a basket by Ross and a three-

(See Piarist, page three)

Prestonsburg Junior Basketball

TRAINING LEAGUE

WARRIORS VS LAKERS

Seth Setser, with cast removed, scored a team high 12 points in leading the Warriors to a 22-20 win over the Lakers in training league basketball at Adams Middle School Saturday.

Game high scoring honors went to the Lakers' Jody Tackett with 16 points. Shane Poynter and Amanda Jarrell added two points each for the Lakers.

Christopher Schoolcraft added four points for the Warriors while Cameron Tineher scored three. Joseph Collins netted two and Julie Compton had one point.

While Compton finished with just one point, she hit the free throw with less than 10 seconds to play and put the Warriors up for good.

It was an 8-0 game after the first quarter with the Warriors in front. A 11-4 second quarter for the Lakers made it a 12-11 game at the half. Tackett scored eight of his 16 points in the fourth quarter in a come back effort for the Lakers but the rally fell a field goal short.

Piarist

Continued from p2

point basket by Emily Meyers. Bentley was a perfect five of five for the Lady Knights in scoring five points.

Adams finished with seven points for Prestonsburg to go with her six rebounds. Chrissy Nelson drained a three-pointer and scored five points with Amanda Webb netting four. Heather White also had five points with Amanda Stevens tossing in three. Angela Howell and Chanel Music had two points each with Amelia Conley scoring one.

Prestonsburg will travel to Betsy Layne Friday night for a big, big conference game in trying to avenge an earlier loss to the Ladycats.

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KNICKS VS RAPTORS

Matthew Tackett scored all eight of his team's points as the Knicks posted an 8-5 win over the Raptors.

It was a 2-0 game after the first quarter and the same score held up until half time. In the third period, Tackett had four points as the Knicks led 6-4 after three periods.

Christian Smith scored four of the five Raptors points with Kathleen Smith scoring one.

SONICS VS HAWKS

In a close one, the Sonics enjoyed a big second quarter in posting an 18-15 win over the Hawks. The Sonics outscored the Hawks 14-7 in the second stanza.

Alexis Derossett and Nathan Ousley had six points each to lead the Sonics. Allen Craynon, Brandon Ratliff, and Vincent Hayes scored two points apiece for the Sonics.

Nicholas Conn, Joshua Head, and Steven Boatwright led the Hawks with six points each. Issac Bentley scored two and Austin Gearheart added one.

LAKERS VS HORNETS

Jody Tackett scored eight third period points and four in the fourth en route to a 16 points outing as the Lakers rolled past the Hornets 39-12.

Austin Ward scored all 12 of the Hornets points with six coming in the last quarter.

Shane Poynter netted 10 for the Lakers while Amanda Jarrell finished with six points. D.J. Ousley scored three with Matthew Sword and Craig Cooley scoring two each.

It was a 4-4 game after the first quarter with Ward scoring four for the Hornets. An 11-2 second quarter gave the Lakers a 15-6 half time lead.

BULLS VS WARRIORS

Seth Setser and Nathaniel Fraley scored eight points each as the Warriors defeated the Bulls 22-15 Saturday. Cameron Tineher added six points in the win.

Lindsey Fields had a team high eight points for the Bulls with Caitlin Brock scoring five points. Joshua Blackburn scored two.

Setser scored all eight of his

points in the opening quarter with Fraley scoring four to give the Warriors a 12-0 first quarter lead. The Bulls did not score in the second quarter as well and trailed 18-0 at the half.

A 5-0 third period for the Bulls and outscoring the Warriors 10-2 in the fourth made the score a little more respectable.

JUNIOR VARSITY

PISTONS VS LAKERS

Michael Lackey and Justin

Pikeville

Pikeville.

South Floyd trailed throughout the entire contest before mounting a pair of miraculous comebacks, one in the third quarter, and one in the fourth quarter. The one in the final quarter came with just four minutes remaining in the game. Both comebacks, as well as the entire game, left the South Floyd team along with Coach Osborne hungry to play out this season and strive to get in the same position as they have worked themselves into this season, next season.

"The girls battled back from 12 points and 14 points down," said South Floyd's Coach Osborne. "There at the end we were without Kandice (Mitchell) and we still battled and played well despite her being out of the game. These girls gave it all they had and I'm very proud of the effort they gave. I guess you could say I'm speechless. We got an all-out effort from our girls and it was just a real emotional game."

Pikeville jumped out on the Lady Raiders early, going on a 6-0 run to begin the contest. Lady Panther Michelle Hall drained a three-pointer to make it a 9-0 Pikeville lead. Hall would be a three-point threat to the Lady Raiders the entire game.

South Floyd guard Valerie King got the Lady Raiders on the first quarter scoreboard with a field goal. Megan Ousley put three points in the books on a field goal and a free throw following a Pikeville miss to make it a 9-5 contest. Hall came down on the very next Pikeville possession and hit her second of

Murray combined for 24 points in leading the Pistons to a 39-33 edging of a good Lakers team. It was only the second loss of the season for Randy Reno's team.

Justin Conn sank seven points for the winners with Chris Baker and Amber Whitaker scoring four apiece.

Game scoring honors went to the Lakers James Lafferty with 21 points. Chayse Martin netted eight with Josiah Reno and Adam Gearheart tossing in two apiece.

The two teams played to 6-6 in

the first quarter with Lackey scoring with four for the Pistons.

The Pistons held a 17-14 half time lead behind Baker and Murray. Lafferty scored all eight points for the Lakers in the second.

It was a 25-21 Piston lead heading into the final quarter. The Pistons outscored the Lakers 14-12 in securing the win. Martin hit a three-point basket in the fourth quarter and Lafferty had a trey in the same period for the Lakers.

SPURS VS JAZZ

Seven players dotted the scoring column for the Jazz in a 30-18 win over the Spurs last Saturday.

Brittany Collins scored eight points for the Jazz in leading the parade. Bobby Hughes and Meaghan Stone added six each with Pam Stone scoring four points. B.J. Spurlock finished with three and Chris Oliver had two. Rikki Hughes netted one point.

Nathaniel Stephens took game scoring honors with 15 points for

(See B'BALL, page four)

Continued from p1

Kelly went to the line after being fouled by Ousley and connected on one-of-two free throw attempts to make it a 67-63 Pikeville advantage. Jessica Paige put South Floyd's final two points in the books just before the final horn to make a two-point difference.

Mitchell and Ashley Johnson paced South Floyd with 15 points each. Ousley finished with 14 points and Valerie King chipped in with 13.

Michelle Hall led the way for Pikeville with a game-high 22 points. Jill Kimberlain added 19 points in the Pikeville win.

South Floyd will return to action on Thursday night when they return to Paintsville, this time to do battle with the host Lady Tigers.

GAME NOTES:

■ A good crowd of South Floyd supporters made the trip to Paintsville for the Pikeville game. Not to be outdone, the Pikeville crowd was also rather large.

■ The Pikeville High School band performed The National

Anthem prior to the start of the South Floyd-Pikeville game.

■ Pikeville's Lauren Francisco received an award during the awards ceremony, for having the highest GPA of any player in the 15th Region Girls All "A" Classic.

■ South Floyd definitely has a lot of momentum as they play the rest of the '01 portion of their 2000-01 season.

■ PARTING SHOT- South Floyd Coach Melinda Osborne told a South Floyd fan after the game: "We'll be back next season!" Yes, the South Floyd Lady Raiders will be back next season, but they've still got a whole lot of basketball left to play this season. The South Floyd Lady Raiders are definitely a team to keep an eye on.

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Sports In Kentucky
by Bob Watkins

One of a kind, Cawood Ledford is 'in a real battle, folks'

Cawood Ledford's name is on a jersey hanging among the hallowed in Rupp Arena's rafters. Nice. But I think it pleases him more to know Kentuckians care and pray for the return of his good health.

Now 74 and nine years since he left after 39 years in broadcasting, Cawood, one of a kind, is "... in a real battle, folks."

His voice still echoes through the halls of our minds. Clear, crisp and solid as east Kentucky hardwood, his mellow command of language and word pictures are in sharp contrast to today's television babblers who rob us of Cawood image-making.

Can you still hear Cawood call a Derby stretch run? "... and here they come to me!"

His gift from God was not only a clear baritone, but a fascinating way of building a phonic bridge to those who turned on radios. Cawood's coined phrases were never stilted or cutesy or broadcast gimmicks like "yesssss." A shot taken was "good!" or not. His work reflected a savvy, instinct, a voice for game flow, instantly. He gave a game he was working a finite personality.

I used to believe putting someone else in a Kentucky Network broadcast booth with Cawood was like hiring a second orchestra conductor. Who needs him? Except for a spotter, Cawood needed no help.

Today, none of the accolades matter. Cawood is in a battle for his life. A few autumns back we sat down to talk about sports in Kentucky. It was one of those fall afternoons when sunshine splashed against woods and hol-

lows, cities and towns in pastels. Gold and burgundy leaves fluttered everywhere on a breeze, and crickets sang. A Cawood kind of day.

He smiled and lit another cigarette while talking about trying to quit. Leaned back in his chair, and held court. It's been a few years, but Cawood's views stand well the test of time.

■ **UK PEP BAND.** "During Coach Rupp's time over at Memorial Coliseum the band started greeting him when he came out of the locker room for games with 'Hello, Adolph!' He loved it. One night they did the 'Hello, Adolph!' thing and then they did a 'Hello, Cawood!' Well, it embarrassed me to death, but I didn't respond. So, Bill Stakeland from WVLC came over and said, 'Didn't you hear the band?' and I said I had. And he said, 'You better acknowledge 'em next time or they'll boo the hell out of you.' Next time they did it, I waved and it was the start of something special. A mutual admiration."

■ **ADOLPH RUPP.** "I worked with him for 19 years. A great motivator, of course. Great practice coach too. He'd have the kids come in and shoot for half an hour, then scrimmage for an hour or hour and 15 minutes, and that was it. In all his years here Coach Rupp never thought any player played as well as he could play. Never."

■ **BOB KNIGHT.** "... a whole lot like Adolph. Neither of them gave a damn what people thought. Both said what they pleased. And frankly, I happen to think they (were) right more than they (were) wrong."

■ **JACK 'GOOSE' GIVENS.** "Some players go hide in tough situations, but Jack always wanted the ball during those times. He wanted it."

■ **REX CHAPMAN.** "Enormous appeal. As good a

player as I've ever seen. No question, if he had stayed here four years instead of two, he'd have broken every record in the book."

■ **AL MCGUIRE.** "Love him. Thing I liked about Al was this (basketball) was never World War III for him. He'd have fun with it."

■ **DICK VITALE.** "... I have no use for him. He's a loudmouth who doesn't think things through before he rambles on. But it's made him rich."

■ **WIFE FRANCES.** "She's been a good critic for me. But sometimes she hasn't been tough as I've wanted her to be. But I remember somebody back home told me once, 'Listen to your wife, never listen to your mother.'"

Cawood Ledford. One of a kind. Kentuckians are praying for you.

PATRICK SPARKS

Muhlenberg-North all-stater Patrick Sparks joined the 2,000-points scored club last week. With 2,007 before the weekend, the 6-1 senior guard is now third behind local record holder Corky Withrow (3,136 at Central City High) and Ray Harper (3,033 at Bremen) as the county's all-time leading point makers.

Speculation has surfaced that Sparks is on Tubby Smith's we-might-be-interested list at UK. I cannot see the fit however, with a guard-heavy roster even if Keith Bogans leaves. J.P. Blevins returns next season presumably along with Bogans. Gerald Fitch and Cliff Hawkins will be sophomores, Todd Tackett comes off a redshirt year, and Rashaad Carruth and Josh Carrier arrive to join the mix.

Sparks has said he isn't interested in walking on at Kentucky. Stay tuned.

CHEERS 'N JEERS

CHEERS. Hombra Dennis, kicker for Webster County High football team. Despite undergoing cancer treatments, Dennis kept his spirits up and determination intact. He refused to stop playing the game he loved. His cancer is now in remission.

JEERS. A (UK composed) contract that requires full salary payment of \$120,000 to confessed NCAA rules breaker Claude Bassett while the taxpayer-supported university stands to lose thousands of dollars, suffer incalculable damage to football recruiting, and embarrassment to the school's alumni, if NCAA sanctions are levied. Meanwhile, forms asking for donations to UK continue to arrive in our mailboxes.

CHEERS. To Wayne Martin, general manager of WKYT-TV in Lexington for standing up for faithful employee (sports anchor) Dave Baker by dropping newspaper columnist Billy Reed as a commentator.


MARTIN LUTHER KING DAY

Monday, Americans observed Martin Luther King Jr. Day. How would King want us to celebrate this holiday? In sports, it occurs to me the Nobel Prize winner would be pleased to see athletes behave themselves better on the field, on the court.

And so it goes. Have a point of view you would like to share? Write to Bob Watkins at P.O. Box 124, Glendale, Ky. 42740 or on the internet at Sprtsinky@aol.com. And visit our website www.bob-watkins.com.



photo by Ed Taylor
JUSTIN ROSS OF PIARIST hit this three-point basket against Prestonsburg Monday night. Ross, a grade schooler, starts for the Piarist Knights high school team.



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world and *The New York Times* called us "...some of the best public golf on earth." *Golf Magazine* listed THE SENATOR course at our new Capitol Hill location among its top new courses in the country and THE LEGISLATOR course in the top 25 newcomers. And wait until you see THE JUDGE! So, we hope you'll understand when, like all good golfers, we like to brag about our scores. Call today to book your golf and hotel package and get ready for one of the best golf trips in the world.



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New Dodge teams are shaping up

by GERALD HODGES
THE RACING REPORTER

Casey Atwood, Bill Elliott and Ward Burton are three of the 10 drivers who will be driving the new Dodge Intrepids in 2001. They talked about their experiences, expectations for the upcoming season and testing at the Winston Cup Preview, Saturday, Jan. 6, at Winston-Salem, N.C.

Both Atwood and Elliott will be driving for Ray Evernham. Elliott is the old pro having started his Winston Cup racing career in 1976. Atwood, at age 20, is the youngest driver on the circuit.

"For me, winter testing is very important, starting with a new race team," Atwood said. "I think the teams that test a lot over the winter are the ones that are a little better prepared when the season starts. I'm looking forward to a lot of winter testing and getting used to working with my new team."

When asked if he thought his young age was a handicap, Atwood replied, "Not really. It seems like yesterday I was running go-carts or late models at home. I got the opportunity to get into a Busch car when I was 17 and from there it has just took off. I've only been racing Busch cars for two years and I'm getting the opportunity to go Winston Cup and I've been real lucky all along the way."

"I said all along I wasn't going

to move to Winston Cup and that I was going to stay in Busch. Just gain experience and wait on the right opportunity, and this was the right opportunity for me. Nobody in their right mind would pass it up to work with Ray Evernham and what he's done with Jeff Gordon with the 47 wins and three Winston Cup championships. He was the right person for me to move up with, and if it had been anybody else, I would have stayed in Busch."

"I won't ever be as nervous as I was that first Winston Cup start again. We weren't really that fast and there was a chance we wouldn't make the race. That was about as nervous as I've ever been. It got easier every race."

"When Ray Evernham and Jeff Gordon started out, they were both young. Ray learned a lot and is just incredible what he knows and what he can teach a young driver. He's just real patient with me and makes good calls and adjustments. Everything he says, I try to soak up and learn as much as I can from him."

Bill Elliott, Atwood's teammate, will be driving the No. 9 Dodge.

"Ray is a pretty demanding guy," Elliott said. "I haven't had any problems with him. We both have the same goals, going out running well and winning races. I don't think anything will get in the way of that. As long as you see past and through that, no matter how rocky

the road is you're going to have a future there. He's got his hands full putting his program together, both the engine and chassis and when you've had a good relationship to this point, we haven't had any problem whatsoever."

"Casey seems to have done a very good job with the Winston Cup races he has run in this past season and he's done extremely well. Ray is a good enough teacher by bringing Jeff into this Winston Cup Series and running well pretty much right off the bat and I don't foresee him being more in the rookie role than having to lead him along. He's good enough and smart enough that he could probably teach us some stuff, because a lot of times in this business, you get used to doing things one way and sometimes you need to look at a different approach. That's what the new guys bring to you. You're in and you're out. I don't foresee any problems."

When asked about the Dodge engine and what exactly seems to be the problem with it, Elliott replied, "I haven't seen any problem with it. I haven't followed it as close as the other guys have."

"I think a driver could survive in this business today, but I never could make it work. We had some pretty successful times at points in time, but we couldn't make it consistently happen week-in and week-out. That's where even a low-budget team can probably come in and

survive for a short span in this sport, but to do it week-in and week-out at the level you have to do it at, that's where it starts separating the stronger well-funded teams from a guy who just has enough bucks to make it week-in and week-out."

"This business has changed so much that you need every possible resource you can possibly find to run well week-in and week-out. As a driver, I think I can bring a lot of perspectives to the table as far as being owner/driver and as many roles as I've played over the last several years, but still it's going to be the amount of group effort the chemistry that comes within that group effort to make and win and go out and do well week-in and week-out."

"I feel great and I'm ready for the season. I don't know of anything I can do different that could make things any better. We've had a relatively good year last year. All in all, I look back at the strong runs we had, but we just couldn't make it consistent. I think now that Ray is in there and can keep plugging at it, it can make a difference."

Ward Burton, driver of Bill Davis' No. 22 Dodge, finished 10th last season in the points and had one victory, but his team slid in the second half.

"I learned from the mistakes that sometimes we kind of created on our own problems," Ward said. "As

the team matured, I think we added to the support group of the whole Bill Davis organization. Probably more than anything is that the cars and everything are in really good shape, but we are a little bit behind on the motor development. That's going to be the make-it, break-it for at least the first part of the season, the reliability to run 500 miles."

"I think on my side, we've run for 2-1/2 years and we've only had two motor failures. It's just the unknown. Yes, we've done some tests in Kentucky, but we'd like to have ten or 12 motors built by now and done a lot more testing. There are still a few things that we've experienced. We know that the horsepower numbers are close to where we had them at GM camp, so we'll be fine there and learn as we go."

"We are cautiously optimistic. When the team decided to do it, this

time last year it was because of the amount of support, amount of dedication that the Dodge camp was willing to put into this program and the amount of support that they were giving Bill Davis Racing is why we did it. It is a little bit risky, but I think in the long run it will pay off. I do have some concerns just because there are some unknown things, and I don't want to take a step backwards. With all the people that we've got working on it from Sterling's team, Bill's team, and the Dodge camp, I feel like whatever happens we've got enough folks that will get down on it and fix it."

Racing Trivia Question: Which Winston Cup driver is often referred to as "Awesome Bill from Dawsonville"?

Answer To Last Week's Question: The NASCAR Busch Grand National Series was formed in 1982.

A Look At Sports

Coca-Cola Classic showcase's talent and some surprises



by ED TAYLOR
SPORTS EDITOR

If anything, the Coca-Cola Classic at Pike Central High School this past week proved you cannot underestimate any team and there is no reason of going out on the limb and trying to pick a regional champion.

The teams you thought would dominate their opponents actually did not show up in the final game. It was host Pike Central winning their own tournament over a very good Paintsville team.

Now figure this. Allen Central and Betsy Layne were thought to be the pre-tournament final two but it just did not turn out that way. Oh, the two teams met, but in the consolation game with Allen Central coming out a big winner.

But Pike Central was beaten bad by Allen Central in the early part of the season only to fall to the Hawks, badly, in a second round game.

Betsy Layne, after beating a good Tug Valley team in the opening round, was figured to be a solid choice to upend Paintsville. But Bill Mike Runyon has his Tigers playing good basketball and don't let their 8-6 record deceive you.

It was a good tournament. A large crowd was on hand for the semifinal game with decent crowds in the first round games.

Coach David Rowe and his staff know how to host a tournament. They did a great job and I appreciate their hospitality during the nearly week long tournament.

While last week was filled with tournament games, the big one was over at the WYMT Classic at Perry Central where Shelby Valley kept their record unblemished with a win over Clay County in the championship game.

The big game was to be a second round match up between Shelby Valley and South Floyd, both first round winners. As it turned out, it was no contest as the Wildcats just rolled past the Raiders in a show of inside strength as well as outside firepower. South Floyd would lose to Magoffin County in the consolation game.

Well, up at Paintsville, the girls All "A" was underway and the South Floyd Lady Raiders revealed that they are a different team and team to be reckoned with the rest of the season. They fell by two points to Pikeville in the championship game. Remember, the Lady Raiders almost caught Prestonsburg at home and then won over Allen Central in the second round of the All "A." They played Betsy Layne tough earlier in the season and they are getting better with each outing.

The key, no doubt, has been the consistent play of Kandice Mitchell and her ability to avoid early foul trouble.

But, listen, let's give credit where credit is due. Melinda Osborne has to be Coach of the Year in the district with the way she has molded this very young team.

I have always liked the way she coaches and she has proven she can put together a winner. She is an excellent coach and the next three seasons look very, very promising for the Lady Raiders. They no longer are the door mat of the 58th District but have proven to be a winner.

Oh by the way, the win over Paintsville was not the first All "A" win for a South Floyd girls team. Under Jimmy Hopkins, Melenda's brother, South Floyd defeated Pikeville in an opening round game.

Another thing, the win over Allen Central was the first time a South Floyd girls team defeated another district team. Now the game was considered a conference game. So, the Lady Raiders still have yet to win a conference game. But I suspect it will eventually come this season.

There will still be plenty of tournament play this week as the boys' All "A" gets underway at Pikeville tonight. Again, fans are contemplating a South Floyd/Allen Central match up in the championship game, but be careful. Paintsville will have a lot to say about that as well as host Pikeville.

COMMENTS HEARD

■ "Officiating in the 15th Region has gotten worse, especially at girls games!" I have always been a supporter of 15th Regional officials, but recently I have witnessed two girls games where the officials should have been calling junior pro basketball instead of high school.

■ "I believe our teams have peaked too early!" Well, maybe you can peak twice in a season. Early and late.

■ "I hope Rick Pitino returns to Kentucky!" Well, there is a fellow by the of name Tubby Smith who says different. Don't look for it.

■ "It will be hard for Kentucky to win five more games, looking at the rest of the schedule!" No, I did not say that. But there are more than just me who don't see much success for Kentucky basketball through the final 14 games. The SEC schedule is going to be challenging for Tubby and the boys in blue. At the most, five more wins is the best they will be able to do and they could lose one or maybe two on the road at Georgia or South Carolina. No more cup cakes in the SEC. Maybe we should apply for membership in the OVC.

FINALLY..

Honestly, I think Chuck Rowe is a great, great person and I consider him a very good friend. He is a fine, quality young man who we wish the best in his profession as a teacher and hopefully as a future football coach. Personally, I think he will make a good one.

Until Friday, good sports everyone and be good sports!

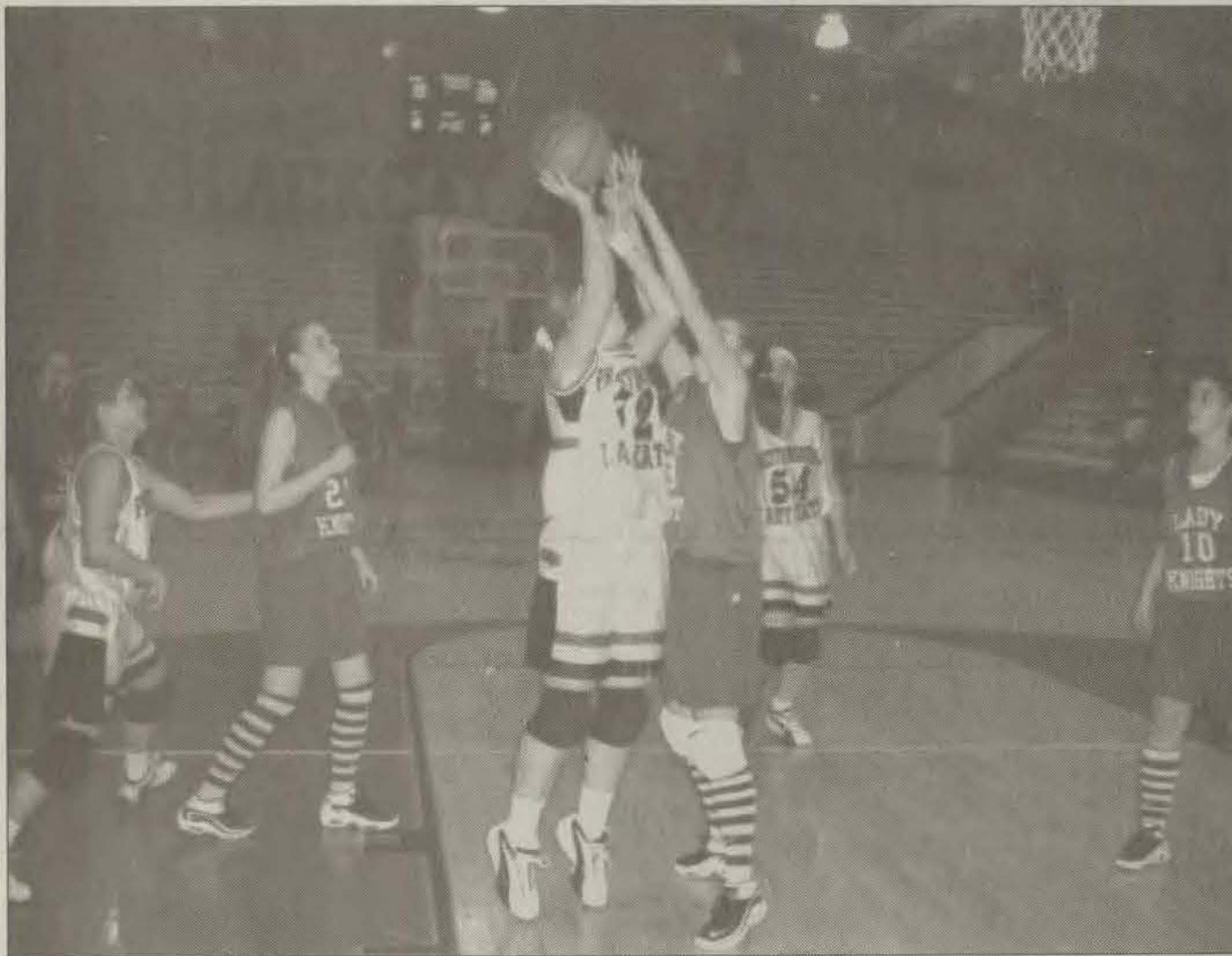


photo by Ed Taylor

AMANDA WEBB (32) scored on this move to the basket against the Piarist Lady Knights Monday night. Prestonsburg posted a 65-28 win over Piarist.



photo by Steve LeMaster

KARI OSBORNE (32) of Allen Central attempts a shot over South Floyd forward Ashley Johnson (20). Osborne and the Lady Rebels fell 49-47 to South Floyd in a second round game of the All "A" Classic.

Betsy Layne wins easy over Millard Parsons, Stratton net 14 points each in 71-25 win

by STEVE LeMASTER
SPORTS WRITER

The Betsy Layne Ladycats had very little trouble in a road game this past Monday night against the Millard Lady Mustangs. Betsy Layne got up early and maintained a lead throughout the entire contest. Betsy Layne held a young Millard team to just 15 points in the first half and 10 points in the entire second half, en route to a 71-25 victory.

Eleven Betsy Layne Ladycats made their way into the scorebooks led by Jenny Parsons' and Amber Roberts' game-high 14 points. Natasha Stratton triggered in 13 points.

Betsy Layne guard Devon Reynolds caught fire in the first quarter, scoring seven points on two field goals and one long-range three-pointer. Reynolds finished the game with the seven points she totaled in the first period.

Millard got a little bit of much-needed scoring in the second quarter. Freshman guard Erica Elswick stepped up in the second period and knocked down a pair of three pointers. Millard's only other score of the second quarter came on a short jumper from Whitney Lawson.

Stratton carried much of the Betsy Layne load in the second quarter. She tossed in seven second quarter points. Roberts, Amy Keathley, Tiffany Meade and Kasha Newman all had two points in the second quarter. The Ladycats went into halftime leading Millard 39-15.

A total of seven different Betsy Layne players scored in the third quarter. Tabetha Witt came off the Betsy Layne bench and got into the scoring column going one-of-two from the free throw line. Savannah Adkins and sisters Jessica and Erica Elswick each had two points for a total of six Millard points in the quarter. The game was all but decided as it entered into the final eight minutes with Betsy Layne leading 60-20.

A mixed group of some of the younger Betsy Layne players outscored Millard 11-5 in the final quarter.

The Ladycats didn't just score against Millard, they played defense, and they rebounded as well. Keathley led Betsy Layne in rebounding with 9. Roberts and Parsons each had 8 boards.

With the win, Betsy Layne now has a 10-5 record.



Home on the range

Jenny Wiley brings back the buffalo buffet...

by PAM SHINGLER
LIFESTYLES EDITOR

Although the buffalo were pretty scarce in these parts by the time Jenny Wiley settled here, her namesake park will be serving up the pioneer delicacy Saturday night at its Frontier Night.

About 200 pounds of buffalo meat is on its way from Mobridge, South Dakota, for the evening's dining experience, according to Mark McLemore, manager of Jenny Wiley State Resort Park.

On the buffet table, diners can choose from buffalo prepared as top round, carved on the line (just like the old favorite roast beef), and/or stew, meatloaf, and chili.

For those who haven't tried it before, the meat is described as being similar to beef, except it's much leaner and doesn't have what some call a "gamy" taste, which often comes with meat from other wild animals.

To go with the buffalo treats, Chef Barry Oidsen is also preparing fried chicken and catfish for those unready to chomp down on a hunk of bison.

Accompanying the meats, apropos of a meal around the cowpoke campfire, will be country-style fried potatoes, crowder peas with bacon, steamed cabbage, corn on the cob, turnip greens with ham hocks and Santa Fe green beans.

The park's well-loved desserts will top off the meal. On the sweets table will be a variety of fruit and cream pies, banana pudding and assorted cobblers.

The frontier cuisine will be available from 4 to 8 p.m. The cost is \$15.95 for adults and \$7.95 for children 12 and younger — and you don't have to fork over airfare or sleep under the stars in the frigid temperature.

Don't plan on rushing home after dinner, however. There's entertainment in keeping with the theme.

Rob McNurlin, who bills himself as a "cowboy singer," will begin his performance at 6:30 p.m. in meeting room 3 of May Lodge. (You can ride the elevator back up to the main floor if you eat too much.)

McNurlin, who's cut several albums and appears throughout the region from his base in Ashland, will sing cowboy and folk songs, many of which he's written and many of which are pretty light-hearted.

McNurlin will be followed by Jeff Hatmaker of Madison County. Part Native-American, Hatmaker will present stories, music and dances from the Cherokee tribe, which roamed these hills a couple of centuries ago. The performance relates to Cherokee traditions and religion.

By 8:30 p.m., participants should be ready to dance. Patterned after the barn dances of old, the activity will include square, folk and country line dancing. Lessons are included.

The activities are free to lodge, cottage and dinner guests, according to McLemore.

Frontier Nights have been going on at Jenny Wiley for about four years, the park director said. Formerly once a year, last year they went to twice yearly.

As elk become more plentiful in the region, McLemore said he and park staff have been "kicking around the idea" of having an elk night. He envisions elk steaks, ground elk and other beef-type entrees. But that's probably a couple of years off, he said.

For more information about Frontier Night and other park events, call 606/886-2711; toll-free 1-800-325-0142; or visit the web site www.kystateparks.com.



Reading Trout

Growing up in Muddy Branch, the son of a coal miner, I suppose it's only understandable that I lacked a certain degree of sophistication.

The only magazines read at our home were The Progressive Farmer and the United Mine Workers Journal. I guess we depended upon the radio and TV's John Cameron Swayze for our national news, because before I enrolled at Eastern in the fall of 1957, about the only newspapers I ever read on a regular basis were The Paintsville Herald and the Grit.

But when I moved into Memorial Hall (the premiere men's dorm on campus at the time), I learned that the Louisville Courier-Journal was running a special for college students. I can't remember exactly the terms of the deal, but I took advantage of it and for pennies a day, found the C-J at my door every morning.

Even before I dressed for class, I enjoyed searching for "Lois" in Hugh Haynie's editorial cartoons. (For non-Haynie fans, Lois was his wife and he would hide her name in his drawings.)

But perhaps even more importantly, I became a regular reader of columnist Allan Trout. I liked his stuff for two reasons: He was a quick read and, more often than not, provided a bit of humor. (As my grades will reflect, I was really big into humor in those days.)

Anyway, Allan Trout came to mind again a few weeks ago when a friend gave me a couple of his collected works. Although I've yet to read anything that strikes a familiar chord, this collection apparently consists of columns he'd written and published at about the time I discovered him.

But when I began reading Trout as a pimply-faced college freshman some 44 years ago, I had no way of knowing that someday I myself would be charged with producing 52 columns a year for three newspapers.

And even if I had, I sure would never have thought that his work and mine would have anything in common. However, after reading an entry in one of my newly acquired volumes the other day, I've decided that is indeed the case.

In this particular article, Trout was telling a delightful tale about his Great Uncle Wiley Trout, and ended his thoughts by saying, "My column does not go very far, nor amount to much after it gets there."

Now, I can sure identify with that. But even more significantly, the title of this particular essay describes "Poison Oak" to a tee: "It Is Bad Some Days, Worse on Others."

Question: When someone tells you something and you know it isn't true, should you be upset with the one who told it when what you knew all along to be untrue, sure enough, is proven untrue?

Answer: Of course not. Question: Then why is everybody so upset with Dubya, just because he said he'd be able to "cross the aisle" and work with the Democrats?

Before we forget ...



This set of steps starts at one of many bends in KY 122, heading south toward Wheelwright. When the road was less busy, perhaps, you could move just a bit off the pavement and onto the steps. But as awkwardly as they start, they appear mysteriously to end. Where do they lead, or to what did they once lead, on this steep hillside? If you can provide some answers, share them with Times readers. We welcome your memories of the steps, as well. Write, call, fax or e-mail Pam Shingler, Floyd County Times, PO Box 390, Prestonsburg, KY 41653; 606/886-8506; fax 606/886-3603; e-mail fctimes@eastky.net.



photo by Pam Shingler
Leroy Greer, food service staff member at Jenny Wiley State Resort Park, is ready to carve the meat. Frontier Night is set for Saturday at the park's dining room in May Lodge. Buffalo roast will be carved on the line, but diners can also sample buffalo stew, chili and meatloaf. After dinner comes entertainment by Rob McNurlin, Jeff Hatmaker and your own dancing feet.

Small World

by AILEEN HALL

A Time To Weep

One of the reasons I enjoy writing about the light experiences of our lives is that we have enough heaviness thrust upon us in our everyday living, and it's good to look away from that just a bit. The writer of Ecclesiastes wrote, "To everything there is a season...a time to be born and a time to die...a time to get and a time to lose..." These truths do come home to us all.

I've written a few times about growing up on Prater Creek and of how interesting life was. My mother had a sister, Zella, who had married Ulysses Hall, and they lived in Ashland where they raised a family of 13 children.

Almost every summer we had some of Aunt Zella's

children visiting through school vacation months. After all, they lived in Ashland where they had theaters, ball parks, skating rinks, a city park and other forms of recreation, but it was understood they had "nothing" to do there. They liked coming to Banner where we could catch tadpoles and play in the creek, where we could explore the hills in back of our house and where there was "everything" to do.

We were close to all these cousins, but one nearest my age was Irene. After we grew up she married and moved up around Baltimore, Maryland, where she had three children, and we lost touch for a while. But in recent years, her children had grown up and she was alone once more, so she began visiting again. Once she drove down into South Carolina to pick up her brother and sister-in-law, Ersie and Margie Hall, but usually she drove all those miles alone. I would call my sisters, her cousins, to join us for

dinner and we would sit around our dining room table, telling stories about our Grandpa Akers and re-living many of those childhood experiences.

She missed coming last summer because she got cancer, but then the treatment seemed to be working and she just postponed her visit. There was a recent message that said, "I've had a setback, and now I will have to wait till spring to visit again." To make a long story short, there was another message a few days ago, this time from her children, and she won't be making the long drive here any more. When we see her again, it will be in that place where there is forever spring, forever peace.



Just a day after we learned of Irene's passing, there was another message that my nephew Julian Hall, who

lived at Oil Springs, had lost his battle with a long illness.

Julian, too, was a part of my growing up years. He was born at our house, and we called him Bub, after Kenneth's attempts to say "brother." He was the son of my sister Elsie and her husband, Jim Hall. His father had died suddenly before he was born, and he went through life loving the image in a picture and missing the thing many children treasure most—having a father figure to look up to.

Julian had married Toylene Scott and they had two wonderful children and four grandchildren who truly brightened their lives. They had lived in Detroit, and then Chicago, for a time before Julian took a job with Commonwealth Insurance and they moved to Oil Springs. Their married children lived near them and the family became an important part of the area and of their

School happenings

Adams Middle School Youth Services Center
 ■ Center is open weekdays, 8 a.m.-4 p.m. or later by appointment. 886-9812.

Allen Central High School
 ■ ACHS Band is collecting Pepsi Musical Points, which enable the purchase of instruments. Points are on 12-pack cubes, 20 oz. and liter bottles of Pepsi, Diet Pepsi, Mountain Dew and Diet Mountain Dew. Give to any ACHS band member or mail to Eastern Band Boosters, PO Box 156, Eastern, KY 41622.

Clark FRC
 ■ After-school child care, 3-5:30 p.m., school days, openings available.
 ■ Nurse in the center on Thursdays.
 Appointments for sixth grade physicals now being scheduled. 886-0815.

McDowell FRC
 ■ Floyd County Health Department nurse is at the Center each Monday to see patients. Call to schedule physical appointment for your 5th grader. Call 377-2678.
 ■ A counselor from Mountain Comprehensive Care is at the center one day a week to see students in need of counseling. Parents are encouraged to stop by the center if they think their child can benefit.
 ■ 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 FRC
 ■ 1-23: Ronald McDonald, Pre-K-4th grade.
 ■ 1-26: Safety program, K-3.
 ■ 1-29 & 30: Recycling program.

Prestonsburg Elementary PTA
 ■ PTA Dairy Queen Punch Cards for sale: \$10 for 18 uses between now and July 2001; buy one item, get the next free. Good at Prestonsburg, Martin and Pikeville Dairy Queens.

Prestonsburg FRC
 ■ Center is open weekdays, 8 a.m.-4 p.m. After School Child Care, 3-6 p.m., school days.
 ■ Counselor from Mountain Comprehensive Care at center one day a week to see students in need of counseling. Call 886-7088 or stop by.

South Floyd YSC
 ■ 1-17: Drug awareness presentations.
 ■ 1-24: AIDS awareness presentations.
 ■ 1-29: Eating disorders awareness presentations.
 Walking track open to public, except during special event. Adult education available. Contact Mable Hall, Keith Smallwood or Misty Dawson, 452-9600 or 9607, ext. 243 or 242.

COOPERATIVE EXTENSION SERVICE

NEWS

Theresa M. Scott
 Floyd County Agriculture Extension Agent
 University of Kentucky, College of Agriculture



FAMILY & CONSUMER SCIENCES

Heart health

Cardiovascular disease is the term for several diseases which include high blood pressure, stroke, Coronary heart disease (CHD) and others. For this column we will address CHD, the leading cause of death in Americans—and Kentuckians. The best way to prevent CHD is through a healthy diet and other positive lifestyle behavior.

Risk factors

Recent studies have shown that Kentuckians have a high incidence of some risk factors:

- smoking
- obesity
- diabetes
- high blood pressure
- lack of physical activity
- lack of monitoring blood

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cholesterol levels
 ■ low intake of vegetables and fruits
 Obviously, we can control some of these factors; others, we cannot. These include age and family history.

All these risk factors in some way contribute to elevated blood lipids—mainly as triglycerides and cholesterol.

Blood lipids

Blood lipids are fatty substances in the blood, including triglycerides, lipoproteins and cholesterol. Measuring blood lipids is the best predictor for risk of CHD. In general it is healthy to have:

- a total cholesterol level of 200 mg/dl or less
- an HDL level of at least 25 percent of total cholesterol
- triglyceride level of 200 mg/dl or less

If your blood lipid levels are within normal range, you can follow dietary recommendations in this column to keep them normal. If your levels are abnormal, your physician and a registered dietician should help you to bring them into normal range by dietary changes, exercise, medications and control of contributing conditions or diseases.

Lowering blood cholesterol by one percent can give you a two percent reduction in risk of coronary heart disease.

Dietary factors

Most folks are aware that too much fat and cholesterol in their diets is not desirable for a healthy heart. Let's look at these in more depth and following the dietary guidelines for Americans. Three ways these guidelines can help decrease your risk of CHD are by helping you:

- lose weight if overweight;
- control high blood pressure; and

■ lower high levels of blood cholesterol

Dietary Guidelines for Americans

1. Eat a variety of foods.
2. Balance the food you eat with physical activity—maintain or improve your weight.
3. Choose a diet with plenty of grain.
4. Choose a diet low in fat, saturated fat, and cholesterol.
5. Choose a diet moderate in sugars.
6. Choose a diet moderate in salt and sodium.
7. If you drink alcoholic beverages, do so in moderation.

All of us should follow Guideline No. 1 by eating a varied diet which enables us to get enough vitamins, minerals, proteins, fatty acids, and carbohydrates.

Guideline No. 2 is important, since being overweight can be a risk factor for CHD.

Lack of physical activity can lead to CHD by contributing to the occurrence of conditions such as obesity, diabetes and high blood pressure.

Guideline No. 5 tells us to be moderate in sugar intake. Too much sugar contributes to elevated triglycerides in the blood.

Guideline No. 6 tells us to be moderate in sodium use, which may help certain people to control high blood pressure.

Guideline No. 7 suggests that a small amount of alcohol may be a positive factor in that it may raise the levels of HDL, the good cholesterol. However, drinking more than a drink or so a day can be a negative factor by raising blood pressure and damaging heart muscle.

Your Floyd County Extension Service will be presenting a program, Heart Health, on January 23, at 10 a.m. at the Extension Office, 921 S. Lake Drive, Prestonsburg. Any interested individuals are invited to pre-register and attend this program. Another upcoming Extension health program will be the Wildcat Way to Wellness which begins January 30.

For further information on either of these programs, contact Theresa Scott at 606/886-2668.

Our Yesterdays

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

Ten Years Ago (January 16 & 18)

Prestonsburg's Abigail Theater, closed since 1965, could regain some of its entertaining quality in the future if a proposal to develop a community center downtown progresses...Property tax bills for 1990 are in the mail, and Floyd County property owners will be paying more this year, according to Floyd County Property Valuation Administrator Lovel Hall...Classes at Betsy Layne High School were cancelled yesterday in order for students to attend the funeral of Cynthia Mullins, a Betsy Layne High School student killed in a car crash Saturday in Pike County...As the war in the Persian Gulf escalates, the efforts of Floyd Countians to show support for American troops have also gotten underway...With the war less than 24 hours old, Allied bombers in Iraq had reportedly begun dropping leaflets on Iraqi defense positions Thursday, urging soldiers to surrender. Meanwhile, Libyan dictator Moammar Khaddaffi, an ally of Iraq's Saddam Hussein, suggested that the start of hostilities in the Middle East could possibly lead to the beginning of a third world war...The flames of patriotism will flare at a candle-light rally to support American soldiers stationed in the Middle East on Monday, Jan. 21. The rally will be held at 7 p.m., in the municipal parking lot, located in front of the courthouse in Prestonsburg...Times reporter Lieutenant Tess Whitmer, who is part of Operation Desert Storm, called her grandparents, Jim and Anna Lamoreaux in Ohio, shortly after the attack on Iraq Wednesday...Former Harold Merchant E.W. Conn, 93, of Mt. Sterling, died Sunday at the Mary Chiles Hospital. There died: Anthony J. Huber, 33, of Warsaw, Indiana, Thursday, January 10, at the Kosciusko Community Hospital; William Crawford, 56, of Taylor, Michigan, formerly of Hi Hat, Thursday, January 10, at the Oakwood Hospital, Dearborn, Michigan; Alpha Jean Caudill, 63, of Bevensville, Saturday, January 12, at her residence; Arthur Franklin Hughes, Tuesday at the Central Baptist Hospital.

Twenty Years Ago (January 21, 1981)

Yellow ribbons were placed on trees by Floyd County residents this week in a show of support for American hostages being held in Iran...were arrested for arson in connection with the burning of a Beaver Creek store...HUD authorities confirmed the eligibility of a \$500,000 Community Development Block Grant to be used for revitalization of downtown Prestonsburg...Staff members at the Prestonsburg Job Corps Center prepared for the arrival of the very first trainees of the program...The Floyd County Fiscal Court moved to seek a court order to prevent Mike Little from raising cable television service rates for customers of the Burton Antenna Service...There died: J. Graham Porter, 73, of Prestonsburg; Orion Clark May, 61, of this county; Frank Adams Sr., 63, of Prestonsburg; Clyde Hubbard, 75, of this county; Eliza Campbell, 83, of McDowell; Elzie Osborne, 57, of Grethel; Mrs. Virginia Collins Mead, 56, of Hi Hat; Nick D. Frabutt, 69, of McDowell; Peggy S. Napier, 46, of Prestonsburg; Alfonso Patton, 75, of Hueysville; Adis Ousley, 55, of Gunlock; Mark Reed Sr., 73, of Prestonsburg; Buck Allen, 58, of Eastern; Earl Hinkle, 59, of this county; Edward C. Miller, 63, of West Prestonsburg; Chad Haywood, 68, of this county; Marie Spears Hall, 53, of Martin.

Thirty Years Ago (January 21, 1971)

A sewer system and sewage disposal plant to serve the same area of the county into which the Beaver-Elkhorn Water District will lay 82 miles of water mains within the next 18 months is envisioned in an application for federal funds filed Jan. 10. J.C. Wells, of Estill, leader in the huge improvement program, said this week...The Island Creek Coal Company filed separate

petitions Monday, for restraining orders against two local unions representing almost 500 of its striking employees...A gathering of Floyd Democrats which packed the county courtroom here last Friday night named County Clerk C. "Ollie" Robinson chairman of the Bert Combs campaign for governor in this county, with Circuit Clerk Frank DeRossett and Jailer Lawrence Hale as co-chairman...Development of a War Memorial area at Archer Park here has advanced to the point that work may be begun soon on the bronze plaque bearing the names of Floyd County's war dead...Born: to Mr. and Mrs. Jack Stumbo, of Prestonsburg, a son, David Hill, January 2 in Lexington; to Mr. and Mrs. Paul Slone, of Prestonsburg, a son, Kevin Lee, December 14 in Lexington; to Mr. and Mrs. Paul D. Stepp, of Louisville, a son, Brian Douglas, December 21; to Mr. and Mrs. Jerry Rayal, of Ada, O., a daughter, Treceia Renna, December 28; to Mr. and Mrs. Palmer Hall, of Orkney, a daughter, Jan. 7; to Mr. and Mrs. Barry Auxier, of East McDowell, a daughter, Jan. 9...There died: Florence Brown Spradlin, 84, of Prestonsburg, Sunday; Mrs. Minnie Amburgey, 79, of Martin, last Monday at Sydney, O.; Rosie Collins Wells, 87, of Auxier, Jan. 7; Elder Henry Porter, 71, of Allen, Saturday; Mrs. Edith Huffman, 68, of Orkney, Thursday; John "Long John" Shepherd, 62, of David, last Friday; Johnny Slone, 59, of Hueysville, last Tuesday at Martin.

Forty Years Ago (January 19, 1961)

Bids on the remaining 2.86 miles of road needed to provide a scenic highway skirting Dewey Lake all the way from the dam to the Jenny Wiley State Park boat dock will be opened Friday by the Department of Highways...Articles of incorporation have been prepared for the Kentucky Mountain Crafts and Folk-Song Center which plans initial operation here this year, it was announced this week...The total number of visitors at Dewey reservoir last year rose to 380,690—154,720 more than all who visited the lake and park the preceding year...With the Jan. 24 midnight deadline only six days away, "Operation Bootstrap," the local effort to raise \$30,500 in order to qualify for County Board of Education assistance in the construction of an athletic field and stadium at Prestonsburg High School is only \$4,725 short of its goal...There died: Lincoln Tibbs, 21, of Endicott, Jan. 7; Donnie Edward Hicks, 26, formerly of Langley, Jan. 10 in an auto accident at St. Mary's O.; William A. Malone, 67 Sunday at his home at Allen; Mrs. Lizzy Little Johnson, 73, Jan. 3 at the home of a son at Wheelwright; William B. Tackett, 84, of Craynor, Saturday; Robert Ramey, 84, Saturday at his home at Garrett; Birchfield Johnson, 56, Sunday at his home at Weeksbury; Moses Mitchell, 67, of Melvin, last Wednesday.

Fifty Years Ago (January 18, 1951)

Reported as missing in action in Korea are: Pfc. Charles R. Boyd, 18, Prestonsburg; Pfc. Leslie Dale Click, 18, Martin; Pvt. Clyde Hamilton of Beaver; Sgt. Clyde Whitaker, of Alger, O., formerly of David; Pfc. Raymond Cook, of Buckingham...The new census shows Prestonsburg has had a 53 percent population gain in the last 10 years...United Fuel has increased the price of gas produced in Kentucky and West Virginia from 12 to 15 cents per thousand cubic feet...Floyd County lumbermen are irate about the new federal edict banning construction of commercial buildings for 30 days. Married: Miss Lola Evelyn Kendrick and Mr. Henry Hamilton Jr., of McDowell, Dec. 29 at the First Methodist Church, Paintsville...There died: George Baldrige, 56, C. & O. section foreman, Friday at his home in West Prestonsburg; Alex Duff, 21, formerly of Garrett, in a Bradshaw, W. Va., coal mine, Monday; Janie Pigman, 67, formerly of Prestonsburg, last Thursday at the Pikeville home of her daughter, Mrs. H.M.

(See YESTERDAYS, page three)

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photo by Ed Taylor

Eat 'til you're full. That's what these friends did during the Martin Senior Citizens Center Christmas party in December.

New Arrivals

Highlands Regional Medical Center

■ January 1: A son, Jordan Lee Strong, to Patricia Laney of Williamsport; a daughter, Monica Loren, to Loretta and Donnie J. Shepherd of Hunter; a son, Blake Dakota, to Amy Rena Terry of Garrett.

■ January 2: A son, Jamison Chase, to Angela Dion and Gordon Short of Mallie.

■ January 3: A son, Jacoby Sean Collins, to Stephanie Watkins of Salyersville; a daughter, Makensie Taylor, to Lisa and Todd McCoun of Pikeville.

■ January 4: A son, Tristian Tyler, to Sheree and Phillip Mayhan of Paintsville; a son, James Dawson Gasparac, to Debbie Meade of Salyersville; a son, Joshua O'Bryan, to Jamie Lynn and Jerry Lee Reed of Salyersville.

■ January 5: A daughter, Alexis Presley, to Andrea Gaye and Gary Hall of Grethel.

■ January 7: A daughter, Cynthia Brook Jacobs, to Melissa Handshoe of Hueysville.

■ January 8: A son, Richard Dillion Alexander Wells to Ashley M. Price of Paintsville.

■ January 9: A daughter, Jessica May, to Rickie and Lula Estep of David.

Pikeville Methodist Hospital

■ December 4: A son, Brandon Hunter, to Angela Lynn and Eugene Jeffery Paige; a son, Lance Ethan, to Veneta Cheryl and Ernie Lee Riddle.

■ December 5: A son, Michael Drake, to Jenna and Michael Alan Puckett; a daughter, Brittany Lashae, to Justina and Bobby Adams; a son, Shawn Allen, to Chevona and Shawn Leslie.

■ December 6: A daughter, Bethanie Elayne Ruth, to Stephanie and Dallas Monroe.

■ December 7: A son, Joshua Wesley Tanner, to Thasha Lanary Keathley.

■ December 8: A daughter, Alicia Brianna, to Deborah Kay and Gene Jerome Slone.

■ December 9: A daughter, Kendra Nicole, to Jessica Nicole and Kenneth Newman II; a daughter, Alyssa Brooklyn, to Leslie A. Calhoun and Eric Nathaniel Cooley.

■ December 10: A son, Tyler Scott, to Sabrina and Scott Eugene Spriggs; a daughter, Piper Rian, to Annette Faye and Gregory Thomas Carroll; a son, Timothy Michael, to Teresa and Michael Andre' Rodriguez.

■ December 11: A daughter, Emily Paige, to Lindsay Jaclyn and

Jamey Robert Hager.

■ December 12: A daughter, Sydney Kathryn, to Virginia Kirk Gannon and Christopher Lee Gannon; a son, Ryan Tanner Sykes, to Batrina Dale Potter and Timothy John Sykes.

■ December 13: A son, Dalton Ryan, to Avis Angel and Ralph Duane Rife; a son, Jaiden Gage, to Raven Leigh Adams; a son, Gavin Isaiah, to Sabrina Lynn and Stacey Kendall Burke.

■ December 14: A son, Tanner Lee Slone Blackburn, to Chandra Mae Slone; a daughter, Bailey Madison, to Ervinia Jean and Kelly Douglas Hall; a son, Isaiah Daniel, to Bobbie Arenia and John Kevin Hess; a son, Brian Austin Patton, to Kristie Dawn Fitzpatrick; a daughter, Hannah Janese Dashae, to Miranda Shavonn Hamilton; a daughter, Kristin Renee, to Misty Lyn and Brian Maynard.

■ December 15: A daughter, Ashley Brooke, to Amy Elizabeth and Shawn Edward Cole.

■ December 16: A son, Christopher John, to Angel Star and Christopher Harold Justice.

■ December 17: A son, Nicholas Taylor, to Jena Michele and Fred Junior Slone.

■ December 18: A son, Charlie Damon, to Nancy Lorena Chandler; a son, Wesley Keith, to Angela Renee and Blaine Wesley Depoy; a son, Matt Nicholas Allen, to Joanna Stewart; a daughter, Destiny Nichole, to Regina Gail and Ricky Wakeland.

■ December 19: A son, Dylan Jimmy Dewey, to Barbara and Jimmy Carlos Blanton Jr.; a son, Travis Steven, to Teresa Lynn Smith and Charlie Steven Hall; a daughter, Breanna Dawn, to Laura Ann and Paul David Little; a daughter, Kiana Deshon Brooklyn, to Tracy Lynn Ferrell; a son, Justin Hunter, to Connie Michelle and Jeremiah Justin Ferran.

■ December 20: A son, Jessie Monroe Booth II, to Jennifer Lynn and Jessie Monroe Booth; a daughter, Abigale Faith, to Paula Ann and Christopher Alan Damron; a son, Joseph Dean Kane, to Daryl Denise and Ethan Daniel Taylor.

■ December 21: A daughter, Alexis Tiara, to Tabitha Slone; a son, Addison Todd King, to Debbie and Jason King.

■ December 22: A daughter, Drema Djane, to Amanda and Benjamin Mahan; a daughter, Elaine Gail Wright, to Lisa Elaine Kidd and Earl Homer Wright; a daughter, Abigail Paige, to Crystal Lynn and Rodrick Shawn Johnson.

■ December 23: A daughter, MacKenzie Hope Norman, to Melissa Jean Slone and David Courtney Norman; a son, Dylan Jacob, to Anelia and Brad Sykes; a

daughter, Britian Shabree, to Pamela and Bobby Johnson; a son, Charles Ethan Young, to April Dawn and Charles Douglas Jr.

■ December 25: A daughter, Ashley Renee, to Sharon and Preston Mullins; a daughter, Jami Nicole, to Susie and Jim Spriggs; a son, Frank James, to Jamie and James Tackett; a daughter, Haley Madison, to Ashley Holbrook and J.R. Ousley; a daughter, Isaac Daniel, to Greta and Daniel Spears; a son, Roger Dale Dorton, to Lisa Dorton; a daughter, Nicole Renee, to Brittany Smallwood and Richard Estep.

■ December 26: A daughter, Kimberly Lachet, to Wonita Lynn Johnson and Kim Allen Slone.

■ December 27: A son, Noah Evan Reed, to Tammy Lynn and Victor Dewayne Hunt.

■ December 28: A son, Devan Brian, to Angela Kay and Clifford Brian Tussey; a daughter, Candice Paige, to Linda Carol and Wilgus Keith Couch; a daughter, Alyssa Louise, to Shanna and Robert Angel.

■ December 30: A son, Jordan Ray, to Tammy Lynn and Bennie Ray Adkins; a daughter, Josi Danyel, to Jocelyn Rose and Daniel Matt Finch.

■ December 31: A daughter, Britney Paige, to Melissa Suzanne and M. James Scott Hopkins.

BIRTHDAYS



Alexis Makenzi Hall, daughter of Kevin and Krystal Hall of Wayland, celebrated her second birthday on January 10, 2001. Attending her Blue's Clues party were Hannah MacElhose, Brody Mullins, Bryce Hall, Austin Branham, Cheyenne Light, Sam Conley, and other family members and friends. She is the granddaughter of Bruce and Kathy Scott of Garrett, Ann Dangler of Indiana, and Palmer Hall of Tennessee. She is the great-granddaughter of Sybol Bentley of Wayland, and Buddie and Marie Slone of Estill.

Haley Brooke Wright celebrated her second birthday on January 5, 2001. She had a birthday party January 5, at her house with the theme of Blues Clues. Many friends and relatives attended the celebration. She is the daughter of Tracy and Kristy Wright of Prestonsburg and granddaughter of Mike and Linda Jarrell of Prestonsburg, Earl and Debbie Wright of Sitka, and Johnny and Billie Thacker of Sidney.

Yesterdays

Eagle; Cynthia May Vaughan, 76, Jan. 6, at Auxier; Dewart Emory Jones, 45, of Martin, Jan. 2, at Louisville.

Continued from p2

Sixty Years Ago (January 16, 1941)

Mayor E. P. Arnold this week filed in circuit court a suit against the city and its council, seeking to require payment of six months salary at \$50 a month...The Burning Fork road from Magoffin County into Middle Creek is reported scheduled for completion...Charles A. Horne, of Harold, was elected last week to his third consecutive term as president of the Floyd County Game & Fish Protection Association...Thirty-six volunteers from this county will report Jan. 30 for military service...Dr. W.L. Stumbo filed Friday, a suit against the county to collect \$8,257.50 for treatment of patients sent to his hospital by fiscal court members...There died: Roscoe C. Howard, 51, Monday at Veterans' Hospital, Huntington, W.Va.; Rhoda Reynolds Howell, 62, wife of Joe Howell, of Harold, last Thursday; Mary J. Hale Click, 58, wife of James H. Click, Jan. 11 at her home at Lancer; Pete Slavens, 66, Tuesday at his home at Garrett; Alex Thomas, 71, Dec. 30 at Mossy Bottom; John Williams, 64, Tuesday at Boldman; Mrs. H.C. Kent, 36, native of Floyd County, Sunday of this week, at Island Creek, Pike County.

ANNIVERSARIES



Celebrate 62 years

Dockie and Geneva Prater of Hueysville will celebrate their 62nd wedding anniversary on January 19, 2001. They were married by the Rev. A.J. Moore at the home of the bride's parents, the late Oak and Rosetta Cooley. The groom's parents were the late John Wes and Hattie Prater. The couple are the parents of Roy Prater of Munster, Indiana, Lois Mullins of Hippo, Brenda Hampton of Columbus, Ohio, Linda Martin of Hueysville, and Pam Martin of Eastern.



Celebrate anniversary

Jerry and Alison Lafferty celebrated their three-year wedding anniversary on December 13, 2000. They were united in marriage by pastor Paul Grainger. The groom is the son of Betsy and Greg Kretzer of Auxier, and is an employee of CSX in Martin. The bride is the daughter of Lois Akers of Prestonsburg, and the late Chuck Akers, and is a student. The couple reside in Auxier with their son, Austin Dey.

Valentine Special

Sign up now for a one year subscription and automatically be entered to win a romantic dinner for two at

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U.S. General Services Administration

PSA

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The Times

Year in Review 2000 Edition

Over the years, one of The Floyd County Times' most popular features has been our annual Year in Review, which takes a look back at the stories and pictures which made the news. This year, we've made a few changes which will enable your business to take advantage of the readership the Year in Review receives.

Unlike in past years, when we've published the Year in Review in installments over two or three weeks, this year, we are publishing the Year in Review in one special section, which will be published on January 21.

The 2000 Year in Review will include a timeline of all the news which made the news during the past year, and feature plenty of photographs as well. All in all, the Year in Review will be a keepsake edition which will allow you to place your business in front of thousands of potential customers long after the issue hits the stands.

The advertising prices and sizes are listed as follows:

- 1/8 page (2x8) - price is \$92.00
- 1/4 page (3x10.5) - price is \$182.00
- 1/2 page (6x10.5) - price is \$364.00
- Full page - price is \$730.00
- 1 color - price is \$110.00
- Full color - price is \$225.00

The deadline to run your advertisement is Wednesday, January 17. The Year in Review will be published Sunday, January 21. I look forward to helping you promote your business.

Call (606) 886-8506



Preston history recorded

The Louisa Chapter of DAR No. 4-056KY is planning a history book on Mose Preston, Revolutionary War Veteran. They are seeking descendants to help them document five to six generations of this family along with stories, military histories, and old pictures. Mose Preston and Fanny Arthur had 11 children and settled in George's Creek, Lawrence County, Kentucky. Their children were Isaac Preston (m. Polly Sloan), Stephen Preston (m. Pricie Miller); Moses Coby Preston (m. Eliz. Haney and Nancy Perry); John Preston (m. Kizzie Fitzpatrick); Henry Preston (m. Betty Cains); Arthur Preston (m. Nancy Miller and Sarah Perry); Susannah Preston (m. Abraham Mead); Lynchie Preston (m. Jesse Price); Polly Preston (m. John Haws); Jane Preston (m. Archibald Borders); and Elizabeth Preston (m. Abraham Childers).

Family history files, charts, stories, and pictures should be sent to Stephanie Adkins, P.O. Box 306, Ft. Gay, WV 25514-0306 no later than March 31. If you use Family Tree Maker or Microsoft Word, you can send disk. Handwritten and typewritten history will also be accepted.

Please send good copy of pictures. Photos of Mose's children and grandchildren will get priority, but others may be published, depending on space.

If you have never done research but know you have Preston ancestors, please send what information that you have. They will try to connect your family if enough information is available.

For more information, email Donna Cox at coxd@zoomnet.net; or call Mary Ellen Reid at 606/638-4995; or Stephanie Adkins at 304/648-5468.

Stay sane during the diet craze: make educated choices

by ANN HILLENBRAND
RADFORD UNIVERSITY

Messages such as "take it off and keep it off with these amazing fat blocking pills" and "lose weight while you sleep" are very tempting for those who are looking for a quick fix to food overindulgence.

Beware, the quick fix is not always the long-term solution to weight gain. There is nothing fast about healthy weight loss, and nutritionists say many of the fad diets being promoted through the radio, television and advertisements are not the answer.

Radford University professor and registered dietician Susan Clark says the cornerstone to a healthy diet is variety, moderation and balance. Many of the weight loss plans based on appetite suppressing drugs, fat blocking drugs and food restrictions do not incorporate this formula and may include unpleasant side effects.

Nutritionists from the American Dietetic Association published a list of 10 red flags that signal bad nutrition advice.

- Recommendations that promise a quick fix
- Dire warnings of dangers from a single product or regimen
- Claims that sound too good to be true
- Simplistic conclusions drawn from a complex study
- Recommendations based on a single study
- Dramatic statements that are refuted by reputable scientific organizations
- Lists of "good" and "bad" foods
- Recommendations made to help sell a product
- Recommendations based on studies published without peer review

Recommendation from studies that ignore differences among individuals

Health risks related to fad diets take many different forms. "Fat drugs are scary," said Clark. "Some of the side effects are scary and we really don't know the long-term effects of these drugs. There isn't any regulation on over-the-counter supplements and they are not always what they say they are."

Clark says the new fat absorption pills block fat from being absorbed in the body by inactivating certain intestinal enzymes needed to absorb it from foods.

If someone consumes a lot of fat while taking this pill, the undigested fat molecules move into the gastrointestinal tract and pull water in, which causes the users to experience bloating, gas, cramps and diarrhea. The pills also block absorption of fat-soluble essential vitamins A, D, K and E. In addition to the short-term effects of such drugs, their long-term safety is not known.

Clark does not recommend diets such as the high protein—low carbohydrate diet. She says it can sometimes be a good jumpstart to weight loss but such diets are never a long-term solution. This diet is based on a combination of foods high in protein and call for giving up everything from bread to bananas.

"Our body only has a certain protein requirement, and once the body uses the protein for repair and maintenance, any extra will be converted into either carbohydrates or fat structures which will be used for energy or stored as fat," says Clark.

This diet is high in saturated fat and doesn't include the five to seven servings of fruits and vegetables high in antioxidants and vita-

mins recommended to fight heart disease and cancer. It is also deficient in calcium and vitamin D which are both important for bone health.

Cutting calories is a great idea, but cutting calories and exercising is even better. When people cut calories, their basal metabolic rate, the base-line number of calories the body needs to function drops. Someone may be making the effort to eat right and trim the fat, but they are not losing any weight. Exercise is the key to keeping the metabolic rate up and the calories burning.

"Exercising two to three days a week is better than doing nothing," says Clark. When people age, their caloric requirements decrease, so it is important to moderate caloric intake and exercise to help maintain one's weight.

Clark says people should set realistic weight loss goals (about one to two pounds a week), base their diet on the food pyramid and consult a registered dietician for advice instead of a family doctor.

"Very few physicians get nutrition in medical school and very few medical schools have nutrition incorporated into its curriculum," says Clark.

Before you dig in to the next diet, consult a registered dietitian. They will assess where you are and work to identify ways to try to cut 300 to 500 calories out of your weekly diet so that you can realistically lose some weight, perhaps without giving up that one favorite food.

To learn more about nutrition and dieting, visit the American Dietetic Association's web site at www.eatright.com. The website features healthy lifestyle tips, recipes and a list of registered dietitians in the United States.

Getting an early grip on nutrition

by KATHIE DICKENSON
RADFORD UNIVERSITY

With the percentage of overweight U.S. children rising at a steep rate, giving kids an early grip on good eating habits is essential, says Beverly Zeakes, a physical and health education professor at Radford University in Virginia. However, she is concerned that children are not learning enough nutrition in their early years.

Most states don't require elementary school teachers to have any coursework in nutrition, she says. Standards of learning may include a range of topics for specific grades, such as "healthy food choices" for kindergarten and "how dietary guidelines work with weight management" for fifth grade, but the topics are general, and most teachers are not specifically trained in how to approach them.

Although middle schoolers might begin learning about things like eating disorders in their health classes, for some this may be too late. By high school, health classes may include scientific studies related to nutrition, but tenth grade is the last year most students learn anything related to health.

"Adults and children today are fatter than ever before," says Zeakes. According to recent studies, about 25 to 30 percent of children in the U.S. are overweight. In one South Dakota study, 31.8 percent of three and four year olds were overweight; 17.8 percent in that age group were obese. A Harvard Growth Study showed that obese children are at a greater risk for coronary and heart disease and

for atherosclerosis, a disease of the arteries.

"In recent years," says Zeakes, "we've seen an increase in Type II Diabetes, a disease we've not seen in children before."

Some parents are poorly informed, says Zeakes, "and they're making bad decisions for their kids." Some use food as a reward, for example, or as appeasement. "Children should learn that food is for nutrition."

The compressed scheduling of today's families intensifies the issue. Pressed for time, parents often rely on fast food, rather than plan and prepare meals at home.

Yet nutritious food is not necessarily more time consuming than junk food, says Zeakes. "Oatmeal doesn't take much time at all, and it makes a very nutritious breakfast." Sliced apples, carrot sticks and raisins are easy snacks, and a quick way to round out a meal.

Confusion about what makes a good meal is another problem. Several generations of parents relied on the "four food groups," but that friendly, comprehensible square grid has been replaced by several versions of the food pyramid, including the California version, the vegetarian version and the government-recommended version. Some people have a hard time sorting them all out.

The number of recommended daily servings for each category in the food pyramid intimidates some people, says Zeakes. The government version, for example, recommends two to three servings each of dairy and meat, three to four servings of vegetables, two to four servings of fruits and—yikes!—six to 11 servings of grain. But most people don't know what a "serving" is.

For the government's pyramid, serving size is small, she says, only about a half cup—a half cup of cereal, for example, or a half cup of

cooked fruits and vegetables (but a full cup of a raw fruit or vegetable). A good guideline in choosing an appropriate serving of meat is to go by the size and thickness of your palm.

These categories of the food pyramid are not so different from the old four food groups, says Zeakes. "They've put fruits and vegetables in separate categories, and they show sweets and fats at the top."

When planning a nutritious meal, she says, don't get caught up in exact amounts, just include a little from every category. "Use some of this, this, this and this, use different colors and textures, cut back on sweets and fats—especially the saturated fats found mostly in red meats and baked items—and you'll be on the right track."

Parents who follow and teach their children reasonably nutritious habits will go a long way toward ensuring their healthy futures as well as their success in school, says Zeakes. "Healthy, happy kids learn

World

Continued from p1

church, Southside Freewill Baptist of Paintsville.

As our family and friends sat together for the beautiful service, my mind ran back over the good times we had shared and the different roads our lives had taken. I was so proud of his family and the closeness they shared, of the high regard his fellow citizens and church family had for him and for the wonderful peace he had about being prepared for this day.

He now rests in the beautiful cemetery out by Paintsville Lake in a spot near the top of a hill, fulfilling the song by one of his fellow church members titled, "Go Rest High On That Mountain."

Yes, there is "a time to every purpose under the heaven..."—and this was our day to weep.

Valentine's Day Greetings

from Our Readers to Their Loved Ones.

Valentine's Day Special Edition

Sunday, February 11

Who do you love?

Of course, Valentine's Day has to do with sweethearts. But, it's not limited to romantic duos. Above all, it's about love, caring deeply about another creature.

- A spouse
- A girlfriend or boyfriend
- A parent
- A son or daughter
- A brother or sister
- An aunt, uncle, cousin or other relative
- A special friend who's been there through thick and thin, sickness and health, happy and sad
- A dog, cat, horse, gerbil or some other critter who has made you feel loved

Tell us about the one(s) you love.
Send a picture and a message and
The Times will print it in a special Valentine's Day edition.
Let him or her (or it) know how much you care.
Cost: \$10 per picture.
Deadline: 4 p.m., Wednesday, February 7, 2001

• Honeybun	• Sugar Daddy	• Sweetie pie	• Mother Dear
• Sissy	• Bubba	• Baby Girl	• Boy-child
• Aunt Min	• Uncle Sam	• Fido	• Miss Kitty
• Mr. Ed	• My Buddy	• Pal o' mine	• Grandchild

Photo Here

Message

Send photo and message to:
Valentine Special Edition
The Floyd County Times, P.O. Box 390
Prestonsburg, KY 41653
c/o Donna Jewell
or drop off at The Floyd County Times
263 S. Central Ave., Prestonsburg

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SURGEON GENERAL'S WARNING: Cigarette smoking causes lung cancer.

BUSINESS

professions

Who wants to be an entrepreneur?

Aspiring entrepreneurs in Kentucky can take advantage of an innovative training program to find answers on how to be successful in business.

The Center for Rural Development, Kentucky Highlands Investment Corporation and Eastern Kentucky University are partnering on a free interactive, entrepreneurial development program—"Tuesday Evening with an Entrepreneur."

The seven-week program, which begins February 6, will use CenterNet, a high-tech videoconferencing network, to give budding entrepreneurs the opportunity to hear and seek advice from five successful business owners from the region.

"Kentucky has a history of entrepreneurialism—whether it's the family farmer who has a side business to make ends meet, or the global success of Kentucky Fried Chicken," said Hilda Gay Legg, executive director and CEO of The Center for Rural Development. "We hope that budding entrepreneurs will learn from these success stories and create their own."

The entrepreneurs will gather at The Center for Rural Development in Somerset to tell their success stories and interact with the audience. Each 90-minute

session will involve an interactive broadcast to 12 sites in Bell, Clay, Estill, Jackson, Jessamine, Hartlan, McCreary, Monroe, Rockcastle, Perry, Pike and Wayne counties.

"These aspiring business owners will have the unprecedented opportunity to learn from some very successful businessmen," said Dr. Jack L. Dyer, director of Eastern Kentucky University's MBA program. "We are working together to produce content that will feature all aspects of beginning or expanding a business."

The first and last sessions will showcase all five entrepreneurs. The other five sessions will feature one speaker, who will focus on one aspect of business they know best, such as evaluating ideas, financing, marketing or human resources.

Each presentation will be held from 6:30 p.m. to 8 p.m. In addition, an afternoon session also will be held from 1 p.m. to 2 p.m., for Future Business Leaders of America (FBLA) clubs at area high schools.

The five participating entrepreneurs are:

■ J.C. Egnew, who founded four manufacturing companies that employ more than 1,000 people in the region, including Outdoor Venture Corporation, which was one of the first manu-

facturing plants in McCreary County.

■ John Sturgill, owner of Fantasy Custom Yachts, who sold all his belongings and moved from Appalachian Virginia in 1995 to

pursue his dream of becoming a successful manufacturer of luxury houseboats. The Monticello company, which employs 185 people, has annual sales of more than \$15 million;

■ Steve Meng, president and CEO of Casecraft Corporation, which operates two woodworking plants in Clay County, employs 100 people and has annual sales of \$4.8 million. Previously, Meng assumed managerial responsibilities for two insolvent regional companies, which are now profitable and employ more than 500 people;

■ Jerry Weaver, chairman and CEO of Mid-South Industries Inc., who is a sharecropper's son from Clay County. He turned one small company into a conglomerate of 11 companies in Kentucky and Alabama. With annual revenue exceeding \$200 million, Mid-South employs 1,800 people, including more than 760 in Jackson County; and

■ Ray McGregor, who is chairman and CEO of Cumberland Gap Provision Co., a leading producer and marketer of hams and sausages to major U.S. supermarket chains. Cumberland Gap is an employee-owned company in Middlesboro. More than 175 of its 265 employees have stock ownership in the company.

"These entrepreneurs are truly American success stories," said Jerry Rickett, president and CEO of Kentucky Highlands Investment Corporation. "They have demonstrated that, through hard work and innovative ideas, success can be attainable for any person in any community. Their experiences will provide a framework and inspiration for future business owners." For information, call 606-677-6000.

Mann joins Kirk firm



John Wesley Mann

John Wesley Mann, formerly a hearing officer at the Kentucky Department of Labor, Workers Compensation Division, has joined the Kirk Law Firm where he will practice primarily as a workers compensation attorney, according to an announcement from the firm. "We are very pleased to make this announcement," said John Kirk, senior member of the firm. "John Mann is one of the good ones. Dedicated, very knowledgeable, a smart attorney with a heart for the working man and woman." Mann is a graduate of the University of Kentucky and the Louisville College of Law. He is a

native of Salyersville and a graduate of Magoffin County High School.

Before his tenure at the Department of Labor, he was in private practice at Prestonsburg where he served as an assistant commonwealth's attorney from 1994-1996. From 1984-1993, he served as a part-time hearing officer for the Kentucky Natural Resources and Environmental Protection Cabinet, Bureau for Surface Mining.

"Although a young man, John has a wealth of experience as both a litigator and judge," Kirk said. "We think that experience will be a great asset to injured workers with claims before the Department of Labor."

"I appreciate the opportunity Mr. Kirk's firm has given me to use my experience as a litigator with the Department of Workers Claims and to now be involved in a law firm dedicated to fighting for injured workers. I look forward to being a part of the firm and seeing the people of this region," said Mann.

The Kirk Law Firm has been one of the state's premier firms in the field of workers' claims for a number of years, and has been named by Roll Call Magazine as a state leader in terms of claims won.

The Kirk firm maintains offices at Prestonsburg, and in a number of



Jenny Wiley Theatre acknowledges First Commonwealth Bank for its continued support. Presenting a check to Martin Childers, JWT managing director is Greg Wilson, president of First Commonwealth Bank. The bank will sponsor "The Taffetas, A Musical Journey Through the Fabulous Fifties," opening in late May.

Pike College accepting nursing applicants

The Nursing Division at Pikeville College is accepting applications for fall 2001 admission. The deadline is March 1.

Criteria for admission are: (1) application to the college and the nursing program; (2) high school and college transcripts; (3) ACT of 19 or above; and (4) completion of the Nurse Entrance Test (NET). The NET will be administered at Pikeville College at 9

a.m. on January 20, February 3, and February 17.

Applicants to the LPN to RN program are eligible for placement in the second year of the nursing program. Applicants must meet admissions criteria, take additional testing, and have a valid nursing license. For more information, call the Division of Nursing at 606/432-9230 or visit www.pc.edu.

Chamber Notes

by REGINA BECKNELL
EXECUTIVE DIRECTOR
FLOYD COUNTY CHAMBER OF
COMMERCE

2001: Working for Floyd County

The Floyd County Chamber of Commerce has set dates for many special events in 2001. We are continuing our effort to keep our members updated on all issues affecting the county and their business. If you are not taking part in these events and have questions about becoming apart of our organization, please call.

Take a note to mark down these dates. If you need any information regarding any of these events, contact the Chamber office at 606/886-0364 or floydchamber@setel.com or check out the Chamber web site at HYPERLINK <http://www.floyd-chamber.com>.

February 5: Chamber Membership Meeting, Tom Jones, executive director, East Kentucky Corporation, noon at Jenny Wiley State Resort Park. Jones will show Gov. Paul Patton's video on the "New Appalachia."

February 22: "Women In Business Symposium, Jenny Wiley State Resort Park, highlighting the issues affecting women in business today, \$15."

April 27 & 28: East Kentucky Leadership Conference; 27th at the Mountain Arts Center; 28th at Prestonsburg Community College. Take part in this conference which centers on issues affecting Floyd County. \$30.

May 10: Chamber Annual Banquet, Jenny Wiley State Resort Park. Help us honor those making contributions to Floyd County.

June 14: Chamber Golf Tournament, StoneCrest Golf Course.

The Floyd County Chamber of Commerce looks forward to seeing you at these events. Let's all take part in the shaping of your county. The Floyd County Chamber of Commerce works for Floyd County and Floyd County businesses.

The Floyd County Chamber of Commerce would like to thank Judge-Executive Paul Hunt Thompson and his staff for taking time to discuss new ventures and opportunities for Floyd County. We offer our services to all our county and local officials, who continue to expand Floyd County's possibilities.

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COMMERCIAL PROPERTY, FORMER LOOSE CABOOSE, RT. 80—Property approx. 300' highway frontage to top of hill. City water available, 2 septic, power ready. Call for more details! F-106106

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Just outside of Prestonsburg—Good size home with little upkeep. 3 bedrooms, 2 baths. Large great room and furnished kitchen. H-104378

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NEW LISTING: Super 3-bedroom, 2-bath doublewide, situated on nice level lot! Block foundation, outbuildings, decking, vaulted ceilings and skylights are just a few of the bonuses with this home! Only \$35,000. Call today! (106217)

NEW LISTING: 2-3 bedroom cedar-sided home on Pinhook Hill Home offers a covered, attached carport, storage building and full-size basement. Priced to move fast at \$35,500! (106201)

This 3-bedroom home has been updated for you with 2 baths, central heat and air, plus extra insulation for low utility bills. There is also a nice detached 24x28 garage on the 1/2-acre lot. (105091)

This 2-bedroom, 1-bath home is looking for a new family! If you are looking for a home in the Garrett area and you like privacy, this could be the one for you! Two-story outbuilding with garage is included for only \$44,000. Call today! (105174)

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Frances Cooley 874-8545

Sarah Frances Cooley
Broker

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PRESTONSBURG (South Highland)—Location... Location... Location... 2,000± sq. ft. brick home with 3 bedrooms, 2 baths, all city amenities, nice corner lot with garage. Extra features include hardwood floors, birch cabinets, family room and much more! Call Hansel today for details. T-1

PRESTONSBURG—It's a beauty! 4-bedroom brick home with 2 baths, basement, family room, attached garage, rock wall in back for privacy. All city amenities, great location! N-8

MIDDLE CREEK (For sale or lease)—Commercial metal building, 50x80 with insulated & carpeted offices. A Vindale doublewide home with 1890± sq. ft., 3 bedrooms, 3 baths, screened-in porch, and 2-car carport. Offers city water, and situated on 4.9± acres. F-0004

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NEW LISTING
PRESTONSBURG—Great starter home at great price of \$45,000. All city utilities. (106200). Call Jo Bentley to make your appointment.

NEW LISTING
PRESTONSBURG—Prestigious Cedar Trace! Brick 3-bedroom, 2-bath home. Custom kitchen, built-in work station in great room. Hardwood floors, Jacuzzi in master bath. (106202). For private showing, call Lynette Fitzer.

Photo Not Available
CEDAR TRACE SUBDIVISION—Residential building lots with public utilities. Only one mile off U.S. 23—Plat map and restrictions available. Only 5 lots left. (102309). \$36,000 to \$65,000. Call Trent Nairn.

BETSY LAYNE—3-bedroom, 3-bath home, with in-ground pool. Garage, 6-stall horse barn and great landscaping. (105248) \$120,000. Call Shirley Blackburn.

ALLEN—4 bedrooms, 2.5 baths, hardwood floors throughout. Nice front porch, cherry cabinets, patio. (104720). \$117,000. Call Jo Bentley. Lynette Fitzer.

RECEPTIONIST POSITION

Medical office receptionist needed. Requires good typing skills, good oral and written communication skills, good concentration and organization. Send resume with high school or college transcripts and references to:

Receptionist Position
P.O. Box 2688
Pikeville, KY 41502-2688

DRIVERS WANTED

Universal Well Services, Inc., is currently hiring Drivers, Operators and Supervisors for its Nitrogen and Cementing Departments in Allen, KY. Applicants must have a good driving record and mechanical aptitude. Class A or B license required. Pay is commensurate with experience, excellent health benefits and 401K plan. Call (606) 874-3487 or visit the office on State Route 1428 to arrange an interview.

Manpower Temporary Services

Manpower Temporary Services has the following long term positions open in the Floyd/Pike county area.

Merchandiser: clean and restock shelves, have valid drivers license and be able to work on flexible schedule.

Part-time janitor position in the left Beaver/McDowell area.

If you would be interested in either of these long term positions, please stop or call our office:

Manpower Temporary Services
First Commonwealth Bank Building
311 N. Arnold Avenue, Suite 503
Prestonsburg, Ky 41653
(606) 889-9710

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Per-Diem

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For consideration, mail/FAX your resume with salary history to: Apria Healthcare, Attn: Branch Manager, 5311 Kentucky Route 321, Unit 7, Prestonsburg, KY, 41653-9114. FAX: (606) 886-6072. Visit our website at: www.apria.com. EOE m/f/d/v

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Must have experience in Quark Xpress and Adobe Photoshop. Extensive use of Macintosh hardware a plus. Excellent benefits.

Send resume or apply at

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Mobile Homes

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TRAILERS: Furn., clean, near P'burg, private, util. partly pd. Suitable for working people. 886-3941.

2 BR MOBILE HOME: Unfurnished, Grethel, Big Mud. \$200 mo. 285-3825.*

LARGE 2 BR : Central heat & air, partial utilities paid. 886-3628.*

FOR RENT: 2 BR mobile home at Town Branch. Call 886-6857.

2 BR MOBILE HOME: Real nice! All electric, fireplace, appliances. Private lot with garage. Arkansas Cr. \$375 mo. + dep. No Pets! 886-6665.

2 BR, 1 BA TRAILER: 1/2 mile north of P'burg. 889-0363.*

2 BR MOBILE HOME: 1 BA. Between P'burg & Paintsville. No Pets! 886-9007.

EMPLOYMENT

When responding to Employment ads that have reference numbers, please indicate that entire reference number on the outside of your envelope. Reference numbers are used to help us direct your letter to the correct individual.

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Job Listing

AVON Earn \$\$\$ for Christmas. Free sign up for short time. Call Jancy at 886-2082.

POSITION AVAILABLE for Dietary Manager. Great salary & benefits. If interested apply at Mountain Manor of Paintsville 1025 Euclid Avenue, Paintsville, Ky 41240. Monday Thur Friday 8am-4:30pm.*

FAST GROWING RENTALCOMPANY is seeking aggressive, hard working individuals to fill account manager positions and grow with us. If you have a drive to succeed, apply in person at: A-Plus-Rent-to-Own, Paintsville, KY (beside Kmart).*

PRESTONSBURG HEALTH CARE CENTER is seeking Accounts Receivable Clerk. Experience preferred in Medicare & Medicaid billing. We offer many benefits & competitive wages. If you are seeking a rewarding career, call Elaine Hunter at 886-2378.*

AVON: From now until end of Jan., no \$25 fee for sign-up. Call 1-800-796-7070 or 639-4294.*

INTERNATIONAL TRUCK dealership looking for a Diesel mechanic. Apply in person or send resume to: Yearly Truck Sales and Service, 5037 Hwy 1428, Allen, KY 41601.*

ROUTE SALES: Working out of The Martin Warehouse. Guarantees \$50 day + 5% commission. 1-800-848-2036.*

ASSISTANT MANAGER NEEDED: Background in collections and sales beneficial, but willing to train if management skills are present. Benefits available, salary negotiable. Apply in person at: A Plus Rent-to-Own, Paintsville (beside Kmart).*

CLAIMS PROCESSOR \$20-\$40 / hr potential. Processing claims is easy! Training provided, MUST own PC. CALL NOW! 1-888-565-5197 ext 642.

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POSITIONS AVAILABLE for Licensed Practical Nurses. Great salary & benefits. Apply at Mountain Manor of Paintsville 1025 Euclid Avenue, Paintsville, Ky 41240.*

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APPLICATION AND EXAM INFORMATION - Postal Jobs \$18.35+/ hr. 1-888-726-9083 x1701 7am-7pm CST.

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Transit Drivers Needed

Sandy Valley Transportation Services (SVTS) is seeking qualified applicants for Transit Drivers. Basic qualifications include, but are not limited to: pass drug test; physical exam, clean driving and conviction records. Health, dental, life insurance, retirement, holidays, sick and vacation days. Contact Johnny Hall, 1-800-444-Ride (7433) for job application or further information. SVTS is an equal opportunity employer M/F/D/V



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