- Section C

briefs

May Valley a to hold blood drive Tuesday

Blood is needed everywhere, every day. The May Valley Elementary School asks you to ensure blood is available for area hospital patients by donating on Tuesday, February 20, from 8 a.m. to 3 p.m. The drive is being sponsored in conjunction with Central Kentucky Blood Center.

Every three seconds in the United States someone receives a blood transfusion.

Donors must be at least 17 years of age, weigh a minimum of 100 pounds and be in good general health. The complete process takes less than an hour, with the actual donation of one pint, lasting 10 minutes. Blood can be donated every 56

Through the support of volunteer donors and drive sponsors like May Valley Elementary School, Central Kentucky Blood Center provides blood to 68 hospitals in 54 Kentucky counties.

All donors will receive a free thank-you gift. For more information, call Dawn Wheeler at 432

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Sports

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2 DAY FORECAST



Chance of showers

High: 42 * Low: 30

Tomorrow



High: 36 . Low: 26

For up-to-the-minute forecasts, see floydcountytimes.com



February 4, 2001

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Volume 72, Issue 15 • 75 Cents

Lakeview residents ask Corps

Kitty Frazier and other residents of Lakeview Village examine charts showing vibration readings from blast sites near their homes.

by SHELDON COMPTON STAFF WRITER

for answers

Thursday night the Army Corps of Engineers met with residents of Lakeview Village, the area nearest to the blasting site for the construction being done to the spillway at Dewey Lake.

The atmosphere was calm and relaxed, but the ideas presented and the concerns expressed by the residents were calculated and well thought out, making for an overall productive meeting.

The purpose of the meeting was so that the Army Corps of Engineers could address the citizens of Lakeview Village concerning blast vibrations that many of the residents say have caused damage to their homes.

The project proposes to make the area safer in regard to potential flooding, Corps spokesmen said.

Stephen Spagna, project geologist, explained many details the citizens felt had been overlooked during pre-blast inspections.

"We have seismographs set up at one residence that is the closest to the blast site, which is a require-

ment by law considering the distance the home is from the construction," Spagna explained. "But if some of you would want them set up at your residence, we would be more than happy to do

Several of the residents requested that equipment to be set up at their homes, but continued to detail damage that had occurred to their homes since blasting began.

Residents pointed out damages such as cracks along the walls of their homes, trees shifting into the hiking trail near the site, and general disturbances such as windows shaking and asked how the damages could not be connected to the blasting.

William Tackett, one of the two dozen or so residents in attendance, claimed that his home was not inspected at all before construction began.

'All we had was a little note left in the door that explained very little about what was going on,' Tackett commented. "When I called back to speak to someone, I

(See BLASTING, page two)



Jonathan Jackson, director of the spillway project in Prestonsburg, gives opening comments on behalf of the Army Corps of Engineers at Thursday night's meeting held at May Lodge in Prestonsburg.

One-time murder case ends in secrecy

by SHELDON COMPTON STAFF WRITER

A long, at times frustrating, saga was completed last week involving a Floyd County teen originally arrested in November 1999 on a murder charge.

Jacob Ellis Carroll, 19, of Dana was the driver of a 1998 GMC Club Cab pickup which crashed into a tree along Route 680 at John Hall Branch in Grethel on June 107 1998. That accident resulted in the death of Edgar Dwayne Hughes, 18, also of Dana, who was riding as a passenger in Carroll's truck.

At the time of the accident, police said excessive speed may have played a role in the wreck. Police also discovered later that Carroll had been under the influence of alcohol at the time of the accident.

Although he was only 17 at the time of the crash, police charged Carroll as an adult on a charge of murder November 5, 1999. In June, a grand jury indicted Carroll, but changed the charge to reckless homicide.

However, that indictment was set aside by Circuit Judge Danny P. Caudill in October, and Carroll's case was sent back to district court, where he was prosecuted as a juvenile.

The case against Carroll was resolved last week. However, because he was charged as a juvenile, records of what transpired are sealed from public inspection and prosecutors refused to disclose any details concerning the resolution of the case.

Since the time of the accident, the Hughes family had pushed hard to get charges of murder against Carroll and was, to say the least, confused as to why Carroll was charged as a juvenile after the case was remanded by Judge Danny P. Caudill.

In order to have obtained a verdict for murder, prosecutors would have had to have proved that Carroll had intentionally killed Hughes. The county attorney's office therefore decided not to send the case back before

(See CARROLL, page two)

Child seat checkup makes return trip to Prestonsburg

Times Staff Report

The state Transportation Cabinet's annual effort to educate the public about the correct way to install child safety seats is making a return trip to Floyd County, stopping in Prestonsburg during National Child Passenger Safety Week

The statewide tour will have a stop in Prestonsburg on Monday, February 12, at Music-Carter-Hughes, from 4 to 7 p.m. During that time, certified child passenger safety technicians will be available to inspect child safety seats.

During the inspections, technicians will be looking to make sure seats are installed properly, to inform motorists if their seats have been recalled, and to educate parents on proper usage of the

In addition to the Prestonsburg stop, the tour will also be in Pikeville earlier in the day. Inspections are scheduled to take place from 10 a.m. to 1 p.m. at the Pikeville Fire Department.

The event will get its kickoff on Friday, February 9, at the State Capitol, where First Lady Judi Patton and Transportation Secretary James Codell lead a ceremony to raise awareness about

In addition to Prestonsburg and Pikeville, the tour will travel to four other cities across the state. Those cities include Georgetown on February 13, Florence on February 14, Louisville on February 15, and Owensboro on Feburary 16.



photo by Ralph B. Davis

Members of the pop group innosense signed autographs and chatted with fans during a stopover at the Prestonsburg Wal-Mart Saturday. The group, which has toured with such acts as Britney Spears and N'Sync, performed in concert at the Mountain Arts Center last night.



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On your mark. Get set. Rest! Tips for taking baby home

by DR. STEVEN SHELOV

(NAPSA)-Along with the excitement of taking a baby home for the first time, many parents also feel a little concerned about becoming responsible for their newborn.

Fortunately, most parents quickly become more confident while learning how to care for their new baby. Here are a few tips to help parents adjust:

Get Rest. For many parents, especially mothers, the simplest advice is often the best advice-try to get as much rest as possible. When you are well-rested, you will be better able to care for your new

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baby, as well as yourself. Try taking naps when your baby sleeps.

Forever Feeding. At first, it is best to feed your baby whenever he is hungry. Eventually, you will develop feeding times that work well for both of you. You can usnally tell if your baby is getting enough nutrition if he gains weight steadily, has regular stools, wets the diaper six to eight times per day and seems generally content.

Sound Sleeper. Your new baby will probably spend most of her first days at home eating and sleeping. Swaddling your baby in a receiving blanket will help her feel secure when asleep. Health care professionals strongly recommend

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when laying her down to nap.

Communicating Through Crying. All new babies cry from time to time. It is an important way for them to tell you that they need something-to be fed, changed, put down for a nap, or just held and cuddled. Babies that cry excessively may have a condition known as colic. Colic usually goes away when babies are around three months old. If you suspect your baby has colic, your health care professional can provide guidance to help you soothe your newborn.

Together Time. The first few days can seem overwhelming. Simply learn to say "no" to what-

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Martin and

placing your baby on her back ever feels too much for you and your baby. Take time to love, cuddle, massage and talk to your baby.

> Crazy Common Questions. It's a good idea to have a couple of books on infant care at home that you can refer to with all kinds of questions. The Johnson & Johnson Pediatric Institute offers a free educational booklet called Taking Your Baby Home by calling 1-877-JNJ-LINK or visiting the web site at www.injPediatricInstitute.com. Talk to other parents. Trust your instincts. And, never hesitate to call your health care professional with

> Steven Shelov, M.D., is professor of pediatrics at the State University of New York Health Sciences Center and chairman of the department of pediatrics at Maimonides Medical Center in Brooklyn, New York. He is also an advisor to the Johnson & Johnson Pediatric Institute.

Blasting

told the woman that I would drive the 100 miles to meet with her, but she was not even willing to do that. She said they had done all they were going to do and talked to everybody they needed to."

Spagna admitted that the preblast contractors' failure to cooperate was "unacceptable."

"We contracted the pre-blast inspection through another company, with Ed Walters, and if they didn't inspect the area properly, then something needs to be done about that," Spagna said.

Homes like that of William and Rose Tackett's that had not been inspected left the Corps of Engineers without many

www.americanheart.org

Jonathan Jackson, director of the project, assured the group the project was "here to help them to live in a more safe environment" explaining that the spillway was. in its present state, at risk to damage surrounding property

E Continued from p1

Before the meeting ended Jackson and Spagna gathered phone numbers and addresses of the residents in attendance with the promise that survey plans and other strategic information about the project would be pro-

Project completion, according to Mark Wheeler, construction supervisor, should be in 12 to 14 months.

Carroll

a grand jury.

Had the case been handed back over to a grand jury, Commonwealth's Attorney Brent Turner would have had to have revisited some of the details he dealt with during the original indictment last fall.

Turner spoke briefly about the case Friday and explained

that it "would have been a risk" to send the case before a grand jury again. The possiblity of all charges being dropped was good considering Carroll's age at the time of the accident, Turner said.

The decision to pursue the case in juvenile court would mean that, at most, prosecutors could expect no more than a

Continued from p1 token punishment, but it also

eliminated the possibility of the case being dropped altogether. Assistant County Attorney Stacy Marshall, who handled the

case against Carroll in Juvenile court, spoke briefly, but vaguely, about the case. "My actions are taken in

response to the laws of the Commonwealth of Kentucky." Marshall said. "Morally, I may feel that certain cases should be handled in certain ways, but legally. I am bound to handle it according to the law."

The Hughes family could not be reached for comment.

State's juvenile justice system complies with consent decree

United States Attorney General Janet Reno joined Governor Paul Patton Tuesday in a ceremony that ends the state's juvenile justice consent decree, which was established with the Department of Justice in December 1995 to improve juvenile confinement in stateoperated treatment facilities.

"I am proud to be a part of this initiative here today and to pledge my continual support for juvenile services in this state," Governor Patton said, "Just because the consent decree ends today does not mean this administration's commitment to juvenile justice is finished. On the contrary, our departure from the consent decree today will help us move forward at a greater

The consent decree was created after federal officials determined that conditions of juvenile confinement at Kentucky's state-operated residential treatment facilities violated the statutory and constitutional rights of juveniles. Kentucky voluntarily entered into the consent decree to improve conditions of juve-

"The beauty of our system is that it gives a departmental-level focus on one of the toughest issues that faces every county in this state and every state in this nation," Justice Cabinet Sec. many people think the problem said.

of juvenile crime is literally unsolvable, but over the last several years, this focus has helped to measurably decrease juvenile crime in Kentucky by giving each juvenile the tools and the inspiration needed to turn his or her life in the right direction."

The consent decree called for Kentucky to establish a department that would work to improve conditions of juvenile confinement in state-operated residential treatment facilities. The state developed the Department of Juvenile Justice, and over the past five years, it, under the leadership of Commissioner Ralph E. Kelly, Ed.D., has worked diligently to implement provisions of the consent decree.

These provisions include creating a pre-service training academy for direct care juvenile justice staff; an internal investigations unit and a board-certified physician to guide the provision of medical services in facilities.

"The department's successes in transforming Kentucky's juvenile justice system from a system in need of massive reform to a system that now stands among the best in the nation would have been impossible if not for the vision of Governor Patton, the support of the General Assembly, and the Robert F. Stephens said. "And dedication of our staff," Kelly

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MARRIAGES

Lisa Marie Kendrick, 26, to Wallace Ray Johnson, 37, both of Langley.

Emma Jean Mollette, 42, to Daniel Lee Mowry, 46, both of David.

LAWSUITS

Chase Manhatten Bank USA, N.A. vs. Baker, Michael. Harris, Rudy Wayne Jr. vs.

Harris, Patricia Lynn, alcohol intoxica Jervis, Richard vs. Thomas, William I

Christy.

Ebbets Partners LTD vs.

Thompson, Donald K. Fleenor, Chad vs. Fleenor, Christy

Halcomb, Dwight Don vs. Halcomb, Iva Mae.

Skeens, Hank Edward vs. Skeens Emagene.

Sears vs. Potter Katherine. Blair, Howard L. vs. Hall Donovan L.

Fife, Paul vs. Fife, Paula. Slone, Michelle vs. Slone, farrod.

Ford Motor Credit Company vs. Swafford, Charity.

Bentley, Naomi vs. Bentley, Willie

Conseco Finance Servicing Corp. vs. Adams, James E.

Corp. vs. Adams, James E. Howard, Marlene vs. Howell, Dexter.

CHARGES FILED

Wanda L. Miller, 24, Salyersville, theft by unlawful taking.

Rondal Benton, 28, Salyersville, theft by unlawful taking.

Donnie Reynolds, age unlisted, McDowell, first-degree criminal trespass.

Anthony Hale, age unlisted, Prestonsburg, theft by decep-

John E. Murphy, age unlisted, Langley, parent failure to send

child to school.

Susan Slone, age unlisted,
Hueysville, parent failure to

send child to school.

Delano Hagans, age unlisted,
Langley, parent failure to send
child to school.

Kim Hurst, age unlisted, Langley, parent failure to send child to school.

Rita Barcenas, age unlisted, Martin, parent failure to send child to school.

Tammy Paige, age unlisted, Wayland, parent failure to send child to school.

Joe D. Greene, age unlisted, Martin, parent failure to send child to school.

Joe Greene, age unlisted, Martin, parent failure to send

child to school.

Dwayne Marsillett, age

unlisted, Hueysville, parent failure to send child to school.

Brian C. Sellards, age unlisted, Printer, alcohol intoxication. Sue Hall, 42, Lackey, theft by failure to make required dispen-

sation of property.
Richard Hardy, 31, West Van
Lear, terroristic threatening.

Robin C. Jarrel, 33, Prestonsburg, alcohol intoxication.

Stephanie Estepp, 23, Martin, alcohol intoxication.

William D. Stacy, 31, Mouthcard, alcohol intoxication, Danny R. Stevens, 28,

Dwale, alcohol intoxication.

James M. Bradford, 25,

Stanville, alcohol intoxication.

Nancy H. Chapman, 22,

Whittensville, theft by unlawful taking.
Elizabeth Tackett, 29, Bypro,

theft by deception.

Jamie Derham McQueen, 37,

Allen, parent failure to send child to school.

Brenda Lewis 37 Allen parents

Brenda Lewis, 37, Allen, parent failure to send child to school.

Michael Stoney Howell, 20,

McDowell, disorderly conduct. Ronnie Manuel, 28, Martin, alcohol intoxication.

Jeffery Mattox, 36, Debord, alcohol intoxication.

Brandi Hopkins, 24, Hi Hat, fourth-degree assault.

Sherry Allen, 21, Prestonsburg, fourth-degree assault, criminal trespassing. Mary J. Crum, 34, Martin,

criminal trespassing.
Gordon Nichols, 32,

Stanville, parent failure to send child to school. Tim Justice, age unlisted, Auxier, first-degree wanton

endangerment.
David Akers, 40, Grethel, first-degree rape.

Eric Kevin Akers, 29, Banner, terroristic threatening, first-degree wanton endanger-

BANKRUPT-CIES

Pikeville District

Chapter 7

Under Chapter 7 bankruptcy, a court-appointed trustee sells assets and the debtor is discharged of debts.

Teleda R. McCall and William J. McCall, Eolia.

Sandra S. Adams, Jeremiah. Vennis Watts, Cornettsville. Norman C. Hensley and Tina

Janice Denise Williamson,

Ivel. Gary Dean

R. Hensley, Chavies.

Pikeville.
Terry Lynn Beichner, Pine Top.

Bowling,

Hank Adam Noble, Jeff. Michelle Lee Sexton and Raymond Sexton, Hazard.

Joey David Fitch, Ivel. Lizzie Blankenship, Stopover.

Henry A. Sexton and Sandra G. Sexton, Deane.

Chapter 13

Under Chapter 13 bankruptcy, the debtor arranges to repay debt.

Beth Ann Mahon and Carl Lee Mahon, Blackey.

Gary David Smith, Phelps. Stephen D. Campbell, Comettsville.

Joseph Paul Mullins and Seronda Renee Mullins, Dorton, Margaret L. Mulkey and Randall Mulkey, Dwale.

Diane Brown and Steven James Brown, Pikeville.

INSPECTIONS

Skeans Shell Mart. Prestonsburg, regular inspection. Violations noted: Frozen food items in boxes stored on the floor in walk-in freezer, several utensils (knives) were observed to be chipped, facility manager could not locate chemical test strips for measuring strength of sanitizer at the threecompartment sink, wiping cloths not stored in a sanitary solution when not in use, large section of wall missing in restroom, no light provided for walk-in cooler, mop head observed stored on the floor in food prep area. NOTE: All hot and cold holding temperatures are in compliance at this time. Score: 95/96.

Dollar General Store, North Lake Drive, regular inspection. Violations noted: Block wall located in restrooms have cracks in blocks. NOTE: Overall, this is a clean and well-maintained establishment. Score: 99.

Lawson's Shop-A-Lot, Harold, regular inspection. Violations noted: Not all freezer units have conspicuous thermometers, back storage area should have a section set aside with a sign stating damaged or distressed food items, not for resale to the public, paper towels stored on the floor in back storage area, garbage can in the restroom should be covered, floors in moderate disrepair, walls in back storage area in disrepair in restroom also. Score:

Taco Bell, Prestonsburg, regular inspection. Violations noted: Ventilation hood over cooking surface is lightly soiled, there are no hand towels provided at the rear hand wash sink, floor is lightly soiled behind the large ice machine in the rear of the store. NOTE: Overall, is a very clean and well-maintained establishment. Score: 96.

Tiger Exxon Mart, Prestonsburg, regular inspec-Violations noted: Sandwiches in display unit being held at non-compliance temperature, above 41 degrees Fahrenheit, sandwiches were removed and discarded, bleach poured over them in presence of inspector, sandwich display unit refrigerator will not hold the required temperature of 41 degrees Fahrenheit - temperatures vary from 50 to 60 degrees Fahrenheit, recommend that this unit not be used until proper temperature can be maintained, walk-in freezer-taco meat filling stored on the floor, cloth towel being used on the drain board to absorb excess water, no towels were observed at hand wash sink in food prep area, clothing articles stored on food contact areas, mop head observed stored on the floor of food prep area. Score: 85/96.

Wal-Mart Deli & Store, Prestonsburg, regular inspection. Violations noted: Container on food prep counter without proper label, potentially hazardous foods-barbecue sauce and beef taco filling (frozen) thawing at room temperature, counter top at three compartment sink in bad repair, milk ccoler at 34 degrees Fahrenheit, but has no thermometer, floor tile in disrepair in men's (employees') restroom. Score: 95/98.

Lakeview Mart, Prestonsburg, regular inspection. Violations noted: Not all refrigeration and freezer units have conspicuous thermometers, restroom facilities have no self-closing doors. NOTE: Facility appears clean and well organized. Score: 97/97.

Riverview Manor, Prestonsburg, regular inspection. Violations noted: Steam tables having excess water standing on surface, microwave oven having dried residue from formerly cooked foods, two indoor/outdoor containers not having lists. NOTE; Caution that wooden handles being used. Score: 95.

Unlimited. Opportunities Martin, regular inspection, Violations noted: One water fountain noted to be out of order, water (both hot and cold) not under enough pressure at all lavatories, Lighting noted to be inadequate in all boys' and girls' restrooms. Restrooms had approximately 3.1 foot candles and requires a minimum of 20 foot, hole in wall behind commode in girls' restroom of gym, various holes in the walls of the maintenance room in the gym. exit doors in gym need sweeps - have cracks at the bottom in excess of inch. The various holes in the maintenance are also charged as a critical violation due to the possibility of being an entry from outside of the gym. Score: 83.

Besty Lane Elementary, Besty Lane, follow-up inspection. Violations noted: Janitorial closet now secured and being kept locked. No score given.

Dinosaur Playround, Prestonsburg, regular inspec-Violations noted: Thermometers not in use in all refrigerators or freezers, three compartment sink not in use, not able to wash, rinse, and sanitize in one step, accurate test kits for the chlorine solution not avaliable, toilet room not having selfclosing doors, carpet in kitchen, kitchen floor cannot be made of an absorbant material, hair restraints not in use during cooking. Score: 92.

Big Lots, Prestonsburg, regular inspection. Violations noted: Storage of food items not on palates six inches above floor, mop heads stored on floor drying. Score 97. FoodWorld, Stanville, follow-up inspection. Violations noted: Handwash sink in the meat room has been repaired and is operating properly at this time, all other items from inspection date Jan. 18 have been corrected. Score: 99.

Martin Save-A-Lot, Martin, follow-up inspection. Violations noted: A follow-up on Jan. 26, due to a complaint on the restroom revealed that the problem has been corrected. No score given.

Our Place, Prestonsburg, regular inspection. Violations noted: Thermometer not located conspiciously in all cooking or heating units (reach-in freezers), butcher block table in disrepair, surface not easily cleanable, various cabinets at front counter in disrepair, some missing drawers, handles missing from reach-in freezer, use of tape to repair, panels missing from unit, seals from ice-machine located in back stock room damaged, also lid of ice-machine rust residue, hood above cooking area found with chipping paint in need of maintenance, ceiling in bck storage area in need of maintenance. Score: 93.

Save-A-Lot, Prestonsburg, regular inspection. Violations noted: Distressed food table not labeled as so, thermometer not working properly in walk-in milk cooler, vegetable and fruit displays in need of general maintenance, found paint chipping with rust residue, walk-in milk cooler found with seals around doors need replaced or repaired, hand sink in meat room

(See RECORD, page five)



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Benny Ray Bailey, left, and Nikki Bailey present Pikeville College President Hal Smith with a check for an endowed scholarship in honor of the couple's family. The scholarship will be awarded annually to a graduate of South Floyd High School.

Scholarship established for students at South Floyd High School

Nikki and Benny Ray Bailey, in partnership with Pikeville College, have established an endowed scholarship at the school.

The scholarship will be named the Viola Tackett Bailey and Rebekah Dereath Bailey Scholarship in honor of Benny Ray's mother and the couple's infant daughter. The scholarship, for direct descendents of Ben and Martha Tackett, will be awarded annually to a graduate of South Floyd High School who is planning to attend

Pikeville College. "I graduated from McDowell

High School, as did all my brothers and sisters, and taught at Wheelwright High School. I also graduated from Pikeville College," said Benny Ray Bailey. "My grandparents had 10 children and many of my relatives live along Left Beaver Creek. Nikki and I wanted to do what little we can to encourage all children to pursue higher education and we hope this

scholarship will do this."
"Family and education are

very important to us," said Nikki Bailey. "We hope to honor both by establishing this scholarship for students at South Floyd High School."

"On behalf of the college, I would like to express our gratitude to the Baileys for their gift of an endowed scholarship," said President Hal Smith, "Their generosity and their commitment to education will enable Pikeville College to provide new opportunities for students at South Floyd High School."

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 girlfriend or boyfriend -A spouse -A son or daughter -A parent -An aunt, uncle, cousin or other relative —A brother or sister -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 Sugar Daddy · Sweetie pie · Mother Dear · Honeybun · Bubba · Baby Girl · Boy-child Sissy · Uncle Sam · Fido · Miss Kitty · Aunt Min · Mr. Ed · My Buddy · Pal o' mine · Grandchild Photo

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Message



Amendment I

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.

Worth Repeating ...

"Hold your head high, stick your chest out. You can make it. It gets dark sometimes, but morning comes ..."

—Rev. Jesse Jackson

Guest View

Cleaning up the mess

It's that time of year again.

With winter ending, the trees still bare and the snow going or gone, the litter is about to pop into full view.

Come spring, the rains will gully-wash a lot of it away and summer's greenery will hide the rest. We'll be able to pretend, once again, that Kentucky doesn't need a bottle bill or mandatory garbage collection.

Once again, we'll be wrong.

Why we'll be wrong is no great puzzle. Just dust off that best-seller from a few years back, "All I Really Need To Know I Learned In Kindergarten," which included this rule: Clean up your own mess.

Applied to garbage and public policy, that means that if you generate the trash, you have an obligation to dispose of it properly.

At least two bills intended to get garbage under control are expected to come before the 2001 General Assembly, which is meeting through March. One is from Gov. Paul Patton. The other is from House Majority Leader Greg Stumbo.

These aren't exactly competing bills. Both would impose mandatory curbside garbage collection, along with a few other provisions for a cleaner Kentucky, such as tougher attacks against rogue dumping and dumps. Stumbo adds a half-cent container fee that's sort of a stealth bottle bill. Retailers would have to pay the modest fee for each cup used at a fast-food restaurant, as well as for each bottle or can of pop, beer, wine or other booze.

Stumbo put the fee in his bill because he figures that cleaning up Kentucky is going to cost money, and the money should come from a users fee.

Why serious-minded people would resist Stumbo's fee is hard to fathom.

For that matter, a bottle bill, which seems doomed to failure in Frankfort, is plenty logical. What a nickel deposit would do - and it's plain that it would do this, because it accomplishes as much in other states — is dramatically cut down on litter. To suggest otherwise is to ignore human nature. Litterbugs don't throw nickels out the window, and if they do, someone will pick them up.

The governor knows this, and in a meeting with The Kentucky Post editorial board this week he made it crystal clear that all that stands between him and support of a bottle bill is a sign from the leadership in the General Assembly that they would stand up to the bottling industry and support a bottle bill.

That means that both House Speaker Jody Richards, a Democrat like Patton, and Senate President David Williams, a Republican, need to make a commitment early — and get to work lining up the troops.

They probably will not. Both are considering a run for governor in 2003, and neither wants to be labeled as the candidate who imposed bottle deposits, which political opponents will call a tax hike.

Patton, ever the pragmatist, knows as much. And he's not

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cnhi

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(See VIEW, page five)

"the evil empire" of the Soviet Union and the Berlin Wall was firm. The Texas frontier spirit is back, and citizens can be secure by owning and carrying guns. Property owners will have more rights to use their property as they see fit. National security will be assured by a missile defense system and energy shortages will be solved by more oil drilling.

Life was indeed simpler then, but women, minorities, and gays were constrained in their life choices and were ignored or prevented from development of their talents. In an overpopulated world we will be prohibited from helping those millions of struggling women who desperately want

family planning help. The diversity, by ethnicity and sex, of the new administration appears at first glance to reflect the diversity of the American people. A closer look reveals this is only superficial; all are conservative or very conservative and most are multimillionaires. Yet Americans are a diverse mix of conservatives, moderates and liberals and most are not millionaires. The Bush cabinet appears to represent the thinking of, at best, a third of the elec-

The Bush administration proposes to draw back from Europe and to build a missile defense system. NATO, Russia and China all oppose a missile defense system on the basis it will start a new international arms buildup. In spite of multibillions already spent on missile defense, several limited tests have failed and many experts believe no effective system can be built at any cost. Missile defense will not stop terrorists with suitcase sized nuclear or biological weapons or clever computer hackers. The administration's statements add to the already increasing anger around the world against "Bully America." In a Wall Street Journal series "The Burden of Power: The U.S. in the 21st Century" one headline states, "On Trade and Nuclear Arms, Geneva Diplomats Vent Anger at U.S. Demands." The Bush team expertise dates from an era when containment of Russia, China, North Korea and Cuba was the policy, Radically different ideas are now needed but the old thinking seems to prevail in the new administration.

The income gap between the rich

(See PEN, page five)



Back to the good old days

by ROBERT LINNELL

In its second week in office the direction of the Bush administration is becoming clear. How does this direction compare to what the American people want?

As we know, it was a close election in which Bush lost the popular vote by over 500,000 votes, but this was a mere 0.5 percent of the 100 million votes cast. The crucial Florida electoral votes officially went to Bush by the infinitesimal majority of 537 votes, leaving uncounted 180,000 Florida votes rejected by the machines. The Bush theme of "uniter not divider" seems urgently needed. Now in power, how is Bush doing on uniting and what are the directions of his regime?

It looks like a return "to the good old days." A time when the nation had a clear and united purpose against

etters

Seeks support for volunteer

For all veterans and their friends and family:

Hershell Joseph, a 100percent service-connected. combat veteran musters the fortitude to do volunteer service work at the EKOC. This work facilitates the mental and physical pain Hershell endures after his return from Vietnam.

In the early 1970s, Hershell returned to the United States and began a treatment program to save his legs that were almost lost due to an ambush on his platoon. Hershell also started doing service work for all veterans and even though it is therapeutic for him, it is a godsend for veterans, their widows and dependants.

Hershell, as knowledgable as he is, has helped thousands of veterans, their widows and their dependants file claims to the Veterans Administration. His efforts have been very rewarding for the many entitlements this claimant is receiving. It has also been rewarding for Hershell, inasmuch as this is his therapy. It helps him to deal with his own internal and physical struggles as a result of war.

Recently, the powers that be have chosen to revoke Hershell's privileges as a volunteer service officer at the East Kentucky Outpatient Clinic in Prestonsburg. This action was taken without allowing Hershell the opportunity to refute any allegations against him.

The time has come for all veterans, widows, dependants and friends of veterans to show support for Hershell. Please contact your congressmen, representatives, senators and politicians on both the national and state levels. Hershell is there for us. Let's be there for him. We want this revocation against Hershell ended. Please help. Joe Belcher Virgie

After Morgan's Raid, what happened?

In 1994, I began writing The Longest Raid of the Civil War, the book about Morgan's Raid through Kentucky, Indiana and Ohio. Many newspapers were kind enough to publish my letter asking for stories of events that happened to people living in your area during the raid. As a result, over 300 letters were received and most of them were included in the book published in 1999.

Now I am writing the sequel. This new book will tell what happened after the raid to many of the people and places that were mentioned in the first book.

If your ancestor was raided, was one of the pursuers

or was one of the raiders, and he or she went on to become a governor, sired a future president, had a Hollywood movie made about them, received a Nobel Prize, married one of the raiders (all the foregoing actually happened) or some other interesting event occurred, send me your story. This incident could have happened 100 years ago, or it could have taken place just last week. But it must have some relationship to Morgan's Raid. If possible, send your story before March 30. Please state in your letter that I have your permission to publish it. Include any documentation, photographs, letters or proof to confirm your tale. If your story appears in the book, you will be notifed.

Send information to Lester Horwitz, 9410 Farmcourt Lane, Loveland, Ohio 45140-8925, or visit the book's website at www.longestraid.com, or send email to horwitz@aol.com.

Lester V. Horwitz Cincinnati, Ohio

Prestonsburg, Kentucky 41653 Rod Collins, Publisher

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Letter Guidelines

In accordance with our editorial page policy, all letters must include the signature, address and telephone number of the author.

Letters to the Editor are welcomed by The Floyd County

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.

Record

needs repaired, faucet head leaking water, women's toilet room not does not have covered waste receptacle, ceiling down some aisles have insulation showing through, drain gaurd in meat room not fixed and secure around drain. Score: 88.

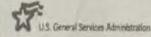
Long John Silvers, Martin, regular inspection. Violations noted: Up right refrigerator and freezer unit in bad repair, proper dish washing procedure not being used (wash, rinse, sanitize), inside ice-machine should be cleaned and santized, also

People know Pueblo for its ...



Famous Hot Salsa?

In Pueblo, the free government information is also hot. Dip into the Consumer Information Center web site, www.pueblo.gsa.gov. You can download all the information right away.



ice-machine door in disrepair, lights to display units stored on floor, plastic items stored out in open should be covered. Score:

McDowell Senior Citizens, McDowell, regular inspection. Violations noted: Food item (flour) stored on the floor of storage area, Clean utensils stored with ends exposed, should be stored handles up, No towels at hand wash sink in food preparation area. Score: 95,

PROPERTY TRANSFERS

Janet Jarrell to Estill Jean Endicott, property located on Jarrell Fork of Cow Creek,

Master Commissioners Sale, Associates Mortgage Company vs. Eugene Rose, Sheila Rose, Commonwealth of Kentucky, County of Floyd, on behalf of Sara Jane Schaaf, Secretary of Revenue, property location not

Green Calhoun to Brenda C Fitch and Gordon Fitch, property location not listed.

Green Calhoun to Iris J. Calhoun, property location not

Greenville Calhoun to Brenda C. Fitch and Gordon Fitch, property location not list-

Oakwood Acceptance Corporation, a North Carolina ■ Continued from p3

corporation to Randy Smith, property located on Left Fork of Otter Creek of Left Fork of Beaver Creek in Wheelwright.

M-C-H Insurance, Kentucky General Partnership consisting of Estill Lee Carter and Paul P. Hughes, Estill Lee Carter and Peggy Carter to Paul P. Hughes, property located in Prestonsburg.

Carlos Artrip and Virginia Artrip to Jimmy Artrip and Cindy Artrip, property located on Beaver Creek.

Fern Martin to Timothy Shawn Martin, property located on Left Fork of Beaver Creek.

Bobby Lawson, Johnny Lawson, Charlene Lawson Carrell, John Paul Carell and Debbie Lawson Rogers to Loene Lawson, property location not

Teresa Bailey to Marvin Tyler, property located on Right Beaver Creek

Benny Ray Bailey to Emogene Bailey Smith, property location not listed

Emogene Bailey Smith to Ricky Stumbo, property location Donald Ray Hamilton and

Alpha Hamilton to Charles T. Dotson, property location not

Emmett Lawson and Velma Lawson to Debora Kidd, property located on Spruce Pine Branch of Little Mud Creek.

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Days

and poor has widened over the last quarter century: The top I percent of wage earners now have 20 percent of the nation's wealth, nearly twice what it was 25 years ago. The good news is that this gap has leveled over the last five years. With its plans for reducing capital gains taxes, eliminating inheritance taxes and lowering income taxes, the new administration will favor the wealthy and increase this gap.

Do we really want to return to the good old days? Is it real-

Take a few minutes

A few minutes of your time

may mean a lifetime to someone in need. Share your good health

and donate blood. Central

Kentucky Blood Center and Betsy Layne Elementary have

scheduled a blood drive on Wednesday, February 7, from 9 a.m. to 3 p.m., in the auditorium.

In about an hour, you could

donate blood to save the lives of local patients such as those

who need transfusions in

Central and Eastern Kentucky

Hospitals. The actual blood

donation process takes about

10 minutes, then you'll relax for

a few minutes and enjoy

refreshments, knowing you've

given of yourself so someone

Wednesday, February 7. For

more information contact Dawn

Make plans to give blood on

else can live.

Wheeler at 432-4979.

to save many lives

think it is neither realistic nor desirable.

The new millennium world is radically different from that of just 10 years ago. New thinking is a must if the American way of life is to survive and prosper. Europe has taken the plunge to end centuries of regional conflict, formed the European Union and a common currency. The United Nations, for all its faults, is becoming more effec-

istic even if we wanted to? We the future than missile defenses, new arms races and widening the rich-poor gap.

■ Continued from p4

The new thinking for a globalized world must focus on international cooperation to solve the world's problems, including the looming disaster of global warming. Our presence around the world is an essential ingredient for world peace and a better life for us

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Innosense at Walmart...



Jenny Morris, Mandy Ashford, Veronica Lee Finn and Nikki Deloach, members of the pop group Innosense, shared a laugh with fans during an autograph session at the Prestonsburg Wal-Mart on Saturday. Not pictured is the fifth member of the group, Danay Ferrer.

Statewide arts organization celebrates 40 years of art education

Nestled in the Berea College Indian Fort Theater located 3 Forest just outside of town, over 120 of Kentucky's finest artists and craftsmen will gather on a warm spring weekend to celebrate a 40 year tradition of making and sharing beautiful and practical works of art. And in return, thousands of families, school kids and collectors from across the country will journey to visit with the artists and see demonstrations of how these fine arts and crafts are made.

The Kentucky Guild of Artists and Craftsmen, established in 1961 as a not-for-profit arts education organization, will host their Annual Spring Fair on May 18, 19 and 20 in the beautiful wooded setting of miles east of Berea on Highway 21. In honor of the Guild's 40th



Anniversary, there will be many new exhibitors, international music, delicious food, exciting hands-on children's projects, and a special retrospective exhibit from founding members of the Guild.

From cutting-edge contemporary to traditional, the event will offer original art in a number of mediums including jewelry, pottery, watercolor paintings. musical instruments, weavings, baskets, stained glass and many other unique art forms. Visitors can watch the artists at work and buy directly from them.

If you would like to make a request for more information, just e-mail us at beth@ksd-

Pneumonia: Pneumonia bac-

teria can be present even in

healthy people, but if your

immune system is weakened in

some way, such as by strep

throat, the bacteria can multiply

and cause bacterial pneumonia.

Pneumonia also can be viral.

➤ High fever - 103 degrees

> Cough that produces dis-

> Medications to treat pneu-

monia depend on the cause.

Antibiotics typically are pre-

scribed for bacterial pneumonia

The symptoms are similar:

or above - and chills

> Breathlessness

colored mucous

Preventing strep throat and pneumonia

The holiday break is over and the children have gone back to school. But they may have just one more present for Mom and Dad - strep throat. Streptococcal infections are prevalent this time of year, especially in the classroom where children have close contact. And once strep throat spreads to the parents, they can turn around and infect the workplace. Strep is very contagious, with more virulent strains of strep showing up these days. But there are things you can do to protect your family.

Preventing Strep Throat

Strep throat lives in salivary secretions and on surfaces. When infected children touch books or faucets, they can easily spread the infection to other children.

> Wash hands frequently. Use disposable paper towels or give each person their own hand towel or washcloth.

> Don't share eating utensils or glasses. Use paper cups and

ly to prevent further spread once a child is on antibiotics, it takes 24 hours before they stop being contagious.

to look for. Usually, strep is not other cold symptoms. A sore throat or trouble swallowing positive, the doctor will usually also want to give the child some-

ister aspirin to anyone under 19.

> Seek treatment immediate-

throw them away afterward.

Symptoms: Seeking early

➤ Serve children their snacks rather than letting them reach into the cookie jar or bag.

treatment means knowing what accompanied by a runny nose or may be the only symptom, or the child may have a sore throat with a high fever and swollen glands. If that's the case, stop by the doctor's office and have a throat culture taken. If the culture is prescribe an antibiotic. You may thing for pain, but don't admin-If not treated, strep throat can turn into pneumonia, which is a serious infection or inflammation of the lungs and the sixth leading cause of death in

and antiviral drugs sometimes work for certain kinds of viral pneumonia.

Preventing

Pneumonia

complication of the flu, so it is helpful to get a flu shot if you have no medical conditions preventing your being vaccinated against the flu.

vaccine and your doctor can help determine whether you need that

➤ Overall good health habits, such as getting plenty of rest and exercise as well as a proper diet and good hygiene, can help prevent illness or reduce the severi-

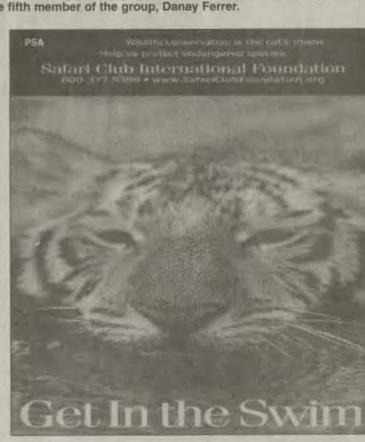
UnitedHealthcare offers innovative health benefit plans to more than 7 million Americans, with nearly 500,000 national and local members in Kentucky and Indiana. The company has a history of redefining health care. In 1984, UnitedHealthcare introduced Open Access, allowing members to see specialists without a referral, and in 1999 announced Care Coordination, a program that gives physicians and patients the final say about medical treatment and hospitalization. UnitedHealthcare is part of UnitedHealth Group, a national diversified health and well-being enterprise.

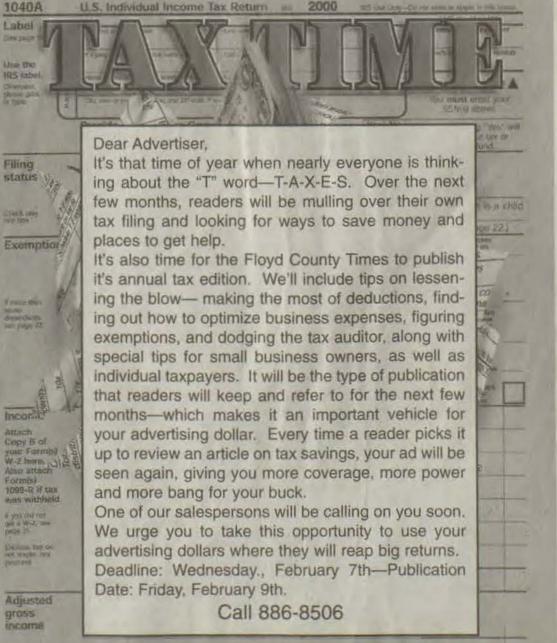
> Pneumonia is a common

➤ There also is a pneumonia vaccination as well.

ty and speed recovery.

www.unitedhealthcare.com





18. Subtract line 17 from the 14. This is your adjusted gross income

View

going to waste his political capital on a lost cause. So for the time being, he's not backing either a bottle bill or Stumbo's container fee.

What he is backing is a reasonable, measured, cost-controlled package that will make Kentucky cleaner than it is now. It very simply insists that everyone take responsibility for cleaning up his own mess.

The governor's bill is only a start, but it is a sound start. Three Northern Kentucky legislators already have signed on. Reps. Jon Draud, R-Crestview Hills, Jim Callahan, D- Wilder, and Arnold Simpson, D-Covington, will co-sponsor the governor's bill.

We salute their early commitment, and urge them to urge their fellow lawmakers to get on Continued from p4

board and not waste a golden opportunity.

The Kentucky General Assembly, which urgently asked voters last year to approve annual sessions, got them. It was, by many accounts, a historic change designed to modernize state government by putting lawmakers in Frankfort as a sort of ready-response team that could keep up with the fastpaced needs of the 21st Century.

The first of these historic sessions started in January, with, unfortunately, the members of the House and Senate all but promising to do nothing.

Well, we call on them to do something. At least do this: Pass the governor's garage bill. Better yet, do more: Pass

- The Kentucky Post

Community Calendar

Calendar items will be printed as space permits

Editor's note: As a service to the many clubs and committees that meet in our community, The Floyd County Times' Community Calendar will post meeting and public service announcements. Articles for the Community Calendar must be submitted in writing to The Times no later than 5 p.m. Monday for Wednesday's publication, 5 p.m. Wednesday for Friday's publication, or 5 p.m. Thursday for Sunday's publica- Jenny Wiley, AARP.

tion. These cannot be taken over the telephone.

AARP Tax-aide service begins February 7

Volunteers from Jenny Wiley Chapter No. 3528, AARP, will begin their tax-aide program of assisting elderly and lowincome taxpayers with their income tax forms Wednesday, February 7, at the Prestonsburg library.

The Tax-Aide service will continue every Wednesday, from 8:30-3, until April 11. This is a free service, provided by

Obituaries

Cleopatra Howell

Cleopatra Howell, 49, of Wayland, died Wednesday, January 31, 2001, at St. Joseph Hospital in Lexington, following a brief illness.

Born on July 4, 1951, in Davao City, the Phillipines, she was the daughter of the late Eugenio and Dolores Bongcawil Buelis.

She is survived by her husband, Calvin Howell.

Survivors include one son, A. Buelis Ulysses of Nicholasville; one daughter, Teresalyne (Dimples) Brewer of Columbus, Ohio; two brothers, Perpetou Buelis and Maxludy Buelis, both of the Phillipines; four sisters, Dulcie B. Ibanez and Filipinas B. Buelis, both of the Phillipines, Liza B. Mein and Leticia B. Austin, both of Australia, one grandson and one step-grandson.

Funeral services will be conducted Monday, February 5, at 1 p.m., at the Nelson-Frazier Funeral Home, Martin, with Lavonne Lafferty and others, officiating.

Burial will be in the Davidson Memorial Gardens, at

Margaret S. Lockwood

Margaret S. Lockwood, 79, of Huntington, West Virginia, died Thursday, February 1, 2000, in Jewish Hospital,

Born on August 20, 1921, in Prestonsburg, she was the daughter of the late George Washington and Betty Stephens. She was a retired bookkeeper for the Pancake Realty. She was a member of Tucker Memorial Baptist Church.

She is survived by her husband, H. Lee "Buck" Lockwood.

Other survivors include one son, Andrew Lockwood of Huntington; one daughter, Jenka Hubbard of Lexington; one sister, Virginia Beldon of Huntington; and five grandchil-

Funeral services will be conducted Sunday, February 4, 2 p.m., at the Reger Funeral Chapel, with Rev. Quentin Lockwood and Pastor David Clark officiating.

Burial will be in Greenlawn Cemetery, at Louisa.

Octavia Newsome

Octavia Newsome, 71, of Ligon, died Wednesday, January 31, 2001, at her residence, following an extended illness.

Born on March 27, 1929, in Pike County, she was the daughter of the late Hairm and Nervie Hall Johnson.

She was preceded in death by husband, Tommie Newsome.

Survivors include two sons, Elbert Newsome of Ligon, Worley Hamilton of Galveston; one daughter, Naomi Slone of Wheelwright; two brothers, Frank Johnson of Beaver, John C. Johnson of Columbus, Ohio; one sister, May Hall of Beaver; and three grandchildren.

Funeral services will be conducted Saturday, February 3, at 11 a.m., at the Samaria Old Regular Baptist Church at Teaberry, with ministers of the Old Regular Baptist Church officiating.

Burial will be in the Newsome Cemetery, at Ligon, under the direction of Nelson-Frazier Funeral Home, Martin.

Visitation is at the church after 6 p.m., Thursday.

Pearl Gene Ousley

Pearl Gene Ousley, 62, of East Point, died Thursday, February 2, 2001, at Kings Daughters Medical Center, Ashland, following a brief ill-

Born on July 8, 1938, in Floyd County, he was the son of the late Pearl and Garrett McGuire Ousley. He was a retired laborer for American Standard in Paintsville and a member of the First Church of God at Little Paint.

He is survived by his wife, Ann Richardson Ousley.

Survivors include one son, Dickie Ousley of Prestonsburg; three step-sons, Ricky Spradlin of Little Paint, Avery Ousley and Timothy Ousley, both of Prestonsburg; three daughters, Mary Jean Ousley, Jeanette Prater, both of Prestonsburg, Brenda Baldridge of Lexington; four step-daughters, Lee Ann Spradlin of Little Paint, Patricia Massie of Petosky, Michigan, Lou Ann Nelson and Saundra DeRossett both of Prestonsburg; four half-brothers, Taulbie Goodman and Estill Ousley both of Prestonsburg, Curt Ousley of Indiana, Luther of Ypslanti, Michigan; one sister, Georgia Ethel Porter of Tennessee; one half-sister, Janie Goodman of Prestonsburg; 9 step-grandchildren, two step-great-grandchildren and three grandentidren.

Funeral services will be conducted Sunday, February 4, at 1 p.m., at the Nelson-Frazier Funeral Home at 1 p.m., on Sunday, February 4, with Jim Smith and Charles Heater offici-

Burial will be in the Richardson-Boggs Cemetery, at Little Paint.

Verlie Tackett

Verlie Tackett, 75, of Wheelwright, died Friday, February 2, 2001, at Highlands Regional Medical Center, Prestonsburg, following an extended illness.

Born on October 12, 1925, in Dorton, she was the daughter of the late Ballard and Bertha Vanover Wright.

She was preceded in death by her husband, Willie Tackett.

Survivors include four sons, Willie Allen Tackett of Portland. Tennessee, Jackie Dean Tackett of Martin, Gary Wayne Tackett of Weeksbury, Jerry Keith Tackett of Ligon; four daughters, Linda Gale Fowler of Romulus, Michigan, Cinda Louise Thornsbury of Florence, Deanna Lynn Mullins of Jacks Creek, Kathy Hall of Jacks Creek; one brother, Charles Wright of Dorton, 17 grandchildren and five great-grandchil-

Funeral services will be conducted Monday, February 5, at I p.m., at the Upper Burton Free Pentecostal Church of God at Bypro, with Lewis Sandlin and Johnny Dutton officiating.

Burial will be in the family cemetery at Dorton, under the direction of Nelson-Frazier Funeral Home.



1-800-ACS-2345

www.cancer.org

Master Mason degree at John W. Hall Lodge

Steve Fallons will receive the Master Mason degree at a meeting to be held Saturday, February 10, at John W. Hall Lodge No. 950, F&AM, Martin.

The meeting begins at 7 p.m., and dinner will be served.

Clark Family Resource Center Activities

- February 7, February 14, February 21-In School Girl Scouts presentation for students k-5.
- February 8-Advisory Council Meeting-5 p.m.
- February 14—"Time Out for Parents" support group meeting-9:00-10:30 a.m.
- February 20-FCHD Dental Health presentations for
- February 28—OLW Presentation for 5th grade.
- MCCC counseling services weekly.
- Nurse: FCHD nurse is in the center on Thursdays. We are now scheduling appointments for 6th grade physicals. Call foran appointment.

After School Child Care-3 p.m.-5:30 p.m. school days. Openings are available.

Evening program planned

Camp Nathaniel in Knott County is hosting an evening of Christmas Fellowship on Friday, February 23, beginning with dinner at 7 p.m. Featured guest is Gerrie Budgick, mother, grandmother, health care professional and author of 'Victorious Victim." For information, call 606/251-3231.

Business seminar for women

Sandy Women's Big Business Symposium is a seminar being offered by the Morehead University/Small Business Development Center for all women-homemakers, professionals, educators-in the Big Sandy area, on Thursday, February 22, at the May Lodge at Jenny Wiley State Resort Park. The symposium will be from 10 a.m.-3 p.m., with a registration fee of \$15 which covers the cost of a luncheon. Guest will discuss speakers "Renewing Your Spirit,

Balancing Family & Work," "Loans for Women in Small Business,"and "Success from successful women entrepreneurs. To preregister or get more information, call the Small Business Development Center at 606/432-5848.

Maytown offers art classes

The Maytown Lifelong Learning Center will offer classes in ceramics and basic drawing, beginning in mid-February. The ceramics class will run for six weeks, on Thursdays, with a choice of two times, 2 to 4 p.m. or 6 to 8 p.m. Cost is \$25. The basic drawing class is set for Mondays from 6:30 to 8 p.m., for six weeks, and the cost is \$10. For more information, call 606/285-0539.

Business workshop

"Small business record keeping' is a free workshop for prospective and existing small business owners being offered by the Morehead State University/Small Business Development Center. The workshop will be conducted on Thursday, February 8, at the BB&T Bank Building on the North Mayo Trail in Pikeville. The time for the workshop is 6 p.m.-8:30 p.m. Lynette Schindler, CPA, will be the instructor for this workshop, Topics to be covered are Managing Business Records, Handling Tax Payments, Analyzing Financial Statements, and more. For information, call the Small Business Development Center at 606/432-5848.

Beekeeping workshop set

Floyd County Cooperative Extension Service will hold its Spring Beekeepers Workshop and Bee Giveaway on Thursday, February 15, at 6:30 p.m. at the office at 921 S. Lake Dr. in Prestonsburg. Tom Webster, extension beekeeping specialist, will demonstrate new products for disease and mite control. For information, call Ray Tackett, 606/886-2668.

Oil painting class

The Community Center for

Lifelong Learning Prestonsburg Community College is offering an oil painting class to the community. Local artist Tim Sizemore, is teaching the class, which will meet on Tuesday evenings from 6 p.m. to 8 p.m. in the Art Gallery on the Prestonsburg campus. Sessions began on January 30, and will continue through March 20. For more information, contact Karen Houston in the Community Center for Lifelong Learning, Monday through Friday, from 8 a.m. to 4 p.m. Call 606/886-3863, ext. 258, or email Karen. Houston@kctcs.net.

Pesticide training

Training in applying pesticide will be available from the Floyd County Extension Service in two separate sessions: February 6 at 1 p.m. and February 8 at 6:30 p.m. The training is free and open to the public, Each session lasts from 2-1/2 to three hours and will take place at the extension office, 921 S. Lake Dr., Prestonsburg, Call Ray Tackett, 606/886-2668.

Strawberry plants available

The Floyd County Extension Service is taking orders for strawberry plants. Available varieties are Earliglow, Surecrop and Tribute. Plants are sold in bunches of 25. Orders and money are due by February 25. Call Ray Tackett, 606/886-2668.

Managing wildlife in your yard

Backyard Wildlife Management is the topic of a workshop planned for February 5 by the Floyd County Extension Service. Beginning at 6:30 p.m. at the extension office at 921 S. Lake Dr. in Prestonsburg, Dr. Tom Bames, wildlife specialist, will show how to manage your land to attract and maintain wildlife. Contact Ray Tackett, 606/886-2668.

Concert

The first ladies of gospel music," the Perry Sisters, will be in concert with God's Men, Saturday. February 17, at 6 p.m., at Caney Creek Freewill Baptist Church, in Pikeville. Admission is free. Call 606-437-0116.

Adoption fair

Adoption providers from across the state will be represented at a free adoption fair, Sunday, February 18, from 1 p.m. until 4 p.m., at the University of Louisville Shelby Campus. The event and workshops are free. For details and directions, call 1-800-928-4303.

Gospel singing set for Maytown

A gospel concert and chili dinner is planned for Friday, February 2, at the Maytown Lifetime Learning Center (old Maytown School). The event begins at 6 p.m. in the "Gathering Place" (elementary school lunchroom).

Featured groups will be Mountain Harmony and Bluegrass Gospel Boys. The cost is \$5 per person or \$20 per family, with proceeds going toward restoration of the school building. For information, call 606/285-0539.

Pikeville Methodist activities

- February 7: Look Good-Feel Better program, 9:30 a.m. at the Leonard Lawson Cancer Center. Women undergoing cancer treatments to help them apply cosmetics effectively and to teach them to fashion wigs and turbans, co-sponsored by American Cancer Society, 606/218-4992.
- February 8: Community CPR, 9 a.m.-noon, PMH Education Center. To register, 606/218-3525. February 12: ABC (After
- Breast Cancer) Support Group, 6 p.m., Leonard Lawson Cancer Center conference room, 606/218-
- February 16: Dr. Mary Fox, AIDS Update, 6-8 p.m., Education Center, 606/218-3525.
- February 19: CCS (Colorectal Cancer Survivors) Support Group, 6 p.m. Leonard Lawson Cancer Center, 606/218-4992.
- February 21: Look Good— Feel Better program, 9:30 a.m., Leonard Lawson Cancer Center for women undergoing cancer treatments to help them apply cosmetics effectively and to teach them to fashion wigs and turbans, co-sponsored by the American Cancer Society, 606/218-4992.
- February 22: US TOO! Prostate Support Group and US TOO! Partners, 6:30 p.m., Leonard Lawson Cancer Center conference room.606/218-4992.
- February 26: Diabetes Support Group, 6 p.m., Education Center. 606/218-3513.

Regional Obituaries

Pike County

William Roy Burke, 90, of Jonesborough, Tennesce, died Monday, January 29. He is survived by his wife, Laude Burke. Funeral services were conducted Thursday, February 1, under the direction of Hamlett-Dobson Funeral Home.

Helen Dare Hill Ratliff, 54, of Payne Gap, died Sunday, January 28, at the University of Kentucky Medical Center, Funeral services were conducted Tuesday, January 30, under the direction of Bailey Funeral

Judy Lee May, 53, of Canada, died Saturday, January 27, at South Williamson Appalachian Regional Hospital. She is survived by her husband, James Walter May. Funeral services were conducted Tuesday, January 30, under the direction of Rogers Funeral Home.

Mary Evelyn Tackett, 60, of Hellier, died Friday, January 26, at Rockhouse. Funeral services were conducted Monday, January 29, under the direction of Bailey Funeral Home.

Freeda Anderson Norman, 84, of Summer Shade, died Sunday, January 28. Funeral services were conducted Tuesday, January 30, under the direction of McMurtrey Funeral Home.

Francis Lorraine Glispy, 73,

of Columbus, Ohio, died Friday, January 26, at Riverside Hospital. Funeral services were conducted Tuesday, January 30, under the direction of Hatfield Funeral Home.

Kenis Darrell, 87, of Big Rock, Virginia, died Saturday. January 27, at Buchanan General Hospital, Grundy, Virginia. He is survived by his wife, Udell Ratliff Rice Darnell, Funeral services were conducted Wednesday, January 31, under the direction of Grundy Funeral

Nell Wiser, 93, of Sarasota, Florida, died Sunday, January 21. Burial was in Johnson Memorial Park, Pikeville,

Katherine Sowards, 72, of Jonancy, died Monday, January 29. Funeral services were conducted Thursday, February 1, under the direction of R.S. Jones & Son Funeral Home.

Amanda Kiser Tackett, 29, of Louisville, formerly of Virgie, died January 30, at the Baptist Hospital, East, Louisville. She is survived by her husband, Claude Tackett II. Funeral services will be conducted Friday, February 2, 11 a.m., under the direction of R.S. Jones & Son Funeral Home.

Knott County

Gloria Calhoun, 75, of Rual Claremore, Oklahoma, formerly

of Hindman, died Thursday, January 25. Graveside services were conducted Monday, January 29, under the direction of Hindman Funeral Services.

Delphia Calhoun Combs, 82, of Hindman, died Tuesday, January 23, at the Hazard Appalachian Regional Medical Center. Funeral services were conducted Friday, January 26, under the direction of Hindman Funeral Services.

Alonzo Gibson, 76, died Thursday, January 4, at the of Hindman Funeral Services.

Baptist Hospital, Central Lexington. He is survived by his wife, Lona Amburgey Gibson. Funeral services were conducted Saturday, January 7, under the direction of Everidge Funeral

Maxine Fletcher Ritchie, 68, of Emmalena, died Tuesday, January 23, at the Hazard Appalachian Regional Medical Center. She is survived by her husband, Carl Ritchie. Funeral services were conducted Friday. January 26, under the direction

The "Word" for the Week A worthy role model

Four thousand years ago, God spoke to a man by the name of Abraham and told Him to leave home and family, "By faith Abraham, when he was called, obeyed by going out to a place which he was to receive for an inheritance; and he went out, not knowing where he was going" (Hebrews 11:8). Abraham was a wanderer and a nomad. "By faith he lived as an alien in the land of promise, as in a foreign land, dwelling in tents with Isaac and Jacob, fellow heirs of the same premise" (Hebrews 11:9).

Abraham had direction. He was on a search. "He was looking for the city which has foundations, whose architect and builder is God" (Hebrews 11:10). God gave Abraham a promise. "In you all the families of the earth will be blessed" (Genesis 12:3), It is through Jesus Christ, a distant son of Abraham, that God blesses all nations. Abraham "died in faith, without receiving the promises" (Hebrews 11:13). Abraham did not live to see the coming of Christ but he looked ahead. Jesus said it. "Abraham rejoiced to see My day, and he saw it and was glad" (John 8:56).

He became the prototype of a faithful follower of Jesus Christ. He entered the eternal city as "the father of all who believe" (Romans 4:11), He's an excellent role model.



We understand there were some upset parents at the Betsy Layne/Sheldon Clark girls game last Wednesday night at Betsy Layne. Seems one of the parents from Inez did not take to the officiating too well.

I see where Cincinnati Red sensation, Drew Henson, will enjoy spring break instead of spring training with the Reds.

Henson, starting quarterback for Michigan, is weighing his options on whether he wants to pursue a career with the Reds in baseball or go in the NFL draft next season.

The Reds are reported shipping Henson to a team that could afford to meet what is expected to be high salary demands.

Pokey Reese said he was sorry he boycotted the RedsFest last week but he is burdened over a contract dispute with the Reds.

If I had any say in it, I would tell Mr. Reese to look for another team to play on if he did not want to play for the Reds. He would make good trade bait. He is not one of my favorite Reds players anyway. He can field the ball but he sure can't hit one.

Whatever they are paying him now, it is far too much!!

Watch out! Don't get all excited over the Kentucky Wildcats win over the Georgia Bulldogs Wednesday night.

Now, you how they are, Play good for a game and then struggle big time the next two or three.

I was listening to the game on radio where Ralph Hacker and Sam Bowie were giving Tubby opponents down the road. In fact, Ralph said he looked for UK to announce soon that they have extended Tubby's contract. Oh my!

Sam said he did not have much for UK fans who did like the coaching ability of

College basketball lost a good one with the passing of Al McGuire this past week. I thought he was one of the better color analysts on the tube

How about those Ravens!

Congratulations to the Prestonsburg Dance Cats and others for their outstanding showing in St. Louis. Coaches, please send us

any information on make up games you have rescheduled.

UK's football investigation now involves another high school coach. Memphis' Lynn Lang says allegations that he got money from a UK booster is not true. Oh dear!

Despite the ongoing investigations, UK continues to get commitments from some pretty good players.

Without Rick Pitino, the Boston Celtics are on a four game winning streak.

In the XFL football league there will be no coin toss as to who receives or kicks off. Instead, teams will race for the football at the opposite end.

This is going to be one big joke league. If you think professional "wrasslin" is bad, wait until this thing comes in. It will be all about sex, hurting someone and a bigger professional than fake wrestling. Anyone who sits and watches XFL will watch anything. Sorry, this is not a sport, just like phony wrestling.

Word is UK's Jeremy Caudill is running and lifting weights in preparation for next season.

The OSU plane crash has opened some eyes to the fact there are more important things in life than athletics.

Grade school county tournament to tip off Monday at Betsy Layne. (See pairings this section).

Betsy Layne High School hopes to have a new football coach in place short-

ly, Jim Matney to Johnson Central? Don't let it be a big surprise to you. Matney is one of the more successful coach-



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- ➤ The Racing Reporter B4
- > Squared Circle: Mouth of the South Roars • B6

Sunday

February 4, 2001

SECTION . B

Sports Editor: Ed Taylor Sports Writer; Steve LeMaster Phone: (606) 885-8506 Email: sports @ floydcountytimes.com

www.floydcountytimes.com

Leslie thundering with The Herd

Versatile Prestonsburg alumnus excelling at Marshall

by STEVE LeMASTER SPORTS WRITER

A Prestonsburg High alumnus is flourishing on the gridiron at Marshall University in Huntington, WV. That football player is none other than Nathan

The stout Leslie, a soon to be sopho-

more, has high hopes for next season and the rest of his football career at Marshall.

'Going into this season, I felt like I would play more," said Leslie. "But I've got three more years to go, so I've got time to learn and grow into a better play-

Leslie finished the 2000 season with 17 tackles, 1 sack and 2 pressures from a defensive end position. But it was on offense, where he made some of his loudest noise.

The 2000 Marshall football season was an up and down one for Leslie and his teammates. The Prestonsburg alum feels he and his teammates were able to get things turned around quite nicely.

'We were looking for a lot of leadership early on in the season," said Leslie. "Nobody was stepping up, then some of our seniors stepped up and our defense really stepped up to the challenge as

Marshall even getting to the MAC championship game was in doubt for most of the season.

"Toledo kind of got lost in the mix of things this season," noted Leslie. "We won the games we needed to win and we went on to win the MAC championship

The Thundering Herd had the daunting task of replacing strong-willed quarterback Chad Pennington as they entered the 2000 season. A fellow by the name of Byron Leftwich filled in real well for the departed Pennington,

"It was a big question mark going in about how we would run the offense with a new quarterback," commented Leslie. "He watched Chad and learned from. Leftwich can actually throw farther than Pennington. Before it's all said and done,

(See HERD, page three)



PRESTONSBURG COACH John DeRossett, center, was flanked by Mike McDonald and Brian Milam of WYMT Sports, as well as Dusty Scott at the All-Mountain Sports Banquet at Perry Central High School, DeRossett was named Coach of the Year at the banquet.

Prestonsburg's **DeRossett named** Coach of the Year

by ED TAYLOR SPORTS EDITOR

n the presence of his father, brother, wife and children, Prestonsburg head football coach John DeRossett picked up yet another prestigious award after being named All-Mountain 2000 Coach of

Coach DeRossett earlier was named Regional Coach of the Year after his 2000 Blackcat football team won the regional championship and a berth in the final four of Class 2A

This is a great honor for me," said the Prestonsburg coach. "Not only for me but for our school and team. It was very special because dad, my brothers, my wife Linda, and my daughters, Alexis and Allyson were on hand to share it with me.

DeRossett spoke of his mother, who had passed away before the football season opened,

"I know mom would have been really proud of our football team's achievements this past season," he said. "She really loved to watch this team play."

Named to the Alf-Mountain team from Prestonsburg were seniors Dusty Scott and Mike McDonald who had outstanding seasons and were instrumental in leading the Cats to a district championship as well as the regional

"Dusty and Mike are very deserving of these post-

(See COACH, page three)



COACH JOHN DEROSSETT is pictured is pictured, from left, with his father Gerald DeRossett and Dr. Vernon at the Big Dipper's All-Mountain Banquet.

Grade School Tournament set to begin Monday

by STEVE LeMASTER SPORTS WRITER

The long-awaited Floyd County Grade School Basketball Tournament is set to tip-off on Monday, Feb. 5.

Both the boys and the girls tournament pairings went down to the wire as one top-seed was decided by a single coin toss.

Representatives from most all of the participating schools made their way to Betsy Layne Elementary, site of the 2001 tourney, on Thursday, Feb. 1, for a tournament meeting.

Betsy Layne's Dwight Newsome started the meeting with a coin toss between the Adams Lady Blackcats and the Betsy Layne Ladycats. Adams boys Coach James DeRossett was on hand at the meeting, along with Adams assistant principal Ted George, the now-former Betsy Layne High School football coach. Jim Roberts, coach of the Betsy Layne Elementary girls, was on hand to represent his team. Both Adams and Betsy Layne were in a tie for first-place honors on the girls side. James DeRossett called the coin 'heads' as it was flipped up into the air. The coin landed on 'tails' and the Betsy Layne Ladycats were then declared the number one seed, leaving Adams to fill-in as the second-place seed heading

Grade School Girls

The opening round on the girls side will have Betsy Layne girls getting a bye into the second round. The South Floyd Middle School Lady Raiders (4) will open the tournament against the Allen Lady Eagles (6). The Stumbo Lady Mustangs will do battle with the Allen Central Middle School Lady Rebels. Adams will get a bye into the second round as they play out of the bottom bracket. Betsy Layne (1) will play the South Floyd-Allen winner in the second round, while Adams awaits the winner of the Stumbo-ACMS game. Both games are set for Wednesday night. The winners of the two semifinal games will meet up at 6:00 p.m. on Friday night in the championship game.

Grade School Boys

The Adams Blackcats (1) open the boys portion of the Floyd County Tournament against Wesley Christian (8) on Monday at 9:00 p.m. The Adams-Wesley contest will be the only boys game played on the tournament's opening night. South Floyd (4) and Betsy Layne (5) will hook up at 6:00 p.m. on Tuesday night. The two winners in the top bracket will meet Thursday at 6:00 p.m.

The Rebels of Allen Central Middle School (3) will take on the Mountain Christian Academy Falcons (6) at 7:30 p.m. Thursday night, The Allen Eagles, the number two seed in the boys tourna-

(See GRADE SCHOOL, page four)

Kimberlain joins Melvin, Damron at Pikeville

Pikeville High School point guard Jill Kimberlain has accepted a scholarship to continue her basketball playing career at Pikeville College.

Kimberlain, a 5-6 senior, has played at Pikeville High since she was in the seventh grade. That season, she played in 28 games.

This season, she is averaging 19.4 points per game, 3.9 rebounds, 3.8 steals and 3.4 assists. She is also shooting 79.5 percent from the free throw line. She recently led her team to its second consecutive 15th Region All "A" Classic championship.

(See KIMBERLAIN, page three)



JIII Kimberlain

Dance Cats do it again

Pee Wee group places first

by ED TAYLOR SPORTS EDITOR

Hard work, dedication and a desire to succeed could be three of the reasons the Prestonsburg Dance Cats have been so successful over the past five years in St. Louis, Missouri.

Now it appears the Pee Wee Dance Cats are following the leading of the older group in the

Missouri city as well.

In total, there were three groups of dancers who made the trip to St. Louis including the national champions and Pee Wee squad. The Dance Etc. Junior Elite All-Star Dancers made their fourth journey to the midwest

For the Dance Cats, representing the city of Prestonsburg and Prestonsburg High School, and representing them well, has not been a problem in the last five years.

(See CATS, page three)

(See SPORTS, page three)

ALC Baseball Fagles expecting

Eagles expecting big season

The game of summer is heating up despite the icy cold chill of winter in Pippa Passes, Ky. The Alice Lloyd Baseball Eagles are preparing for a season that promises to be one unlike any other that they've had in quite some time. Sweat is dripping, blisters are rising on the hands of hitters and pitchers are getting back into the feel of a mound as the Eagles prepare for a promising 2001 season.

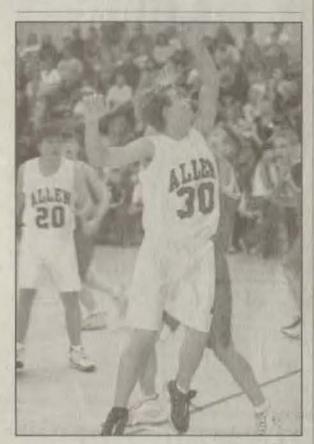
ALC head Coach Scott Cornett has the team well organized and in the process of building a team, has brought up some fresh talent, along with managing to keep the bulk of last season's roster intact.

The team not only has the talent to have a successful season, but has the camaraderic and great will power to work. Those are the things that a team must obtain before being successful at any level. Last year the ALC team set a school record for wins. With most of the starters from that team back and new depth on the roster, the squad hopes to improve even more this season.

"This is the most talent we have ever had at this school," said Coach Cornett. "I am really excited about this upcoming season.

Cornett also hints that speed will play a key role in his team's success. An AAC pre-season ranking came out for the upcoming 2001 season. The preview had ALC ranked very high among some tough company.

The Baseball Eagles open the season on the road at Pikeville on February 17.



UP FOR TWO.... The Floyd County Grade School Basketball Tournament will tip off on Monday.

Basketball Tournament will tip off on Monday. The Betsy Layne Elementary School will play host to the five-day tournament.

Ten Star All Star Basketball Camp evaluating applicants

Applications are now being evaluated for The Ten Star All Star Summer Basketball Camp, Boys, ages 8-19, and girls ages 10-19, can apply. Players are selected by invitation only. Past participants include: Michael Jordan, Tim Duncan, Vince Carter, Jerry Stackhouse, Grant Hill, Bobby Hurley, Antawn Jamison, Christian Laettner, Tom Gugliotta and Trajan Langdon. Camp locations include: Midway, Ky., Redlands, Ca., Thousand Oaks, Ca., Sackville, N.B. Canada, Babson Park, Fl., Gainesville, Ga., Champaign, IL., Macomb, IL., Greencastle, In., Atchison, KS., Hillsdale, Mi., Saint Paul, MN., Favette, Mo., Rochester, NY., Boiling Springs, NC., North Canton, Oh., Lock Haven, Pa., Bristol, RI., Lebanon, TN., Commerce, TX., Fort Worth, TX., Blacksburg, Va. and Olympia, WA.

College basketball scholarships are possible for players named to the All American Team. For an evaluation form call (704) 568-6801.



Tim Griffith (33) of Allen Grade School works for the ball against Adams' Michael Morrison (24). Adams and Allen are ranked one-two going into Monday's Floyd County Tournament.

SportsBoard

XFL Standings

EAST CONFERENCE XFL Schedule Birmingham 0 0 Chicago Today's Games NY/NJ Memphis at Birmingham, 4 p.m. Orlando Los Angeles at San Francisco, WEST CONFERENCE XFL Happenings Las Vegas 0 LOS ANGLES XTREME- Assigned Los Angeles 0 0 TE Kerry Taylor to the practice Memphis 0 San Francisco MEMPHIS MANIAX- Acquired DE Comell Menafee.

*Saturday's games not included

ASSESSED FOR	NI	3A 51	andings		
EASTERN CONFERENCE Atlantic Division		WESTERN CONFERENCE Midwent Division			
Philadelphia New York Miami Orlando Boston New Jersey Washington	30 27 29 22 20 14 12	12 17 19 23 26 34 35	Utah San Antonio Minnesota Dallas Denver Houston Vancouver	30 28 30 30 26 22	15 15 18 18 21 24 33
Central Division			Pacific Envision		
Milwaukee Charlotte Toronto Cleveland Indiana Detroit Atlanta Chicago	27 25 24 20 20 17 16 6	17 22 22 24 24 30 29 39	Sacramento Portland L.A. Lakers Phoenix Seattle L.A. Clippers Golden State	30 34 28 26 27 14 14	12 14 16 19 22 33 33

STEVE'S SIDELINES HOTS

Grid Notes:

Blackcats hittin' it hard

Getting out and covering high school basketball allows me the chance to sometimes catch up with a good friend, Prestonsburg football coach John DeRossett. Coach DeRossett is assisting with the Prestonsburg boys basketball team. The Basketball Blackcats are improving, with an 80-72 win over Johnson Central and then a convincing win over 58th District rival Plarist, both wins coming this past week. Basketball times are looking bright at Prestonsburg. The girls squad of Lady Blackcats are one of the most talented teams in the 15th Region and the boys continue to improve.

Now, back to the gridiron. Coach DeRossett informed me just here recently, that his football squad would be conducting spring drills at Archer Park. The move to Archer Park is necessary because the football field at Prestonsburg is under construction. The Blackcats have also been hittin' the weights real hard. Coach DeRossett reports that some 60 players have been lifting in preparation for the upcoming season. That is definitely an awesome turnout for a weightlifting session at a 2A school.

Betsy Layne transfer Brandt Brooks is adjusting well to school life at Prestonsburg. I caught up with Brandt a couple of weeks back. It was at that time when he expressed to me his happiness with the new situation at Prestonsburg.

"I really like it at Prestonsburg," said Brooks. "It's just a real good atmosphere. I can't wait until spring football practice."

The Blackcats are still without a full ten-game schedule. However, the Blackcats could fill their schedule with a team out of Hardin County.

Now, back to spring practice. Coach DeRossett and his staff have a whole lot of football planned for this spring. Coach and his staff are planning a full schedule of practices, along with a couple of inter-squad scrimmages. It should be a good spring to say the least. I am a firm believer in spring football practice(s) on the high school level.

I'm looking very forward to taking in some spring high school football practices along with some of Marshall's spring drills.

There are so many talented players returning to the gridiron next season at P'burg; Matt Slone, Chris Spriggs, Joey Willis, Kevin Younce; I could go on and on and on.

Many folks in the area are counting down the days till the
Prestonsburg-Paintsville game in August. The border war will be the
Blackcats first home game on their new field. It should be interesting to

Parsons on the level

Betsy Layne senior Jenny Parsons is on the same level that other seniors in the area who are receiving scholarships are on. Parsons is a well-rounded player who can really take over a game, I hope that she will get the much-needed attention she deserves. It'll be a travesty if she doesn't get a college scholarship to further her playing career somewhere. Congratulations go out to Jenny on recently scoring the 1,000 point of her high school basketball career.

College scouts take note: Jenny Parsons can play on the collegiate level. She is for real!

AMS rolling

Both the AMS boys and girls basketball teams are rolling as they head into the Floyd County Elementary. The Adams boys are undefeated on the season. The Adams girls enter the tourney with a second-place ranking. The Lady Blackcats were in a tie for first, but lost the position in a coin toss to the Betsy Layne Elementary Ladycats.

The Floyd County Grade School Tournament will be held at the

Betsy Layne Elementary School's Dome Gymnasium.

Parting Shots

- The XFL will be a professional football league like no other. Where else do teams play with black and red footballs? No where, but the XFL.
- Two great college basketball games, Tennessee vs. UConn (women) and North Carolina vs. Duke (men) were played out this past Thursday night. In case you didn't know, the UT Lady Vols and the UNC Tar Heels pulled off mild upsets in both contests.
- The high school baseball season is just around the corner. The sound of aluminum bats will fill the air before you know. Isn't baseball a great sport?
- great sport?

 Get out to a basketball game this week! You'll be glad you did.



Sports Briefs...

Baseball

STYNES, MCCARTY AVOID ARBITRATION

Red Sox infielder Chris Stynes, acquired in a trade with Cincinnati this winter, avoided salary arbitration by agreeing to a \$1.3 million, one-year contract. Dave McCarty and Kansas City also avoided arbitration, agreeing to a \$1.6 million, two-year contract.

Basketball

PAINTSVILLE LADY TIGERS TOP FAIRVIEW

Paintsville outscored Fairview 16-7 in the third quarter en route to a 48-45 win over the visiting Lady Eagles. Fairview led Paintsville 27-22 at the half before Paintsville fought their way ahead in the second half. Eighth-grader Ashley Hall paced Paintsville with a teambest 11 points. Heather Staniford added 11 points.

JC LADY EAGLES POUND MAGOFFIN

Senior Goldie Wells scored 12 points as the host Lady Eagles rolled to an easy 63-37 victory over the visiting Lady Hornets. Johnson Central is now 19-2.

LADY VOLS RETIRE HOLDSCLAW JERSEY

Tennessee has retired the No. 23 jersey worn by former basketball star Chamique Holdsclaw.

During her career between 1995 and 1999, she scored 3,025 points and had 1,295 rebounds while leading the Lady Vols to three national championships.

LADY VOLS KNOCK OFF UCONN

The Tennessee Lady Vols scored a 92-88 victory over secondranked Connecticut in a Thursday night showdown in Knoxville. Gwen Jackson scored a career-high 28 points and grabbed 14 rebounds and Kara Lawson scored 23 points to power Tennessee past the Huskies.

PIPPEN OUT INDEFINITELY

Trail Blazers forward Scottie Pippen will be sidelined indefinitely after surgery to remove a bone fragment in his right elbow.

Football

BROWNS HIRE DAVIS FROM MIAMI

Butch Davis resigned his position as head coach at the University of Miami (Fla.) Monday, to take the vacant Cleveland Browns job. Davis, 49, was in the fourth year of a seven-year contract at Miami.

LIONS HIRE TOBIN

Former Arizona Cardinals coach Dick Tobin was hired as the Detroit Lions' defensive coordinator on Thursday.

Tobin, 57, was in the final year of a contract with Arizona when he was hired following the Cardinals' 48-7 loss to Dallas on Oct. 23.

SOUTH CAROLINA GOES SANCTIONS FREE

South Carolina's football team reported five secondary NCAA violations between May and December, but in each case the NCAA said the school's response was adequate

NAIA pre-season poll

1.	Lewis-Clark St.	13.	Houston Baptist
2.	Dallas Baptist	14.	McKendree
3.	Albertson	15.	Brewton-Parker
4.	Bellevue	16.	Embry-Riddle
5.	Oklahoma City	17.	Benedictine
6.	Lubbock Christian	18.	Mobile
7.	Birmingham-Southern	19.	Biola
8,	St. Thomas	20.	Olivet Nazarene
9.	Cumberland (Tenn.)	21.	St. Scholastics
10.	Shawnee St.	22.	The Master's
11.	Indiana Tech	23.	Oklahoma Baptist
2.	Auburn Montgomery	24.	Warner Southern

58th District Basketball Standings

MENS

EAM	Conf	Overall
Allen Central		
outh Floyd	4-1	11-5
Betsy Layne	4-2	12-5
restonsburg		
Plarist		

WOMEN

TEAM	Conf.	Overall
		13-6
Prestonsburg	2-2	9-9
		5-7
South Floyd	0-3	5-10
		0-9

*Friday, Saturday night games not included

NBA All-Star roster

NDA	MII-	oral inoral
ASTERN CONFERENCE Cosch: Larry Brown, Philad	elphia	WESTERN CONFERENCE Coach: Rick Adelman, Sacrar
Player Lay Allen, Mil. -Vince Carter, Tor. -Grant Hill, Orl. Ulen Houston, NY -Allen Iverson, Phil. Rephon Marbury, NJ Anthony Mason, Mis. -Tracy McGrady, Orl. -Alonzo Mourning, Mis. Theo Ratliff, Phil. Henn Robinson, Mil.	P	Player x-Kobe Bryent, LAL x-Tim Duncan, SA Michael Finley, Dal, Kevin Garnett, Min. x-Jason Kidd, Pho. Karl Malone, Utah Antonio McDyesa, Den. x-Shaquille O'Neal, LAL Gary Payton, Sea. David Robinson, SA Rasheed Wallace, Por. x-Chris Webber, Sac.
erry Stackhouse, Det.	G	x-starter

G

Kimberlain

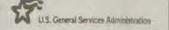
"We think Jill will be an outstanding player for us over the next four seasons," said Bill Watson, head coach of the Lady Bears. "She has a tremendous desire to win, and is an outstanding competitor. She will be a valuable addition to our ros-

People know Pueblo for its ...



Famous Hot Salsa?

information is also hot. Dip into can download all the information



In Pueblo, the free government the Consumer Information Center web site, www.pueblo.gsa.gov. You

The group competed in the National Dance Championship at the old Union Station building that once housed one of Americans great railroad depots.

The Dance Cats took first place in the pom category. But the routine also was rated second best in the prestigious Grand Championship. All that meant was it was the highest scoring routine of the weekend including all participating schools, dance studios, and All-Star teams. The local group took third place in the jazz category.

A National Champion banner was presented to the group as well as individual trophies and T-shirts. Senior Brooke Hicks placed fifth overall in the senior individual dance category.

PEE WEE SQUAD MAKES FIRST TRIP

The Dance Etc. Pee Wee Elite All-Star Dancers made their first ever trip to St. Louis to compete. The group is com-

Kimberlain is closing in on 2,000 points for her career. In six seasons, she is averaging 12.6 points per game. She has 604 rebounds in her career as

As a junior, she averaged 20.7 points and 4.7 rebounds per game. For the season, she has hit 38.2 percent from the three point

Kimberlain became the third player to sign with the Lady Bears from this class. She will join Pike Central guard Ashley Melvin and Shelby Valley forward Ashley Damron as freshmen next fall.

"We think we've put together a pretty solid class," said Watson. "This is the most talented class I've ever seen, and we think we've got three good players to this point. They will all contribute to the success of our program over the next four

Kimberlain has been a main stay for the Lady Panthers over the last four years as a starter at Pikeville. Her ability to score

■ Continued from p1

prised of students in grades second through fifth. The team represented Dance Etc. Studio.

In their first-ever national competition, the group did their community proud with a first place finish, receiving a national championship trophy, banner

Chelesa Hereford, a second grade student and a member of the Pee Wee Elite, competed in the individual competition and Mini-National was named Champion.

Hereford received a trophy and a National Champion jacket. She competed against other dancers across America in winning the title.

JUNIOR ELITE DANCERS

Dancers from grades sixth through ninth made up the Dance Etc. Junior Elite All-Stars that made their fourth trip to the Big Show. The team placed second in the jazz category and fourth in the pom class.

■ Continued from p1

inside or out makes her a threat anywhere on the court. But Kimberlain is also noted for her defensive skills and unselfish play on the court.

Kimberlain has been a proven leader over the years, both on and off the court, and will be a very valuable addition to the Lady Bears program in that respect.

Coach

■ Continued from p1

season honors," said the Prestonsburg mentor. "They received a really nice plaque and their names will be published in the Mountain Sports View news-

It was the 12th annual Big Dipper All-Mountain banquet honoring players from the 13th, 14th and 15th regions. The banquet was held at Perry Central High School and attended my many of the players and their parents as well as coaches.

Coach King, Cumberland College, was the night's special speaker where he challenged those in attendance to be successful not only on the football field but off as well.

Coach King was presented with a Key to the City of Hazard by Dr. C. Vernon Cooper. He also received papers declaring him an official "Duke of

Rockcastle County's Derrik Bussell was named the Player of the Year leading the Rockets to the state semifinals and a 13-1

Pikeville's Chase Gibson along with Matt Branham, were also named to the team. The list of top players also included Paintsville's Matt Brown.

Others from the 15th Region include: Casey Lequire, Curtis Childress, Belfry: Kendrick Damron, Ben Delong, and John Dials of Sheldon Clark.

"Man what a bunch of outstanding football players," said Coach DeRossett. "Maybe we could convince the Big Dipper and Dr. Cooper to put on an allstar game and play a squad from the triangle. We could invite college coaches so they could take a look at what great football talent we have in the mountains."



COMPETITORS FROM the Family Academy of Martial Arts competed in the Capital City Classic State Championships in Frankfort recently. Competing were (L to R) Kendra Gambill, Michael Gambill, Instructor, Johnna Craft, Traci Robinson, Melissa Spears, Reno's Roadhouse sponsored the team while competing in Frankfort.

Herd

he might be the best quarterback to ever come out of Marshall."

Leslie's odyssey at Marshall has taken him full circle. You see, Leslie is a two-way player for Marshall. The Thundering Herd coaching staff has utilized the former Blackcat and his honed skills on both offense and defense, as well as special

"The middle of the season, around the time of the Bowling Green game, some of our seniors got hurt," said Leslie. "Injuries to some of our tight ends cut it down to me and another guy. I had been there at tight end for about two weeks before I saw action in a game. In our offense, at tight end, you also see some playing time at fullback."

Leslie has definitely made some memories at Marshall. The Motor City Bowl games were great, but Leslie really enjoyed the trip to North Carolina and Marshall's game with the UNC Tar Heels.

"The best thing this past season was going to North Carolina," said Leslie. "The football stadium is secluded back in the hills. The first thing you see when you walk out onto the field is the #56 of Lawrence Taylor. When you see that you definitely know you're playing big-time college football."

A question that is often brought up to football players today is : Would you rather play on grass or artificial turf? Leslie says that he would

rather play on natural grass but has kind of gotten use to the artificial turf, as have several others.

"Practicing everyday on it, you get use to it real quick," remarked Leslie. "You get in your tennis shoes and go out to practice."

Spring football practice is quickly approaching and Nathan Leslie is ready to get

"I'm going to go into spring practice and give it all I've got, whether I'm on offense or defense," commented Leslie. "I'm ready to play, it doesn't really matter to me where they put me, I just want to play."

Prestonsburg Coach John DeRossett has played the role of a guiding light for so many Prestonsburg football players. Nathan Leslie is one of those

"Coach DeRossett is always looking out for his player's best interests," said the versatile Leslie. "Coach Pruett and

■ Continued from p1

Coach DeRossett are a whole lot alike. Coach Pruett like Coach DeRossett, really knows how to get through to his players. Coach DeRossett has helped me so much. I'd do anything for Coach DeRossett. I don't know what I'd be doing right now if it wasn't for Coach DeRossett. He was the one who really got through to me, and really made me realize that I could get a college football scholarship."

It's always nice to have a versatile athlete like Nathan Leslie on your squad. Especially in the trying sport of football. One thing is for certain: Nathan Leslie will be contique to be a valuable member of the Thundering Herd wherever he lines up. A team-player like Leslie is more than willing to line up at any position or positions Coach Pruett and his Marshall staff need him to line

"I love it at Marshall," said Leslie. "I know I made the right decision by choosing Marshall University.'

Sports

E Continued from p1

es around the region and the Eagles have excellent facilities. Look for an official announcement soon.

> UK basketball Wildcats will host the Florida Gators this Tuesday night, ESPN.

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

Golf Digest

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> Destinations in the World.

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world and The New York Times called us "...some of the best public golf on earth."

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So, we hope you'll understand when, like all good golfers, we like to brag about our scores.

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HAMPTON COVE Huntsville 54 HOLES

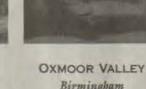
CAMBRIAN RIDGE

Greenville

36 HOLES



SILVER LAKES Anniston/Gadsden 36 HOLES



Birmingham 54 HOLES



GRAND NATIONAL Opelika/Auburn 54 HOLES



HIGHLAND OAKS Dothan 36 HOLES



MAGNOLIA GROVE Mobile 54 HOLES



CAPITOL HILL Prattville 54 HOLES

Alabama's Robert Trent Jones Golf Trail 378 holes of world-class golf on eight sites

One more season for Dave Marcis

by GERALD HODGES THE RACING REPORTER

The 59-year-old Dave Marcis hasn't won a Winston Cup race since 1982. As a matter of fact he hasn't finished in the top five since 1987. But the lack of competitiveness on the track hasn't slowed the return for his 33rd season.

"We'll have Realtree back as our major sponsor," he said. "We're going to do a limited schedule this year. We're going to testing for Richard Childress. Hopefully, we'll do a lot more testing for ourselves. We're probably going to do 10 or 12 events and

hope that we can be more competitive like we were at Talladega last certainly all the restrictor plate fall. We worked hard on that car after we missed a race with it in July until we went to Talladega in October and it showed that the car had a lot of time and effort put into

"Our restrictor plate races this veteran driver down. He plans to year will also have RCR engines again. Jim Michaels will do our engines for all of our other races. Jim's been doing a lot of work over the winter. He has come up with probably 12-15 more horsepower try and do more testing, plus some on our qualifying stuff, so I think those are some things that are going to help us. We've got three new cars we're building right now, so we're looking for a good 10 or

12 races that we decided to run, but races and Darlington are definite, probably Chicago, Indianapolis and a couple of others that we haven't decided yet."

When asked to give his feelings about the new Goodyear tire compounds, he replied, "I don't think it should be anything we haven't seen before. I think it's a good thing and will be a lot more cost effective and have a lot less codes, but we've kind of been through these situations in the past, so it's not like you were running a real gumball tire at Martinsville and now you're going to have a Daytona-type tire. That's not the

"I think the one-round of qualifying is good. There's no need of hanging around two days. The second day didn't have much merit. I think we've all seen that in the past. I think the one round is going to be a good deal."

FIRST SEASON FOR ANDY HOUSTON

While Dave Marcis is nearing the finish line in his racing career, Andy Houston, a Craftsman Truck Series competitor will be moving into his first full season in Winston Cup. Houston ran five Cup races in 2000, but struggled in all of them.

"I feel like running those races helped us a lot," Houston said. "I feel like I have some insight on what we are looking for going into this season. I feel like we are going to have a pretty good year."

Houston will be driving the No. 96 for PPI Racing. His teammate will be Ricky Craven.

"Ricky and I do not know each other that well; I have talked with him on occasions back through the years," Houston continued: "He and I sat down the other day and had a pretty good conversation. I feel like our goals are closely the same, and what we are looking for in a racecar seems to be pretty similar. So once we get through Daytona testing and move on to some of these other places that we are going to test, I feel like we will know a lot more what we are both looking for. I feel like he is going to be a good teammate. I got some experience and I have had a couple of rough years. I feel that will help a lot because he will know not necessary the things to do, but the things to stay away from or try to avoid. I feel like that's going to be

"We talked with Busch teams and a couple Winston Cup teams, and I was leaning towards Busch racing because some of the teams were really front-running teams and I felt like we could get in there and be real competitive and win some races. I talked to my Dad and he said you will be 30 years old this November. If you go and run Busch for two or three years and get started and win a couple of races, but if there is somebody else there that has won a couple more than you do that is 25 or 24, then three years fromnow there won't be the opportunity for you to go Winston Cup racing like there is now.

'You know there are a lot of guys at Busch that are great race car drivers that have never got the opportunity to go racing. I think that's because there are only so many teams out there and so many people to pull from. That ment, will play the john M. made me start thinking and I think

I made the right decision. "I feel like some of the Cup owners have started looking at the trucks and realizing that some of the guys can be put in a Cup car and run pretty good and be competitive. Really you can take guys from a lot of different series and give them some time and they are p.m. tip-off on Friday night.

going to be pretty good. No. I do not think Busch fully prepares you for Winston Cup. No. I do not think trucks fully prepare you for Winston Cup. I do not think anything does. I think the biggest thing is getting there and going and run the races and get all the experiences that you can and learning all that you can and after a season you get the confidence and you can move on."

Racing Trivia Question: Which team will Bobby Hamilton Sr. drive for in 2001?

Answer To Last Week's Question: Ron Hornaday, former Craftsman Truck Series champion who drove for Dale Earnhardt in the 2000 Busch Series, will move up to Winston Cup in 2001.

Grade School

■ Continued from p1

Stumbo Mustangs (7) in the nightcap. The two winners in the bottom bracket will meet at 7:30 p.m. Thursday night. The two winners of the boys semifinal games, like the girls portion of the tourney, will also meet up on Friday night. The boy championship game is set for an 8:00



NATHAN LESLIE posed with his old high school coach, John DeRossett, at a recent Prestonsburg basketball game. Leslie, a former high school football standout at Prestonsburg, is doing quite well as a member of Marshall University's Thundering

Slow-start Adams downs Betsy Layne

Blackburn, Chaffin net 12 each to pace Blackcats

> by STEVE LeMASTER SPORTS WRITER

The Adams Middle School Blackcats got off to a slow start in a recent Monday night contest against the Betsy Layne Elementary Bobcats. Adams led by a slim 14-12 margin at the halftime break. The host Blackcats eventually went on to post a convincing 41-26 win.

The Blackcats found themselves trailing 7-4 at the end of the first quarter. Adam Roberts led the visiting Bobcats' first quarter scoring effort with five points, including a three-point field goal. Shawn Hamilton netted the other two first period points for the Bobcats. Joe Blackburn and Jesse Chaffin netted a field goal apiece for Adams in the first period.

Betsy Layne attempted six three-point field goals in the second quarter. They connected on just one trey attempt, a Roberts guided three-pointer, his second of what would be a game-high three Blackburn and Chaffin led the way for AMS once again in the second quarter. Both Blackcat cagers netted four points. Point guard Trevor Compton tossed in the other two points for the Blackcats as they took the twopoint advantage into the second

The biggest offensive quarter of the game for Adams came in

the third quarter. The Blackcats connected on eight two-point field goals in the third period for

a 16-point output. Michael Morrison made his way into the books in the third quarter. Morrison made good on two field goals. Compton also had four points in the third quarter. Hamilton put up a big third quarter for the Bobcats. He netted seven points on a three-point basket and a pair of field goals. The Bobcats were outscored 16-9 in the third quarter, leaving them to trail 30-21 heading into the final period.

After being held scoreless in the third frame, Betsy Layne's Roberts made good on a fourth quarter trey. The Bobcats managed just one more score in the final quarter, giving them just five points in the final period. The Blackcats went to the free throw line eight times in the final quarter. They hit five of those eight attempts, to go along with three field goals. Morrison turned his offensive play up a notch in the final quarter, tossing in seven points on two field goals and three free throws. Chaffin, the only other Adams player to score in the final quarter, netted four fourth quarter

Blackburn and Chaffin led the way for Adams with 12 points apiece. Morrison finished closely behind with 11 points. Compton chipped in with six

Hamilton and Roberts paved Betsy Layne's way with 11 points apiece.

Both teams will be back in action this week as they take part in the Floyd County Basketball Elementary Tournament.



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insider by t.j. tomasi Director of the Players School at PGA National

TEEING OFF

Three Types of Swing Thoughts Enhance Your Play

o choose a thought or key I that helps you make a good swing, start by being aware that there are three types of swing thoughts.

An "active thought" is used when you're actually swinging the club and you consciously direct your body to do something, such as start a new move or establish a position. "Cock the wrists" and "fire the back knee" are examples.

A "passive thought" suggests that you maintain a position or continue a motion. Examples include "maintain

the spine angle" and "stay behind the ball."

The third type of thought occurs at address, before you even set the club in motion. These include making sure your clubface is aimed correctly and your ball is in the correct position.

Some golfers don't want to think any thoughts during the instant it takes to swing the golf club. For them the best type of swing key is a pre-swing checklist. As a pilot does before

take-off, once you complete

your checklist, you're ready to

But if you do need an in-swing guide, avoid any keys that I a place during the downswing. Once the downswing begins, it's too late to initiate any conscious moves before impact, so typically anything you try to make happen will be misapplied. This is why passive keys are the best inswing thoughts - you don't have to do or change anything

while you swing. In general, the later in the swing you use an action key. the higher the risk that you will misapply it. The latest point where an action key can be effectively used is in the transition zone between backswing and downswing. Here a key such as "slam down the left heel" can be helpful.

Whenever possible, try to choose keys that begin at address or during the takeaway. These are the most reliable and will continue to be effective the longest.

ASK THE PRO

O: How can I tell if I have a strong grip? I read your suggestion for golfers with big chests and not much flexibility, but I'm having trouble figuring out where my left hand should go. Is there a checkpoint for a strong grip I can use?

- N.A.

A: Assuming you're right-handed, here's a checkpoint: Once your left hand is on the club correctly, your wrist joint, at the point where the two tendons of your thumb form a small pocket, will be positioned to the right of the top of the club handle. This strong grip

impact. To Ask the Pro a question about golf e-mail him at: TIInsider@ aol.com.

position increases the ability of

your wrists to release the club at

NUMEROLOGY

33.33: The amount of money Jack Nicklaus won in his first tournament on the PGA Tour - the 1962 L.A. Open.

1.62: The maximum weight of a golf ball in ounces currently allowed under the rules. This is one way the distance a ball travels is controlled, as a heavier ball (up to a point) would go farther.

1.68: In inches, the minimum diameter of a golf ball allowed by, the rules. The ball can be larger than this, but not smaller. If it gets too big, though, the ball won't fit in the

3: The number of cracked ribs George Archer had when he won last year's MasterCard Championship. Archer is no stranger to playing hurt. having undergone seven major surgeries, including his left wrist in 1975, his back in 1979, his left shoulder in 1987 just before joining the Senior Tour, and the latest, a right hip replacement in April 1996. Sounds more like the medical history of an NFL running back than a pro

300,000: The amount of money paid to Ernie Els for losing the consolation match in the Match Play Championships in Australia. His comment on playing the match: "I'd rather call it a day and get on a plane. I've got better things to do." Better things than to play 18 holes and have someone hand you \$300,000?

ABOUT THE AUTHOR



Dr. T.J. Tomasi is the director
of the Players School at
PGA National in Palm
Beach Gardens, Fla. He is
a member of the

elite Top 100 Teachers chosen by Golf Magazine and is a Class

DON'T MISS IT

Stranger Than Fiction

Fans of golf trivia, interesting stories and zany happenings: Don't Miss the book "Amazing but True Golf Facts" by Bruce Nash and Allan Zullo (Andrews McMeel Publishing). From the 103year-old who shot his age to the blind golfer who made two hole-in-ones, the stories

IT'S GOOD FOR YOUR GAME





To execute a splash shot, this player, a low-handicap amateur, cocks her wrists early as she swings her hands away from the ball along her body line (photo at left). In the right-hand photo, she swings her hands back to the ball on her body line, hitting about an inch and a half behind the ball. She takes some sand, but not nearly as much as the high handicapper, who usually hits too far behind the ball.

Shot Makes a Splash Coming out of Bunker

A splash

shot makes

the ball ride

out of the

bunker on a

cushion of

he splash shot requires that you use the bounce on the bottom of your sand wedge to skim through a thin layer of sand behind and under the ball. This makes the ball ride out of the bunker on a cushion of sand.

To do this correctly you'll need to hit

the sand before you hit the ball, so move the ball forward in your stance, opposite your front heel. With the ball forward, you'll need to open the face of your club so it points directly at the target.

Next, open your stance by drawing your front foot back from square at least 12 inches. When you open

your stance, be sure to let your hips and shoulders open, too. This sets your entire body in an open position that allows you to swing your club from outside to inside along your body line as represented by

your toe line. To be successful, you'll need to let your club swing along your body line and trust that your clubface will propel the ball to your target. If, as you start your downswing, you let your doubts get the better of you and try to direct your club down the target line, you'll hit all kinds of awful shots.

Your open position also settles your weight onto your front side, where you'll

leave it throughout your swing. Though the splash shot sometimes requires a full upper-body motion, you won't need the power a weight transfer would produce, so be sure to leave the pressure in your front leg throughout your

motion. Dig your feet into the sand for stability. This

lowers your feet in relation to the level of the ball, guaranteeing that you'll hit the sand first, a necessary feature of the splash shot. But be careful to stand slightly farther from the ball because digging your feet in moves the hosel of the club closer to the

QUOTE OF THE WEEK

66

I like the chaotic atmosphere, as long as it doesn't get personal. ... If it wasn't for the crowd, the Ryder Cup would be just another event. 33

- Jesper Parnevik

BIRDIES & BOGEYS

Oceans Apart

The Royal and Ancient, golf's ruling body for the world except North America, is being a pain in the neck again. First it caused a rift with the USGA by not banning springlikeeffect enhanced drivers. This gave Callaway implicit support in its drive to destroy the power of the USGA so it can sell its wares to the public without USGA interference.

Now the R&A wants to introduce mandatory drug testing using the World Anti-Doping Agency. Based on Australian golfer Craig Parry's claims of widespread use of beta-blockers, the R&A is seriously considering random testing. Beta-blockers are prescription drugs that reduce adrenaline production, thereby slowing the heart rate and lowering blood pressure.

PGA Tour commissioner Tim Finchem is having none of it, just as he did when John Daly complained about golfers taking heart medication. On national TV, Curtis Strange summed up the feeling of many by telling Daly to crawl back under his rock. Maybe Finchem ought to use that line with Parry and the R&A. Or he might just tell them the story of Terrible Tommy Bolt, a star of the '40s and '50s, whose temper was so bad he had to take Valium. "I'm still three-putting," Tommy complained, "but I don't give a damn anymore."

■ GOLF SPOKEN HERE

"Couldn't Buy A Putt"

A phrase describing a bad putting round. It's a lament often heard at the 19th hole, usually uttered by a good putter who made everything he looked at except one

THE GOLF DOCTOR

A New Kind of Practice: Problem-Fixing After a Round

f your swing gets off-track, solutions can range from major surgery to minor repair, depending on how early you (or your teacher) diagnose the problem. In general, problem-fixing practice is best done after a round, and ends as soon as the problem is eliminated.

I remember being at the Canadian Open one year when Jack Nicklans appeared on the driving range followed by a large crowd jostling for position to watch the great one practice. To everyone's surprise, he hit just seven shots, then left.

Someone told me that during his round he'd hit a bad 4-iron, so before calling it a day, he went to the range and hit 4-irons until he was satisfied. Now, you might not fix your problem with seven shots, but you'd be surprised how easy it is to fix a problem directly

after the round instead of waiting.

If you're not sure what's wrong with your swing, develop a checklist so you know exactly where to look for trouble. I'll use myself as an example.

I get into trouble when my swing is too long, and it always helps to shorten up a bit. Next I make sure I'm shifting my weight into my right side during the backswing and getting behind

Another key for me is to be sure I've reduced the tension in my shoulders and neck so I can make a good arm swing.

The checklist is different for everyone, but having one shortens the amount of time it takes to get your swing back on track.



TOP 10

1. Kurt Angle, WWF

2. Scott Steiner, WCW

3. Rhino, ECW 4. Chris Jericho, WWF

5. Stone Cold, WWF 6. Chavo Guerrero, WCW

7. Kane, WWF

8. Shane Douglas, WCW

9. Raven, WWF 10. Test, WWF

the WWF or WCW.



Look for: More ECW wrestlers to jump ship soon to either



JUSTIN CREDIBLE

PAY-PER-VIEW **■ WCW, SuperBrawl**

Revenge, Nashville, Feb. 18

WWF, No Way Out, Las Vagas, Feb. 25

■ ECW, Living Dangerously, TBA, March 11

A las what you think about

stars, trends and story lines. Also, if you have a question or comment about a subject, write to us at The Squared Circle, c/o Sports, News Journal, 70 W. Fourth St., Mansfield, Ohio 44903. You can fax it to us at

419-521-7415 or e-mail to Zman262@go.com. Please include your hometown along with this information.

Dear Squared Circle,

Here are my top 10 wrestlers:

- 1. Stone Cold Steve Austin 2. The Rock
- 3. The Undertaker
- 4. Chris Jericho
- 5. Billy Gunn 6. Test
- 7. Lita
- 8. The Hardy Boyz
- 9. Too Cool
- 10. The Dudley Boyz

-David Payne Clarksburg, W. Va.

Dear Squared Circle, My favorite wrestling moves

- 1. The Rock Bottom
- 2. Stone Cold Stunner 3. The Last Ride
- 4. Dudley Death Drop
- 5. Swanton Bomb 6. X-factor
- 7. The Worm
- 8. The Hip Hop Drop
- 9. The Sharpshooter 10. The Olympic Slam
 - Dustin Shannon Anderson, Ind.

Dear Squared Circle.

My top 10 favorite wrestlers

- 1. Stone Cold Steve Austin
- 2. The Rock
- 3. The Undertaker 4. The Hardy Boyz
- 5. Lita 6. Chyna
- 7. Triple H
- 8. Chris Jericho
- 9. Goldberg
- 10. Road Dogg
 - -Renae Pettigrew Beaver Falls, Pa.

FEUDOFTHEWEEK



Rikishi & Haku vs. Kane & Undertaker. WWF

MOVE OF THE WEEK

Vertibreaker

- Shane Helms, WCW

IN THE SPOTLIGHT



■ Jimmy Hart has been a very successful manager in wrestling over the last 30 years. (Photo courtesy of WCW Magazine)

MOUTH OF THE **SOUTH RO**

By Anthony Conchel Squared Circle

is shricking laugh and his gaudy attire aside, Jimmy Han has been the most visible and most successful manager in wrestling over the past three decades.

During that time the 53-year-old Hart has managed Hulk Hogan and dozens of other big stars in both WCW and the WWF. The squeaky little man dubbed "The Mouth of the South" has been an impact player, despite not being a wrestler.

Recently, Hart has taken to the ring and beaten various radio disc jockeys like Mancow, But Hart's value comes from his brains, not his brawn.

Hart started out working the Memphis territory and spent a good deal of his early days working shows in the mid-South region, never straying too far north. He was a household name in Huntsville, Ala., Louisville, Ky., and throughout Tennessee.

Hart recalls fondly the time he spent learning the trade in Memphis.

"We'd draw five or six thousand people in Memphis when we had the dream matches like me and Jerry Lawler for the Southern Heavyweight title."

While working this region he was spotted by Vince McMahon and others in the WWF.

"One night I got a call from Vince... this was at a time when everybody was afraid of New York (the WWF) coming in and taking over the territories," Hart recalled recently in a prowrestlingdaily.com

He flew to the Big Apple to meet McMahon the

"Jimmy, we love your tapes. We think we can do a lot with you. When can you start?" McMahon asked. Right away. Hart replied, and his career took off.

Soon afterward he was working in Wrestlemania I in 1985. Little did Hart or anyone else know that this would be the genesis for the biggest annual event in "I remember I had Greg The Hammer Valentine

against Tito Santana and King Kong Bundy beat S.D. Jones in about 26 seconds. "It was a thrill for me. We had Muhammad Ali on

that show. It was just unbelievable," Hart said. What happened later is even more unbelievable.

Hulk Hogan asked Hart to manage him.

"One week in Memphis Hulk came in and I managed him against Lawler. I knew Hulk, but we weren't really tight then. But I walk into the dressing room and Hulk goes, 'Man, I hope you're coming to manage me."

Hart was flattered and stunned.

"He knew me from my work in Memphis, He asked me to manage him because he was turning babyface and ready to do movies.

"So I began working with Hulk regularly. He's tremendous. Hulk still draws more people than most of the other (WCW) guys."

Hart defends Hogan's reputation for not working hurt or simply not working enough back in his prime.

"People don't know how many times he's gone to the ring hurt. A lot of the other people would stay home. And he's never refused interviews or going to the children's hospital."

Hart has worked with the Honky Tonk Man, Demolition and Jimmy Superfly Snuka, even working with intro music in its infancy.

"I worked with Paul Roma and Honky Tonk and others on their entrance music. I have a music background so it was a natural fit for me," said the former member of The Gentrys.

Later he worked on the Wolfpac song, "American Made," for Hogan's entrance into WCW and helped Shane Douglas with his music.

AFTER THE BELL

News and gossip from the wrestling world:

■ It looks like Rowdy Roddy Piper will indeed make a return to the wrestling ring in the very near future. His return, however, isn't expected to be with the WWF or WCW. It's rumored that Piper will join Southern California's XPW promotion, which is owned by Rob Black and Extreme Associates. As of this report, his expected role will be as commissioner of XPW, thus allowing him to feud with XPW president Rob

■ Wrestling analyst Wade Keller confirms that Mideon was given his full release from his WWF contract at the end of Jan-

uary. When last seen on TV, he was doing an angle as "Naked Mideon, which did not go over well with the fans.



It looks as if Bill Goldberg's expected return date to WCW television is set for Feb. 26, thus ending rumors of him going to the WWF. There are others, however, who will be contractually allowed to entertain offers from other federations, most notably the WWF.

■ WCW champ Scott Steiner faces assault charges after attacking an EMT during "Nitro" in Winston-Salem, N.C. Randall Mankins, 34, agreed to become part of the show at the LJVM Coliseum, but got more than he bargained for as Steiner kicked him several times while he attended to an injured grappler. Steiner, whose real name is Scott Rechstiner, claims he did not know Mankins was part of the show. He was served with a criminal assault complaint as he boarded a plane in Greensboro. A trial date has been set for

■ Vince Russo is pretty much done with WCW. While Russo is finally medically cleared to return to work, WCW's new owners have yet to call him and ask him to return to the office. As you may know, Eric Bischoff and Vince Russo cannot work together and won't, possibly ever again.

IN YOUR TOWN

Upcoming wrestling shows across the U.S.:

WWF... Feb. 12, "Raw," East Rutherford. N.J.

Feb. 12, "Nitro" and "Thunder" taping, Biloxi, Miss.

WCW...

"Smackdown!," Uniondale, N.Y.

Feb. 13,

Feb. 19, "Nitro" and "Thunder" taping, Huntsville, Ala.

Feb. 17. Cedar Falls, Iowa

ON THE WEB

- www.wrestlezone.com
- www.wrestleScoop.com
- www.WWF.com
- www.WCW.com
- www.ECWwrestling.com
- www.wrestlingarena.com
- www.24-7wrestling.com www.top-rope.com
- www.1wrestling.com
- www.WWFWCW.com
- www.iowrestling.com www.kinglawler.com
- www.livewirewrestling.com

Share a new or hot wrestling Web site. Send it to Zman262@go.com.

REAL NAMES

Paul LeVesque

Triple H

6-5, 279

Hometown: Greenwich, Conn.

Birthday: July 27

Pro debut: March 1992

MATMEMORIES

A look back at memorable moments in pro wrestling history:

■ June 29, 1931: What is presumed to be wrestling's first sleeperhold is applied by Jim Londos against Ray Steele in the main event of a card at New York's Yankee Stadium in front of 21,000 fans. "Simply a new hold I've perfected, which shuts off the jugular vein, Londos said the next day in the New York Sun of this potentially deadly move.

WHO'S HOT/WHO'S NOT



Rick Steiner: The Dog Face Gremlin looks to be in pretty good shape and is receiving a pretty decent push. Of course it helps when your brother is the heavyweight champ.



D-Lo is rumored to be next on the list of fired WWF employees. He's angry at WWF management, so it's just a matter of time before his pink slip.

This Town-That World

Editor's Note: For years, Floyd County Times founder and former publisher Norman Allen wrote a weekly column that looked at Floyd County through his eyes. His columns are being reprinted due to request. The following column was written in 1961.

A few more days like the few just past, and the peepers will be peeping.

THIS IS DISCOURAGING

I wonder what ever became of a certain gentleman of my acquaintance who, a few years ago, was almost counting the days till retirment came along and he could go fishing whenever he pleased. The last report received on him said that, since he has all the time on his hands and more than anybody would want, he has lost interest in the wily bass and would just as soon sit and watch the goldfish in a nearby bowl...I hope this isn't true. Such news is plumb discouraging. Causes me to think that, perchance, I, too, may reach that sad state when a boat, a fishing rod and time to go fishing will be something that came along a few years too late.

Had the snow remained till Wednesday night, it would have been exactly four weeks old. Although none is visible from my window, I know of some dark hollows where there are still white patches.

This may not be the place to say it, but The Times will discontinue its church page after next week's edition.

IT WON'T BE LONG-I HOPE

For the information of all inquirers—and I hear there are a few-I rise to remark that I plan to do a mite of fishing, just as soon as the skaters get off Dewey Lake.

FRUSTRATION

The lights were blinding as he stood looking for a place to hide his prize discovery. Ahead yawned what appeared to be an endless canyon of towering buildings. Not a tree or shrub, not a plot of grass, nor a square foot of the good earth to dig into and hide this priceless object from the eyes of man or marauding animals. He was tired. He had covered miles, looking, looking, and always the same scene. Once, somewhere, he had seen a likely spot. There was grass, he remembered, and trees, and a stream. But where was that Eden? He had forgotten. Here there was only an endless expanse of stone and concrete. And he could not carry this thing forever.

He lay down, carefully guarding his new possession, but hurrying feet bumped into him. A man cursed. A young girl circled past. A fine lady lifted her

nose an inch higher. The poor fellow whimpered. Now he wished he

could hide himself. Who was this object lesson in frustration? Just a hound-dog, set down in the heart of Broadway with a new-found bone to hide.

WARNING TO THE **OPPOSITION**

Is the office of County Surveyor still legal? If so, I may enter politics. I don't know which end of a transit to look through, but I can learn. Besides, since the federal government hasn't appropriated much money for more surveying of the Big Sandy, I think old Floyd could stand some surveyin' by a simon-pure who's too lazy to drive stakes all around and endanger our children, as they play along the river-banks

If I make this race, I will prove to one and all that I will make a vigorous campaign. I may even forego a fishing trip or so to carry my fight to the dear peepul. And I warn all and sundry: If any man dares to oppose me, I

(See TOWN, page two)

mail fctimes@eastky.net.

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- ➤ Weddings C2
- > School Happenings • C2

Sunday

February 4, 2001

SECTION . C

Senior Editor: Pam Shingler Phone: (606) 886-8506 Email: web@floydcountytimes.com

www.floydcountytimes.com

Shannon Shepherd



Award-winning artist Shannon Shepherd works on a painting of a memorial service at Brushy Fork, the type of activity that he seeks to preserve, if only on canvas.

Artist's work represents memories, mountain life

by PAM SHINGLER CONTRIBUTING WRITER

For an artist to have his or her work chosen for the annual Images from

the Mountains exhibit is high praise.

Art works by Shannon Shepherd of Stanville have been in the competitive exhibit for three years now - high praise, indeed. Plus, they've earned the show's Merit Award. The Images show is organized by Appalshop, the art complex in

Whitesburg, to showcase the work of the top visual artists in eastern Kentucky. After its opening each fall at the Appalshop gallery, the show travels to galleries throughout the region, including a stop planned for April at the Mountain Arts Center in Prestonsburg.

All my art's about things I know about, that I grew up around," says Shepherd, who teaches art at Betsy Layne High School. What Shepherd grew up around were his grandparents, the late Goble and

(See ARTIST, page two)



"Papaw and Granny" is the title of one of the many paintings the artist has done of his grandparents, Goble and Berthie Shepherd, who raised him at Gunlock.

Before we forget ...



This old bridge leads from the southern end of Prestonsburg across the river to what? It must have been a beautiful - maybe even scary - route in some forgotten day. If you know the background of this foot bridge, share it with the Times. Contact Kathy Prater, at 606/886-8506, or e-

Good-bye, sort of



As some of you may know, I am leaving the Times - again. I've taken a job with the East Kentucky Science, Mathematics and Technology Center, starting tomorrow, February 5, so I'll be just around the corner and up the street.

I've long lamented the quality of education in this area, and with this new job, perhaps I can do a little bit to make the situation better - at least put my money

where my mouth is, as they say.

While our education systems are lacking in many ways, I think the evidence shows that science and math are two disciplines in which the needs are greatest. By and large, the instruction in these fields is inadequate, and most of us lack confidence in our ability to comprehend the principles of science and math. This must change.

I do not intend to disappear from the printed page, however. Times publisher Rod Collins has asked me to continue my affiliation as a free lance writer, and I plan to do that. I still have a long list of story ideas that I've never gotten around to pursuing. And I suspect there's many more a dog tale to tell, if I know my critters.

Writing this earlier in the week, as I'm clearing my desk, I decided to share some of the words and cartoons

(See POISON, page two)

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,

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.

Duff FRC

2-5: Advisory Council, 6 p.m., resource center.

McDowell FRC, 377-2678

- After School Child Care, for parents who work or attend school, from school dismissal to 5 p.m.
- Call the FRC to schedule fifth grade student physicals and immunizations update, required by law. Floyd County Health Department nurse is at the Center one day a week to administer these and other services.
 - GED classes, free, Mondays, 8 a.m. -11:30 a.m.

Osborne FRC

Lending Library is available to school and community.

Prestonsburg Elementary

■ 2-5: SBDM meeting, 6 p.m., auditorium. (If school is not in session because of bad weather, meeting will be 2-12.)

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

- 2-5 & 7: Sexual Harassment Awareness presentations.
- 2-12 & 21: STD's Awareness presentations.
- 2-13: Alcohol Prevention presentations. ■ 2-26: Drug 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

Things to Ponder

Not today, maybe tomorrow

by MABLE ROWE LINEBERGER, PH.D.

It's hard for me to believe that I've been "writing" about things for around two and one-half years. Needless to say, I've appreciated Pam Shingler's tolerance of my delivering the pieces of paper to her on an irregular schedule. In other words, sometimes the article has been laid on her desk early—the day before it was due—to being there at the final minute before the printing process began to roar. The "early" articles are prepared ahead of time because the topic was quickly known or they just have to be done before another important project has its turn. The articles done at the "required" schedule reflect how things seem to come together on those rare times. Then there are articles that are excessively "late"-I'm so ashamed to say. The last minute drop offs most often are related to periods of procrastination that are prone to appear in a lot of people's lives; procrastination is letting the low-priority tasks get in the way of high-priority ones. My procrastinating about writing the article usually pertains to times that the "well is dry" or just can't think of a "good" topics. When putting off writing the article, it seems so easy and less painful to not take time to explore the magnificient options for topics. Nonetheless, I came to the conclusion years ago that I get more satisfaction from having completed a project than avoiding the process.

Lo and Behold! Do you wonder how they eventually get around to doing research about those individuals who postpone till tomorrow what they ought to do today? Similar to many self-defeating behaviors, procrastination turns out to be deeply rooted in the psyche and personality. It is not a matter of time management, according to Ferrari, who has researched and written on the topic. "To tell a chronic procrastinator to 'Just Do It' is like telling a clinically depressed person to cheer up." The "trait procrasinator" puts off over and over doing the things that would contribute to success or more fulfilled lives; i.e., if we call and inquire about a position at the very last moment, it is no surprise that we do not get the job. Although no one really knows the actual number of trait procrastinators, some small surveys reported that 20 percent of adults perceived themselves as putting off doing things. In a previous study (1984), about one-half of 342 college students disclosed that they almost always procrastinate at writing term papers. Then in another study (1997), the results showed that most trait procrastinators pay a high price for their actions; procrastinators turned in their papers later and got lower grades. Later in the semester, these same subjects experienced more physical symptoms and visitied health care providers more often. On a larger scale, 2,7000 responses were received on a web-based survey concerning the extent of negative impact on the person's happiness: 46 percent said "quite a bit" or "very much"; and 18 percent said "extreme negative effect." As expected, "People who have a problem with procrastination experience a good deal of shame...I hate not being able to make myself do what I want to do." An example was that one man lost his business due to not getting around to sending out bills for payments owed

Even though scholars agree on the seriousness of procrastination, they differ on its causes. One expert's opinion (Ferrari) was trait procrastinators are full of self-doubt and worry in particular about how others evaluate their abiliites, "...view their self-worth as based solely on ability at a task... (their logic being) if I never finish the task, you can never judge my ability." They would rather "show" a lack of effort than ability and can blame it on the lack of time. During research observations, an impression was that the procrastinators handicapped themselves to guarantee a reason if they did poorly, such as 60 percent playing video games instead of studying for a math test. A theory was that self-defeating behaviors such as these are associated with parental relationships—authoritarian fathers.

www.americanheart.org

New Arrivals



Curtis

Adam and Angela Wilson

Georgia, announce the

birth of their daughter,

November 27, 2000, at

Hamilton Medical Center in

Chatsworth. She weighed

six pounds, five ounces,

and was 19 inches long.

She is the granddaughter of Rex D. and Brenda

Wilson of Prestonsburg,

and Jack and Josephine

Tunnel Hill, Georgia.

Curtis

Brianna

Hackworth

of Chatsworth,

Faith,



Moore

Orville and Jeannette Moore of Prestonsburg announce the birth of their first child, Brhett Tylor. He was born January 13, at Highlands Regional Medical Center, He weighed eight pounds and was 21.5 inches long. He is the grandson of Jeannie and Howard of Hippo, Merrilyn and Regina Hurd of Banner, Bobbie Sue Moore of Prestonsburg and John Moore of Mousie. He is the great-grandson of Ethel and Willis Howard of Hippo, and Annie Ritchie

Weddings



Neeley-Monroe

Cisco Neeley of Hueysville and Nadine Monroe of Cleveland, Ohio, have announced their engagement to be married. The two dated when they were in high school at Garrett, went separate ways and then reunited. The bride-to-be is the daughter of the late Jasper and Effie Slone, formerly of Garrett, and the groom-elect is the son of Dottie Neeley of Hueysville and the late Chester Neeley. They have not announced a date for the wedding.

Postscript

that have helped me make it through many a trying day. I am a compulsive collector, but what makes a collection even better is the sharing.

Sometime last year, I was browsing through the Mountain Eagle, from Whitesburg - one of my favorite papers, by the way when I came across this intriguing headline: "Magistrates lose appeal." Now, that could be said of a lot of us. I cut it out and tacked it on my

Also stuck on my computer is a phrase I thought worth keeping. It was in a story written by either Ed Taylor or Willie Elliott, I can't remember which. Fortunately, it was caught before it was printed. and of course, it's not what he meant: " ... saved from distinction." Now, that also could be said of a lot of us. I should think it would be far better to be saved from extinction than from distinction, but, then, perhaps not.

Some of my all time favorite cartoons:

I need help (cartoon name): A Realtor is counseling a man and woman: "We found a house in your price range. Unfortunately, there's a Scottish terrier named Rusty living

Warren Piece: A masked man with a sword in his hand stands in front of a big X on a wall. The caption: Zorro's Illiterate Brother.

Sipress in the New Yorker: Several people sitting around on the floor in yoga positions, with the obvious leader in front, next to a sign that reads, "The Journey to Enlightenment." One journeyman is asking, "Are we there yet?"

Continued from p1

■ Ziggy: "Some days it feels like life is just one great big party ... and I'm the pinata!!"

Peanuts: Linus and Lucy are seated near the TV. Linus gives a huge "Sigh," and the bantering begins. Lucy: "Stop that stupid sighing!" Linus: "There's nothing wrong with sighing." Lucy: "There is if it bugs someone!" Linus: "It's scriptural!" Lucy: "It's what?" Linus: "Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but the Spirit himself intercedes for us with sighs too deep for words. Romans, Eighth Chapter." Lucy: "I don't know... I'm either going to have to slug him, or start going back to Sunday School."

■ The Far Side: Two cows are talking in the field. One says, "And, as you travel life's highway, don't forget to stop and eat the roses." The caption: "Cow Philosophy."

Peanuts: Snoopy is on his dog house writing. The first panel says, "What a writer should know ... Then he leans back and falls off his dog house. The last panel has him on the ground, advising, "Never lean back to read what you have written."

I have plenty more, but this is probably a good place to stop. I'll try not to lean back.

Town

Continued from p1

will scorch his hide for fair. I will draw a bead on him as if he were my blood-enemy. I will review his past, if I can find anything that isn't complimentary. I will bring down on the heads of his wife and children my wrath.

My associate, "Buck" Scalf, has threatened to enter the race if I do-and if he does, watch for the fur to fly. All that I await is a delegation of at least one, to draft me for this important office. Watch for future announcements.

World-famous lubricant uncovers 2,000 uses in 2000

Thousands of ideas on how to use itdefinitely. But 300,000 individual submissions?!

That is the unbelievable number of entries sent to WD-40 Company® by consumers throughout the U.S. and Canada over the course of WD-40's Search for 2,000 Uses Sweepstakes, which ended last week.

"We set out to see if we could get 2,000 unique uses," said Tom Barman, brand manager for WD-40 Company. "As the campaign progressed, one thing became glaringly obvious as we reviwed more than 30,000 submissions-people everywhere love WD-

WD-40 Company announced the 100 winners of the contest in January, randomly selecting Helen Flaaen of Dickinson, North Dakota, as the grand prize winner and recipient of \$10,000 in WD-40 Company stock.

Flaaen, whose winning submission suggests using WD-40 to help remove leftover adhesive on picture frames, is

A ubiquitous product-yes. a self-proclaimed WD-40 user for life. "I have a can in my kitchen, my

garage, under my sink and even in my truck," said Flaaen. "I never know when or where I'll need to use it. I've always been a big fan of WD-40, but now I'm an even bigger fan."

WD-40 Company, long aware of the affinity their customers have for their multi-purpose product, decided that a quest to uncover 2,000 uses would pique the creative juices of users while providing them a forum to share their ideas. WD-40 plans to share the results by compiling a comprehensive list of 2,000 of the most common-and most wacky-submis-

Some of the most popular entries include using WD-40 to:

■ Keep snow from sticking to windows, snowshovels and wind-

(See LUBRICANT, page three)

Artist

Berthie Shepherd, and the hardscrabble farm they worked at Gunlock in Magoffin County, "just across the hill from David," the artist points out, and closer to Prestonsburg than Salyersville.

His grandparents - "Papaw and Granny" - old houses, chimneys and pastures are depicted in his work.

His grandmother, in particular, is presented in several paintings and aquatints, doing chores common to mountain women. In a sense, Shepherd's work captures his past.

"The thing that kicked me was when my grandpa got sick, just before his death. I realized I wanted to preserve my memories," the artist explains. "I realized they weren't going to be around forever and things I like weren't going to be around."

Last year, he entered some of his works in the Kentucky State Fair and came away with ribbons for the first and third places. The state fair board, in fact, wanted to buy his painting of his grandparents, but Shepherd says he couldn't part with it.

(He's quick to point out that his wife, Stephanie, who teaches Spanish at Betsy Layne, also won a ribbon at the fair for cook-

The artist, a tall, imposing figure, is, in personality, modest and self-effacing. Don't expect to find him in a smock, poised behind an easel, hovering over a

work in progress. Instead, he says he's as apt to paint while sitting in his easy chair with a canvas on his lap.

Often, he will labor over a painting, making subtle changes, or sometimes dramatic changes,



Shannon Shepherd has made paintings and prints of several old chimneys he's found throughout the region. This one also includes the out-

trying to find what finally satisfies him. His current project is a rendering of a memorial service at a cemetery at Brushy Fork in Magoffin County. After several months, he's still not happy with the painting and threatens that he

may paint over the scene and start over. "I have trashed more than I kept," he says.

Shepherd has been an artist almost as long as he can remember. His first drawing, he recalls, was of an airplane when he was four years old. "My cousins from Michigan liked it," he says proudly.

In fourth grade, he won \$7 for first place in the Conservation District poster contest, and when he was at Magoffin County High School, one of his teachers asked him to do a painting of the teacher's log house at Morehead, for which the student artist was

Other teachers, Frank Smith and Connie Cecil, encouraged him to pursue his artist's dream. Cecil, in fact, helped him get an art scholarship to Berea, but he "chickened out," as he puts it, and came back home.

The following semester, he went to Lee's College in Jackson and stuck it out to get an associate's degree, before transferring to Morehead State University, where he earned both a bachelor's degree in art education and a master's degree in studio art.

He came to work at Betsy Layne in 1995, after two years teaching grade school at Martin and Maytown.

In his introductory art classes, Shepherd says he tries "to expose my students to everything" in the art world. In the advanced class■ Continued from p1

es, "I try to get them more disciplined. I try to develop their skills."

The teacher encourages his advanced students to enter contests and try themselves in competition. He also wants to let them see what other artists are doing by taking them to art shows, including MSU's annual Art Day.

His concern for the students is readily apparent. "I love them and I tell them that," he says, with a laugh. "They might think I'm weird, but that's OK.'

The artist has committed himself to incorporating more spiritual elements in his works. "God has blessed me," says the father of two, a girl 6 and a boy 4. He and his family are active members of Maytown First Baptist

For an exhibit at the MAC in 1999, Shepherd recorded his philosophy. "My upbringing in far rural eastern Kentucky by my mother and extended Old Regular Baptist family is not only evident in my past works and accomplishments, but has and will continue to impact my present and future endeavors," he wrote for the

Because this way of life, this sheltered nature, is slowly changing and eventually disappearing, these images produced will serve as a memory book for my family, and as a history book for my children and their future genera-

(See PONDER, page four)





Associate Professor of Family Medicine



Question: My 13-year-old son has recently started sleepwalking. He mainly does this when we are spending the night away from home. He has his eyes open and looks like he is awake, but he isn't. He wanted to drive the car the last time this happened. What causes sleepwalking, and what can I do to child can walk. In rare instances

stop it?

Answer: Sleepwalking, a condition we doctors also call somnambulism, is a common disorder that affects up to 10 percent of children. Though this condition happens most frequently in those between 4 and 13, it can start as soon as the

Sleepwalking stressful not only for child, but also for parent

it can begin in adulthood. As you might assume, sleep-

walking is a disorder of sleeping. In it, the individual is awake enough to sit up in bed or to even get up and move about as your son has, but not awake enough to behave normally. Many describe the eyes as being open but with a vacant stare. In addition, the person's movements are typically clumsy, and any attempt to talk - either in response to questions or spontaneously - usually makes little

I also assume that you had great difficulty in waking your son during these episodes that is typical of the condition,

too. A single event of sleepwalking is usually over in 15 to 20 minutes, and come morning, the person rarely has any recollection of the night's wander-

So what is a worried mother to do? A sleepwalking individual rarely is capable of performing complex tasks such as driving a car, but they can wander into the street and be hit by one. Obviously, you need to protect your son during these times. Most sleepwalking episodes take place within the first two hours after going to bed, so you will need to be more attentive during these hours.

The next time your son sleepwalks, you should talk to him in a quiet and soothing voice but not try to reason with him. He is asleep, remember. Direct him away from dangerous things and ultimately get him back to bed.

Sleepwalking is more common when the individual is low on sleep. Perhaps this is why it happens to your son when you

are away from home. The different activities may make it difficult for him to stay on a regular sleep schedule.

Some individuals continue to experience sleepwalking very regularly even though they are getting enough sleep. If this is the case with your son, you might try the following treatment that sometimes works in these situations. Note the time when he usually starts to sleepwalk. Wake him about 15 minutes before that time. Tell him beforehand that you will be doing this and that he will need to stay up long enough to actually wake up - perhaps five to 10 minutes. Doing this for several nights in a row can often break the nightly sleepwalking pat-

Many individuals who sleepwalk in childhood stop doing so by their middle teen years. Perhaps your son will do this. Some unfortunate few will continue to sleepwalk throughout adulthood, however. Most of

these individuals have a family history of this disorder.

The role of sleep in health and illness is an area of medicine that is not clearly understood today. We don't know why people sleepwalk, and we don't have any miracle treatments that eliminate the associated risks and worries for loved

Fortunately, there are additional treatments besides getting adequate sleep and getting up before an episode of somnambulation. I'd suggest that you and your son talk to a sleep expert about his condition.

"Family Medicine" is a weekly column. To submit questions, write to John C. Wolf, D.O., Ohio University College of Osteopathic Medicine, Grosvenor Hall, Athens, Ohio 45701. Past columns are availonline www.fhradio.org/fm.

Lubricants

Continued from p2

Remove dead insects. road tar and adhesives from car bumpers

Prevent rust and corrosion on patio furniture, tools and outdoor locks during win-

Stop squeaks on door hinges, bed springs and office

Also included in the more than 300,000 submissions was the occasional off-thewall idea such as using WD-40 to remove gum from hair, properly lubricate prosthetic limbs and polish glass eyes.

WD-40 Company, with headquarters in San Diego, is a leading player in the global market for multi-purpose lubricants and general maintenance products. WD-40 Company produces multipurpose lubricants, WD-40® and 3-IN-ONE® as well as the Lava® brand of heavyduty hand cleaners. WD-40 Company markets its products in more than 160 countries worldwide, and recorded sales of \$157.2 million in

Good Food • Good Health

Great pies with sound nutrition

February is "Great American Pie Month" and, surely, a truly great pie has sound nutrition as well as terrific flavor. By that standard, fruit pies can have greater nutritional value than other types. In recent years, health conscious cooks have found a variety of ways to make fruit pies more wholesome than traditional versions that are typically high in sweeteners and fat.

Although the filling is the usual source of excess calories from sugar, the fat in most fruit pies is found in the crust. A basic piecrust is made with one part butter or shortening to three parts flour, with just enough water to bind the ingredients. That results in a crust with 60 percent of its calories from fat.

Two types of reduced-fat alternatives to a traditional crust are the graham cracker crust and a meringue shell. A graham cracker crust requires less fat, and a meringue shell requires none. Prepare a meringue pie shell by beating 3 large egg whites with 1/4 teaspoon cream of tartar and a dash of salt. Gradually add 3/4 cup sugar and beat until stiff peaks form, Add 1/2 teaspoon vanilla and beat well. Spread the meringue over the bottom and sides of a 9-inch pie pan that has first been coated with cooking oil spray and then lightly dusted with flour. Bake for one hour at 275 degrees, turn the oven off and let the shell remain in the oven with the door closed for one hour or

Commercially prepared fruit fillings are usually high in sweeteners and calories. It only takes a few minutes to prepare a fruit filling from scratch,

which allows the cook to add just enough sweetening to satisfy individual tastes and limit the

Apple Streusel Pie

5 cups peeled apples, thinly-sliced

2 tsp. lemon juice 1/4-1/3 cup sugar

3 Tbsp. all-purpose flour

I tsp. grated lemon rind 1 tsp. cinnamon

1/4 tsp. nutmeg

1 unbaked 9-inch pie shell

1/4-1/3 cup packed brown sugar

3 Tbsp. rolled oats (not quick or instant types)

3 Tbsp. whole wheat flour

1 tsp. cinnamon

1 Tbsp. soft margarine Preheat oven to 375 degrees.

To prevent apple slices from darkening, toss with lemon juice as soon as they are cut.

Combine sugar with lemon rind, flour and spices. Sprinkle over apples and stir until apples

Prepare topping by combining brown sugar, oats, flour and cinnamon in a bowl. With a fork and knife, cut in margarine until mixture is

Spoon apple filling into prepared pie shell. Sprinkle topping over filling. Bake about 60 minutes or until top is golden and apples are tender.

Remove and cool on wire rack. Pie may be eaten while still warm or stored in refrigerator until ready to serve. Bring chilled pie to room temperature before serving.

Makes 8 servings, each containing about 211 calories and 7 grams of fat.

Nutrition Wise...

by KAREN COLLINS, M.S., R.D., C.D.N.

AMERICAN INSTITUTE FOR CANCER RESEARCH

Q: Is it true that the best way to lose weight is to cut back on

A: Many people believe that if they cut back on high-fat foods, they will also eliminate the major source of extra calories. That's not always true. Some people eat very little fat but take in excess calories from sweetened drinks, fat-free cookies and other desserts, from alcohol, or portion sizes larger than they really need. A healthy range of fat consumption is considered the equal of 15 to 30 percent of one's calories. For adults trying to lose weight, that may mean a goal of 30 to 75 grams of fat a day for most men, or 25 to 65 grams a day for most women, is ideal, depending on total calorie needs. If your fat consumption is already in that range, look at other concentrated sources of calories, check your portion sizes and identify times

you may be eating when you aren't truly hungry. But don't forget that, for good health as well as weight loss, we all need regular physical activity, as scientists at the American Institute for Cancer Research reminds us. Whether taken all at once or in small blocks of time, aim to achieve an hour (or more) of moderate activity every

Q: I hear recommendations to reduce meat and increase vegetables in stews and casseroles, but how can I do that without a

A: If you're used to cooking strictly by recipes, adapting them may seem difficult but isn't really hard to do. Start with your usual recipe for a stew or casserole and see how much meat, chicken, or seafood it contains. All you need is two or three ounces per person. If the recipe lists more than that, just reduce the amount. If the dish con-

(See NUTRITION, page four)

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Douth News

Named to dean's list

Jordan S. Hall of Bypro was named to the Dean's List at Eastern Kentucky University for the fall 2000 semester. It was the third time the sophomore has earned the distinction, earning him the Dean's Award.

A graduate of South Floyd High School, he is the son of Gary and Marlene Hall of Bypro. He majors in marine biology.

Local students eligible for scholarships

Local students may participate in Central Kentucky Blood Center's sixth annual Children's Art and High School Scholarship Essay Contests, based on the theme, "Blood. It's a fact of life."

The contests are open to students in CKBC's 56county central and eastern Kentucky service area. Deadline for entries is Friday, March 30. The criteria for both contests is as follows:

Children's Art Contest: Open to all 4th, 5th and 6th graders in CKBC's service area. The winning design will appear on a summer T-shirt given in appreciation to all donors who give blood.

■ High School Scholarship Essay Contest: Open to all high school juniors and seniors in CKBC's service area. Three scholarships will be awarded for \$500, \$300 and \$100.

For official guidelines, contact Marsha Berry, Central Kentucky Blood Center, 330 Waller Ave., Lexington, Ky., 40504, or call 859/276-2534 or 1-800-775-2522. Guidelines are also posted on CKBC's web site at www.ckbc.org. Interested persons may also contact Dawn Wheeler (Pikeville and Prestonsburg), 606/432-4979.

KMHI accepting applications for six \$1,000 scholarship awards

The Kentucky Manufactured Housing Institute (KMHI) is accepting applications for six \$1,000 scholarship awards. Entries must be post-marked no later than April 7, and winners will be announced May 7

Eligible graduating high school seniors or GED recipients must reside in manufactured mobile homes in Kentucky and have the desire to further their education at a university, college, technical or vocational school.

To get an application students should contact their local KMHI Member Retail Sales Center or Community or call Betty Whitaker at 502/223-

Since 1997, KMHI has awarded 21 \$1,000 scholarships to deserving students.

The Kentucky Manufactured Housing Institute is an industry trade association that represents retailers, manufacturers, service/supply companies and community operators involved in the manufactured housing industry and doing business in the Commonwealth of Kentucky.

Students compete in the inaugural Student Loan People JV Challenge

On Saturday, January 20, 2500 Kentucky students from more than 100 schools will gather at 16 sites across the commonwealth to take part in the inaugural Student Loan People JV Challenge, an academic event for ninth and 10th graders sponsored by the Kentucky Higher Education Student Loan Corporation ("The Student Loan People") and administered by the Kentucky Association for Academic Competition (KAAC).

Competing at Pikeville High School will be students from the Piarist School, as well as from Johnson Central, Pike County Central, Belfry, Phelps, Shelby Valley, Elkhorn City and Sheldon Clark high schools. The Student Loan People JV Challenge provides a competititve opportunity for ninth and 10th graders, and is designed to bridge the gap between middle school and high school academic team competitions.

The Kentucky Higher Education Student Loan Corporation is a non-profit agency based in Louisville that services all areas of student loans. KAAC is a Frankfort-based non-profit that administers statewide academic competitions, including the Governor's Cup.

"This competition serves a two-fold purpose," said John Bennett, KAAC executive director. First, we can keep thousands of ninth and 10th graders interested and involved in academic competiton until they can more reasonably be expected to contribute to their high school Governor's Cup team. Second, we can, through our partnership with the Student Loan People, provide those students with information about their higher education choices. It's a great partnership for us.'

SFHS student honored



Shane Newsome of South Floyd High School has been selected among 44 throughout nominees KHSAA Regions 13, 14 and 15 to receive a \$1,000 WYMT-TV Mountain

Classic Scholarship. He is the son of James and Elaine Newsome of Hi Hat. The scholarship, based on academic achievement, is made possible by proceeds and donations collected during the annual WYMT Basketball Classic Tournament.



Paintsville students in All District Band: from left, Levi Castle, trumpet; Lucinda Castle, flute, and Sara Shafer, trombone.

Musicians recognized

The 2001 Kentucky Music Educators Association District Nine chose sophomore Lucinda Castle and juniors Levi Castle and Sara Shafer to represent Paintsville High School's Marching Showmen in the All District Band

Under the direction of Dr. Joseph Allison, associate professor of music at Eastern Kentucky University, the band rehearsed a wide repertoire, including King's "United Nations March" and Saucedo's "Triumphant Fanfare" for three days and evenings with musicians from all over the district.

The activity culminated in a concert at the Mountain Arts Center on January 14.

Interested students audition in the fall and, if chosen, must practice and learn the music before the district band

Sara Shafer played piano in the 2000 KMEA State Jazz Band. Scott Bradley directs Paintsville's band.



Lykins honored

The United States Achievement Academy has announced that Lakita Faith Lykins of Auxier, has been named an All-American

The USAA established the All-American Scholar Award Program to offer deserved recognition to superior students who excel in the academic disciplines. The All-American Scholars must earn a 3.3, or higher, grade point average.

Lykins, who attends Our Lady of the Mountains School, will appear in the All-American Scholar Yearbook, which is published nationally.

She is the daughter of Arlie David Lykins of Morehead and Chicita Callihan of Auxier. She is the granddaughter of Van Ray and Faye Slone of Auxier and of Louedith Litton of Morehead.

Pikeville College announces Dean's List for fall

Pikeville College Dean and Vice President for Academic Affairs, Wallace Campbell, has released the names of the top students for the fall 2000 semester. To qualify for the Dean's List, students must receive a grade point average of 3.5 (B+) or better.

Full-time Area Students

Floyd County

Jeremy C. Parsons of Beaver; Heather A. McCoy of Betsy Layne; Jackie D. Bush of Dana: James H. Mullins of Eastern; Kyle E. Turner of Garrett; Candice Leigh Branham and Timothy D. Evans of Grethel; Jennifer Lynn Bridgeman, Sharlonda L. Carroll, Melissa A. Mullins, and Amanda B. Rogers of Harold; Shena Michelle Ratliff of Hueysville: Kristi M. Jones and Wendy J. Mullins of McDowell; and Carolyn R. Odell, Paul S. Porter, Lois M. Rogers, and Jimmy D. White of Prestonsburg.

Johnson County

Priscilla A. Spradlin of Denver; Joshua G. O'Bryan of Hager Hill; Amanda L. Austin, Stephanie L., Guess, Rebecca L., Perkey, and Jason B. VanHoose of Paintsville; and Erin L. Bryant of Staffordsville.

M Knott County Mary F. Dias of Pippa Passes.

III Letcher County

Matilda A. Blair of Isom; Amanda D. Fleming of Jackhorn; Letha Carol Bailey, Henry Collier, and Timothy A. Vanover of Jenkins; Harold D. New of Letcher; Brandi D. Back of Mayking; Randi E. Mullins and David B. Short of Neon; and Leslie Brooke Caudill of Whitesburg.

m Magoffin County

Glistina G. Adams and Mary C. Borders of Salversville.

Martin County

Paula Jeanne Crum of Debord; Lillie Michelle Robinson of Lovely; and Paul C. Patrick of Warfield.

Pike County

Gina L. Thompson of Aflex; Sarah M. Cook of Ashcamp; Lea Ann Rutherford of Belfry; Angela S. Dudley and Hillary S. Smith of Canada; Sherry B, Wright of Draffin; Angelina R. Hensley, Batrina D. Potter, and Stephen Ray Sanders of Elkhorn City; Kimberly R. Casebolt and Toni M. Casebolt of Fords Branch; Shannon Leigh Lockard, Edna M. Slater, and Jerry J. Walker of Hardy; Jamie L. Montgomery of Hatfield; Sara Danielle Sykes of Hellier; Clyde Coleman of Kimper; Nathan D. Rose of Lick Creek; Karen S. Biliter and Jessica Dotson of Majestic; Rhonda Collins and Sammy J. Maynard of McAndrews; Devan M. Bingham, Kennith James Ramey, and Cynthia A. Ratliff of Mouthcard; Charity Burke and Shenia R. Wright of Myra; Julia Casey, Angela Marie Coleman, Erika Brooke Fannin,

and Christa L. Smith of Phelps; Jessica L. Allen, Kelly A. Barker, Carie A. Bartley, Jamie A. Bartley, Bethany K. Blackburn, Sarah R. Bliffen, Melanie A. Cable, Joshua Childers, Jillian M. Coleman, Kimberly D. Coleman, Crystal K. Compton, Finicia M. Compton, Heidi Mae Couch, Jody M. Damron, Tiffany A. Damron, Shanna G. England, Laura R. Ford, Olivia N. Gannon, Dedra D. Hall, Elana Marie Hall, Elizabeth L. Hartman, Marvin A. Hensley, Bert D. Holiway, Jennifer L. Justice, Richard D. Justice, Sharon M. Justice, John Douglas King, Deborah L. Kiser, Stephanie L. Little, Bethany Dianne Lockard, Jack N. Lynch, Robyn D. Mullins, Selena D. Muncy, Sarah E. Norman, Amanda R. Ratliff, Tiffany R. Richardson, Tiffany Robinson, Benjamin T. Scott, Christine Sloane, Stephen J. Slone, Ashley Paige Staggs, Bethany L. Stanley, Candace L. Tackett, Ricka L. Tackett. Jessica L. Thacker, Melissa S. Vernon, Matthew T. Walls, and Christian K. Zane of

Amy C. Parsley of Pinsonfork; Claude J. Robinson, Misty R. Slone, and Beverly D. Thacker of Raccoon; Rebecca A. Riley of Regina; Lora R. Rutherford of Robinson Creek; Jessica L. Bentley, Stephen F. Hunt, Kelli J. Johnson, Rachel E. Meek, Bonnie K. Potter, Lacy D. Rogers, and Amy E. Slone of Shelbiana; Jamie L. Heflin, Melinda Dawn Maynard of Amy Reed Swiney of Sidney: Carla S. Bowens of Stone; Matthew E. Chandler of Turkey Creek; and Lola M. Johnson, Roger D. Mullins, Deremia K. Osborne, Sara E. Osborne, Anthony J. Tackett, Kelly S. Tackett, Kristy D. Tackett, Vesna Taseva, Lonnie Ralph Taylor, and Melissa S. White of Virgie.

Part-Time Students

Anthony D. Francis and Leigh Ann Francis of Belfry; Amy Deskins, Emma S. Jones, Andrew K. Joyce, and Rebecca Smith of Pikeville. Jeremy N. Hall of Garrett, Debra Joe Combs and Jennifer M. Damron of Martin; Beenash Anwer of Stanville; Melody R. Estep of Hurley, Virginia; and Sybil Renea Parsley of Williamson, West Virginia.

Ponder

■ Continued from p2

Some

think that parents saying when and how things will be done fail to help kids develop initiative and planning skills. In contrast, another expert (Lay) believes that procrastinators simply have a different level of conscientiousness than most folks, i.e., "They think and act in terms of 'wishes and dreams' while non-procrastinators focus on 'oughts and obligations' ... neurotically disorganized in their thinking...making them forgetful and less likely to plan well." Still yet another writer perceived procrastination as a bad habit with two causes: (1) "crooked thinking" to justify behaviors with major issues in delaying tactics of perfectionism, inadequacy, and discomfort; and (2) avoiding tasks reinforces procrastination which makes it harder to get things going with the person being stuck by not knowing what to do and not the lack of desire.

Several remedies have been suggested to counteract procrastination. Rational Self-Talk: Write down all your excuses and challenge the faulty reasoning behind each one, along with your realistic thoughts. For example, "I'm not in the mood right now" versus "Mood doesn't do my work, actions do." Positive Self-Statements: Include self-motivating statements into your thoughts, such as "There's no time like the present." Don't Catastrophe: Accepting that you will fail or you are no good will only create fear that will hinder you. Focus on what you can do now to reach your goal. Design Clear Goals: Be specific about what you want and what needs to be done. Keep your sights within reason and not too big so that you are too scared to begin. Set Priorities: Write what you need to do in the order of importance. Then, start at the top and work down. Partialize the Tasks: Break big tasks down into smaller ones that can be managed without significant difficulties. This is especially good for unpleasant jobs. Get Organized. Have materials ready with a daily schedule. Make realistic lists of tasks by the day and the week. It is a great feeling when you can check them off. Take a Stand: Commit yourself to completing the task-makea contract with yourself and/or tell someone that you are going to do it. Use Prompts: Keep written reminders in a conspicious place, such as the good ole refrigerator, mirror, or car dashboard. The more we remember, the greater the likelihood we'll follow through with our plans. Reward Yourself: Self-reinforcement has a big impact on developing a "do it nov attitude-celebrate, smile, and allow yourself to enjoy a job well done. Don't put down your accomplishments. Now, go ahead, get started-

Now that we know what we have, do we want to change? The good news is that procrastinators can change, no matter what the foundation was-if they change the way they think. For one sure thing, you are going to feel better about yourself,

Dr. Lineberger is a Licensed Psychologist with a private practice in Prestonsburg. Her services include therapy and testing for all ages.

Nutrition

■ Continued from p3

tains dried beans that are good sources of the protein and key minerals meat provides, you can reduce the meat even further or omit it completely. Increase the volume of vegetables to compensate for the amount of meat eliminated. If the recipe calls for a few vegetables, you can add one or two more kinds for better variety.

Q: Does the vegetable called "broccoli rabe" have all the nutrition of regular broccoli?

A: Although it's relatively uncommon in the U.S., broccoli rabe is very popular in Italy and China. Part of the cruciferous family that includes broccoli, cauliflower and Brussels sprouts, broccoli rabe has green leaves and thin, firm stems. It contains more leaves than regular broccoli and, instead of a head of florets, it has scattered clusters of tiny broccoli-like buds. Like regular broccoli, it is low in calories and an excellent source of vitamin C, but has more beta-carotene. It provides phytochemicals known as indoles that seem to fight breast cancer. Broccoli rabe also contains isothiocyanates, substances that stimulate enzymes to detoxify carcinogens before they can begin the cancer process. Because it has a much stronger flavor than its more familiar cousin, broccoli rabe is best added to pasta or potato dishes, or served lightly sauteed in a little olive oil for a side dish. Enjoy using it to add variety to meals as well as good nutri-

The Floyd County Times 3 SITTED

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DALACHIAN REGIONAL HEALTHCARE

FOR LEASE: 2 & 1 BR tric, wall-to-wall carpet. garages. HWD floors, new appl. 2 miles 80, Garrett. For more from Town. 886-0893.* info call 358-2000.*

BRANHAM HEIGHTS APTS, of Wheelwright, KY, is accepting applications for one and two LOT bedroom apts. Rent is based on income. Apartments come equipped with central air and heat, carpet, refrigerator, stove and blinds. Garbage, maintenance, water and sewer are included with rent. 3 BR MOBILE HOME: Please contact Sharon 874-2818. at 452-4777. Equal Housing Opportunity. Handicap Accessible.

1 BR APT .: Stove & ref. furnished. Briarwood Apts. 886-8991.*

BR APT.: Hueysville. Call 886-5738 (beeper).*

R & L APARTMENTS : We now have coin laundry for tenants. We have apts, available. One easy payment, all utilities & cable included. 3 BR TRAILER: On pri-Call 886-2797.

Houses

3 / 4 BR HOUSE: At Wayland. HUD approved. Call 886-5738 (beeper)."

2 BR HOUSE: HUD accepted. At Hueysville. 358-4228.*

HOUSE FOR RENT: Located behind Nelson Fraszier, Call 285-9887.

electric, no pets. \$400 rent, \$400 dep. 874-

IT'S ILLEGAL for companies doing business by phone to promise you a loan and ask you to pay for it before they deliver. more information, call toll-free 1-877 FTC HELP. A pub lic service message from The County Floyd Times and Federal Trade Commission.

TOWNHOUSE 2 BR HOUSE: All elec-Next to Dizzy Tire, Rt.

Lots AVAILABLE: Between P'burg & Paintsville, at Airport Trailer Court.

886-9007.

Mobile Home

Mobile Homes

FOR RENT: Trailer in Garrett area. 606-886-0097.*

2 BR TRAILER: Rt. 7 Routes. Salt Lick. \$200 month. 358-4524,*

2 BR 14X60 TRAILER: 2/10 mile past MAC. 886-8307

NICE 3 BR TRAILER: \$225 month, 946-2786.

\$200 deposit, ref. required. 874-2653.*

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

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

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

WANT TO BUY/RENT

Want To Rent

I WANT TO RENT large 3 BR or more house. Large yard with garden spot, nice private area, farm setting preferred, Floyd County area. Rent or Land Contract. Ref. 889-9508 available. leave message.





606-783-6589(Eax)

EMPLOY-MENT

When responding to Employment ads that have reference numbers. please indicate that entire reference number on Martin the outside of your Guarantees \$50 day + envelope. Reference 5% commission. 1-800numbers are used to models and up only. help us direct your letter to the correct

Business Opportunity

individual

HALLMARK Style Greeting Card Rie. 50 Quality loc's Local Super \$. 800-277-9424, 24 hrs.

AT&T- MCI Payphone 75 Proven Locations. income. 800-800-3470.

ATTENTION: We need help! \$500-\$1500 PT. \$2000-\$6000 FT. Free training. 800-229-1814.

HOME AND GARDEN PARTY is expanding in your area. This fantastic ground floor oportunity features: pottery, canvate lot. \$300 month, dies, pictures and etc. Call toll free 866-369-5282. leave message.

> Classifieds Work Call 886-8506

Job Listing

AVON: From now until end of Feb., no \$25 fee for sign-up. Call 1-800-796-7070 or 639-4294.1

ROUTE SALES: Working out of The Warehouse. 848-2036,*

OTTER CREEK COR-

RECTIONAL CENTER is currently seeking applicants for one parttime LPN. Must be a from an graduate approved school of nursing. Must have Kentucky License and /or Certification. A valid driver's license required. Interested applicants may phone (606)452-9700 ext. 7121. Otter Creek Correctional Center is an Equal Opportunity Employer, M/F/V/D.

Help Wanted

ANTED Computer/Internet 999-8881 or 606-639-People! \$1,500-\$2,500/mo PT - \$3,000 \$7,000/mo FT. WORK FROM HOME. Free information. (262)808www.RU4money.com.

EARN \$530 WEEKLY distributing phone cards. No experience necessary. Full or part time. Call 1-800-362-7885

MAINTENANCE person From Home! needed for large new building Prestonsburg. Position Booklet. is 5 days/40 hours per week. Experience and 6799. references must be fur-Applications may be picked up at Worldwide Equipment Enterprises. Inc., Corporate offices on Route 1428 East or Human reply to: Resource office, P.O. 1370, Box Prestonsburg,

41653. No phone calls MISC.

ALLEN / MARTIN: The Lexington Hearld Leader has an established early morning newspaper route available in Allen / Martin area. This route takes approx. 3-1/2 hrs. daily. With an income potential of \$1200 monthly. Dependable transportation and ability to be bonded required. Direct all inquiries to: 1-800-

please.

6410.

HOMEWORKERS NEEDED: \$635 weekly processing mail. Easy! No experience needed. Call 1-800-440-1570 Ext. 5095, 24 Hrs.

WORK YOUR COM-PUTER! \$14-\$45/hr. PT/FT. 888-360-9148 www.cash-street.com

FULL-TIME JANITOR / ATTENTION: Work \$500 \$2,500/mo. PT. \$3,000 in \$7,000/mo FT. inglife.com 800-311-UNEMPLOYED

VETERANS

We can give you a free hand-up to help get you back on your feet Please call Volunteers of (606)432-America. 3111, or toll-free. 1(866)314-4860.

Free

BECOME DEBT FREE! Cut payments without new loans. It's easy! 1 hr. approval. Call 1-800-517-3406.

FREE PALLETS: Can be picked up behind The Floyd County Times.

Advance-Fee Loans or Credit Offers

Companies that do business by phone can't ask you to pay for credit before you get it. For more information, call toll-1-877-FTC free HELP. A public service message from The Floyd County Times and the Federal Trade Commission.



CLASSIFIED LINE AD RATES:

(4 line minimum)

\$1.50 per line for Wednesday and Friday paper. \$1.75 per line for Wednesday and Friday + Shopper. \$2.00 per line for Wed., Fri., and Sun. + Shopper. (\$1.50 per line for single insertion)

Border Ads: \$3.00 extra per week Reverse Ads: \$4.00 extra per week Shaded Ads with a Border: \$4.00 extra week Attention Lines.

Centered/Bold Ads, 12 Pt. Type, 14 Pt. Type, etc: ***NO EXTRA CHARGE*** *************

CLASSIFIED DISPLAY RATES

\$5.50 Per Column Inch. \$110.00 Spot Color.

Real Estate Section is available on Wednesday's Paper only.

Visa or MasterCard are accepted over the telephone or walk-in.

OUR DEADLINES INCLUDE:

Wednesday's Paper: Line Ads, Mon. at 12 noon; Display Ads, Fri. at 2 p.m.

Friday's Paper and Shopper: Line/Display Ads, Wed. at 5 p.m. Sunday's Paper: Line/Display, Thursday at 5 p.m.

*The Floyd County Times Reserves the right to change or modify these rates and/or deadlines without prior notice, at their discretion.

- Automobiles
- Appliances
- Electronics
- · Books
- Apparel
- Computers
- Sporting Goods
- Furniture
- · Tools
- Kitchenware Collectibles
- Musical
- Intruments and More!!!

Contact Sandra Bunting, Classified Manager at