

Local residents attend meeting in hope of preventing youth smoking

A group of area residents gathered for an open forum Thursday at Highlands Regional Medical Center to talk about the problem of youth smoking in Kentucky. Citizens examined potential solutions; among the ideas discussed was raising the state cigarette excise tax as the single most effective measure to reduce youth smoking.

The meeting was sponsored by the Kentucky Health Investment for Kids (KHIC), a coalition of groups across the state working on the problem. KHIC spokesperson Heather Wehrheim said the meeting provided an opportunity for tobacco control advocates to strengthen their relationships and discuss potential solutions to the problem.

During the meeting, advocates discussed the extraordinarily high youth smoking rate in

the state. Kentucky high school students' smoking rate is 37 percent, the fourth worst in the nation, compared to the national average of 28 percent. Even

tirely from smoking. That's the same number of people who currently live in Carlisle, Elliot, Fulton, Gallatin, Hickman, Lee, Lyon, Meniffee, Nicholas, Owsley, Robertson, Trimble, and Wolfe counties combined.

Participants in the meeting also noted that despite laws prohibiting sales to minors, 75 percent of high school smokers in the state have purchased cigarettes directly from a convenience store in the past 30 days. For that reason alone, Wehrheim suggested that solutions to the state's high youth smoking rate must be multifaceted beyond an excise tax increase. Participants at the Prestonsburg meeting received a packet containing general facts on youth tobacco issues, biographies of their Kentucky legislators, and information on how to contact them. For further information on the campaign to reduce youth smoking in the state and save lives, contact Kentucky ACTION, a statewide tobacco control group at 1(877) KY4KIDS.

FYI

For further information on the campaign to reduce youth smoking in the state and save lives, contact Kentucky ACTION, a statewide tobacco control group at 1(877) KY4KIDS.

worse, participants discovered that Kentucky middle school students have the highest smoking rate for their age group in the United States. Wehrheim says at current rates, 88,000 Kentucky kids will die pre-

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The New Era Survival Research Institute has just published a new booklet, "Survival Resource Guide for a Nuclear, Biologic or Chemical Attack." The booklet gives information about what to do to improve personal safety in the event of a terrorist attack.

"According to government officials, there is evidence that terrorists may have been planning to disperse biological or chemical agents," says Paul Richard, a researcher at New Era Survival Research Institute. "We've published a resource guide to help consumers educate themselves about what to do in the event of a nuclear, biological or chemical attack."

Consumers can receive a copy of the booklet by sending (10) first class stamps for printing, postage and handling to: New Era Survival Research Institute, NBC Survival Booklet Offer No. NBC1010, P.O. Box 60944, Washington, D.C. 20039-0944.



Enjoyed concert in the mountains

A few ladies recently left their homes in Hindman, Kentucky to vacation in the gorgeous Smokey Mountains of Tennessee. While in the Smokies, the trio attended a Louise Mandrell concert show and even managed to meet the star and have their picture taken with her.

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A most memorable trip

by LORETTA BENTLEY
SENIOR DIRECTOR

Members of the Betsy Layne and Mud Creek Senior Citizens Centers, along with others from Neon and Elkhorn City, boarded a tour bus headed to Canada on September 10, 2001. The time spent traveling on the bus was full of song, laughter, and games, with everyone eagerly anticipating the days of touring beautiful sites that lay ahead.

The following morning, everyone awoke, at 5 a.m. to the blaring sound of a fire alarm. Since no one could go back to sleep, the group decided to have an early breakfast. It wasn't long before they heard of the terrorist attacks on America, marking one of the worst days in the history of our country. Plans were canceled for the day and everyone returned to the hotel to watch the current news reports.

Later that evening, the group decided to travel to Niagara Falls to see the waters illuminated at night. The area was closed and so were the roads into the United States. The group of travelers had no idea how long it would be before they were able to return home.

Everyone was reportedly fearful of spending their money, so the group returned again to the hotel, with everyone getting into bed late, only to be awakened by another fire alarm, this time at 4 a.m. Again, no one could go back to bed.

The next morning, the group toured the falls and planned to have lunch in the 52 story Sky Lon Restaurant. Plans were canceled due to a bomb threat against the beautiful building. Trying to salvage the trip and calm their fears, the group toured the Walland Canal and visited the floral clock. They were able to have dinner in the re-opened Sky Lon Restaurant. From the restaurant, the group could see a forty mile stretch of land. They were able to observe the bridge and saw that numerous vehicles were lined up awaiting entry into the United States. They learned that a bomb threat had been issued again, this time against the

bridge itself.

The senior group learned a short while later that the bridge had re-opened and that they would soon be able to begin travel toward home. They decided to purchase a few souvenirs and again had the misfortune to run into trouble as a gang of young men blocked the gift shop entry and proceeded to harass the owner and his wife, who were from Afghanistan.

The group got away from this incident and made it back to the hotel where it was discovered that four members of the group had no form of identification on them.

Their families back home had to get busy faxing needed information to the senior directors to assure that their family members would be able to get through the border patrol and back on American soil.

The group approached the bridge praying that all would go well and that everyone would soon be headed home. In less than two hours, the tour bus crossed the New York state line. The group was jubilant to know that they were back in America and headed toward their beloved Kentucky lands. The group

spent that night in Ohio, stopping at a roadside picnic area to have a birthday party for Tootsie Seals, their greatly appreciated bus driver, and to celebrate being back in America.

When the group finally arrived home on Friday, they were met by loving friends and family members who welcomed their safe arrival with banners and balloons.



Loretta Bentley, Mud Creek Senior Citizens Center director, and Nannetta Yates, director of the Betsy Layne Senior Citizens Center at the Niagara Falls floral clock with the Floyd County Times.



Mud Creek and Betsy Layne senior citizens awaiting their trip home to Kentucky from Niagara Falls, Canada.

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Community Calendar

Calendar items will be printed as space permits

Editor's note: Due to rising costs and space limitations we will no longer be accepting items for our Community Calendar that contain a revenue-producing nature as of Monday, October 8. If your organization is holding a fundraising event, please contact our classified or advertising departments to announce your event. The Floyd County Times will continue its practice of posting meeting dates and public service announcements, up to seven lines of type. These submissions must be received in writing no later than 5 p.m. Monday for Wednesday's publication, and 5 p.m. Wednesday for Friday's publication. Items may not be taken over the telephone. Community Calendar items are subject to editing according to space limitations.

Old Fashion Day

Sunday, October 21, at the Mayflower Unity Baptist Church, lower John's Creek, Pikeville. Singing, fellowship, and worship at 11 a.m., followed by an afternoon dinner. Wear your overalls and bonnets and come celebrate with us. All are welcome.

Candle lighting ceremony

A candle lighting ceremony will be held in honor of those who give the gift of life through organ and tissue donation. This special ceremony will take place in the Pikeville City Park on Saturday, October 20, at 7 p.m. Special guest speakers will be Jim and Jamie Williamson. Everyone is invited to attend.

Mega Worship

Monthly youth rally event will hold its 4th year anniversary on Saturday, October 20, at the Prestonsburg First United Methodist Church, Family Life Center. Event will begin at 7:00 p.m. All are welcome to attend this evening of Christian fun and fellowship. Prizes will be awarded and free food will be in plentiful supply.

Jenny Wiley Chapter AARP to install officers

Jenny Wiley Chapter No. 3528, AARP, will hold an installation of officers at the meeting to be held Friday, October 19, at 6 p.m., at the First Presbyterian Church, Prestonsburg. Burieta Gearheart will be the new president for the ensuing year. All members and friends are encouraged to attend.

Drug meet postponed

The Pike/Floyd Residential Drug Treatment facility meeting which was originally scheduled for Tuesday, October 23, has been postponed. A new meeting time and place will be rescheduled at a later date.

Benefit Concert Nov. 3

A benefit concert by Lisa Dagg-Charette will take place on Saturday, Nov. 3, at the Sipp Cinema, Paintsville. Performances are scheduled for 5 p.m. and 8 p.m. For more information, contact Neil at 789-7103, Vicki at 207-3305, Cindy at 297-3915, or the Oil Springs United Methodist Church.

Quilt Guild to meet

The Nimble Thimble Quilt Guild meets on the first Wednesday of each month at the Floyd County Co-op Extension office. New membership is encouraged. Hand quilting techniques taught and shared, new ideas welcomed. Bring: Two - 18" sq. muslin; batting, hoop, needle, thimble, thread, and scissors. More info. call 886-2668.

Attention Veterans!

The Kentucky Dept. of Veterans Affairs has moved their veterans field representative office from the Prestonsburg Courthouse to the Kentucky National Guard Armory on Rt. 321 North, just outside of Prestonsburg. Services remain free of charge and phone number remains the same—(606) 886-7920.

ADD Helpline

Non-profit support group and resource center for parents and educators dealing with ADD/ADHD. During the month of October, ADD Helpline is having an online auction to raise funds to develop an online classroom. This classroom will provide in-services for teachers on effective management of ADD, as well as classes for parents on motivation of children with ADD,

effective behavior modification programs, and understanding special education. To help, visit auction site at: <http://www.addhelpline.org>

"Ride with Pride" Horse Show

Horsemen's support for Sept. 11 tragedy victim's relief fund. Non-profit event. ALL proceeds from this event will go to aid victims and families. Show will be held on Sunday, October

21, at 2 p.m., at Archer Park, rain or shine. Tom Jordan, of Ashland, Ky., a survivor of the World Trade Center Tower #2 will speak, sharing his testimony and experience.

Donations are encouraged, call Mickey at (606) 889-9027, or Pat at (606) 886-3313. Event is being held in conjunction with local Fire, Police, and EMS personnel.

(See CALENDAR, page ten)



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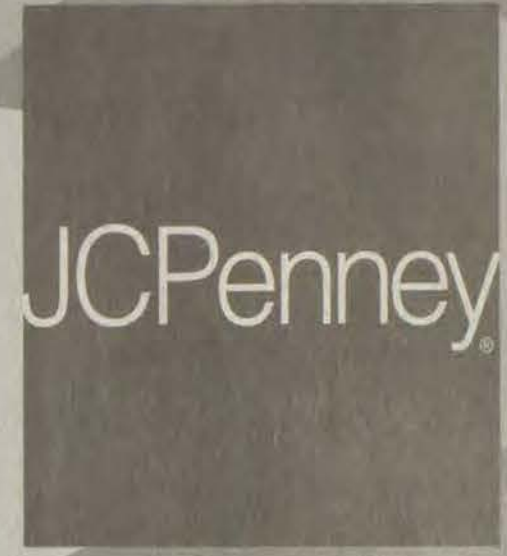
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Savings effective through October 20, 2001 for all items unless otherwise noted. Percentages off regular prices, as shown. Actual savings may exceed stated percentage off. Regular prices are offering prices which may not have resulted in actual sales. Any events designated as a "sale" excludes Value Right merchandise. Merchandise selection may vary from one JCPenney store to another.
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Obituaries

Pearl R. Carter

Pearl R. Carter, 92, of Pikeville, died Thursday, October 18, 2001, at the Prestonsburg Healthcare Center.

Born July 22, 1909, in Pike County, Ky., she was the daughter of the late Gertrude Ray Robinson and Sol Robinson. She was a homemaker and member of the Pleasant Valley Methodist Church.

She was preceded in death by her husband, and Estill Lee Carter.

Survivors include two sons, Sam Carter of Pikeville, and Estill Lee Carter Jr. of Prestonsburg; four daughters, Estillene Adkins of Detroit, Mi., Kathryn Prater of Pikeville, Dorothy Wells of Prestonsburg, and Sandra Toussaint of Lexington; one brother, Edgar Robinson of Detroit, Mi.; two sisters, Violet Thacker of Detroit, Mi., and Daisy Johnson of Arizona; 11 grandchildren and 14 great-grandchildren.

She was preceded in death by one son, James Carter.

Funeral services will be conducted Sunday, October 21, 2001, at the J.W. Call Funeral Home, with Jerry Bliffen and Kaminski Robinson officiating.

Burial will be in the Johnson Memorial Park, under the direction of J.W. Call & Son Funeral Home.

Visitation will be in the chapel, Saturday, from 2 p.m. until 9 p.m.

Active pallbearers: Grandsons. (Paid obituary)

Arthur Lindsley Donnellan Jr.

Arthur Lindsley Donnellan Jr., age 74, of Teaberry, Ky., husband of Alpha Hamilton Donnellan, passed away Monday, October 15, 2001, at the McDowell Appalachian Regional Hospital, McDowell, Ky.

He was born November 18, 1926, in Wheatley, Connecticut, the son of the late Arthur L. Donnellan and Elizabeth Ricker Donnellan. He was a retired former heavy equipment operator, a member of the Immanuel Baptist Church, Nicholasville, Ky., and a WWII Navy veteran.

In addition to his wife, he is survived by two daughters, Sandra Donnellan of Teaberry, Ky., Selma Adams of Racoon, Ky.; one son, Wesley E. Donnellan of Bangor, Maine; three step-daughters, Amy Zapata of Honolulu, Hawaii, Patsy Adkins and Dicie Adkins, both of Frostburg, Md.; two step-sons, Jerry Adkins of Jackson, Mi., Benny Adkins of Jackson, Ky.; one brother, Charlie Donnellan of San Pedro, Ca.; four sisters, Ann Brown of Groton, Vermont, Mary Lead of Canyon Country, Ca., Ginny Eberhard of Palm Springs, Ca., Beth Maybee of Fairport, N.Y.; two grandchildren, Skye Lindsley Adams and Wesley H. Donnellan, seven step-grandchildren, Denise Jones, Shawna Adkins, Leghann Adkins, Ashley Adkins, John Adkins, Tommy Adkins and Chip Hall.

Funeral services for Arthur Lindsley Donnellan Jr., were conducted Thursday, October 18, 2001, at 1:00 p.m., at the Thomas Hamilton Cemetery, Teaberry, Ky., with the clergyman, Terry Hamilton, officiating, under the professional care of the Hall Funeral Home, Martin, Ky.

Visitation was at the funeral home.

In lieu of flowers, the family requests donations be made to American Cancer Society.

Pallbearers: Scott Adams, Gary Crum, Benny Adkins, Rocky Hamilton, William Brown, Thomas Hamilton, Jason Hamilton, and Glen Hamilton.

Honorary pallbearers: Wesley Emery Donnellan, Wesley Harley Donnellan, Jerry Adkins, and Victor Voshell. (Paid obituary)

Leonard Clark

Leonard Clark, age 47, of Honaker, Ky., passed away Wednesday, October 17, 2001, at the University of Kentucky Hospital, Lexington, Ky., following a brief illness.

He was born December 30, 1953, in Pikeville, Ky., the son of Claude E. Clark and Madeline Case Clark of Honaker, Ky. He was a former coal miner.

In addition to his parents, he is survived by one son, Steve Clark of Honaker, Ky.; one brother, Sammie Clark of Hillsboro, Ohio, and one sister, Bulavene Hall of Harold, Ky.

Funeral services will be conducted Saturday, October 20, 2001, at 11:00 a.m., at the Hall Funeral Home chapel, Martin, Ky., with the clergymen, Tommy Spears and Bennie Blankenship, officiating.

Burial will follow in the Clark Cemetery, Honaker, Ky., under the professional care of the Hall Funeral Home, Martin, Ky.

Visitation is at the funeral home. (Paid obituary)

Nayoma Samons Conn

Nayoma Samons Conn, 84, of Kimmell, In., formerly of Dana, Ky., widow of Gomer Conn, passed away Wednesday, October 17, 2001, at the Sacred Heart Nursing Home, Avilla, In., following an extended illness.

She was born October 6, 1917, in Dana, Ky., the daughter of Grover Samons and Virgie Akers Samons. She was a homemaker and a member of the Church of Christ, Arkansas Creek, Martin, Ky.

Survivors include four sons, Clifford Conn and Bernard Conn, both of Dana, Ky., Archer Conn of Martin, Ky., Clyde Conn of Kimmell, In.; six daughters, Alta Sutton of Stoh, In., Emma Lou Pemberton of Springfield, Ohio, Lola Feller of Kendallville, In., Ivalene Hall of Dana, Ky., Carol Crum of Allen, Ky., Sue Feller of Kendallville, Ind.; one brother, Norman Samons of Orange City, Fl.; 31 grandchildren, 46 great-grandchildren and 8 great-great-grandchildren.

In addition to her husband and parents, she was preceded in death by one son, Grover Cleveland Conn; one daughter, Lillian V. Knox; two brothers, Hezzie Samons, and Ivory Samons; two sisters, Clara Conn and Dovie Samons.

Funeral services for Nayoma Samons Conn will be conducted Saturday, October 20, 2001, at 1:00 p.m., at the Hall Funeral Home chapel, Martin, Ky., with the Church of Christ ministers officiating.

Burial will follow in the Click Family Cemetery, (Click Branch), Martin, Ky., under the professional care of the Hall Funeral Home, Martin, Ky.

Visitation is at the funeral home. (Paid obituary)

Hobert Burke

Hobert Burke, 67, of Bevinville, Ky., died Tuesday, October 16, 2001, following an extended illness.

Born on November 18, 1933, in Floyd County, Ky., he was the son of the late Silas Burke and Goldie Johnson Burke. He was a general laborer.

He was preceded in death by his wife, Eura Lou Hall Burke, on February 6, 2001.

Survivors include three sons, Jerry Wayne Burke, Roy Dean Burke, and John Paul Burke, all of Bevinville, Ky.; one daughter, Tammy Wnette Burke of Belcher, Ky.; two brothers, Homer Burke and Silas Burke Jr., both of Bevinville, Ky.; one sister, Virble Jean Spears of Bevinville, Ky.; and three grandchildren, Jeremy Scott Burke, Roy Silas Burke, and Alicia Burke.

He was preceded in death by one daughter, Janice Fern Burke and one brother, Noble Burke.

Funeral services will be conducted Friday, October 19, 2001, at 1 p.m., at the Little Rock Old Regular Baptist Church at Bevinville, Ky., with ministers of the Old Regular Baptist Church officiating.

Burial will be in the Silas Burke Cemetery, Bevinville, Ky., under the direction of Nelson-Frazier Funeral Home, Martin, Ky.

Visitation is at the church. (Paid obituary)

Andy Bolen

Andy Bolen, 79, of Prestonsburg, and widower of Mabel Bolen, died Sunday, October 7, 2001, at the Highlands Regional Medical Center.

He was born June 29, 1922, at Bolyne, Ky., the son of the late Reece and Nancy (Conley) Bolen. He was a retired oil and gas driller, formerly employed by Kinzer Drilling; a member of James W. Alley Masonic Lodge at Wayland; and was of the Baptist faith.

He is survived by one daughter, Barbara Porter of Prestonsburg; one brother, Robert Bolen of Garrett; and two sisters, Geraldine Ramey of LaGrange, In., and Maxine Gibson of Willard, Ohio.

Funeral services were held on Thursday, October 11, 2001, at 2 p.m., at the Burke Funeral Home chapel, with Brother Jimmie Hall, Sterlin Bolen, Bethel Bolen, Jerry Manns, Hayes Chaffins, Monroe Jones and Clifford Williams officiating.

Burial followed in the Davidson Memorial Gardens at Ivel.

Visitation was at the Burke Funeral Home, Prestonsburg.

All arrangements were under the direction of Burke Funeral Home.

Active pallbearers: Garth Bolen, Earnest Gordon Bolen, Reece J. Combs, Gordon Moore, James Moore, and Rodney Bolen.

(Paid obituary)

Grace Triplett Jacobs

Grace Triplett Jacobs, "Granny Jacobs," 81, of Hi Hat, Ky., died Tuesday, October 16, 2001, following an extended illness.

Born on February 12, 1920, in Knott County, Ky., she was the daughter of the late Sylvester and Clarendia Jacobs Triplett. She was a homemaker and a member of the Enterprise Old Regular Baptist Church in Pike County, Ky.

She was preceded in death by her husband, Melvin Jacobs.

Survivors include two sons, Clard Jacobs of Lexington, Ky., Kermit Jacobs of Saginaw, Mich.; five daughters, Eva Little and Joyce Little, both of Melvin, Ky., Pam Hall of Price, Ky., Debbie Shope of Lexington, Ky., Brandy Hopkins of Minnie, Ky.; five brothers, Sid Triplett of Somerset, Ky., Irvin Triplett of Hollybush, Ky., Jerry Triplett, Steve Triplett, and Oliver Triplett, all of Saint Marys, Ohio; four sisters, Joy Donavon and Mary Slone, both of Somerset, Ky., Mazie Slone of Hollybush, Ky., Jane Howell of Saint Marys, Ohio; 22 grandchildren and 33 great-grandchildren.

She was preceded in death by three children and two grandchildren.

Funeral services will be conducted Friday, October 19, 2001, at 11 a.m., at the Little Nancy Old Regular Baptist Church at Price, Ky., with ministers of the Old Regular Baptist Church officiating.

Burial will be in the Buckingham Cemetery, at Bevinville, Ky., under the direction of Nelson-Frazier Funeral Home, Martin, Ky.

Visitation is at the church. (Paid obituary)

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CARD OF THANKS



The family of Andy Bolen, widower of Mabel Bolen, wishes to thank each and every family member and friends who helped in any way upon the passing of their loved one. Thanks to all for their comforting words, prayers, flowers, and those who sent food. A special thanks to the ministers, Jimmy Hall, Jerry Manns, Bethel Bolen, Sterling Bolen, Clifford Williams, Monroe Jones, and Hayes Chaffins (who had just been here on Saturday to visit.); those who participated in the singing; the sheriff's department for their assistance; and to the Burke Funeral Home for their kind and professional service.

THE FAMILY OF ANDY BOLEN

Card of Thanks

The family of Christine Reynolds would like to send a special thanks to all the family and friends who have lent their support in our time of need. We want to thank each of you who attended the services, sent flowers, and/or food. We want each of you to know how grateful we are for all the love and comfort you have given us through these trying times and to let each of you know how greatly you were appreciated.

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Child Abuse A matter of fact

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SIGNS OF NEGLECT IN A FAMILY

In a family where neglect is occurring, the neglecting adult may be apathetic and have a constant craving for excitement and change.

The adult will express dissatisfaction with his/her life and express a desire to be free of the demands of the child. There will be a lack of interest in the child's activities.

The adult will have a low acceptance of the child's dependency needs and will be generally unskilled as a parent. The neglecting adult will have little planning or organizational skills.

S/he may appear to be unkempt and will perceive the child as a burden or bother. S/he will be occupied more with his/her own problems than with the child's problems.

The child will seldom be discussed in positive terms and the neglecting adult will be overcritical of the child in most every respect.

There are several other family indicators where neglect is occurring and those will be discussed in the next article.

To obtain more information about child abuse and neglect, call our hotline number at 1-800-468-8920.

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Record

Continued from p8

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Debbie Hall, M.D.

Melissa Biery, Technical Director of Radiology
Brenda Felty, Breast Cancer Survivor

October 23, 2001
7:00 P.M.

Highlands Regional Medical Center
Medical Office Building
Meeting Place A & B



Breast CENTERS

Accredited by the American College of Radiology

Highlands Regional Medical Center
5000 Kentucky Route 321, Box 668
Prestonsburg, Kentucky 41653

preparation area not covered when not in use, areas where floors are damaged and not easily cleanable. Score: 92.

Prestonsburg Elementary, Prestonsburg, regular inspection. Violations noted: Carton of milk stored on floor of walk-in, outside container not properly covered. Score: 96.

Burger King, Allen, complaint. Temperatures of food are in range of what is required and the staff keeps a temperature log throughout the day. No score given.

Save-A-Lot, Martin, regular inspection. Violations noted: Some canned food items dented severely, absorbant material lining some shelves in meat cooler, some storage/display shelves dusty, some meat slicing equipment needs cleaned more frequently, fan guards in both the produce walk-in cooler and the meat room walk-in cooler are dusty, plumbing leaking under the sink in the women’s restroom, no towels at the hand-wash sink in the meat room and the sink is almost inaccessible,

outside garbage dumpster is not provided with lids, ceiling tile is missing in the men’s restroom, lights out over top of and inside of some coolers. Score: 81.

Save-A-Lot, Martin, follow-up inspection. Critical violation #1 (Source, condition, no spoilage) has been corrected as of this date. Score: 86.

Dairy Queen, Martin, regular inspection. Violations noted: Unlabeled container in the mop sink room, cloth towel stored underneath milk dispenser machine, lid of reach-in freezer in disrepair and duct tape being used as repair material, freezer with see-through lid in need of defrosting, not all utensil are being dried before storage, plumbing not installed properly under the sink in the men’s restroom, no backflow prevention device connected to the mop sink when hose is left on faucet, no hand soap in the women’s restroom, no cover on waste receptacle in women’s restroom, floors have slight amount of debris under three-compartment sink, holes in the walls of the men’s restroom. Score: 84.

Dairy Queen, Martin, follow-up inspection. Violations noted: Backflow violation has been corrected. Score: 91.

Ann’s Deli, Teaberry, regular inspection. Violations noted: Proper hair restraints not in use, clean dishes stored on paper towels, no soap towels at hand sink in food preparation area, ceilings in deli restroom incomplete. Score: 95.

Pappy Mart, Teaberry, regular inspection. Violation noted: Thermometers not present in all refrigeration and freezer units, restroom door not self-closing, cabbage stored on the floor of walk-in cooler, restroom in retail section garbage can not properly covered, walls of restroom not not complete. Score: 95 restaurant, 92 retail.

Bob’s Catering, Prestonsburg, regular inspection. Violations noted: No thermometers provided to check food temperatures, not all food service workers are using hair

restraints. Score: 98.

First Assembly of God, Martin, regular inspection. Violations noted: No hair restraints being used in the food preparation area, some single service items not stored inverted. Score: 98.

PROPERTY TRANSFERS

Talmadge Stephens and Beth Stephens to Canton L. Stephens and Kim Stephens, property located on Right Beaver Creek.

Roger Barnette to Roger Barnette and Pauline Barnette, property located on Nigh Branch.

Big Branch Development Company Inc. to Paul Phillip Hughes and Bonnie Hughes, property located on Abbott Creek.

Floyd County, Kentucky, to Norma H. Davis and Gene D. Davis, property location not listed.

Phillip Whitt and Gwendolyn C. Whitt, Barbara J. Owsley and Eugene Owsley Jr., Phillip Whitt and Barbara J. Owsley to Jamie T. Kinzer and Sherri D. Kinzer, property located on Levisa Fork of Big Sandy River.

Roland Patrick to Cumberland Lake Shell Inc., property location not listed.

Ernest C. Dorton and Linda S. Dorton to Kimberly Dorton Mosley, property located on Left Beaver Creek.

David H. King to Elmer Castle, property located on Right Beaver, Wayland.

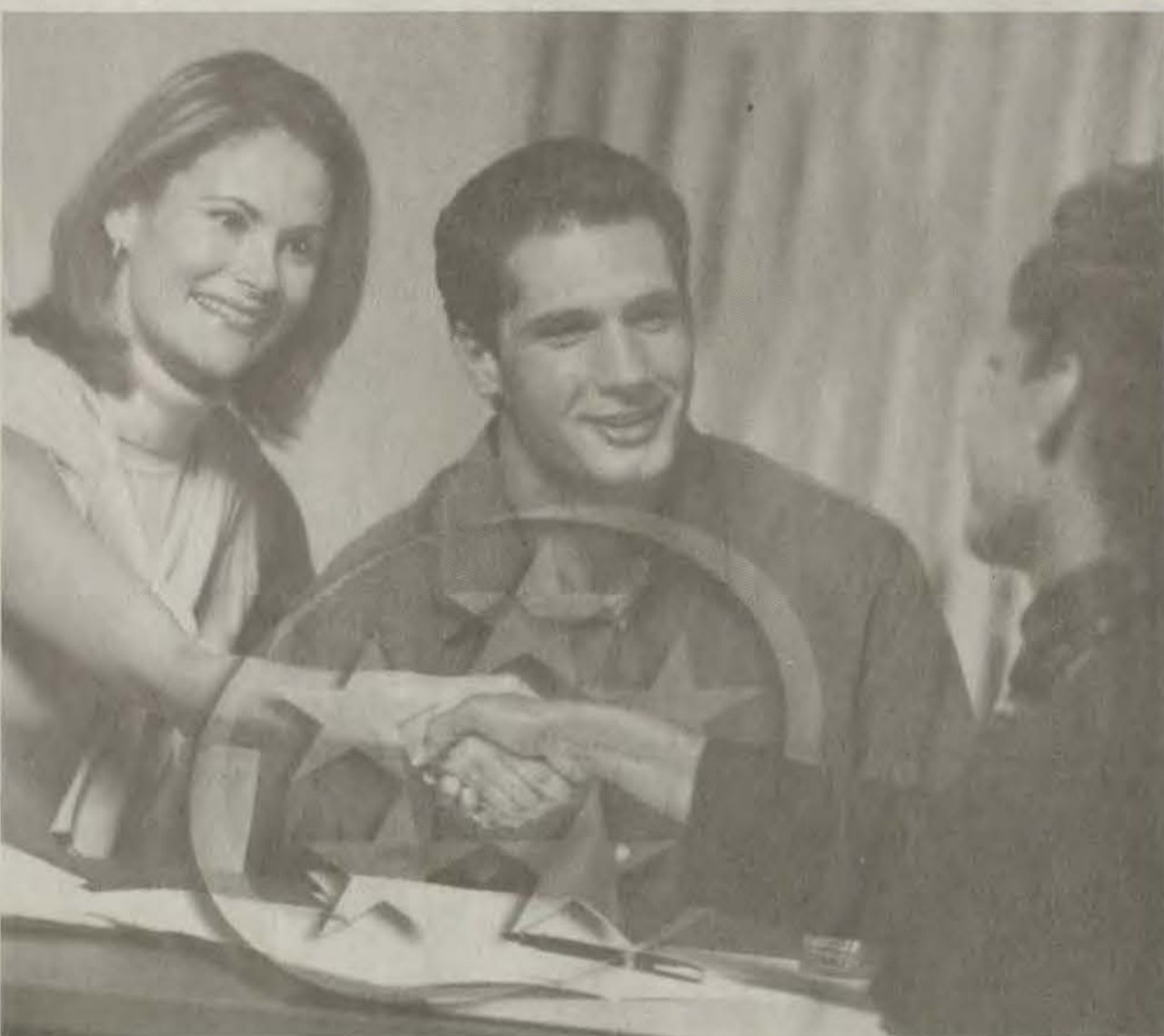
David H. King to Elmer Castle, property located, City of Wayland.

Charles E. Scoville to Rachael Scoville, property location not listed.

Hailu Bogale and Yeshi Bogale to Allied Auction & Realty, property located in the Porter Addition of Prestonsburg.

Leck Coleman Jr. to Bobby Coleman and Sherry Coleman, property location not listed.

Vernon Cornett to Vernon Cornett and Jamie Renee Cornett, property location not listed.



You’ll never look at banking the same way again.



The Five Star Service Guarantee.

Over five years ago, the people at Firststar came up with a simple idea. And before long, that idea became so big...so revolutionary... that it changed everything we do. The big idea? Rather than just promising great service, we decided to back up that goal with an actual guarantee. Now, we’re ushering in a new era in our storied



history. In the next few months, Firststar will be changing its name to U.S. Bank. But rest assured, you’ll continue to get focused and attentive customer service from every department, every person, every transaction. And that’s more than a promise. That’s a guarantee—The Five Star Service Guarantee. This changes everything.



Member FDIC

Calendar

Continued from p7

Free business workshop
“Small Business Taxes” - free workshop for prospective and current small business owners. Open to public - offered by Morehead State University/Small Business Development Center. Two-part workshop will be conducted on Tuesday, Oct. 23, and Wednesday, Oct. 24, at the Citizens National Bank, Broadway St. location, 4th floor conference room, from 6 p.m. to 8:30 p.m. each night. Linda Sumpter, CPA, will instruct. To register, please call SBDC office at (606) 432-5848.

“Auxier Lifetime Learning Center”
■ Oct. 23 - Serger class - 10 a.m. to 3 p.m., fee-\$6.
■ Oct. 23 - Genealogy workshop - 6 p.m. to 8 p.m., fee-\$5 (forms included).
G.E.D. classes - FREE - each Thursday, 1 to 4 p.m.
For more information, call 886-0709.

Tussey family reunion
The descendants of Jonathan and Anna Buckner Tussey will hold a family reunion on Saturday, Nov. 3, at the Pines Building, Jenny Wiley State Resort Park. The day will begin at 11:00 a.m., with dinner at 12:00 p.m. Please bring a covered dish for the meal. Activities will include auction and genealogy study. Please bring family photographs. For more information, contact: Cheryl Tussey Shepherd at (606) 886-8863; Bill Tussey at (606) 358-0076; Brenda Tussey Gray at (606) 886-1249; or Don Tussey at (606) 886-3338.

Arthritis public forum
The Arthritis Foundation Kentucky Chapter, Pikeville Methodist Hospital, and the Pike County Health Department will co-sponsor this event scheduled to be held Thursday, Nov. 8 from 6:30 to 8:30 p.m., on the 2nd floor atrium of the new tower. Matthew Samuel, M.D., rheumatologist, and Sandy Morris, physical therapist, will present. To register contact: Hospital Education at (606) 437-3525, by Nov. 5. Refreshments will be served.

Mud Creek Clinic
A social security representative will be at the Mud Creek

Clinic, Grethel, each Tuesday (except holidays) throughout Oct., Nov., and Dec. This representative will assist in filing retirement and disability claims, and survivors benefits, in addition to SSL, Black Lung, and accepting applications for social security numbers.

Cemeteries Class
“Touring Floyd County Cemeteries” will be taught by Dr. Robert Perry, PCC professor and local historian. Class meets each Saturday morning at 9 a.m. at the Samuel May House parking lot. To enroll, contact Jackie Bowling, CCLL Director, at 886-3863, ext. 258. A small enrollment fee is required.

Fall Shiitake mushroom workshop
Saturday, October 27, 10 a.m., at Suzanne Stumbo’s farm on Ivy Creek. An \$8.00 registration fee will cover all necessary supplies for “seeding” your own mushroom log. Lunch will also be provided. You may also bring your own logs. For further information, contact Ray Tackett, Floyd County extension agent, at 886-2668.

Woodlands and Water landowner field day
Thursday, October 25, 9:00 a.m. (rain or shine), at McDowell/Minnie Senior Citizens Center, located on Ky. Rt. 122. Outdoor session location - Turkey Creek recreational area. For more information, contact Ray Tackett, Floyd County extension agent, at 886-2668.

Housing assistance in Wayland area
HOMES Inc. has opened an office in the Wayland Community Center to assist low income persons in the Right and Left Beaver areas with housing needs. Nelson Hopkins is in the office on Wednesdays from 7:30 a.m. to 4 p.m. to help persons who need repairs on their existing homes or with securing new housing. Area persons may call 358-9473 on Wednesdays to speak with Hopkins or leave a message on other days. Or they may call the HOMES Inc. headquarters in Neon, toll-free, at 1-877-271-1791, ext. 10.

Centre College inducts eight into Hall of Fame

TIMES STAFF REPORT

Centre College inducted eight new members into its Athletic Hall of Fame last Saturday prior to its Homecoming game with Maryville College. Centre scored a 35-0 win over visiting Maryville.

New CC Hall of Fame inductees were honored at the annual alumni luncheon at the Cowan Dining Commons.

John Ortega, a former multi-sport standout at Prestonsburg High School is a defensive starter at Centre College. Ortega, a sophomore, played on the University of Kentucky JV team before coming to Centre. He had 12 tackles in the win.

The following former athletes are to be honored: Chris Bastien, Jeff Bezold, James German, Anna Hayden, John Horky, H.G. Reed, Art Schreiber, and William Lyle Thompson.

Chris Bastien -

Lettered in track 1977-80 and was captain of Centre's track team in 1979 and 1980. He held 15 school records in track and some still stand today. In 1980, Bastien was named the Most Valuable Performer at the

(See FAME, page three)

UK Basketball

Prince, Blevins named co-captains

TIMES STAFF REPORT

Senior guard J.P. Blevins and returning All-American Tayshaun Prince have been named team captains. Coach Tubby Smith announced at the University of Kentucky Media Day on Tuesday.

"You're talking about two guys who have spent three good seasons at Kentucky, veterans who have been through the battles on the court," Smith said. "We still have a lot of young players - six sophomores and four freshmen - who can watch and learn from J.P. and Tayshaun."

Blevins, a top candidate to start at point guard, has seen action in 79 games during the three previous seasons. A native of Edmonton, Ky., Blevins committed to the Wildcats during his

(See UK, page two)

Cross country

Pikeville cross country holds invitational

by STEVE LeMASTER
SPORTS EDITOR

The Pikeville College cross country team held an invitational meet with the Centre College cross country team coming away with the best overall showing. The Centre women finished first while the men took second.

The women took first out of seven teams with 26 points, while the College of Charleston finished second with 43 points. The Colonels had six women in the top 10

(See CROSS, page two)

FLOYD COUNTY Sports

N A S C A R R A C I N G

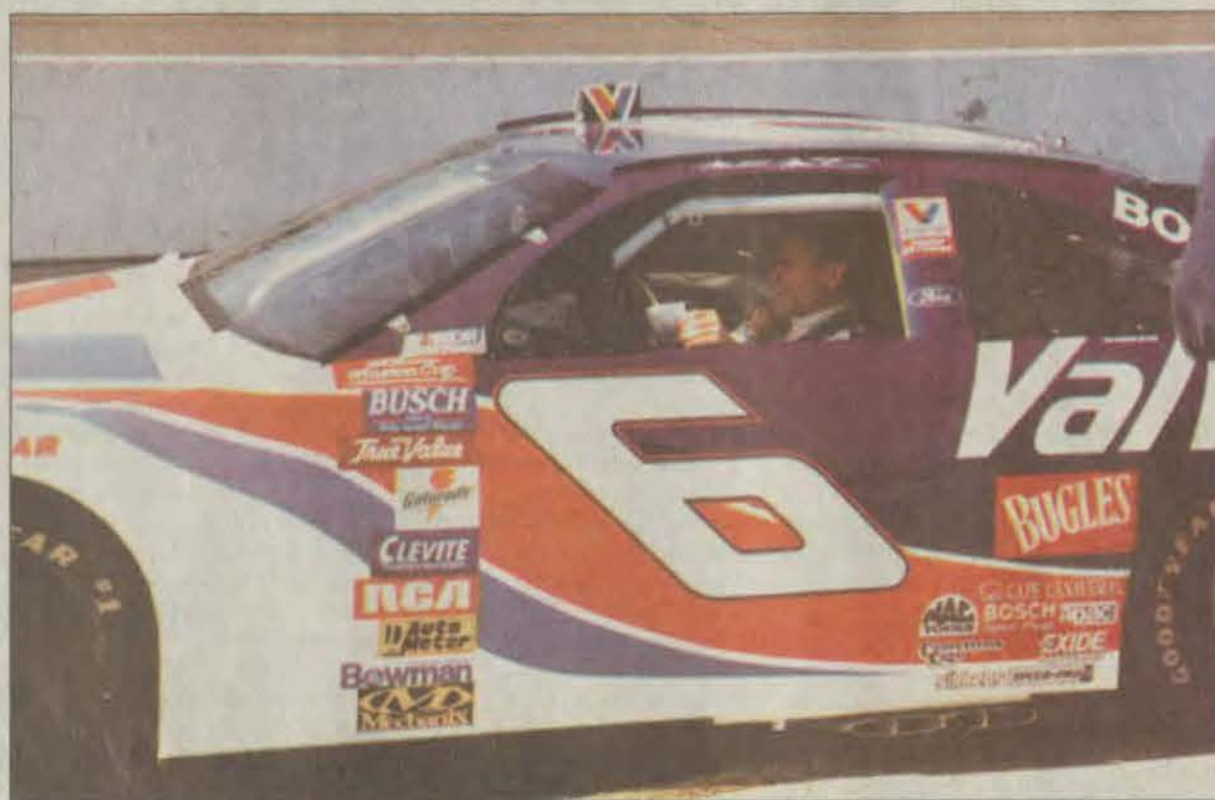


photo courtesy of Gerald Hodges

Mark Martin still perseveres on the Winston Cup circuit, much like he has done for the majority of his stock car racing career.

Martin is doing just fine

by STEVE MICKEY
NASCAR COLUMNIST

While the 2001 Winston Cup season will forever be remembered as a year of great tragedy, Mark Martin is seeing it as a year in which he has rededicated his racing career. This time of the season usually finds Martin at the top of the points chase being a threat to win every Sunday, but this hasn't been a normal year for the Roush Racing driver.

The 2001 season was anticipated to be the year that Martin would mount his most serious attempt to win the championship since 1994 when he finished second in the point standings. Martin along with his Roush teammate Jeff Burton were being picked by many to be in the thick of the points race all season long with either one of them capable of holding the champion's trophy in Atlanta after the last race of the season.

Martin retired from running in the Busch Series after last season and everyone figured that with the extra Busch car he would have at

the track over the course of a week-end not having to shuttle between his Cup and Busch car that he would use the extra time to really dial in his Viagra Taurus. Instead, Martin has found that even with the extra time that it hasn't been

he considers the end of his racing career. In response to those articles, Martin says, "My contract with Roush runs through the 2005 season and I don't believe that at the end of that contract that my racing career will be over."



RACE PREVIEW

- Event: Alabama 500
- Track: Talladega Superspeedway (2.66 mile tri-oval with 33 degrees of banking in the turns)
- Date: Sunday, 12:30 p.m.
- TV: NBC
- Radio: MRN

enough to get a handle on the aerodynamic package that his Ford needs to get in and out of the turns.

Some in the media have been very quick to question his commitment to the sport. Articles have been written that have him retiring or just beginning to slow down as

Some of the speculation about Martin's retirement or slowing down in the series is based on his young son's racing of quarter midget cars in Florida. Matt Martin enjoys racing and it is no secret that

(See MARTIN, page two)

October 19, 2001

SECTION • B

Sports Editor: Steve LeMaster

Phone: (606) 695-6506

Email: sports@floydcountytimes.com

www.floydcountytimes.com

Blackcat regular season finale set for tonight

by STEVE LeMASTER
SPORTS EDITOR

Prestonsburg Coach John DeRossett and his team will host the Shelby Valley Wildcats tonight at Josh Francis Field. The game will be Prestonsburg's final game of the 2001 regular season. Last week's 54-8 win on the road at Pike County Central clinched the district championship for the Blackcats. A win tonight just puts icing on P'burg's regular season cake. A win would up Prestonsburg's season mark to 9-1.

Blackcat tailback Matt Slone is over the 1500-yard rushing mark and shows no signs of slowing down. Slone carried the pigskin nine times last week against Pike Central for a total of 287 yards. He scored five touchdowns in the contest. A talented group of offensive players including Slone, Joey

(See BLACKCATS, page two)

PRESTONSBURG BLACKCATS 2001 SEASON

August	
Aug. 17	Sheldon Clark 34-12 (W)
Aug. 25	Bell County 25-16 (W) (Pride of the Mountains Gridiron Classic)
Aug. 31	Paintsville 43-23 (W)
September	
Sept. 7	Whitley County 13-16 (L)
Sept. 14	Portsmouth East, Ohio 41-6 (W) (Reno's Bowl)
Sept. 21	Whitesburg 39-7 (W)
Sept. 28	Betsy Layne 85-0 (W)
October	
Oct. 5	Belfry 40-14 (W)
Oct. 12	at Pike County Central 54-8 (W)
Tonight	Shelby Valley
Oct. 26	Open

Wal-Mart FLW Tour leads with record cash awards in 2002

- Who: Bill Smith
- Home: Prestonsburg
- Career earnings: \$ 72,497
- Number of Top-10 tournament finishes: 3
- Largest bass weighed for Big Bass contest: 7 lbs, 12 oz, (1999, Everstart Batteries Series, Everstart Eastern, Okeechobee, Fla.)
- Largest bass stringer weight: 17 lbs, 5 oz, (1999, Everstart Batteries Series, Everstart Eastern, Okeechobee, Fla.)

Smith among those who will vie for top cash in '02 tourneys

TIMES STAFF REPORT

The world's most lucrative professional bass fishing series has upped the ante once again

with a \$650,000 boost to tournament purses, the sport's first live network television series, an all new championship format, new sponsors and three new venues.

Wal-Mart FLW Tour anglers will compete for a total cash purse of \$5.1 million in 2002, up from \$4.45 million in 2001. Of the \$650,000 increase, \$350,000 has been added to the Wal-Mart FLW Tour Championship purse, which increases from \$450,000 to

\$800,000, and \$300,000 has been added to qualifying event purses. Each regular qualifying event will now feature a \$550,000 purse while each open will feature a \$1.05 million purse.

Perhaps even more important to the sport is the FLW Tour's historic broadcasting partnership with PAX TV that will bring live coverage of a competitive bass fishing series to network television for the first time. Beginning January

19, the Wal-Mart FLW Tour television series will feature live studio coverage of competitive fishing. And on January 26, live coverage from the Wal-Mart FLW Tour season opener presented by EverStart Batteries on Lake Okeechobee will debut. Each 2002 Wal-Mart FLW Tour stop will be broadcast live on PAX TV. The 27-week series, which also includes live coverage of the

(See FISHING, page three)

Marshall Basketball Ticket Caravan dates, times set

Herd to make stop at Paintsville Arby's on Tuesday

by STEVE LeMASTER
SPORTS EDITOR



J.R. VanHoose
F/C, 6-10 Senior
Paintsville

AT MARSHALL
First-Team All-MAC
2000-2001
Preseason
First-Team All-MAC
2000-2001
Verizon Academic
All-District 2000-2001

The Marshall University Basketball Ticket Caravan will make three stops in preparation for the 2001-2002 basketball season.

The caravan will make its first stop Wednesday, October 17 at Joey's in Teays Valley, W.Va. and at Joey's in Charleston, W.Va. Head coaches Greg White and Royce Chadwick will be in attendance, along with selected players from both the men's and women's squads, to sign autographs and talk with fans about the up coming seasons. In addition, Marshall athletic department staff members will be on hand to help with season ticket purchases. The Teays Valley stop is scheduled to run from 7:30 to 8:30

(See MARSHALL, page two)



Greg White
Head Coach
Marshall, 1982

Overall Record:
205-208
(15 Seasons)
Record at Marshall:
86-54 (5 Seasons)
1996-97 Southern
Conference Coach of
the Year



photo by Steve LeMaster

Adams Middle School did battle with the Johnson County Middle School 7th grade team last September. Adams beat the JCMS 8th grade team last October for a conference championship. The two teams will meet again tomorrow evening with a conference title once again on the line.

Bowling...

PC bowlers enjoy more success

TIMES STAFF REPORT

The Pikeville College bowling team had another enjoyable week-end, this time in the Brickyard Classic. The women finished fourth in a field of 13 teams, while the three men's entries finished 10th, 21st and 24th among 35 entries.

"The competition was a little better here than our last tournament," said Ron Damron, who has head bowling coach among his many titles. "Still, we played very well and represented our school well. I think we have a chance to be pretty good

(See BOWLERS, page two)

Free youth clinic offered by NCAA, National Youth Sports Corporation

SPECIAL TO THE TIMES

The NCAA and the National Youth Sports Corporation are sponsoring a free clinic called the Women's Sports Spectacular tomorrow at the NCAA Hall of Champions.

The Sports Spectacular, being held in conjunction with the NCAA Woman of the Year, will give participants ages 10-18 the opportunity to meet coaches and student-athletes from a wide range of colleges and sports. Participants will learn the fundamentals of vari-

ous sports, as well as hear about the life skills necessary to successfully manage a variety of collegiate student-athlete experiences.

The student-athletes taking part in this clinic are representing their states in the 2001 NCAA Woman of the Year event, which recognizes female student-athletes for their outstanding achievements in athletics, academics and community service. The NCAA recognizes a Woman of

the Year honoree in each of the 50 states and the District of Columbia. The Woman of the Year will be named at an awards dinner Sunday at the Indiana Roof Ballroom in Indianapolis.

The clinic will be from 12:15 to 3 p.m. in the NCAA Hall of Champions in the White River State Park. In addition to activities for youth, a panel discussion is planned for parents in attendance. Panel members will include

college coaches, student-athletes, trainers and administrators, and they will discuss topics such as collegiate academic requirements, community involvement and health issues.

Youth must be preregistered to participate in this free clinic, which is limited to 150 participants. Each participant will receive a free Sports Spectacular t-shirt and may win tickets to attend the Woman of the Year awards dinner.

FYI

To register, call the National Youth Sports Corporation at 317/829-5786. For more information, visit the NCAA's Web site at www.ncaa.org.

Cross

Continued from p1

and all nine of their runners in the top 20.

"That was amazing for us, especially today," Centre coach Lisa Owens said. "This course was very hilly, one of the worst I've ever seen in terms of footing and hills and toughness."

Stephanie Beem paced Centre, finishing third overall with a time of 21 minutes, 13 seconds for 5,000 meters.

"There are two types of runners, speed runners and strength runners," Owens said. "Stephanie is a strong runner, and she showed that extremely well today."

Natalie Postel finished fourth overall in 21:28, Sarah Weitze was fifth in 21:37 and Jackie Walisa was sixth with a 21:41. Kelly Owen finished eighth in 22:03.

For the men, Centre finished 14 points behind first-place Campbellsville with 48. But what mattered to the Colonels was essentially who they fin-

ished ahead of.

Pikeville finished in fifth place with 177 points. Owens said the team was proud of beating the Tigers.

"We really pulled together in the Pikeville Invitational," Owens said. "We beat Pikeville, who beat us two weekends ago at our meet, and that's really what we wanted to accomplish today."

Kyle Poland led the Centre men with a fifth-place finish. Poland finished in 28:29, 25 seconds ahead of seventh-place teammate Ben Campbell on the 8,000-meter course. Patrick Malarkey finished eighth in 29:09, while freshman Craig Stinson was 13th in 13:07 and Brian Smith was 15th at 30:14.

The Pikeville College cross country team is coached by John Biery. Former Prestonsburg track athlete Brooke Hicks competes on the squad. Hicks signed to run cross country with Pikeville last spring.

Blackcats

Chris Spriggs, Kevin Jervis, Chris Jervis and Matt Setser consistently pace the offense. Much of Prestonsburg's success thus far also has to be attributed to a stingy defense. The most points given up by a Prestonsburg defense this season is 23. Those 23 points came in the third week of the season against Paintsville.

"We want to finish the season up strong with a good win over Shelby Valley," said DeRossett.

Shelby Valley went through some rough period prior to the start of the season when head coach Derek Potter suddenly announced his resignation from the post. Assistant coach Greg Napier took over the head coaching duties and has done a decent job considering the young talent he currently has to work with. Shelby Valley got its first win of the season last week against winless Betsy Layne. Valley held a commanding 55-0 lead over Betsy Layne at half-time of that game.

Last season the Blackcats scored an 18-0 win over the Wildcats on the road in Robinson Creek. Tonight is Senior Night at Prestonsburg. Kickoff for the Prestonsburg-Shelby Valley game is 7:30 p.m.

South Floyd at Paintsville

Following a win on the road over Allen Central last Friday night, the South Floyd Raiders head north to Johnson County, more specifically, Paintsville, to take on the Tigers.

Paintsville scored a 38-6 win over Hazard last week. If the Tigers go on to beat South Floyd

UK

Continued from p1

junior year of high school. He has played on two Southeastern Conference Championship teams and two SEC Tournament title teams at Kentucky, and during his sophomore season, shot 37.0 percent from three-point range.

tonight and Pikeville on the road next Friday night, district runner-up honors will come to Paintsville.

Senior quarterback Chas Harmon and senior wideout Dustin Hall lead the Tigers on offense along with offensive linemen Ryan Brown (junior), Matt Runyon (senior) and Brian Melvin (senior). All three of the aforementioned Paintsville linemen also double on the Tiger defensive line.

A win over the Tigers tonight would shed new rejuvenated light on South Floyd's playoff picture. The Tigers and Raiders will tee things up tonight at 7:30. Tonight is also Senior Night for host Paintsville.

Allen Central at Pikeville

Last week's loss to county rival South Floyd was crushing for the Allen Central Rebels. The Rebels, under the guidance of first-year head coach Robert

Mayton, battled back from a 24-6 halftime deficit to cut it to a 30-22 game (the game's final score) in the fourth quarter.

Pikeville got its biggest win of the 2001 season last week when it beat Fleming-Neon 32-26 in overtime. The setback in Pikeville was Fleming-Neon's first of the season. The win could have possibly awoken a sleeping giant.

Pikeville tailback Barrett Rogers is back near full strength for the Panthers. Add in fullback Jared Frasure and a talented Ryan McCoy and Pikeville looks to be ready for the playoffs.

The Pikeville defense will more than likely key on Allen Central's Dustin Hammonds. Tonight's Allen Central-Pikeville game gets underway at 7:30 p.m.

Whitesburg at Betsy Layne

The Whitesburg Yellowjac-

Continued from p1

kets are perennial playoff contenders and look to be headed back to the state playoffs this season as a number three or four seed. Betsy Layne on the other hand isn't headed to the playoffs. Betsy Layne, an extremely young football team, low in numbers, has struggled this season. First-year Betsy Layne Coach Tim McCoy is upbeat about the program's future, and knows it will take his team some time to get to the level it needs to get to. Betsy Layne and Whitesburg are scheduled to face off tonight at 7:30 p.m.

Grid is tomorrow

The Mountain Middle School Conference Grid will be held tomorrow at Josh Francis Field beginning at 9 a.m. All conference teams are scheduled to play in the all-day grid. Adams Middle School and Johnson County Middle School will square off in the last contest of the day, the championship game.

Athletes of the Week



Matt Slone,
Senior,
Prestonsburg,
287 yards rushing,
5 TDs
vs.
Pike Central



Ramanda Music,
Senior,
Prestonsburg,
High School
Heisman Award
Nominee



SPORTS FAN OF THE WEEK



If you are the sports fan circled here... it's your lucky day!

Bring this photo to The Floyd County Times office at 263 South Central Avenue (down the street from the courthouse) to claim your Gift Certificate, which will entitle you to a free 8-inch ice cream cake of your choice, redeemable at DAIRY QUEEN OF PRESTONSBURG, and a SPORTS FAN OF THE WEEK T-SHIRT.

Bowlers

Continued from p1

before it's all over."

In the women's draw, Morehead State's A squad was the winner, rolling 8109 for the tournament. Indiana State was a second at 8083, while Cal. State-Fresno was third at 8046.

Pikeville's 7890 was good for fourth.

Patty Trusty finished 26th among individuals with 1011, while April Ellis was 29th with 992. Despite missing a game due to illness, Stacey Wyatt was 41st by scoring 949. Prestonsburg's Dana Compton had 752 for 54th, while Angela Gatzke was 59th when she turned in a 627.

Heather Moore and Teresa Sanderson rolled two games each, and finished with 369 (71st) and 293 (73rd), respectively.

On the men's side, Pikeville A was 10th with a score of 8,200. Pikeville B finished 21st with 7869, while Pikeville C's 7697 was good for 24th.

Greg Thompson Jr. was the top bowler for Pikeville A, finishing 14th with a score of 1172. His teammate, Josh Harper, finished 19th at 1147. Phil

Whitaker was 128th after finishing with an 879. Tim Carnes was 161st with a 704, while Shaun Phipps was 166th with



Dana Compton

685. Brian Gallusser's 467 was good for 186th, and Eric Daniels was 197th with a 307.

T.J. Nacker paced Pikeville B with a score of 1131, good for 24th. Jeff Gatzke and Chris Stoff were tied for 46th for Pikeville B, totaling 1090. Jason Muri was 57th with a score of 1078, Todd Beers 69th

with 1054.

Pikeville C was led by Matt Day, who finished 52nd with 1085. Ray Silveri was 85th with 1006. Ethen Tupts finished 95th with a 985. Josh Phillips tied for 114th with 929.

For the latest Pikeville College bowling team news, on the web, visit www.pc.edu. College bowling news is also available on the web at www.collegebowling.com.

ABOUT RON DAMRON...

Ron Damron has been with Pikeville College for 10 years. He currently serves as Vice President for Enrollment and Student Services and is in his 7th year as the College's Athletics Director.

This is the college's second year to have a bowling team that competes with College Bowling USA teams. These teams include both NCAA & NAIA squads.

Damron and his wife, Shella, have one daughter, LaDeanna. They reside at Millard.

Martin

Continued from p1

the elder Martin loves to work with his son's racing career, but he also knows that it is his Winston Cup career that has opened so many doors for him and his family.

Martin's commitment to his career in Winston Cup cannot be questioned. He has driven in more pain both physically and mentally than the majority of drivers in the sport. He has had to make more than one Winston Cup start with tears in his eyes while mourning the loss of a family member or a close friend. Even in the worst of times in his personal life, he has always kept his commitment to his Winston Cup career.

The senior driver of the Roush Racing operation says that the organization is as strong as ever and that they will eventually turn it all around and once again become the force that they have always been in the series. When he signed his latest contract, Roush gave him some interest in the business and that has Martin really excited about the direction of the organization in the next couple of years.

While he does plan on driving for the foreseeable future, he does realize that he can't drive forever and being able to have some interest in a race team is the first step in preparing his future for the day that he crawls out of a race car for the last time. He has spent much of the last couple of years as a

mentor to fellow Roush driver, Matt Kenseth. Martin feels that Kenseth may be one of the next superstars in the series and it excites him knowing that once his driving days are behind him that he will still be able to stay in the sport by being part owner of his team.

While the sport of Winston Cup racing still remains a "family" business where sons are expected follow in their father's footsteps behind the wheel of a Cup car, Martin may be thinking of the day when his son, Matt will begin his climb to the pinnacle of racing with his entry into the Busch Series. Young drivers now seem to make the move up the ladder to the Busch and Cup level faster than ever and that is due to owners now trying to lock onto young talent and bring it on faster by giving

them the best of equipment.

Mark may just be able to do that for Matt one day soon. For now, Matt spends his weekdays at a primary school and not at some track testing, but you can bet when he and his Dad get together that the homework they do is probably more along the lines of finding a quicker way around a race track rather than the 3 Rs associated with school.

NASCAR is now struggling with what to do with Dale Earnhardt's famous No. 3. Should the sanctioning body retire the number or should they allow another team to use it? Maybe there won't be any question what to do with Martin's No. 6 once he does retire, maybe all they will have to do is replace Matt's name for Mark over the side window.

Marshall

Continued from p1

p.m. and the Charleston stop is set for 9-10 p.m.

At 7:30 p.m. Tuesday, October 23, the caravan will make a stop at Arby's in Paintsville. Greg White and selected men's players will be there along with athletic department representatives. Paintsville High alum J.R. VanHoose is expected to make the Arby's stop. Marshall is ranked at the top of several preseason MAC polls.

The caravan's final stop is slated for Sunday, Oct. 28 at the Huntington Mall. Between the hours of 2 and 4 p.m., coach White and coach Chadwick, along with several players from both the men's and women's teams will be available to talk with fans and sign autographs.

For more information on the Herd ticket caravan call Charlie Hagley, Marshall's Director of Promotions and Corporate Ticket Sales, at 304/696-4367.

Fame

Athletic Conference Track Championships. In 1979, he was a finalist at the NCAA Track Championship in the 200 meters. Also voted the MVP of Centre's track team in 1979, 1980.

■ Jeff Bezold - Started every football game at Centre from 1987-1990. He was a Kodak All-American linebacker in 1989 and the same year was voted the College Athletic Conference's Defensive Player of the Year. Bezold was also a GTE Academic All American. During his career, Centre won 26 games and lost 10 including two conference championships.

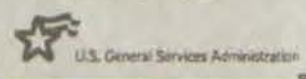
■ James German - German was a 1939 Centre graduate and played varsity football for three years and ran track for two seasons. He was captain of the track team and was an all-purpose player in football, excelling as a runner, passer, and kick returner. German played professional football for the Washington Redskins and once ran a kick-off back 100 yards for a touchdown.

■ Anna Hayden - Played tennis, soccer, and volleyball while at Centre. Hayden was the number one singles player for four straight years and twice posted a 14-0 record in a single

season. Hayden competed in the NCAA Division III National Tennis Championship as a junior and was the WIAC champion in 1986. She is a 1987 graduate.

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Fishing

Wal-Mart Bass Fishing League All-American and the Ranger M1, will air every Saturday at 3 p.m. EST.

"If you look at the history of major sporting events, the real turning point in terms of popularity came with the introduction of live television coverage," said Charlie Hoover, Operation Bass president. "This is without question one of the biggest things ever to happen in professional bass fishing. It will

take the sport to the next level."

Operation Bass has tapped the Dempsey Film Group based in Little Rock, Ark., to produce its new magazine-style FLW Tour show, which will have a potential reach of 84 million households nationwide on PAX TV. Founded 10 years ago, the award-winning Dempsey Film Group is known for pushing the creative envelope for such clients as Rawlings Baseball, TCBY and SunCom.

Anglers competing on the seven-venue Wal-Mart FLW Tour will visit three new sites in 2002. Lake Ouachita near Hot Springs, Ark., will host tour stop No. 3 March 13-16, and Old Hickory Lake near Nashville, Tenn., will host stop No. 5 May 15-18. Lake Champlain near Plattsburgh, N.Y., which was originally the site planned for the 2001 Wal-Mart FLW Tour Championship before it was canceled following the Sept. 11 attacks, will host the \$1.05 million Forrest Wood Open June 19-22.

The remainder of the schedule will be held at tournament-tested venues comprised of Lake Okeechobee near Clewiston, Fla., for the season opener Jan. 23-26; Wheeler Lake near Florence, Ala., for tournament No. 2 Feb. 13-16; Beaver Lake near Rogers, Ark., for the \$1.05 million Wal-Mart Open April 17-20; and Shreveport, La., for the Wal-Mart FLW Tour Championship Sept. 11-14.

Since its inception in 1996, the Wal-Mart FLW Tour has kicked-off its season on Lake Okeechobee. Beaver Lake has hosted the \$1 million Wal-Mart Open since 1998, which is also the year the tour last visited Wheeler Lake. Shreveport hosted the 2000 Wal-Mart FLW Tour Championship and a qualifying tournament in 2001.

More anglers will advance to the semifinal and final rounds in each regular season tournament of 2002. Whereas fields were cut from 175 pros and 175 co-anglers to 10 pros and 10 co-anglers after the two-day opening round in previous seasons, the semifinal round in 2002 events will feature 20 anglers in each division. Ten pro anglers will advance to the final round of regular season events, doubling the number from prior years.

The 2002 Wal-Mart FLW Tour Championship will also

feature an exciting new bracket format that is markedly different from past seasons. Forty-eight pros will be seeded in the championship based on their points standings through six qualifying events. The No. 1 seed will be pitted against the No. 48 seed and No. 2 will face No. 47, etc. After the two-day opening round, 24 anglers (based on accumulated catch weight) will advance to the one-day semifinal round. Following the semifinal round, the 12 remaining competitors will be reseeded for the final round based on their total three-day catch to that point. During the final round, the No. 1 and No. 2 seeds will compete head to head for a top award of \$260,000—the richest cash award of any professional bass fishing series. Anglers seeded No. 3 and No. 4 will compete for third and fourth place money, etc.

Forty-eight top co-anglers based on points standings for the season will be randomly paired with pros during the championship. After the opening round, the top 24 co-anglers (based on accumulated catch weight) will advance to a third and final day of co-angler competition. These co-anglers will start from zero and fish for the heaviest one-day weight for a top award of \$25,000.

The pro angler amassing the most points over the course of the season will be named the Land O'Lakes Angler of the Year and receive \$25,000 plus a Ranger bass boat with a Yamaha or Evinrude outboard. Previous Anglers of the Year, Kevin VanDam of Kalamazoo, Mich.; Clark Wendlandt of Cedar Park, Texas; and David Walker of Cannon, Ky., have been featured on special collector's edition Kellogg's cereal boxes.

Named after the founder of Ranger Boats, Forrest L. Wood, the Wal-Mart FLW Tour has elevated professional fishing to new levels of national awareness since its introduction by Operation Bass Inc. in 1996. In its inaugural season the tour featured 14 sponsors and a purse of \$863,750 over seven events. Wal-Mart became the tour's title sponsor in 1997, and since that time, the tour has added substantially to its sponsor lineup and cash purses. Today the Wal-Mart FLW Tour has 31 sponsors, which allow it to pay the sport's top prize money.

Registration begins for 2002 FLW Tour

Registration is open for the 2002 season of the Wal-Mart FLW Tour. On Monday, Oct. 15, priority registration began for the top 100 pros and the top 50 co-anglers in the 2001 Wal-Mart FLW Tour season standings as well as the top 10 pros and co-anglers from each division of the 2001 EverStart Series. Qualifying anglers can register by phone at (270) 362-4880 or they can register online.

Registration for Ranger boat owners and anglers who qualify for entry through the Wal-Mart Bass Fishing League begins Thursday, Oct. 25, at 8 a.m. CST. Registration will be open to everyone starting Thursday, Nov. 1.

In order to secure their priority spot, priority entrants from the 2001 Wal-Mart FLW Tour and EverStart Series standings must register and make their deposits for all six qualifying tournaments by Wednesday, Oct. 24.

Other anglers who enter all six qualifying tournaments by Monday, Nov. 5, will receive priority consideration.

All registration and deposits can be made through our easy-to-follow online tournament registration section as well as by mail, phone or fax. Send registration forms to:

Operation Bass
88 Moors Road
Gilbertsville, KY 42044
Phone: 270/362-4880
Fax: 270/362-9856, fax

DISTRICT STANDINGS

Class A, Semi 2, Region 4, District 7

AllDist.
Middlesboro	5-34-0
Lynn Camp	4-43-1
Cumberland	6-22-2
Evarts	4-42-2
Harlan	4-42-3
Williamsburg	3-62-3
Pineville	3-50-4

Class A, Semi 2, Region 4, District 8

Fleming-Neon	7-15-1
Paintsville	6-24-1
Pikeville	5-34-1
Hazard	6-23-2
Phelps	3-52-3
Elkhorn City	2-62-3
South Floyd	3-51-4
Allen Central	2-60-6

Class AA, Semi 2, Region 4, District 7

Breathitt County	4-43-0
Leslie County	6-22-1
Madison Southern	5-32-1
Estill County	2-61-2
Powell County	2-61-2
Morgan County	1-70-3

Class AA, Semi 2, Region 4, District

Prestonsburg	8-14-0
Belfry	5-33-1
Pike Co. Central	6-32-2
Whitesburg	3-51-2
Shelby Valley	1-71-2
Betsy Layne	0-80-4

Class AAA, Semi 2, Region 4, District 7

Rockcastle County	8-03-0
Bell County	6-23-0
Cawood	2-62-1
Knox Central	4-41-2
Perry Central	2-60-3
Knott County Central	1-70-3

Class AAA, Semi 2, Region 4, District 8

Lawrence County	8-05-0
Greenup County	5-34-1
Ashland Blazer	4-33-1
Boyd County	4-43-2
Rowan County	4-43-2
Sheldon Clark	1-51-3
Johnson Central	1-70-5
Magoffin County	0-80-5

PIGSKIN PICKS

Patty Wilson

Wins:52 Losses:20 Last Week: 6-6

- | | | |
|-----------------|--------------|-----------------------|
| 1. Prestonsburg | 5. Georgia | 9. New Orleans (Pro) |
| 2. Paintsville | 6. Marshall | 10. Denver (Pro) |
| 3. Pikeville | 7. Texas | 11. St. Louis (Pro) |
| 4. Whitesburg | 8. Tennessee | 12. Kansas City (Pro) |

Ralph Davis, III

Wins:51 Losses:21 Last Week: 8-4

- | | | |
|------------------|-------------|-----------------------|
| 1. Prestonsburg | 5. Georgia | 9. New Orleans (Pro) |
| 2. Paintsville | 6. Marshall | 10. San Diego (Pro) |
| 3. Allen Central | 7. Texas | 11. St. Louis (Pro) |
| 4. Whitesburg | 8. Alabama | 12. Kansas City (Pro) |

Angie Judd

Wins:51 Losses:21 Last Week: 8-4

- | | | |
|-----------------|--------------|-----------------------|
| 1. Prestonsburg | 5. Georgia | 9. New Orleans (Pro) |
| 2. Paintsville | 6. Marshall | 10. Denver (Pro) |
| 3. Pikeville | 7. Texas | 11. St. Louis (Pro) |
| 4. Whitesburg | 8. Tennessee | 12. Kansas City (Pro) |

Steve LeMaster

Wins:51 Losses:21 Last Week: 9-3

- | | | |
|-----------------|--------------|-------------------------|
| 1. Prestonsburg | 5. Georgia | 9. New Orleans (Pro) |
| 2. Paintsville | 6. Marshall | 10. Denver (Pro) |
| 3. Pikeville | 7. Texas | 11. New York Jets (Pro) |
| 4. Whitesburg | 8. Tennessee | 12. Kansas City (Pro) |

Samantha Holbrook

Wins:50 Losses:22 Last Week: 7-5

- | | | |
|-----------------|--------------|----------------------|
| 1. Prestonsburg | 5. Georgia | 9. New Orleans (Pro) |
| 2. Paintsville | 6. Marshall | 10. Denver (Pro) |
| 3. Pikeville | 7. Texas | 11. St. Louis (Pro) |
| 4. Whitesburg | 8. Tennessee | 12. Arizona (Pro) |

Heath Wiley

Wins:49 Losses:23 Last Week: 7-5

- | | | |
|-----------------|--------------|-------------------------|
| 1. Prestonsburg | 5. Georgia | 9. New Orleans (Pro) |
| 2. Paintsville | 6. Marshall | 10. Denver (Pro) |
| 3. Pikeville | 7. Texas | 11. New York Jets (Pro) |
| 4. Whitesburg | 8. Tennessee | 12. Kansas City (Pro) |

Sheldon Compton

Wins:48 Losses:24 Last Week: 8-4

- | | | |
|-----------------|---------------------|-----------------------|
| 1. Prestonsburg | 5. Georgia | 9. New Orleans (Pro) |
| 2. Paintsville | 6. Central Michigan | 10. Denver (Pro) |
| 3. Pikeville | 7. Texas | 11. St. Louis (Pro) |
| 4. Whitesburg | 8. Alabama | 12. Kansas City (Pro) |

Monica Justice

Wins:46 Losses:26 Last Week: 9-3

- | | | |
|-----------------|--------------|-------------------------|
| 1. Prestonsburg | 5. Georgia | 9. New Orleans (Pro) |
| 2. Paintsville | 6. Marshall | 10. Denver (Pro) |
| 3. Pikeville | 7. Texas | 11. New York Jets (Pro) |
| 4. Whitesburg | 8. Tennessee | 12. Arizona (Pro) |

Bobby Wilson

Wins:43 Losses:29 Last Week: 8-4

- | | | |
|-----------------|--------------|----------------------|
| 1. Prestonsburg | 5. Kentucky | 9. New Orleans (Pro) |
| 2. Paintsville | 6. Marshall | 10. Denver (Pro) |
| 3. Pikeville | 7. Texas | 11. St. Louis (Pro) |
| 4. Whitesburg | 8. Tennessee | 12. Arizona (Pro) |

Rod Collins

Wins:39 Losses:33 Last Week: 5-7

- | | | |
|-----------------|--------------|----------------------|
| 1. Prestonsburg | 5. Georgia | 9. New Orleans (Pro) |
| 2. Paintsville | 6. Marshall | 10. Denver (Pro) |
| 3. Pikeville | 7. Texas | 11. St. Louis (Pro) |
| 4. Whitesburg | 8. Tennessee | 12. Arizona (Pro) |

Mary Music

Wins:37 Losses:35 Last Week: 7-5

- | | | |
|------------------|--------------|-------------------------|
| 1. Prestonsburg | 5. Kentucky | 9. Atlanta (Pro) |
| 2. Paintsville | 6. Marshall | 10. San Deigo (Pro) |
| 3. Allen Central | 7. Texas | 11. New York Jets (Pro) |
| 4. Whitesburg | 8. Tennessee | 12. Arizona (Pro) |

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The Times FLOYD COUNTY

Bentley's COMMENTS

BY RICK BENTLEY

Familiar powers strong as regular season closes

To borrow a phrase, business is picking up for two longtime football powers.

John DeRossett's Prestonsburg Blackcats are rocking the mountains and rolling through a brutal Double-A district.

Since a Week Four loss at Whitley County, the Cats have cruised to five straight wins over the likes of Belfry and Pike Central and have surrendered a stingy 35 points in doing so. To that end, the fewest they've posted in any of those victories has been 39.

Tonight, they wrap up the regular season at home against Shelby Valley and then have a bye week heading into November.

Thanks to some shoddy ball handling the likes of which Philip Haywood has likely never seen, Prestonsburg drilled Belfry two weeks ago by a 40-14 final. Five second-quarter turnovers accelerated the demise of the Pirates, and by halftime the story had been told.

The young Pirates could have been shaken by the press box reunion of former tag team champions Blanton and Bentley, who reunited that night for our friends at East Kentucky Broadcasting to prove a) Jason could still call a game, and b) they could work together without getting into trouble.

Oh, make that too much trouble. We should apologize to official Robert Staggs for our comments about his neatness. Robert is quite stylish, but in the context of the conversation, we (read: I) were having fun at his expense.

Still, Prestonsburg survived its only major district obstacle and our commentary and ran away with the game.

However, it's entirely possi-

ble the Cats haven't seen the last of the Pirates. The Region IV finals are a few weeks away, and a whole boatload of folks could converge on Prestonsburg's beautiful new complex if it's Belfry making the trip.

Meanwhile, they say good things happen to good people, and that being the case, the Pikeville Panthers are getting the full benefit of having Chris McNamee as their head coach.

Last Friday night, Pikeville stumbled into its game with rival Fleming-Neon in a rare predicament - Pikeville was a decided underdog a) to a district opponent, and b) at home to a district opponent.

Truth be told, until the playoffs are at least Thanksgiving old, Pikeville normally frets over 1.5 home games per year. In translation, that means each year in the Pike County Bowl they are challenged, and every other year when they host Belfry. Other than that, it's win, win, win.

But a suspect record (Pikeville had stumbled to a 4-3 mark and had lost a district game at Hazard) and problems at the most famous of positions (quarterback) had many thinking the Panthers were reeling, and ripe to start the playoffs away from the friendly confines of the W.C. Hambley Athletics Complex.

Then came last Friday when the Pirates of Fleming-Neon came calling. Pikeville College alum J.J. Wright's club swaggered its way from Letcher County boasting a perfect 7-0 worksheet, and was a win away from all but clinching the home field advantage in next month's playoffs.

All of a sudden, I left work and flipped the dial until I found Randy Jones.

Two minutes remained, and - surprise, surprise - the score was tied at 26.

Next thing I knew, it was overtime and I was standing between the end zone and the swimming pool with Hal Blake Amos watching a sweep put the Panthers on top 32-26.

Allow me to ask this question: Is there more excitement this side of a hockey penalty shot than overtime in amateur football? In high school, it's first-and-goal from the 10. In college, first-and-10 from the 25. Make it or break it. Our best, yours, and let's see who wins.

On Friday, it would be the hosts. Fleming-Neon faced fourth-and-goal at the four when the quarterback rolled out to his right and flipped it toward the end zone. He had a receiver - until Barrett Rogers dove in and knocked the ball out of bounds. Game over.

And all of a sudden, if Pikeville wins next week against Paintsville, it will claim yet another district title. Should the Tigers pull it off, Fleming-Neon will win it and Paintsville will be second. Pikeville would finish third.

Or something like that.

The playoffs are coming, and the local races are still up in the air. Stay tuned.

THIS WEEKEND

Saturday
Middle school
Mountain Middle School Conference Grid, Prestonsburg High School, Josh Francis Field

College
Lambuth University at Pikeville College

Cental Michigan at Marshall

University of Kentucky at Georgia

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D8295-21-19156

by KATHY J. PRATER
FEATURES EDITOR



Striving for mediocrity, or being content to not be perfect

"The Editor" was on vacation last week and I am just beginning to make a dent in becoming reorganized since his return. Friday evening found me exhausted and weary with phone calls, faxes, and e-mails. I walked out late that evening leaving a most horrific mess of informational materials scattered left and right all across my desk. (And, speaking of desks, dear

(See EYES, page three)

Something different

Lentils: The hasty cook's legume

BY DANA JACOBI FOR THE AMERICAN INSTITUTE FOR CANCER RESEARCH

Legumes, sometimes also called pulses, encompass beans, lentils and peanuts. Lentils are by far the easiest and arguably the most versatile legume. Cooking them is easy and quick.

Lentils were the first legume to be cultivated, back in 7000 B.C., in the Middle East. They are almost the richest plant source of protein, second only to soybeans. Cooks, both ancient and modern, have used them to make soups, spreads, purees, stews and salads. One of my favorite tricks is mashing soft-cooked lentils with meat when making meatloaf.

Unlike beans, lentils do not need to be soaked before

(See DIFFERENT, page three)

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.

Who will win the arms race? Not the human race.

VOTE "YES!"

The people of Floyd county naturally want good publicity, would like to have others have something good to say of them. No public service ever rendered in this county has ever brought more credit to Floyd County and its people than the Bookmobiles and the library service they represent. Let's not lose it all—let's vote "yes" on the library tax issue, November 7.

SIC TRANSIT GLORIA

Lenin lost his cadaver-bedfellow in that magnificent mausoleum in Red Square, the other day, we hear. For years the two had lain in silent grandeur, worshipped as heroes by poor, credulous, deluded Russian people. But, somehow, Mr. K. finally came up with a bit of truth, and gave forth with the state-

(See TOWN, page three)

Lifestyles

- School Happenings • C2
- Postscript • C2
- Family Medicine • C3

October 19, 2001

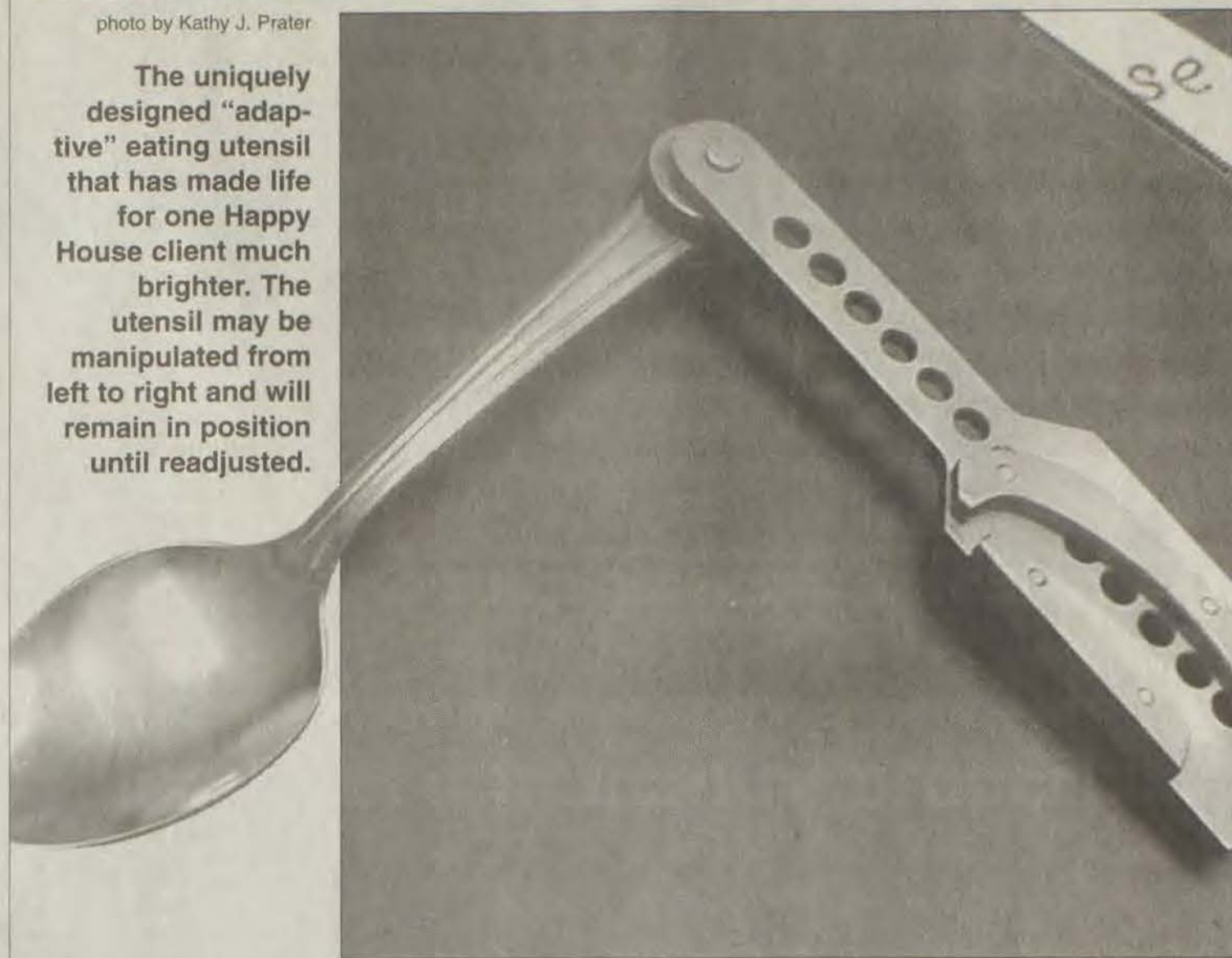
SECTION • C

Features Editor: Kathy J. Prater
Phone: (606) 865-8506
Email: features@floydcountytimes.com

www.floydcountytimes.com

photo by Kathy J. Prater

The uniquely designed "adaptive" eating utensil that has made life for one Happy House client much brighter. The utensil may be manipulated from left to right and will remain in position until readjusted.



FILLING A NEED

Unique design aids independence

by KATHY J. PRATER
FEATURES EDITOR

Dana Caudill, director of the Happy House Adult Day Center, was confronted with a frustrating dilemma. How do you teach a bi-lateral below the elbow amputee to feed themselves independently when the only eating tool available for use has a nasty habit of repeatedly slipping out of their grasp?

"The only tool we had available for this client was designed with a rounded, smooth end, and each time our client would grasp the utensil with her (prosthetic) hook, it would slip from her grasp and fall," said Caudill. Needless to say, this repeated occurrence only served to add to the client's already heightened frustration and sense of dependency.

Rod Morgan, an occupational therapist and doctoral student at Nova Southeastern University, Ft. Lauderdale, Florida, who works closely with the client in question, was also frustrated with the problem.

"Occupational therapy is the 'art of doing'," he said. "My job is to teach folks how to 'do' for themselves again after they have experienced illness or injury limiting their capabilities. Occupational therapists use a wide variety of what we call 'adaptive equipment' to do this teaching, adaptive equipment is a term that encompasses things like wheelchairs, eye-

glasses, prosthetic pieces of equipment, that sort of thing. With this particular client, one piece of her adaptive equipment is her prosthetic hook," he went on, "and she was find-

ing great difficulty holding the only eating tool we had available to her. The problem

(See UNIQUE, page two)



photo by Kathy J. Prater
Jerry Banks, forefront, Hueysville machinist who designed a unique piece of "adaptive equipment" for a client at the Happy House Adult Day Center, with Dana Caudill, standing, center, director of the adult center, and Rod Morgan, an occupational therapist who works with Happy House clients.

Feri tales

by FERI KHATIB

Honeysuckles

Okay, I confess. I am a real softie when it comes to plants. I belong to the group of people who cry buckets watching documentaries about the destruction of rain forests. I also relate to people who while driving on a lonely country road, suddenly slam on their breaks and stop to look at the wildflowers. Just to give you an idea how crazy I am, I have made a deal with several builders in my area. Whenever they are about to start on a new building site, they call me. I then charge ahead like a knight of the round table (except that instead of shining armor and sword of steel, I'm armed with a pair of gloves, shovel, and a bucket full of wet paper towels) and rescue most of the wild plants. They become either guests in my garden or I give them (on occasion by force) to my friends and neighbors.

A few years ago, while on one of these missions, I found a few wild honeysuckles desperately trying to grow near some huge boulders. Being a naive person and probably at the time affected with a touch of the sun, I actually felt sorry for them. Anyone even remotely familiar with these plants knows that they don't need any assistance from anybody. It is also equally clear to anybody (even with a brain the size of a walnut) that wild honeysuckles don't belong in a tame, suburban garden. In fact, they are considered invasive pests that don't take any prisoners. Then why in the name of everything holy, did I dig up and carry them back to my home?

There is not much that I can say in my defense. My favorite theory is that they were sending me subliminal messages and I was forced to obey their every command. It is also possible that I was full of the milk of human kindness and wanted to do something really nice. I don't know. I'm sure you can't figure it out either. It will be one of those great mysteries of our time, which will make our decedents stop and ponder. Yeah, right!

In any case, I was the proud owner of six honeysuckles. I snuck them into my back yard, not wanting to explain myself to my spouse. After all, stupid deeds need

(See FERI, page two)

Things to Ponder...

Child's need to mature properly

As is well-known, time marches on, no matter if we stop to make a decision or not. Of course, no decision is a decision. I have been reminded "the benefit of making changes" when a problem is first approached. Soon after I began my private practice, about eight years ago, a very attractive, young, professional female came for therapy. At the center of her significant distress was the combination of: (1) her second husband who she felt talked more to his mother than to her; (2) her husband and his mother were parenting his 10-year-old daughter, who had a chronic medical problem; and (3) she was parenting her pre-school-aged child from her first marriage. The mother/wife seemed pleased with the improvements she made for herself as an individual. However, a general impression was that she stopped coming at the point that further progress would necessitate her and her husband discussing their "problems," choosing what they want to do, following through consistently, and making adjustments as required. Basically, they needed to work as a team, but they appeared resistant to do that. Probably no one in their community would label them "bad parents."

Now, the rest of the story. Several months ago, the father and his daughter came for services because the older teenager had admitted to using drugs

excessively—narcotic-type pain pills. By the way, as most of us know, narcotics are sliding in close to alcohol as being the substance of choice for our young people. To make matters worse, the teenage daughter wrote "bad" checks to pay off the dealer who just

To the point:

Remember that as parents you cannot keep your children happy. That is up to them. Parents need to be really clear, firm, and comfortable about what is acceptable and appropriate behavior and what is not; this needs to be started when the children are young.

happened to want his money from previous desperate buys, even though she wanted to put all of that behind her. Supposedly, she had "felt so ashamed about buying the drugs" that she could not bear to tell her father about the threats the drug dealer had made to her about needing to pay up.

This may be a case of the chickens coming home to roost. Possibly the problems not addressed years ago have created even bigger problems. Unless parents are willing to make productive changes, when the problems first erupt, it will surely have a negative impact on the children. In the midst of all of this, while cleaning out some office drawers, I found some older articles about children needing limits/values to mature properly. The articles appeared to be the timeless, classic, and universal story of what parents need to do to instill a family value system. Setting limits and establishing a family value system based on those limits are the two of the most important functions for parents in providing the guidance for their youngsters to grow up and be responsible adults.

Over the ages, children have constantly shown their desperate need for limits. However, a speaker in the 90's felt that the biggest mistakes that parents have made is having the "they're going to do it anyway" attitude. It is common knowledge that adolescents push until they meet resistance, but so many children these days do not have boundaries to push against. Thus they go to extremes, such as choosing to use drugs and having unprotected sex.

I see many families, whether one



by MABLE ROWE LINEBERGER, PH.D.

parent or two, that appears to not be willing or able to be in charge. Needless to say, in those families, the parent must take control, create a working structure that allows the child to develop properly, and reduce chaos. Parents need to create a common mission by identifying three-to-five core values for their family. Many children are growing up with "value voids" because they have not been taught. In an effort to identify those values, the parents need to ask themselves, "When our child leaves home as a young adult, what do we want him or her to leave with?" Some

(See PONDER, page two)

Weddings



Mr. & Mrs. Christopher Potter

Meade-Potter wed

Mr. and Mrs. Lucian Meade and Mr. and Mrs. Mike Potter are happy to announce the recent marriage of their children, Bethany Autumn and Christopher Michael.

The couple were joined in marriage on May 19, 2001, in a ceremony that took place at the Meta Baptist Church.

Brother Leon Greer, former pastor of the church, performed the double ring ceremony as family and friends witnessed the joyous event. The bride's party consisted of her brothers, Mark and Chris, and her sister-in-law, Rachel, who served as her matron of honor. Her bridesmaids were Laura Plummer, Melissa Vaughn, Kari Thompson, Christie Chapman, Barbi Mercer, and Kristi Fannin. Serving as junior bridesmaids were Jessica Bevins, cousin of the bride, and Lindsey Barnette, cousin of the groom. Molly Elizabeth Meade, niece of the bride, and Dru Hall, cousin of the bride, served as flower girls.

Shannon Potter served as best man for his brother, with Mark Ousley, Greg Hunter, Shane Hensley, Jody Thompson, Chase Gibson, Jeff Jones, and Joe Collins serving as his groomsmen. Junior attendants were Kyle Potter and Ryan Barnette, brother and cousin of the groom, who seated the groom's grandparents, Mr. and Mrs. Phenis Potter and Mr. and Mrs. Dean Conn.

Serving as ring bearer was Caleb Eugene Meade, nephew of the bride. Corey Barnette, cousin of the groom, carried the couple's Bible. Special ushers were Mason Kelly Meade and Joseph Gregory Bevins, nephew and cousin of the bride, who seated the bride's grandmother, Mrs. Louise Bevins.

A program of wedding music was provided by Dena Gibson, the groom's aunt, Jason Potter, cousin of the groom, Durward Narramore, Jr., and Mr. and Mrs. Tommy Thompson.

Lighted candles were placed at the altar in memory of the bride's cousin, Jonathan Blackburn, and her grandparents, Tom G. Bevins, Mr. and Mrs. Eugene Meade, and Mr. and Mrs. R.L. Massie, maternal great-grandparents.

The bride's aunts, Patsy Blackburn and Hetty Meade, coordinated the reception and were assisted by Flo Adams, Ernestine Thompson, Barbara Miller, Sherry Blackburn, Sue Wilkerson, and aunts of the bride, Lucinda Greer, Nancy Hughes, and Karen Blackburn. Wedding planners were Carolyn Bevins and Patricia Thompson, and Jean Adkins, florist.

Following a honeymoon in Jamaica, Bethany and Christopher returned to reside in Lexington, Kentucky.

Postscript:

Jordan publishes book

Wayland native and sometime Times correspondent Paul R. Jordan is the author of a new book that follows the tragedies of a family shaped by domestic violence.

"So Little Time for Dying" is the true account of a woman from central Kentucky who marries an insecure, alcoholic, abusive man and lives through a long series of heartaches.



Paul sent me a copy of the book last week. If you recall, last year The Times printed a few chapters from a book he's writing about his experiences in state government, as an observer and as a participant. He was a reporter and bureau chief for Associated Press for many years

and then worked for two governors, Prestonsburg's Bert T. Combs and Edward "Ned" Breathitt. The book provides an insider's view of Kentucky politics during the 1950s and '60s.

Both books are non-fiction but quite different. The political book is full of anecdotes, many of them laugh-provoking. Some of the characters are less than admirable, but some are inspiring, even noble.

There is very little humor in the story of Dot LaBine, a good Catholic girl from around Lebanon, Kentucky, who falls in love with a Wisconsin soldier and has four children whose lives turn out to be as troubled as their parents'.

The LaBines' story is sad and, often, irritat-

(See POSTSCRIPT, page three)

School Happenings

Adams Middle School Youth Services Center

- Homework Hotline - 886-9314 - Homework information available from 4:00 p.m. to 7:00 a.m.
- Center is open weekdays, 8 a.m. - 4 p.m. or later by appointment. For more information about the center or any of the listed activities, call 886-9812.

Allen Central Middle School and Youth Service Center

- Oct. 22 - 26 - "Red Ribbon Week."
- Oct. 23 - Open House - 6:30 to 8:30 p.m. Report cards will be handed out.
- Also in October, "Tobacco Prevention" program will be presented by Carol Jo May, of Our Lady of the Way Hospital.
- School is currently collecting Food City receipts. Students may turn them in to their homeroom teachers.
- Hours are 8:00 a.m. to 3:00 p.m., or later by appointment. Call 358-0134 for more information.
- Throughout October - Respect Society class - "Baby, think it over." Class offered to seventh grade girls - will be taught in spring semester also.

Allen Elementary Family Resource Youth Service Center

- Service Center Hours: Mon.-Fri., 7:30 a.m. to 3:00 p.m.
- Telephone: 874-0621
- Call Allen Elementary Youth Service Center at 874-0621 to schedule your child's 6th grade entry physical, Hepatitis B vaccination, immunizations, and WIC appointment.
- G.E.D. classes offered-FREE-each Friday, beginning 8:30 a.m. and lasting through 11:30 a.m. Instructor: Linda Bailey

Clark Elementary

- Oct. 19 - "Red Ribbon" presentations, grades 3, 4, 5.
- Oct. 22 - 26 - "Red Ribbon" week.
- Oct. 25 - Regularly scheduled SBDM meeting, 6 p.m., in school library. All are welcome.
- Oct. 25 - "Let's talk Drugs" presentation - OLW, K-3.
- Oct. 25 - Site based council meeting - 6 p.m.
- Oct. 27 - Fall Carnival - 6 to 8 p.m.



William May, a sophomore at Prestonsburg High School, was recently nominated for standing in the 2001 Who's Who among American High School students. He scored a 26 on the ACT standardized test. William is the son of Billie Jo May, of Allen, and the grandson of Billy J. and Ernestine May.

Unique

was that the tool had a rounded, smooth plastic end and when it was placed in her book, it would fall out just as she was lifting it to her mouth.

Morgan approached Caudill after one particularly frustrating episode and asked her a question that ultimately led to a miraculous change in the client's life - "Do you know any machinists?" was the simple question that got Caudill's attention.

Morgan said that he just got the idea that someone trained in design would be able to help them, because, he said, "we obviously needed a tool that had not yet been designed."

Caudill went on to explain that as soon as Morgan approached her with his question, she immediately thought of an old schoolmate, Jerry Banks, of Hueysville. "Jerry and I had gone through school together in our days past at Garrett High School. I knew he was a skilled machinist and that very afternoon I gave him a call. I didn't know what to say and I just told him, 'Jerry, we have a problem and I don't know, but God just told me to call you, do you think you can help us?'" she said.

Banks not only helped Caudill and Morgan with their professional dilemmas, but has also succeeded in helping the Happy House client in more ways than one, as she can now feed herself independently - boosting not only her self-esteem, but giving her also a renewed hope for the future, due to Banks' original and uniquely designed eating utensil.

In an interview with Banks, he very humbly explained that he "just looked at

- Dairy Queen "buy one, get one free" cards still on sale through the Family Resource Center.
- After School child care hours are 3:00 - 5:30 p.m., school days.
- FCHD nurse in the center on Thursdays. Please call the center at 886-0815, to schedule an appointment. Appointments are currently being scheduled for Hep B immunizations and 6th grade physicals for the 2002 fall school term.
- MCCC services are available at the center. Call for more information, or to schedule an appointment.
- The Family Resource Center provides services for all families regardless of income. Center is located in the Clark Elem. school building. Hours are Monday-Friday, 8:00 a.m. to 3:00 p.m. Office phone is 886-0815.

McDowell Family Resource Center.

- Floyd County Health Department nurse, Joy Moore, is at the center each Monday. Services provided include: immunizations, T.B. skin tests, school physicals (Head Start, kindergarten, and sixth grade), WIC appointments, prenatal and postpartum care and others. If you are in need of an appointment, call 377-2678 to schedule.
- GED classes each Monday and Wednesday - 8:00 a.m. to 11:00 a.m. Instructor - Linda Bailey, of the David School.
- McDowell Family Resource Center hours are 7:00 a.m. to 4:00 p.m. If you are in need of assistance, call the center at 377-2678.

Mud Creek Family Resource Center / John M. Stumbo Elem.

- Oct. 19 - "Anti-drug, anti-violence, motivational awareness" program, Leo Mudd, 9:00 a.m.
- The Bridges Project will be at the center each Wednesday and Thursday, from 8:00 a.m. until 4:00 p.m. and each Friday from 12:30 p.m. until 4:00 p.m.
- Center is open weekdays 8:00 a.m. to 4:00 p.m. Telephone: 587-2233.

South Floyd Youth Services Center

- Oct. 23, 25, 30, and Nov. 1 - Mt. Comp. Care will present a sexual harassment awareness presentation for all students.
- Oct. 17 - Alcohol prevention program conducted by SouthEast KY AHEC.
- Oct. 23 - Dangers of body piercing and tatoos program. Our Lady of the Way Hospital.
- Oct. 29 - Conflict resolutions program, SouthEast KY AHEC, McDowell ARH.
- Nov. 8 - Table manners presentation, Our Lady of the Way Hospital.
- Adult education classes available.
- The center is located on the South Floyd campus in room 232. For more information call 452-9600 or 9607 and ask for Mable Hall, ext. 243, or Keith Smallwood, ext. 242, or Donna Johnson, ext. 135.

W.D. Osborne Rainbow Junction Family Resource Center

- Oct. 22, 23, 26 - Recycling program.
- "Clothing Closet" available to all students.
- Rainbow Junction Family Resource Center is located in the W. D. Osborne Elementary School. Hours of operation - 8 a.m. to 4 p.m. Monday through Friday, or later by appointment. Call 452-4553 and ask for Cissy or Karen.

Happy House Adult Day Center, located in Archer Park, Prestonsburg, was originally designed as a "social model" for older community residents who were in need of socialization and supervision. Since its inception in March, 1991, it has been recognized as a "health model" in 1996, and has since grown to now include a variety of services including speech, occupational and physical therapy. For more information on the center and its services, contact Dana Caudill at (606) 886-0265.

client and her problem that evening, "and it suddenly dawned on him 'that this lady has nothing.' He told me, 'She has nothing, I have to do something to help her.'" By mid-afternoon the next day, Banks had designed the tool that has now altered the client's daily life in a most remarkable way.

"This client was injured in a terrible fire, losing both her arms and one of her

Ponder

Continued from p1

examples are: a sense of right and wrong; a sense of assuming responsibility for his feelings and behaviors; being trustworthy; being respectful of self and others; a religious core; an ability to communicate with and listen to others; being able to affirm and support family members; and being able to admit to and seek help with problems.

After the parents' identify their family value system, sometimes even a more difficult task is the modeling of what they say they value. In addition, the parents' values are taught and/or re-enforced by making value-based statements to teach standards, surrounding the children with people, resources, and organizations that support their values, and adopt family rituals to strengthen the family bonds to each other. The theory is, if the children have not learned a value system in their families, they are most likely to join subcultures in an effort to belong to a group with a leader and rules. These might be negative groups such as acting-out gangs, cults, and negatively-influencing peers.

Frequently, a basic problem for parents in teaching their children values are that they often lack confidence and feel isolated and confused. This especially is more likely to occur when one or both parents were not taught a reasonable value system when they were children. Again, it ends up in a "monkey-see, monkey-do" situation. Often, parents make their greatest mistake by not trusting their instincts. Down deep, within their "gut" they know something is wrong and talk themselves out of it. Do not forget—anytime there is a drastic change in your kid, you need to check it out. Nobody knows your child like you do. Parents also tend to use poor judgment when they do not address unacceptable behavior or do not talk to their kids about a subject because they are

"afraid their children will get mad" and "feel like we have to walk around on egg shells." To the point, remember that as parents you cannot keep your children happy. That is up to them. Parents need to be really clear, firm, and comfortable about what is acceptable and appropriate behavior and what is not; this needs to be started when the children are young. According to the child's age, the parents need to set consequences for inappropriate behaviors, and deliver them in a calm manner. Ideally, the parents need to communicate to children the expected outcome for not going by the rules before it happens. The discipline also needs to be connected to the family's value system.

When the child has a clear choice about doing or not doing any activity, then the child needs to assume responsibility for his feelings and behaviors and the parents need to stop running interference for them. How do you think a parent feels while trying to convince a principal or judge that his child did nothing wrong, when everyone knows that it actually happened? Most importantly, children need to build self-esteem by trying to accomplish something on their own. Adults steal many learning opportunities from their children when the adults do everything for the children.

In reference to the family discussed earlier, one might certainly wonder, "what might have happened, if only" they would have stopped to do what they needed to do regarding their family value system a decade ago. This is not one of those situations that get better with age. What or where would you like your family and especially children to go a decade from now?

Pageants

Feri

Continued from p1

no advertising. My idea was to plant them behind the shed, where weeds grow freely and become as tall as oak trees. I figured that my newly found buddies would help me in getting rid of these pesky weeds. A few years later, I couldn't find any weeds behind the shed, not even the tiniest one. I really can't complain.

However, there is a little unimportant piece of news that I must share with my beloved partner in life. I need to tell him that the wall of our shed has suddenly collapsed under the weight of these mind snatchers from planet X. As I said, "It is just a little thing."



2001 Jenny Wiley "Young Miss"

Shannen Bria Reil, the daughter of Richard and Brenda Reil, of Van Lear, was the first place winner in the 2001 Jenny Wiley Beauty Pageant, "Young Miss" category, held October 7, 2001. Shannen is nine years old and attends Porter Elementary School in Johnson County. She is the granddaughter of George Johnson and the late Betty Johnson, of Prestonsburg, and Dan and Marcia Reil, of Vassar, Michigan. She has one sister, Brandy N. Jones.



Baby Miss Patriotic

Caitlyn Leighann Goble, the daughter of Tony and Jolean Goble, of Abbott Creek, was crowned "Baby Miss Patriotic 2001" in a pageant held October 14. Caitlyn also received trophies for "Overall Most Beautiful" and "Overall Prettiest Dress." She is the maternal granddaughter of Edward Wallen, of David, and the late Annie Lue Wallen, and Earl Hackworth. Her paternal grandparents are Earl and Wanda McGuire Duncan, of Abbott, and Billy Goble, of Prestonsburg.

Continued from p1

legs, trying to save her two children, who perished in the fire. She spent two years at Cardinal Hill Rehabilitation Center, in Lexington...when she first came to us, she could do nothing. She couldn't feed herself, toilet alone, or even walk unassisted. Now, she can walk, thanks to Gwen Hall, our physical therapist, and, thanks to Jerry, she can feed herself independently. She no longer has to rely on our staff to feed her, she can do it herself. Can you imagine what a change this has made in her life? And not only that, Jerry says that he isn't finished yet. He has met the client and he is determined to make other tools for her that will allow her to brush her teeth, hold a cup, and toilet herself. It's wonderful, just wonderful."

"All this lady wants," Banks added, "is to be able to hold a cup of coffee by herself, now is that so much to ask?" he queried.

"You know, a tool and die maker is like an artist. They work with casts and create something that's never been made before. Jerry is an artist, he has the vision to create a design, and in this situation, he only wants to help. He isn't out to make a fortune or anything, although we do intend to patent his design. He has even said that he wants to donate the money to our church."

"When I went to pick up the tool from Jerry, I was thrilled when I discovered how it worked. He designed a piece that is flat and stationary, and simply slips into our client's hook and stays there, it's wonderful. I asked him how much we owed him and he just said, 'Well, Dana, I figure if God told you to call me, then God doesn't want me to charge you, either.'"



Family Medicine

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



Aspartame—a danger to some

artificial sweetener now without health problems. Why is the dangerous product aspartame still on the market?

Answer: Before I talk about aspartame and your husband's experience with it, I want to take a moment to talk about seizures. Most of us upon hearing the term "seizure" think of the classic grand mal seizure that involves loss of consciousness and thrashing contractions of the extremities, back, neck and mouth. Certainly grand mal is a serious form of seizure, but there are many other types. Some of them produce symptoms that are like your husband's or alternatively, just cause twitching of a hand or another body part. There are yet other types that are harder for an observer to notice — perhaps just a momentary pause in the person's speech or

actions. Seizures are the result of some part of the brain not working properly. Specifically, common causes include brain trauma, tumors, stroke, inherited abnormalities, infection in the central nervous system and high fever. Another common culprit is an imbalance of the levels of sugar, calcium, or other substances in the blood. Drug withdrawal, which can include either prescribed or illicit use of narcotics as well as seizure medicines like Dilantin, is also fairly common.

There are also a number of other things that can trigger seizures, but which are much rarer. These can include an unexpected reaction to a medicine or other consumed or inhaled product. Your husband's reaction to aspartame falls into this last category of uncommon causes of seizure.

Typically we humans, across all cultures, seem to prefer sweet-tasting foods. The most reasonable explanation I've read for our almost universal "sweet tooth" is that our hunter-gatherer ancestors satisfied their sweet tooth primarily by eating fruits. This food source contains many nutrients, including important vitamins. Today, our sweet tooth is more often satisfied with sugar that only provides simple carbohydrate calories without contributing other healthy nutrients to our diet. Most experts believe that our consumption of sugar is an important reason for our current epidemic of diabetes and obesity.

Restricting the amount of sugar in the diet is important for diabetics and is also a good idea for most of us non-diabetics. Artificial sweeteners are one option for continuing to

satisfy the "sweet tooth" without sugar. All of these products work by tickling the taste buds in a way that is very similar to sugar's effect. These products are generally more effective at generating the "sweet" stimulus than is sugar, and consequently, require a smaller amount — and therefore, fewer calories — to satisfy the need for sweetness.

All artificial sweeteners have the potential to cause some form of health problem. Fortunately, all of them are safer than the "natural" product sugar. The important message is that our diets should be governed by good judgment and moderation. Too much aspartame, sugar, fat, or even tap water can be a bad thing. For your husband, aspartame is a bad choice of sweetener.

Fortunately, for almost everyone else it is an excellent product, not a dangerous one.

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

Question: My husband, whose parents were both diabetic, used aspartame generously for the last 10 years. Unexpectedly, he began to have seizures in which his teeth would involuntarily clamp shut. His neurologist could find no cause for this and started him on Dilantin. After several months, he tapered off the Dilantin as the neurologist advised. His seizures returned, so he resumed taking Dilantin. My husband read that aspartame could cause seizures, so he stopped using it. After several months he tapered off the Dilantin again, but this time he had no return of seizures. My husband uses another

Postscript

Continued from p2

ing. Seldom is it uplifting. After years of drunken abuse and economic upheavals, Dot's husband, Don, commits suicide in their garage. The couple's three sons have periods of drug and alcohol abuse, as well as some serious criminal activities. Two of the sons commit suicide, one while in prison. The daughter dies in her early 40s.

Though true, the book reads much like a novel. Paul effectively draws the characters, and, whether we like them or not, they are real. We know them. They could be our neighbors. They could be family.

Now retired from formal employment, Paul obviously continues to write. The Wayland High School graduate lives in North Carolina with his wife Rachel and their self-described "fat pooch" Ginger. In a note with the book he sent to me, the author says "So Little Time for Dying" can be ordered by calling 1-888-280-7715.

I had the opportunity to go up Left Beaver Creek last Saturday. The cemetery group visited two beautiful cemeteries, each a tribute to caring families — Buckingham and Greenbury Hall.

I was impressed by the elaborate Halloween decorations in yard after yard along KY 122. Some folks have gone all out for the kids — or, as I suspect, many adults are letting the kid in themselves come out. Whatever the reason, it's interesting and fun to see the creativity, the hard work and the pride that went into these displays.

Good job. Folks. Thanks for giving us a diversion in these troubling times.

If it's not too late when you read this, consider joining us for the Tug Fork cleanup Saturday, Oct. 20, at Wharncliff, WV, where Kentucky, West Virginia and Virginia connect. The event takes place from 10 a.m. to 2 p.m. and is sponsored by the Big Sandy River Basin Coalition and Pike County PRIDE.

Subscribe to the Floyd County Times, Call 886-8506

Eyes

"Editor," how come mine is so much smaller than all the others in our office? Got a larger one to spare somewhere in the attic?)"

Naturally, this is the frightful sight I encountered first thing Monday morning upon my return. It is now mid-week, and as I said, I am just beginning to make a dent in becoming caught up. Unless you have worked in a newspaper office, you can simply have no idea how much information comes at you each day and with what speed. Not only do you have to try to remember this information, but you are also saddled with the responsibility of conveying it, sans mistakes, to the public at large.

First thing Monday morning, I found a message on my desk — "Call this person. But do not call until late afternoon. They work at night." Okay, fine, of course, I can remember to do this simple thing.

Before I know it, it's 5:30 p.m. I have a son who needs to get to football practice, a mother who will soon return home from day care...the mess on my desk is still a mess. I give the mess one

quick, last survey before deciding I can safely leave this office. That's when I found it, the note instructing me to "Call this person." So, I hastily grab the note, along with my keys, purse and jacket (no, I take that back, I'm pretty sure I forgot my jacket), and take off. Once home, I place the call, as the phone is ringing, I give myself a little pat on the back for being so conscientious, after all, a lot of folks would simply have waited until the next day, right?

The "person" answers, I politely explain that I am returning their call and, whaddya think happens? I find myself conversing with someone who wishes to issue a complaint. A complaint that could have been issued with "The Editor" as he most generally always arrives before I do, but apparently, this person wanted to vent their complaint with me. The complaint was legitimate, an oversight had indeed occurred, and I offered my apologies and explained that a correction would be made.

The person in question was, undeniably, controlling more than a great deal

of anger (could there be more at play here than simply wanting to report one oversight?), I managed to glean the information that I needed, promised to run a correction, and hung up, feeling more than a little out of sorts, myself.

As I said, our esteemed editor had been on vacation, I attended a most disheartening board of education meeting on Thursday evening, and spent Friday on the phone, sorting details and attempting to meet deadlines. And, in addition, answering many, many phone calls and taking many, many requests from many, many peoples.

I am not perfect. I committed an oversight. Try to get it perfect yourself when you're twenty minutes from deadline and the composing team is stealing furtive glances your way.

Thankfully, I work with a tremendous group of people, from our editor on down to one of the looniest newspaper carriers ever born. Thankfully, also, they don't expect perfectionism from me, they only expect my best effort.

But, folks, when I do finally become perfect, I'll be sure to let you know.

Organizations

Shown attending the 50th anniversary of the Drift Woman's Club, on July 22, 2001, are left to right: Joyce S. Allen, Barbara Fossett, Ruby Akers, Sen. Johnny Ray Turner, Donna Short, and Dr. Mary Pauline Fox.



Charter members of the Drift Woman's Club. From left to right, Doris Lawson, Cheryl Hall, Geraldine Ward, Nancy Bastin, Anna Hoffman, Alice Osborne, and Ruby Akers.

Different

cooking. About the only caveat is not to add salt or acidic ingredients, like vinegar or tomatoes, until lentils are almost completely cooked, because acid prevents legumes from softening. (This may be desirable, however, if you are cooking lentils to use in a salad, when you want them to hold their shape.)

Besides being pot-ready, lentils cook in less time than other legumes. Split red lentils turn into a grainy puree in as little as 20 minutes. Larger, whole green lentils, which actually range in color from khaki green to brown, require 30 to 45 minutes. As with other legumes, the cooking time depends on their age and the method used.

Making lentil soup is a snap, especially meatless versions. It takes even less time if you make it ahead because, if you turn off the heat when the lentils are just cooked, they will become creamy tender when the soup is reheated later.

And, in my case, as with most soups, lentil soup improves when it sits for a day or two, gaining deeper flavor that intensifies with each reheating.

A ham bone, hock, or bacon is often added to give lentil soup a deep, smoky flavor. Vegetarian versions tend to be more delicate as well as leaner. To give them the mouth-filling layers of taste that make a great soup, you can use a rich vegetable broth and a liberal hand with seasonings. Adding vegetables, like the chard in this version, brings greater depth and color.

Lentil Soup with Swiss Chard

4-6 Swiss chard leaves, 2 with stalks intact, cut into thin slices*
1 Tbsp. extra virgin olive oil
1 rib celery, chopped

2 garlic cloves, finely chopped
1 Tbsp. paprika
1 Tbsp. tomato paste
1 can (14.5 oz.) vegetable broth
3 cups cooked green lentils*
Pinch of red pepper flakes
Salt and freshly ground black pepper
4 slices grilled, toasted or stale crusty, country-style bread (optional)
1 garlic clove, halved, optional

In a small Dutch oven or large saucepan, heat oil over medium-high heat. Sauté celery, garlic and chard stems until celery is tender-crisp, 4 minutes. Add remaining chard and cook, stirring occasionally, until wilted about 3 minutes. Mix in paprika, then tomato paste. Stir in broth, then 2 cups water. Add lentils and pepper flakes.

Bring to a boil, reduce heat to a simmer and cover. Cook 20 minutes. Season to taste with salt

and freshly ground pepper. Divide soup among 4 bowls.

If using bread as garnish, rub each side on both sides with cut side of garlic. Float one slice in each bowl and serve.

Those who love chard will want to use the full amount. Others may want to use less. One cup dried lentils, cooked with 2 1/2 cups water for 30 minutes, will produce enough cooked lentils for this dish.

Makes 4 servings.

Per serving: 210 calories, 4 g. fat (less than 1 g. saturated fat), 33 g. carbohydrate, 13 g. protein, 9 g. dietary fiber, 567 mg. sodium.

"Something Different" is written for the American Institute for Cancer Research (AICR) by Dana Jacobi, author of *The Joy of Soy, and recipe creator for AICR's Stopping Cancer Before It Starts.*

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Town

Continued from p1

ment that this Stalin was a monster a murderer and several other things described by adjectives of the more sable sort. So Josef Stalin has taken leave of his tomb and now lies elsewhere—while Khrushchev continues to lie very other breath.

THEY "MADE" THE PAPERS

The news this week has been deeply disturbing, and we do not propose to appear facetious about it. But there were a couple of statements in the papers which surely were calculated to be funny. In one of these a doctor who is prominent in the American Medical Association warned that drinking milk is dangerous — creates cholesterol in the blood, you know. Says he prescribes coffee for his youngsters and keeps them off the milk. In the other, a guy declares Kentucky history shouldn't be taught.

I am no doctor, neither am I a historian, but I have reformed enough to have more than a passing acquaintance with milk, and I am old enough to be able to point to scores of children who have indulged in milk without any side effects such as developing a faulty ticker or, if they did, they outgrew the ailment. As to the Kentucky history, who ever got enough of that to hurt?

Some people will say anything to make newspaper copy. We've heard of folks confessing murder for that purpose.

I'VE GOT THE WOES

Troll, troll your boat
Up and down the stream;
Those fish stories you heard
Were but an idle dream.

With such a burst of inspired verse, we report that we went trolling, Friday and Saturday, and caught a 12-inch fish... with a fly-rod (period, exclamation point).

But Sunday—ah, Sunday, when yours truly was elsewhere—the boys and at least two girls I know had a field day. Mr. and Mrs. K. J. Bowles brought in five nice bass. So did Carl Horn and his missus. We will not mention the six-pounder Raymond Copley brought in earlier.

Then, Monday afternoon, the Bowles couple come into dock just as I'm departing, and what do they haul up but five more good bass? I am flabbergasted, and all I can think of to say to put Mr. Bowles in his place is, "You're not supposed to haul around for two days those same five fish you caught yesterday."

I close this jeremiad with a bit of verse handed me last Sunday afternoon by a fellow who apparently had heard of my misadventure. It reads:

A fisherman nearly insane
With blisters, Mosquitoes and rain
Was heard to remark,
"If I outlive this lark,
I'll never go fishing again."
But he did.

