

Odor relief could be coming to P'burg

by LORETTA BLACKBURN STAFF WRITER

PRESTONSBURG — Residents of the downtown area might be able to breathe a little easier in the near future, thanks to an ambitious multi-pronged mattack on the city's sewer odor woes. The Prestonsburg City Utilities Commission has announced that Phase I of the "Separation of the Downtown Combined Sewers Project" will begin within a matter of weeks and although the project construction may disrupt daily life, it will create a system with "effectiveness and efficiency second-to-

ties none."

Eddie Campbell, chief financial officer, said that the commission had met with the mayor and after some brainstorming they decided to start this phase of the project without secured funding. Rather than wait on the estimated \$3.5 million funding for completion, the commission decided to tackle the downtown sewer smell and start Phase I on their own.

Campbell said that initiative is a tribute to the commission's commitment to provide the citizens of Prestonsburg with the best utility services possible.

According to the commission, Phase

I will involve the separation of the now combined sewers on Scott Court and East Graham Street. This location is the beginning of the combined sewers and markedly must be separated and reconstructed first.

(See SMELL, page six)

Elderly drug dealer seeks early release

by LORETTA BLACKBURN STAFF WRITER

PRESTONSBURG — A 70year-old woman. Osalene Triplett, who was sentenced and jailed four months ago on a trafficking conviction, went before Judge Danny P. Caudill on Friday to request shock probation on the basis of failing health. Triplett was sentenced in May on charges of first-degree trafficking, possession of marijuana, possession of drug paraphermalia and cultivating marijuana, at which time she said she was suffering with failing health.

Triplett informed Judge Caudill on Friday that she is primarily confined to a wheelchair, suffers from high blood pressure and diabetes, and that she requires oxygen Triplett's attorney offered medical records to support her allegations.

The commonwealth objected to the motion, but Caudill took the request under advisement.



photo by Loretta Black

Dennis James Meredith was sentenced Friday to five years in prison with no probation or parole for seconddegree sodomy and first-degree sexual abuse. The charges stemmed from an incident in which he abused a step-grandchild.

Meredith gets five years for sodomy, sex abuse

Fall filings still few, far between

by JARRID DEATON STAFF WRITER

Filings for the November election continue slowly but surely as three new candidates have filed in the past week.

The filing period for mayor as well as city council races are open in the cities of Allen, Martin, Prestonsburg, Wayland and Wheelwright.

Jimmy J. DeRossett has filed for a seat on the Prestonsburg City Council, which places him in the race along with Dr. Philip Simpson, Robert R. Allen II, Roy Lee Compton and Carolyn Ford,

(See ELECTION, page six)

'Magic bullet' case brings mandatory five-year sentence

by LORETTA BLACKBURN STAFF WRITER

PRESTONSBURG — Mickey Keller, a West Prestonsburg man, was sentenced to five years in prison without consideration for probation for the one "magic bullet" that equaled three assault charges, one for each of the three victims it claimed on June 17, 2001.

Plant hunters finding gold in goldenseal

by ROGER ALFORD Associated Press

PIKEVILLE — Claims that an Appalachian plant can make illicit drugs undetectable in the bloodstream may have helped to generate the current boon for root diggers in the mountain region.

The tiny yellow roots of goldenseal plants are fetching \$18 to \$22 a pound straight out of the woods and up to \$45 a pound on the retail market thanks in part to the demand by drug users.

Jim Chamberlain, a research scientist with the U.S. Forest Service in Blacksburg, Va., said the prices have made goldenseal popular among Appalachian root diggers who have been collecting it by the tons.

The situation has raised concern about the possibility of overharvesting the plant that thrives in the moist soils of the eastern hardwood forests.

Ironically, Chamberlain said claims about the plant's drugmasking qualities are false.

"If you talk to people who are knowledgeable about medicinal plants, they'll all tell you unequivocally that it isn't true,"

(See PLANT, page six)

by LORETTA BLACKBURN STAFF WRITER

PRESTONSBURG — A Floyd County man will spend the next five years in jail for sex crimes, and the judge who sentenced him is intent on making sure he stays the full time.

Dennis James Meredith was sentenced Friday to five years in prison pursuant to a guilty plea of seconddegree sodomy, a class C felony, and first-degree sexual abuse, a class D felony, which Assistant Commonwealth's Attorney Wayne Taylor said is a rare occurrence.

Meredith was originally charged with first-degree sodomy and firstdegree sexual abuse for incidents occurring from November 2000 to July 2001, in which he abused a stepgrandchild under 12. Meredith pleaded guilty to the charges in the middle of May in exchange for a dismissal of a persistent felony offender charge and an amendment from first-degree to second-degree sodomy.

Judge Danny P. Caudill sentenced Meredith to five years without the possibility of parole and a three-year conditional discharge after that. He was ordered to complete the sex offender program and to register with the Department of Probation and Parole for life.

Taylor said it is a rare occurrence for a defendant to enter a plea of guilt to this type of charge due to the requirements and stigmas associated with a sex offense. The defendant has to submit to an HIV test, complete the extensive and intense sex offender program, register with the sex offender registry, and have no chance of probation or parole until at least 85 percent of the sentence is served.

Taylor said that his office views the sentence as a victory and the fact that Meredith is now a convicted sex offender is a testament in large part to the young victim's courage.

Taylor commended Kentucky State Police on the "excellent job" they did in the investigation, in which a video interview with the victim proved the most compelling evidence. Keller entered an open plea on June 25, one day before he was scheduled to go to trial. Keller pleaded guilty to three counts of second-degree assault, a class C felony, for discharging a bullet that hit three men who were riding a four-wheeler on a country road near his house at Hershel Owen's trailer park in West Prestonsburg.

According to Wayne Taylor, assistant commonwealth's attorney, Keller had said that he fired once with the 9 mm handgun before it broke. However, the one bullet passed through the calf of one of the riders and went through the thigh of another before becoming lodged in the rear of John Mark McKenzie, who was driving.

(See BULLET, page six)

Pike man killed in argument

Times Staff Report

PIKEVILLE — A Pike County man is dead of a gunshot wound after a verbal argument apparently escalated into violence Tuesday.

According to a police report, Earnest Childers, 62, of Alleghaney Road, and

James Clifford Perry, 37, of Hellier, became involved in an argument that ended when Perry was fatally shot by Childers.

Earnest Childers is being held at the Pike County Detention Center.

The incident remains under investigation by the Kentucky State Police.

Court OKs payments for projects

by JARRID DEATON STAFF WRITER

PRESTONSBURG — A meeting of the Floyd County Fiscal Court on Friday included a resolution to approve payment to Johnson Commercial Contracting in the amount of \$39,231 in relation to the Floyd County Community Center located in Martin. The court also ordered that checks be issued in the amount of \$18,419 to

(See FISCAL, page six)



Why did the chicken cross the road? To get a bacon cheeseburger. No one may know the real answer as to why this fowl made its way to Hardee's in Prestonsburg, but it's safe to say that it wasn't on the menu.



Odds and Ends

FORT PIERCE, Fla. -Bowling a perfect game is tough, but how about doing it at 82 years old and just 17 days after a partial stroke?

A Vero Beach man did just that. Ted Byram had been temporarily incapable of speech and unable to lift his right arm - his bowling arm - a little more than two weeks before bowling a 300 during league play Wednesday at a Fort Pierce bowling alley.

"After getting eight strikes in a row, I knew I had a chance," said Byram, a New Jersey native who moved to Florida 20 years ago. "That last ball felt like it weighed 25 pounds. But it had nothing to do with the stroke. It was nerves."

Byram, who bowls five days a week and carries a 190 average, once rolled a 280 game. Never had he rolled 12 consecutive strikes. And for it to happen so soon after suffering a stroke?

"Pretty unbelievable, huh?" Byram said as a smile crept across his face. "I just rolled the ball and the pins kept dropping."

MINNEAPOLIS - The Minnesota Department of Transportation was having trouble keeping track of its several hundred drainage ponds at highway interchanges.

So it named some of them Bart, Barney and Milhouse.

Yes, TV's "The Simpsons" has come to stormwater runoff management, courtesy of state hydrologist Patrick McLarnon. "It's just something fun," he said, and a better naming scheme than the numbers and letters that used to be employed.

The Simpsons ponds there's also Apu, Clancy Wiggum, Maggie, Itchy, Lenny, Quimby, Scratchy and Seymour - are all part of the Interstate 494-Highway 61 interchange project in Newport in the metro area.

McLarnon also has named ponds after "Happy Days" characters Richie, Joanie, Chachi

and The Fonz along Interstate 94 and for "Star Wars" aliens along Highway 12.

None of the names appear on plaques at the ponds, but that's how they're designated in state databases to track water quality and runoff flows.

Other state planners use different naming schemes, McLarnon said. One had a project with five ponds, which he

named for his five children. What's next? "Maybe 'South Park," McLarnon said.

SPRINGFIELD, III. - The Henson Robinson Zoo is getting lots of new visitors and they aren't human.

Pet owners are dumping unwanted animals at the zoo's front door.

Snakes, an African pygmy

goat, fighting roosters, reptiles and feral cats all have been left on zoo property.

Two prairie dogs are among the latest animals to be abandoned.

Zoo workers arrived June 27 and found the two prairie dogs believed to have been pets inside a plastic box in front of the main entrance.

The prairie dogs are in quar-

From highway to heaven: Hiking trails replace deadly road through Cumberland Gap

by ROGER ALFORD ASSOCIATED PRESS

MIDDLESBORO - Not so long ago, a deadly ribbon of asphalt twisted its way through the Cumberland Gap, forcing drivers into perilously sharp turns that led to the nickname "Massacre Mountain."

Today, after millions of dollars in construction and restoration, the highway is gone, replaced by twin tunnels, and the sounds of squealing tires have given way to singing birds and chattering tourists.

The countryside once more looks much as it did in 1775, when Daniel Boone helped mark a trail to open the frontier on the other side of the Appalachians.

"It's unbelievable to realize there was a road there less than eight months ago," said Sue Richards, owner of The RidgeRunner bed and breakfast in Middlesboro. "You can't tell. The grass is growing, trees are growing. It's absolutely gorgeous.'

Before it was closed about six years ago, the 3.2-mile stretch of U.S. Highway 25E on the Kentucky-Virginia line saw an average of five people a year est parking area for a guided

ARE YOU

killed in traffic accidents. The road had been paved across the mountain to carry automobiles in the early 1930s.

"It was an engineering feat at the time to get a road across that mountain," Middlesboro Police Chief Jeff Sharpe said recently. "They had to make some pretty sharp curves, and that's what made it dangerous."

Citing the high death rate, the National Park Service lobbied for money to dig tunnels for the 18,000 motorists who crossed the mountain each day. Those tunnels were completed in 1996 at a cost of \$240 million, and the deadly old road was closed.

Not one fatal crash has occurred since the tunnels opened, Sharpe said.

Using descriptions from old journals and maps as guides, the Federal Highway Administration also hauled in dirt to restore the landscape to its natural contours, and people now travel on hiking trails instead of the highway. The restoration cost \$5 million.

People who used to be able to peer into Gap Cave as they drove by now have to walk about 10 minutes from the clostour.

"It's so much more peaceful now," said Arthur Boggs of Harlan, who visited the cave last month.

Sharpe, who witnessed the carnage of many crashes, said that for victims' families, removing the road could be compared to putting a killer to death.

"It's a comfort to them to know that someone else won't have to face the same thing they've gone through," he said.

antine until it's determined if they are carrying any diseases or parasites. Prairie dogs are territorial by nature, so they can't just be put in with the 10

already at the zoo. "We're not sure what we're going to do with these two yet. We can't put them in this exhibit because the prairie dogs that are here would kill them," Henson Robinson director Talon Thornton said. "Our first responsibility is to our animal collection here."

Thornton encourages people who have unwanted pets to try to find a new owner instead of leaving the animals on the zoo's doorstep.

"It would be great if we could take all the animals in Springfield that people don't want, but it's just not feasible," Thornton said.

VAIL, Colo. - For as little as \$65, you can take home a piece of chic Vail.

In a novel merchandising effort, town officials are hawking Vail manhole covers adorned with a "V" logo and the words "Elev. 8150" "Founded 1962." and

"We can rest assured that no one else is selling these, so we're not stepping on anyone's toes," said town spokeswoman Suzanne Silverthorn. "I guess

they'd look good in someone's dorm room."

The 2-foot diameter, 75pound, cast-iron covers sell for a \$295 apiece, while smaller, 8inch utility covers cost \$65. They are available in black or nickel finish.

The brainchild of Town Manager Bob McLaurin, the sale of the manhole covers comes after a series of thefts of those in use.

"We didn't have a problem with people stealing them until we started using customized ones about a year ago," said police Commander Joe Russell. 'At that point, they seemed to become collector's items."

In the past year, two of the full-size covers and eight of the smaller versions were swiped before public-works crews began gluing them down with a sealant, said Larry Pardee, the town's streets and maintenance manager.

"I guess they've become college souvenirs," he said last week.

Vail code-enforcement officer Bill Bresnahan wondered why anyone would want an industrial piece such as the one in the pavement in front of his station.

"What would you do - use them as a paperweight?" he asked.

Vouchers would require constitutional amendment, agency says

The Associated Press

FRANKFORT - Use of public money for private and parochial education in Kentucky probably would require a constitutional amendment, state education officials say.

The state Department of Education released an analysis of Kentucky law after the U.S. Supreme Court upheld school vouchers in Cleveland, declaring the experimental program did not violate the U.S. Constitution.

The Kentucky Constitution

goes further in restricting the use of public school money, according to the analysis. At least three sections of the Kentucky Constitution deal with school funding, and all seem to preclude its use for anything other than public schools.

"Merely passing a bill appears not to be adequate in Kentucky," said Kevin Noland, the department's general counsel.

One section of the Kentucky Constitution says school money "shall be appropriated to the common schools and to no other

purpose" and that "no sum shall be raised or collected for education other than in the common schools" without a referendum.

Another section says: "All funds accruing to the school fund shall be used for the maintenance of the public schools of the commonwealth and for no other purpose."

Yet another section says: "No portion of any fund or tax now existing, or that may hereafter be raised or levied for educational purposes, shall be appropriated to, or used by, or in aid of, any church, sectarian or denominational school."

Kentucky courts have cited those sections in several cases, including a 1983 case involving the supplying of textbooks to children in private schools.

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Over a Century of Knowledge and Service



Breanne G. Harmon

Harmon receives MSU Alumni Award and Presidential Scholarship

Morehead State University recently announced that Breanne G. Harmon, of Prestonsburg, is among those students who have received an Alumni Award and the Presidential Scholarship for the fall semester, 2002.

Harmon, the daughter of Gwen Hale-Frazier, of Blue River, and Bob Harmon, of Hueysville, is a graduate of Prestonsburg High School. She was a 2001 Governor's Scholar, a volunteer tutor for elementary students, and a coach for elementary cheerleaders. She was named a member of the PEPP (Professional program Educational Preparation Program) and the National Honor Society.

To be eligible for the Alumni Award, at least one parent or grandparent of the applicant must be an MSU alumnus and an active member of the MSU Alumni Association. The candidate must be admitted as an entering freshman or transfer student, and have a minimum ACT composite of 18.

To be eligible for the Presidential Scholarship, applicants must meet one of the following criteria: be a National Merit Scholar or Finalist; a valedictorian or salutatorian from MSU's Kentucky service region with an ACT composite of at least 30; a National Merit Semi-Finalist; or have completed the Kentucky Governor's Scholar Program. Individuals with an ACT composite of at least 28, or a minimum grade point average of 3.75 and a minimum ACT composite of 28 will be considered for the award.

Applications and information on scholarships and grant programs at MSU are available from the Office of Admissions, MSU, Morehead, KY 40351-1689. The toll-free number is (800) 585-MSU1 (6781).

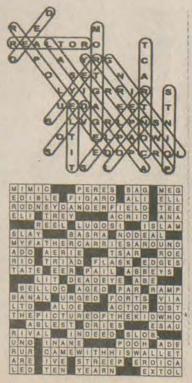
The Kentucky Education Association was instrumental in stopping bills in the General Assembly in 1998 and 2000 for tax credits for parents of children in private schools.

The bills' sponsor, Republican Rep. Bob Heleringer of Louisville, said another attempt at the legislation might have more momentum. "I think the opinion of the Supreme Court has started widespread interest, and I think this issue is going to resonate," Heleringer said.

House Majority Leader Greg Stumbo also said another bill on tax credits could appear, and with more support, when the General Assembly convenes in January.

"I believe that people who send people to private schools pay taxes, and I've always thought they should get some type of tax break," said Stumbo, D-Prestonsburg. "I do think the state needs to be careful as to how it approaches the issue, but I think there's support."

REAL ESTATE TERMS



Straight up: On the Kentucky bourbon trail

by GUY GUGLIOTTA THE WASHINGTON POST

LOUISVILLE - At first blush, a multi-course "bourbon dinner" presents a daunting prospect: five whiskeys (or was it six?) during a single meal, each a gastronomic enhancement, each bringing the diner nearer to oblivion.

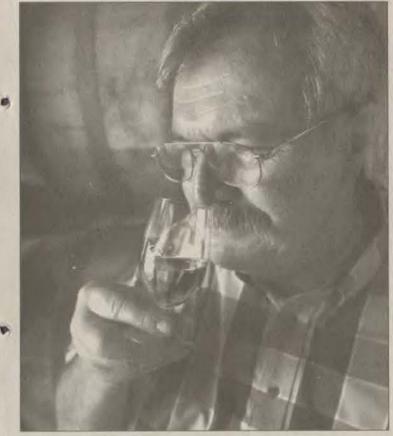
But, as the waiter was careful to point out with each new round, this was the good stuff: Think billiards, not pool: verandahs, not juke joints; Clark Gable, not Clint Eastwood; Kentucky Derby, not NASCAR. We're not talking shots of booze here.

"Don't call it that," said Jim Beam master distiller Jerry Dalton, as he gargled a taste of the clear, eye-watering, 135proof "white dog" that will emerge rust-colored from an oak barrel as bourbon several years from now. "I'm the first member of my family to make legal whiskey, and this ain't moonshine."

He got that right. Dinner at Louisville's venerable Seelbach Hotel opened with a Manhattan (up), which was swept away 15 minutes later and replaced by a different bourbon on the rocks in a stubby glass. This accompanied the appetizer - smoked spoonfish, with caviar and sour cream.

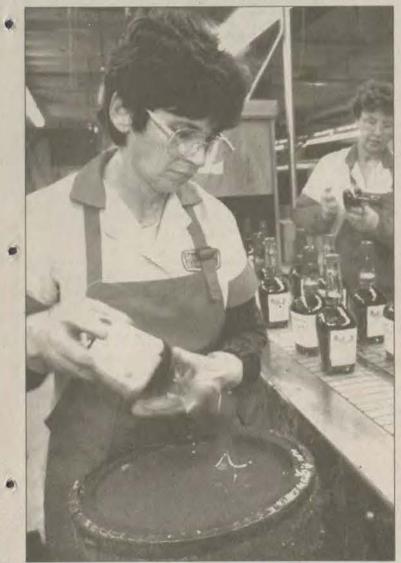
Soup came with bourbon neat in a snifter (the brand names were becoming hard to remember), and salad featured bourbon on the rocks in an oldfashioned glass. For entrees, cowards could pick chicken or salmon, but aficionados chose the enormous pork chop on a bed of rice with plantains and bourbon (cut-glass tumbler? --shapes began to blur).

By dessert (bourbon biscuits with mushy sweet stuff, accompanied by bourbon in a glass), the meal had come together in a soothing fog of bonhomie. Good bourbon nestles in the stomach like a warm blanket, giving each



Washington Post photos by David R. Lutman

In the tasting room of the Jim Beam distillery in Claremont, Jerry Dalton, master distiller, checks a sample for aroma. Distilling bourbon remains a skill defined by intuition and respect of the master distillers who have gone before.



course a weight and substance beyond anything observed in nature. It's not girl food.

"Bourbon dinners are basically a marketing tool, and I'm not really fond of them," notes bourbon historian and spirits expert Gary Regan, who soldiered valiantly to the end. "On the other hand, when you get a great dinner and you're drinking whiskey, what could go wrong?"

Not a thing. The Seelbach was the first stop on a recent tour of Kentucky's "bourbon trail," an excursion through distilleries, landmarks and rolling green countryside convened by the Distilled Spirits Council of the United States - the trade group that represents almost every distilled alcoholic drink sold in the country except cough medicine.

Last year, distillers sold nearly 13.1 million nine-liter cases of bourbon nationwide, worth more than \$3 billion. In a domestic spirits market dominated by vodka, bourbon holds a respectable 9 percent share, with recent growth almost entirely due to robust sales of the highend "single batch" and limitededition bourbons.

Manufacturing has gone high-tech, and computerized sensors monitor every step of the process. The business has been globalized. Maker's Mark is owned by Allied Domecq, the London company that also owns Beefeater gin and Dunkin' Donuts. France's Pernod-Ricard owns Wild Turkey. Jim Beam is a subsidiary of the Illinois-based Fortune Brands, which sells everything from plumbing fixtures to golf balls.

Still, distilling remains a skill defined by intuition, tradition and a Hippocratic commitment to "do no harm" to the genius of the deceased: Bill Samuels, a descendant of founder Robert, "got the formula right 50 years ago," says David Pickerell. Maker's Mark's vice president of production. "My job is just not to screw it up."

The custodians of this heritage are the master distillers from the nation's 10 bourbon distilleries. They are a swaggering, gregarious crowd, comfortably 21st century even as they pay homage to history.

Beam's Dalton is a big-bellied raconteur who also turns out

He is well aware Maker's Mark pooh-poohs rye in favor of wheat, which it says gives bourbon a smoother. front-of-themouth "finish." "It's all BS," Henderson says with an affable grin. "Whether you use rye has nothing to do with the finished product.

Over at Jim Beam, Dalton defends Beam's hammer mill, which "does not impart burns or scorching" to commeal during grinding, even as Pickerell extols the virtues of Maker's Mark's rolling mill. With hammer mills. Pickerell observes gently, "some grain gets scorched. ... It's inevitable."

The verdict on these assertions lies in the palate of the partaker, and when it comes to palates, the experts tend to rely on their own.

'My dad worked here, and my grandfather before him." says Wild Turkey master distiller Jimmy Russell, 67, a bearlike balding guru. "Making bourbon is mostly on-the-job training. If you try to prove it chemistry-wise, you can't."

By federal law, straight bourbon whiskey must be made from a grain "mash" composed of not less than 51 percent corn, distilled to a maximum of 160 proof (80 percent alcohol), aged for at least two years in new charred oak barrels at a maximum of 125 proof and bottled at no less than 80 proof. Straight bourbon may not contain flavor or color additives.

The recipes, known as "mash bills," use around 70 percent corn, with the rest devoted to rye, wheat and barley that is "malted," or sprouted, producing an enzyme that converts the starch in the grain to sugar.

Henderson said Woodford Reserve's mash bill is 72 percent corn, 18 percent rye and 10 percent barley. Maker's Mark, according to Pickerell, uses 70 percent corn, 16 percent soft red winter wheat and 14 percent barley.

Dalton refuses to say: "If I told you that, you'd be the master distiller, and I'd be the floor sweeper.

Once the mash is boiled in water, it is ready for fermentation in an open stainless steel or wood vat holding several thousand gallons. The mix is a repulsive brownish-yellow, feels like papier-mache before it sets and

dioxide. In the early hours, when the yeasts are feasting, the mash looks like it's boiling. As the process advances (for about three or four days) the gurgling slows and the grain sinks to the bottom, leaving an omelet-like crust floating on top.

This "beer" is then remixed to the consistency of oatmeal and mercifully departs, pumped into a still where steam heats it until the alcohol flashes off in a vapor. The vapor is the part that's saved. The mash residue is given to local farmers as animal feed, usually for free.

The vaporized alcohol and water are condensed into what distillers call a "low wine," which is not wine at all, but the first level of distilled spirit. This is what's inside Snuffy Smith's

The low wine is pumped into a second still and vaporized again. The end product is raw bourbon, called "high wine" or, more affectionately, "white dog," because "it's water-white, and it'll bite you," Dalton says.

Beam's white dog finishes at 135 proof. Maker's Mark closes at 130 proof. Woodford Reserve distills three times and finishes close to the legal limit at 158 proof. At Wild Turkey, it's none of your business.

Once past the beer stage. everything associated with bourbon-making becomes a spectacular scientific innovation, a proprietary secret or an intuitive stroke of genius. It is not always clear which is which.

At Woodford Reserve, Henderson eschews the conventional chimneylike "column still" in favor of "pot stills" from Scotland. "Everybody used them until after Prohibition, when column stills were seen as more efficient," Henderson says. "We wanted to go back to how whiskey was made in the early days. Pot stills are less efficient, but it's easier to adjust the flavors."

Translation: If you want true, old-fashioned "small batch" whiskey, stick to Woodford Reserve, which refuses to compromise quality in the name of corner-cutting modern-day,

"efficiency."

Others make different choic-Without mentioning es. Henderson's high-proof white dog, Jimmy Russell notes that at Wild Turkey "we're still distilling (in column stills) at lower proofs, because you get less flavor at higher proofs. ... Even though lower proof means you

(See BOURBON, page six)

NOTICE OF BOND RELEASE

In accordance with KRS 350.093, notice is hereby given that Lodestar Energy, Inc., 251 Tollage Creek, Pikeville, Kentucky 41501, has applied for Phase III bond release on Permit No. 836-0249, which was last issued on January 25, 2002. The application covers an area of approximately 187.37 surface acres overlying 0 underground acres, located 1.0 mile northeast of Ivel in Floyd County, Kentucky.

The permit area is approximately 1.0 mile northeast from Ivy Creek Road's junction with U.S. 23, and located 0.8 mile northeast of Ivy Creek. The latitude is 37º 36' 02". The Longitude is 82º 39' 36"

The bond now is a cash bond and a surety bond in the amount of \$80,700. 100% of the original bond amount of \$484,600.00 is included in the application for Phase III Bond Release.

Reclamation work performed to date includes: backfilling and grading; soil sampling and testing; fertilizing, seeding, mulching, and the establishment of an initial growth of vegetation, completed August 1996.

A public hearing on the application has been scheduled for September 10, 2002, at 10:00 a.m., at the Department for Surface Mining Reclamation & Enforcement, Pikeville Regional Office, 121 Mays Branch Road, Pikeville, Kentucky 41501. The hearing will be cancelled if no request for a hearing or informal conference is received by September 9, 2002.

Written Comments, objections or requests for a public hearing or informal conference must be filed with the Director, Division of Field Services, #2 Hudson Hollow, Frankfort, Kentucky 40601, by September 9, 2002

Psychiatric Center Inc. Jay V. Narola, M.D., and Staff Ms. Brenda Damron, M.A., CPC.

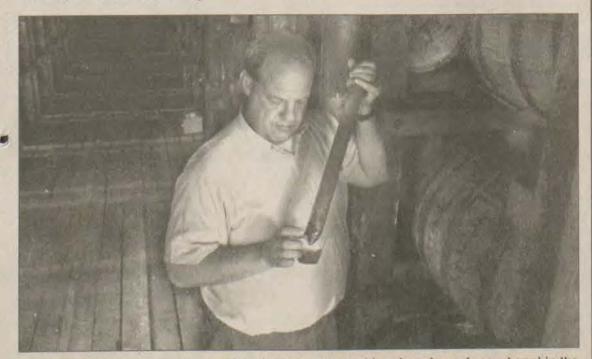
Cindy Jones seals a bottle of Maker's Mark, using distinctive red wax, in the Loretto distillery.

to be a Ph.D. physical chemist. He tweaks the chemistry of his whiskey whenever he spots a "drifting parameter" on his com- mash from the previous ferputer, but he acknowledges "a mystical element. ... I can feel 200 years of Jim Beam whiskeymaking whenever I walk in here."

Pickerell is a bluff, self-proclaimed "production geek," a former Army officer who once taught chemistry at West Point. He sponsors periodic get-togethers for about 30 competitor-colleagues - each must bring a bottle of the best, "but you can't drink your own." The geeks, he says, get along well. "We have very few secrets from one another," and most have worked in each other's companies at one time.

However, while nobody directly disses anybody else's whiskey, every master distiller knows what the competition brags about, and has a ready response.

Brown-Forman's Lincoln Henderson, a dapper grandfather with an elegant white beard, is developing a new high-end whiskey at the company's Woodford Reserve distillery, and uses rye "for spice."



David Pickerell, master distiller for Maker's Mark, pours out bourbon drawn from a barrel in the stackhouse in Loretto.

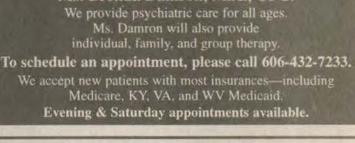
smells like a taco stall in Chula Vista.

To it is added some used menting, known as "backset" or simply "slop." This is the essence of the sour mash process, and is a key in maintaining batch-to-batch flavor continuity and acidity.

The final ingredient is yeast, about which outsiders are told nothing. The yeast strains used in bourbon apparently were found sometime shortly after Daniel Boone crossed the Cumberland Gap, and remained clutched in the hot little hands (if yeast can be clutched) of the patriarchs - doled out and recultured year after year.

There are fewer than 15 mash bills in existence, and an unknown number of bourbon yeast strains.

Soon after the mash gets to the vat, the yeast starts eating it, converting the sugar to alcohol and giving off bubbles of carbon





UNDERGROUND MINING POSITIONS

Kentucky May Mining Company is seeking gualified and experienced applicants with proven, acceptable work performance records for employment in underground mining. These are fulltime-regular positions. Kentucky May Mining is a progressive, safety-minded company providing a proemployee working relationship and competitive wages and benefits. Positions to be filled immediately or in the near future include: Mine Management; Supervision, Certified Electricians, all Operator positions including face and unit production equipment and support and move crews. Qualifications: Must be an experienced, certified miner. KY Miners Certificate required. Certification as MET, Mine Foreman/Fire Boss and/or Electrician is a plus. Proof of current annual refresher training is also required.

Interested and qualified applicants can deliver a current resume and complete an application at the Department for Employment Services Office located at 64 North Web Street in Whitesburg, KY. on Wednesday July 24th from 9:00AM until 8:00PM or on Thursday July 25th from 9:00AM until 8:00PM. Your resume must include a detailed, accurate and thorough listing of the NAMES and HOME telephone numbers of your former and current supervisors. This information is a must for further consideration for employment.

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THE FLOYD COUNTY TIMES

e pression

Freedom of the press is not an end in itself but a means to the end of [achieving] a free society. - Felix Frankfurter

Ourview Shakedown on the road

A recent news story about skyrocketing fines for traffic tickets shows state government has other ways to get into the pockets of Kentuckians besides the traditional route of raising taxes.

Not that the legislature is shy about hiking taxes - two years ago, when the economy was still booming and state revenues were rising, the General Assembly slapped a \$100 million tax increase on long-distance telephone calls. This year, faced with a slumping economy and a slight decline in revenue, lawmakers were poised to place new taxes on business before they deadlocked on the issue of taxpayer funding for the gubernatorial campaign.

But the legislature did manage to approve one surefire revenue-raising plan - a new fee structure for speeding tickets that is going to hit lead-footed motorists hard.

Beginning Aug. 1, the fine for speeding just 5 mph over the limit will jump from \$90.55 to \$116.50. Drivers caught going 10 mph over the limit will pay \$131.50, an increase of almost \$26.

Court officials told the Sun that police issue most speeding tickets for driving 15 mph over the limit. As of Aug. 1, speeders who hit the "15" mark will pay a hefty fine of \$141.50.

Also, the legislature changed the law so that speeders can no longer prepay their fines and avoid paying the court an extra \$25.

Noting the changes, McCracken Circuit Clerk Mike Lawrence offered motorists some sound advice: "Pay before Aug. 1, and don't get any more tickets."

In recent years the legislature has socked it to speeders, more than doubling the fines for speeding offenses. Five years ago, a driver who prepaid a ticket for going 10 mph over the limit paid just \$42.50, Lawrence said.

The rising fines haven't drawn much public attention, but that could change once motorists begin feeling the impact in their wallets.

Legislators aren't worried about protests from speeders they don't have an organized lobby in Frankfort. And, of course, no one wants to champion the cause of highway lawbreakers.

Still, the legislature should exercise some restraint on raising traffic fines and court costs.

For one thing, the prospect of paying a heavy fine may encourage more speeders to challenge tickets in court, thus tying up valuable court time. Also, it's not a good idea to use law enforcement to generate substantial revenue for the state. That could lead to abuses such as quotas for speeding tickets.



- beyond the beltway

'Retroactively' would be nice

by DONALD KAUL

President Bush gave his long-awaited speech on Wall St. reform the other day. Speaking in New York to community mucky-mucks, he said:

"Our leaders of business must set high and clear expectations of conduct, demonstrated by their own conduct ... Responsible leaders do not take home tens of millions of dollars in compensation as their companies prepared to file for bankruptcy, devastating the holdings of their investors."

Laugh? I thought I'd die. The best part, of course, was that he said it with a straight face. I mean, here is a man who is even now trying to explain his conduct in a shady stock deal that made his fortune a dozen years ago, telling others that it's bad to be wicked. Not since Al Capone sent flowers to the funeral of a man he'd assassinated have we seen such shameless hypocrisy. The truth is, if Mr. Bush were as ethical as he wants others to be, he wouldn't be a rich man today.

small, money-losing, debt-ridden energy firm called Spectrum 7. The company was bought for the way-above-market price of \$2 million by Harken Energy (whose CEO later admitted that he was essentially buying George Bush's family name and political contacts). Bush got a good deal of stock as part of the deal.

Harken wasn't making any money either but it managed to hide the fact with an ingenious stock manipulation that cheered up the company's balance

sheet enough to allow its stock to rise - for a time. Eventually, the Security and Exchange Commission ruled the 1989 transaction phony and ordered the company to restate earnings. Just before news of that ruling got out, causing the stock price to plunge, Mr. Bush sold two-thirds of his stake for \$848,000. Insider trading?

"Corporate officers who benefit from false accounting statements should forfeit all money gained by their fraud."

But not retroactively, I imagine. He said still other things in his speech, all funny. For example:

"In the long run, there is no capitalism without conscience. There is no wealth without character." And ... "the American system of enterprise has not failed us. Some dishonest individuals have failed our system."

> I wonder where that puts Dick (Seldom Seen) Cheney, our rumored vice president? Cheney is being sued by a non-partisan watchdog group for overseeing 'fraudulent accounting practices" at Haliburton Co. while he was CEO there. Halliburton, the suit alleges, used accounting tricks to overstate revenue by some \$445 million in

Traffic fines should reflect some notion of appropriate punishment for the offense. A \$131 speeding ticket doesn't seem outrageous, but at the rate the legislature is going, fines for minor speeding offenses may soon top \$200.

Speeders should feel some sense of guilt and remorse when they're caught by police, not justified anger that the state is shaking them down for a big fine.

- The Paducah Sun



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Have you heard about the stock deal I'm referring to? It's a beaut. (I draw on the Wall Street Journal - hardly a liberal, leftwing rag - for my facts.)

In 1989, Bush was the CEO of a

-Jim ()) avidson

But ... the bumblebee can't fly!

One day in this small community, a patrolman stopped a woman who was speeding. He asked to see her driver's license and said, "Lady, you were going 50 miles an hour in a 35-mile-an-hour zone." As she handed him her license, she said, "Before you begin writing that ticket, I think we should get our priorities straight. Are you supposed to advise me of my constitutional rights first, or am I supposed to tell you that my son is the head of the state highway patrol?"

As you read this humorous story, did you understand exactly what this lady had in mind? If you did, then you have some insights into the process of communication. While she did not say so, it's obvious that she was trying to use her son's influence to avoid paying a speeding ticket. The ability to communicate is a wonderful gift and those in our society who develop and use it well, have a tremendous advantage over those who do not.

As you think about the importance of communication in your own life, I would like to tell you another story involving communication that could have a tremendous bearing on your

Perish the thought, he says. A lucky coincidence. He used the money to pay off the loan he'd taken out to buy a piece of the Texas Rangers baseball team, whereupon the clueless voters of Texas proceeded to build the team a handsome new stadium. The Rangers' value skyrocketed and Mr. Bush sold out again, this time as a multi-millionaire.

Ain't the Free Enterprise system wonderful?

He also said this in his speech:

1999-2001, thereby kiting the stock. The Security and Exchange Commission is looking into the matter.

When asked about it, Cheney said that, as CEO, he never paid any attention to accounting procedures. Apparently he was too busy with other CEO duties, like deciding whether to have bar soap or dispensers in the lavatories.

(See BELTWAY, page six)

future. It's the story of the bumblebee. According to the theory of aerodynamics, the bumblebee is not supposed to be able to fly, because the size, weight and shape of his body in relation to his wing span, makes flying impossible. But you see, here's the problem - somebody forgot to tell the bumblebee about this theory and he goes ahead and flies and makes a little honey every day!

This story or example has been around for a long time and while most

people have heard it, I'm not sure they see the correlation between the bumblebee and themselves. The reason this is true is because we have the ability to communicate, while the bumblebee does not, and if someone who is an authority tells us that it's impossible to do something, we just accept it at face value. Instead of going ahead and trying something new or diffi-

cult and giving it our best shot, we jut pass it off by saying, "Well, you just can't do that.'

Let me make a quick distinction here. While some people attempt life-threatening or potentially dangerous feats, I'm talking about normal, everyday activities that could make us happier and more successful human beings.

About 25 years ago, when I first went into the sales profession, it didn't take me long to realize I had to steer clear of

the older salesmen who had been around for years. Most of them were just plodding along and marking time. They were quick to tell me why a particular person or company would not buy from us. Of course, many new salesmen listen to this kind of talk and they never go out and make the effort, or if they do, they take the first rejection as proof the older, more experienced salesmen were right.

All through life, we meet people who have tried things and failed, and they

will be quick to tell us why we can't do it, either. Here's the principle the story about the bumblebee should teach us: If what you want to do has potential and merit and will help you achieve what you want to achieve, how are you going to know whether you can succeed or not, if you don't try it for yourself?

When you make the effort destiny comes into

play. As William Jennings Bryan once said, "Destiny is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved."

As you go forth today, REMEMBER: the bumblebee is not supposed to be able to fly, but he DID!

Jim Davidson is a motivational speaker and syndicated columnist. You * may contact him at 2 Bentley Drive Conway, AR 72034.



THE FLOYD COUNTY TIMES

Faith Extra

Born to pray? Religious leaders pin their hopes on 'millennial' generation

by RACHEL ZOLL AP RELIGION WRITER

A high school senior and parttime cashier at a greeting card store, Jessica Gonzales may be part of the next big thing in religion.

She likes attending spiritual retreats with fellow San Antonio teens. She considers the youth ministers in her Roman Catholic

parish her friends. She looks forward to attending church.

Researchers - raising the hopes of clergy everywhere - say there are millions of young people like her from all religious backgrounds. The goal of this up and coming generation, the theory goes, is to be good.

"When my friends were kids, they went to church because they had to," said the 17-year-old

Gonzales, among the thousands than their mostly baby-boomer of Catholics set to travel to Toronto next week to see Pope John Paul II at World Youth Day. "Now, most of my friends are involved because they want to. be.'

Gonzales is part of the generation dubbed millennials, children born starting in 1982, who researchers believe are more spiritual and less individualistic parents.

Neil Howe and William Strauss, authors of the book "Millennials Rising," say these young people also prefer group activities and want clear rules set for them - a combination that seemingly guarantees they will be sitting in the pews as adults.

Some theologians have expressed concern that such generalizations will lead to ministries that market spirituality merely as an activity.

But many religious thinkers who follow youth trends agree with the findings, and have urged churches to do more to ensure the millennials fulfill their religious potential.

"I think it's a great opportunity, if churches pay attention to it," said Kenda Creasy Dean, a professor of youth, church and culture at the Princeton (N.J.) Theological Seminary, a Presbyterian school.

Creasy Dean sees the change as a predictable cultural shift that follows a pattern in which young people reject the beliefs held by the generation before them.

Whatever parents think is cool, kids rebel by saying it's not cool," she said. "Parents are trying to be very open and let kids make their own choices. Kids are saying relativity isn't what it's cracked up to be because everything in my life is shifting sand."

The Rev. Christopher Robinson, a Catholic priest and professor at DePaul University in Chicago, said religious rituals what he calls "chanting and smells and bells" - are attractive to the millennials. That's because, coming from homes

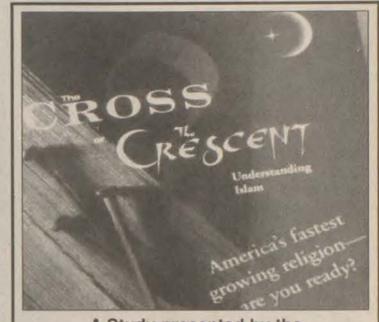
that rejected tradition, the practices are new to them, he said.

Robinson recently conducted a service for young people centered on chanting, lighting candles and praying individually and as a group.

"The idea was that they would be able to be together but have a one-on-one with God," he said. "They stayed 45 minutes longer than expected."

Creasy Dean said some of her students occasionally attend services at a local Eastern Orthodox church, even though they belong

(See PRAY, page seven)



A Study presented by the Lancer Baptist Church 71 Cooley Street, Prestonsburg, KY 41653

Part 1 July 24th-7:00-8:30 p.m.

Part 2 July 31st-7:00-8:30 p.m.

This study will examine the principal doctrines of Islam, as well as pertinent cultural factors and relevant historical issues. This information will enable Christians to be informed in an appropriate manner. The objective is not only to impart information, but equip Christians to share their faith.

For more information or transportation needs, please call 886-1700 or 886-8612

In rural South, once-thriving Jewish congregations dwindling

by SHELIA HARDWELL BYRD ASSOCIATED PRESS

CLARKSDALE, Miss. -Gloria Himmelstein remembers working in the kitchen of Congregation Beth Israel with dozens of other Jewish women, making corned beef sandwiches for the annual antiques show.

"The synagogue was so she recalls. "The active," Sisterhood had a big antiques show. They had vendors from Arkansas, Mississippi and Alabama. The whole city looked forward to it."

There hasn't been an antiques show here since the mid-1980s most of the Jewish residents are gone. The synagogue is for sale.

Himmelstein has watched the Jewish community dwindle over the years as younger generations, including her son and daughter, moved to urban areas offering more opportunities.

'We used to have 100 families," in the 1950s, Himmelstein said. "At this point, there's nothing here for the children. Not just being Jewish. I'm talking Clarksdale as a whole."

Clarksdale, like much of Mississippi's soil-rich Delta, offers few jobs outside farming and its casinos. As labor-inten-

of green velvet-covered pews, only about 10 were in attendance

can sit comfortably on the rows

The situation is not unique to Mississippi, said Dale Rosengarten, curator of the Jewish Heritage Collection at the College of Charleston Library in South Carolina.

"It is very common, unfortunately. It's a trend, certainly across the South, especially in small communities and small towns that lose enough of their Jewish population that they can't support their synagogue," Rosengarten said. "Small towns are becoming Jewish ghost towns."

In recent years, rural synagogues or temples have closed in many states, including Texas, North Carolina, South Carolina and Arkansas.

Rosengarten said this does not mean the South is losing its Jewish population. Major cities, such as Atlanta, Charlotte, N.C., and three cities in South Carolina, have rising Jewish populations.

Mississippi is a slightly different story, Rosengarten said, because it's a mostly rural state with few metropolitan areas.

Three other small Mississippi

Mississippi's Jewish population reached an estimated peak of 6,400 in the 1920s and has dropped to about 3,000 today, said Stuart Rockoff, the historian for the Goldring/Woldenberg Institute of Southern Jewish Life in Jackson.

At the same time, he said, the population of Southern Jews has increased due to the rise of Sunbelt cities such as Atlanta and Houston, which have very large Jewish populations.

The institute works closely with smaller cities to preserve the history of the Jewish experience in the South and the traditions of Judaism.

For instance, many small towns cannot afford a full-time rabbi, so the institute plans to hire someone who could travel from place to place to lead the services.

"Also parents have a hard time giving their children a Jewish education," Rockoff said. "One of our programs is to hire a specially trained educator who would help train parents to be Sunday school teachers."

The institute organizes literary and film festivals with Jewish themes across the South. Another of its goals is to pre-

sive farm jobs gave way to mechanism, many working-age residents have had to search elsewhere for employment.

The last time Himmelstein worshipped at Beth Israel, the town's only synagogue, the crowd was small. Though 200

Delta cities - Cleveland, Greenwood and Greenvilleeach have synagogues, all with declining congregations and no full-time rabbi. Jackson's Beth Israel Congregation has the largest membership in the state with about 200 families.

. Catholic Conference of Kentucky names new executive director

man of the Catholic Conference of Kentucky, Thomas C. Kelly, O.P., Archbishop of Louisville, named Vincent E. Senior to be the new executive director of the bishops' state conference Monday

The Catholic Conference of Kentucky is the official public policy agency for the state's four Roman Catholic dioceses in Kentucky. Senior succeeds Jane Chiles, who resigned her position on June 31, due to medical necessity.

A native of Louisville, Senior, 66, holds a bachelors of arts degree from Bellarmine University in Louisville and a master of business administration from the University of Louisville. He is also a graduate of the Harvard University Program for Senior Executives in State and Local Government and the Duke University Strategic Leadership Program for Senior Executives.

Senior is retired from the Reynolds Metals Company where he was employed for 37 years. He is a former plant manager at the Reynolds aluminum foil operation in Louisville and Richmond, Va.

Prior to his retirement, Senior served as corporate director of public affairs, managing Reynolds' state and local gov-

FRANKFORT - The chair- ernment relations across the U.S.

> Since leaving Reynolds, he has served in executive positions with Greater Louisville Inc. and the Associated Industries of Kentucky in Frankfort. Senior has long been active in community and civic affairs as well as serving on numerous boards and commissions in Louisville and Richmond, Va. He is presently active in Leadership Louisville and is a member of the Rotary Club of Louisville.

"I am especially pleased to have Vince join our staff at the Catholic Conference," Archbishop Kelly said. "He is a wonderful example of what it means to live the Gospel values in our daily lives. His leadership and experience will well serve the Conference's mission of pursuing the Common Good and respect for all human life."

"I look forward to continuing to serve my Church and our Commonwealth in seeking a more just society which values and respects the rights and dignity of the human person and our human family," Senior said.

Senior and his wife, the former Alice Thomas of Elizabethtown, reside in Prospect and have three grown daughters and four grandchildren.

serve mistoric synagogues, whenever possible.

"Down in Natchez, we've come up with an agreement that once the congregation can no longer function, we take over their synagogue as a satellite museum," he said. "We're working through government grants to get the funding. We don't have the money to save every single place.'

The institute is working with the Clarksdale congregation to try and find the best way to dispose of the synagogue's artifacts.

The original congregation in Clarksdale was established in the late 19th century, said furniture store owner Jon Levingston, a past president of Beth Israel. He said the current building was constructed in the 1920s:

Within the walls of the twostory, brick temple is nearly a century of history. Black-andwhite photos of former Sunday school students line the walls of the education annex. The students were taught Jewish traditions and how to speak Hebrew before their confirmation, or graduation.

The 1968-69 class was the largest, with 58 students, including adults. By 1993, confirmation was held for but a single student.

The Torah, the first five books of the Bible handwritten in Hebrew on sheepskin, is tucked away in the ark behind the pulpit.

A picture of the late Benjamin Schultz, Beth Israel's longestserving full-time rabbi, hangs in the social hall.

Arnold Himmelstein, current president of Beth Israel, said it's uncertain what will happen to the temple's religious artifacts, including colorful stained-glass windows on which family names were painted.

"We're trying to contact families to see what they'd like to do with the windows," he said. We've got a lot of decisions to make. This is the first time I've been involved with the closing of a synagogue."



Evangelist Angelo Mitropoulos Heatings, Miracles Signs and Wonders Following Come and Receive Your Miracle



"For many years now, I have had the privilege to minister with Evangelist R. W. Schambach under the big tent in cities all across this nation. Traveling with him for ten consecutive summers, training believers in signs, wonders & miracles, I have seen firsthand what happens to people when they come in contact with the living Christ. When people hear that God's power is flowing in manifestation in our services, they will follow us in the same way they followed Jesus and His disciples. This is how we are going to see our cities come to God!

Praise Assembly Welcomes R. W. Schambach's Crusade Evangelist Angelo Mitropoulos from Tulsa, Oklahoma

Good News Ministries

and

Wed. July 24th, thru Sat. July 27th



This is the reason why I am committed-School of Signs, Wonders & Miracles Through the Believer! When someone is sick and you are able to get them healed, it is not hard to get them saved. When someone has been tormented by evil spirits or addicted to drugs and you are able to set them free-they want to make Jesus the Lord of their lives! This is the Gospel in action! This is what Jesus told us to do! This is the NEXT MOVE OF GOD!"

Rev. Angelo Mitropoulos

Services Begin Each Evening at 7:00 p.m. Pastor J.M. Sloce and the congregation welcomes everyone. Phone: (606) 874-3650 Location: Praise Assembly

Watergap Road Rt. 23 & 80 Jct. Prestonsburg, Ky.

Program seeks to clean up ugly waste problem in beautiful mountain region

by ROGER ALFORD ASSOCIATED PRESS

HAZARD - Amy Banks loves sitting on her front porch, smelling the fresh mountain air and admiring the colorful flowers that surround her mobile home in the hills.

Until two months ago, an ugly problem overshadowed all the beauty: A malfunctioning septic system that was spewing raw waste across her lawn and into a stream flowing through the community of Browns Fork.

"I was ashamed, but there was nothing I could do," she said. "I couldn't afford a new septic system."

The 62-year-old had become an unwilling polluter. In fact, Appalachia's poorest residents are shouldering much of the blame for high levels of intestinal bacteria that have made Eastern Kentucky streams unsafe for swimming, let alone drinking.

A government-sponsored environmental organization known simply as PRIDE is helping those residents stop polluting by paying for new sewage treatment systems for their homes.

Janet Bridges, chief financial officer for the organization, said PRIDE has paid for about 3,500 new septic systems in the past year and plans to replace some 14,000 more with \$9 million in federal funds earmarked for the program.

The long-range goal is to

Plant

he said. "It will not mask drugs in your system."

Milford Boyd, general manager of Wilcox Natural Products in Pikeville, said the price paid to diggers has fluctuated between \$20 and \$40 a proud for the past decade, resulting in huge quantities of goldenseal being traded. He has several garbage bags filled with the root that he has purchased from diggers this year.

In the mountains of Eastern Kentucky, people who have supplemented their incomes for years by digging herbs are enjoying the higher prices, said John Cotten, the state Department of Agriculture's goldenseal expert.

"The harvest of these plants and the use of these plants is a cultural industry and a way of life here in the United States that goes back to the days of the pilgrims," Cotten said. Chamberlain said the demand for goldenseal could lead to protections similar those given ginseng, a highly sought-after plant that brought an average of \$225 a pound last year. He said further study is needed before that determination can be made about goldenseal.

eliminate some 36,000 so-called straight pipes in eastern and southern Kentucky that send human waste directly into streams each time commodes are flushed. The straight pipes have been blamed for high bacteria levels that make skin contact unsafe in several creeks and rivers in the state, especially those that originate in eastern Kentucky.

In its annual survey of waterways, the Kentucky Division of Water lists several streams in eastern Kentucky that could make swimmers sick. The list includes the North Fork of the Kentucky River and the Upper Cumberland River, as well as a small portion of the Licking River.

"I'd like to see the kids be able to go into the streams again and swim like I did when I was young," said Tony Lewis, coordinator of the PRIDE initiative in Perry County where more than 250 septic systems have been installed in the past year. "We are working on the problem and I know that persistence pays off. We are getting closer everyday to making our streams clean.'

Inspectors from the Kentucky Natural Resources and Environmental Protection Cabinet are cracking down on violators. People deemed financially able to pay \$3,500 for basic septic systems or for hookups to municipal sewage treatment systems will be required to do so out of their

to require that the berries be

immediately planted in the same

for scientific and technical

affairs for the American Herbal

Products Association, said 6-

and-a-half tons of goldenseal

was dug and sold from the

southern Appalachian region in

1999, the last year for which fig-

that some people mistakenly

believe the plant can cover up

"There's no way it could work.

Those tests are specific to identi-

fying the structures of certain compounds. They're not fooled

by adding something else in. If

anything, it could cause a false

Dentali said it's unfortunate

"It's a myth," he said.

ures were available.

drug use.

Steven Dentali, vice president

place that the plant is dug.

Continued from p1

incomes less than \$14,000 a year qualify for grants from PRIDE to cover the expense.

PRIDE was started five years ago by U.S. Rep. Hal Rogers, R-Ky., and Kentucky Natural Resources Secretary James Bickford. Its mission is to make eastern Kentucky a tourist destination by cleaning up illegal garbage dumps and curbing the flow of hundreds of thousands of gallons of untreated sewage into streams each year.

Officials have wrestled with the problems for decades. PRIDE has gathered an army of volunteers each year to clean up

Fiscal

PDR Engineers and \$148,258.33 Kinder Construction Company for the John's Branch Waterline Project.

Checks were also authorized in the amount of \$11,530 to PDR Engineers and \$153,163.35 to Clay Pipeline Inc. for the Spurlock Creek Waterline Project.

Payments to the Floyd County Sheriff's department for \$1,819.05 for the month of May, 2002, and \$3,632 for the month of June, 2002 for law enforcement services at Dewey Lake were also authorized.

A bill submitted by the Big Sandy Area Development District on behalf of Williams Electric Contracting was authorized for payment in the amount of \$1,250 pertaining to the Dewey Dam Dog and Cat Shelter

Also at the meeting, Floyd County Judge Executive Paul Hunt Thompson was granted authorization to sign any and all documents pertaining to the extension of the timeframe from June 30, 2002, to June 30, 2004, Memoranda of for the Agreement which includes the Floyd County Community Center construction and operation, Industrial Site Expansion Project, Courthouse Renovation Project, McDowell Flood Control Project, Parks Recreation Improvement Project, Sugar Loaf Flood Control Project, and the Martin

Smell

The commission's plans to more efficient system, they will

own pockets. People with the trash that blights the countryside. Now, the free septic systems are helping clean up the water.

> Along with the \$9 million in federal funding for the grant program, PRIDE has made \$15 million available to cities and counties to extend sewage lines into unserved areas.

Some residents in eastern Kentucky who couldn't afford a septic system have improvised. Environmental inspectors have dug into the ground to find metal barrels, refrigerators, even automobiles being used to collect the sewage flushed from commodes.

Continued from pt

Flood Control Project. Thompson was also authorized to sign any and all documents pertaining to the amendment of the agreement for the Battlefield Middle Creek Kentucky between the Transportation Cabinet and the Floyd County Fiscal Court.

The second reading of four ordinances was also included in the meeting.

The budget for the fiscal year 2002-2003 is amended to decrease the receipts of the General, Road, Jail and LGEA funds by \$850,000 to include over budgeted receipts.

The receipts of the General fund was increased by \$100,000 to include budgeted receipts from the regulatory fee imposed on the sale of alcoholic beverages

Receipts of the Left Beaver Flood Control and Clean Up project were increased by \$220,000 to include unbudgeted receipts from the PRIDE Environmental Enhancement Grant.

General and Road fund receipts were increased by \$1,000,000 to include unbudgeted receipts from borrowed funds from the Kentucky Advanced Revenue Program.

The treasurer and electrical inspector also presented their reports at the meeting.

The next scheduled meeting of the Floyd County Fiscal Court is August 16.

State environmental inspectors began last year with their crackdown - writing 500 citations so far to people who were polluting streams with their waste. Each of those people face fines of up to \$25,000 a day, unless they agree to install a septic system. In those cases, the fines are dismissed.

"The idea is not to penalize people." said Mark York, spokesman for the state environmental agency. "We're trying to use the stick-and-carrot approach. We want people to hook on to a sewer line or get a septic system in place that works and let's get rid of the straight pipes. We recognize we've got a problem, and we're trying to address it as best we can."

Lewis points to the work done along Browns Fork in rural Perry County as a success story. He said 15 homes that had either failing septic tanks or straight pipes flowing directly into the ankle-deep stream now have brand new systems. Soon, he said, the water will be pure enough for children to play in.

Folks like Banks and her neighbor, James Oliver, say the grants have improved not only stream quality but also the quality of their lives. Both had to live with the stench of sewage before their new septic systems were installed. Both had to warn children to stay clear of the polluted water.

Oliver, who now can enjoy the shade of his apple trees without the wind carrying in unwelcome odors, said people in east-Kentucky appreciate ern PRIDE's help in getting human waste out of the streams.

"They don't want to contribute to the problem," Lewis said. "They want to do what's right, but they just haven't had the means."



photo by Jarrid Deaton

Joann George displays the charred remnants of what used to be her purse before it was stolen and found burned behind a local church on Saturday.

Police continue search Continued from p1 for purse snatchers

by JARRID DEATON

The purse was eventually

"It's not considered endangered, but there is concern for the populations," he said.

Overharvesting forced state and federal agencies to outlaw the digging of ginseng until after berries ripen in late summer, and

Bourbon

have to have more barrels to having the oak flavor eclipse the store the whiskey, and that's not cheap.'

Translation: Wild Turkey gives the discerning palate more flavor options by keeping its product at a low proof instead of jacking up the in-barrel alcohol content to save money.

Once out of the still, the raw bourbon is pumped into oak barrels, which have been charred inside by lighting them on fire. Nobody knows who first thought of torching the barrels, but it happened at least 150 years ago. The experts today disagree completely over what level of "char" makes the best whiskey.

But the idea is to get what Pickerell describes as the "wood goody," in which the bourbon migrates to the interior of the charred wood until it reaches a caramelized "red layer" between the charcoal and the undamaged staves. Here is where bourbon picks up its distinctive red color and where the hard edges of white dog are mellowed and enriched.

The barrels, each containing about 53 gallons of whiskey and weighing some 500 pounds, are stacked on their sides in tiers. The maturing process takes four to 10 years. Any longer risks positive.

Dentali said the growth in the herbal medicine industry has had more of a bearing on the growing popularity of goldenseal. He said the plant is commonly used as a digestive aid and to treat colds and flu.

For many of the diggers, the plant is seen simply as a treatment for an empty wallet.

"I know there are some people who make their sole income from this," Chamberlain said. "Many of the areas where we're talking about have high unemployment rates. This could mean Christmas presents, or it may mean new shoes for somebody.

always comes before age.

be warmer than those on the bot-

tom and will contract and

expand more radically due to

faster than bottom-tier whiskey,

while middle-tier, or "center

cut," whiskey is said by some to

mature more evenly, and thus to

and the floors," says Booker

Noe, Jim Beam's master distiller

emeritus and a legend in the

bourbon business. "If it stays up

in the center cut for seven or

eight years you know what

you're going to get." Beam's

specialty bourbon, Booker's, is

bottled out of center-cut barrels

constantly to make sure every-

thing is going well, and mark

any barrel whose contents are

Companies put whiskeys on the

high or low end of their portfo-

lios largely on the master dis-

attractive.

Distillers taste their barrels

"It depends on the building

Top-tier whiskey matures

temperature changes.

be more desirable.

selected by Noe.

particularly

tiller's say-so.

grain.

separate the combined sewers will require that certain streets and sidewalks be excavated so that new separate sanitary sewer and storm drain lines can be laid to each home and business along the way.

The construction may cause some disruption of both pedestrian and vehicle traffic, but the commission believes that the elimination or reduction of the long-standing problem with sewer odor will be well worth the discomfort.

Campbell said that as each phase of the project is complete, the odor will gradually go away. He said that by reaching the commission's goal of creating a

Continued from p3

Woodford Jim Beam, Reserve and Wild Turkey cher-Thus, in bourbon, beauty ry-pick their best barrels for special bottlings. But Maker's Mark makes only one product, so Another article of truth in the aging of bourbon is that unless Pickerell's job is more complicated because he has to make the warehouse is air-condievery bottle come out the same. tioned, barrels on top tiers will

He rotates barrels in every warehouse - moving Tier One to Tier Nine, Tier Eight to Tier Two, and so on - and constantly tests the whiskey's chemical composition: "Sooner or later I'll have an algorithm that can predict optimum maturity instead of looking at the calendar you look at the data," he says.

Success is not imminent. Pickerell acknowledges that even after the data are in, he relies on an expert tasting panel for the final word. Beam's Dalton says he is "more data driven" than ever, "but I still stick my finger in and taste it."

"The controls are much better than they used to be," adds Brown-Forman's Henderson, "but if I think of a particular year and month. I can remember what the whiskey tasted like, and taste is what counts." He pauses and grins: "The beverage business is a hell of a lot more fun than making gasoline."

odor to the lowest level possible.

The commission is also holding out hope for more near-term relief from the downtown sewer smell with the announcement that they will be advertising for bids for a heavy-duty vacuum truck in a few days. The truck will be used to clean the city's sewer lines cleaned and improve the flow of wastewater through the lines to the treatment plant. In addition, the utility has been adding a new type of odor counteractant at various points in the sewer system over the last few weeks and between both actions it is hoped residents will experience some immediate relief. The commission announced

that another substantial improvement to the sewer system will be the construction of the South Prestonsburg Wastewater Treatment Plant, which although is in the early design stage, is planned. The plant will treat all wastewater generated by the south side of the city and will enable the wastewater collection system in the south side of the city to work more efficiently. This will reduce the amount of wastewater that must flow through the downtown section of the city and will take a substantial load off the current treatment plant that is on the north side of the city.

"All this taken together will enhance the system to where the odor will be minimum." said Campbell. "It is the first step toward what we wanted,"

Beltway

speech was a lot of sound and fury, signifying nothing, but there wasn't that much fury, just a lot of half-baked nostrums that sound good. The stock market responded by continuing its slow slide toward 1929 (the year, not the number).

speech could be gleaned from the fact that he moved it up 15 minutes, to upstage a press confer-

STAFF WRITER

PRESTONSBURG - A Prestonsburg woman who had her purse stolen by yet-to-beapprehended assailants wants to make sure that the community is aware of the situation.

According to Joann George of Cliffside Road in Prestonsburg, she was approached in her driveway by two people in a maroon car, the driver of the car proceeded to ask her for directions before grabbing her and taking her purse.

"He asked me where the Blackburns lived, then he pulled a scarf up around his mouth," George said.

George believes that the suspects followed her and her sister home from a trip to the store.

"They must have saw my sister cashing a check at the grocery store and followed us home," George said.

Election

In the city of Allen, Raymond D. Parsons has filed for a seat on the city commission, joining recent candidate Judy Parsons.

The office of soil conservation district representative has also received a candidate with the filing of Floyd B. Allen for

The race for Wayland city commissioner remains the same with the candidacy of Evelyn Tufts and Curtis W. Tufts.

You could say that Mr. Bush's

The real meaning of the

burned behind found the Fitzpatrick Baptist Church. George's checkbook was later found on a hillside.

The same suspects are also wanted for an attempted robbery of the Abbott Creek home of Marty Minix, which is located near the church where the burned remains of the purse were located

The suspects were pursued by Kentucky State Police Trooper Ricky Conn, but were not apprehended.

In an attempt to flee the scene, the suspects' car became buried in mud and could not be dislodged.

A check of the license number on the car revealed that it was registered to a Magoffin County resident.

Kentucky State Police are still searching for the suspects in the robbery.

Continued from p1

The mayoral races have yet to see any more new candidates with Lisa Gray for Wayland, Thomas Hereford and Jerry Fannin for Prestonsburg, and Sharon S. Woods and Jerome Kinzer for Allen.

There have also been no filings so far for the two spots on the Floyd County Board of Education.

The deadline for candidates to file for fall races is August 13.

Continued from p4

ence being given by Democratic leaders who were questioning his role in the Harken deal.

They call it politics and Bush is good at it, if not much else.

Donald Kaul recently retired as Washington columnist for the Des Moines Register. He has covered the foolishness in our nation's capital for 29 years, winning a number of modestly coveted awards along the way.

that seat.

Bullet

Continued from p1 Judge Danny P. Caudill sentenced Keller on Friday to five years on each count to run concurrently, and said that although he generally would consider probation or conditional discharge,

he was prohibited by KRS

135.060 to do so. That statute states that if a person is convicted of a felony on that level and a weapon such as a gun is used, the person is ineligible for probation.

Regional Obituaries

Floyd County

John Allen, 94, of Prestonsburg, former commonwealth attorney (Floyd and Knott counties), 31st Judicial District, 1939-1946), died Saturday, July 13, at his home. Funeral services were conducted Tuesday, July 16, under the direction of Hall Funeral Home.

Clara Allen, 76, of Betsy Layne, died Monday, July 15, at the Highlands Regional Medical Center, Prestonsburg. She is survived by her husband, Bert Allen. Funeral services were conducted Thursday, July 18, under the direction of Hall Funeral Home.

Gertrude Carroll, 59, of Martin, died Saturday, July 13, in the Central Baptist Hospital, Lexington. She is survived by her husband, Bill Carroll. Funeral services were conducted Tuesday, July 16, under the direction of Hall Funeral Home.

Johnny Henderson, 60, of Lakeville, Ohio, native of Floyd County, died Saturday, July 6, at his home. He is survived by his wife, Barbara (Gayheart) Henderson, Funeral services were held Tuesday, July 9, under the direction of Byerly-Lindsey Funeral Home, Loudonville.

Aileen Hughes Howard, 73, of Garrett, died Thursday, July 11, at the Central Baptist Hospital, Lexington. Funeral services were conducted Sunday, July 14, under the direction of Hall Funeral Home.

Ruby B. Logan, 84, of Ashland, native of Floyd County, died Saturday, July 13, at her residence. Funeral services were conducted Monday, July 15, under the direction of Marshall Steen Funeral Home.

Murl Prater, 74, of Hueysville, died Saturday, July 13, at his residence. Funeral services were conducted Tuesday, July 16, under the direction of Hall Funeral Home.

Paul Salisbury, 63, of Teaberry, died Sunday, July 14, at his residence, following a sudden illness. He is survived by his wife, Linda Howell Salisbury. Funeral services were conducted Wednesday, July 17, under the direction of Nelson-Frazier Funeral Home.

were conducted Wednesday, July 11, under the direction of Hall Funeral Home.

Frederick Timothy (Tim) Shelton, 36, of Martin, died Wednesday, July 17, at his residence, following a sudden illness. He is survived by his wife, Pamela Ousley Shelton. Funeral services were conducted Saturday, July 20, under the direction of Nelson-Frazier Funeral Home.

Tony Ray Walters, 43, of Prestonsburg, died Friday, July 12, in Ewing, (Fleming Co.), following a sudden illness. Funeral services were conducted Monday, July 15, under the direction of Nelson-Frazier Funeral Home.

Johnson County

Patty Sue Barker, 67, died Wednesday, July 10, at Highland Regional Medical Center. She is survived by her husband, Ernest Barker. Funeral services were conducted Saturday, July 13, under the direction of Preston Funeral Chapel.

Edwin "Babe" Cantrell, 69, died Monday, July 8, at Hospice of Dayton, Dayton, Ohio. He is survived. by his wife, Linda Cantrell. Funeral services were conducted Thursday, July 11, under the direction of Paintsville Funeral Home.

Bobby "Bob" Gene Daniel, 63, died Monday, July 8, at Paul B. Hall Medical Center. Funeral services were conducted Thursday, July 11, under the direction of Jones-Preston Funeral Home.

George Lee McKenzie, 63, of Shepherdsville, died Thursday, July 11, at his residence. Burial was in Highland Memorial Cemetery, Ft. Mitchell.

Brooklynn Paige Music, 16months-old daughter of Bruce Jeremy and Kelly Cook Music, died Monday, July 15. Funeral services were conducted Thursday, July 18, under direction of Jackson Lytle and Ingling Williams Funeral Home.

Russell Niece, 47, of Staffordsville, died Saturday, July

Jeffery Wayne Oney, 26, of Hager Hill, died Monday, July 8, at his residence. He is survived by his wife, Angela Ann Billiter Oney. Funeral services were conducted Friday, July 12, under the direction of Jones-Preston Funeral Home.

Lucy Mae Slone, 87, died Tuesday, July 9, at Paul B. Hall Medical Center. Funeral services were conducted Friday, July 12, under the direction of Jones-Preston Funeral Home.

Verla Opal Pack Wiley, 84, died Thursday, July 11, at Central Baptist Hospital. Funeral services were conducted Monday, July 15, at Tom's Creek Freewill Baptist Church, Nippa.

Knott County

Dale K. Beavan, 91, of Hillsboro, Ohio, formerly of Knott County, died Wednesday, July 3, at the Heartland Nursing Home, Hillsboro, Ohio. Funeral services were conducted Sunday, July 7, under the direction of Hindman Funeral Services.

Paul Len Huff, 26, of Georgetown, formerly of Pippa Passes, died Monday, July 1, at Georgetown. Funeral services were conducted Thursday, July 4, under the direction of Nelson-Frazier Funeral Home.

Julie Rose Young Stacy, 59, of Wilmington, Ohio, formerly of Knott County, died June 28. Funeral services were conducted Tuesday, July 2, under the direction of Hindman Funeral Services.

Pike County

David Jr. Akers, 58. of Little Robinson Creek, died Tuesday, July 16, at Pikeville Methodist Hospital. Funeral services were conducted Saturday, July 20, under the direction of Rogers Funeral Home.

Johnny R. Ball, 40, of Pinsonfork, died Tuesday, July 16, at the South Williamson Appalachian Regional Hospital. He is survived by his wife, Tracy Hancock Ball. Funeral services were conducted Friday, July 19, under the direction of Rogers Funeral Home.

Funeral services were conducted 20, under the direction of Rogers Friday, July 19, under the direction of J.W. Call & Son Funeral Home.

Charles E. Conway, 50, of Las Vegas, formerly of Pikeville, died Tuesday, July 16, at Mountainview Hospital, Las Vegas. He is survived by his wife, Mary Conway. Funeral services were conducted Saturday, July 20, under the direction off Saunders & McFarlin Funeral Home.

Phillip Miles Damron, 46, of Collins Highway, died Tuesday, July 16. He is survived by his wife, Tammie Delena Robinson Damron. Arrangements are under the direction of Thacker Memorial Funeral Home.

Anna Rae Hamilton, 60, of Breaks, Virginia, died Thursday, July 11, at Buchanan General Hospital, Grundy Virginia. Funeral services were conducted Sunday, July 14, under the direction of Bailey Funeral Home.

Myra Spears Justice, 88, of Forrest Virginia, formerly of Pike County, died Thursday, July 11, in Virginia. Funeral services were conducted Sunday, July 14, under the direction of J.W. Call & Son Funeral Home.

Irvin Maynard, 64, of Pikeville, died Thursday, July 11, at Pikeville Methodist Hospital. He is survived by his wife, Minta Muynard. Funeral services were conducted Monday, July 15. under the direction of Rogers Funeral Home.

James Clifford Perry, 37, of Hellier, died Tuesday, July 16. He is survived by his wife, Debbie Sturm Perry. Funeral services were conducted Friday, July 19, under the direction of Thacker Memorial Funeral Home.

Joseph "Joe" Reed, 89, of Canada, died Wednesday, July 17, at his home. Funeral services were conducted Saturday, July

Funeral Home.

Sarah Rebecca Tackett, 57, of Virgie, died Friday, July 12, at Pikeville Methodist Hospital. She is survived by her husband, Burnard Tackett. Funeral services were conducted Monday, July 15, under the direction of Hall & Jones Funeral Home.

Clarica Williams, '91, of Muncie, Indiana, died Tuesday, July 16, at Westminster Village, Muncie. Funeral services were conducted Thursday, July 18, under the direction of Northcutt & Son Home for Funerals, Morehead.

Martin County

Lucille Baisden, 78, of Kermit, West Virginia, died Thursday, July 11, at her residence. She is survived by her husband, Clyde Baisden. Funeral services were conducted Sunday, July 14, under the direction of Richmond-Callaham Funeral Home.

Rhodes M. Dials, 77, of Warfield, died Thursday, July 11, at his residence. Funeral services were conducted Monday, July 15, under the direction of Phelps and Son Funeral Home.

Lydia Ellen Crum Horn, 91, of Turkey Creek, died Saturday, July 13, at her residence. Funeral services were conducted Monday, July 15, under the direction of Richmond-Callaham Funeral Home.

Maude Mollett Hutchison, 77. of Medina, Ohio, died Saturday, June 15, in Magnolia Care and Rehabilitation, Wadsworth, Ohio. Funeral services were conducted on Tuesday, June 18, and interment was at Woodlawn Cemetery in Wadsworth, Ohio.

Bessie Smith, 82, of Inez, died Wednesday, July 10, at Martin County Health Care Facility in Inez. Funeral services were conducted Friday, July 12, under the direction of Richmond-Callaham Funeral Home.

Lula Mae Sturgell, 41, of Kermit, West Virginia, died Tuesday, July 9, at St. Mary's Hospital. She is survived by her husband, Clinton Sturgell. Funeral services were conducted Thursday, July 11, under the direction of Phelps and Son Funeral Home.

Lawrence County

Barbara Ann Shortridge Collins, 67, of Fallsberg, died Sunday, July 14, at Three Rivers Medical Center. She is survived by her husband, Kermit Collins Sr. Graveside services were conducted Tuesday, July 16, 2 p.m., at Collins Cemetery, Fallsburg. Arrangements were under the direction of Wilson Funeral Home, Louisa.

Sheila Vance Mumford Moore, 75, of Louisa, died Thursday, July 11, at Three Rivers Medical Center in Louisa. Funeral services were conducted Sunday, July 14, under the direction of Wilson Funeral Home.



COUNTRY HILLS T TRITE

Nell Boyd Samons, 77, of Dana, died Sunday, July 14, at her residence. Funeral services

Prav

to other religions, because they enjoy the elaborate rituals. In fact, Eastern Orthodox congregations have been among the more successful in attracting millennials, she said.

John Beacham, 17, a Catholic from Spokane, Wash., said rituals make him feel part of the history of the church.

"It's old. It's cool. This is the same stuff they've been doing for years," Beacham said.

Even with the crisis over priests who molested children, the Catholic church is also well positioned to attract young people, Howe said.

"Pope John Paul II, what he's done with the church has been more than social clubs. For these toward emphasizing that there are specific duties and actions which are incumbent on every

13, at his residence. He is survived by his wife, Tina Blanton Niece. Funeral services were conducted Tuesday, July 16, under the direction of Paintsville Funeral Home.

Catholic believer to be a good

Catholic. What's interesting is

how that resonates with kids,"

Howe said. "These are kids who

want to know what they're sup-

reach millennials is not simple,

Robinson said. Many of the

church programs are being run

by adults who swore off tradi-

tional practices during the rebel-

lions of their own youth, he said.

look like they're going back-

ward," Robinson said.

"Baby boomers don't want to

And some denominations are

playing catch up, after years of

viewing youth ministries as little

congregations, the 1999 mas-

sacre at Columbine High School

in Colorado was a wake-up call,

Yet adapting youth ministry to

posed to do."

Rodney Gene Clevinger, 42, of Pikeville, died Monday, July 15, the result of injuries sustained when the truck he was driving overturned on U.S. 119 at Belfry. He is survived by his wife, Charlotte Smallwood Clevinger.

Continued from p5

Creasy Dean said.

"People who hadn't read anything printed about youth in 20 years suddenly were reading it as if it were just printed yesterday." she said. "It forced this realization that theology matters in kids' lives."

Jimmy Creegan, a 17-year-old from Damascus, Md., said he agrees with the research on his generation. A Catholic, he said it was not unusual to hear talk of religion in the hallways of his public high school.

"It's an open forum," he said. "My friends - even the ones that seem like they're antiestablishment, they like breaking the rules and going against the norm - you ask them, 'Do you believe in God?' Most of them say, 'Oh yeah."

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Floyd County Rabies Clinic July 25, 2002 Thursday

8:30 - 9:00 a.m.	Hippo Stop and Shop	Hippo
9:30 - 10:00 a.m.	Printer Post Office	Printer
10:10 - 10:30 a.m.	Drift Post Office	Drift
10:40 - 11:10 a.m.	Minnie Post Office	Minnie
11:20 - 11:50 a.m.	McDowell Post Office	McDowell
1:00 - 1:30 p.m.	Hi Hat Post Office	Hi Hat
2:00 - 2:30 p.m.	Wheelwright Masonic Lodge	Wheelwright
2:45 - 3:15 p.m.	Weeksbury Community Park	Weeksbury
3:30 - 4:15 p.m.	W.D. Osborne Elem. School	Bevinsville
4:30 - 5:00 p.m.	G.C. Grocery	Price
5:30 - 6:00 p.m.	East KY Tire	Bucks Branch
6:15 - 6:45 p.m.	Wild Cat Tire Wash	Prestonsburg
		and the second sec

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Sideline Shots

Smith optimistic about 2002-03

season

by STEVE LeMASTER SPORTS EDITOR

Tubby Smith will be starting his sixth season as head coach of the University of Kentucky men's basketball team in the fall. The Maryland native has high hopes for his his 2002-03 edition of the nation's winningest college basketball program. And for Smith, it should begin with some of the same things it left off with.

"Jules Camara finished the season very strong and is working really hard this summer to improve his strength, his body and his shooting," Smith said in an SEC teleconference earlier this week. "We expect Keith Bogans, although he had a tough season last year, to bounce back and have an excellent year. We lost a starter in Cliff Hawkins, who is ineligible for the first semester. Who we replace him with at this time is still up in the air. We have some quality recruits that we think can step in. Plus guys like Erik Daniels, Gerald Fitch, who started some last year, along with Marquis Estill can give us some added depth."

Smith also faces the challenge of replacing freshman transfer Cliff Hawkins.

"We have Brandon Stockton out of Glasgow, a 5-9 freshman point guard who can really play<" Smith told reporters. "He's a natural point guard. Antwain Barber, a junior college transfer from Wabash, played point guard for his junior college team. Plus Gerald Fitch has played some point. So we'll look at those three guys and see who will evolve into running the team."

Then there's Jason Parker. Various reports earlier this year said Parker wasn't working as hard as he should be on his way back from injury.

"He's getting better," Smith said, when questioned about the former Duke recruit. "There was a point in

STATE COLLEGE FOOTBALL NOTEBOOK

WKU, Michael begin new season on last day of August

by STEVE LeMASTER SPORTS EDITOR

BOWLING GREEN – The Western Kentucky University Department of Athletics released football kickoff times for the 2002 season this past week, adding that the Hilltoppers will make two television appearances as part of the Gateway Football Conference package. Western's home games with Western Illinois (Sept. 14 at 1:30 p.m. CDT) and Illinois State (Nov. 2 at 4:30 p.m.) will both be televised, making Western one of two league teams with more than one TV contest. FOX Sports Midwest, FOX Sports Chicago and the Hilltopper Sports Satellite Network (HSSN) will carry the WIU meeting - the Toppers' conference opener - while HSSN will also broadcast the home finale against' ISU. The Redbird contest can also be seen on local affiliates in Normal, Macomb and Carbondale.

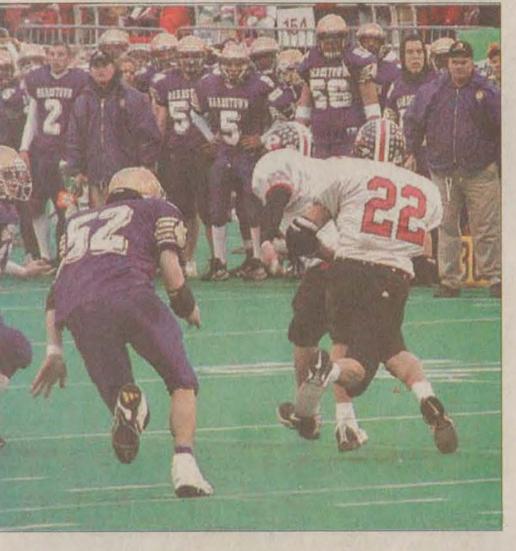
The Hilltoppers' other two home games in September with Kentucky State and Youngstown State will

(See WKU, page three)



Sheldon Clark High School grad Joey Stepp was back in Inez recently to help with youth football signups.

ELK HUNTING



Hatfield-McCoy Bowl

photo courtesy of BluegrassPreps.com

Prestonsburg High product Matt Slone (22) is one of several talented Kentucky players in this year's Hatfield-McCoy Bowl. Drivers anxious to race on New Hampshire's new groove

RACE TODAY

THE ASSOCIATED PRESS

LOUDON, N.H. — When passing was limited at New Hampshire International Speedway, driver after driver went to see the track's owner with suggestions on how to improve the racing.

Bob Bahre listened intently, then paid a paving company about \$200,000 to create a second groove on his almost-flat, 1.058-mile oval.

Winston Cup drivers will get the first chance to test the changes on Friday in qualifying for the New England 300.

(See HAMPSHIRE, page four)

PROFILE

Younger Waltrip reaching icon status

> by MIKE HARRIS ASSOCIATED PRESS

the second semester that we were a bit concerned. There were some psychological issues because when he reinjured his knee last October, the expectations were that he'd be back in December or early January. And when he wasn't, 1 think it was a letdown on his part psychologically. But now he's mentally focused on rehabbing his knee. He's working extremely hard. He starts running next week so we think he's on schedule to be ready to play next season."

And, there's also Keith Bogans.

(See SMITH, page three)

scheduled for Saturday

by STEVE LeMASTER SPORTS EDITOR

MATEWAN, W.Va. – Players begin practice this week for the Hatfield-McCoy Bowl. The Kentucky squad, coached by former South Floyd High School head coach Nate Jones, head into this year's bowl game looking to avenge last year's loss. West Virginia won last year, 14-6, under the direction of former Gilbert coach Gordon Carter. College coaches are invited to attend this year's game, as in previous seasons. This year's Kentucky squad will practice at Prestonsburg High School.

The game pits the 30 best rising college freshmen football players in southern West Virginia against the 30 best from Eastern Kentucky. The Eastern Kentucky squad is represented by players from Floyd, Johnson and Pike counties. Martin county players are also eligible for the game, but none are playing in this year's event.

The game is a continuation of the West Virginia's oldest bowl

game, the Kiwanis Senior Bowl,

(See **BOWL**, page three)

The biggest names in NASCAR — Jeff Gordon, Tony Stewart, Dale Jarrett, Bobby Labonte — each drew a roar from the sellout crowd at Chicagoland Speedway, even if the ovations for Gordon and Stewart were mixed liberally with boos,

Lesser drivers got polite applause and a sprinkle of cheers during last Sunday's prerace introductions.

One of the loudest ovations, however, was reserved for a guy with two Winston Cup victories in 516 starts during an 18-year career.

(See WALTRIP, page three)

Safe boating certification now mandatory

TIMES STAFF REPORT

Safe boating certification is mandatory for children from 12 through 17 years old who operate a personal watercraft or motorboat of over 10 horsepower, unless they are accompanied by an adult (18 years or older) or a person with a safe boating certificate. A study guide is available by calling 1-800-858-1549, or e-mailing to info.center@mail.state.ky.us

Boaters should obtain the guide and study it. Then go to one of the locations listed here to take the examination.

For an online study guide, go to http://www.boatus.com/onlinecourse/. This is an excellent study guide and

exam. If you can pass this test, you should have no trouble with the Kentucky examination. However, the Boat/US certificate will NOT be honored in Kentucky, since there is no way to tell who actually took the internet exam.

Kentucky will honor safe boater certification cards from another state or country, or a course completion card issued by the U.S. Power Squadron at http://www.usps.org/ or the Coast Guard Auxiliary at http://www.cgaux.org/.

Hunter education course

A 10-hour course that consists of firearm identification, ethics, wildlife identification, proper use of ammuni-

tion, and much more will be held in Floyd County at the Dewey Lake Fish & Game Club in August. Dates for the course are August 12-14. Times for the course are 5-9 p.m. For more information, 1-800-858-1549. The hunter education classes are free of charge.

On the Net: http://www.kdfwr.state.ky.us/huntered.htm

Floyd Countians register for BGSG track and field

by STEVE LeMASTER SPORTS EDITOR

LEXINGTON – The brother duo of Jeff and Steven Jones, Auxier, will be in competition in the Bluegrass State Games during the upcoming weekend. Joining them are fellow Floyd County residents Brad Bond, Prestonsburg; Thalia Holland, Prestonsburg; Chanel Music, Prestonsburg; and Shauna Case, Martin.

Jean Wright serves as the sport commissioner for the track and field portion of the Games. Rules are a combination of modified TAC and National Federation All competition in the track and field events will be divided by age group and sex categories. Disputes concerning competition must be officially filed with the rules committee within thirty minutes upon completion of the event. All decisions of the rules committee are final.

The Bluegrass State Games Summer Games got underway this weekend with some sports, including softball and martial arts, scheduled.

Outside of track and field, Harold's Casey Castle joins a host of other Floyd Countians registered for this year's Summer Comes He will boul for gold



file photo

Recent rain has forced Floyd County racer Paul Harris and others to the sidelines.

Local pair to compete in Bluegrass State Games

TIMES STAFF REPORT

Two Prestonsburg area men are preparing to travel to Lexington on July 27-28 to compete with other Kentucky citizens in the Bluegrass State Games in the sport of golf. Chuck Rowe and Jamie Howell are two of several golfers from Floyd County that are making the trip to Lexington for a shot at a medal at the State Games,

The pair of Rowe and Howell are being sponsored by Rocky Rowe. Edith Butcher and Home Furniture of Prestonsburg. The Games is an annual event held in Lexington and surrounding cities that brings together Kentuckians from throughout the state to compete in an olympic style setting. Golf is just one of many sports such as track and field, softball, soccer, basketball and many others.

The golf category is a two day event that will be held at two separate venues. The format is two man team best ball scram-

Briefs

GOLF

GULLANE, Scotland — Tiger Woods was upset by an opening round that could have been much better and which left him three shots behind the leaders in the British Open.

Woods struggled on the Muirfield links and finished with a 1-under 70 and the knowledge he would have to putt better to have a chance at golf's Grand Slam.

Woods trailed leaders Duffy Waldorf, David Toms and Carl Pettersson, all with 4under 67s. Pettersson had the lead outright until he bogeyed the 18th hole,

ENDICOTT, N.Y. — Twenty-six-year PGA Tour veteran Jay Haas was treated and released from a hospital after he left the opening round of the B.C. Open due to suspected kidney stones.

BASEBALL

NEW YORK — Frank Robinson said he was quitting as Montreal Expos manager earlier this week, angry with his players, then changed his mind.

Robinson tried to resign after Tuesday's 6-3 loss to Philadelphia, then was talked out of it by the players.

NEW YORK — The Tampa Bay Devil Rays missed nearly \$1 million in deferred payments to Steve Trachsel and Gerald Williams before delivering the money this week, several baseball officials told The Associated Press.

The Devil Rays paid up more than two weeks late.

NEW YORK — Baseball wound up in federal court for the second time this week, suing umpires in an attempt to discipline union head John Hirschbeck.

In an eight-page complaint filed in U.S. District Court in Manhattan, the commissioner's office said Hirschbeck told a member of his umpiring crew not to warn a pitcher for intentionally throwing at a batter.

ST. PAUL, Minn. — The Twins' push for a new stadium appears headed back to the Minnesota Legislature after St. Paul leaders canceled a referendum to approve a tax to fund ballpark construction

OAKLAND, Calif. — The Oakland Athletics voted to authorize the executive board players' union to set a strike date during a pregame meeting.

FOOTBALL

MINNEAPOLIS — Attorneys for Korey Stringer's widow are not entitled to access to other Minnesota Vikings' players medical records unless the players consent because the records are protected by doctor-patient confidentiality, a judge ruled.

MIAMI — Miami Dolphins linebacker Derrick Rodgers kicked and punched his wife, and used a metal chair to hit a man with her at a South Beach restaurant, police said.

Baseball

Major League Baseball

National League

East Divisio	m			
	W	L	Pct	GB
Atlanta	61	35	.635	-
Montreal	49	46	.516	11-1/
New York	48	47	.505	12 1/
Florida	45	50	.474	15 1/
Philadelphia	44	50	.468	16
Central Divi	sion			
	W	L	Pct	GB
St. Louis	52	40	,565	
Cincinnati	50	45	.526	3 1/2
Houston	46	48	.489	7
Pittsburgh	44	51	,463	9 1/2

Rodgers was charged with aggravated battery, simple battery and resisting arrest without violence. He was taken to Miami-Dade County Jail, where police said he would remain until a bond hearing Friday.

NEW ORLEANS — New Orleans Saints cornerback Dale Carter has been suspended by the NFL for failing a drug test for alcohol, according to reports citing unidentified league sources.

AUTO RACING

INDIANAPOLIS — Two-time Indianapolis 500 champion Al Unser Jr. will seek treatment for alcohol abuse and won't race for the next several weeks.

Unser revealed his plans just hours after prosecutors said he would not face criminal charges on accusations that he hit his girlfriend and left her stranded along a highway.

CYCLING

LA MONGIE, France — The opening mountain stage in the Tour de France went as expected, and Lance Armstrong is where

he expected to be. In first place. Armstrong did not pull away from the pack. Still, he defeated Spain's Joseba Beloki by 7 seconds in the leg from Pau to this ski station in the Pyrenees and leads the Tour by 1:12 over Beloki.

CÓLORADO SPRINGS, Colo. — Former U.S. national team cyclist Kirk O'Bee was given a one-year suspension by the U.S. Anti-Doping Agency after testing positive for anabolic steroids at the USPRO Championships in Philadelphia in June 2001.

BASKETBALL

PHILADELPHIA — A judge granted a week's delay for a hearing to determine if there is enough evidence to try Allen Iverson on charges he threatened two men while armed with a gun.

ORLANDO, Fla. — Orlando Miracle center Jessie Hicks was suspended for one game by the WNBA and fined \$600 for hitting Charlotte's Summer Erb on July 17.

TENNIS

STUTTGART, Germany — Two matches in one day proved too much for Mercedes Cup defending champion Gustavo Kuerten, who bowed out when he lost to Lars Burgsmueller 7-6 (5), 3-6, 7-6 (4) in a second-round match.

AMERSFOORT, Netherlands — Defending champion Alex Corretja lost to unseeded Christophe Rochus 3-6, 6-1, 6-3 in the second round of the clay-court Energis Open.

UMAG, Croatia — Defending champion Carlos Moya advanced to the quarterfinals of the Croatia Open with a 6-2, 6-3 victory over Oliver Gross.

American League

	1					
4	East Divisio	n				
		W	1	Pct	GB	
	New York	60	35	.632	-	
	Boston	56	37	.602	3	
	Baltimore	45	48	.484	14	
	Toronto	40	54	.426	19 1/2	
	Tampa Bay	29	64	.312	30	
2	Central Divi	sion				
2 2 2		W	L	Pct	G8	
2	Minnesota	56	41	.577	-	
	Chicago	45	52	.464	11	
	Cleveland	42	52	.447	12 1/2	
	Kansas City	40	54	.426	14 1/2	
	Detroit	35	59	.372	19 1/2	
	West Divisio	n.				
		W	L	Pct	GB	
	Seattle	60	36	.625	-	

SPORTSBOARD

According to NCAA rules, Duka Coach Mike Krzyzewski could not speak with gifted forward prospect Kris Humphries during last week's Nike All-American Camp—not in person, not on the telephone. But before leaving his Minnesota home for Indianapolis, Humphries accepted a bit of instruction from his future coach on how to improve while on the July recruiting circuit.

Though he won't be on the roster until September 2003, Humphries is a Blue Devil and already has tuned out other coaches. He pledged in May to sign a letter of intent this fall and is among the growing number of elite players for whom this year's summer evaluation period only was marginally about evaluation. The recruiting services still examined Humphries' game to determine his value among his peers, and the pro scouts still got an early look. But any college coaches not wearing Duke gear who were assessing his skills only were searching for ways to defeat him.

This was the first year players were permitted to make official visits-those arranged and financed by schools-during their junior year. In the past, it was the norm for only a handful of players to commit before the July recruiting season. This year, 13 of recruiting analyst Dave Telep's pre-summer top 50 prospects committed before attending the Nike Camp or the adidas ABCD Camp in New Jersey. And many other elite players who just missed that list also are off the market, including two headed for Kansas, two for Xavier and two for LSU.

The primary reason for adopting the new recruiting calendar is to allow college coaches to build relationships with prospects earlier, ideally diminishing the impact of peripheral influences on their decisions and development. That, of course, is a good thing.

It's a little early to gauge all of the accompanying side effects, but one that clearly seems to be positive is the new emphasis on the development of these players' talents, Increasingly, camps such as Nike or adidas had become Broadway auditions, where the players were throwing out every high note they could reach just to show some form of potential. Now, with scholarship already in hand, more players are concerned with simply becoming better players.

There are a variety of reasons players have chosen this course. Point guard Mike Henderson of Waterloo, lowa, committed to lowa State early because he wanted to release the pressure that was building daily. Future Wake Forest point guard Chris Paul determined that once he knew his choice, "I thought it wouldn't be right to the other schools. They could go out and find a good player instead of waiting around for me."

And players can use the extra time to heed their future coaches' advice. Paul says Wake Forest Coach Skip Prosser suggested that Paul continue getting stronger and that he work on creating scoring opportunities off the dribble. Humphries will attempt to follow Krzyzewski's plan to try gaining strength without additional bulk. His workout routine now involves lifting less weight with more repetitions. Humphries can play power forward at 6-foot-8, but the Blue Devils recruited three taller inside players in their current freshman class, so small forward might be Humphries' best fit. First, he needs to become less rigid and develop better ball skills.

Had Humphries been unable to take official visits as a junior, he says his parents would have paid for trips so he could have investigated the schools capacity to facilitate his future. But not all parents have the means or interest to transport their son from Minnesota to North Carolina on a spring weekend.

Still, not all players are in a hurry to get

space. If only you could have been a free agent in 2003 ...

But, wait, forform members of the class of 2002. You can, indeed, become a free agent in 2003, thanks to a simple little tool I call the one-year contract. It comes attendant with risks, of course, but if you're looking for your ship to come in this summer, you'd be much better off just hopping onto a dingy and floating for year until the NBA's real money ship docks.

Take Clippers center Michael Olowokandi, for example. He is a restricted free agent this summer, which means whatever offer he gets from another team can be matched by the Clippers. Olowokandi believes that, as a 27-year-old center with potential, he should get a maximum-dollar contract, which would be in the range of \$100 million over seven years. The Clippers don't want to give that to him. He is free to find another team to make an offer that size, but that's where the cap-room snag hits: No other team can give him that offer. No other team can, realistically, offer him more than the \$4.8 million exception

Have patience, Mr. Olowokandi. Take a one-year deal. Play well next season, stay healthy (knock on wood, for that is the risk of the one-year deal) and go get 'erri in July '03. Olowokandi's agent, Bill Duffy, confirms that accepting the Clippers' one-year qualifying offer is the most likely outcome for his client. According to the league's collective bargaining agreement, that offer should be near \$6 million.

"That is the scenario that makes the most sense," Duffy says. "If that plays out, it will leave Michael as an unrestricted free agent in 2003."

That touches an aspect of next summer that often gets overlooked.

True, there will be a flood of quality players hitting the market, with Tim Duncan, Jason Kidd, Jermaine O'Neal, P.J. Brown, Karl Makone, Alonzo Mourning and Elden. Campbell likely among them. Depending on how opt-outs and extensions go, Antonio McDyees, Lamar Odom, Baron Davis, Theo Ratiiff, Gary Payton, Wally Szczerbiak and Andre Miller also could be available. But just as important as what will be out there is what won't be out there: overweight contracts that have been burdening salary caps all over the league.

Gone will be Juwan Howard's \$20.5 million from Denver's cap. Miami will be freed from Mourning's \$20.5 million, and Utah will be without Malone's \$19 million. In fact, if you add 10 of the most expensive expiring contracts next summer alone–Howard, Malone, Mourning, Scottie Pippen, David Robinson, Reggie Miller, Derrick Coleman, Duncan, Kidd and Steve Smith—you wind up with about \$137 million coming off the salary caps of long-suffering NBA teams. The prospect of added space is every bit as important to the summer of 2003 as the players who will be available.

That cap space is the lure behind the one-year contract this season, and it could mean that even more free agents than expected will be on the market next summer-like Olowokandi. For a free agent to earn a salary starling at more than the \$4.8 million mid-level exception this season, he essentially will have to rely on the generosity of his current team. Though Duffy still holds out hope the Clippers will fork over a sizable offer for Olowokandi, the Clippers are not free spenders. Other teams might have interest in Olowokandi, but they simply don't have the cap space to make an offer.

Some free agents won't have this problem. Mavericks restricted free-agent center Rael LaFrentz surely will get a finger-licking good offer from Mark Cuban, though he would draw little more than a mid-level exception deal on the market this summer. The Kings want to lock down point guard Mike Bibby, and they probably would prefer making an overly generous offer rather than Riphy sinn a nno-year deal and lettin him become a free agent next summer. The Sonics have committed to building around Rashard Lewis, so he could benefit if owner Howard Schultz shows largesse-Lewis won't get a better offer than what he'll get from Seattle, no matter what you may have heard about interest from the Bulls or Rockets. But what about players who suit up for more cost-conscious teams, such as Rasho Nesterovic of the Timberwolves, Keon Clark of the Raptors and Donyell Marshall of the Jazz? Those players believe they should be paid contracts starting at more than \$4.8 million, but with every team short on cap space, that is the most they can get-this year at least. Have no fear, though, because there is a way out of this 2002 free-agent purgatory, into the paradise that 2003 surely will be: Ask for the one-year deal.

don't think this is a big hitter's course, either. In a sense it is a pity they don't let you hit a drivet."

On his first swing on the first hole, Woods went into the right trash. "I hit a 60-degree wedge, hard as I could. I could've hit the ball a foot, but it came out great in the fairway. I don't know how it did it." said Woods, who got up-and-down from 80 yards for par.

"When I saw that lie, I thought if I could make double bogey I was doing well. Making par was like stealing a couple," Woods added. However, on his only other drive into the rough, Woods made bogey at the 10th. For the most part, after his first-hole adventures, Woods hit careful irons off tees, then safe approach shots to the fat side of greens.

Nobody plotted this Tiger trap. Some Multifield members are slightly embartassed by the condition of their 107-year-old course, which may be the best links in Scotland. "The rough's too long. Nothing we could do about it. It just kept raining," said one member. "But at least the fairways are soft. So, at least it's fair. You don't get those bad hard sideways bounces into the rough."

If conditions were ever suited to bunching up a high-quality field and turning a major title into a test of putting, rather than a measure of the whole game, then that may have happened here. On this calm day, lots of ironmasters and hot putters found 67 or 68 a manageable score-David Toms, Phil Mickelson, Nick Price,

Under any conditions, Tiger's still the best player. But not by as much. His margin is shaved. Others gain hope. And on days when his putter isn't working well, he's vulnerable.

"Overall I'm very pleased by the way I played ... very crisp, very clean. I hit a lot of beautiful putts that just grazed the cup. ... I had six or seven lip-outs for birdie. It was frustration," said Woods, who then used the word "frustrating" three more times in the next few minutes. "What are you going to do?"

One thing Woods may not have done is come to Muirfield in advance to learn the subtleties of its devious 107-year-old greens. From tee-to-green, this is the most basic of courses. No water or trees of any kind. Just rough and sand. Every shot is pure target golf. "The course just sits there in front of you," Woods said.

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But the greens don't. Every putt seems to have some unseen little twist. And Woods never played a round here in his life until Monday. He says he hit "beautiful" putts. They may have been struck beautifully. They may have rolled beautifully. But they weren't read beautifully. Or they'd have gone in the cure

Woods repeatedly gestured to playing partner Shigeki Maruyama that he'd read his line slightly wrong. "That happened a few times," said Maruyama through a translator. "All Tiger did throughout the day was to sigh." Then Maruyama demonstrated with a big shoulder-shrugging exhalation.

"They're hard to read," Woods acknowl edged.

So, that gives others like Maruyama fresh hope, right?

"i te lives in a different world from us," Maruyama said. Well, are you getting closer to that level?

"Not at all," said Maruyama with a big innocent grin.

Even on this course, where the brutal rough and the subtle greens should give others a fighting chance, they may not be able to grasp it. Woods knows it. As long as he avoids rough double bogeys, that may be enough. "You can only shoot yourself out of the tournament the first day," he said. "I certainly didn't do that."

Even those who play their best still teel Woods' presence Tail Justin Rose, 21, the hottest player on the European Tour with four wins, actually beat Woods head-to-head with a 68.

"I made a couple of ouid on heating

THE FLOYD COUNTY TIMES

Devean George to stay with Lakers

THE ASSOCIATED PRESS

EL SEGUNDO, Calif, — Reserve forward Devean George agreed to terms on a fouryear contract to stay with the NBA champion Los Angeles Lakers on, team spokesman John Black said Thursday.

George's contract is worth slightly less than \$18.5 million, according to a source close to the negotiations who requested anonymity. George earned \$834,250 last season.

The Lakers wouldn't discuss George's

George was drafted by the Lakers in the first round in 1999 and was eligible for tree agency because the team declined to exercise the fourth year option of his rookie contract last October.

He has started two games in three years and averaged 7.1 points last season. The 24year-old George had 11 points and six rebounds in the last game of the NBA Finals against the New Jersey Nets.

Auto racing

NASCAR

Winston Cup

The 2002 NASCAR Winston Cup schedule (winners in parentheses) and driver point standings.

Feb. 17 — Daytona 500, Daytona Beach, Fla. (Ward Burton) Feb. 24 — Subway 400, Rockingham, N.C.

(Matt Kenseth) March 3 — UAW-DaimlerChrysler 400, Las

Vegas. (Sterling Marlin) March 10 — MBNA America 500, Hampton,

Ga. (Tony Stewart) March 17 — Carolina Dodge Dealers 400, Darlington, S.C. (Sterling Marlin)

March 24 — Food City 500, Bristol, Tenn. (Kurt Busch) April 8 — Samsung/RadioShack 500, Fort

Worth, Texas. (Matt Kenseth) April 14 — Virginia 500, Martinsville. (Bobby

Labonte) April 21 — Aaron's 499, Talladega, Ala. (Dale Earnhardt Jr.)

April 28 — NAPA Auto Parts 500, Fontana, Calif. (Jimmie Johnson)

May 4 — Pontiac Excitement 400, Richmond (Tony Stewart) May 26 — Coca-Cola 600, Concord, N.C.

(Mark Martin) June 2 — MBNA Platinum 400, Dover, Del.

June 9 - Pocono 500, Long Pond, Pa. (Dale

June 16 - Michigan 400, Brooklyn, Mich.

June 23 - Dodge/Save Mart 350, Sonoma,

July 6 - Pepsi 400, Daytona Beach, Fla.

July 14 - Tropicana 400, Joliet, III. (Kevin

Today - New England 300, Loudon, N.H.

July 28 - Pennsylvania 500, Long Pond.

Aug. 11 - Sirius Satellite Radio at The Glen,

Aug. 4 - Brickyard 400, Indianapolis.

Aug. 18 - Pepsi 400, Brooklyn, Mich.

Aug. 24 - Sharple 500, Bristol, Tenn.

Sept. 1 - Southern 500, Darlington, S.C.

(Jimmie Johnson)

(Matt Kenseth)

Calif. (Ricky Rudd)

(Michael Waltrip)

Watkins Glen, N.Y.

Harvick)

Milwaukee	34	02	.004	20
West Divisio	n .			
	W	L	Pct	GB
Arizona	56	39	.589	-
Los Angeles	55	41	.573	1 1/2
San Francisco	54	41	.568	2
Colorado	45	51	.469	11 1/2
San Diego	39	56	.411 .	17

40 53 .430 12

Wednesday's Games

Chicago

Atlanta 10, Florida 0 N.Y. Mets 9, Montreal 6 Pittsburgh 6, Cincinnati 3 Philadelphia 4, Chicago Cubs 3, 10 innings Houston 7, Milwaukee 3 San Francisco 5, St. Louis 4 Arizona 12, Colorado 3 San Diego 7, Los Angeles 0

Thursday's Games

Atlanta 3, Florida 1 Chicago Cubs 6, Philadelphia 4 Montreal 2, N.Y. Mets 1 St. Louis 5, San Francisco 1 Houston 4, Milwaukee 2 Colorado 6, Arizona 4 Cincinnati 7, Pittsburgh 5 San Diego 4, Los Angeles 1

Friday's Games

Houston (Cruz 1-4) at Chicago Cubs (Prior 3-2), 3:20 p.m. Montreal (Vazquez 7-5) at Florida (Tejera 5-2), 7:05 p.m. Atlanta (Moss 4-4) at Philadelphia (Duckworth 5-7), 7:05 p.m. St. Louis (B.Smith 1-5) at Pittsburgh (Beimel 1-4), 7:05 p.m. N.Y. Mets (Astacio 9-3) at Cincinnati (Fernandez 1-0), 7:10 p.m. Milwaukee (Quevedo 5-6) at Colorado (Chacon 4-6), 9:05 p.m. Arizona (Batista 4-6) at San Diego (BJJones 5-5), 10:05 p.m. San Francisco (Rueter 7-6) at Los Angeles (Ishii 12-5), 10:10 p.m.

Saturday's Games

Houston (Saarloos 0-2) al Chicago Cubs (C Zambrano 2-1), 1:05 p.m. Atlanta (Marquis 6-5) at Philadelphia (Adams 4-6), 1:15 p.m. San Francisco (Jensen 10-6) at Los Angeles (Dreifort 7-5), 4:10 p.m. Montreal (Yoshii 2-2) at Florida (Penny 3-4), 7:05 p.m. St. Louis (T.Smith 3-0) at Pittsburgh (Benson 2-4), 7:05 p.m. N.Y. Mets (Bacsik 2-0) at Cincinnati (Reitsma 4-7), 7:10 p.m. Milwaukee (Cabrera 4-6) al Colorado (Stark 5-1), 8:05 p.m. Arizona (Helling 7-8) at San Diego (Ol.Perez 3-2), 10:05 p.m.

Today's Games

N.Y. Mets at Cincinnati, 1:15 p.m. Atlanta at Philadelphia, 1:35 p.m. St. Louis at Pittsburgh, 1:35 p.m. Houston at Chicago Cubs, 2:20 p.m. Milwaukee at Colorado, 3:05 p.m. Montreal at Florida, 4:05 p.m. Arizona at San Diego, 5:05 p.m. San Francisco at Los Angeles, 8:10 p.m. Note: Friday, Saturday results unavailable

/2	Anaheim	55	39	.585	4
	Oakland	40	40	583	4
	Texas			.421	19
	Wednesda Toronto 7, Ba				

1/2

N.Y. Yankees 2, Detroit 1 Minnesota 8, Cleveland 5 Boston 6, Tampa Bay 1 Seattle 6, Texas 3 Kansas City 8, Chicago White Sox 6 Anaheim 10, Oakland 4

Thursday's Games

Boston 4, Tampa Bay 3 N.Y. Yankees 6, Detroit 5 Minnesota 8, Cleveland 6 Kansas City 5, Chicago White Sox 3 Toronto 5, Baltimore 4 Seattle 5, Texas 3 Oakland 2, Anaheim 0

Friday's Games

Tampa Bay (Kennedy 5-8) at Toronto (Loaiza 3-5), 7:05 p.m. Minnesota (Lohes 8-5) at Detroit (Moehler 1-0), 7:05 p.m. Boston (P.Martinez 11-2) at N.Y. Yankees (Mussina 12-3), 7:05 p.m. Chicago White Sox (Garland 8-6) at Baltimore (Lopez 9-3), 7:05 p.m. Cleveland (Finley 4-11) at Kansas City (Asencio 2-2), 8:05 p.m. Seattle (Garcia 11-5) at Anaheim (Ortiz 8-7), 10:05 p.m. Texas (Myette 0-0) al Oakland (Lidle 2-8), 10:05 p.m.

Saturday's Games

Boston (Arrojo 4-2) at N.Y. Yankees (O.Hernandez 5-3), 1:15 p.m. Tampa Bay.(De Los Santos 0-0) at Toronto (Parris 2-2), 4:05 p.m. Cleveland (Phillips 1-1 and Wright 0-0) at Kansas City (Ru.Hernandez 0-0 and Sedlacek 1-0), 2, 5:05 p.m. Minnesota (Santana 4-1) at Detroit (Bernero 2-5), 7:05 p.m. Chicago White Sox (Glover 3-5) at Baltimore (Ponson 4-4), 7:05 p.m. Texas (Bell 3-3) at Oakland (Lilly 4-6), 9:05 p.m. Seattle (Franklin 1-2) at Anaheim (Lackey 1-1), 10:05 p.m.

Sunday's Games

Tampa Bay at Toronto, 1:05 p.m. Boston at N.Y. Yankees, 1:05 p.m. Chicago White Sox at Baltimore, 1:35 p.m. Minnesota at Detroit, 2:05 p.m. Cleveland at Kansas City, 2:05 p.m. Texas at Oakland, 4:05 p.m. Seattle at Anaheim, 8:05 p.m. Note: Friday, Saturday results unavailable.

Recruiting

More recruits are trying to improve, not impress recruiters

by MIKE DeCOURCY THE SPORTING NEWS 6-2 shooting guard from Orlando, Fla., is a year away from being completely immersed in all this. Rich can imagine taking official visits next spring, toward the close of his junior year, but he can't picture committing at that point. "You never know what door is going to open up," he says.

Given the current pace of the recruiting process, though, every time a door opens, another one closes.

Master Recruiting now up and running

A new recruiting service for Kentucky high school athletes, Master Recruiting is now up and running. The Master Recruiting website will debut in the coming weeks. The recruiting service ofters athletes from across the country the chance for much-needed added exposure. The company is based here in Eastern Kentucky in Johnson County. For more information on Master Recruiting services, email masterrecruiting@yahoo.com.

- Steve LeMaster

Basketball

Women's National Basketball Association

EASTERN CONFERENCE

	W	L	Pct	GB
Washington	15	6	.714	-
Charlotte	12	8	,600	2 1/2
New York	12	9	.571	3
Orlando	9	10	474	5
Miami	9	11	.450	5 1/2
Cleveland	8	12	.400	6 1/2
Indiana	8	12	.400	6 1/2
Detroit	9	67	150	11.11

WESTERN CONFERENCE

	W	L	Pct	GB
Los Angeles	16	4	.800	-
Houston	16	5	.762	1/2
Utah	14	6	.700	2
Portland	12	9	.571	4.1/2
Seattle	9	11	.450	7
Phoenix	8	12	.400	8
Minnesota	6	14	.300	10
Sacramento	4	15	.211	11 1/2

Thursday's Games

Washington 63, Detroit 59 New York 72, Los Angeles 59

Friday's Games

Sacramento at Charlotte, 7 p.m. Utah at Orlando, 7:30 p.m. Miami at Minnesota, 8 p.m. New York at Indiana, 8 p.m. Phoenix at Seattle, 10 p.m. Houston at Portland, 10 p.m.

Saturday's Games

Los Angeles at Cleveland, 2 p.m. Utah at Washington, 6 p.m. Miami at Detroit, 7:30 p.m. Houston at Seattle, 10 p.m.

Today's Games Portland at Phoenix, 9 p.m. Orlando at Sacramento, 9 p.m.

Sept. 7 — Chevy Monte Carlo 400, Richmond, Va. Sept. 15 — New Hampshire 300, Loudon,

N.H. Sept. 22 — MBNA America 400, Dover, Del. Sept. 29 — Protection One 400, Kansas City,

Oct. 6 — EA Sports 500, Talladega, Ala. Oct. 13 — UAW-GM Quality 500, Concord, N.C.

Oct. 20 — Martinsville 500, Martinsville, Va. Oct. 27 — NAPA 500, Hampton, Ga. Nov. 3 — Pop Secrat 400, Rockingham, N.C. Nov. 10 — Checker Auto Parts 500K, Avondale, Ariz. Nov. 17 — Homestead 400, Homestead, Fla.

Driver Standings

Sterling Marlin, 2,483. 2. Mark Martin, 2,434. Jimmie Johnson, 2,394. 4. Jeff Gordon, 2,388 5. Tony Stewart, 2,326 6. Rusty Wallace, 2,312. Ricky Rudd, 2,274 8. Bill Elliott, 2,230. 9. Kurt Busch, 2,223. 10. Matt Kenseth, 2,219. 11. Dale Jarrett, 2,114. 12. Ryan Newman, 2,033. 13. Ricky Craven, 2,032 14. Dale Eamhardt, Jr., 2,020. 15. Michael Waltrip, 2,020. 16. Jeff Burton, 2.000. 17. Terry Labonte, 1,927 18. Kyle Petty, 1,871. 19. Dave Blaney, 1,863.

20. Elliott Sadler, 1,818.

Commentary

This is one year to take the one-season deal in NBA

By Sean DEVENEY THE SPORTING NEWS

Just imagine the frustration. You've been playing in the NBA for a handful of seasons, at what you think are peanut wages. But all along, you've got your eye on the summer of 2002, because that's the offseason when you finally can cash in that old contract and jump from peanuts to caviar.

Yes, that is the summer you can put your skills on the free-agent market and finally get that eight-figure contract you knew you deserved all along.

But here we are, in the summer of 2002. You're looking around. You're hearing midlevel exception offers, starting around \$4.8 million per year. You're seeing the tight-fisted Clippers as the only team with significant salary-cap room.

You're nearing that the Bulls probably will plunk down their \$6 million in cap space for the likes of Popeye Jones, Matt Harpring Kevin Willis or Danny Manning. You're seeing zero cap space for other teams. Now, you're scratching your head. So, uh, where is that eight-figure deal going to come from, anyway?

To make matters worse, you know that next summer there will be a bonanza of cap

Golf

It's easy to lose your game in the high grass

by THOMAS BOSWELL THE WASHINGTON POST

GULLANE, Scotland – This time, Tiger's in for a battle. Here at the British Open, winning a major is going to be tough. And that rhymes with rough.

As soon as you step onto the first hole at Muirfield, you see nature has played a dirty trick on Tiger Woods, the man who owns the first two legs of the Grand Slam. The only condition that partly negates Woods's enormous gifts and brings him back within sight of mortal golfers is ludicrously high rough. High hay keeps his driver in his bag. And it almost erases his amazing creativity.

Woods's first round Thursday was a textbook example. Despite windless conditions that were perfect for low scores, he managed only a 1-under-par 70 for a 15-way tie for 23rd place.

Of all the long rough in all the world of gott, the rough at Muirfield may be the most famous. You can easily lose your gott bag. Misplacing a caddle isn't out of the question. That's under normal conditions. But this summer the weather's been freakish.

Here by the Firth of Forth, it's been wet and warm for weeks. If you're a blade of grass, you're in heaven. If you're a golfer, you're in hell. Muirfield has always been a slim, 7.000-yard river of narrow fairway winding through a sea of ankle-deep fescue. But, now, it's knee-high fescue. And that's in the very easiest spots.

In many places, the rough at this Open is waist high, even if you're only off line by a 10 yards. And the crowd ropes are kept so far back the rough isn't even trampled. Finally, the protective short "first-cut" of rough here is often only 10 feet wide. So, there's almost no buffer between perfection and perdition.

"The key here is to put it in the short grass. No matter what you hit off the tee-one-iron, three-iron-you must be in the fairway. You have no play from the rough," said Des Smyth, one of 11 players at 68. "I Woods for the 18 holes. I got 5-to-2 odds, said Rose of his legal bets with bookies here. "But it's just one day. ... There definitely is an aura about him. The first time you play with him it is a bit of an eye-opener."

Woods can certainly catch anyone's attention. At the 508-yard par-five ninth hole, he two-putted for birdie after reaching the green with two perfectly controlled four-iron shots. What rough?

Cancel thoughts of a lap-the-field romp like Woods' eight-shot victory at St. Andrews two years ago. There'll probably be no cruise-control triumph either, like his win at Bethpage Black in the U.S. Open last month. Because this Open setup is accidentally designed to bunch the field, negate some of Woods's strengths and—once a ball bounces into thigh-deep grass—even bring the dumb luck of a decent or downright impossible lie into play.

None of this fazes Woods, of course. You thought it would?

"I got myself where I needed to be, especially if the weather is the way it's supposed to be the next two days," said Tiger. "I've always enjoyed playing in tougher conditions."

Then he gave a little smile. Muirfield's brutal rough and subtle greens might bring him back to the field a bit. But wind and a bit of rain might quickly sort out the faint of heart and weak of game. And that, in turn, could bring a mighty Tiger right back to the top.

Transactions

MLB BASEBALL

American League

ANAHEIM ANGELS — Recalled C Jose Molina from Salt Lake of the PCL.

NEW YORK YANKEES — Signed RHP Ryan Bradley to a minor league contract and assigned him to Tampa of the Florida State League.

TAMPA BAY DEVIL RAYS — Purchased the contract of RHP Luis De Los Santos from Durham of the International League.

TEXAS RANGERS — Transferred OF Rusty Greer from the 15- to the 60-day disabled list.

TORONTO BLUE JAYS - Optioned SS Felipe Lopez to Syracuse of the National League

COLORADO ROCKIES — Activated INF Greg Norton from the 15-day disabled list. Optioned OF Ross Gload to Colorado Springs of the PCL. Claimed LHP Randy Flores on waivers from Texas, Gave RHP Chuck Smith his unconditional release.

NEW YORK METS — Claimed RHP Ryan Jamison off waivers from Houston and optioned him to Binghamton of the Eastern League.

BASKETBALL

National Basketball Association

DENVER NUGGETS — Signed F Vincent Yarbrough, G Predrag Savovic, and G Lorinza Harrington.

LOS ANGELES CLIPPERS — Signed G Marko Jaric to a multiyear contract.

LOS ANGELES LAKERS — Agreed to terms with F Devean George on a four-year contract.

THE FLOYD COUNTY TIMES

Waltrip

Thirty-nine-year-old Michael Waltrip is quickly reaching icon status among NASCAR fans.

Many know him familiarly as "Mikey," a nickname he has accepted with typical good humor: "It's better than a lot of other things they could call me."

For most of his formative years in NASCAR's top stock car series, he was simply known as Darrell Waltrip's little brother - somebody who was going to have a real hard time living up to the exploits of a three-time champion and one of the sport's all-time victory leaders.

Like Darrell, he's a good talker, funny and bright - especially on his weekly gig on Speed Channel. Unlike his older

brother, now a full-time TV personality, Michael is still trying to find true success behind the wheel of a race car.

"I never tried to be Darrell," the younger Waltrip said. "He's 16 years older than me, more like a second father than a broth-

"He set a great example, but I'm Michael, not Darrell."

For years, Michael was considered the best driver never to have won a race. His career became that of a classic journeyman - good enough to race but never one of the elite.

That's when his good friend Dale Earnhardt took a chance and put Waltrip in a third car at Dale Earnhardt Inc.

Also, at halftime, an H-M

West Virginia All-Stars

(The Hatfields)

14

were

In his first race for Earnhardt, he won the 2001 Daytona 500. It was the most bittersweet day of his life

As he began to celebrate in victory lane, word came that Earnhardt had wrecked badly on the last lap. When it became clear that the seven-time champion and the sport's biggest star was dead, Waltrip's celebration ended and the grief began.

"It should have been one of the greatest days of my life," Waltrip said. "Instead, it's one I hate to think about."

With his friend and mentor gone, Waltrip struggled to gain the success that Earnhardt had predicted. A pair of seconds were his only other top-10 fin-

Coach: Dane "Corky"

Griffith

Matt Meeks, Logan; Allen

Rushdon, Logan; Jeremy

Collins, Logan; S.C. Wood,

Burch; Dustin Wicker, Burch

Burch;

Players: Josh Fry, Logan;

Zach Belcher, Burch; Brian

Blankenship, Wyoming East;

Shane White, Wyoming East;

Gabriel Branham,

ishes and Waltrip ended the season an undistinguished 24th in the standings.

Through the early part of this season, other than a fifth place in the Daytona 500 and a second at Talladega, the tracks where Waltrip and teammate Dale Earnhardt Jr. are always the favorites these days, there wasn't much more to cheer about.

Waltrip's No. 15 Chevrolet wasn't competitive and the talk began that he would be looking for a new ride in 2003.

"I didn't feel any pressure," Waltrip said Sunday, before the Tropicana 400. "I don't need any insurance policy, just a fast car.'

Ty Norris, vice president of

Ryan Bailey, Laeger; Eddie

Morgan, Laeger; Shawn

Laeger;

DEI, provided some insurance anyway, announcing that Waltrip was given a new contract for 2003.

Norris has been in the center of the storm over the generally poor performances by Waltrip, Steve Park and even Earnhardt Jr., who has fallen out of the top 10 in the points.

"It's been difficult for all of us, but Michael has shown the most class of anybody I've been around in this time," Norris said. 'He said, 'Don't worry about it. Let's perform at the racetrack and we'll get our heads together,' and he put this team up on his shoulders, and that's why we're standing here today."

Norris gave Waltrip high

E Continued from p1

Steve Isom, Pikeville.

Massey Energy Hatfield-McCoy Bowl

Date: Saturday, July 27 Time: 8 p.m. Place: Matewan High School's

Tiger Stadium Bowl inception: 1996 Sponsor: Massey Energy Kentucky leads series, 4-2

WKU

kickoff at 5:30 p.m., as will the Oct. 12 game against first-year program Florida International. will celebrate Homecoming on Oct. 26 with a 4:30 p.m. start against Indiana

Lawrence County High School graduate Jason Michael, a player who decided to play for Army out of high school, returns for his senior season with the Hilltoppers. Michael was a captain on last year's Western Kentucky squad.

to I-A Kansas State on Aug. 31, McNeese State. Western then visits Gateway champion Northern Iowa at 4:05 p.m. on

Contests at Southwest

Continued from c1

marks for not only his driving ability but his leadership.

"He likes to be involved in decisions just as much as Dale Jr.," Norris said. "It's really key for our team to have someone like Michael who owns a team himself and has been around the business as long as anybody and is still young."

Waltrip said his team, with crew chief Slugger Labbe playing a key role, began to turn things around long before he won the Pepsi 400 on July 6.

In the seven races since the Coca-Cola 600 in May, Waltrip has four top-10 finishes, including that joyous second win and a fourth at Michigan.

"It's been a steady progression," Waltrip said. "We've got some chemistry on the team and we're using the resources that DEI has. I've been able to leave the track each week with a smile because, even when we blow an engine or have some other problem, I know we're building momentum."

It's a new feeling for Waltrip, coming to the track each week knowing he can win.

"It has to be reality for me to be confident," Waltrip said. "I

(See WALTRIP, page four)

Continued from p1

home.

 Kentucky junior Jeremy Caudill and his Wildcat teammates have no easy battle ahead of them, but look to get back into contention as preseason practice nears. Caudill, who started as a true freshman returns this season to the UK defensive line after an injuryplagued 2001 campaign.

BASEBALL

Reds put Hamilton

THE ASSOCIATED PRESS

PITTSBURGH - Cincinnati ght-hander Joey Hamilto

who hasn't pitched since July 7,

went on the 15-day disabled list

Wednesday with a strained left

ly make a move to replace

Hamilton on their 25-man roster.

Hamilton (3-6) left the team to

return to Cincinnati for evalua-

ERA in seven starts before tear-

ing his left hamstring May 5,

then was 1-5 with a 7.09 in nine

starts after that. He lost his spot

in the rotation after the Reds

ning May 29, Hamilton is 0-4

with a 7.05 ERA, allowing 29

In seven starts since last win-

Hamilton made the club in

spring training as a non-roster

traded for Ryan Dempster.

earned runs in 37 innings.

Hamilton was 2-1 with a 3.10

The Reds did not immediate-

hamstring.

tion.

player.

which began in the 1950s and be awarded to the bowl's top cheerleader. At press time, ended due to financial problems in the mid-1990s. The bowl cheerleading rosters game was renamed and restarted unavailable for both units. in 1996 by Danny "Yogi" Kinder, who is also Matewan Bowl queen will be crowned High School football coach, and from the participating queens moved to Matewan from from each school. Williamson.

Scholarships will be given to the MVPs from each team. Cheerleading trophies will also

State

Bowl

ble play on one day and low ball total on the next day. Kearney Hills Golf Links will host one day of golf, the course has hosted major golf tournaments in the past such as the former Bank One Senior Classic played annually at the course.

Golf greats such as Chi-Chi Rodriguez, Gary Player and Lee Trevino all have played in past tournaments held at the beautiful central Kentucky course. The second Lexington area course to host the golf competition is Lakeside Golf Course, this is a beautiful course as well that is

Smith

SCHOOL

After testing the NBA Draft waters, Bogans decided he just wasn't ready for the pro game. And last season, it showed with his play, or lack thereof.

"Last summer he went up to the NBA pre-Draft camp and worked out, and I think he had a lot of things on his mind," said Smith. "He came back and there was a lot of pressure on him. By remain on the UK men's basketthat I mean he was trying to ball program. Some things never prove something. Keith is a very change, huh?

situated around a large lake that comes into play on several holes

throughout the course. Other area golfers planning to compete in the men's open golf competition include James Spears, Wesley Halbert, Claude Robinson, Charles Robinson, Everett Slone, Ricky Robinson, Lonnie Robinson, and James Robinson all from Floyd County. The Bluegrass Games are played in medal award format in which the athletes compete for gold, silver and bronze medals just like the olympic games.

Continued from p1

competitive player and I think when you try too hard, your shots aren't going to go in. Now the pressure's off him this year. He just has to work on his mechanics and he'll shoot better than the 33-percent he shot last year.'

It's Football Time in the Commonwealth, but ma

Continued from p1

Other native Floyd Countians set to participate in the games are Anthony Howell and Wendell Howell both of which will test their skills in golf as well.

Several of the sporting events in the games draw participants numbered in the hundreds to compete such as softball and basketball. Since the Bluegrass Games were introduced, thousands of aspiring Kentucky athletes have been given the chance to participate in an olympic style setting that most would never have had the chance to do before.

The official opening ceremonies of the games will be held on Friday July 26th at Applebees Park in Lexington and all Kentuckians are urged to attend. A special guest speaker will be on hand from the past Winter Olympics to speak to the participants about the olympic experience.

By attending the opening cerchance to see a beautiful facility

Kentucky All-Stars

Players: Derrick Sublett, Johnson Central; Nathan Lewis, Elkhorn City; Matt Runyon, Paintsville; Jeremy Blackburn, Pike Central; Josh Haney, Paintsville; Paul Webb, Johnson Central; Ron Varney, Pike Central; Don Paul Branham, Pikeville; Chris Jervis, Prestonsburg; Jeremy S. Tackett, South Floyd; Jarred Harlow, Allen Cody Sturgill, Elkhorn City; Chas Harmon, Paintsville

Dustin Hall, Paintsville;

(The McCoys)

Western State

The season begins for Michael and WKU with a visit with the contest scheduled to start at 6:10 p.m. WKU's only other night game will take place Sept. 28 when the Hilltoppers travel to Lake Charles, La., to face defending Southland Football League co-champion Oct. 5.

Coach: Nate Jones

Central;

Matt Slone, Prestonsburg; Brandt Brooks, Prestonsburg; Chris Spriggs, Prestonsburg; Kevin Younce, Prestonsburg; Scott Bell, Belfry; Jeremy Moore, Belfry; Adam Reed, Belfry; Jordan Hall, Phelps; Kevin Fausett, Phelps; Barrett emonies one will have the Rodgers, Pikeville; Kris Prater, Shelby Valley; Kyle Pintson, Shelby Valley; Kevin Woods, Prestonsburg; Josh Thompson, Pike Central:

Michael

Fred Russell, Williamson; Barry Moore, Matewan; Calvin Joplin, Matewan; Matt Thornsbury, Matewan; Chris McGuire, Tug Valley; John Marcum, Tug Valley; Steve Adkins, Van: David Moore, Van; Preston

Stinson, Laeger; Jeremy Fekete,

Bailey,

Lilly, Gilbert; Seth Cook, Gilbert.

Man; Gary Davis, Williamson; Justin Marcum, Williamson;

in Applebees Park which is home to the Lexington Legends minor league baseball team.

. Start classes late, win early

by TOM DIENHART THE SPORTING NEWS

Is your school on a quarter or semester system? Don't think it matters? Think again.

have an edge over schools whose academic calendars are split into semesters. The advantage comes at the beginning of the season.

Schools with quarters usually Colleges on quarter systems don't start classes until well into

UPDATE

Five Winston Cup crew chiefs fined

TIMES STAFF REPORT

DAYTONA BEACH, Fla. -NASCAR announced penalties against five NASCAR Winston Cup Series crew chiefs following this past weekend's Tropicana 400 at Chicagoland Speedway in Joliet, Ill.

Tony Eury, Sr., crew chief of the No. 8 Chevrolet Monte Carlo, was fined \$2,500 and penalized under section 12-4-Q in the 2002 NASCAR Winston Cup Series rule book, "Any determination by NASCAR Officials that parts and/or equipment used in the Event do not conform to NASCAR rules: unapproved use of refrigerant near the fuel system."

Greg Zipadelli, crew chief of the No. 20 Pontiac Grand Prix and Steven Lane, crew chief of the No. 45 Dodge Intrepid, were both fined \$500 and penalized under section 12-4-Q and Section 20-12-1A: unapproved jacking bolts. Lane also received a fine of \$2,500 for having unapproved fender braces (adjustable), section 20.3.6.F.

Brandon Thomas, crew chief of the No. 43 Dodge Intrepid and Greg Steadman, crew chief of the No. 44 Dodge Intrepid, received fines of \$2,500 each and penalized under section 12-4-Q and section 20-16-4.1: unapproved fuel filler neck that exceeded the maximum size.

September. By then, almost onethird of a football team's schedule has been played. With no classes to attend early in the season, players at schools with quarters are able to give their undivided attention to football. And a sharpened focus is a better focus.

"No question (quarters) are an advantage," says West Virginia Coach Rich Rodriguez. "Not just from a focus standpoint, but from a rest standpoint. Kids can practice and also get their sleep. Guys (at schools on semesters) are studying late, they have an 8 o'clock class, and they aren't getting as much rest. The schools that don't have classes until mid-September, their guys get to rest after two-adays and have more time to heal their bodies."

Twenty-one teams in The Sporting News' Top 25 are on semester systems, including preseason No. 1 Oklahoma. The Sooners start classes on Aug. 26, four days before their first game, at Tulsa.

On the flip side, Top 25 schools Ohio State, Washington, Oregon and Oregon State are on quarter systems. Ohio State students won't begin classes until Sept. 25. Washington, Oregon and Oregon State don't begin until Sept. 30. By the time the

Buckeyes, Huskies and Ducks start packing their backpacks, they will have played four games and the Beavers five-all without the distraction of a single syllabus.

Since 1990, the Buckeyes have lost just four August or September games-vs. Southern California in 1990, at Washington in 1994, vs. Miami in the Kickoff Classic in 1999 and at UCLA last season. Though a great deal of that success can be attributed to playing soft foes, the fact Ohio State players are able to focus on football is a factor.

"I think (the quarter system is) a great advantage," says Northwestern Coach Randy Walker, whose school has quarters. "When I was at Miami (Ohio)-a semester school-within a 10-day period, you would have started classes and also started practice. I thought it was very demanding and unsettling.

"It was especially hard on freshmen. Their whole world is turned upside down at the end of August. They are making new friends, starting the hardest classes they've ever had, playing football, playing games. At Northwestern, they have time to

(See CLASSES, page four)

Missouri State (Oct. 19) and Southern Illinois (Nov. 16) will both kickoff at 1:30 p.m.

Western returns 46 letterwinners, including 17 starters, from last year's squad that finished 8-4, 5-2 in the GFC. The Hilltoppers have qualified for the NCAA I-AA playoffs each of the last two seasons and in three of the last five years.

Georgetown College linebacker Jason Kinner has been back home in Paintsville over the past couple weeks. Kinner could start for the defending NAIA national champs in the fall.

Marshall University backup center Joey Stepp has also been back home in his native Martin County. Stepp was helping promote an Inez youth football organization during his time

MODIFIEDS

Stewart beats old rival for Modified victory

THE ASSOCIATED PRESS

THOMPSON, Conn. -Winston Cup star Tony Stewart won a Modified race at Thompson International Speedway on Wednesday night, beating old rival Teddy Christopher in a photo finish.

Tony Stewart is fifth in Winston Cup points. Credit: Autostock

Stewart, in the area for the Winston Cup race Sunday at New Hampshire International Speedway, drove a car borrowed from Ed Partridge after an engine failure.

"I told everybody that if I got close to him at the end, that I would put him away," Stewart said. "We may have

had a few bad times back in 1997, but there are few drivers I've raced against who have as much God-given talent as Teddy Christopher.'

The 20-lap race, hyped as a grudge match between the rivals, featured 10 lead changes before Christopher passed Stewart on the 19th lap, only to see the advantage vanish at the finish.

"So much for all the prepublicity," race said Christopher, the NASCAR Weekly Racing Series national champion. "All we wanted to do was go out there and race hard. Have some fun and see what happens. I'll be a gracious host and give him the win."

THE FLOYD COUNTY TIMES

NWTF offers insight on fires branches. This can lead to and improve forestland and

SPECIAL TO THE TIMES

As the wild fires in the West start to smolder, families and wildlife are left with ash

remains and little reason to believe it won't happen again.

'We've lost over 400 homes and half a million acres in our area. A home burned 300 yards from where my family and 1 live," said Dusty Parsons, president of the National Wild Turkey Federation's White Mountain Merriam's chapter in

Waltrip

have to really believe it can happen. Confidence over my career is something I've probably lacked the most because I saw the reality of the situation.

"A lot of times in my career, I've been more concerned with who was behind me instead of who is in front of me," he added. "Now, I don't care who is in my mirrors, they're not going to pass me."

The hard, cold numbers of his career no longer bother Waltrip, either.

"If I can run off 10 or 12 wins over the next couple of years, my numbers wouldn't look very different from a lot of other cats."

But based on reviews from

Busch series drivers who raced

on the track in May, the

widened surface in the turns

has most of the field excited

and well-conceived plan," said

Jeff Burton, who competed in

the Busch race. "Without total-

ly changing the racetrack, it

was as good of an attempt as

they could make and I think it's

Ken Schrader and Kevin

"It was a well-thought out

Hampshire

about Sunday's race.

going to work."

Arizona

Family homes and wildlife habitat have been the victims of tragic wildfires in the West, and now the importance of fire and habitat management has never been greater.

'Over 95 percent of the people here understand that prescribed burns can prevent major fires from happening, but the forest service gets caught up in court so often with groups who are not in favor of proper management," said Parsons.

The NWTF supports the use of prescribed fire, combined with other forest management Continued from p3 tools and techniques, to restore

BASEBALL

wildlife habitat. When properly used as a management tool, prescribed fire benefits wildlife and land.

Recently, the Colorado State Chapter of the NWTF donated a four-wheel drive all-terrain vehicle to the Colorado Division of Wildlife. The ATV will be used in the application and monitoring of prescribed burns on the 8,000 acres of Mt. Evans State Wildlife Area. Prescribed burns help reduce the amount of plant matter that can easily start and fuel a forest fire. These burns also help the forest to regenerate and develop.

"Prescribed burns and timber management have been the best tools in the toolbox where wildlife management is concerned," said project originator Ralph Matzner, of the Colorado Division of Wildlife. "A lot of times when we are finishing our cleanup of a prescribed fire, we have elk and turkeys on the perimeter eating in the underbrush.'

Matzner says that a number of the forest fires that are raging across the country could have been reduced, even prevented, with a sound prescribed burn program.

Excessive amounts of fuels

make it difficult to effectively manage fire in some areas. Varying weather conditions make the forest floor susceptible to devastating fires when high fuel levels are present and unmanaged for long periods of

"It's important that we allow our public land managers to actively use prescribed fires and other techniques in areas that are vulnerable to the intense and damaging fires we're seeing out West," said Joel Pedersen, NWTF wildlife biologist.

The lack of fire in an ecosystem can result in a build up of fuels like pine needles and dead unnaturally intense and destructive fires. Over time, pine needles build up on the forest floor and the bottom layers become dry tinder. When ignited, this type of fire is difficult to control. But controlled burns that are carried out when moisture is present, make for a burn with less heat and susceptibility to spread.

"If you can mimic a burn that took place naturally in the forest's history, the likelihood of a beneficial burn is much higher," said Pedersen.

Harvesting timber is another way to manage controlled burns. Because stands of trees are thinned, fires cannot spread from one tree to another.

Controlled burns are just as important in Eastern forests. Trees with less wildlife habitat value such as maple and sweet gum compete with hardwoods like oaks. But Forest Service officials can use cut-and-burn procedures to manage for better oak regeneration. In the past, forest fires benefited the entire forest ecosystem because their frequency and intensity was

(See NWTF, page five)

Reds find no peace pitching to Reese

by ALAN ROBINSON ASSOCIATED PRESS

PITTSBURGH — Jimmy Anderson couldn't have had a good feeling when Pittsburgh manager Lloyd McClendon came charging toward the mound in the first inning.

Aaron Boone and Adam Dunn had just walked in succession - exactly the kind of can't-find-the-strike zone pitching that caused McClendon to sixth. pull Anderson in the third inning Friday in Milwaukee, even with the Pirates leading in a game they would win 9-2.

This time, McClendon only meant to assure Anderson that he wasn't coming out, even if one more ineffective performance would tie him with Milwaukee's Ben Sheets for the NL lead in losses.

"I should have screamed from the dugout, 'I'm not taking you out,"' McClendon said. "I just told him I wasn't taking him out, that it was his game regardless of what happened, so he should find a way to get it done."

For a change, he did.

Anderson (7-10) gave up a run on Sean Casey's infield single, but shook it off to limit the Cincinnati Reds to two runs and four hits over seven innings in the Pirates' 6-3 victory Wednesday night.

Pokey Reese backed up Anderson's best start since a complete-game 5-1 victory in Cincinnati on June 16, with a two-run single in the second and a two-run homer in the

The Pirates improved to 6-1 since the All-Star game after losing 13 of 19 going into the break. The Reds' three-game winning streak ended as Ryan Dempster (5-10) made his second consecutive ineffective start since being traded to Cincinnati by Florida.

MOTORSPORTS

Anderson's effort, by contrast, couldn't have come at a more opportune time. The left-hander was winless in five starts overall while struggling with an 1-8 record and 7.79 ERA at PNC Park. "When Mac came out, I

(See **REDS**, page five)

Hendrick to assist in launching minority-owned team

by JENNA FRYER ASSOCIATED PRESS

CHARLOTTE, N.C. - Sam Belnavis and Tinsley Hughes sat in a conference room at Hendrick Motorsports going through a stack of paperwork that set the groundwork to making them owners of a Winston Cup race team.

Despite their familiarity with racing and their experience in business dealings, the two had

always been on the outside. Belnavis and Hughes are both black men, a rarity in a sport that has long been dominated by white Southerners. Both are determined to break the barrier and succeed in fielding a full-time race team.

With the help of car owner Rick Hendrick, they just might.

Hendrick has agreed to help the group launch BH Motorsports, a team that aspires to run a full season in 2003. He'll show the duo his blueprint for being a successful team owner and help with everything from engines and parts to sitting in on meetings with potential sponsors.

Hendrick, who already fields Winston Cup teams for drivers

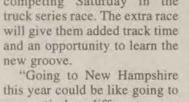
black group fielding a Cup team. Hughes was co-owner with Thee Dixon of Mansion Motorsports, where they have sporadically fielded cars for Carl Long. Mansion Motorsports has struggled to make races this season - Long recently moved on and Hughes opted out to work on the deal with Hendrick.

"At Mansion, we were operating at zero. For us to even compete and make a race, that was considered a miracle," Hughes said. "That's why this alliance with Hendrick is so appealing. Maybe now we're not starting at zero."

The goal is to get BH Motorsports further than any other team with an all-black front office has gone. Joe Washington and Julius Irving, former NFL and NBA players who tried in 1997 to start NASCAR's first wholly minority-owned team, failed. Former NFL coach Denny Green said earlier this year he wanted to launch a team, but nothing has happened. Baseball Hall of Famer Reggie Jackson became partowner this year in a Busch series team, but that's not NASCAR's highest level and Jackson isn't even a full-time player. If history was the only indication, the odds would seem to be against Belnavis and Hughes. But with Hendrick's name associated, they've got a fighting chance. "These teams that tried before us and failed, it's all a matter of funding," Belnavis said. "This is an expensive sport and sponsors are hesitant to spend money, especially on people they aren't sure know what they are doing.

edge on the competition by competing Saturday in the

an entirely different race track," Schrader said. "They've widened the racing groove, which is going to make it easier to get around and easier to pass. I think the fans are going to see a completely different Harvick will attempt to gain an race."



Continued from p1

Tee Time Your best source for Golf news in the Bluegrass." Visit us online ww.teetimeinkentucky.com

Jeff Gordon, Terry Labonte, Jimmie Johnson and Joe Nemechek, says he's offered his help because it's time for NASCAR to diversify.

"NASCAR has become such a strong sport in the country and there are African-American fans out there," Hendrick said. "I just think it's really good for our sport and for the sponsors to bring in the element that we are missing and that we need, and that's an African-American team.

"Right now, I don't know of any two men who are better suited to be the ones to do it."

Both men have an extensive history in racing.

Belnavis, a native New Yorker, comes from the business side of racing. He was director of sports marketing when Miller Brewing Co. first signed on as a primary car sponsor in 1982 and has had a hand in the sport ever since.

Hughes, raised near a Virginia race track, has spent his time trying to become a successful team owner and until recently was part of the only other

"But with us, in the eyes of

(See HENDRICK, page five)

Classes

get their feet on the ground. They've made buddies, they know their way around and aren't lost."

Just about the only drawback to quarter systems is that the school year typically runs through July. With preseason practices starting up in August, players are faced with a short summer break. That is one reason why coaches such as Pittsburgh's Walt Harris prefer the semester system and its longer offseason.

There is a window of opportunity for those guys to get a fresh outlook on things, which I think is important," says Harris. "I think you need time away from football. We have a longer summer to get ourselves physically strong and in great shape for the season."

Continued from p3

Still, the chance in a quarter system to focus on football early in the season outweighs any freshness factor a semester scheme offers. Keep that in mind as you watch teams early on, especially Ohio State.

The Buckeyes figure to benefit most from their school's academic calendar. The early practice time will allow the defense to work on developing its cornerbacks. The team's coverage ability will be key in early-season games against Texas Tech and Washington State, which have strong passing attacks. Ohio State also can use the football-only period to hone offensive line chemistry and sort out, its running back situation. If the Buckeyes put the time to good use, a Big Ten title could be academic.

IRL drivers test Kentucky Speedway

SPECIAL TO THE TIMES

SPARTA - Indy Racing League drivers Robbie Buhl and Jeff Ward visited Kentucky Speedway on July 17 for a oneday test in preparation for the August 11 "Belterra Casino Indy 300" and upcoming circuit races in Nashville and Chicago.

Ganassi reported its best lap at 221.300 mph and Buhl was unofficially timed near the same speed. Both drivers bettered Indy 500 Rookie-of-the-Year Alex Barron's previous fastest test lap of 220.408 turned at Kentucky in May. The fastest IRL pole speed on record at the track is 219.191 mph, engineered by Scott Goodyear in 2000.

Ward, who is enjoying one of his most successful seasons to date, enters this week seventh in the series points standings after winning in Texas and posting a total of two-top five and five

top-10 finishes so far this sea- back we won't waste a (pracson. He said his move to Chip Ganassi Racing is making a difference in his on-track performance.

"I'm with a No. 1 team. The resources here are pretty incredible. Even some of the guys from the CART team are here helping engineering wise," Ward said. "I've had good cars every race. If we have any problems during the weekend we get rid of them quickly and move on.

"Basically, we're working on qualifying and race stuff. We don't have the engine that we'll be running here, this is pre-Indy stuff which is down quite a bit of horsepower. We'll have a couple miles an hour left when we come back. The car is comfortable, so we're just working on getting a good balance and all the numbers they want to read with shock settings and everything. When we come

Hendrick

the people who will be looking at our plans, they'll see a certain level of credibility because surely Rick Hendrick would not align himself with losers."

So Hendrick is doing what he can to help. One of the conditions for his assistance is that BH Motorsports help develop a grooming system for more blacks to break into the sport, Belnavis said.

As much as Belnavis and Hughes want to put a black driver behind the wheel of a Cup car, both know it's not possible anytime soon. In NASCAR's history, six black drivers made it to Winston Cup and none is currently on the circuit.

Bill Lester, a 41-year-old racer in the Craftsman Truck series, is the only black driver currently competing on one of NASCAR's top three levels.

Willy T. Ribbs was the first black driver to race at Indianapolis Motor Speedway when he ran in the Indy 500 in 1991. He's tried to compete on NASCAR's top circuits and spent last season in the truck series, finishing 16th in the final standings, but hasn't run a race this year.

And George Mack, who regularly competes in the Indy Racing League, this year became just the second black driver to compete in the Indy 500.

But there are few options for BH Motorsports now, something NASCAR CEO Bill France is well aware of but has struggled to correct.

"We've got a diversity program working," he said. "But this is a very difficult sport to get into. You don't play it in school."

A team on solid ground could handpick a driver and take years to groom him. BH Motorsports won't have that luxury and knows its first driver will be white.

"There just aren't any black drivers out there right now at this level," Belnavis said. "That's tice) session being too low or too high," the pilot of the No. 9 Target Chip Ganassi G-Force Chevrolet added.

Buhl, who missed the two races prior to the Indy 500 this season as a result of an injury, said his Dreyer & Reinbold Racing team is looking to gain-

NWTF

determined by the systems' natural readiness to burn. Now, certain special interest groups oppose active management, which includes prescribed fire and forest thinning. Prescribed burns produce smoke and can alter vegetation, which are concerns for residents in forested areas

"In the past, society was not willing to endure the short-term inconvenience for the long-term greater good,"

Continued from p4

something Rick Hendrick wants to see changed, so it will be our goal to help develop that side of it. Maybe it will be through a truck team or a Busch team, but hopefully it will happen."

And that's all Hendrick can ask for right now. While he hopes his assistance will help BH Motorsports meet its goal of fielding a team next season, he's a realist and understands that's a lofty goal that might be hard to reach.

thing he believes is long overdue.

other than we like these two individuals and we'd like to see our sport grow," Hendrick said. This is something we need to do in the NASCAR community - we need to make a commitment to growth and diversity."

ing the rhythm that generated three top-five finishes in 2001 and ways to improve on its current season's best 12th place finish. Buhl drove his No. 24 Purex/Aventis G-Force/Infiniti to a ninth-place finish in the "Belterra Casino Indy 300" last August after the car ran out of fuel during the final laps as it

said David Bunnell, National

Fire Use Program Manager of

the National Interagency Fire

Center in Boise, Idaho.

"People like things to stay just

the way they are, and so there

is a stigma placed against pre-

properly manage fuel levels,

this trend of uncontrolled,

unnatural wild fires will con-

tinue. It's not a question of

will the forest burn, but when.

support public land manage-

ment agencies in their use of

"He just told me I wasn't going

was speculation Anderson was

coming out of the rotation and

right-hander Sean Lowe was

going in. But, after McClendon

talked with general manager

Dave Littlefield, it was decided

Anderson would keep on start-

Anderson he couldn't keep

pitching the way he did to end

the first half of the season, when

he won only once in seven starts

more of me, and that he couldn't

afford to keep taking me out

after two or three innings," said

He told me he expected

between June 10 and July 12.

McClendon

Only a few days before, there

"Now is the perfect time to

fire,"

But, without efforts to

scribed burns."

prescribed

Pedersen.

anywhere."

ing.

But

"Since Indy, we've really struggled with being around at the end of the races, so we're trying to get our rhythm back," Buhl said. "The Infiniti guys have been giving us good power, but we haven't been around at the end, so we have to eliminate that as a variable. It's a

the NWTF and its support of

prescribed burns, call 1-800-

THE-NWTF or visit our Web

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Turkey Federation was found-

ed, there were an estimated

1.3 million wild turkeys and

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approximately 2.6 million

turkeys hunters. Since 1985,

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NWTF and cooperator dollars

About the NWTF: In 1973

site at www.nwtf.org.

matter of getting out here and doing miles, trying stuff, and getting our momentum back. That's just what we're doing."

He also was taking notes on the new surface at Kentucky Speedway, which he predicted will make for interesting racing during the "Belterra Casino Indy 300" in August.

Continued from p4

20,000 projects benefiting wild turkeys throughout North America.

The NWTF is a 450,000member grassroots, nonprofit organization with members in 50 states, Canada and 11 foreign countries. It supports scientific wildlife management on public, private and corporate lands as well as wild turkey hunting as a traditional North American sport.

For more information on the National Wild Turkey Federation, call (803) 637-3106, check out our web site at www.nwtf.org or e-mail questions to nwtf@nwtf.net.

Reds

If BH Motorsports gets a sponsor, a driver, shows up at a track and makes a race, Hendrick will be satisfied because it will be a start to some-

"We have nothing to gain

wasn't thinking he was going to take me out," Anderson said.

For more information about have been spent on over

said

told

Anderson, who didn't last longer than 5 1-3 innings in his previous five starts. "He said the team needed me to start pitching well."

At his new team, Dempster is starting to hear a similar message.

His second start with the Reds was only marginally better than his first, when he lasted only 3 2-3 innings in a 6-3 loss to Houston. Against the Pirates, he surrendered six runs in six innings.

"I got ahead of Pokey Reese 1-and-2 in the count and I didn't make him hit my pitch," Dempster said. "There's no excuse for that. If he doesn't hit that home run, we still have a chance to win."

So far, Reds manager Bob

Continued from p4 Boone is seeing the kind of pitcher he saw with Florida, despite Dempster's proven ability to pitch a lot of innings.

"I only saw him a couple of times with Florida, and I thought he was a little raw," Boone said. "He left a lot of pitches in the middle of the plate, instead of commanding his fastball, and that's what's happening here."

Reese's four-RBI game matched a career high. The second baseman spent five seasons with Cincinnati before signing with Pittsburgh.

"I was jacked up for this game," Reese said. "I was almost too high before it started. But I got through it."

> On the Net: www.mlb.com

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WELDERS

THE FLOYD COUNTY TIMES







HCC Upward Bound student has story to tell

By Amber Huff, Intern

I recall the day that Hazard Community College Upward Bound Coordinator Venetia Strunk came and talked to my class. I remember turning in an application and going to the interview. Most vividly, though, I remember my very first day at Upward Bound. I was nervous, to say the least, and not sure what to expect once I set foot on the college campus. Here I am, four summers later, on the brink of my last moments with the Hazard Community College Upward Bound Program. I can't even fathom what my high school years would have been like without being involved in Upward Bound.

I was, as a freshman, extremely anxious about beginning my career as a high school student. I felt I had enough to trouble myself with the extreme stress of college preparation.

However, being in this program helped me to tackle both. I was given advice about what classes to take, what tests I shouldn't miss, and how to deal with the pressure of my highly chaotic schedule. While my peers

waited until the end of their junior year to take the ACT, I had taken it every year, free of charge. Entering my senior year, I have already been on three college campus tours. I have also had the privilege of working with Evelyn Wood, the Public Relations Coordinator for the college for three summers. Now, I am given the opportunity to take college courses here on campus for free.

Not only has it been a great aid in my college preparation,

(See UPWARD, page two)

Technical campus to offer night classes

The Technical Campus of Hazard Community College will offer night classes beginning with the fall semester that begins Aug. 19.

Basic Automotive Repair for Beginners (Jack Hayes is the instructor), Basic Home Repair for Beginners (Mark Fields is the instructor), and Aromatherapy (Susan Goodson is the instructor) are three courses offered for those not necessarily looking for a career, but just the skills needed for their personal use.

All three classes will meet on Thursdays, from 6 p.m. to 9 p.m. at the technical campus.

The following classes will be also be offered: Basic Brick and Block Laying will be offered at the Breathitt Area Technology Center on Wednesdays from 6 p.m. to 10 p.m. Claude Gross, Breathitt ATC carpentry instructor, will be the teacher. Gross was recently named Teacher of the Year by a national professional organization.

Basic Plumbing will be offered on Mondays at the Knott Area Technology Center from 6 p. m. to 10 p.m. Patrick Goodin, princi



Floyd County students take a break during Alice Lloyd College's summer orientation.

ALICE LLOYD COLLEGE

Integrity and dedication make a difference

by Rachelle Burchett

Since the arrival of Dr. George D. Edwards as the third president of Prestonsburg Community College and the first CEO of the Big Sandy College District, significant positive changes have occurred. Dr. Edwards assumed his current post on November 13, 2000 and found numerous challenges awaiting him. Prestonsburg



n. Prestonsburg Community College had been without permanent leadership since July 1999 when Dr. Deborah Floyd retired as President. The college was in the midst of a comprehensive self-study process to seek reaffirmation of accreditation, the college's

enrollment was declining and months of negative publicity that resulted in several lawsuits had taken its toll on College

personnel. Additionally, the College's technology infrastructure was deemed incapable of supporting the numerous instructional and administrative needs and there was significant inefficiency in the employment of human resources.

Dr. Edwards brought nearly 20 years of instructional and administrative experience in community colleges with him as he assumed the executive level position in the

(See TECH, page two)

Hazard CC holds night •classes

Getting an education in the evenings is an excellent way for folks to work toward their college degree. Hazard Community College, Hazard Campus, will offer the following classes during the fall semester: Financial Accounting, Introductory Astronomy Lab, Introduction to **Business**, Small Business Management, Basic Ideas of Biology, Principles of Microbiology, Introductory Microbiology Lab, Consumer Lending, Human Anatomy and Physiology I, and II; Introduction to Computer, Medical Terms from Greek and Latin, Basic Public Speaking, Contemporary Economic Issues, Human Development and Learning, Foundation of College Writing I and II, Writing I and II, Survey of American Literature, Introduction to College, Physical Geology,

(See HCC, page two)

noids orientation

Freshmen and transfer students traveled to Alice Lloyd College in Pippa Passes, Kentucky, on Saturday, July 13th for ALC's annual Summer Orientation. Over 180 students visited campus.

The faculty and staff of ALC were on hand to provide informa-

tion and advice to the new students regarding financial aid, academics, the Student Work Program, and other related topics. Students were also introduced to many clubs, sports, and activities on campus. A student panel answered many questions from the group and was well received because of the student to student communication.

Academic advising was also on the day's agenda. Each student was assigned to a faculty member

(See ALC, page two)

Big Sandy District. He has served as faculty, worked with business and industry economic development, and continuing education, supervised faculty in both transfer and technical programs, and he has a history of always doing the right thing for students. Additionally, Dr. Edwards was a native of a community quite similar to that of Eastern Kentucky and he understands the culture of the Appalachian people. "I was the youngest of seven children and the first to attend college. I grew up in the coal fields of Southwest Virginia and my parents instilled in me the value of high ethical standards." Dr. Edwards also had connections to Kentucky having attended Berea College and Murray State University. He also began

(See CAMPUS, page two)

KHEAA Executive Director Visits ALC



KHEAA Executive Director, Dr. Joe McCormick, left, visits with ALC student Shawna Hall, of Floyd County, ALC Financial Aid Director Nancy Melton, and Robbie Shepherd, of Leslie County.

Alice Lloyd College hosted a special guest on their campus Wednesday, July 17th. Dr. Joe McCormick, Executive Director of the Kentucky Higher Education Assistance Authority (KHEAA), dropped by Pippa Passes to familiarize himself with Alice Lloyd College and its students. Dr. McCormick also met with Nancy Melton, ALC's Financial Aid Director and President of the Kentucky Association of Student Financial Aid Administrators, to discuss certain federal and state financial aid issues facing colleges and universities around the state. Dr. McCormick is responsible for administering state aid to Kentucky students such as CAP Grants, KEES Scholarships, and the KY Tuition Grants.

Changing Roles at PCC

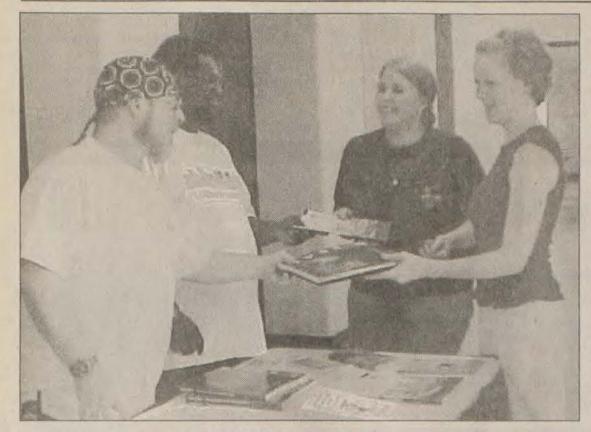
Changes are taking place at the Prestonsburg Campus. Christine Conley. previously the Director of Planning and Research will now be the Director of Grant Writing and Projects. Conley has been an employee of the College since 1996 when she accepted the position of Director of the Community Center for Life Long Learning. She was a 1970 graduate from Berea College and then went on to Syracuse where she received her Masters degree in 1973. Conley's exceptional writing skills were a primary factor in Dr. Edwards's decision to offer her the position of Director of Grant Writing and Projects. Along with grant writing Conley will also be working with the SACS accreditation and assisting Jean Dorton, Director of Institutional Advancement, in the capital campaign for the College. Conley has also been an integral part of the RCCI Committee and the Intuitional Effectiveness Counsel. Her dedication extends into the community where she has been actively involved in numerous community projects. Conley is excited about her new position, "I look forward to writing grants to enhance current programs and adding innovative ideas to the college as it continues to serve the community." stated Conley.



By Connie Hagans and Amber Huff, HCC Upward Bound Interns

Eastern Kentucky has been excited about the opening of the new Challenger Center on the campus of Hazard Community College. The purpose of the center is to introduce children to the concepts of math, science, and astronomy. This summer, the center has been packed with students of varying ages from schools in surrounding areas. Students from the Martha Jane Potter Elementary School in Letcher County have been frequent visitors this summer season.

"Last summer the kids came down for a week long camp and they were learning about the ISS (International Space Station Challenge) and they really enjoyed it," commented a staff member from Martha Jane Potter, Theresa Branhan. "They decided to come back for another week, and they learn different things each year. Many kids came last year and so they knew what it would be like. They have so much fun, when it is time to come home, they don't want to go. If I was a kid, I would like to do this because when I was growing up we didn't have any summer programs like this. I enjoy working with the kids." Volunteer from the school, Gale Murphy, agrees. "They really have fun. They learned how to guide a spaceship and directions. Each day, they learn something different from their task. When they first started, one person wanted to make all of the orders, but the kids started giving suggestions each day and they came together more as a team."



Choose to be an individual, not a number

"I am looking forward to Rodgers. Short attending classes this fall," says Tina Spradlin after she attended orientation at the Prestonsburg Campus. "Orientation was very helpful. Everyone made me feel very welcome."

Orientation and Compass testing took place this past week on the Prestonsburg Campus to get students prepared for fall classes. Carl Rodgers and Jim Short, both full time students and work-study employees in the counseling department, helped during orientation. "I enjoy helping in

orientation. I feel that by giving students the information that they need they will feel more comfortable when classes begin. I have been very impressed with the education that I have received here at the College and I like being treated as an individual not a number," stated

part of orientation. " This college has been great for me. Everyone is very cooperative, the small classes sizes make a great difference, and the faculty are so knowledgeable. Helping in orientation gives me the opportunity to impress on forthcoming students the value of this college."

Various speakers were made available to give short presentations in hopes to answer questions or concerns that students may have. The college wants every student to feel welcome and comfortable about the education they will be receiving and orientation is a good way to start. Ashley Hancock,

another student that took advantage of orientation agrees, "Orientation was very informative and all of my questions

were addressed. I chose this also felt privileged to be a College because it was close to home and I am glad I made this choice.

> Don't panic if you missed orientation or haven't registered for classes because IT'S NOT TOO LATE. Orientations are scheduled to take place August 5, 02 at the Prestonsburg Campus, August 7, 02 at the Pikeville Campus, and August 12-13, 2002 at the Mayo Campus. If you are still debating whether or not to attend college remember that the tuition is affordable, financial assistance is still available, and you will be able to attend classes at either of the four campuses. The friendly faculty and staff of the Big Community and Sandy Technical College District are waiting to serve you. For more information, call 888-641-4132, ext. 266.

Campus

his community college career at Hopkinsville Community College and he also worked with the Kentucky Department of Personnel in the 1970's.

Along with his vast experience, his strong connections to Kentucky, and his thorough understanding of communities similar to his own, Dr. Edwards has also provided strong leadership to solve many of the issues facing the Colleges in the Big Sandy District. A few of his many accomplishments are:

Successful reaffirmation of accreditation by SACS for Community Prestonsburg College and by COE for Mayo Technical College.

Revitalization of the workforce and economic development function for the region through the establishment the for Economic Center Innovation and increased staffing.

Enrollment for both Mayo Technical College and Community Prestonsburg College has grown by over 16 % since arrival.

The Technology infrastructure at the Prestonsburg Campus has been completely updated at a cost if approximately \$230,000.

A process improvement program has been implemented with significant changes in the registration, bookstore, finan-

Roles

Another long time employee, Mazola Salmons, previously the interim Director of Admissions and Records, has now accepted the position of Associate Dean of Student Affairs. Salmons graduated from Prestonsburg Community College in 1971and then continued her education at the University of Kentucky where she received a Bachelor's degree in 1973. The summer following Salmons' graduation she returned home, and began her many years of service to Prestonsburg Community College. While working at the College, she obtained a Master's degree in Vocational Education in 1978. This was only the beginning for her longstanding career at the college. While working as the secretary of the President she began teaching as adjunct faculty. Moving into teaching fulltime she continued as a faculty memcial aid, and advising process.

Improved the campus climate by initiating numerous new traditions to include employee appreciation events, honors programs to recognize the academic achievement of students, legislative reception, scholarship reception, and enhanced student activities programs.

Greater efficiency in the utilization of human resources particularly in areas where departments were understaffed.

Facility improvements to include renovation as well as new construction. Three new buildings are under construction in Prestonsburg and over \$7 million in renovation are underway at Mayo Technical College.

Curriculum revision and revitalization at all campuses. For example, the truck-driving program at Mayo Technical College now generates approximately \$1 million in revenue annually for the district.

A highly positive and successful transitional plan for consolidation of the two colleges with their four campuses with an eventual goal of single accreditation by SACS.

Dr. Edwards has personally visited nearly all regional high schools to discuss partnership opportunities and it is expected that the college's dual enrollment program will

ber for over 21 years. Other

titles that she held include

Coordinator of Student

Activities, Assistant to the

President, Director of the

Pikeville PCC Campus, and

Coordinator of Special Projects.

She has changed roles many

times and has continued to be a

tremendous asset to the College.

"In all of the years I have

worked at the College, I have

enjoyed watching the institution

grow as others take advantage

of the high quality educational

opportunities available here. As

Associate Dean of Student

Affairs, I'm looking forward to

meeting the children of the stu-

dents I taught during my earlier years!" Other staff changes

include the resignation of Dr.

Professor of Mathematics. Dr.

Dai has been a professor at

Dai,

Rui-xiu

Prestonsburg

Continued from p1 increase substantially as a

result.

"Much has been accomplished since my arrival in Eastern Kentucky and it would not have occurred without the dedication and hard work of the college's personnel. We have an outstanding group of employees who have been very willing to adapt and to always do what is right and what is best for the students. The future for our colleges is much brighter than it was a few short years ago and as long as we do our very best for the students we serve, we will be the educational choice for the citizens of Eastern Kentucky." stated Dr. Edwards.

Linda Lyon, the Director of Pubic Relations and Marketing for the Big Sandy Community and Technical College District added, "George Edwards is a man of integrity and honor. His dedication to education and concern for the students at Mayo Technical College and Community Prestonsburg College has been evident from the first day he came to our campuses. Leading the way through a consolidation is not an easy task for any CEO but he has shouldered the load admirably. With every decision it is evident that his guiding principle is to "put students first."

Continued from p1

years. The College wishes him well in future endeavors.

Gay Herrin, Division Chair for Humanities and Social Science, will be recuperating this fall semester due to injuries sustained during her vacation. She will be greatly missed and the College wishes her a speedy recovery. Taking her place as interim Division Chair will be Professor Bob

Looney. Congratulations also go to Myra Elliot who will serve as the new A.D.N. Coordinator.

The College welcomes Dr. Lance Angell to its campus. Angell has accepted the position as the director of Planning and Research and is expected to be on campus July 22, 2002.

GRIDAN, JULY 2

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Let us help you promote your **Back-To-School** Challenger

team."

"This is my second year of coming to space camp," student Tyler Short told us. "Last year, we were at the other Challenger Center and both are great. I have learned a lot about teamwork. Last year I was a team leader and this year I am a leader and a follower. I like the robot game where you sit in a chair and there is a camera and you're blindfolded and you tell people which way to go because people are telling you the directions and there is a pipeline that looks like the space station and you have to dock with the pipe.'

The Challenger Center is

E Continued from p1

HCC

History of the U.S. Through 1865, Drugs/Society/Human Behavior, Orientation to Early Childhood Education, Early Childhood Development, Literacy and Language, Life Science in Early Childhood Pre-Algebra, Education, Algebra, Elementary Introduction to Music, American Music, Human Nutrition and Wellness, Applied Physics, General Psychology, Spanish, Statistical Method, Introduction to Gerontology, and Juvenile Delinquency.

For when classes will be offered and more information, call Hazard Community College at 436-5721.

Community College for

Continued from p1

Associate

ALC

beneficial for summer recreation as well as educational purposes. Everyone involved thoroughly enjoys the time they spend with each other in this learning environment. The center will open for years to come to increase students' knowledge and to bring them together.

Upward

aid in my college preparation, but it has also helped to shape my personality and give me confidence. Through this program, I have met some amazing people who I am privileged to call my friends. I was once very introverted and shy (a difficult thing to believe) but the friends I have made in this program have helped me to come out of my shell and not be ashamed of who I am. They have given me confidence, strength, and new insight on life. When I have laughed, they have guffawed along with me and when I have cried, they've offered their shoulders. Besides this, Venetia Strunk, Eugene Hunley, and all the other staff members have become close to my heart in a way I would have never thought possible.

Upward Bound has been many things for me. It has helped me prepare for a future that is so uncertain. Mostly though, it has meant a new family for me. A friend jokingly referred to it as the "exclusive

for advising. Any questions that the student had were answered at this time. Class schedules, academics, and dorm life were just a few of the topics students were curious about. The day ended with a campus tour. For many it was their first time at Alice Lloyd College, and they learned much about the historical significance and rich tradition of the beautiful campus.

Classes will begin at Alice Lloyd College on August 22nd.

E Continued from p1

Continued from p1

Upward Bound" since there is such a kinship between us. I know that when I leave them in May, I will have to stock up on tissues. I am so glad that this new family has touched my life in such a significant way. Thanks to Upward Bound, I march forward, with a clearer picture of my future, and with a past full of enough great memories to last a lifetime.

Tech

Continued from p1

pal at the Knott ATC, will be the instructor.

Basic Property and Site Surveying will be offered on alternate Saturdays, beginning Aug. 24 from 9 a.m. to 4 p.m. Basic deed research will also be covered. Tom Watts, technical campus faculty member, will teach the class.

To register and for more information, call Elaine Cress at 436-5721, ext. 8310.





Now may be the time to rebalance your 401(k)

The stock market tumble has soured Mary Kovach's view of retirement plans. The

Long Island City, N.Y., resident has lost money in her 401(k), as well as about \$400 of

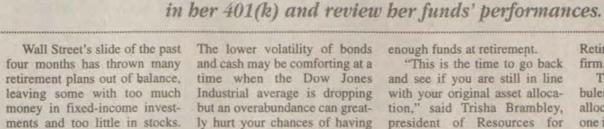
the \$2,000 she placed in a Roth IRA last year. placing 8 percent of her salary

by TAMI LUHBY NEWSDAY

No matter how much it hurts, experts say you must open your most recent 401(k) statement and see where you stand.

It may not make pretty reading with the value of some portfolios decimated as market indices touch five-year lows, but the time is right to make sure you stay on track to meet retirement goals.

Medicare



The lower volatility of bonds and cash may be comforting at a time when the Dow Jones Industrial average is dropping but an overabundance can greatly hurt your chances of having president of Resources for

enough funds at retirement. "This is the time to go back and see if you are still in line with your original asset allocation," said Trisha Brambley,

Retirement, a 401(k) consulting firm.

The first thing to do in a turbulent market is to look at your allocation strategy - or create one if you never got around to it.

This plan takes into account your age, risk tolerance and retirement goals and determines how much you should have in stocks, bonds and cash. Then, you need to make sure you still have the proper amounts in these investments.

Of course, nowadays some people are rethinking how much risk they can handle and still

(See 401(K), page four)

EMPLOY KENTUCKY OPERATING SYSTEM TEAM



Kentucky Department for Employment Services employees who won the DES Team Award were: back row, left to right, Tommy Wheatley, Bill Jones, Carty Parker, Larry Branham and Tom Baird. Middle row, left to right, Mindy Church, Kara Henson, Greg Dempsey, Gene Matney, Michele Belcher and Millie Mitchell. Front row, left to right, Sharon Burchett, Toddy Worley, Susan Hampton, Pam Kelbler and Tony Cagle.

Members of statewide initiative win team

Patton wants commission on growth to be like **Prichard Committee**

The Associated Press

FRANKFORT - Gov. Paul Patton says he wants to keep the issue of "smart growth" alive for years beyond his administration.

To that end, he challenged his Kentucky Progress Commission to cultivate enough private support to perpetuate itself, emulating another advocacy group, the Prichard Committee for Academic Excellence.

"This is a 20-year process. We need you all to be advocates, to be like the Prichard Committee," Patton told commission members Thursday.

The commission should embark on "a long-term mission to advocate for a better environment, a better business climate, a better

quality of life in Kentucky," Patton said.

The commission was created in conjunction with "smart growth" legislation Patton proposed but which the 2002 General Assembly declined to enact.

Patton wanted to use financial incentives to encourage local land-use planning and property restoration. He never completely shook the specter of state-mandated planning and zoning, however.

Patton said his work on planned growth, and a conviction that smart planning can lower the cost of living, prompted him to alter a goal he stated upon taking office in 1995: to raise Kentucky's per capita income to the national

(See PATTON, page four)

Federal agency presents award to state's vocational rehabilitation dept.

AND YOU

Donna R. Morton **Medicare Benediciary Outreach Coordinator** AdminaStar Federal

What is the Nursing Home Quality Initiative?

The Nursing Home Quality Initiative (NHQI) is a campaign to improve the quality of care in Nursing Homes. The Centers for Medicare & Medicaid Services (CMS) is conducting the campaign. This new initiative will hold nursing homes more accountable for the quality of care they give. Consumers can compare the performance of their local nursing homes by the important health care information provided as a result of the campaign.

Is NHQI being conducted in all states?

At the present time, NHQI is a Pilot Project in six states. The states included in the pilot project are Colorado, Florida, Maryland, Ohio, Rhode Island and Washington.

This initiative is expected to go nation wide by fall of 2002.

What measures are used to assess the quality of care provided in nursing homes in the pilot project states?

The nine measures used to assess the quality of care are broken down into two sections, Chronic Care Measures (associated with Long Term residents) and Post Acute-Care Measures (associated with Temporary or short stay residents).

Chronic Care Measures:

Residents who need more help doing daily activities

Residents with pressure sores (bed sores)

Residents who lost too much weight

Residents with pain Residents with infections Residents in physical restraints

Post-Acute Care Measures:

Short-stay residents who improved in walking

Short-stay residents with pain

Short-stay residents with delirium

Additional information about this initiative can be

(See MEDICARE, page four)

excellence award

by JARRID DEATON STAFF WRITER

FRANKFORT- Members of the Employ Kentucky Operating System team received the Kentucky Department for Employment's Service's Team Excellence

Award.

The 19-member team, which includes several Eastern Kentuckians, was recognized for its work on an automated system that will help DES to better serve its customers. The long-term project involved DES employees from across

the state.

DES employees Steve Allen of the Frankfort Central office and Margie Johnson of the Pikeville DES field office nominated the team for the award.

(See AWARD, page four)

CHAMBER NOTES



From left to right, Duane Jorgenson, Sherri Martin, and Judee Hale are welcomed as new members to the Floyd County Chamber of Commerce by Chamber President, David Tackett. The trio are representatives of CareAmerica of Eastern Kentucky.



Lynda Spurlock, left, AFLAC agent, is welcomed as a new member to the Floyd County Chamber of Commerce by Chamber President, David Tackett. Tackett serves as marketing president for Community Trust Bank.

Welcoming new members

By Regina Becknell, Executive **Director, Floyd County Chamber of Commerce**

The Floyd County Chamber of Commerce held its first "Eggs & Issues" Breakfast Meeting in hopes of increasing business-networking opportunities for Chamber members. Our President, David Tackett, Community Trust Bank, formally welcomed several of our newest members.

Spurlock, AFLAC agent, 2928 Hwy 122, Printer, KY 41655,606-285-9650. AFLAC is additional insurance that covers many costs that most medical policies do not; for example

deductibles, loss of earning power and other out of pocket expenses associated with an illness. These insurance policies fill the gap found in most primary insurance plans. AFLAC policies pay the insurance benefit directly to the insured not the

FRANKFORT - The Social Security

Administration recently recognized the state's Department of Vocational Rehabilitation (DVR) for maintaining a high average rate of federal reimbursement monies for placing people with disabilities into jobs during the last six years. The Social Security Administration presented its Associate

Commissioner's Citation to the department, which has been reimbursed by the SSA for a yearly average of 93 percent of its claims since 1996, when the program was established.

During the last six years, the Social Security Administration has reim-

bursed the department for a total of nearly \$10.4 million. When DVR helps consumers who draw federal disability payments find.

employment, those consumers no longer have to rely on the disability payments. The Social Security Administration then reimburses the department for its costs in placing disability income recipients into jobs. Recipients must be in the job for at least nine months and earn a minimum

monthly salary before the department can receive reimbursements. Reimbursement funds from

(See FEDERAL, page four)

James, KY Tourism Development Cabinet Communication Director. receives Tourism Certificate

Fred James, communications director of the Kentucky Tourism Development Cabinet, was one of twenty-one tourism professionals from across the Commonwealth of Kentucky to receive the Kentucky Certified Tourism Professional certificate at the 2002 Tourism Development Symposium held June 12-13 at the Holiday Inn - University Plaza, Bowling Green.

The Certification program is a one-year program offered by Western Kentucky University's (WKU) Continuing Education in cooperation with the Kentucky Tourism Council. The sessions are designed to promote a better understanding of the broad spectrum of activities that make up the market in tourism. While attending the certification sessions, participants are instructed by knowledgeable individuals in academia and the Kentucky tourism industry. Graduates of the Kentucky Certified

Will Snyder elected to **KRCC** Board of Directors

Hazard - Louise Howell, Ph.D., executive director of the Kentucky River Community (KRCC), recently Care announced the election of Knott County resident, William C. Snyder, for a four-year term to its Board of Directors. Kentucky

Medicare

Continued from p3

found in the Nursing Home Compare section of www.medicare.gov and in the Nursing Home Quality Initiative section of www.cms.hhs.gov.

Have questions about Medicare? Call 1-800-MEDICARE (1-800-633-4227), TTY/TDD 1-877-486-2048 (toll free for the hearing impaired), or visit www.medicare.gov on the internet

401(K)

sleep at night, said Keith Rauschenbach, vice president of consulting services at TIAA-CREF. While investors are worried, and many are calling their plan providers to voice their concerns, most end up sticking to their current strategy.

If you're weighing whether to make changes to your.401(k), here are general asset allocation guidelines from Financial Engines, a 401(k) advisory firm:

Younger employees who can tolerate more risk may put 70 percent of their 401(k) assets in large-cap equity funds, 15 percent in international and 15 percent in small-cap.

Patton

Continued from p3 average in 20 years.

"Per capita income alone is not the only measure of quality of life," Patton said. "The environment that we live in is very critical to the quality of life, and the cost of living is a very important corollary to per capita income."

River Community Care is a nonprofit organization and the regional behavioral health care provider and planning authority for community-based services in Wolfe, Lee, Breathitt, Owsley, Perry, Knott, Leslie, and Letcher Counties. KRCC provides mental health, mental retardation and substance abuse services throughout the eight county area.

Snyder is a graduate of the University of Louisville and the University of Louisville School of Law. During his practice as an attorney, he was active in many civil rights issues including employment sexual harassment, discrimination and wrongful termination. Although retired from the practice of law, he continues his community involvement by teaching various criminal justice courses at Prestonsburg Community College. He has exhibited a great interest in work-

A portfolio with average

risk, appropriate for those in

their 40s, might have 10 percent

in cash, 30 percent in bonds, 40

percent in large-cap equity

funds, 10 percent in internation-

al and 10 percent in small- or

should reduce their risk by plac-

ing 45 percent in cash, 30 per-

cent in bonds, 20 percent in

large-cap equity funds and 5

balances is to change future

contributions, rather than exist-

ing assets, financial advisers

say. While continuing to buy

stock funds with double-digit

negative returns might be tough,

remember that you are now

picking them up at bargain-

basement prices, said Alan

Kahn, president of AJK

market where people don't like

to buy things on sale," he said.

most people don't monitor their

401(k)s closely enough though

they should consider rebalanc-

ing once a year. A recent Hewitt

"The stock market is the only

Unfortunately, experts say,

Financial Group in Syosset.

A good way to shift your

percent in international.

Those closer to retirement

mid-cap.

ing with the KRCC substance abuse treatment and prevention programs. Recently, KRCC was awarded one of only eleven Robert Wood Johnson Foundation grants funded nationwide to help communities improve and expand substance abuse treatment and other services for young people in trouble with the law. This grant will allow KRCC to focus on early substance abuse interventions with the goal being to develop and implement new models for integrated systems of care that include treatment, judicial, and social services. Should you have any questions regarding adult, adolescent, or children's mental health programs, adult long term care, mental retardation/developmental disabilities, or substance abuse/prevention programs, call the KRCC Help Line at 606-669-9906, ext. 106.

Continued from p3

Associates study found only 19.5 percent of active participants made a trade in 2001, despite the wide market swings. down from 30 percent in 2000.

While that shows people are not panicking, it also means they are not rebalancing, said Lori Lucas, a defined contribution consultant at Hewitt. "They are just overwhelmed by the current market environment, which is extremely challenging," she said.

The stock market tumble has soured Mary Kovach's view of retirement plans. The Long Island City, N.Y., resident has lost money in her 401(k), as well as about \$400 of the \$2,000 she placed in a Roth IRA last year. placing 8 percent of her salary in her 401(k) and review her funds' performances.

Said Kovach, who is in her late 30s and works for an advertising agency, "I have to count on my 401(k) for retirement, but identified problems, made rec-I don't think it will be enough."

Federal

the SSA eare utilized for department's program services that DVR can use that money more benefit other consumers with disabilities.

Because of the department's high percentage of reimbursements, there is an added benefit: The Social Security Administration considers the processing of DVR's claims a high priority, which means the department receives reimbursements more quickly than states with a lower percentage of

Tourism

Tourism Professional program are vice with offices in Prestonsburg. eligible for the Kentucky Advanced Tourism Management Council is a 450-member Professional program. statewide association representing all sectors of the state's travel

The Kentucky Tourism Professional Certificate Programs coordinator, Sharon Woodward, of WKU, was pleased with the number of participants in the inaugural class. "We are so pleased with the diversity of representation from within the tourism industry," she said. "Western Kentucky University is honored by the continued relationship it has had with the Kentucky Tourism Council...a relationship that enables us to contribute to the continuing education of Kentucky's tourism industry professionals."

James is a native of Floyd County, having served for several years as director of the Prestonsburg Tourism Commission. He and his wife, Linda, are the owners of LJ Productions, a local television ser-

Award

"They worked long hours, many spending long periods of time far from their homes, to ensure that a new automated system known as the Employ Kentucky Operating System would evolve into a system that would allow DES to provide services to its customers more effectively and efficiently," wrote Allen and Johnson in their nomination.

The team conducting testing, ommendations for changes, and defined ways the system could be utilized. They also created manuals and aids, and provided statewide on the system.

reimbursements. In turn,

"This whole program is a win-

Department

of

swiftly to help individuals with

win for the citizens of Kentucky

and this nation," said Bruce

Vocational Rehabilitation com-

missioner. "By placing people

with disabilities into jobs, they

are paying federal, state and local

taxes and thus contributing to the

tax base. In addition the Social

The Kentucky Tourism

Crump,

disabilities obtain employment.

The Employ Kentucky Operating System members include Sharon Burchett, Prestonsburg; Kara Henson, Belcher, Harold; Michele Pikeville; Mindy Church, Susan Hampton, Ashland; Keibler, Corbin; Pam Millie Mitchell, Louisville; Frankfort; Larry Branham, Frankfort; Toddy Worley, -

Continued from p3

Security Administration is no longer paying them monthly benefits.

"Then there's the value of employment to individuals we've helped - you can't begin to put a price on that," said Crump.

The Department of Vocational Rehabilitation, a Cabinet for Workforce Development agency, assists Kentuckians with disabilities to achieve suitable employment and independence.

E Continued from p3

industry. The Council's mission is to unite Kentucky's second largest industry through governmental interaction, communication and education.



Gary P. West, left, chairman of the Kentucky Tourism Council, presents Fred James with his Kentucky Certified Professional Certificate.

Continued from p3

Louisville; Tony Cagle, Henderson; Chris Donahue, Greg Cincinnati, Ohio; Dempsey, Frankfort; Cary Parker, Bowling Green; Tommy Wheatley, Elizabethtown; Gene Matney, Cambellsville; Bill Jones, Louisville; Tom Baird, Lexington; Gary Wise, Louisville; and Allie Carney, Union.

The team accepted its award during the department's annual dinner in Lexington on June 20.

Notes

hospital or doctor. Policies are developed based on each individual need and pay regardless of any other policy in force. Contact Lynda Spurlock today to discuss your AFLAC needs.

CareAmerica of Eastern Kentucky, Mr. Duane Jorgenson, Mrs. Sherrie Martin and Mrs. Judee Hale each reprethis organization. sent CareAmerica of Eastern Kentucky is a new medical facility soon to open its doors in the area. They will provide personal attention to patients needing such services as infusion therapies, oral prescription services, and mail order pharmacy and respiratory care. CareAmerica is geared to assist in the increasing need for home health services. A specially trained staff of certified nurses will train patients and families on these and other special needs services. For more information contact Mrs. Judee Hale at 285-9140.

Members enjoyed breakfast. at the park, while getting to know other members. The Chamber will be holding quarterly breakfast "Eggs & Issues" Meetings, noon Membership Meetings and evening "Business After Hours" meetings in the weeks to come.

The next scheduled "Eggs & Issues" Breakfast Meeting is October 9th, 7 to 9 a.m. at the Jenny Wiley State Resort Park Lodge. August 13th,

Continued from p3

ThunderRidge Entertainment Facility will host a "Business After Hoursî to tour members and give them upcoming event information such as "Chamber Day at the Races" set for September 7th. Our next scheduled 12-noon Membership Meeting is September 9th at the Jenny Wiley State Resort Park The Economic Lodge. Development Committee will be organizing this presentation; Mr. Dennis Dorton, Citizens National Bank, will chair.

The Chamber is currently in the process of composing our Floyd County Resource Guide Magazine. This magazine is distributed throughout the county (educational venues, local business locations, etc.), to new relocating citizens and businesses and is used as source material on Floyd County at all local (conferences, etc.) and state events. We are very pleased to have our publication showcase our county at the Kentucky State Fair.

For more information on the Floyd County Chamber of Commerce, our events or the Floyd County Resource Guide Magazine, contact the Chamber office (886-0364) or check out our website for information on the Chamber benefits (HYPER-LINK "http://www. floydchamber. com" www.floydchamber. com).

The Chamber serves as a great networking tool for any business.

People know Pueblo for its... Snarry Web Site? Famous Hot Salsa? (www.pueblo.gsa.gov) In Pueblo, the free government information is also hot. Dip into the Consumer Information Center web site, www.pueblo.gsa.gov. Or call toll-free 1-888-8 PUEBLO to order the Catalog. Sorry, salsa not available through our web site or Catalog. U.S. General Services Administration



Kentucky Department for Employment Services Commissioner Jim Thompson, right, presented the DES Employer Achievement Award to Otter Creek Correctional Center Warden Randy Stovall, center, at the department's recent annual awards dinner in Lexington. Debbie Allen, left, manager of the Prestonsburg DES office, nominated the company for the award.



Kentucky Department for Employment Services Commissioner Jim Thompson, right, presented the DES Customer Satisfaction Award to Paula Branham of the Prestonsburg DES office at the department's recent awards dinner in Lexington. Debbie Allen, left, manager of the Prestonsburg DES office, nominated Branham for the award.

Johnson resident, Floyd employer win state awards '

FRANKFORT - Paula Branham of Williamsport recentreceived the Kentucky Department for Employment Service's Customer Satisfaction Award.

Branham, an employment services specialist in the Prestonsburg DES office, was recognized for her excellence in meeting customer needs. In addition to the Prestonsburg office, Branham is the sole employee in the Paintsville DES satellite office, which is open two days a week.

Prestonsburg DES Office Manager Deborah Allen nominated Branham for the award, saying, "She is a team player, always willing to go the extra mile to help customers and coworkers. She consistently handles more job orders than any other employee in the Prestonsburg office."

"When management offered

to assign some of her job orders to other staff, she declined the help, saying that her knowledge of the Paintsville employer community would make her better able to match job seekers to those openings," Allen said.

Branham, a 12-year state employee, has also taken on additional duties with great suc-

"When the Prestonsburg office failed to meet federal veteran's performance standards, she was assigned the duties of working with veterans seeking services from the Prestonsburg office. She quickly brought the program from the bottom to meeting all standards, and the veterans really enjoyed working with her."

Branham accepted her award during the department's recent annual awards dinner in Lexington.

Also receiving an award was

Otter Creek Correctional Center 217 applicants referred to them of Wheelwright.

Otter Creek received the Kentucky Department for Employment Service's Employer Achievement Award.

Otter Creek Correctional Center was recognized for its with partnership the Prestonsburg DES field office and for its promotion of DES services. Otter Creek is a privately owned and operated 656-bed medium security facility for male adult offenders.

Prestonsburg DES Assistant Office Manager Patty Carroll nominated the company for the award, saying, "Since Otter Creek Correctional Center's opening in 1993, the Department for Employment Services has had a positive and professional working relationship with the center's management staff. As a result of job orders placed with our agency, Otter Creek has hired

since 1999.

"Not only has Otter Creek impacted the area's economy with its significant number of hires but they have always been a willing participant when called upon by our office.'

Otter Creek Correctional Center Warden Randy Stovall accepted the award at the annual dinner.

"Otter Creek is proud and honored to win this award. The partnership between Otter Creek and the Department for Employment Services has been a great benefit to the facility," said Stovall.

Services offered by the department include recruitment, screening and referral for employer job openings and job search assistance for people looking for jobs. DES is an agency of the Cabinet for Workforce Development.

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Here's a riddle: What is round, hovers on a thin cushion of air, spins like a top and even plays music at the touch of a button? Give up? You'll find out the answer when you make these two simple, clever toys with your kids.

BALLOON-POWERED HOVERCRAFT

Remove the twist-nozzle top from an empty plastic mustard or white household glue bottle. Wash and dry the entire top.

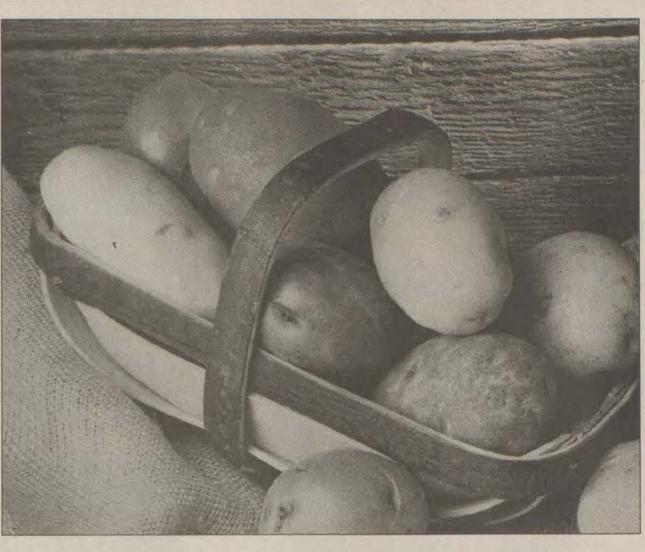
Using a low-temp glue gun, attach the base of the nozzle top over the hole of a discarded



CD. Let dry.

Pull the lip of a mediumsize balloon over the nozzle portion only and tape it in place with electrical tape. Make sure you create an airtight seal.

To play with your new toy, twist the nozzle into the open position. Put the opposite side of the CD up to your mouth and blow through the hole to inflate the balloon. When the balloon is inflated, quickly twist the nozzle into the "closed" position to trap the air inside the balloon. Place the CD, hole side down, on a flat surface, such as a large table or



Sunday

In praise of potatoes

by Philomena

Corradeno

We all know someone who goes along quietly doing a good job without praise or recognition. So it is in the vegetable kingdom. Take the potato. It's taken for granted while for centuries it has served the world with no praise.

Today I give you a simple baked dish with an Italian cheese accent, and an Ecuadorian patty that is usually served with a peanut sauce, Salsa De Mani. If using leftover potatoes, it's a good idea to reheat them to soften, and you may need to add a little hot milk.

TRIPLE CHEESE POTA-TOES

3 tablespoons butter or margarine 1/4 cup dry bread crumbs 4 medium potatoes (about 1 1/3 pounds) 1/2 cup hot milk

- 1 egg yolk 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1 cup grated mozzarella cheese
- (about 1/4 pound)

over potatoes. Top with remaining potatoes and layer of remaining cheese. Top with Parmesan and bake 35 to 40 minutes or until golden brown. Makes 6 to 8 servings.

LLAPINGACHOS

(Ecuadorian Potato Patties) 2 tablespoons butter 1/4 cup olive oil 1 medium onion, chopped 3 cups unseasoned mashed potatoes 1/4 cup flour

1/4 cup minced fresh Italian parsley Salt and pepper to taste 1 cup grated Muenster or Monterey Jack cheese

Heat 1 tablespoon butter and 1 tablespoon oil in skillet. Add onion and sauté over medium heat until golden. Cool. Add onion to mashed potatoes along with flour, parsley, salt and pepper; mix until well-blended. Form into 8 equal portions and shape into balls. Form

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► Family Fun • C5

> Praise the Potatoese C5

Inside

Sunday, July 21, 2002

Dear Diane... Mother of a freak

DEAR DIANE:

Our 16-year-old daughter, Ginger, who was always a good student and a very good kid in general, came home the other day with her hair dyed bright pink.

I was shocked - and virtually blinded. I asked Ginger why she would do something

like that, and she said it's the style because of Kelly Osbourne from MTV.

I told her that was no reason and that I wanted her to do whatever she had to do to get her hair back to normal right away, but she told me

I just don't know why my daughter would do this to herself and to her family. What can I do to make Ginger look normal again? Please help!

- MOTHER OF A FREAK IN MORRIS-TOWN

DEAR MOTHER:

There is nothing you can do to change Ginger's hair color short of knocking her out and taking her unconscious body to a hairdresser

And whether you agree or not, Ginger DOES look normal - to other teenagers. If I were you. I'd be more concerned if your daughter weren't making some effort to conform with the rest of her peer group.

There hasn't been a younger generation yet that hasn't worn clothes or a hairstyle that didn't shock their parents.

This is just a phase Ginger is going through. In another few months, there will be another person on television or in the movies or in a magazine with a look Ginger will want to emulate. Roll with it. Buy some film for the camera.

When Ginger does grow into womanhood, the both of you will look at the pictures you take of her in her teen years and laugh your heads off.

10 years of alcohol abuse can scar liver

DEAR DR. DONOHUE:

I am a 41-year-old male who likes beer ---a lot. I consume between 15 and 20 12-ounce cans per day. I have been doing so for the past 17 years. My liver tests are fine. I feel fine. I don't drink on the job. I like the taste of beer, and it helps me relax. How long do you think I can have my cake and drink it, too? - M.L.

smooth floor. Twist the top open, give it a little push and, as the air in the balloon rushes out, watch it hover across the surface!

SHINY SPINNING TOP

Find a twist-nozzle top from an 8-ounce bottle of household white glue. Twist it into the "open" position and poke it through the hole of another discarded CD. Twist it into the "closed" position to secure the top to the CD.

Give your top a spin on the tip of the nozzle.

For extra fun, decorate the toy with a wooden bead glued over the hole on the opposite side and paint designs on the surface of the CD for a kaleidoscope of color as it spins.

Note: Guess the answer to the riddle? It's a CD.

Write Donna with your questions and ideas at www.donnasday.com. Donna's newly released book, "Donna Erickson's Fabulous Funstuff for Families," is now available in bookstores nationwide.

(c) 2002 Donna Erickson Distributed by King Features Synd.

1 cup grated provolone cheese (about 1/4 pound) 1/2 cup freshly grated Parmesan (Parmigiano) cheese (about 2 ounces)

Preheat oven to 375 F. Spread 1 tablespoon butter on bottom and sides of 5-cup ovenproof baking dish or cake pan. Sprinkle with bread crumbs.

Peel potatoes and cut into quarters. Boil or steam potatoes until tender; drain. Mash potatoes with hot milk, remaining butter, egg yolk, salt and pepper to taste. Spread half of mixture in bottom of prepared dish. Combine mozzarella and provolone and sprinkle half

depression in each ball and fill with 2 tablespoons cheese. Mold potato mixture to completely encase cheese. Flatten each ball into 1-inch-thick patty. Heat remaining butter and oil in skillet; fry potato patties about 3 minutes on each side or until golden brown. Serve with Salsa de Mani (recipe follows).

SALSA DE MANI

(Peanut Sauce) 1/4 cup minced onion 1 clove garlic, minced

> (See BLOCK, page six) --------------

Summer pasta salad

Nothing could be as refreshing on a smoldering summer evening as a cold pasta salad just waiting for you in the fridge. When you're dog tired after a hard day's work, the thought of facing a hot stove is enough to push you into the drive-thru lane of a fast-food restaurant. It's a "cool thing" to have this salad on hand for just such a night!

SUMMER CHICKEN-SPAGHETTI SALAD

1 cup fat-free mayonnaise 2 tablespoons fat-free milk

I teaspoon dried parsley flakes 1/8 teaspoon black pepper 1/4 cup grated reduced-fat Parmesan cheese

2 cups cold cooked spaghetti, rinsed and drained

I cup diced fresh tomatoes 3/4 cup chopped unpeeled cucum-

bers 1/4 cup finely chopped onion 1 1/2 cups diced cooked chicken breast

In a large bowl, combine mayon

(See PASTA, page six)



by JoAnna M. Lund

ANSWER:

You are already past the stage when most heavy drinkers' livers have become cirrhotic

(scarred) and function poorly. Heavy drinking almost predictably leads to liver destruction in 10 to 15 years. Everyone



can point to an uncle or aunt who smoked from age 10 yet lived to be 99

and healthy. Such people defy the odds. They are rare exceptions. The same holds true for the amount of alcohol you consume. You have defied the odds so far, but the chances that liver failure will eventually hit you are great, even though signs have not yet appeared.

The fact that you can drink so much alcohol without falling on your face is not a good sign. It means you have developed a tolerance to alcohol. Such tolerance is often the preview of coming attractions - liver failure. Even normal blood tests for liver health can be deceiving. Don't bank on them to give assurance that alcohol is not taking its toll.

The last days of one who suffers from liver failure are not pleasant. The abdomen can become swollen with fluid. Muscles shrink.

(See HEALTH, page six)

Chicken Soup for the Soul: When did she really grow up?

Beverly Beckham (FROM "A SECOND CHICKEN SOUP FOR THE WOMAN'S SOUL")

Reprinted by permission of Beverly Beckham. (c)1998 Beverly Beckham.

Every night after I tucked her into bed, I sang to her, a silly song, a made-up song, our song. "Stay little, stay little, little little stay; little stay little stay little."

She would giggle, and I would smile. The next morning I would say: "Look at you. You grew. The song didn't work.'

I sang that song for years, and every time I finished, she crossed her heart and promised she wouldn't grow anymore.

Then one night I stopped singing it.

Who knows why. Maybe her door was closed. Maybe she was studying. Maybe she was on the phone talking to someone. Or maybe I realized it was time to give her permission

to grow. It seems to me now that our song must have had some magic, because all the nights I sang it, she remained a baby ... 4, 5, 6, 7, 8, 9, 10. They felt the same. They

even looked the same. She got taller and her feet

got bigger and some teeth fell out and new ones grew in, but she still had to be reminded to brush them and her hair, and to take a shower every now and then.

She played with dolls and Play-Doh. Although Candy Land was abandoned for Monopoly and Clue, across a table, there she still was. For years

she was like those wooden dolls that nest one inside the other - identical in everything

but size. Or at least that's how

I saw her. She rollerskated and ice-skated and did cartwheels in shopping malls and blew bubbles and drew pictures, which we hung

on the refrigerator. She devoured Yodels and slushies and woke early on Sunday mornings to

watch "Davey and Goliath." She never slept through the night, not at 10 months, not at 10 years.

When she was small, she'd wake and cry, and I'd take her into bed with me. When she got bigger, she'd wake and make her way down the hall, and in the morning I would find her lying beside me.

She used to put notes under my pillow before she went to bed. I used to put notes in her bologna sandwiches before she went to school. She used to wait by the phone when I was away. I used to wait at the bus stop for her to come home.

The song, the notes, the waking up to find her next to me, the waiting at the bus stop - all these things ended a long time ago. Upstairs now is a young woman, a grown-up. She has been grown-up for a while. Everyone else has seen this - everyone but me.

I look at her today, one week before

she graduates from high school, and I am proud of her, proud of the person not for her, but for me. There has been a child in this house for 25 years. First one grew up, then the other, but there was always this one ... the baby.

Now the baby is grown. And despite what people tell me - you don't lose them, they go away, but they come home again, you'll like the quiet when she's gone, the next part of life is the best - 1 know that what lies ahead won't be like what was.

I loved what was. I loved it when she toddled into my office and set up her toy typewriter next to mine. I loved watching her run down the hall at nursery school straight into my arms after a separation of just two and a



Books: "Why I'm Like This"

Why I'm Like This By Cynthia Kaplan (Harper Collins, \$23.95) **Reviewed by Cindy Elavsky**

When embarking upon the reading of an autobiography, and especially a humorous one, I always begin by asking, "What is there to like about and what is there to learn from this person?" After all, there are so many books out there just waiting to be read, why should one spend her time

Sam

& Dave

explain it all to you

by Samantha Weaver

and Dave Smith

My parents were divorced

when I was 6 years old. When I

was 7, my mom got remarried,

and "Bill" has been my stepfa-

ther now for 11 years. My dad

hasn't been around much, and

Bill has always been there for me

- he was my Cub Scout leader;

he helped me with school pro-

jects; he built me a tree house ----

he basically has been my dad.

Now Mom is divorcing him, and

lives is over now, and we should

forget about him and move on.

She doesn't want me to have any

contact with him at all, but I

Mom says that part of our

I don't know what to do.

DEAR SAM AND DAVE:

person?

To call Cynthia Kaplan uninteresting would be the biggest lie I could tell you about her memoirs, "Why I'm Like This."

Ms. Kaplan's slightly left-field understanding of the world around her, starting from middleschool summer camp and extending all the way through motherhood, is refreshing in its innocent clarity. Her view of 10-year-old Cynthia versus 30-year-old Cynthia varies only in physical

reading about an uninteresting age. She understands that no matter how old women become, they still feel very similar to the little girl who humbly played the supporting role while wanting to be the star. And in her own mind, she IS.

"Why I'm Like This" presents a well-rounded view of those people who affect Cindy's life: her gadget-guru father, her well-kept mother, her ailing grandmother, her tolerant husband and their miracle baby - the boy who finally makes Cindy feel popular.

Kaplan's easy way of speaking and nuanced writing style give her stories a wit and charm that is very hard to come by nowadays. Her writing can seem selfinvolved; however, this is not a bad thing. The reader will want to become absorbed in her life, to experience an average daily occurrence through the eyes of Cynthia Kaplan.

Books reviewed in this column are available at your local bookstore.

Feelings for stepdad not divorced

been a father to me, and I don't want to lose that. What should I do?

SAD STEPSON IN SALI-NAS

SAM SAYS:

Your mom is going through a rough time right now. Even though she's the one filing for divorce, it's never easy to throw 11 years of your life away, and I'm sure it's not as clean a break for her as she pretends. In order for her to get on with her life, it would probably be best for her not to see him, at least for the foresceable future.

However, what's best for her is not necessarily what's best for you. There is no reason for you to lose the great father figure you've grown up with. As long as Bill is willing - and from what you've said, I'm sure he is - keep in touch with him. If he

don't know if I can do that. He's will continue to live nearby, set up a regular date with him -have dinner once or twice a week, or go to a movie or a concert.

> Remember, though, that this will be difficult for your mother. Don't lie to her about it if she asks you if you're still in contact with Bill, but don't rub it in, either. Once she's had time to get over the divorce, I'm sure she'll be glad that you've kept such a good influence in your life.

DAVE SAYS:

You're 18 years old now, and it's about time you started making decisions for yourself. If you want to continue having a relationship with your stepfather, then by all means go for it. You didn't have a say when your mother married him, did you? No, you didn't. She made that decision based on her own needs. You need to do the same.

This doesn't mean, as Sam mentioned, that you should throw this in your mother's face. You don't need to keep your relationship a secret, but you also don't need to parade it around Mom. She has her reasons for breaking up with Bill, and it's up to her to get over it and move on. Continue seeing your stepfa-

ther. Include him in your life the same way he shared his life with you. It is obvious by your letter that this man was a positive influence in your upbringing. As you continue to grow into manhood, Bill's advice and support will become even more significant. Good luck.

Send letters to Sam & Dave in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475. Or email them at asksamanddave @mindspring.com.

The key to proper hydration is to consume water before, during and after exercise. A great goal to set is to be hydrated before the start of your exercise routine. Try drinking it throughout the day. Continue drinking water while

you're exercising to prevent yourself from feeling thirsty. And finally, after your workout is complete, consume even more water, especially if you feel thirsty. It is recommended that we

drink 8 cups (2 to 2.7 quarts) of water when consuming 2.000 calories a day. Additional consumption is necessary when exercising strenuously - which I know you all are doing!

Proper hydration is a com-

ponent often overlooked in fit-

weight). Water is a needed

nutrient and plays an impor-

joints and muscles. In addi-

tion, water aids in chemical

reactions in the body and rids

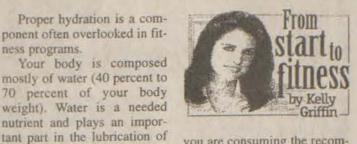
the body of toxins and other

ness programs.

wastes.

Keeping water with you at all times can make you more willing to drink it, especially if you're not a big water drinker. Have a water bottle at your desk, in the car, or on your nightstand.

A water bottle is a great way to keep track of how much water you have consumed. Set a goal to finish a filled, 1-quart water bottle throughout the day. And once you've polished that bottle off, add more and more water until



you are consuming the recommended daily amount.

Exercising heavily in warm weather can cause the body to lose 1 to 2 quarts of water an hour through sweat (depending on your sweat rate). This can not only hinder your fitness program, but due to a possible rise in body temperature it could also lead to heatcramps, heat-stroke or even death.

Remember to bring a cool water bottle with you while exercising. Cool water will not only keep you hydrated but aid in keeping your body temperature down.

The results you receive will not only help prevent heatrelated illnesses, but will help you get closer to your fitness goals. Cheers!

Always consult with your physician before starting an exercise program. Andrea Renee Wyatt, M.S.S., C.S.C.S., is a personal trainer with an extensive background in strength and conditioning as well as therapeutic recreation. If you have a fitness or training question, e-mail Andrea at letters. kfws@hearstsc.com or write her in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-647.

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Each serving equals: 263

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Barbecue capitals of America

My dad used to say that there wasn't anything that couldn't be barbecued on a grill or dipped in barbecue sauce. I challenged him with peaches. He made a mighty fine peachbarbecue marinade for some chicken breasts that day, and I never doubted my dad's culinary daring again.

Of course, we differ on where to find the best barbecue. I say Memphis, Tenn., home of the king and a peculiar style of barbecued pork sandwiches, which involves coleslaw. He says Kansas City, Mo. After all, it is called K.C. Masterpiece barbecue sauce for a reason. But after further consideration, and a whole lot of research, it appears that there are several Barbecue Capitals of America. Five



Memphis, Tenn.

The only other contest as large or larger than the American Royal is Memphis in May. A weeklong celebration of the pit, which also draws an international audience. In any case, Memphis is truly the Pork Barbecue Capital of the World.

When it comes to beef brisket, there's no place like Texas for 'cue, and Lockhart has the Texas barbecue market locked up.

Lexington, N.C.

Perhaps it is the Barbecue Festival in October that brings in crowds of up to 30,000 each year, or maybe it's the dry rubs that the Carolinas are so famous for, but when a town of 17,000 residents has more than 15 barbecue joints, you know the food has got to be good.

Owensboro, Ky.

Two words: mutton and burgoo. At the International Barbecue Festival, you can sample both Owensboro's famous barbecued mutton and some spicy burgoo, which is like a barbecue stew. Mmmm.

Pasta

naise, milk, parsley flakes and black pepper. Stir in Parmesan cheese and spaghetti. Add tomatoes, cucumbers, onion and chicken. Mix well to combine. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Makes 4 (1 full cup) servings.

Block

Calories, 3 g Fat, 22 g Protein,

37 g Carb., 652 mg Sodium, 2 g Fiber; Diabetic Exchanges: 2 1/2 Meat, 1 1/2 Starch, 1 Vegetable.

Visit JoAnna's Web site at www.healthyexchanges.com

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translucent. Add garlic and sauté 2 to 3 minutes. Do noi allow garlic to brown. Add tomato; cook until softened and mushy. Add peanuts, mixing well. Slowly add enough water to bring mixture to sauce consistency. Season with salt and pepper to taste.

cities stand out, and here are the reasons why

Kansas City, Mo.

It is the site of the Annual American Royal Barbecue Contest, drawing worldwide crowds and claiming to be the largest barbecue contest - period. If that isn't entirely true, it has to be darn close. The contest is held in late October.

Lockhart, Texas

Actually, this city was proclaimed the Barbecue Capital of Texas in 1999 (by House Resolution 1024), but its bragging rights extend much farther than the Lone Star state.

Write to Your America in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or e-mail youramerica@hotmail.com.

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A snail can sleep for three years

In North America, some species of horned lizard actually squirt blood as a defensive mechanism. When this little lizard is cornered, it can squirt drops of blood from its sinuses into the mouth of whatever animal is attacking it. It seems that the blood has a repulsive taste to many predators.

It's possible to lead a cow upstairs ... but not downstairs.

According to the National Weather Service, you should squat on the balls of your feet if you are caught outside during a lightning storm. Evidently, this minimizes the risk from current rising from the ground as well as from a descending lightning bolt.

It was David Broder who observed.



"Anyone that wants the presidency so much that he'll spend two years organizing and campaigning for it is not to be trusted with the office.'

In the 17th century, bills of credit and other transactions related to the tobacco trade in North America were handled in London coffeehouses and taverns. The Bank of England got its start in Nag's Head Tavern, Createn Street, London, in 1694.

Women blink nearly twice as much as men

Most children learn pretty early that if you grab a lizard by the tail, the tail will break off. What's not commonly known is why: The broken-off tail will wiggle for a few seconds, thus distracting the predator and allowing the lizard time to escape.

A snail can sleep for three years.

The word "laser" is in common use, but few people know that it's actually an acronym: "Light Amplification by Stimulated Emission of Radiation.

Thought for the Day:

"To be ignorant of one's ignorance is the malady of the ignorant." -- Amos B. Alcott

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File swapping akin to public libraries

It seems that the attitude of the music industry toward the overprotection of their royalties on the Internet has crossed over to pockets of the publishing community as well.

Some time back I wrote that, based on current industry attitudes toward protection of sointellectual-property called rights, the idea of a public library would never get off the ground, had there never been public libraries

Sure enough, a British author Tim Parks wrote an op-ed piece The Guardian for (http://books.guardian.co.uk), questioning the practices of pubthat for every book borrowed, the author is "robbed" of a royalty.

In the piece titled "Lender Politics," Parks describes how his method of reading books - a method involving scribbling in the margins and underlining key passages - requires that he own

Parks also presents some fuzzy math (aping the music industry on the effects of online music trading) and concludes that new book releases should not even be in the library until a year, or five or 10 years, so as to protect the royalties of the author.

The arguments in favor of

lic libraries and implying Internet music sharing mirror those for the use of public libraries, and if getting more royalties is the goal in mind, Parks should be careful what he asks

for. Consider that someone who borrows a book from a library may enjoy it enough and go out and purchase it.

Consider that a borrower may read a book, enjoy it and recommend it to a friend, who might go out and buy it.

Consider that a borrower may determine the book would make an appropriate gift for a loved one, and go out and purchase it. Consider that the presence of a

book in a library legitimates and validates the author's work, which may boost sales.

Granted, all of these situations assume that the loss of the initial royalty, but that is a small price to pay, considering the far greater exposure the author gets from having his or her work in the library in the first place.

So, in essence, the argument in favor of Internet music sharing is not an assault on intellectual property, but is an argument in favor of public libraries.

Comments? Questions? Contact InfoLink at robertvogel@earthlink.net.

I tomato neeled seeded and chopped

or 2 tablespoons peanut butter

1/4 cup water

Salt and pepper to taste

Sauté onion in oil until

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Health

An innocent bump produces a large bruise. Veins in the esophagus can burst and cause a life-threatening hemorrhage.

Perhaps you are one who will beat the odds, but taking such chances is not a wise move.

The alcohol report gives the good and bad sides of drinking. Readers can order a copy by writing to: Dr. Donohue -No. 42W, Box 536475, Orlando, FL 32853-6475.

DEAR DR. DONOHUE:

Soup

My friend says that tobacco companies previously added drugs to cigarettes to make people addicted, and that is the reason they are paying millions of dollars in fines. I say that cigarettes are likened to addicting drugs, but no drug

was ever added to them. Who is right? - M.D. ANSWER:

You are right.

There is no need to add a drug to cigarettes. The nicotine they contain is an addicting substance in itself. Cigarettes are addicting, but they are addicting because of substances in the tobacco leaf.

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando. FL 32853-6475.

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half hours. I loved taking her to buy stickers and for walks and to movies. I loved being the one she raced to when she was happy or frightened or sad. I loved being the center of her world.

"Mommy, come play with me."

"Mommy, I'm home."

"Mommy, I love you the bestest and the widest."

What replaces these things?

"Want to see my cap and gown?" she says now, peeking into my office. She holds it up. She smiles. She's happy. I'm happy for her. She kisses me on the cheek and says, "I love you, Mom." And then she walks upstairs.

I sit at my desk, and though my heart hurts, I smile. I think what a privilege motherhood is, and how very lucky I am.

Look for our latest books, "Chicken Soup for the Teacher's Soul" and "A Second Round of Chicken Soup for the Golfer's Soul.'

Visit our Web site at www.chickensoup.com. To. submit a story for future publication, send it to P.O. Box 30880-K, Santa Barbara, CA 93130

1/3 cup peanuts, ground,

2 tablespoons olive oil



Celebrate Midsummer-Italian

Grilled Pizza Margherita 4 servings

- 1 10-inch prebaked pizza crust
- 1 cup Bertolli Olive Oil & **Garlic Pasta Sauce**
- 4 ounces fresh mozzarella cheese, thinly sliced

Fresh basil leaves, chopped

Preheat grill

On heavy-duty aluminum foil, arrange pizza crust. Evenly spread with pasta sauce; top with cheese. Cover loosely with additional foil. Grill over medium heat, rotating occasionally, 10 minutes or until sauce is hot and cheese is melted. Sprinkle with basil and serve immediately.

Farfalle With Herb-Marinated Shrimp 6 servings

- 1 pound uncooked, extra-large fresh shrimp, peeled and deveined, tails on
- 1/4 cup Bertolli Extra-Virgin Olive Oil
- tablespoons balsamic vinegar
- tablespoon lemon juice
- tablespoon finely chopped fresh basil leaves
- 1 tablespoon finely chopped fresh flat-leaf parsley
- 1 teaspoon finely chopped fresh oregano leaves (optional)
- Pinch crushed red pepper flakes jar (26 ounces) Bertolli Tomato & Basil Pasta Sauce, heated
- 1 box (16 ounces) farfalle or penne pasta, cooked and drained

To butterfly shrimp, with small sharp knife. slice down back of shrimp, almost completely through. Spread and flatten to form butterfly shape.

In shallow bowl, combine olive oil, vinegar, lemon juice, basil, parsley, oregano and red pepper flakes. Add shrimp; toss to coat. Cover and marinate in refrigerator 30 minutes.

Remove shrimp from marinade; discard marinade. Grill or broil shrimp, turning once, until shrimp turn pink.

Spoon pasta sauce over hot farfalle and top with shrimp. Garnish, if desired, with additional parsley.

VARIATION: Substitute 1 pound boneless, skinless chicken breast for shrimp. Marinate and grill as above until chicken is no longer pink. Serve sliced chicken over hot farfalle.

"hat more perfect day to celebrate nature than on summer solstice, the longest day of the year. For centuries. Italians in the heart of the Mediterranean region have dedicated many festive occasions to this time of year. Often centered around fire rituals that symbolized the sun's power, these midsummer night festivals celebrated the strength of the sun to encourage the growth of fresh foods in the upcoming season. To this day, Italian summer solstice rituals center around the philosophy of the

sun's ability to promote growth and renewal. To enjoy this unique and special day with family and friends, celebrate as the Italians do by creating a sophisticated ambiance and serving fresh, delicious foods that commemorate the fruits of the earth. With 135 years of experience in capturing nature's fruits at their freshest, Bertolli can help you create an authentic Italian-style eating experience. These simple, delicious meal ideas are made the Italian way, for the ultimate Italian summer solstice celebration.

The summer solstice marks the beginning of the tomato harvest, and who knows better than

Bertolli how important it is to collect nature's best. Bertolli Pasta Sauces are prepared with fresh tomatoes that go from vine to jar the same day and other flavorful ingredients like savory garlic and hand-selected basil. This means that every jar of pasta sauce is reminiscent of the fresh-from-thegarden flavor that is central to traditional Italian cooking.

This year, celebrate summer solstice or any other outdoor celebrations with freshness and flair by serving the following recipes. Present the chilled Italian-Style Gazpacho soup along with the Bruschetta With Portobellos for a colorful array of starters. Then serve the Farfalle With Herb-Marinated Shrimp and Grilled Pizza Margherita to provide a variety of enticing summer dishes for your guests to enjoy. Once the food is ready, all you need to enjoy a beautiful al fresco Italian celebration is a simple setup on your balcony, patio or backyard. Try some of these tips to add a touch of sophistication to your summer soirce, and know that with Bertolli Pasta Sauce you will have all that is necessary to turn this year's summer solstice into your own authentic Italian celebration at home under the summer sky.

Tips for Creating a Sophisticated

Midsummer Celebration

Preparation

- Incorporate some of nature's most brilliant colors into your summer solstice theme. Gather an assortment of fresh-cut flowers and perhaps a few select herb topiaries to decorate your buffet or patio table.
- · Use bright tablecloths or napkins and pair them with iridescent wine glasses.
- · Pour Bertolli Olive Oil over fresh, sliced vegetables picked straight from your garden or from your local farmer's market.
- Add fresh fruit to your favorite Italian red wine for a delicious fruity cocktail.
- · Make homemade lemonade using fresh lemons, sugar and icecold water.
- · For dessert, set out fresh fruit such as strawberries or raspberries with a warm chocolate sauce for dipping.

Celebration

- · Serve the recipes buffet-style to cut out any serving chaos.
- · Enhance the ambiance with your favorite Italian opera or guitar music.
- · As a keepsake, give each guest a set of sun-embossed gardening gloves and spade, tied together with a pretty ribbon.
- · Most importantly, take time to sit back and relax with family and friends and enjoy each and every flavor, texture and scent.

Italian-Style Gazpacho 6 servings

- 3 cups tomato juice
- 2 cups Bertolli Tomato & **Basil Pasta Sauce**
- 1 cup peeled, seeded and chopped cucumber
- 1/2 cup finely chopped green bell pepper
- 1/4 cup thinly sliced green onions
- 3 tablespoons tarragon vinegar or cider vinegar
- clove garlic, finely chopped
- tablespoons Bertolli Olive Oil 2
- 2 tablespoons finely chopped flat-leaf parsley
- tablespoon finely chopped chives (optional)
- 1/2 teaspoon freshly ground black pepper

In large bowl, combine all ingredients. Cover and refrigerate at least 4 hours. Serve chilled. Also terrific with Bertolli Vidalia Onion With Roasted Garlic Pasta Sauce.

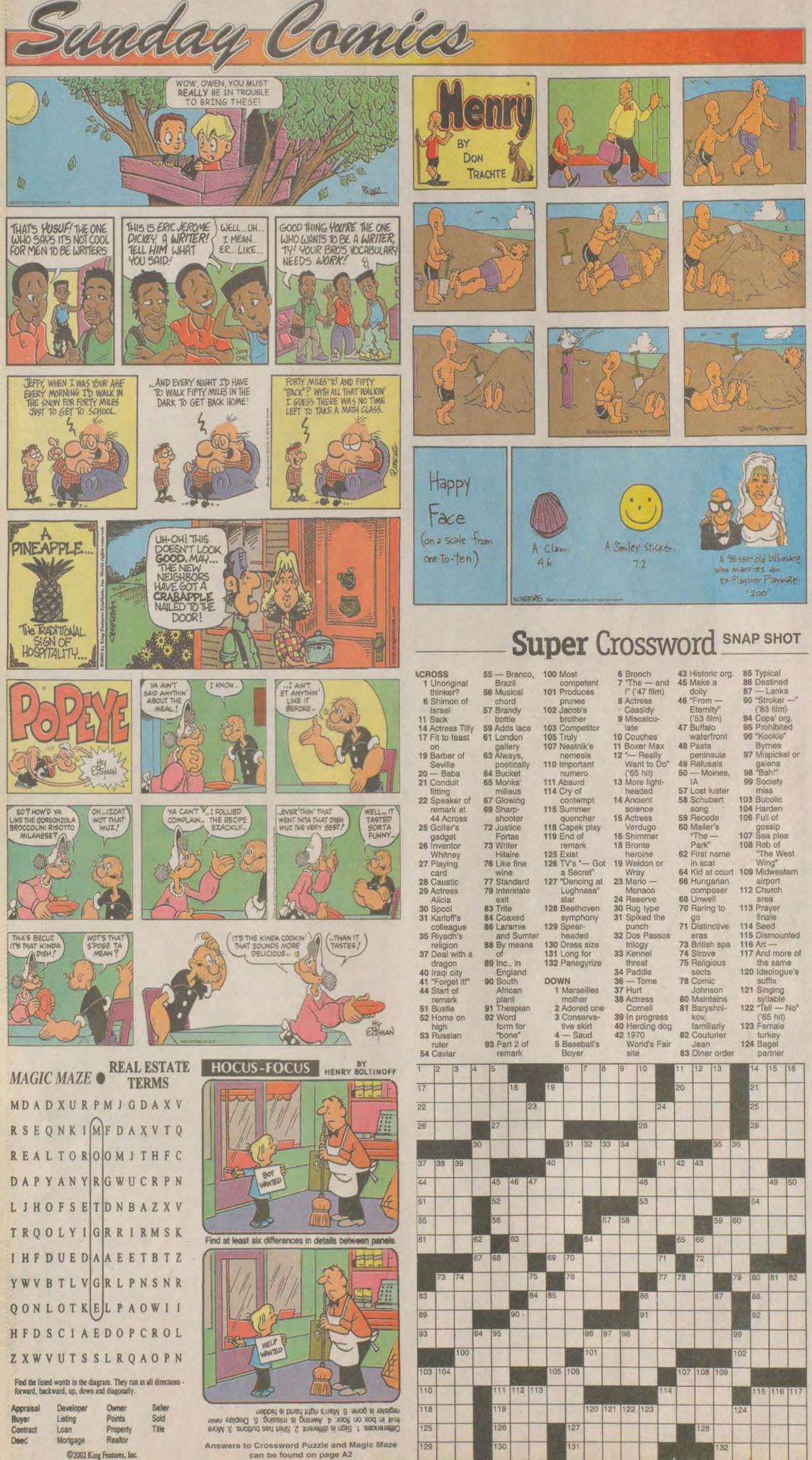
Bruschetta With Portobellos

24 servings

- 2 tablespoons Bertolli Extra-Virgin **Olive Oil**
- pound small portobello mushrooms, thinly sliced, stems removed
- 2 loaves French or Italian bread, diagonally cut into 3/4-inch slices
- large cloves garlic, peeled
- 1 jar (26 ounces) Bertolli Tomato & Basil Pasta Sauce
- Fresh ground black pepper to taste

In 12-inch skillet, heat olive oil over mediumhigh heat and cook mushrooms, stirring occasionally, 4 minutes or until tender.

Meanwhile, broil bread slices until golden; rub with garlic. Evenly spoon unheated pasta sauce over bread, then top with mushrooms and black pepper. Garnish, if desired, with sliced fresh basil.



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