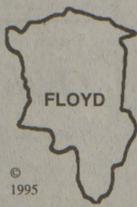


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MAYBE NEXT TIME
Viewpoint



The Floyd County Times

Prestonsburg, Kentucky 41653

Speaking of and for Floyd County

USPS-2027-0000
Volume LXVIII, No. 95 **75¢**

Meeting your needs...

Appalachian Regional Healthcare (ARH) offers a variety of home health services. ARH Home Health Agencies are located in McDowell, Prestonsburg, Pikeville, and Elkhorn City and provide home health services on a daily basis. Services provided include speech therapy, occupational therapy, physical therapy, IV therapy, nursing aide and other related services. For more information please call, 377-3404. Ms. Donna Thomas, Director of Home Health Services, McDowell, will be happy to answer any questions you may have.

Appalachian Regional Healthcare Inc., is a not-for-profit health care system providing Hospital, Clinic, Home Health and other related health care services in Eastern Kentucky, Virginia, and West Virginia.



Two who prompted probes indicted

Sheriff Thompson, Dale McKinney among six named in true bills

by Susan Allen
Staff Writer

You better be careful what you ask for, you just might get it. Two Floyd County men who asked for investigations into alleged government irregularities became targets themselves on Monday.

A special Floyd County Grand Jury returned six indictments, one against Floyd County Sheriff Paul Hunt Thompson and a three-count true bill against WMDJ radio sta-

tion owner Dale McKinney.

Thompson is charged with one count of willful neglect of duty for allegedly failing to properly account for tax receipts since January 1990. The charge is listed as a violation, not a felony, and could be remanded to district court.

Circuit Judge John David Caudill said Tuesday that the issue is under review to determine if the case will be heard in district court.

If the sheriff is convicted on the charge, there is no jail penalty involved, but he would have to vacate

his elected position, Larry Fentress, special prosecutor for the attorney general's office said Monday.

Over a year ago, Sheriff Thompson reported to the attorney general's office and the state auditor's office that he had discovered that approximately \$25,000 was missing from his office. Thompson asked both agencies to investigate the discrepancies.

Thompson declined to comment on the grand jury's report Monday, but he reiterated that he had asked for an investigation into the finan-

cial disparities in his office. Thompson added that the shortage will be approximately \$20,000.

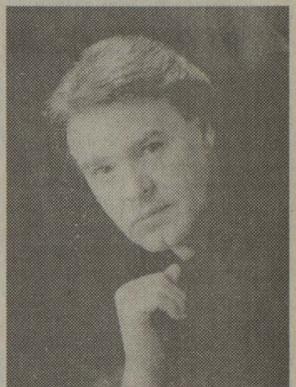
As for McKinney, he is charged with two counts of accepting cash contributions over \$100 in his bid for county judge-executive in 1993. McKinney is also charged with filing a false report with the Kentucky Registry of Election Finance.

After the May 1993 primary, McKinney filed a civil suit against Judge-Executive John M. Stumbo

(See **Indicted**, page twelve)



Paul Hunt Thompson



Dale McKinney

Feds are asked to take over inquiry

by Susan Allen
Staff Writer

A special grand jury investigating allegations of public corruption in Floyd County has asked the FBI to meet with officials in the state attorney general's office to determine if a federal probe into the county's solid waste program is warranted.

The grand jury, which was impaneled in May, issued its report Monday in Floyd Circuit Court.

The report noted that witnesses had testified about the county's solid waste program, but that jurors did not find "any evidence sufficient to warrant the issuance of any criminal indictments."

The county's solid waste program has been under fire since December 1993, when the solid waste board voted to double residential garbage rates.

In February 1994, Floyd County Sheriff Paul Hunt Thompson seized the commission's records based on a complaint made by then District Three Magistrate Tommy Neil Adams. Adams was concerned because the commission had not made monthly financial reports to the fiscal court for 18 months.

The special grand jury also heard testimony related to a no-bid contract awarded to Bizzack Inc. for \$470,000 for work at the Garth

(See **Feds**, page two)

Thief caught here sought in Johnson

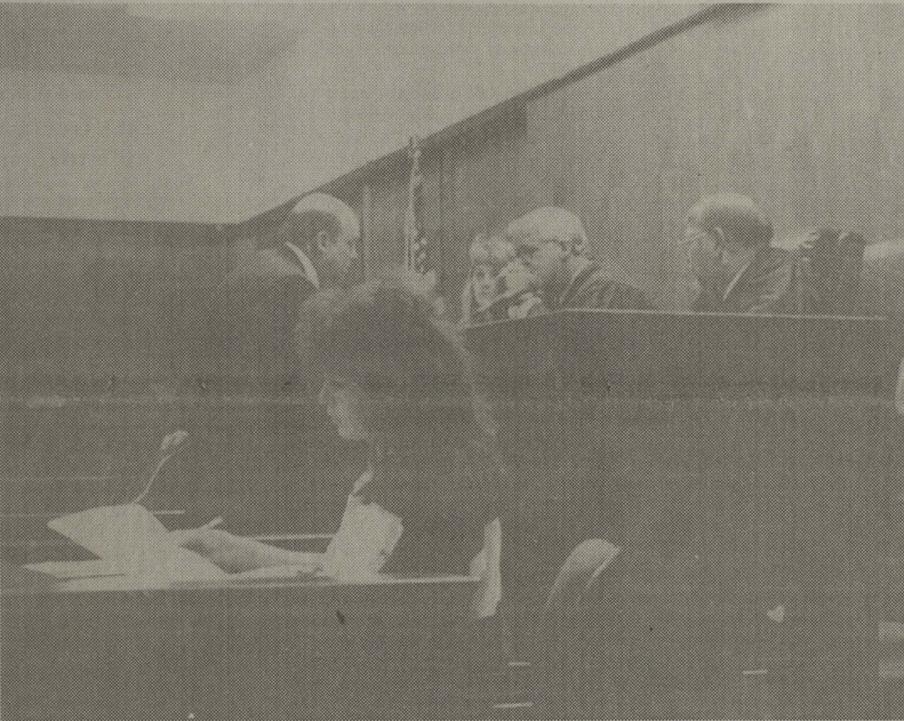
by Susan Allen
Staff Writer

A Martin County man who is accused of robbing Hopson's Jewelry in Prestonsburg is also the suspect in similar robbery in Paintsville.

Chuck Jennings, who owns C & C Video and Jewelry in Paintsville, said Monday that James S. Maynard, 25, of Debord, is the same man who robbed him a week earlier.

Jennings said he was told about the article in last Wednesday's Floyd County Times and he decided to come to the Floyd County Jail

(See **Thief**, page twelve)



Officials confer on indictments

Floyd Circuit Judges John David Caudill and Danny P. Caudill talked with Larry Fentress, special prosecutor for the state attorney general's office, Monday while a special grand jury returned indictments against six people. The special grand jury was impaneled in May to investigate allegations of government corruption; allegations of vote fraud; monies reported missing in the sheriff's office; alleged mismanagement of the county's solid waste department; and the county's E-911 fund. (photo by Susan Allen)

Council sends Center Stage ordinance back for rewrite

by Alisa Goodwill
Staff Writer

A liquor ordinance that would benefit one local business is being sent back to the drawing board after Monday night's Prestonsburg City Council meeting.

The second reading of the ordinance, which would benefit Center Stage by defining what a bona fide restaurant means, was postponed by city council members.

The original ordinance, approved in 1988, was amended to read that any establishment which serves food for consumption on the

premises continuously during its hours of operations and has a minimum seating capacity of 350 persons at tables may serve liquor by the drink.

"The question of whether or not if you as a city have the right to define a bona fide restaurant is yes," Frankfort attorney Catherine Staib, who is representing Center Stage, said.

State law pertaining to liquor sales defines a bona fide restaurant as one which is open to the public and has at least 100 seats.

"You have the ability to define what a restaurant is as long as you

don't go below the statute," Staib, who for 11 years worked for the Alcoholic Beverage Control (ABC) board, said. "Otherwise the definition belongs to you."

The statute states a license for alcoholic beverages by the drink shall only be issued to hotels or bona fide restaurants open to the general public having dining facilities for not less than 100 persons.

The Kentucky Administrative Regulations, which is not a law, but conform to the law, state the ABC board may issue retail drink

(See **Ordinance**, page two)

City council nixes Frazier as center exec

by Alisa Goodwill
Staff Writer

The Mountain Arts Center is scheduled to open in seven months, but after the Prestonsburg City Council meeting Monday the center may open without an executive director.

Prestonsburg City Council voted five to three against the Mountain Arts Center commission's recommendation to hire Gary Frazier, of Prestonsburg, as the center's executive director.

Council members Estill Carter, Hansel Cooley and Ralph Davis voted in favor of Frazier. Council members Robert Allen, Dick Clark, Billy Ray Collins, Paula Goble and Danny Hamilton voted against the recommendation.

Frazier would have been hired at a dollar a month for the first 12-months of his 24-month contract. The second year, Frazier would have been paid \$3,000 a month.

"There is no money budgeted," Carter said. "This council nor the commission put money in the budget for the position. He (Frazier) is the only one who was willing to work for free."

Paul Hughes, chairman for the commission, said the center should have funds for the second year.

The funds that are currently available to the Mountain Arts Center are tied up with the construction phase of the project, Hughes added.

"Operational funds may become available after the first of the year," Hughes said Tuesday. "It will be after we obtain funds that we can hire an executive director. That was a big part of the reason to hire Frazier at this time."

Frazier would have been an employee of the commission, not the city, he added.

"I just think the commission made a bad selection," Collins said Monday night.

"I believe we need to start this off right for the area," Collins said Tuesday. "It is terrible to hire a man just for a dollar month."

People in the community spoke with several council members and

(See **Frazier**, page two)

Guilty plea entered in bribery case

by Susan Allen
Staff Writer

A Prestonsburg man entered a guilty plea Wednesday to two misdemeanor charges of attempting to bribe witnesses in a case involving a Johnson County attorney.

Donnie Williams, 47, pleaded guilty before Floyd Circuit Judge John David Caudill to charges that he attempted to influence the testimony of two juveniles in favor of attorney Roger Toy Adams, who allegedly propositioned them for sex in the parking lot at Prestonsburg Village in November 1994.

The incident was investigated by Prestonsburg police officer Ricky Conn. Assistant prosecutor Dwight Stacy Marshall recommended that Williams receive a one-year sentence to be probated on each charge. Misdemeanor sentences are to run concurrent under state law, Marshall said.

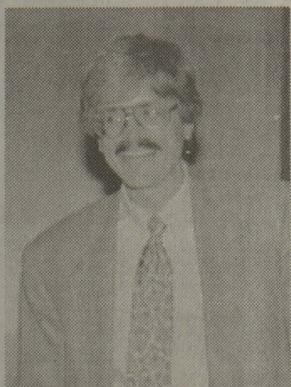
Marshall said that there was enough evidence to proceed with the Williams case even though charges against Adams were dismissed in October.

Adams was indicted earlier this year on two charges of promoting prostitution for allegedly offering money to the two juveniles in exchange for sex.

The charges against Adams were remanded to district court because they were misdemeanors and the cases were dismissed in October after a puzzling series of events in district court.

On September 14, the day before he was indicted by a federal grand jury on fraud charges, Floyd

(See **Guilty**, page six)



Bob Meyer will speak on regional development at a joint session of the Floyd County Chamber of Commerce and the Big Sandy Area Labor Management Committee.

Regional development to be focus of groups' joint session

Former Floyd County Judge-Executive Bob Meyer will speak to a joint meeting of the Floyd County Chamber of Commerce and the Big Sandy Area Labor Management Committee at noon Monday, December 4, at Jenny Wiley State Park. Meyer is a proponent of regional planning as a tool to stimulate the economy and promote growth in the Big Sandy area.

"It's the only way to go," says Meyer. "When key people work together, pooling resources, combining talents, the result is a more unified, productive business commu-

nity." Meyer referred to looming federal cuts as a threat to economic development in the area. "As dollars get tighter, the need increases for regional planning," he said.

Effective planning is based on accurate, adequate information, according to Meyer. He expressed a need to gather such pertinent information in the five-county area, assess the data, determine common ground among the counties, then prioritize needs. Such a process will lay the foundation for ongoing regional planning, he said.

The recent election ended Meyer's term as interim Floyd County Judge-Executive. He had served in this position for more than eight months, having been appointed after the death of former Floyd County Judge-Executive John M. Stumbo. Meyer refers to this period as a "learning experience," and says he has benefited from dealing with the many challenges and responsibilities of the office.

Meyer is affiliated with the

(See **Regional**, page two)

Ordinance

licenses for a restaurant if the restaurant receives fifty percent or more of its gross annual alcoholic beverage and food income from the sale of food and has a minimum seating capacity of 100 people.

Council member Estill Carter said he had a problem with the ordinance because the city attorney Paul Burchett has not been able to get an Attorney General's opinion

on redefining a restaurant.

"We may be capable of doing that, but we need to do it in a way that it won't rear its ugly head down the road," Carter said. "We need an Attorney General's opinion."

Staub said it takes a long time for an Attorney General opinion and the opinion does not hold the force

of law.

"We urge you not to wait for the opinion," Staub said.

Carter said he is not "anti-Clyde," but Center Stage owner Clyde Woods was put on notice a year ago.

"I don't think a deadline should be our concern and by your (Staub's) own standards to impose a deadline is not fair to us," he added. "We have a responsibility to Clyde, the town and to ourselves. I think it is important that we get an unbiased opinion on this matter," Carter said.

"This ordinance and definition needs to withstand down the road. We need to work with a percentage," he added.

Staub said a percentage is harder to reach with a large facility, but they would work with the city.

"The definition would be beneficial to Clyde Woods, that is not a secret, but the Attorney General is not going to tell you what the definition of a bona fide restaurant is," Staub said.

Staub suggested Center Stage could work with amending the ordinance again. The suggested amendment would read a bona fide restaurant is one where 25 percent or more of its gross revenue comes from the sale of food.

Council approved a motion to redraft the ordinance. The issue will be discussed at a special city council meeting held today, Wednesday, at 12:30 p.m. at city hall.

In other business:

- council approved a request from the Highland Avenue Freewill Baptist church could erect a sign of a guardian angel on the side of their Freedom Hall building, which is currently under construction.

- Mayor Jerry Fannin commended the fire department on the good work they have been doing on the EMS runs; the police department for being three for three on theft cases; and the street department for putting efforts out on recent projects.

- Council ratified the Mountain Arts Center management commission's recommendation to name the street beside the center as Hal Rogers Drive.

- Council will not hold the second meeting in December because

the regular date falls on Christmas Day. Fannin said if a meeting is needed a special one will be called.

Fannin and all council members were present.

(Continued from page one)

Frazier

(Continued from page one)

were concerned that Frazier was still involved with the board of education and would not have the time to put into this project, Collins added.

"I think the consensus of the council was a person who would work for free is not a valid qualification," Allen, who is also a member of the commission, said Tuesday. "With other candidates with more relevant work experience, I voted the way I did."

"A lot of people in the community told me they were not for it. I was elected to represent the people and in good conscience could not vote for him."

Council member Dick Clark said Tuesday that he agrees with Allen's statements and added that a \$6 million center needs to be run in a professional manner.

"I don't see that he (Frazier) brings to the table the necessary qualifications to fulfill this position," Clark said. "This is in no way a reflection on him, he is professional in education because that is his background. But he doesn't have what we need for this project and there are more qualified people out there."

Carter, also a member of the MAC board, said the commission needs input on hiring the executive director, especially since the center doesn't have any money.

"You are all of your own opinions," Carter said. "But when you vote down something that a committee works on, you need to give them an alternative suggestion."

"I don't want this meeting to end without everyone feeling the

burden to give suggestions. First, you shot the legs out from under people who put time into it and second, the Mountain Arts Center, is opening and we need an executive director.

"There is no use interviewing people who we can't afford to hire. We can't use city funds, because it is against the ordinance."

A city ordinance that created the commission states that the city shall not be liable for the payment out of the city's general fund for any salary of any person employed by the commission, which includes the executive director and the manager.

"Hopefully, by July 1 the center will be opened and we need an executive director," Hughes said Tuesday. "We really needed one the last three or four months. I thought we had solved the problem, but I guess not. This is just another one of the hurdles to go through."

Although city council voted against Frazier, the council ratified the commission's selection of Greg Crum as manager for the Mountain Arts Center.

Crum will work part-time as the center's manager and work full-time as the Kentucky Opry's stage manager.

Crum's contract was effective November 1 and he will be hired at \$500 a month for two years.

A special city council meeting will be held today, Wednesday, at 12:30 p.m. at city hall to generate possible solutions for hiring an executive director for the Mountain Arts Center.

WE DO COMMERCIAL COLLECTIONS

ALBERT A. BURCHETT
Attorney At Law
874-9701

This is an advertisement. Kentucky law does not recognize specialties of legal practice.

Ousley-Martin to exchange vows

Mr. and Mrs. Earl D. Ousley of Prestonsburg and Mr. and Mrs. Thomas Martin of Langley would like to announce the engagement and upcoming marriage of their children Teresa Elizabeth and John Thomas. Ms. Ousley is a graduate of Prestonsburg High School and



currently attends Eastern Kentucky University, graduating in the spring. Mr. Martin is a graduate of Allen Central High School, attended Eastern Kentucky University and Mayo State Vocational School. The wedding will take place on Saturday, December 16th at 4:00 p.m. at the Fitzpatrick Baptist Church of Middle Creek. The gracious custom of an open wedding will be observed. The couple plan to reside in Lexington, Kentucky.

Feds

(Continued from page one)

landfill in June 1992. Records and invoices related to the work performed by Bizzack cannot be located by current solid waste officials.

Former solid waste director Bob McAninch said the records were intact when he was ousted as director and that he had copies of some of the missing invoices in his personal files at home.

Sheriff Thompson took exception to McAninch's insinuation that those records were lost after the seizure.

Thompson said that the records that were confiscated were the files that were in the office at the time.

McAninch said former Judge-Executive John M. Stumbo awarded the contract to Bizzack but that the solid waste commission approved it. McAninch also said that there was no written contract detailing the work to be done by Bizzack.

Regional

(Continued from page one)

Area Development District Office as program director. He will return to the job after assisting the new administration in the transition period.

Members of the Floyd County Chamber of Commerce and the Big Sandy Area Labor Management Committee, as well as governmental leaders and the public, are urged to attend this luncheon. There is no charge; lunch is Dutch treat.

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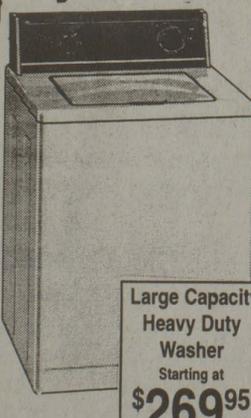
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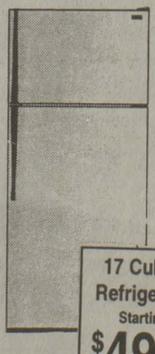
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You'll save 25% on this entire grouping in colors of Red & Blue, Grey & Black plus Red plaid jacket and Gray plaid.

Ladies Plus Size Silk Jog Suits
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LEGALS

NOTICE OF BOND RELEASE PHASE III

In accordance with the provisions of 405KAR 10:040, notice is hereby given that Coal Mac, Inc., P.O. Box 3428, Pikeville, Kentucky 41502 intends to apply for bond release on Permit Number 836-0082 Increments 1, 3, 4 and 5 which was last issued on 10-9-85. The application covers an area of approximately 181.42 acres located .2 miles west of Galveston in Floyd County.

The permit is approximately .3 miles southeast from KY 979 junction with Red Morg Branch Road and located .3 miles southeast of Teaberry. The Latitude is 37° 25' 30". The Longitude is 82° 37' 28".

The total bond now in effect is surety bonds for Increment 1, \$49,400; Increment 3, \$37,600; Increment 4, \$15,630; Increment 5, \$9,400 of which 100% is to be released which would constitute a Phase III release.

Reclamation work thus far performed includes: Backfilling, final grading, seeding, mulching, completed in December 1990 and January 1991. Results achieved include growth of vegetation as per the revegetation plan and the establishment of the post mining land use.

Written comments, objections, requests for a public hearing must be filed with the Director of the Division of Field Services, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601 by date 30 days from the last advertisement, which should be January 12, 1996.

A public hearing has been scheduled for January 16, 1996 at the Department for Surface Mining Reclamation Office, 2705 South Lake Drive, Prestonsburg, Kentucky at 2:00 p.m.

The hearing will be cancelled if the Department does not receive any public request within the time frame stated above.

W-11/22, 11/29, 12/6, 12/13

NOTICE OF INTENTION TO MINE

Pursuant to Application Number 836-0253, Amendment #1

In accordance with KRS 350.070, notice is hereby given that N.A.L.R. Coal Corporation, 26 Branham Heights, P.O. Box 3457, Pikeville, KY 41502, has applied for an amendment to an existing surface and underground coal mining and reclamation operation located 0.75 miles northwest of Grethel in Floyd County. The amendment will add 33.87 acres and delete 23.28 acres of surface disturbance and will underlie an additional 25.53 acres and delete 57.19 acres of auger making a total area of 251.74 acres with in the amended permit boundary.

The proposed amendment area is approximately 0.25 miles from Cr-1129's junction with KY-979 and is located along Tackett Branch. The latitude is 37° 30' 07". The longitude is 82° 40' 06".

The proposed amendment is located on the McDowell U.S.G.S. 7 1/2 minute quadrangle map. The surface area to be disturbed by the amendment is owned by Sarah Tackett, Wendell Stratton, John Mature Heirs, Gracie Hall, E.J. Parsons, Thurman Akers, Wilburn Akers, Evert Carroll, The Elkhorn Coal Corporation, and Curt Tackett. The amendment will underlie land owned by Sarah Tackett, Wendell Stratton, John Mature Heirs, Gracie Hall, E.J. Parsons, Thurman Akers, Wilburn Akers, Evert Carroll, The Elkhorn Coal Corporation, and Curt Tackett. The operation will use the combination contour and auger method of surface mining.

The amendment application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake Drive, Prestonsburg, Kentucky 41653. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601.

This is the final advertisement of this application; all comments, objections or requests for a hearing or conference must be received within 30 days of today's date. 1t

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REED ENGINEERING has an immediate opening for registered land surveyor. Apply in person at Reed Engineering, Coal Building, Martin; or call 606-285-9201.

PORTSMOUTH AMBULANCE SERVICE is now hiring EMTs for the Ashland/Portsmouth area. Call 1-800-732-6630 Monday-Friday from 9 am. to 5 p.m.

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HOUSE FOR RENT: Kitchen with stove and refrigerator; hardwood floors; central heat/air; two car garage. Rent \$450/month. \$250 deposit. 65 S. Evergreen, Lancer Addition, Prestonsburg. Call 886-6358.

FOR RENT: One bedroom apartment located at Allen. Call 874-0309.

HOUSE FOR RENT: Private. Enjoy nature in a woodland area. Three bedroom, carport. All the conveniences. \$325/month plus security deposit. Good references. Located at Bevinsville. Call 358-9763 after 5 p.m.

HOUSE FOR RENT: Three bedroom, one bath, large den. One mile from Paintsville on Depot Road. Water furnished. Electric heat. \$375/month plus deposit. Call collect, 1-803-957-5931.

APARTMENT FOR RENT: Nice. Spacious. Near Martin. Furnished or unfurnished. See to appreciate. Call 285-3980 or 874-0317.

FOR RENT OR LEASE: 80x40 building. Two floors. Near U.S. Post Office at Allen. Call 874-2600.

HOUSE FOR RENT: Three bedroom, two bath, fireplace, large den. Fenced front/back yards. City water, gas heat. Farm setting. Call collect, 1-803-957-5931.

ONE BEDROOM APARTMENT FOR RENT: Close to PCC and Highlands Regional. Must see to appreciate. Call 886-9291.

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CINNAMON CAN CAUSE MOUTH SORES

Cinnamon adds spice to many popular holiday recipes. But if abused, it also can lead to mouth problems, according to University of Louisville oral pathologist Richard Miller.

Miller says cinnamon can irritate the mouth's lining, causing a burning sensation. In extreme cases, ulcers or white spots can form in the mouth. The lesions can be confused with more serious conditions.

Miller says the sores aren't particularly common; the people most likely to have problems are those who rely heavily on cinnamon gum or candy to help stop smoking.

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Viewpoint

Wednesday, November 29, 1995



A 4

The Floyd County Times

Published
Wednesdays and Fridays each week

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ALLAN S. PERRY III—Publisher-Editor

Liberty of thought is the life of the soul—Voltaire

Maybe next time

by Scott Perry

Is that it?
No bodies?
No smoking guns?
No cloaks and daggers?

After six months of investigation by a special grand jury and a special investigator from the state Attorney General's Office, we get nothing special?

Yes, there were six indictments alleging various counts of wrongdoing.

One man was charged with putting gravel on private property.

Two people were charged with buying votes. Not enough, though. Both lost their races.

One former candidate was charged with improperly accepting campaign contributions and for filing a false report.

The only elected official accused of anything was the sheriff, and he was just charged with poor record keeping.

Not the kind of corruption we expected to see exposed after all

the sabre rattling and whispers that the courthouse was about to be turned on end. Not much of anything at all.

No discredit to jury members, though. They did their bit.

Maybe the next one will have something more substantial to work with.

Oh, there'll be another one.

There's always some sort of investigation going on around here.

Trouble is, they just seem to get us all dressed up then go no place.

Maybe these indictments will discourage others from traveling on the wrong side of the tracks.

Maybe they'll convince our would-be leaders to walk the straight and narrow.

Maybe they'll send a signal out to all those not-so-public public servants that somebody is watching them.

Maybe, though, they'll just prompt everyone to ask the same question.

Is that it?

—Letters to the editor—

Letters to the editor policy

Letters to the Editor are welcomed by the *Floyd County Times*. In accordance with our editorial page policy, all letters must include the signature, address and telephone number of the author. Letters must be received no later than 10 a.m. Tuesday for publication in Wednesday's issue and 10 a.m. Thursday for Friday's issue. Letters may be sent to Editor, The Floyd County Times, P.O. Box 391, Prestonsburg, KY 41653. Letters may be edited for clarity and length.

Age is only virtue of 'May outhouse'

Editor:

A volume of wish-think history has been written about the May House and the people who built and rebuilt it.

Some claim that slaves dug clay along the Big Sandy to make bricks for the house, while others dispute this.

It has been stated that Samuel May abandoned his family and went west to the gold fields of California; where he died in 1849, 1850, or 1851—take your choice.

Others claim that the house barely survived the neglect of the period 1850-1865. And still others claim or suggest that it did not survive intact and was literally built again using remnant materials following the civil war.

Simply stated, there is no definite history of the house. Yet, enough information exists to indicate that it has already been rebuilt more times than Michael Jackson's face is rumored to have been. So there is little to suggest that it is the original house built by Samuel May; built or rebuilt by Colonel Jack May or slept in by Lumber Jack May. And, if it could be established, what basic difference would it make?

The house, either in the sense of architecture or history that happened there, is not even remotely significant to our heritage or cultural development. Neither are Samuel May or Colonel Jack May.

With tongue in cheek, one could say that Samuel May, who abandoned his family for the gold fields of California, was a role model for the modern generation that abandoned their families for the richer digs of Detroit, Michigan, and Gary, Indiana.

Had young Jack May not been raised in a one-parent family without a father figure, perhaps he would not have joined that armed rebellion against his country.

When compared to the Mayo Mansion in Paintsville, the May House hardly rates consideration as an outhouse behind the servants quarters. Yet, the Mayo Mansion, operated quietly, but brilliantly as a school since 1945, is no tourist Mecca. How many Floyd County citizens have ever journeyed the 19

miles to Paintsville to tour the mansion? I will wager few.

Has any reader ever been caught in a traffic jam there, fighting for parking space with out-of-state tourists. Yet, the May House, a crude structure whose single virtue is age, is supposed to become a major tourist attraction. Perhaps on the same order as Thunder Ridge.

Which brings us to the most important question concerning major investments in the tourist industry. Why in the name of sanity would anyone want to build a tourist industry? It is possibly the worst economic base in civilized society.

Agreed, hotel and restaurant owners make out like bandits, but for the nameless, faceless workers of the tourist trade, it is an economic and social disaster—a socio-economic death sentence.

Most tourist jobs are exempt from the minimum wage and non-exempt wage earner laws. Thus, these workers rank economically with migrant farm workers and illegal aliens.

For these tourist workers lucky enough to get the federal minimum wage, three family members in a family of four must work full-time to approach—not get past—the federal designated poverty income level for a family of that number.

Few tourist jobs offer medical insurance, sick leave, paid vacation or any other amenity associated with quality industrial jobs. Tourism impacts on an area with transit people, greatly increasing the demand for police, roads, hospitals and public facilities, generally without adding a dime to the tax base that support these institutions.

Repeatedly, studies have shown that the tourist industry has been a social and economic disaster for a whole class of people in Tennessee, Georgia, North Carolina and other sunbelt states.

It has fostered the return of the servant class, the wage slave, of 19th century England. Tourism has done for these people what the coal industry has done to our people—used the sweat of their brow to generate great wealth for absentee owners. We have already been down that road and once is enough.

My most fervent prayer has always been that God will send us able leaders, men and women, that will speak honestly to us; tell us

what we must do, and lead us out of the quicksand we are in.

Throughout our history in Floyd County, we have been plagued with leaders as sorry as any rogues in history. Not one politician or other leader in my living memory has ever said, "I will work with you and for you. Together we will build good roads, good schools, lay water lines to the homes of all our people; raise the job skills of our workers, etc...."

Not one politician or leader has ever told us that solving our problems will require hard work, sacrifice, good citizenship and more hard work to build the kind of county that will attract quality industrial jobs. No, we have been given so much pie-in-the-sky that it blots out the sun.

As an aside, I often try to imagine what kind of speech a Floyd County politician or leader would have given in place of Sir Winston Churchill's desperate challenge to the citizens of England. "I have nothing to offer you but blood, sweat, and tears..." Perhaps our fearless leaders would have said, "Relax folks, nothing to sweat. I will apply for these grants..."

I have no quarrel with the Friends of the May House. It is no doubt an enjoyable social organization of very talented people. Mr. Samuel Hatcher of Pikeville writes with the grace and dignity of a learned scribe. My argument is against the May House as a project that will cost upwards of \$500,000. Neither the house nor the builders or rebuilders, are significant to our history or heritage. It is no more or no less than an old house whose only virtue is its age.

Restoration of the May House bears about the same relationship to our needs as firing batteries of cannon during outbreaks of the plague did during the 18th and 19th century.

The flash and roar of the cannon did not ward off the plague. Neither will a thousand May Houses solve our problem. I would have been vastly more impressed with Mr. Robert Perry had he signed himself "President, Friends of a Sewer Line Up Corn Fork."

Lloyd Goble
Prestonsburg

(More Letters on page five)

Coffee Break

While many Eastern Kentucky counties are focusing on job development as a primary function of local government, Johnson County appears to be going to the dogs.

Word that officials have agreed to trade a county-owned building for property on which to construct a dog pound is a bit curious for a couple of reasons.

First, Johnson County already has a reasonably new animal shelter and, secondly, you would think that the potential for attracting new jobs would be more important than housing stray critters.

The county ought to be offering the rent-free use of the building, located on old Route 23 near the airport, to small businesses interested in starting up in the Big Sandy. Once a company gets its feet on the ground there, it could move to its own location and another could come in.

Those types of incentives have worked before.

It makes no sense to dispose of any asset that might encourage economic

development in Eastern Kentucky...for any reason.

And, while a dog may be a man's best friend, a job is a man's best hope.

With that said, we'll renew our call for the creation of a multi-county task force that serves the sole purpose of developing new opportunities in this neck of the woods.

That should include the purchase, development and marketing of industrial sites as well as a program to provide venture capital to promising entrepreneurs.

County governments must be the primary players since they have access to the resources, both financial and political, to pull off any regional economic development coup.

With an Eastern Kentuckian about to take charge in Frankfort, now is the time for us to take charge of our future.

Let's set aside county lines, partisan

politics and stubborn temperaments and shoot for something bigger and better.

This could be our last best chance.

Looks like we're going to be sending American troops to Bosnia, where ethnic clans have been killing one another since the turn of the century, presumably with the idea that we can stop the slaughter before the next century arrives.

That might not be so easy a task in a country where civil war is a tradition.

The president says, though, that we have vital national interests at stake in this mess and only Americans can make peace happen.

Well, maybe we do have a humanitarian duty to try and stop the killing of innocent people, including women and children, but national interests?

What national interests?

The Europeans have some national

interests at stake, sure, but what threat is a civil war in Bosnia to America?

If we are going to put American lives in jeopardy, let's do it for the right reasons...like cracking down on countries that are providing the drugs that are wrecking our own country from within.

Now there's a national interest for you.

In Bosnia we can, and probably should, be a temporary referee in a centuries-old blood bath. But these people hate each other for living and nothing we can do will change that fact.

The president's popularity is picking up a bit after his showing of backbone in the budget standoff and now with his get-tough stance in Bosnia, but a recent headline in the Bowling Green Daily News might suggest otherwise...

"Clinton Makes Domestic Violence Appeal To Men," the paper noted.

Translate that one for yourselves.

Letters

Asks for information on former best friend

Editor:
Many years ago I went to school with a girl named Virginia Phonex (I don't know if that is spelled right). She was my best friend all through school.

We wrote back and forth for years.

She married Isaac Click. They had two sons. The oldest was named Tilden.

Virginia visited me in 1957. We continued to write for awhile. Then all at once my letters were neither answered nor returned. I have worried and wondered so many times as to what has become of her.

I would appreciate any information you can give me.

Thank you so much. I didn't know where else to inquire.

Nora M. Drake
P.O. Box 57
Stoutsville, Ohio 43154

P.S.: She always called me 'Marie.' My maiden name was Parker.

Clinton responds to Matijasic letter

Editor's note: The following letter was sent to Thomas D. Matijasic, an instructor at Prestonsburg Community College, from President Bill Clinton in response to a letter Matijasic sent to the President about a solution to the situation in Bosnia.

Dear Thomas:

Thank you for writing to me about the situation in the former Yugoslavia. Now more than ever, the United States has an opportunity—and a responsibility—to remake American diplomacy and reinforce American security in a new world unburdened by superpower confrontation.

As I have consistently maintained, the best strategy to ensure our security and build a lasting peace is to support the advance of democracy elsewhere. Our commitment to democracy and human rights not only reflects our values, heritage, and cultural ties; it is also consistent with and reinforces our national interest.

From the beginning of my administration, the ideals of democracy, human rights, and free market reform have stood as pillars of the U.S. foreign policy, and I remain committed to promoting these goals. I hope I can count on your support as I seek to preserve the

security of our nation while helping other countries to enjoy the freedoms we hold dear.

Bill Clinton

Times readers lucky to have Ed Taylor

Editor:

Allow us to begin by saying what a thrill it has been working with Ed Taylor, sports editor of The Floyd County Times, for these last several years.

There are few people in this world who care about their job as Ed does, and it shows in each edition of this newspaper. The readers of The Floyd County Times are very lucky to have Ed. It is often easy to take someone for granted, but readers—and bosses—of this paper should make sure they don't assume he'll always be there.

We've said it many times these last several years, we wouldn't take double our current salaries to be the person to replace Ed Taylor. That person could work around the clock and not do the work he has done.

So as we leave, we say thanks to Ed Taylor, and pass along this friendly reminder to the readers of The Floyd County Times. Enjoy him while he's here. He won't be there forever, and he will never be replaced when he leaves.

Ed, it's been our pleasure.

Rick Bentley
Sports Editor
Appalachian News-Express
Elkhorn City

Jason Blanton
Former Sportscaster
WSIP Radio
Oil Springs

Letter-writers skill seems misdirected

Editor's note: The following is a copy of a letter sent to Robert Perry, president of the Friends of the May House, and sent to the Floyd County Times by fax.

Dear Friend:

Your recent letter, supported by the Floyd County Times reprint, sought a pledge to assist the May House program. I strongly favor that project, and enclose another small contribution. However, I'm sure you can understand that at my age I do not undertake any pledges; in fact, I'm always grateful that today is yesterday's tomorrow.

Surely something more stinging than your letter triggered the Floyd County Times letter-writer's black

powder blast at the May House!

It is regrettable that his manifested skill and artistry in the field of polemics has not been directed heretofore at some really threatening activities in local and state politics. Had he done so, our Floyd County and Kentucky images just might be now better. I wonder if, about 60 years ago, his kinsman, "Printer" Goble, would have released his boiling lead to set such a diatribe for publication in the Floyd County Times.

I shall send a copy of this letter, less enclosure, by FAX to your 'cousin'—distant, I suppose—Scott Perry for his or his readers' comments, if any. Nevertheless, to him and to you I send my best wishes.

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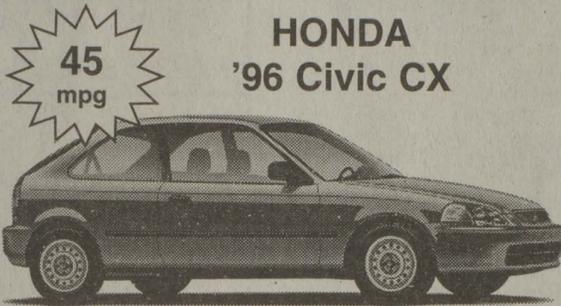
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The wedding of Miss Beslie Ann Roberts to Mr. Phillip Todd Tucker will be held December 2, 1995 at 5:30 p.m., at the First Methodist Church.

The gracious custom of an open wedding will be observed with the reception following in the Family Life Center. All friends and relatives are invited.

Johnson acquitted of theft charge after jury deliberates 20 minutes

by Susan Allen
Staff Writer

It took just 20 minutes Tuesday for a Floyd County jury to acquit a Prestonsburg man on a theft charge.

Luther Johnson of Prestonsburg was indicted in July 1994 for theft by unlawful taking for allegedly snatching a deposit bag from a branch of the First Commonwealth Bank. The bag reportedly contained \$2,600 in deposits by Ray Howard's Furniture Store in Prestonsburg.

In opening statements, assistant commonwealth attorney Dan Rowland argued that Johnson went to the branch bank on May 11 and took bank deposits totaling \$2,600 by Ray Howard's Furniture from a teller's window. Rowland said that the teller was busy with other customers and did not notice the deposits were missing until later that day.

Defense attorney Ned Pillersdorf argued that Johnson went to the bank that day to cash two checks for contract labor he had performed. He said that the teller could only say that Johnson had taken the coin tape.

"They sort of have an eyewitness," Pillersdorf said. "All she can prove is that he stole a coin tape. Mrs. Ousley loses her job at the bank after this happens."

In closing arguments Tuesday, defense attorney Ned Pillersdorf argued that bank officials were playing "hard ball" with the incident because teller Joan Ousley was fired two days after the money was discovered missing.

"Ms. Ousley got fired and she had worked there since 1979," the defense attorney said. "What did Ms. Ousley do wrong? She said she thought Mr. Johnson had taken a coin tape. She never said she saw him take \$2,600."

"Luther was there and got \$687," Pillersdorf said. "At either 2:30 p.m. or 6 p.m. that day, they started calling customers about it. They didn't know what happened in this case. Luther Johnson wasn't the only person in the bank. It's a pre-

What is a weed? A plant whose virtues have not been discovered.
—Ralph Waldo Emerson

posterous idea to think someone would go in a bank and grab \$2,600. You look up and see cameras. That's why people wear masks to rob banks."

Kenneth Ray Webb, who was in the truck with Johnson at the time and was at one time a suspect in the case, told officials that when Johnson returned to the vehicle, he told Webb he had robbed the bank.

Rowland argued that Webb had told officials that Johnson admitted to "robbing" the bank and told him to "get out of there." He added that it was not an offense against a bank, but that it was a crime against the commonwealth. He urged jurors to look at the evidence.

"If we haven't proven our case beyond a reasonable doubt, find

him not guilty," Rowland said. "If we have proven our case, I ask you to do your job."

Pillersdorf argued that Webb had also been indicted on the same charge relating to the same incident, but that he had accepted a deal from the commonwealth to plead guilty to a misdemeanor and receive probation in exchange for testifying against Johnson.

Rowland told jurors it was difficult to get one participant in a case to "tell the truth against another."

The defense attorney also noted that bank official identified the suspect as "unknown" nine days after the incident, but they were aware of Webb's accusation against Johnson seven days after the money was discovered missing.

Guilty

(Continued from page one)

County Attorney Jim Hammond and Adams' attorney, John Kirk, signed an agreed order dismissing the charges.

Hammond's prosecutorial duties were suspended when he was indicted.

The dismissal said that evidence existed which would clear Adams, but that "the commonwealth" was unable to obtain the evidence from the defendant and had "no grounds to contest" it.

Also on that day, Floyd District Judge James Allen signed the order, but he later rescinded that action because it was signed in error.

"I didn't know what I was signing," Judge Allen said Monday. "It was an innocent mistake."

To complicate the issue, Judge Allen said he was upset when it was discovered that he had signed the dismissal and he expressed that to a district clerk. The clerk used correction fluid to remove the judge's signature from the document, Judge Allen said.

"It was simply a mistake," the judge said. "The district clerk used white-out in haste to correct the mistake when I let my feelings be known. I'm not blaming the clerk."

On October 9, county attorney pro tem John Mann and Kirk

reached an agreement to dismiss the charges based upon the agreement with Hammond.

Judge Allen explained that because of a previous Floyd County case, a legal precedent had been set that requires the state to abide by an offer made to a defendant.

Mann said Monday that he felt there were problems with the case, but none that he felt were "insurmountable."

"Jim Hammond had already signed an agreement prior to my coming in this office," Mann said. "There were some problems with the case, but I was going to go forward with it. The girls and their mothers are quite upset."

Mann explained that there was some disagreement on whether or not the alleged victims had signed an affidavit in the Williams case which reportedly claimed the incident did not happen. Williams' circuit court file was sealed because juveniles were involved in the case.

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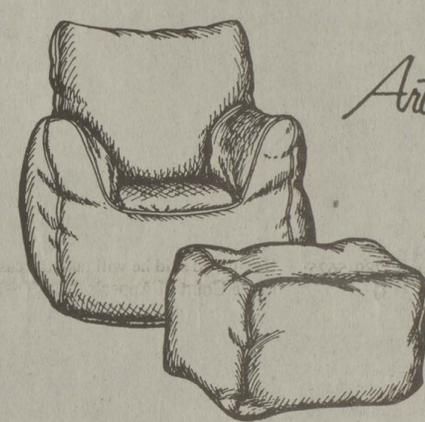


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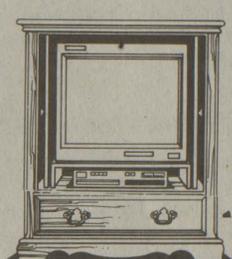
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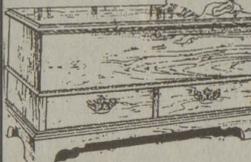
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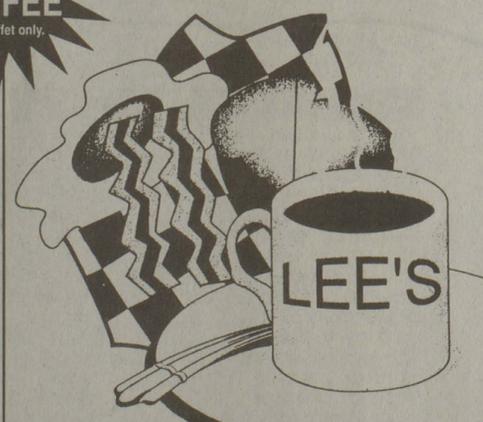
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New chairman elected to head pioneer festival

by Janice Shepherd
Managing Editor

A new chairman was elected to head the Jenny Wiley Pioneer Festival at a meeting of the festival committee Monday night.

Donna Blackburn, who also chaired the former Jenny Wiley Festival committee, was unanimously elected to chair the new "mega-festival" planned for next October.

Blackburn hesitated to accept the position, but agreed to spearhead the project after Prestonsburg Tourism director Fred James said that if the festival committee agreed, a part-time employee would be hired to help with the paperwork. He explained that the Prestonsburg Tourism Commission had discussed

hiring an employee to work part-time for the tourism office and part-time for the festival committee chairman. James said the tourism commission would pay that person based on future revenue from the festival.

Also, at the meeting, James talked about giving businesses that donate to the festival "true value for their bucks."

"Conservatively, we're talking about a 'Little Apple Festival' for next year and we'll probably be dealing with \$30,000 (less than half of the Apple Festival's budget). Why would anyone want to contribute?"

James said the festival needs to be advertised from January 1 through the festival date in October, 1996. Promotions could be as sim-

ple as businesses including their sponsorships of events on their stationery, or as complicated as holding special events, such as displaying a race car, at various times during the year to build anticipation for the festival.

"We need to involve the community in the festival for the whole year instead of for a three-day event," James said.

Ann Latta, a member of the Floyd County Chamber of Commerce, announced the chamber had agreed to sponsor a Jenny Wiley Pioneer Festival Golf Tournament at Jenny Wiley State Park during the festival.

"Everybody will have to use wooden clubs," Latta joked.

James also announced that the Prestonsburg Rotary Club hopes to

sponsor a Pancake Breakfast during the festival.

During a discussion of festival events, Helene Branham, a member of the committee, said she had already booked several gospel groups to perform during the festival, even though the committee members had not approved her request to begin lining up performers.

In other business at the meeting: James suggested the committee

design a registered trademark;

• Committee members set goals, including forming subcommittees and recruiting volunteers to serve on them, and agreed that will be completed at next month's meeting; and

• Blackburn agreed to formulate an agenda for the next meeting which will be held at 7 p.m. on December 11 at Prestonsburg City Hall.

Annual essay, scholarship competition

High school seniors in Morehead State University's 22-county service region are eligible to participate in the University's 10th annual Constitutional Essay and Scholarship Competition.

Contest entrants must write a 1,200 to 1,500 word essay on the topic "Is snake handling during religious ceremonies protected by the First Amendment to the U.S. Constitution?"

Deadline for submission of essays is March 1, 1996, according to Dr. William Green, MSU professor of government and chair of the Constitutional Scholarship Committee.

The winner will be announced by April 1 and will receive the MSU

Constitutional Scholarship, a \$1,500 scholarship to MSU for the 1996-97 academic year. The award, renewable for three academic years, has a total value of \$6,000.

Counties in MSU's service region are Bath, Boyd, Breathitt, Carter, Elliott, Fleming, Floyd, Greenup, Johnson, Knott, Lawrence, Letcher, Lewis, Magoffin, Martin, Mason, Menifee, Montgomery, Morgan, Pike, Rowan and Wolfe.

The Constitutional Essay and Scholarship Competition is sponsored by MSU's Department of Geography, Government and History, in cooperation with the Office of Financial Aid, Caudill College of Humanities and the

Societas Pro Legibus, MSU's pre-law society.

Additional information on the guidelines may be obtained by writing Dr. Green at MSU's Department of Geography, Government and History, UPO Box 1362, Morehead, KY 40351, or by calling him at (606) 783-2128 or 783-2655.

911 trial denied by Knight

There will be no trial to determine whether collection of 911 fees was illegal.

Special Judge James Knight signed an order Monday denying Floyd County Attorney Jim Hammond's request for a trial.

Knight dismissed the lawsuit in October when he ruled that the county acted properly when it approved a resolution to collect an 89-cent-per-month charge from telephone customers to fund 911. The resolution was approved in 1990.

Hammond, acting as county attorney, sued the fiscal court earlier this year claiming the court improperly adopted the ordinance. Hammond said he will take the case to the Court of Appeals.

Michael Zsoldos, tenor; and Richard Wyman, baritone.

The concert will consist of some classical selections, some jazz pieces and Christmas selections, including a sing-a-long. There is a possibility of the appearance of a special bearded visitor, also.

Single tickets for this concert are \$6, student tickets \$3 and family tickets \$15, and will be available at the door. Season tickets are still available by calling Prestonsburg Community College, 886-3863, ext. 265; Mary Preston, 789-5625; or Regina Stepp, 349-3131.

Concert set for December 7

The Eastern Kentucky Concert Series announces the next concert on Thursday, December 7. The Tower Saxophone Quartet will play its second public concert of the season at Prater Memorial United Methodist Church in Salyersville at 7:30 p.m. Members of the quartet have enjoyed performing in area schools as part of their rural residency this year and hope to see as many people as possible at this concert.

The quartet is comprised of Terrence Bacon, soprano saxophone, Jeffrey MacKechnie, alto;

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Golden Eye
Mon.-Sun. 7:00, 9:20; Fri. Matinee 4:20
Sat.-Sun. Matinee 2:00, 4:20

CINEMA 2 "PG"
It Takes Two
Mon.-Sun. 7:00, 9:20; Fri. Matinee 4:20
Sat.-Sun. Matinee 2:00, 4:20

CINEMA 3 Starts Wed. "PG-13"
Home for the Holidays
Mon.-Sun. 7:05, 9:25; Fri. Matinee 4:25
Sat.-Sun. Matinee 2:05, 4:25

CINEMA 4 "PG-13"
Ace Ventura II
Mon.-Sun. 7:10, 9:10; Fri. Matinee 4:10
Sat.-Sun. Matinee 2:10, 4:10

CINEMA 5 "PG-13"
American President
Mon.-Sun. 7:05, 9:25; Fri. Matinee 4:25
Sat.-Sun. Matinee 2:05, 4:25

CINEMA 6 "R"
Copy Cat
Mon.-Sun. 7:10, 9:30; Fri. Matinee 4:30
Sat.-Sun. Matinee 2:10, 4:30

CINEMA 7 Starts Wed. "R"
Money Train
Mon.-Sun. 7:15, 9:15; Fri. Matinee 4:15
Sat.-Sun. Matinee 2:15, 4:15

CINEMA 8 "G"
Toy Story
Mon.-Sun. 7:15, 9:15; Fri. Matinee 4:15
Sat.-Sun. Matinee 2:15, 4:15

CINEMA 9 Starts Wed. "R"
Nick of Time
Mon.-Sun. 7:20, 9:30; Fri. Matinee 4:30
Sat.-Sun. Matinee 2:20, 4:30

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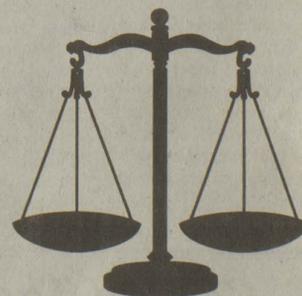
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HELD OVER MORTAL KOMBAT MON.-SAT.: 9:30; SAT. MAT.: 4:30; SUN.: 4:30, 9:30	HELD OVER "GET SHORTY" SHOULD GET OSCAR! GET SHORTY MON.-SAT.: 9:30; SAT. MAT.: 4:30; SUN.: 4:30, 9:30

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Obituaries

Gertrude Hunt Hall

Gertrude Hunt Hall, 86, of Betsy Layne, died Saturday, November 25, 1995, at Pikeville Methodist Hospital, following a sudden illness.

Born October 27, 1909 at Banner, she was the daughter of the late Lee Hunt and Emogene Baker Hunt. She was a member of the Betsy Layne Freewill Baptist Church for 50 years.

Survivors include her husband, Dock E. Hall; one son, Howard Douglas Hall of Harold; one daughter, Mandy Wagner of Raceland; ten grandchildren and 20 great-grandchildren.

Funeral services were Tuesday, November 28, at 11 a.m., at the Hall Funeral Home Chapel with Tracy Patton and Willis Adkins officiating.

Burial was in Davidson Memorial Gardens at Ivel, under the direction of Hall Funeral Home.

Serving as pallbearers were Kevin Hall, Brett Hall, Rodney Hall, David Rice, Stephen Rice and Robert Wagner.

Honorary pallbearer was Greg Hall.

Armina Mosley Hall

Armina Mosley Hall, 76, of Drift, died Thursday, November 23, 1995, at her residence, following a long illness.

Born January 16, 1919 at Orkney, she was the daughter of the late Ed Mosley and Julie Gearheart Mosley. She was preceded in death by her husband, Johnnie Hall. She was a member of the Drift Pentecostal Church for 45 years.

Survivors include eight sons, Carlos Hall of Albion, Michigan, Harlis Hall of Frankfort, Lonnie Ray Hall, Billy J. Hall, Clinis Hall, Levi Hall, Lyndon B. Hall, and Johnnie Hall Jr., all of Drift; six daughters, Annette Campbell of LaGrange, Indiana, Emma Lois Campbell of Jackson, Michigan, Myrtle Burke of Drift, Edie Hall of Martin, Melody Hall of Prestonsburg, and Debbie Lynn Judd of Martin; one brother, Dick Mosley of Dwayne; two sisters, Lucy Moore of McDowell and Emma Hammond of Ivel; 50 grandchildren and 21 great-grandchildren.

Funeral services were Sunday, November 26, at 11 a.m., at the Drift Pentecostal Church, with the Rev. Ted Shannon officiating.

Burial was in the Drift Cemetery under the direction of Hall Funeral Home.

Enon Cook

Enon Cook, 79, of Wayland, died Wednesday, November 22, 1995, at Hazard Appalachian Regional Hospital, following a long illness.

Born October 30, 1916 at Dry Creek, he was the son of the late William A. Cook and Virgie Mullins Cook. He was preceded in death by his wife, Zola Thornsberry Cook. He was a retired Ford Motor Company assembly line worker, a U.S. Army World War II veteran, and a member of the United Auto Workers in Brook Park, Ohio.

Survivors include two sons, Douglas Cook of Westland, Michigan, and Marvin Cook of Seville, Ohio; four daughters, Phyllis Odom of Milan, Michigan, Nadene Conley and Joyce Martin, both of Wayland, and Aileen Rymanowicz of Sullivan, Ohio; three brothers, Luther Cook of Morrow, Ohio, Pierce Cook of Brunswick, Ohio, and Leland Cook of Topmost; one sister, Samantha King of Kite; 13 grandchildren and five great-grandchildren.

Funeral services were Saturday, November 25, at 11 a.m., at the Hall Funeral Home Chapel with the Rev. Johnny Collins officiating.

Burial was in the Martin Cemetery at Wayland, under the direction of Hall Funeral Home.

Serving as pallbearers were the grandchildren.

Gracie Meade Hall

Gracie Meade Hall, 91, of Honaker, died Friday, November 24, 1995, at Highlands Regional Medical Center, Prestonsburg, following an extended illness.

Born September 28, 1904 at Amba, she was the daughter of the late Johnny Meade and Louise Parsons Meade. She was preceded in death by her husband, Lonnie Hall. She was a member of the Betsy Layne Church of Christ for 75 years.

Survivors include four sons, Oliver Hall and Larry Hall, both of Betsy Layne, James Hall of Honaker, and Leonard Hall of Harold; five daughters, Alma Dozmati of Akron, Ohio, Velma Salisbury of Spring Hill, Florida, Emma Cielenski of New Port Richey, Florida, Hazel Parsons of Ft. Wayne, Indiana, and Janice Pullium of Dana; one brother, Jim Meade of Wallingsford; 16 grandchildren, 15 great-grandchildren and six great-great-grandchildren.

Funeral services were Monday, November 27, at 11 a.m., at the Hall Funeral Home Chapel with Tommy Spears and Bennie Blankenship officiating.

Burial was in the Hall Family Cemetery at Honaker, under the direction of Hall Funeral Home.

Serving as pallbearers were Keith Hall, Jason Hall, Chris Hall, Jamie Hall, Gerald Hall, Steve Parsons and Charles Cielenski.

John England

John England, 51, of Warsaw, Indiana, died Saturday, November 25, 1995, at Kosciusko Community Hospital in Warsaw, Indiana.

Born December 28, 1943 in Prestonsburg, he was the son of the late Malone England and Eva Poe. He was director of transportation, Morton International, in Warsaw, Indiana. He was a veteran of the U.S. Army. He was a member of the Burket United Methodist Church in Burket, Indiana, N.R.A., Prestonsburg Historical Society, World Visions, and the A.A.R.P.

Survivors include his wife, Joanna England; two sons, Tony England of Chicago, Illinois, and Thom England of Pleasant Valley, New York; and three brothers, Gordon England of Florida, and Lloyd England and Elva England, both of North Manchester, Indiana.

Memorial services will be Wednesday, November 29, at 6:30 p.m., at the Titus Funeral Home in Warsaw, Indiana, with Rev. Donald Poyser officiating.

Memorials suggested to Burket United Methodist Church in Burket, Indiana.

Jean Ford

Jean Ford, 66, of Sally Stephens Branch, Prestonsburg, died Wednesday, November 22, 1995, at Highlands Regional Medical Center, Prestonsburg.

Born October 25, 1929 in Prestonsburg, she was the daughter of the late Estill and Stella Arnett Shepherd. She was preceded in death by her first husband, Basil Horn, and her second husband, John Ford. She was a member of the Faith Deliverance Tabernacle of West Prestonsburg.

Survivors include one son, Timothy Basil Horn of Claypool, Indiana; two daughters, Pamela Horn of Claypool, Indiana, and Robin Newhouse of Prestonsburg; four brothers, Estill Lee Shepherd of Jackson, Michigan, Ronnie Shepherd of Banner, and Donnie Shepherd and Eddie Wayne Shepherd, both of Prestonsburg; one sister, Ruth Younce of Prestonsburg; and three grandchildren.

Funeral services were Saturday, November 25, at 11 a.m., at the Floyd Funeral Home Chapel with Rev. Mike Manuel officiating.

Burial was in the Shepherd Family Cemetery in West Prestonsburg, under the direction of Floyd Funeral Home.

Andy Collins

Andy Collins, 85, of Hi Hat, died Friday, November 24, 1995, at Highlands Regional Medical Center, Prestonsburg, following an extended illness.

Born November 2, 1910 at Craynor, he was the son of the late Riley Collins and Annie Mitchell Collins. He was preceded in death by his wife, Ida Gayheart Collins. He was a retired coal miner.

Survivors include one son, Dewey Gene Collins of Hi Hat; two daughters, Judith Collins Moore of Hi Hat and Colletta Burchett of Salyersville; five brothers, Ervin Collins and Rousie Collins, both of McDowell, Joe Collins of Honaker, and Bill Collins and Ted Collins, both of New London, Ohio; two sisters, Susie Kimbler of Harold and Margaret Nunemaker of Pikeville; six grandchildren and seven great-grandchildren.

Funeral services were Monday, November 27, at 11 a.m., at the Pilgrim Rest Regular Baptist Church at Price with Gary Compton, Vernon Rose and Regular Baptist Church ministers officiating.

Burial was in the Lawson Cemetery at Price, under the direction of Hall Funeral Home.

Arvilla Ousley Spradlin

Arvilla Ousley Spradlin, 81, of state Road Fork, Prestonsburg, died Friday, November 24, 1995, at Highlands Regional Medical Center, following a sudden illness.

Born June 19, 1914 at Risner, she was the daughter of the late Mont and Jamima Ousley. She was a member of the Cold Springs Regular Baptist Church. She was preceded in death by her husband, Cager Spradlin, on October 14, 1977.

Survivors include one son, Ed Stephens of Prestonsburg; two sisters, Sylvia Crum of Martin and Zinia Davis of Waterloo, Indiana; two grandchildren and two great-grandchildren.

Funeral services were Monday, November 27, at 10 a.m., at the Cold Springs Regular Baptist Church with the ministers of the Regular Baptist Church officiating.

Burial was in the Ousley Family Cemetery at Risner, under the direction of Carter Funeral Home.



Johnny Gordon Adkins

Trooper Johnny Gordon Adkins, 37, of Inez, died Friday, November 24, 1995, at Highlands Regional Medical Center, Prestonsburg.

Born September 28, 1958 in West Virginia, he was the son of Jack and Dollie Watts Adkins of Warfield. He was a Kentucky State Police trooper at the Pikeville Post.

In addition to his parents, he is survived by his wife, Rhonda Prater Adkins; one son, Jonathan Tyler Adkins of Inez; three brothers, Jimmy Adkins of Lovely, Rickey Adkins of Lexington, and Billy Adkins of Pilgrim; and one sister, Brenda Adkins Parsley of Lexington.

Funeral services were Monday, November 27, at 2 p.m., at the Sheldon Clark High School gym with the ministers Clyde Waller, Paul Schmitt, Eric Patterson and Paul Thompson officiating.

Burial was in the Saltwell Cemetery at Inez, under the direction of Richmond-Callahan Funeral Home.

Alma C. Snipes

Alma C. Snipes, 86, of Rochester, Indiana, died Monday, November 27, 1995, at her residence, following an illness of one year.

Born September 19, 1909 in Floyd County, she was the daughter of the late Thomas and Lemma Baldrige Dotson. She had been a resident of Rochester, Indiana, for 35 years. She was preceded in death by her husband, William T. Snipes, on December 23, 1993.

Survivors include three daughters, Bernice Kline of Marathon, Florida, Catherine Keele of Hamilton Square, New Jersey, and Joyce Lewis of Rochester, Indiana; four sons, Don Snipes and Arnold Snipes, both of Rochester, Indiana, Ivory Snipes of Ft. Wayne, Indiana, and Albert Snipes of Warsaw, Indiana; two sisters, Celia Webb of Bellefontaine, Ohio, and Birdie Harman of Warsaw, Indiana; 22 grandchildren and 50 great-grandchildren.

Funeral services will be Thursday, November 30, at 10:30 a.m., at the Foster & Good Funeral Home in Rochester, Indiana, with Rev. Rodney Ruberg officiating.

Burial will be in the Tippecanoe Cemetery in Tippecanoe, Indiana, under the direction of Foster & Good Funeral Home.

Della Marshall Baldrige

Della Marshall Baldrige, 78, of Martin, died Tuesday, November 21, 1995, at her residence.

Born December 23, 1916 at Alphoretta, she was the daughter of the late Albert and Annie Flannery Marshall. She was a member of the Full Gospel Community Church at Martin. She was preceded in death by her husband, Edgille Baldrige.

Survivors include three sons, Edgille Douglas Baldrige of Carlisle, Pennsylvania, Larry David Baldrige of Wichita Fall, Texas, and Gary Baldrige of Martin; three daughters, LaVonne Lafferty, Thomasine Patrick and Daphne Reid, all of Martin; four brothers, "Dock" Marshall of Allen, Ray Marshall of Jackson, and Ellis Marshall and Claude Marshall, both of Warsaw, Indiana; six sisters, Oda Howard and Ethel Lovely, both of Hueysville, Lou Ellen Tinch of Jackson, Grace Tinch of Louisville, Alberta Watson of Oklahoma, and Dora Mae Mullins of Albion, Michigan; 12 grandchildren and eight great-grandchildren.

Funeral services were Friday, November 24, at 1 p.m., at the Hall Funeral Home Chapel at Martin with the minister LaVonne Lafferty officiating.

Burial was in the Huff Cemetery at Hueysville, under the direction of Hall Funeral Home.

Serving as pallbearers were Ed Conley, Chris Lafferty, Chris Holbrook, Tim Patrick and Kevin Reid.

This obituary is reprinted due to an error in Friday's paper.

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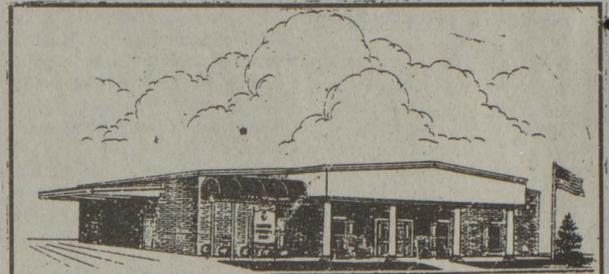
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Card Of Thanks

The family of Winfield Hale wishes to gratefully acknowledge the thoughtfulness and kindness of friends, relatives, and neighbors in the loss of our loved one. Thanks to all who sent food, flowers, prayers or spoke comforting words. We are especially grateful to the Regular Baptist ministers for their comforting words, Kentucky Fried Chicken for the food donated, the men who prepared the grave, the Sheriff's Department for their assistance in traffic control and the Hall Funeral Home for their kind and efficient service.

THE FAMILY OF
WINFIELD HALE

Card Of Thanks

The family of Mabie Weddington Senterfeit would like to extend their appreciation to all those friends, neighbors, and loved ones who sent food, flowers, prayers or spoke comforting words. A special thanks to all those people who stood by us, Revs. Jack Howard, Tincy Crisp, and Phillip Simpson for their comforting words, the Sheriff's Department for their assistance in traffic control and the Hall Funeral Home for their kind and professional service.

THE FAMILY OF
MABLE WEDDINGTON SENTERFEIT

Card Of Thanks

The family of Keith Scott wishes to thank all those friends, neighbors, and family who helped in any way upon the passing of their loved one. Thanks to those who sent food, flowers, prayers and words of comfort expressed. A special thanks to the clergymen Wayne Stephens and James Morris for their comforting words, the Sheriff's Department for their assistance in traffic control and the Hall Funeral Home for their kind and efficient service.

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Card Of Thanks

The family of Christopher Columbus Mitchell wishes to thank all those who were so kind and considerate during our time of grief. We want to thank those who sent food, flowers and gifts of love. We especially want to thank the Regular Baptist ministers for their comforting words, the Sheriff's Department for their assistance in traffic control and the Hall Funeral Home for their kind and professional service.

THE FAMILY OF
CHRISTOPHER COLUMBUS MITCHELL

Retail, restaurant and school inspections

Russell Wallace and John L. Bailey, health environmentalists, public health inspectors at the Floyd County Health Department

• **Sam 'n Tonio's**, Prestonsburg, 82: Critical violations. Inspector observed several cups of coffee and a glass of water in the food preparation area. Can opener had dried-on accumulation of food.

Violations must be corrected within ten days.

Other violations: Ice scoop has handle in ice. Not all employees were wearing hair restraints. One cooler front was in bad repair. Soiled wiping cloths on food preparation tables. Box of cups on floor. Floor in bad repair (paint had dripped from concrete). Personal items stored in dish basket.

• **Sam 'n Tonio's**, Prestonsburg, follow-up visit, not rated: Floor needs repair.

• **Auxier Elementary**, 87: Should be one water fountain for each 75 students. Outside dumpster not covered. Restroom floor and ceilings are in bad repair. Girls' restroom does not have self-closing door. Interior walls and ceilings are in bad repair.

• **Auxier Elementary Cafeteria**, 95: Foil used for liner. Tables and shelves are in bad repair. Outside dumpster not covered. Floors are in bad repair. Ceiling in bad repair.

• **Allen Central**, follow-up visit, not rated: No towels in restroom

(auto dryers ordered). Ceiling in bad repair. One fire extinguisher discharged.

• **Stanley's Septic Service**, Bypro, 97: All violations corrected. Truck meets compliance standards.

• **Pappy's Mart**, Teaberry, 95: Retail food establishment. Reach-in refrigerator unit has no thermometers. Potatoes stored on the floor. Restrooms have no self-closing doors.

• **John M. Stumbo Elementary Cafeteria**, follow-up visit, not rated: All violations from inspection on November 8 have been corrected with the exception of floors need repair. Facility appears clean and well organized.

• **Double-Time Pizza**, Martin, follow-up visit, not rated: Critical items corrected. There were no noticeable signs of insects or rodents observed during the inspection. Toxic items have been removed from storage with food equipment and food items.

Violations not corrected include proper hair restraints not in use, lighting not shielded, and wiping cloths improperly stored.

• **Martin's Bestway Market** (DBA McDowell Pic-Pac), 81: Critical violation. Walk-in freezer's

temperature was at 30°F because it was over-crowded with items. Contents were still frozen but were beginning to thaw. Entire contents of freezer moved to another walk-in. No quarantine necessary at this point. Insecticides were found stored with other cleaning items. Owner has ten days to correct critical violations.

Not all refrigeration units have thermometers. Food items on the floor of produce walk-in. Door of walk-in milk cooler was in bad repair. Wiping cloths in meat room not stored in a sanitary solution. Meat trays stored on the floor in the meat room.

No towels in employee's restroom. Meat room's ceiling was in bad repair. Restroom ceiling unfinished. Light not properly shielded in walk-in freezer.

• **Wayland Fountain**, 92: Not all coolers have thermometers. Bag of onions stored on the floor. No hair restraints in use. Freezer door in bad repair. No self-closing door in restrooms. Floor in bad repair.

• **Wal-Mart**, Prestonsburg, 93: Critical violation. Hot dogs were stored at 120° and should be stored at 140°. Owner has ten days to correct critical violations.

Other violations include no

proper hair restraints in use and floor needs repair in food preparation area.

• **Wal-Mart**, Prestonsburg, follow-up visit: Critical violation involving potentially hazardous food situation corrected. Floor is still in bad repair.

• **Jerry's Restaurant**, Prestonsburg, 88: Meat stored at room temperature to thaw. Ice machine needs to be covered. Cooler door lid in bad repair. Improper dish washing methods. Wiping cloths improperly stored. Pot stored on the floor. Dishes improperly stored. Ceiling needs repair. Personal items improperly stored on food shelf.

• **Baptist Day Care**, Prestonsburg, 98: Freezer needs thermometer. Microwave needs to be cleaned.

• **Midtown Market**, 98 in deli and 97 in retail: Box of onions on floor. Floor needs repair. Personal items improperly stored.

• **Allen Elementary**, 95: No lid on outside dumpster. Ceiling leaking in cafeteria area.

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Lucky winner

David Hutchison of Salyersville, won the \$100 gas give away for October by Carter-Hughes-Toyota. The salesman was Aubrey (A.O.) Onkst.

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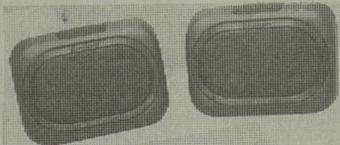
Human reason needs only to will more strongly than fate, and she is fate.

—Thomas Mann.

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Community Calendar

Calendar items will be printed as space permits

Editor's Note: As a service to the many clubs and committees that meet in our community, the Floyd County Times' Community Calendar will post meeting and public service announcements. Articles for the Community Calendar must be submitted in writing to the Times no later than 5 p.m. Monday for Wednesday's publication or 5 p.m. Wednesday for Friday's publication. These cannot be taken over the telephone.

Pike historical society to meet

On Wednesday, November 29, the Pike County Society for Historical and Genealogical Research, in conjunction with the Prestonsburg Community College-Pikeville Campus, will present a panel discussion entitled "Eastern Kentucky, the Great Depression and the New Deal." Panel members will be local people who were involved with New Deal programs or the UMW drives of the 1930s and early 40s.

The program starts at 6:30 p.m. on the second floor of the Pike County Courthouse in the fiscal court room. The public is invited to attend.

Martin Family Resource Center activities

- Fluoride mouthwash program every Wednesday, for grades 1-6.
- Clothing bank open to students upon request.
- Family movie night December 1, from 6-7:30 p.m. Parents must accompany child.
- Anyone interested in attending

Pikeville Community Players to perform "Appalachian Folk Tales"

by Brian Joyce
Journalism Student
Pikeville College

The Pikeville Community Players, a non-profit organization founded by Bob Boduch in an effort to spread interest in the performing arts in the Appalachian region, will be performing a play entitled "Appalachian Folk Tales" on Friday, December 1, at the Lookout Elementary School.

The play is based on folk stories gathered by Eastern Kentucky author Leonard Roberts. "Appalachian Folk Tales" was first written and performed in the 1970s with current director Peggy Davis as one of the original cast members and writers for the play.

"We welcome people of all ages to join the group," said Davis. "We need singers, dancers, musicians, anyone—and you don't need experience!"

While at Lookout Elementary School, the Pikeville Community Players will select one class from the school to perform a play based on Eastern Kentucky folklore. The Players will pick selections for the class to use as well as make weekly visits to the school to help the students prepare for their performance scheduled for the end of the semester.

Boduch is currently directing a play entitled "Cemetery Club" to be performed in April.

Anyone interested in joining the Pikeville Community Players can contact Peggy Davis at 437-9234, Bob Boduch at 437-0226, or attend one of the weekly practice sessions

Lottery winner buys ticket at Hi Hat market

Some lucky person is going to have a very special Christmas this year.

That person bought a winning \$100,000 Powerball ticket at Vance Quick Mart in Hi Hat for last Wednesday's drawing.

"They have 180 days to come in, Stacy Williams, a spokesman with the Kentucky Lottery, said. "We didn't anticipate they would be in over the Thanksgiving holiday."

She said three people won \$100,000 in the drawing. Only one has claimed her prize. Vivian Hare of Henderson bought her ticket at Hays Oil Co. in Henderson.

Someone also bought a winning ticket at Short Stop Food Mart #10 in Louisville. The winning numbers are: 6, 10, 24, 31, and 43. No one matched all five numbers and the Powerball number 17.

Each of the retailers will receive a \$1,000 bonus check for selling the winning tickets.

a pre-natal class at Pikeville Methodist Hospital can call the center at 285-2666, for more information.

Melvin council to meet

School based decision making council meeting December 7, at 7:00 p.m. at Melvin Elementary. All parents and interested citizens are urged to attend.

Free mammograms

The American Cancer Society through special funding by Blue Cross and Blue Shield of Kentucky still has some money available for free mammograms for women of Pike, Floyd and Johnson counties. This service is available to all women at no cost, regardless of income.

If you are 40 years old or older or if you have a history of breast cancer in your family, please call your local health department now to schedule your free mammogram.

Pike County Health Department, 437-5500; Floyd County Health Department, 886-2788 and Johnson County Health Department, 789-2590.

A Troubadour concert series special event!

Tickets for Lee Roy Parnell's January 26 show at the Paramount are \$18.50 plus a \$1 service fee and go on sale this Thursday morning at 9:30 a.m. at the Paramount Arts Center box office, 1300 Winchester Avenue in Ashland, Kentucky. They are part of the Troubadour Concert Series, sponsored by Budweiser.

For more ticket information call 606-324-3175 during business hours.

One of the most respected and hottest of the new country stars, Lee

Roy Parnell comes to the Paramount Arts Center for the kick-off show of the 1996 Troubadour Concert Series.

Parnell, along with his road band Hot Licks, will perform in concert Friday, January 26 at 8 p.m. Parnell's latest single, When a Man Loves a Woman, is rising fast on the country singles charts and is a major hit on TNN and CMT. Parnell has performed recently with Vince Gill, Mary-Chapin Carpenter and others. Expect a mean country-blues slide guitar to be played by Parnell the night of the show.

Wildlife conservation program

On December 1, at 6 p.m., in the Pike Auditorium, the CBC will be presenting a wildlife conservation program entitled Unusual Animals.

The program will feature unique and interesting live animals from around the world. Admission is free, but donations will be accepted to help with the expenses.

Call CE/CS office for more information.

Pancake Day

The Prestonsburg Kiwanis Club announces its annual Pancake Day Fund-raiser on Saturday, December 2, from 6 a.m. to 1 p.m. Tickets can be purchased from any Kiwanis member, by calling 886-3181, or at

the door.
Adults and children: \$3.50 each.

Drive through nativity

Christ United Methodist Church of Allen will present a "live" drive through activity nativity with five different scenes on Sunday and Monday, December 10 and 11, from 6-9 p.m.

Writers Reading

Writers Reading with host Ernestine Meade will air on WPRG-TV 5 on Sunday, December 3, at 5:30 p.m., and on Monday, December 4, at 11 a.m. with guest Ronnie Mullins.

Hanging of the Greens Service

Christ United Methodist Church of Allen will present its "Hanging of the Greens Service" and Christmas cantata "Sing Gloria" on Sunday, December 3, at 7 p.m.

Christmas Arts & Crafts Market

Chady Hardwick, craftsperson, will participate in the Morehead State University's Appalachian Christmas Arts & Crafts Market which is set for Saturday, December 2, from 9-5 at the Laughlin Health Building.

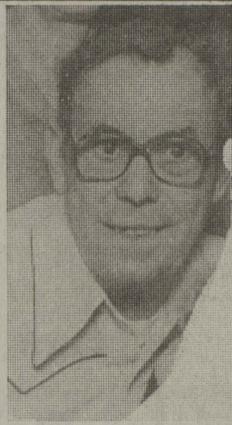
In Loving Memory of Bill Moore

5/30/1920-11/26/94

Dad, it has been a year now...and still you are in our hearts and thoughts every day. We know that you are in a better place, but we miss you so very much.

You lived your life with generosity, honesty, and honor. We strive to do that in our lives, in the hope that someday we will see you again.

Love, Your Family



CHRIST UNITED METHODIST CHURCH

of Allen, Kentucky

Invites Everyone To Attend The
"Hanging of The Greens Service"
and
Christmas Cantata, "Sing Gloria"
December 3, 1995 at 7:00 p.m.

(Also, plan to attend our Drive-through "Live" Nativity on December 10 and 11 from 6:00-9:00 p.m. and attend our Christmas Eve Candlelight Service on December 24 at 11:00 p.m.)

For additional information about our Christmas services, call 874-2344, Monday-Friday, 9-1

Help us make history!

The Floyd County Times is looking for old photos of civic events, interesting happenings or gatherings of importance, to use in the yearly Portrait of Home issue.

Photos are needed for the years 1936, 1956, 1966, 1976 and 1986 to remind us of what progress our county has made through the years. Action photos of World War II are also needed.

Photos can be reproduced while you wait or they can be returned to you by mail.

The deadline to have photos submitted is December 15.
Help us make history!

If you have any photos or questions, call us at 886-8506.

Hardwick, of Betsy Layne, will display a variety of Christmas sweatshirts and hats. Admission is \$2 per person and children under 12 will be admitted free.

Additional information is available by call (606) 783-2077.

Expo '95

Expo '95 will be held December 4-5, from 6-8:30 p.m., at the

Wilkinson/Stumbo Convention Center in Jenny Wiley State Park. Parents and the public are invited to meet students and teachers from Floyd County Schools.

These two evenings will feature Forensics students' performances, music from high schools, readings from student writers, and a gigantic display of writings and related projects from Floyd County Schools.

GOSPEL SINGING

Town Branch Church

Town Branch Road

December 2nd, at 6 p.m.

Featuring:

Dee Dee and Faith Singers
Eddie and Rhonda Williams
Gospel Lights

Everyone Welcome
Refreshments afterwards

Gospel Singing

Martin Branch Freewill Baptist Church

Estill

Saturday, December 2nd—7 p.m.

Featured singer: Billy Fields
Everyone Welcome

Katy Friend Freewill Baptist Church

Abbott Road, Prestonsburg

Presenting the play
"Heaven or Hell"

Saturday, December 2nd, 7:00 p.m.

Everyone Welcome
Refreshments served after the play

Card Of Thanks

The family of James "Jimmy" Jones Jr. would like to thank everyone for their help in the loss of our loved one, those who sent food, flowers, or just spoke comforting words. A special thanks to Dr. Hubert and the nursing staff in the ICU at Kings Daughters Hospital, Dr. Terry Wright, Dr. Anthony Stumbo, Hospice of Big Sandy, especially Mona and Judy. We'll never forget the kindness of the members of the Little Rosa Church, the Regular Baptist ministers for their comforting words, the Sheriff's Department for their assistance in traffic control and the Hall Funeral Home for their kind and efficient service.

THE FAMILY OF
JAMES "JIMMY" JONES, JR.

Card Of Thanks

The family of John H. Fleming would like to take this opportunity to thank everyone for their help in the loss of our loved one: those who sent food and flowers, or just spoke comforting words. We deeply appreciate you all. A special thanks to the clergyman Tom Spears for his comforting words and the Hall Funeral Home for their kind and efficient service.

THE FAMILY OF
JOHN H. FLEMING

Card Of Thanks

I would like to thank everyone who showed their support in many different ways, in the tragic loss of my son, Matthew Ryan Ousley. I greatly appreciate all the kind words and prayers. I would like to especially thank Floyd Funeral Home and Pastor James Stephens.

Thank You,
STEVE OUSLEY

Otter Creek officers promoted



Promoted
Dwight Moore received congratulations from Warden Saplenza on his promotion to administrative lieutenant.



Sergeant
Todd Jackson was congratulated by Warden Saplenza on his promotion to sergeant.

Otter Creek Correctional Center announces the promotions of three of their officers:

Mark Hicks was promoted from sergeant to operations lieutenant. Hicks started with Otter Creek Correctional Center on September 27, 1993, as a correctional officer. He was promoted from C/O to sergeant. He is the son of Thelma Cook Hicks of McDowell and Otis Hicks of Minnie. He is a graduate of McDowell High School. Hicks and his wife Patti live at Sizemore (Minnie).

Marvin Dwight Moore was promoted from sergeant to administrative lieutenant. He also started with Otter Creek on September 27, 1993, as a correctional officer. He was promoted from C/O to sergeant. He is the son of Rita and Marvin Moore

of Dema, Knott County. Moore graduated from Knott Central High School. He attended Alice Lloyd College for three years and one year at Prestonsburg Community College pursuing a degree in Elementary Education.

Todd Jackson was promoted from correctional officer to sergeant. He was hired at Otter Creek Correctional Center on October 3, 1994. He is a graduate of Wheelwright High School where he played football and basketball for the Trojans. Jackson attended Eastern Kentucky University where he was majoring in corrections. He hopes to complete his major in the near future. Jackson is the son of Chinetta Jackson but was raised by his grandmother Ella Jackson of Wheelwright.



Operations lieutenant
Mark Hicks was congratulated by Warden Saplenza on his promotion to operations lieutenant.

Your college degree is closer than you think

Your college degree is closer than you think! Now KET telecourse students can earn an associate degree via distance learning in Kentucky.

Kentucky Educational Television (KET) and the Kentucky Telecommunications Consortium (KTC) are pilot participants in Going the Distance to enable busy, working adults the chance to earn an associate degree through distance learning telecourses and other technologies. Five community colleges in the University of Kentucky Community College System (UKCCS), a member of the consortium, are offering the Associate in Arts degree via distance learning.

"Going the Distance is a collaborative educational effort involving 36 public television stations across the nation that are partnering with 100 colleges and universities in 27 states, and the Public Broadcasting Service (PBS)," explained Virginia G. Fox, executive director of KET. "KET and KTC have joined forces with PBS to broaden access to higher education in Kentucky. Going the Distance allows students to earn college credit and an associate degree primarily through telecourses," Fox said. Going the Distance is the first service under the umbrella of PBS's new workforce-readiness initiative, Ready to Earn.

Ben Carr, chancellor of the UKCCS, stated that "The earnings gap between college-educated people and those without degrees is growing wider each year, but not

everyone can attend college the traditional way. Going the Distance will offer college opportunities to those who cannot come to campus on a regular basis to take courses." Surveys of telecourse students indicate distance learners may be geographically isolated, lacking transportation, working full or part-time, disabled, elderly, institutionalized, or homebound for some reason.

Five community colleges offering the Associate in Arts degree via distance learning are Ashland Community College, Madisonville Community College, Paducah Community College, Prestonsburg Community College, and Southeast Community College.

Telecourses make up 75 percent of the 60 credit hours required to complete the Associate in Arts degree and offer convenience and flexibility to students who cannot attend classes on a regular basis. Remaining credit hours may be completed through other technologies such as computers, interactive classrooms, satellite delivery, independent study, and traditional classrooms. Students may submit transcripts of previous work for evaluation in meeting degree requirements.

Since 1978, KET and Kentucky colleges and universities participating in KTC have worked together providing college credit telecourses to adults in Kentucky and have reported over 70,000 enrollments in telecourses. Distance learning telecourses are as academically-

demanding as traditional classroom courses, but offer the convenience and flexibility essential for working students who can't travel to campus to attend classes. KET broadcasts the telecourses which can be viewed on home television sets or recorded for later viewing. In addition to video programs, telecourses include texts, student study guides and, in some cases, a book of readings and computer software components. Faculty oversee each telecourse, determine course requirements, and evaluate student performance.

To receive information about Going the Distance and a schedule for the 1996 Spring Semester telecourses on KET, call (800) 432-0970 or Prestonsburg Community College at 886-3863, ext. 206.

Telecourses on KET are made possible by the Kentucky Council on Higher Education. Promotional materials for Going the Distance are supported in part by the Anneberg/Corporation for Public Broadcasting (CPB) Higher Education Project.

Tree lighting set

Morehead State University will kick off the season with the annual holiday tree lighting ceremony on Thursday, November 30.

The official tree lighting ceremony will begin at 6 p.m. at the tree, located on the lawn of Fields Hall near the President's Home. The ceremony is open to the public.

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Jerry's Husky

Breakfast

Two large buttermilk pancakes served with maple syrup, two eggs and choice of bacon or sausage.

Mon.-Fri. 6:00 a.m.-11:00 a.m.

Friday's Special
Catfish "All you care to eat"
Served w/fries, slaw, white navy beans, fresh baked corn bread
4 p.m. 'til closing, Fridays only
"WHERE FRIENDS MEET FRIENDS"

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Open Mon.-Sat., 10-8

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Indicted

alleging Stumbo committed vote fraud in that contest.

McKinney, who helped initiate the special investigation into allegations of election fraud in Floyd County, noted the irony of his indictment Tuesday.

"None of the information we turned over led to an indictment," McKinney said. "My question is, what do you do? Where do you go?"

"We gave them so much and this is the best they can do?" McKinney continued. "It boggles my

mind. This is a sad, dark day for justice."

C.K. Belhasen, McKinney's attorney, said in a statement Tuesday that his client sought "to bring about better government in Floyd County."

"We appreciate the difficult work that the special grand jury has done and we hope that the results will be a clean, democratic government with free elections, for the people of Floyd County," the statement said. "While we are disappointed that the grand jury saw fit to indict Mr. McKinney on very technical charges and, while we feel confident that, indeed, Mr. McKinney has committed no crime and done no wrong, we still applaud the efforts of the assistant attorney general Larry Fentress and the grand jury and we hope

that this case can result in something positive."

If convicted of the charges, McKinney could face up to five years in jail on each count.

Other indictments issued:
 • Floyd County road foreman Raymond Michael Jarrell was indicted on one charge of theft for allegedly putting gravel on private property between April 1, 1989 and May 31, 1989.

• Harold Junior Joseph is charged with one count of vote buying during his bid for jailer in the May 1993 primary election.

• Calvin Howell is charged with one count of vote buying during his bid for District Two Magistrate in the May primary. Howell assisted McKinney in his effort to begin an investigation into alleged government corruption.

• Aster Hunter Jr. is charged with one count of first degree perjury for allegedly lying to a special grand jury in September 1993.

The six are to be arraigned on December 14 at 2:30 p.m. before Circuit Judge Danny Caudill.

During Monday's proceedings, Fentress told Judge Caudill and Judge John David Caudill that the state was asking for minimum bonds to be set in the cases because they are all Floyd County residents.

The grand jury also recommended that a change of venue be granted in the six cases and that the investigation continue with periodic reports to Floyd County grand juries.

Note: An indictment is not an indication of guilt, but a determination by a grand jury that a case merits further judicial review.

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Thief

(Continued from page one)

to see if it was the same man.

Maynard was identified by Jennings and the store owner has obtained a criminal complaint against Maynard.

Jennings said that a man came into his store last week and asked to look at a ring to buy for his girlfriend for Christmas. The man "picked out a big diamond ring" and asked Jennings to size it, the store owner said.

"I sized it and then he said he wanted to lay it away," Jennings said. "When I bent over to get the layaway form, he took off with the ring."

The retail value of the ring was approximately \$600, Jennings said. The man outran Jennings, who attempted to catch him after the theft.

On November 21, police say Maynard took three rings from Hopson's Jewelry, with a total value of approximately \$8,190. Maynard ran from the store headed south on Arnold Avenue, Prestonsburg Police sergeant Mike Ormerod said.

Maynard eventually ended up in the river near First Avenue before surrendering to authorities.

Auxier man accused of child abuse

by Susan Allen
 Staff Writer

An Auxier man is charged with first degree criminal abuse after he allegedly hit his girlfriend's two-year-old son in the head.

Merlin Osborne, 20, is also charged with fourth degree assault for allegedly striking his girlfriend during the same altercation.

Court records show that Sherry Wyatt, 20, of Auxier, told police that Osborne hit her son after the child wet his pants. A police report says that the child had bruises and red marks on his face and head. Wyatt also told police that Osborne hit her numerous times in the head.

The police report said that Osborne told authorities that he was drinking liquor at the time of the alleged assault.

Osborne was placed under a \$10,000 or 10 percent bond by Floyd Judge James Allen Monday morning. The public defender's office was appointed to represent Osborne and a preliminary hearing is set for December 6 at 2:30 p.m. in district court.

Collins nabbed for trafficking close to school

by Susan Allen
 Staff Writer

Members of the Mountain Area Drug Task Force have charged a Floyd County man with trafficking in drugs within 1,000 yards of a school.

Brad Collins, 26, of Melvin, is charged with selling a quantity of marijuana on November 22 near Melvin Grade School.

Task force members Sheriff Paul Hunt Thompson and deputies Charlie Thompson and Steve Toy arrested Collins Saturday night.

A not-guilty plea was entered on Collins' behalf in district court Monday and a \$5,000 cash bond was set by District Judge James Allen.

Collins asked the judge if he would consider a property bond, but Judge Allen denied the request and told Collins "this is a very serious charge."

The judge appointed the public defender's office to represent Collins and a preliminary hearing is set for December 6 at 2:30 p.m. in district court.

Pain may be eliminated for millions

(SPECIAL)-- A new drug has been approved that is exciting researchers in the treatment of pain. This material has been formulated into a new product known as "Arthur Itis™" and is being called a "Medical Miracle" by some, in the treatment of debilitating conditions such as arthritis, bursitis, rheumatism, painful muscle aches, joint aches, simple backache, bruises, and more. Although the mechanism of action is unclear, experiments indicate that Arthur Itis™ relieves pain by first selectively attracting, and then destroying the messenger chemical which carries pain sensations to the brain, thus eliminating pain in the affected area. Arthur Itis™ is an odorless, greaseless, non-staining cream and is available immediately without a prescription and is guaranteed to work.

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**A
Look
At
Sports**

by Ed Taylor
Sports Editor

**High school
round ball
to heat up
this week**

The high school basketball season officially got underway this past Monday night with three Floyd County girls' teams playing in the Pikeville Invitational and the Betsy Layne Bobcats opening at home against Morgan County Tuesday night.

With the season set to get in full swing this Friday night (December 1), there will be a lot of tournament play now through the end of December.

Floyd County no doubt will have three of the top five teams in the girls' region as Allen Central, Betsy Layne and Prestonsburg are solid ball clubs. But my nod for number one in the region goes to the Lady Pirates of Belfry. Coach Cindy Stewart does a great job with the Belfry team and should have a fine cast this season.

Coach Phillip Wireman of Johnson Central will not have the strong club he has had the past three or four seasons, but he will put a competitive team on the floor led by Robin Music, who can do it all.

I like the Prestonsburg Lady Blackcats as my number three team. Coach Harold Tackett will have a very deep bench and I feel that is where the battles will be won this year — off the bench.

My number four place goes to Cassie Cooper and the Paintsville Lady Tigers. I could have placed them higher but they find a way to stumble in the latter part of the season.

FOOTNOTE HERE

The fate of former Prestonsburg standout Heather Collins, playing for Paintsville this season, should have been decided on by this past Monday, but there was no word by press time. With Collins definitely in the lineup, the Lady Tigers could make a run for the regional championship.

Betsy Layne will again be a regional contender and my number five choice. Coach Bill Newsome will be without the tall timber under the basket but should have a quicker team this time around. Much of the success that this team will enjoy will be decided by how much Rachael Thompson and Crystal Gearheart contribute consistently. We know what Ashley Tackett, Penny Tackett and Jessica Johnson can do. The bench must come through.

Allen Central number six. If it wasn't for the disappearance of Crystall Martin and a recovering Natilie Copley, I would have placed Bonita Compton's Allen Central Lady Rebels right in one of the top three spots. While they may not be there in the preseason, look for them there before the season ends.

Amanda Samons is the best big girl around the region. But she is going to have some help from returning players like Missy Scott and Shauna Moore. Newcomers Jalenda Howard, Jennifer Hopkins and Janice Thornsby may have to grow quick and lend a helping hand. But watch this team in February.

Gone are Pam Pinson and Claudette Gillispie from the Pike Central Lady Hawks, but I think they have enough players coming back to be ranked seventh in the region. The Lady Hawks had a long bench last year, something some teams did not have. It will pay off for them this season.

Millard gets my number eight spot and I think the Lady Mustangs will surprise some people this year even after losing their outstanding guard in Angie Coleman. The twin towers will

(See A Look at Sports, page 5B)

In frosh journey :

Prestonsburg wins, Betsy Layne falls

by Ed Taylor
Sports Editor

Tournaments, tournaments and more tournaments.

For the fourth straight week, basketball tournaments have highlighted the sports scene in Floyd County and the freshmen are getting in on the act this week.

The first annual freshmen basketball tournament got underway at the Prestonsburg Fieldhouse this past Monday night as first round action took place.

Prestonsburg's frosh pulled out a 55-29 win over Pike Central, but the

Betsy Layne Bobcats fell hard to Johnson Central freshmen, 42-26, in the first round.

Joe Campbell scored a game-high 20 points to lead Prestonsburg to victory. Campbell demonstrated a strong touch from beyond the three-point circle by burying three three-point baskets.

John Ortega and Nathan Leslie tossed in seven each while Jason Keathley and Kalen Harris scored six each. Kyle Cordial and John Thacker led Pike Central with four each.

Campbell scored eight of his 20 points in the first quarter to lead the

Blackcats to a 20-4 first-quarter lead. Campbell hit a three-pointer on his second basket of the quarter. Ortega, Keathley and Harris each scored four points in the period.

Tyler Mullins' three-pointer for Pike Central and a basket by Thacker allowed the Hawks to pull to within 11 points of the Blackcats early in the second period, but a Campbell-led attack netted the Blackcats a 29-11 halftime lead. Campbell hit his second trey of the game in scoring seven of his team's nine second-quarter points. Harris had the other two.

Prestonsburg took a 22-point

lead after three quarters with a more balanced attack. Ortega completed a three-point play and Campbell got his third trey, while Keathley and Russ Music scored two points in the third quarter.

In the fourth period, Coach Bobby Hackworth went to his bench. Adam Hall scored five points in the fourth stanza on a field goal and a three-point basket. Nathan Leslie showed some good moves finishing with seven points, all in the fourth quarter. He was perfect from the free throw line, hitting three-of-three. David Ousley scored two points in the final quarter.

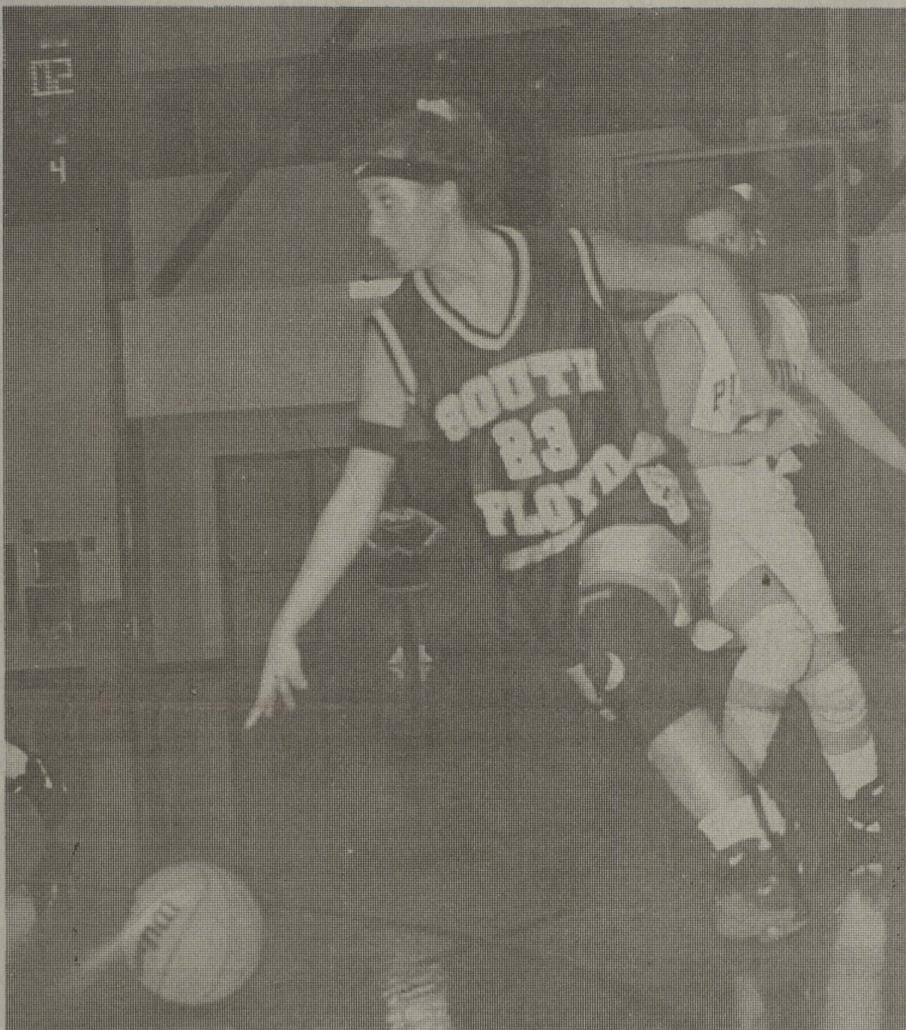
Pike Central hit ten of 19 free throw attempts while Prestonsburg could only manage five of 16 from the charity stripe. Mullins had the lone three-pointer for Pike Central.

Prestonsburg will play in the semifinals on Wednesday night.

In the second game of the evening, coach Duran Newsome's Bobcats found Johnson Central quick and ready to play.

Tommy Taulbee scored 11 points as the only double figure scorer for Betsy Layne. Jonathan Triplett added five points. Jacob Carroll and

(See Frosh, page 6B)



Strong move

South Floyd's Jenny Meade (23) went to the basket against Pikeville Monday night in the opening game of the Pikeville Lady Panthers Invitational basketball tournament. Meade scored six points in the game, but the Lady Raiders fell hard to the Lady Panthers 44-29. The two teams will tip off again this coming Monday night at South Floyd. (photo by Ed Taylor)

**Cold free throw shooting haunts
South Floyd Lady Raiders, 44-29**

by Ed Taylor
Sports Editor

The high school basketball season kicked off Monday night as the annual Pikeville Lady Panthers Invitational Basketball Tournament got things underway and it was evident that the practice was short and the season could be long.

The way the South Floyd Lady Raiders and Pikeville Lady Panthers performed in the opening game, you could tell that more practice time is needed as South Floyd hit only nine of 33 free throws in dropping a 44-29 decision to the Lady Panthers in the first game of the PIT.

Charity Burke scored 16 points to lead the Lady Panthers and Sunny Phillips added eight.

Crystal Tackett had nine points to lead South Floyd. Tiffany Compton, who was in foul trouble early, finished with seven points before fouling out.

Pikeville got second and third shots against the Lady Raiders as they failed to block out of the boards. Taking care of the basketball proved to be a problem for them as well. The Lady Raiders committed 24 turnovers in the game and Pikeville had its woes as well with 19 turnovers.

For new head coach Henry Webb, it was a frustrating night.

"You should see us in practice," he said, concerning the free throw shooting. "We hit good in practice. We block out well in practice. But in game situations we just don't execute. We preach it."

The Lady Raiders held only one

lead in the game which came in the opening seconds. Jenny Meade hit the back side of a two-shot foul to give South Floyd a 1-0 lead. Pikeville went on a 9-1 run that net-

ted them a 9-2 lead and they led 11-5 at the first stop.

"We just didn't take good care of" (See South Floyd page ?B)

**Elliott, Johnson combine to
lead Osborne past McDowell**

by Ed Taylor
Sports Editor

Color them 3-2 on the season. The Osborne Eagles did not get their 1995-96 basketball season off to a very good start when they dropped their first two games of the season to Melvin and then Johnson County.

But it would be hard to convince coach Roger Johnson that the early losses have done nothing but made his team better after they won their third game in a row and the championship of the South Floyd First Annual Prep Classic last Wednesday night. The Eagles slipped past a good McDowell team in the finals, 54-49, in a come-from-behind effort.

"I still say it is the best thing to happen to us," Johnson said of losing his first two games. "It has caused the kids to wake up. We played well against McDowell. They played us tough."

Dale Elliott and Jared Johnson combined for 39 points for Osborne. Elliott led all scorers with 20 points and Johnson added 19. Elliott hit four three-point baskets in the game.

The real story could have been on the defensive end for Osborne,

especially in the fourth quarter. Osborne point guard B.J. Bryant had the chore of guarding Ryan Shannon, McDowell's deadly left-hander. Shannon was held to only 15 points by Bryant, well below his season average of 26.

"B.J. did a real good job on Shannon," Johnson said. "We did play mostly a match up zone, but every time Shannon got the ball, B.J. was there on him."

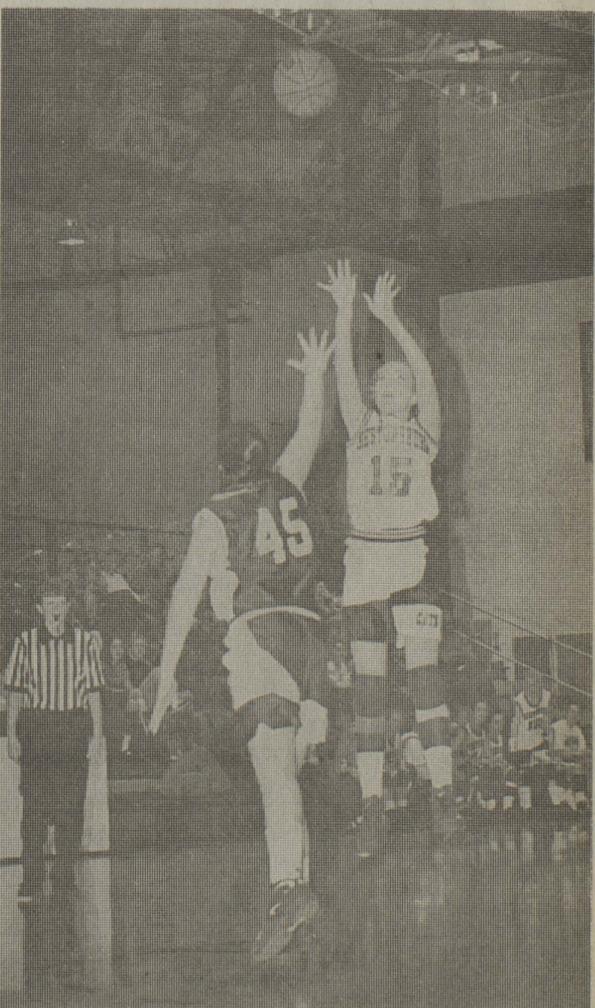
McDowell held a four-point lead, 34-30, heading into the final quarter. But the inside game of Nick Moore was cut off by the Eagles as they began to soar.

"We went to the boards better in the fourth quarter," Johnson said. "We started blocking out better. Our defense picked up as well and we stopped the Moore kid. He was killing underneath."

"McDowell started quick on us in the first quarter and we opened very flat. But you have to give credit to McDowell's defense in our opening flat."

McDowell led 11-6 after the first quarter on the shooting of Shannon and inside play of Moore. Moore finished with 12 points in the game for the Daredevils, but was shut out

(See Osborne, page 5B)



A long one

Magoffin County's Jacqueline Powers (45) tried to stop this long jumper by Prestonsburg's Jessi Burke (15) last Monday night. Burke had two points and four rebounds as the Lady Blackcats won 69-45 over the Lady Hornets. (photo by Ed Taylor)

**Prestonsburg
survives Magoffin
Co. scare in PIT**

Layne scores 22 as Lady Blackcats
roll past Lady Hornets, 69-45

by Ed Taylor
Sports Editor

Prestonsburg girls' coach Harold Tackett said before game time that the Magoffin County Lady Hornets were not to be taken lightly this season and it proved to be true as his Prestonsburg Lady Blackcats had to stage a second half ambush to pull out a 69-45 decision in the opening round of the Pikeville Lady Panther Invitational at Pikeville Monday night.

Crystal Layne and Shelly Greathouse combined for 37 points to lead Prestonsburg to its initial win of the season. Layne finished with 22 points and Greathouse tossed in 15. April Newsome scored in double figures with 12 points.

Layne took charge of the Prestonsburg offense in the second half and scored seven straight points to bust the game open as the Lady Blackcats forged in front 42-28 with less than three minutes to play in the third period.

Prestonsburg's pressure defense in the second half took Magoffin County out of its game plan and forced the Lady Hornets into some ill-advised shots. But it wasn't so in the first half. The Lady Hornets solved the pressure defense in the first half and stayed close to Prestonsburg.

"Where we played Magoffin County last year, they watched some game film and saw our defense," Tackett said. "In the first half, they were doing an excellent job of breaking our pressure."

The Prestonsburg coach said it was just a matter of waiting till halftime to make the changes.

"I knew if I just waited until the second half and we could change some things and hope they couldn't adjust to it. Offensively, we were getting great shots."

The Lady Hornets, a much improved basketball program than from the past, is a pesky-type team that just refuses to go away. They appear to be a well-coached squad and will make trouble for some teams this season.

Magoffin County fell behind 12-2 after the first quarter as they could only muster a field goal by Nicky Gibson in the first stanza. Prestonsburg jumped out to a 6-0 lead behind the scoring of Newsome. Newsome scored the first four points of the game and completed a three-point play with seven seconds left in the first period.

Prestonsburg appeared to be passing the ball more than looking for the shot and the passive game seemed to lull into never-never

(See Prestonsburg page 7B)



Osborne Eagles
South Floyd Prep Classic Boys' Champions



Stumbo Lady Mustangs
South Floyd Prep Classic Girls' Champions

NASCAR Connection

by Ben Trout



MEMORIES OF MEETING JIMMY JOHNSON

I was as nervous as a cat on a hot tin roof. After all, I had never actually met a genuine NASCAR personality before, but I was soon to get my chance. It was the first time I had ever been turned loose on pit road, and as you can well imagine, the adrenaline was rushing through my veins quicker than a lap at Bristol.

Then it happened. The first NASCAR personality I bumped into was none other than the legendary Junior Johnson. Good ol' Junior, that's what like to call him. There he was, the familiar position with his foot propped up on pit wall, a stopwatch in one hand, and an ice cream cone the size of Texas in the other.

I immediately humbled myself as if I were speaking to the Pope, and said, "Mr. Johnson, could I please have your autograph." "Why sure buddy. Hold my ice cream, but don't eat any of it (as if I would)," Johnson said. Then he proceeded to talk with me.

Naturally, I stuttered my way through a brief conversation with one of the most notable figures in the world of motor sports. That day, good ol' Junior talked to me as if he had known me forever and I appreciated him for that.

Since then, the years have come, and the years have gone. However, I have never forgotten my initial encounter with good ol' Junior. And all across the country, there are many who can recall their memories of the chubby guy from Wilkesboro.

It is genuinely hard for me to believe that Junior Johnson is leaving the sport that he helped bring to its present level of enormous popularity. However, it is true. Johnson has sold both of his Winston Cup operations. He has traded in his radio for a go 'round at family life.

For years, Johnson has been one of the most colorful and sometimes

controversial figures in Winston Cup racing. During his 40 years in the sport, Johnson won 50 races as a driver, and a highly impressive 139 victories as an owner. The likes of Cale Yarborough, Darrell Waltrip, Neil Bonnett, and Bill Elliott have all piloted Junior Johnson-prepared cars.

But perhaps more importantly, Johnson is one of the primary figures that helped forge this great sport we all love so well. For example, you can credit Junior Johnson with bringing R.J. Reynolds and Winston into the NASCAR arena. He approached the company about sponsoring his race team in the early 1970s. And with Johnson's introduction, the company came aboard as the series sponsor. You can also credit him as one of the primary catalysts that helped Ralpy Seagraves sell the idea of The Winston Select and The Winston Million to the R.J. Reynolds company.

The list of Johnson contributions would easily take up the entire sports page. His name can easily be spoken in the same breath with the likes of William "Big Bill" France Sr. and Richard Petty for those who have contributed the most to the sport.

But Junior is ready to move on. Believe it or not, the 64-year-old Johnson has two kids, one two years old, and another just 16 weeks. He is ready to write another chapter in his storied life.

Perhaps Junior summed it up best when he said, "I've got, basically, what I've wanted for a long, long time. At the end of my racing career, I've got two healthy little kids, my wife, a good family, and a new home. It'll be a pleasure to finish up my career with them, and that's what I want."

Thanks Junior! You're a jewel! Good luck and Godspeed!

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Pikeville Fabrication & Steel, Inc. is now taking applications for the position of shop/shift foreman at the fabrication facility located at the Pikeville Industrial Park on Mossy Bottom.

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- All employees of Pikeville Fabrication & Steel, Inc. must be able to pass strict drug and alcohol tests, and be a dependable worker to whatever shift he is chosen for.

The plant will be scaling up production over the month of November, therefore these job opportunities will be available **through December 1**. Those persons interested in applying for this job title may do so by resume (references other than family members), and personal interview up to and including the above date. Your rate of pay will be based on **YOU**; i.e. your quality, speed, and ability to lead people will determine pay, etc. Applicants may apply to Dewayne Shumate, by appointment only—Monday through Saturday at the plant. Only applicants who meet all the above requirements will be interviewed. Telephone number 606-432-4400, business hours 7:30 a.m. to 6:00 p.m.

Kentucky Afield

WATCH OUT FOR DEER

Nearly 4,000 deer-vehicle accidents were reported in Kentucky last year. Many of these accidents occurred during deer mating season (late October through November) because the drive to mate, rather than common sense, dictates deer behavior during this time. Deer rut is now peaking in Kentucky, so drivers beware. The deer's lack of caution right now increases the risk of deer-vehicle accidents.

Here are some tips to help reduce the chances of having a deer-vehicle accident:

- Slow down and watch for deer when driving through a wooded area or where deer crossing signs are posted.
 - Drive cautiously during evening and early morning hours when deer are actively seeking food and shelter.
 - Upon sighting a deer, slow down immediately if you can do so without causing an accident. Deer rarely travel alone, so it's very likely that more deer are nearby.
 - Flash your lights or sound your horn to prod a deer to move out of the middle of the road or to discourage one from stepping into the road.
- Even after taking these precautions, its sometimes impossible to avoid an accident. Deer-vehicle accidents usually occur when a deer runs into the side of a moving vehicle or leaps out in front of a vehicle. If this happens and you cannot stop safely, slow down. Do not swerve wildly to try to avoid the animal. If you swerve, you may lose control of your vehicle, and more than your vehicle may end up damaged.

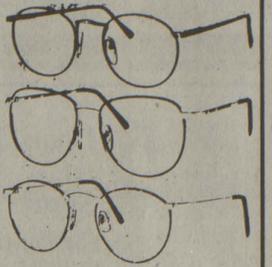
If you are involved in a deer-vehicle accident, contact a local law enforcement official or the local conservation officer, or call the Kentucky Department of Fish and Wildlife Resources Division of Law Enforcement, (502) 564-3176. The report will help the state's deer program coordinator keep track of such deaths and better plan deer management. The number of deer related car accidents is used as a basis for deciding whether deer hunting season should be liberalized in a specific area to help keep the potential of deer-vehicle collisions to a minimum.

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Bentley's 14 points lead Bulldogs past Melvin, 54-43

by Ed Taylor
Sports Editor

Rodney Bentley scored 14 points and Leslie Slone added 11 as the Duff Bulldogs defeated the Melvin Cougars 54-43 in grade school basketball play Tuesday night at the Patton Arena.

Game scoring honors, however, went to Melvin's Charlie Williams with 22 points. But Williams got little help as the next scorer was James Slone with five points.

The Bulldogs trailed the Cougars 13-8 after the first quarter with the Melvin attack being balanced in the first period. Williams had five points including a three-point basket.

Duff came back in the second quarter and made it a one-point game, 27-26, at the half. Slone scored seven points in the second stanza for Duff and Ryan Manns had a three-point basket. Williams led Melvin with his second three-pointer and nine points in the quarter.

Duff took a one point, 36-35, lead after the third quarter and outscored the Cougars 18-8 in the final quarter to win by 11.

Williams finished with four three-pointers in the game.

Bentley didn't get involved in the Duff offense until the second half when he scored ten of his 14 points. Shawn Henson carried the Bulldogs in the first half with six points and he finished with seven for the game, playing in foul trouble for most of the game.

Brent Slone scored eight points in the game for Duff. Rodney Scott finished with six and Ryan Manns four.

Rusty Tackett and Dusty Tackett scored three apiece for Melvin. Matt Tackett finished with four. Jason Jones, P.J. Cox and Patrick Hall had two each.

COMBS LEAD LADY BULLDOGS

Beth Combs tossed in 18 points and Amber Scott scored nine as the Lady Bulldogs won over the Lady Cougars 51-37.

Tiffany Williams scored 14 points to lead Melvin in scoring. Angie Tackett and Monica McKinney scored nine points each.

Duff led 13-3 after the first quarter and went to the locker room with a 24-11 halftime lead. Combs scored six first-quarter points.

Toni Little and Kayla Ray scored two each for Melvin with Jessica Young scoring one.

Kari Brown finished with eight points for Duff. Melissa Howard had six points. Christina Crase and Mary Mullins netted three points each while Kari Osborne and Johnna Ison scored two each.

Bassin' with the Pros

SOME FISHING DECISIONS AREN'T ALWAYS EASY TO MAKE

The bass aren't biting. Should you stay and keep hoping, or move to another spot?

"It's not an easy decision to make," says Charlie Reed, winner of the 1986 Bass Masters Classic and a member of the Johnson Outboards Pro Staff. "A lot of times you just don't know whether to change locations or not.

"Not only is it a hard decision to make, it's usually one of the most important decisions an angler has to make, and it can easily determine whether you win or lose the tournament."

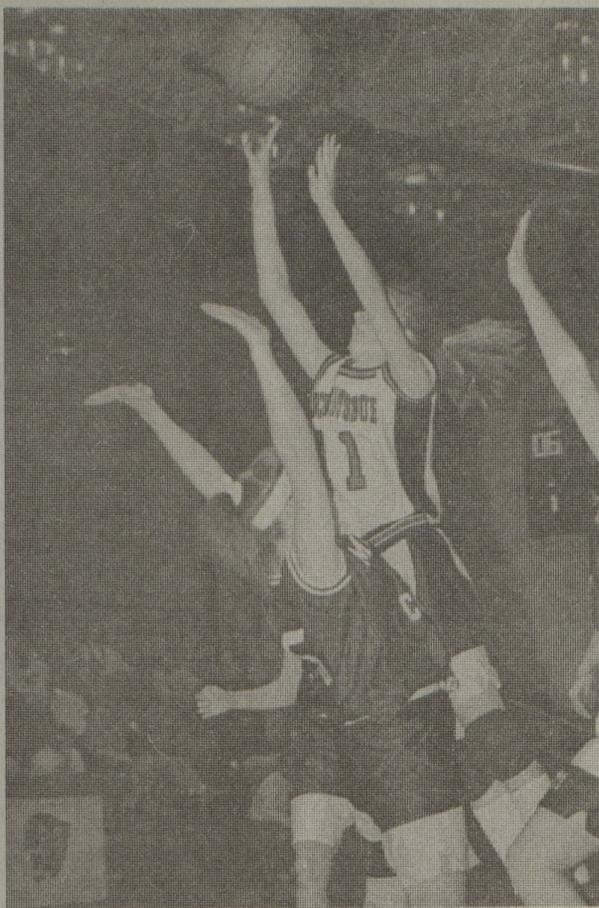
Reed says there are no firm guidelines on choosing when to stay or leave. Experience plays a major part, but so do existing conditions.

"If I know bass are present, or at least if I really have a strong feeling they're there, I'll stay," he says. "A lot of times, it depends on what I have to go to if I do leave. If I don't have anything particularly good, I'll probably stay in a spot longer than normal, but if I think I have a good place to try, I'll move."

Reed enjoys fishing deeper structure, and when he can he tries to see bass on his depthfinder. This sometimes determines how long he stays in the area.

"Often you can tell if bass are going to bite by the way they position themselves on structure," notes the Johnson pro. "For example, if I see bass suspended in open water and not necessarily close to any type of cover, I know those fish are

(See Bassin', page 5B)



Bump

Prestonsburg's Ladonna Slone (11) bumped into Magoffin County's Jenell Owens (5) during tournament play at Pikeville Monday night. Slone scored six points in the game the Lady Blackcats won 69-45. (photo by Ed Taylor)



Ready for final shot

Magoffin County's Kelli Dotson (23) put the defense on Prestonsburg's Jenna Fannin (3) as the final seconds ticked off in a Monday night tournament game at Pikeville. Fannin received the ball, turned and buried a three-pointer ahead of the horn as Prestonsburg won 69-45. (photo by Ed Taylor)



Contact

Basketball is suppose to be a non-contact sport, but you wouldn't believe it as Pikeville's Christy Compton (50) and South Floyd's Tina Newman (50) bumped each other in tournament play at Pikeville Monday night. South Floyd fell hard 44-29 to the Lady Panthers. (photo by Ed Taylor)

AMS Blackcats defeat Warfield, Maytown in elementary basketball

by Ed Taylor
Sports Editor

Joseph Crockett scored 13 of his game-high 19 points in the first half to lead the Adams Middle School Blackcats past Warfield Middle School 58-41 last Monday night in Middle School Conference play at the Adams gym.

Crockett had eight points in the first quarter and five in the second as Adams led 28-16 at the half.

The Blackcats took a 16-6 first-quarter lead as Lee Spriggs had four first-quarter points for Adams. Josh Turner scored two. Hank Mullins came off the bench in the second period and scored five Adams points to go with Crockett's five points.

It was a complete blitz for Adams in the third period as they rocked Warfield 24-10 to take a commanding 52-26 lead after three quarters. Crockett had six points in the quarter as Jeremy Caudill tossed in five. John Dixon scored all five of his points in the third stanza.

Coach Neil Turner went to his bench in the fourth quarter, giving all players playing time. Warfield outscored Adams 15-6 in the period to lose by 17 points. Billy Nelson, Kyle Shepherd and Craig Joseph each scored two points for Adams.

Four Adams players scored in double figures as Adams posted a 68-41 win over the Maytown Wildcats. Crockett led the scoring parade with 16 points and Dixon added 13. Caudill and Turner finished with 11 apiece.

Nathan Goble led Maytown with 19 points. Richard Brown netted 13 for the Wildcats.

Adams jumped out to a 13-7 first-quarter lead with Caudill and Crockett scoring four each. Tim Davis scored three points for Maytown in the first quarter with Brown and Michael Hagans scoring two each.

Adams took a 29-24 lead to the locker room after the Wildcats made a comeback in the second quarter. Brown scored nine points, including a three-point basket, in the second period to trigger the Wildcat comeback.

Life is the art of drawing sufficient conclusions from insufficient premises.

—Samuel Butler

It was a "W" in the win column for Adams after the third period when they outscored Maytown 23-3. Maytown did not score a field goal in the period.

Lee Spriggs, Jarred Hall and Phillip Elliott had four points each for Adams and Hank Mullins scored five.

Brandon Hoover, David Watkins and Jeremy Hayes scored four each for Maytown. Michael Hagans had two points.

Adams improved to 2-1 on the season.

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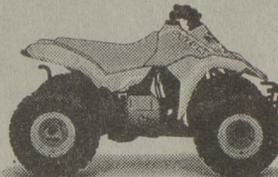
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By Floyd County Coaches Association :

23 named to all-conference team

by Ed Taylor
Sports Editor

The Betsy Layne Bobcats and Prestonsburg Blackcats placed 15 players each on the first Floyd County Coaches Association All-Conference football squad named this past week.

Allen Central placed 12 players on the roster while South Floyd named 11.

Eleven players were named to the first team All-Offensive team, while 11 made the first team All-Defensive squad. A second team was picked by the Floyd County coaches as well.

Both Betsy Layne and Prestonsburg placed seven players on the first team, but it was Allen Central who headed the list here with eight players. The Raiders placed five on the first teams.

OFFENSIVE FIRST TEAM

Named to the offensive first team was Allen Central quarterback Adam Coleman, a senior, who finished tenth in the state in passing this season with more than 1,800 yards. Coleman played most of the season with vision problems, but still averaged just more than 180 yards passing per game.



GORDON REEVES

The back field on the first team would be a dream team in itself. Prestonsburg's John Morris, a junior, who had a strong finish this past season, has been a stand-out in the backfield for the Blackcats since his freshman season. Morris rushed for more than 900 yards this year.



JOHN LYONS

The county's leading scorer and top rusher, Allen Central's Beau Tackett, drew the praise and the attention of the opposition when he took to the gridiron. Tackett rushed for close to 1,000 yards this year. His quickness allowed him to get on the outside where he picked up some valuable real estate for Allen Central. He was one of the top receivers in the county as well.



RUSTY YOUNG

South Floyd's Ketran Mays no doubt is the fastest of the back field. He rushed for more than 800 yards this year and is just a sophomore. Mays is quick up the middle and was trouble once he got to the outside. He was a solid receiver as well.



PHILLIP ROBINSON

Named to the offensive line were: Chris L. Bailey, Allen Central; Pete Dawson, South Floyd; Ricky Johnson, Prestonsburg; Stewart Hall, Betsy Layne and Ernest Campbell of Prestonsburg.



ANDREE FAINE

Bailey was one of the leading blockers for Allen Central and Dawson had a very consistent season for the Raiders. Johnson, although injured, played



JARRED NEWSOME

as hard as anyone off the Blackcats line. Hall led the Bobcats' line and Campbell was always involved in the scheme of things for Prestonsburg.

Allen Central's Thomas Jenkins and Aaron Hall of South Floyd were the two receivers named to the first team. Jenkins was the top receiver in the county for Allen Central. His quickness and leaping ability made him a favorite target of Coleman.

Hall was "Mr. Versatile" for South Floyd. He played as hard at all positions as he did at just one. Hall is a good receiver with a great attitude.

Prestonsburg center Rusty Young led the defensive linemen. Young, a senior, was a hard worker on the line and a big part of the Blackcats' defense as well.

No player came on as strong as Allen Central's defensive lineman Phillip Robinson. Robinson absolutely had an outstanding season and was one of the more underrated players in the area. A solid performer.

Andree Faine, a junior, of South Floyd made the Raiders' front line a strong unit that got the Raiders off to a quick start in the '95 season.

John Lyons, senior, defensive end, was one of the top defensive players in the county this past season and seemed to be involved in almost every tackle on the field. Gordon Reeves, the other defensive end, had a solid season for the Rebels and is just a sophomore.

The three linebacker slots were filled with hard hitters. Jarred Newsome was second in the county in tackles made as he lead the defense for the Bobcats. A nose for the football, Newsome caused havoc for opposing quarterbacks. Levi Wells of Allen Central completed his final season for the Rebels and no one hit as hard as Wells. Sometimes he got carried away too much.

Prestonsburg's Waylon Bevins, a senior, has been a steady, consistent player at the linebacker slot for the Blackcats over the past three seasons. Good hard nose players that didn't mind playing hurt.

Craig Hamilton, Betsy Layne, Terrence



JON MORRIS



ADAM COLEMAN



WILLIE MEADE



CRAIG CRASE



T. MULLINS



CRAIG HAMILTON



WAYLON BEVINS



LEVI WELLS

Mullins, South Floyd and Craig Crase of Allen Central were named as first team defensive backs. Willie Meade of Betsy Layne was named the strong safety.

The second team All-Defensive team includes: Wes Collins (defensive end), Rodney Hamilton (defensive lineman), and Bobo Hall (defensive lineman) of Betsy Layne; Travis Johnson (defensive end), Chris Isaacs (linebacker) and John Paige (linebacker) of South Floyd; Brian Thompson (defensive lineman) and Chad Spurlock (linebacker) of Prestonsburg; Mark Varney (defensive lineman) of Allen Central.

Jason Blackburn (defensive back), Prestonsburg; John Estep (defensive back), Prestonsburg; Shane Blackburn (defensive back) Allen Central; and Mark Smallwood (strong safety), South Floyd.

The second team offense players are: Nick Compton, quarterback, South Floyd; Ray Lyon (running back), Betsy Layne; Chris Hicks (running back), Betsy Layne; John Ortega (running back), Prestonsburg; Josh Reeves (running back), Allen Central; Kevin Porter (linebacker); Cody Cepelcha, Betsy Layne; Darrin Reynolds (linebacker) Betsy Layne; Gavin Hale (linebacker), Prestonsburg; Shawn Keathley (linebacker), Betsy Layne; Matt Varney (receiver), Allen Central; Keith Marsillett (receiver), Prestonsburg.

The first team Specialty Team is comprised of: Punter, Chris Hicks, Betsy Layne; Kicker, Ricky Johnson, Prestonsburg; Returner, Billy Mitchell, Betsy Layne; Coverage, Timmy Nunnemaker, Betsy Layne.

A coach could not nominate or vote for players from his own team. Players were nominated by the opposition and could only vote for a player from another team.

The coaches association also voted to hold the first county gridiron classic (grid-o-rama) that will involve all four county teams. Four outside teams will be invited to face each of the county teams. The grid will be held a week before the regular season begins and will be played at the Prestonsburg stadium.



KETRAN MAYES



CHRIS L. BAILEY



PETE DAWSON



RICKY JOHNSON



STEWART HALL



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South Floyd

the basketball," Webb said. "I still believe this team will get better as the season goes on. We'll win some ball games."

It was a night of miscues for South Floyd as they were guilty of losing the basketball three times on wide open, no-defense-in-front breakouts.

In the second period South Floyd did not score a field goal until 34 seconds remained in the half and that came when Crystal Tackett hit a long jumper to make it a 22-10 game. The Lady Raiders, who got in the two-

free-throw situation early (ten team fouls, two shots), but could not convert. The Left Beaver team went to the foul line 12 times in the second quarter alone and hit only one charity toss. They hit three of 12 attempts in the first quarter. Pikeville held a 23-12 halftime lead.

While all appeared to be gloom for South Floyd, there was a bright spot in the fact they did not quit. The Lady Raiders made a run at the Lady Panthers and closed the margin to eight points, 30-22.

Pikeville owned a 15-point edge, 30-15, when South Floyd, pressuring the ball, scored seven unanswered points. A free throw by Compton at the 1:42 mark started the spurt. Crystal Tackett scored on a layup off a steal, Meade hit a 14-foot jumper and Compton took a Crissy Tackett lop for an easy basket inside.

South Floyd stayed close at nine points, but the Lady Panthers got a three-point basket from Kristy Hall en route to a 9-4 run that put the game away.

Hall finished with five points for

Pikeville. Connie Mullins, Christy Compton and Samantha Narra scored four each. Alena Simmons scored three points.

Meade scored six points for the Lady Raiders while Chrissy Tackett added three. Deana Holbrook and Tina Newman had two points each.

Pikeville (1-0) will face Prestonsburg in the semifinal round Thursday night at 6 p.m. South Floyd (0-1) will wait until Monday to return to the hardwood and host the Lady Panthers at Raider Arena.

(Continued from page 1B)

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A Look at Sports — (Continued from page 1B)

carry the Millard hopes.

Number nine and ten are close. The region starts to drop off after the eighth spot. Pikeville will be my number nine choice while Shelby Valley gets the tenth spot.

My sleeper: Phelps Lady Hornets. Team to look out for: Sheldon Clark. They are young but Robin is back at the helm.

PAINTSVILLE SOLID FIRST?

Ask some of the fans around the region that took in the panorama's and they are not so quick concede first place in the region to Bill Mike Runyon and the Paintsville Tigers. A short bench is what I am hearing and only four players able to consistently score.

But I still think they are the number one boys' team in the region and it is going to take a very good team to beat them. Craig Ratliff is one of the better players around the state and it will be his leadership that makes the Tigers go. J.R. Vanhoose, can he get any better?

Coach Raymond Justice will have his team back in the regional lime-light after four years of hiding. The Belfry Pirates are my solid number two pick in the region. This will be a high scoring ballclub, but again the bench could be just a bit short.

It has been a long time since the Prestonsburg Blackcats have been ranked so high and they will go third in my personal poll this week. Coach Jackie Pack will have the Blackcats running and playing the uptempo game. Blackcats third.

Really, after the top three teams, the region is wide open. Coach Randy McCoy will dress a strong team at Elkhorn City this year. The "real McCoy's" will emerge and without one star to lead them. This will be the club that will go seven or eight deep off the bench. Remember, that this is where it will be won this year. Elkhorn City number four.

Five goes to Dave Thomas and the Pikeville Panthers. Doug Powers is to Pikeville what Vanhoose is to Paintsville. If the Panthers had the guard play, they could be close to Paintsville. Pikeville is number five.

It gets tough from here. Number six could go to a number of teams, but this week, and maybe this week only, the Betsy Layne Bobcats gets that spot. Coach Junior Newsome's club looked good in the preseason games. They are going to even get better. The Bobcats sixth.

Close though is the Allen Central Rebels at number seven. I still believe in coach Johnny Martin and have to think that he will mold a competitive team from the players that are returning. One has to think of the ones that got away that could have played for the Rebels this season.

A big load will weigh heavily on the shoulders of junior Thomas Jenkins. I don't know if they are broad enough or not, but he is a solid top player in the state. But some help must come from Jason Baker and Todd Howard. I understand that Corey Patton may make a return this year. Rebels number seven.

Eighth place goes to the Pike County Central Hawks. This team will surprise some fans this year despite heavy losses from last year.

South Floyd makes up the ninth spot and this may be ranking them too low. They could very well be a sixth- or seventh-place team. But they will have to earn it because the basketball wars are going to be rough this year. I like the Raiders and look for them to make some noise in the region.

Finally, I have always liked the Danny Adams-coached team at Magoffin County. They have some horses coming back and here is another team that probably will play much better than what I am giving them credit for. I know they finished second to Paintsville in the regional tournament last year, but they will have to be more consistent during the regular season to get ranked higher. The regional isn't until March.

The fun and thrills get underway this Friday night as most teams swing into action. Let me encourage you to go out and support the county teams. Show good sportsmanship and just have fun. Remember. Referee's are human.

GRADE SCHOOL COACHES

With the high school season on the horizon, I still would like to have scores faxed or called in to me of all grade school games. The easiest way is to make a copy of score sheets and fax them to me at 886-3603. I will see they are printed in the sports section. I will still be making some rounds of the grade school games to get pictures, but I will more than ever be dependent on you for game scores and stats. Help me out, please.

Until Friday, good sports everyone and be good sports!



Short jumper

South Floyd's Crissy Tackett (34) put up a rare shot from the outside against Pikeville Monday night. The Lady Raiders inaugurated their 1995 season by playing Pikeville in the Lady Panthers Invitational. South Floyd fell 44-29. (photo by Ed Taylor)

Osborne

(Continued from page 1B)

in the fourth quarter.

"That was big key in the fourth quarter, stopping Moore," Johnson said. "Dale hit two big three-point baskets for us as well in the fourth."

Bryant finished with seven points for Osborne. James Walker added six, but played a strong defensive game, according to his coach.

"I would like to get more scoring out of James," Johnson said, "like ten to 15 points per game. He's capable of doing it. But he plays hard on defense and is a good rebounder for us. His scoring will come along."

"McDowell's defense just took us out of our game plan. In the first half we just didn't go to the boards well at all," he said.

McDowell led 22-17 at the half. Shannon's 15 points led McDowell. Moore had 12 and Jimmy Stumbo added eight. Kyle Tackett netted five points and the three points by Zack Layne didn't help the Daredevil's offense. Layne is one of the top scorers in the county and is a threat from the circle. Byron Hall had four points while John Meade finished with two.

"We played a good ball game,"

Johnson said. "We've got some things we need to do better but we played well."

OSBORNE (54) 6-11-13-24; Bryant, 7; Walker, 6; Elliott, 20; Johnson, 19; Reynolds, 2

MCDOWELL (49) 11-11-12-15; Stumbo, 8; Tackett, 5; Shannon, 15; Layne, 3; Moore, 12; Hall, 4; Meade, 2

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Bassin'

(Continued from page 3B)

basically inactive, but if I see bass holding close to cover like trees or stumps, I know those bass will bite."

Reed prefers to use one of the older paper chart recorders when he's studying deep water structure because it shows him bass movement, which in turn, also tells him whether the fish are likely to hit lures.

"The first thing I look for on the recorder are baitfish," he explains, "because they show up as large schools and are easy to identify. Once I find them, I start looking for bass below them, and then I look for streaks."

"Streaks on a paper graph show up as straight lines, which mean the bass are moving and feeding on the baitfish. If I see streaks, I know I am looking at active fish that I can catch with a jigging spoon or a plastic grub."

It is seeing activity like this that helps Reed decide whether to continue fishing or to leave for a new area. In shallow water where such baitfish activity does not show up, Reed says an angler simply has to rely on past experience.

"Changing lures, trying different

retrieve speeds, even approaching cover from a different angle are all worth trying," he says, "but unfortunately, there is no distinct rule you can use that will tell you whether to stay or leave."

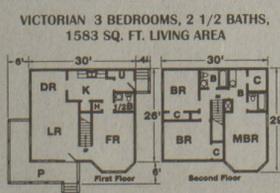
"I wish there were, because I could sure use it at times," he says.

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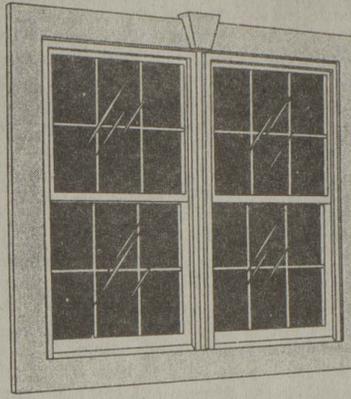
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Frosh Tourney

Michael Gross scored three each while Byron Stapleton and Heath Dale had two points each.

The Bobcats, in dropping the 42-26 game, got off to a slow start in the first period. Johnson Central

jumped out to a 12-6 lead after the initial quarter. Byron Stapleton, Heath Dale and Tommy Taulbee scored for Betsy Layne.

A three-pointer by Gross in the second period and baskets by Taulbee and Triplett pulled the Bobcats to within four, 17-13, at the half.

Betsy Layne was held to four field goals in the second half as they were outscored 25-13 in dropping the 16-point game. Carroll had a three-point basket in the third stanza and Taulbee drilled a three-pointer in the fourth quarter.

Shepherd and Lemaster led Johnson Central with 11 and nine points respectively. O' Bryan finished with nine points and McKenzie tossed in eight. Chandler had five points for the Eagles.

Betsy Layne was perfect from the charity stripe with three-for-three shooting. Johnson Central hit eight of 12.

PRESTONSBURG (55)

players	fg	3pt	fta-m	tp
Ortega	3	0	1-1	7
Campbell	5	3	1-1	20
Keathley	3	0	2-0	6
Harris	3	0	1-0	6
Music	1	0	0-0	2
Hall	1	1	4-0	5
Leslie	2	0	3-3	7
Ousley	1	0	0-0	2
Price	0	0	2-0	0
Hardee	0	0	2-0	0
totals	19	4	16-5	55

PIKE CENTRAL (29)

players	fg	3pt	fta-m	tp
Hinkle	1	0	1-0	2
Blackburn	1	0	0-0	2
Cordial	2	0	0-0	4
Mullins	0	1	0-0	3
W. Mullins	0	0	4-3	3
Thacker	2	0	0-0	4
Lakin	0	0	5-2	2
Billiter	2	0	0-0	4

Gibson	0	0	4-2	2
Tackett	0	0	5-3	3
totals	8	1	19-10	29

Prestonsburg	20	9	12	14-55
Pike Central	4	7	8	10-29

GAME 2

BETSY LAYNE (26)

players	fg	3pt	fta-m	tp
Carroll	0	1	0-0	3
Gross	0	1	0-0	3
Stapleton	1	0	0-0	2
Dale	1	0	0-0	2
Taulbee	3	1	2-2	11
Triplett	2	0	1-1	5
totals	7	3	3-3	26

JOHNSON CENTRAL (42)

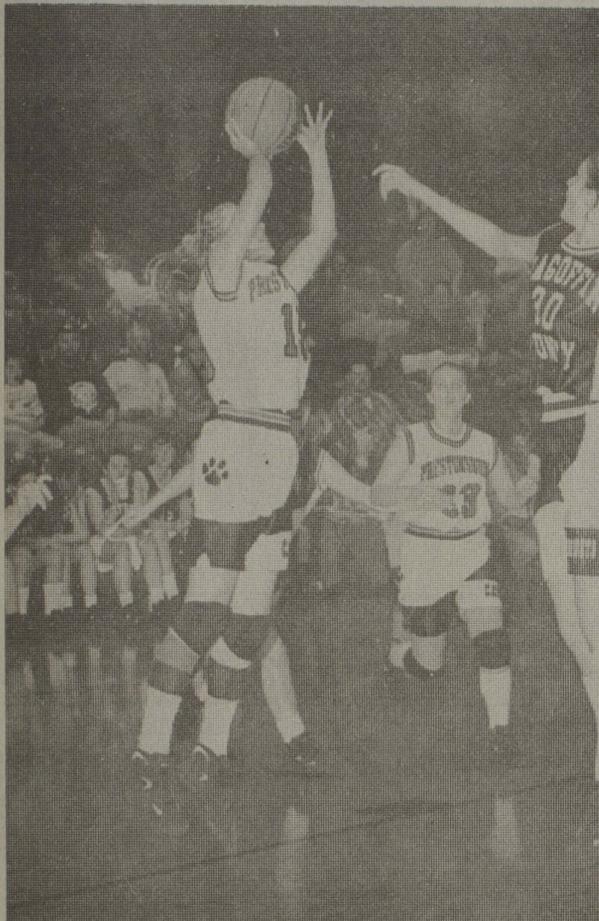
players	fg	3pt	fta-m	tp
Chandler	1	1	0-0	5
McKenzie	4	0	0-0	8
O'Bryan	4	0	2-1	9
Shepherd	2	0	10-7	11
Lemaster	3	1	0-0	9
totals	14	2	12-8	42

Betsy Layne	6	7	6	6-26
JCHS	12	5	11	14-42

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From the corner

Jessi Burke (15) of Prestonsburg put up a shot over the outstretched arm of Magoffin County's Nicky Gibson (30) as teammate Kimi Nunnery (33) looked on. Burke pulled down four rebounds in the Lady Blackcats 69-45 win over the Lady Hornets. (photo by Ed Taylor)

Letters to Santa



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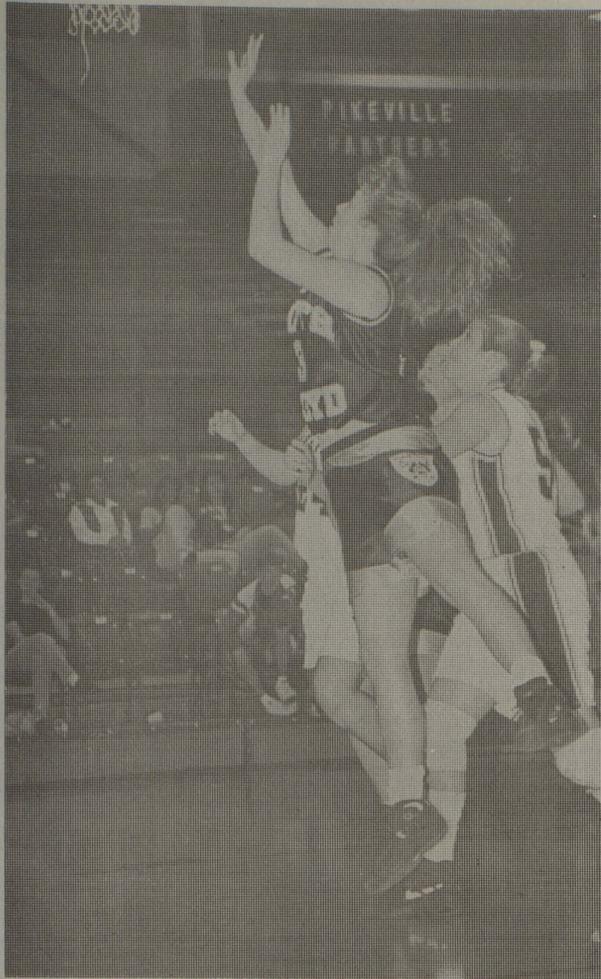
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Hits layout

South Floyd's Crystal Tackett scored on this move to the basket against Pikeville in the first quarter as the two teams faced off in the first round of the Lady Panther Invitational last Monday night. Tackett scored nine points to lead South Floyd, but her team fell 44-29. (photo by Ed Taylor)

Hunting safety

Beware of disease from wild animals

Hunting season brings to many of us memories of tragedies that should not have happened, but did — usually, but not always, involving firearms.

But you should also be aware of some dangers of disease from wild animals.

Three diseases of which hunters should be particularly aware are tularemia, rabies, and Lyme disease. All are zoonoses (diseases which can be transmitted from animals to humans) and all are reported with enough frequency to be important, though rabies is by far the most dangerous.

Tularemia is a bacterial septicemia primarily of wild rodents and lagomorphs, but which is readily transmitted to most animals including man both directly and indirectly. Primary hosts are cottontail and jack rabbits, beaver, muskrat, meadow moles and sheep.

It is a classic zoonosis and can be transmitted either by droplets in the air, direct contact, ingestion or by an intermediate carrier such as ticks. Hunters are among persons regarded as being at high risk.

Tularemia is treatable by several antibiotics, however treatment can be expensive and can be prolonged. Recovery produces a long-lasting immunity and vaccines are available. Unlike tularemia, rabies is not treatable in either animals or humans once symptoms have appeared.

It is a viral disease of the central nervous system, spread in the saliva of the infected animal and usually through a bite.

Contrary to what seems to be a popular notion, rabies is not a warm-weather disease and not all animals show similar signs of the disease.

Because the primary reservoir of the disease in Kentucky is skunks and raccoons, and sometimes bats, it is important to think of your hunting dogs as well as yourself.

Vaccinated dogs will neither contract rabies, if bitten by a wild animal, nor will they carry it to others. Vaccination of dogs and cats is the primary barrier of protection

between human and animals.

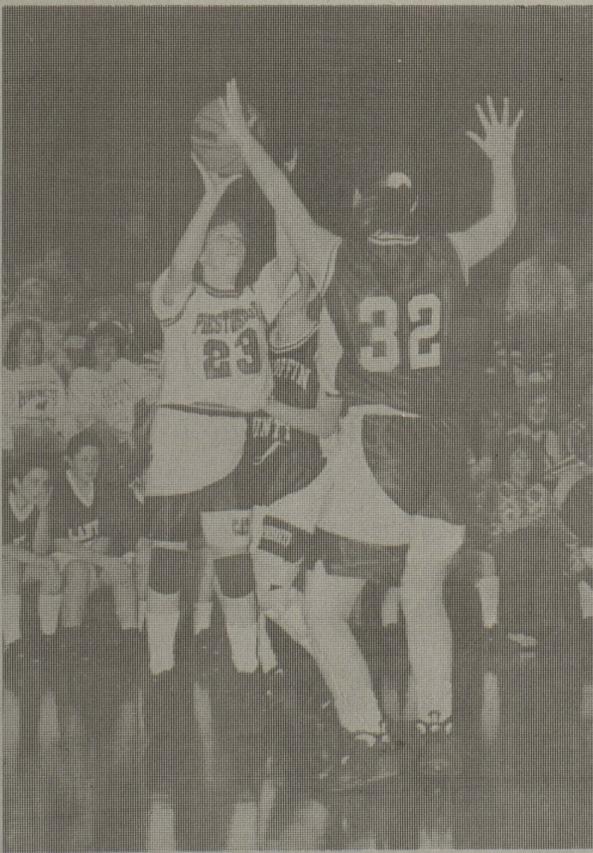
Humans have to be more careful, as there is no commonly available vaccine.

Lyme disease is spread by the deer tick and is becoming more prevalent in Kentucky. It affects both humans and animals. In humans, it causes general malaise and fatigue, chills, fever, headache, sometimes a still neck, and may progress to chronic arthritis. In animals it causes arthritis.

Treatment can be prolonged and expensive, especially for humans.

Repellents will usually protect animals and humans as well. Wear long-sleeved shirts and long trousers, both light colored, so you can see the ticks, and tuck your trousers into the top of your socks when hunting in tick-infested areas.

Your veterinarian can advise you on the instances of these diseases in your area and give you an idea of how much risk you may be running when you go hunting. He or she can also give you tips on how to recognize possibly diseased animals and what first aid to use if exposed.



Strong game...off the bench

Freshman Shelly Greathouse (23) came off the Prestonsburg bench and scored 15 points, including a three-point basket, to help lead Prestonsburg to a 69-45 win over a good Magoffin County team Monday night at Pikeville. The two teams met in the first round of the Lady Panther Invitational. (photo by Ed Taylor)

Prestonsburg (Continued from page 1B)

land. While they were resting, Magoffin County was serious. The Lady Hornets stung hard as they fought back into the game with an 11-2 spurt that closed the margin to one point, 14-13 with 4:50 to play in the first half.

The Prestonsburg coach wants his players to look for the extra pass.

"When you get into a game situation you have a tendency to pass too much," he said. "Sometimes we did pass up an open shot, but what they were doing was what they were told, look for the extra pass. Now, we'll get to the point, I hope, as soon as we see that we're wide open, boom, we'll take it."

"You can overpass a little bit, but I was pleased with the penetration we had off the dribble. We had kids looking to score and that is what I want," he said.

Magoffin County hung around with the Lady Blackcats until a three-point basket by Layne off a super assist by Newsome, made it a 23-17 game. Kimi Nunnery, who played a strong game off the bench, hit a six-foot jumper to give Prestonsburg a 27-20 halftime lead.

Newsome opened the third period for Prestonsburg with a long three-point basket. At the 6:07 mark Greathouse buried a three and Amber Leslie, off a strong drive to the basket, scored to send Prestonsburg to a nine-point, 35-26, lead with just more than five minutes to play.

"Amber just keeps improving," Tackett said. "She is improving every day. I'm tickled to death she is a Blackcat."

Jenell Owens scored underneath to pull the Lady Hornets as close as they would come the rest of the way, 35-28, because Layne scored seven straight and the Lady Blackcats outscored, Magoffin County 16-2 to close out the third period at 51-30.

Greathouse was in charge at the point guard slot feeding off to Layne for a nice ten-foot jumper. She then fed Layne for a wide open trey. She picked the pocket of Nickie Reed and went solo for the layup that gave Prestonsburg the 21-point edge.

The Lady Blackcats' biggest lead came at 27 points, 57-30, when Prestonsburg scored the first six points of the fourth period with Layne and Greathouse combining for some good team effort. Layne, on a drive to the basket, laid the ball up and Greathouse laid it in.

Leigh Ann Perkins was very impressive off the bench for Magoffin County in the fourth quarter. She scored six consecutive

points and finished the game with 15. Rebecca Howard showed some good moves in the final stanza scoring six points off the bench.

Ladonna Slone, who had only six points for Prestonsburg, played a good defensive game underneath.

"Ladonna goes 900 miles an hour and she doesn't slow down," Tackett said. "We have to keep her out of foul trouble. Her shot wasn't falling tonight and she tends to get down on herself. We tell her to make it up on defense."

Crystal Slone entered the game and played strong on the boards

pulling down four rebounds.

"Crystal does what we ask her to do," the Prestonsburg coach said. "We ask her to go in and give 110 percent for five to six minutes, get some steals and learn the system slowly. She's doing that."

Prestonsburg's final basket came as the final seconds ticked off and Jenna Fannin, who is recovering from an injury, buried a three-pointer for the final 69-45 count.

Jessi Burke had four rebounds for Prestonsburg. Leslie pulled in three. Layne had four assists in the game and Greathouse dished off three.

Perkins led Magoffin County's scoring with 15 points. Owens finished with nine and Gibson had eight. Rebecca Howard tossed in six with Montgomery scoring three. Kelli Dotson and Reed each scored two points.

"She wasn't suppose to be playing tonight," Tackett said.

Prestonsburg (1-0) will face Pikeville in the semifinals tomorrow night (Thursday) in a 6 p.m. tip off.

MAGOFFIN(45)

players	fg	3pt	fta-m	tp
M'gomery	1	0	1-1	3
Reed	1	0	0-0	2
Owens	2	0	10-5	9
Gibson	4	0	0-0	8
Howard	3	0	0-0	6
Perkins	7	0	2-1	15
Dotson	0	0	2-2	2
totals	18	0	15-9	45

PRESTONSBURG(69)

players	fg	3pt	fta-m	tp
Newsome	3	1	5-3	12
Layne	8	2	0-0	22
Slone	2	0	6-2	6
Burke	1	0	0-0	2
Leslie	2	0	1-0	4
G'house	6	1	0-0	15
Nunnery	1	0	0-0	2
C. Slone	1	0	2-1	3
Sammons	0	0	1-0	0
Fannin	0	1	0-0	3
totals	24	5	15-6	69

Magoffin	2	12	10	15-45
Prestonsburg	12	15	24	18-69

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Sports in Kentucky

by Bob Watkins

(STILL) NUMBER ONE, KENTUCKY'S SPOTTY START LEAVES POLL VOTERS UNDAUNTED

All those who were surprised that Kentucky played little more than ten quality minutes against Maryland in the Wildcats' season opener, please raise your hands. College coaches who vote on the CNN/USA Today poll, didn't seem to mind voting UK number one again this week.

There is a razor-thin line in the 1990s between orderly fast-break basketball and helter-skelter. Kentucky played on the left side for only the first 10-12 minutes of the second half against the Terrapins. But the defense, when and how it was applied and the net effect on Maryland, was college basketball at its best. Wildcat fans are going to enjoy watching their team turn up the heat on opponents this season.

All things considered, Rick Pitino's team demonstrated it can become very good and will certainly guarantee its adoring legions of fans a surprise every night. To wit:

- Among the glittering stars, Mark Pope stepped up for 26 points and MVP in the Tip-Off Classic.

- Tony Delk took a donut for the first half, but finished the game with 21 points.

- Whether you love Delk at point guard, like Wayne Turner's future, Anthony Epps is still the team's best playmaker.

- How many times will veterans Walter McCarty and Jared Prickett contribute two and seven points and UK still win by a dozen?

- Artful dodger Pitino spread playing time nicely - ten of 11 players used logged double-digit minutes. All 11 scored.

- 24. Important number. UK forced Maryland into that many

turnovers while the Wildcats were credited with a like number of assists.

DROP STEPS 'N' THINGS

How long will Pitino's Kentucky team keep it's number one ranking? As long as it takes you to purchase or receive in the mail your November 27 issue of Sports Illustrated and/or The Sporting News. Kansas is number one in both.

No matter. America's best slick magazine was in retreat before the

ink was dry. Number three UCLA had lost twice; number 11 Michigan, number 12 Maryland, number 16 Georgia Tech, number 20 Arkansas once each and Arizona was not ranked.

We will not attach the word parity to the 1995-96 season...Yes we will. Who's number one? Don't invest more than five minutes examining a poll until New Year's eve.

- Louisville, on the threshold of an impressive season launch, and owner of a 22-point lead against Auburn, fizzled in San Juan.

- Rick Pitino two weeks ago: "We could play excellent basketball and start out two-and-two. I don't pay any attention to the hype."

- Rick Pitino last week: "I think people like Dick (Vitale), who are well respected, are hyping us. And others tune in and listen."

- The real deal. Question is not whether Stephon Marbury is, but how long can Georgia Tech keep him from an agent's clutches.

- To UCLA's Jim Harrick: Vanderbilt?

- Arizona? Mentioned nowhere in SI's Top 20, is number four this week.

- Endorsement supreme: "Derek Anderson has charisma. He knows what's happening all over the court."

He's a great chess player." — Rick Pitino.

- ESPN's Clark Kellogg is to college hoops what John Madden is to the NFL. Premier analyst.

Note: So, how come Dick Vitale is on ESPN's first team?

- Think about this: Northwestern is ranked number three this week, headed for the Rose Bowl. One year ago, the Wildcats' season had been over since what, mid-season?

- Coaches who condemn rules-makers for taking away the end zone celebration are wrong. The rule takes away individual show-boating in a team sport.

- Break up the 'Huskies.

MERCER PLAUDITS

UK freshman Ron Mercer is keeping quiet, but others aren't.

Rick Pitino: "Ron Mercer reminds me of (Jamal) Mashburn in two ways. He's very humble and he lets the game come to him. What makes him great is he wants to get to first base, then second, then third, before trying to hit home runs."

Clark Kellogg (ESPN): "You've heard of basic cable and package cable and prime cable, well, Mercer is premium cable."

SEC SENDS MESSAGE

The Southeastern Conference leveled a menacing shot across the bow of college basketball last weekend. Kentucky spotted number 16 Maryland an 11-point lead, then squashed the Terrapins. Vanderbilt stung (then) number three UCLA in Maui. Auburn overcame a 22-point deficit to beat number 13 Louisville, and number eight Mississippi State scored 121 points in its season debut, beating SE Louisiana.

BRIGHT BOWL SEASON

College football, as it inches (inexorably) toward a playoff system, will showcase it's most attractive bowl season in years. Even the Rose Bowl is an underdog's dream. Best among them for TV viewers, three of four belong to ABC.

Fiesta (CBS): Nebraska (10-0) vs. Florida (11-0, with a game to play), for the national champi-

onship.

Rose (ABC): Northwestern (10-1) Vs Southern Cal (8-2-1).

Florida Citrus (ABC): Ohio State (11-1) Vs Tennessee (9-1-1).

Sugar (ABC): Still to be finalized, but best headliner would be — Florida State (9-2) Vs Texas (9-1-1).

READERS (RIGHT) WRITE

About a Cheers 'N' Jeers item in which I gave Denny Crum for his remark about Louisville East End housewives....

Mrs. Helen Zukof wrote: "Until I read your column this week I thought you were a fairly intelligent sports columnist. After reading (this one) I changed my mind. Denny Crum's remarks about East End housewives were ill-advised and just plain stupid. If you can say 'cheers' to something like that, you're dumber than a stump."

COMMENT: Thank you for writing.

DIS 'N DATA

Anthony Dent, the 6-9 forward from Edison, Ga. tried to play it cool before committing to play for Kentucky. In fact, Dent did himself a huge favor, picking the best program where he will receive painstaking attention toward developing his skills.

"If Anthony shows up in Lexington with the right attitude, is willing to do everything, and I mean everything, Pitino tells him, he can become a solid NBA prospect," a veteran scout told Sports in Kentucky last week.

Pencil in April 13 at Georgetown College. That's when and where one-day tryouts will be held for the Kentucky boys' and girls' all-star teams. Thirty-two boys and girls from across the Commonwealth (two each per region) will be invited according to All-Star game director Mike Aldridge....Boys' high school team to watch: Greenwood High, led by Auburn-bound Daymeon Fishback.

He might have labored in the shadow of America's kid, Tim Couch this season, but with a name like Waylon Chapman, Breathitt County's senior quarterback is

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Music scores 24 as Allen rolls past Harold, 48-31

by Ed Taylor
Sports Editor

Ramanda Music scored half of her team's 48 points as the Allen Lady Eagles steam rolled their way past the Harold Lady Devils last Wednesday night en route to a 48-31 win in elementary basketball. Music's 24 points led all scorers.

Music scored seven of her team's nine first-quarter points as the Lady Eagles led 9-6 after the first quarter. Keathley, who led Harold with 15 points, had three points in the first period for the Lady Devils.

Allen took a 20-10 halftime lead with Music scoring six points in the second quarter. Harold experienced some coldness from the free throw line missing three front ends of bonus shots in the period.

Allen extended its lead to 14 points, 32-18, after three quarters.

Amilia Conley tossed in eight points for the winning Lady Eagles. Brooke Coleman netted five points

while Courtney Harris and Rachael Mitchell totaled four each. Chrissy Nelson scored three.

Lykins, Cole and Hall had four each for Harold.

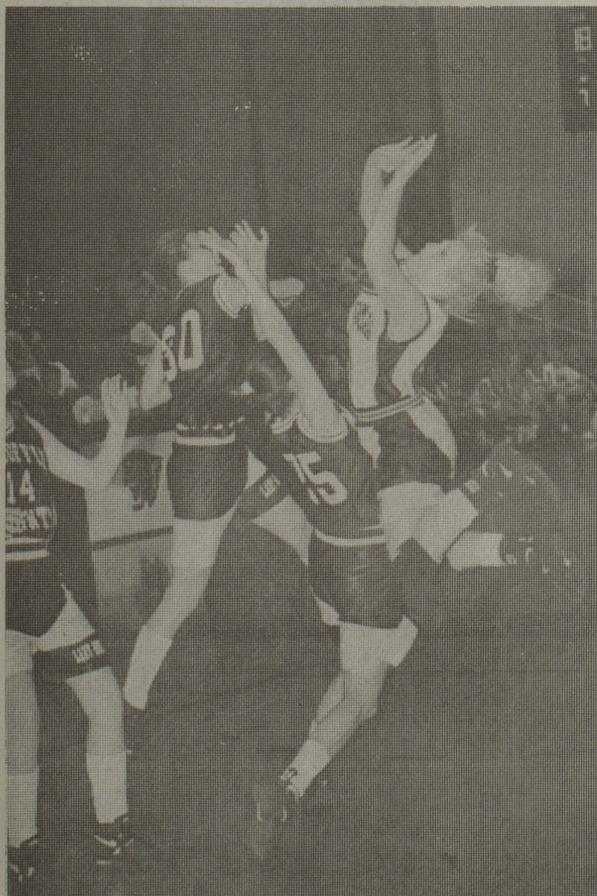
ALLEN(48)

players	fg	3pt	fta-m	tp
Music	10	0	8-4	24
Conley	2	0	9-4	8
Harris	1	0	2-2	4
Coleman	2	0	2-1	5
Nelson	1	0	2-1	3
Mitchell	2	0	0-0	4
totals	18	0	23-12	48

HAROLD(31)

players	fg	3pt	fta-m	tp
Keathley	7	0	5-1	15
B. Lykins	1	0	4-2	4
Cole	1	0	6-2	4
J. Lykins	1	0	4-2	4
C. Hall	2	0	0-0	4
totals	12	0	19-7	31

Allen	09	11	12	16-48
Harold	06	04	08	13-31



Where's the ball

Prestonsburg's April Newsome flies toward the basket, but forgot to bring the basketball, so it appears. Newsome scored 12 points to help lead the Lady Blackcats to a 69-45 win over the Magoffin County Lady Hornets last Monday night at Pikeville. (photo by Ed Taylor)

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Perhaps we've been polling the wrong people about KERA

Somebody ought to pass a law to prevent companies from making big bucks taking polls. I mean, can you think of anything on this earth that is more useless? And have you ever noticed that when one comes out, those they favor swear by them while those they don't favor tells everybody to just ignore them, that they're silly anyway. Well, by the time this sees print, there will probably be a dozen more on the success or failure of the Kentucky Education Reform Act of 1990 (KERA). The latest, at least that I've seen, comes from the University of Kentucky Survey Research Center.

Their result? The public generally likes KERA. Chalk one up for the pro-KERA people. Of course, that finding is in direct contrast to a poll by Preston Research in Lexington that was taken in late October and earlier this month. Their findings were that more people disliked KERA than liked it, by a margin of 48 to 37 percent.

Chalk one up for the anti-KERA people. But wait! Those results are in direct contrast to a survey commissioned by the Kentucky Institute for Education Research taken in July, which showed general support for KERA.

Poison Oak



Clyde Pack

Chalk another one up for the pro-KERA people. Not so fast. That poll is in direct contrast ... I guess you get the point. For what it's worth, I have an idea. As a former high school teacher who worked with KERA for three years, I suggest — especially in view of the fact that the general public is, at best, wishy washy on the issue — we simply wait to see. I think somebody's been wasting a lot of time and money polling the wrong people. Let's wait until today's first graders have become adults, providing they've lived under KERA for all that time, and just survey them. We won't need to hire some big expensive

polling firm, either. We will be able to find out all we really need to know by asking only a couple of simple, straightforward questions. Like, "Who cut down the cherry tree?" Just don't be too surprised if no more than 5 percent answer, "George Washington;" 80 percent accuse you of always blaming them for everything and flatly deny they even own so much as a pocket knife, let alone a hatchet; and the other 15 percent complain that the question is too hard and they can't read all the big words. We could then follow that question with, "Can you spell guinea pig?" Maybe it's just a sign I'm getting old, but the list of things that really aggravate me keeps growing. Like, for instance, losing my car keys. Or when the shortest line at the checkout counter takes the longest, and I'm in it. Then there's the missing section in the Sunday paper or those people who stick advertising flyers under my windshield wiper. Oh well, I guess it's these little nettlesome things that makes us all appreciate the good stuff.

Section C

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Wednesday, November 29, 1995

The Floyd County Times

Lifestyles

Appalachian writings

Mountain Disaster

by Sonya Tackett

Throughout the history of Kentucky coal miners have always been an important aspect, but mine explosions and collisions have caused so much grief and pain. This is a fictitious story of how so many family members are lost by coal mines.

A large clap of thunder rolled through the sky followed with lightning that lit up the whole town. Dad hadn't returned home from work yet and I was getting frightened. He was always home by 8 p.m. and if he was going to be late he would call. Mom said he was probably stopped in the road by a fallen tree, but I could hear the trembling of her voice. She was worried, too, but she couldn't show her true emotions because of the children. I was the oldest of five, two younger sets of twins, who were too young to realize the frightening feeling of the thunder, and me.

I began thinking of good possibilities, he promised he would never go into the mines so that lessened the worries in my mind. If he promised not to go than he probably won't because he always keeps his promises.

The old clock on the wall chimed at eight-fifty. Still, no sign of dad. Mom called me into the kitchen. She said "Marie, you are going to have to tend to the youngans, I'm going to look for your father. He should've been back by now."

"Sissy, where is mama," Danny asked as he stepped into the kitchen to get a warm glass of milk.

"She went to find...some food," I replied.

"O.K.," Danny replied as he bounced out of the kitchen.

The time mom was gone seemed like an eternity. I kept my eyes on the clock until I finally heard a sound. It wasn't thunder it was mom's old Chevy. I ran to the window and saw mom sitting in the car. She wasn't moving, but when the lightning struck I could see the distressed look on her face. As the rain began to fall harder mom got out

of the car. I knew what had happened. I didn't want to think about it but I knew deep down what was going on. I could see the hurt in mom's eyes. She looked like she just lost her best friend which I guess it truly was because dad was her best friend.

She slowly opened the front door, looked at each child and called me once again to the kitchen. "Mom what's wrong?" I asked.

"Honey it's your father, he went into the mines. He went in to help his friend, Bruce, who was trapped under a boulder, but the whole mine collapsed before he could get out." Then mom and I began to cry and hold each other tight.

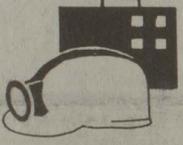
My heart stopped. My world had begun to sink. I would no longer have a dad. "How did it happen? He promised he wouldn't go into the mines. He promised mom...he promised me." Then I buried my head into mama's chest and cried. Mama was so hurt.

She and daddy had been married for 15 years. They saw each other every morning before dad went to work and he kissed her on the cheek. I saw him every morning before I went to school. Now Danny, Susan, Treasa, and Jessica wouldn't have a daddy to kiss when they begin school.

One by one the twins walked into the kitchen and began crying. They didn't know what for, but when they saw mama and me they sensed the pain and grief and began to cry.

This is a scene that happens all too often in the mountains. Many children grow up without a father because they die in coal mines. Since 1940 the occurrences have lessened, but even if one person is killed it is too much. I am fortunate to have a father who works around the coal mines, not in the coal mines.

This story is dedicated to all those women and children who have lost husbands or fathers in the mines and to my father for keeping his promise (of not going into the mines.)



These writings are part of an Appalachian Literature Unit which culminated with a School/Community Appalachian Day on November 22.



Appalachia

My home in the Mountains.
 My dear heart and soul.
 My close family smothered in tradition.
 My strong roots grant inspiration to be proud.
 My hard working daddy in the deep, dark mines.
 My one room school a miles walk away.
 My place to call my own.
 Appalachian my beautiful home.

To A City Slicker

by Rachel Little and Jessica Pack

You say soda,
 We say pop,
 You say police,
 While we say cops.

We wear britches,
 You wear slacks,
 You shake hands,
 We slap backs.

You say electricity,
 We say pare,
 You say sour,
 We say sare.

We wear boggans,
 You wear shoes,
 You say defeat,
 We say lose.

You drive an automobile,
 We drive a car,
 You say fire,
 We say far.

You say swine,
 We say pig,
 You ballroom dance,
 While we do a jig.

You call them paper bags,
 We call them pokes,
 You say sauna,
 We say soak.

You say tomatoes,
 We say maters,
 You say potatoes,
 We say taters.

We have grass in our yard,
 No cars on blocks,
 You buy chicken by the pound,
 We buy ours by flocks.

You call them yachts,
 We call them big boats,
 You like champagne,
 We like root beer floats.

Go ahead and make fun of us,
 We will play your game,
 But we're a close knit bunch of folks,

Can y'all say the same?
 Respectfully,
 Us here Hillbillies



Memories

by Jessica Pack and Rachel Little

As I look back in my childhood,
 I remember how it used to be.
 The schools were small,
 The families were big,
 And then I remember me.

I was a small skinny boy,
 My hair was always wild.
 My face was always smudged with dirt,
 Though I was a very lucky child.

Mama took good care of me,
 She did the best she could,
 No matter what she did to me,
 What she did was what she should.

There was always breakfast on the table,
 With a sweet pumpkin pie.
 Mama sat down and we gave thanks,
 Then I ate and said good-bye.

I walked through trees,
 Hopped over streams,
 I walked quietly as a mouse.
 I hoped I wasn't tardy,
 When I got to the schoolhouse.

I would sit in my seat,
 As the teacher would talk aloud,
 At the end of the day,
 I'd say "bye" to the crowd.

Back over the streams,
 And through the trees,
 I'd always be cooled off
 By the light Autumn breeze.

Supper was ready,
 When I got home,
 I sat down,
 And nibbled on a chicken bone.

My family got presents,
 Just like all the rest
 We were poor,
 But we still thought we got the best.

Appalachia

by Monica Hobson

I wish I had an artist's touch,
 To record how I feel,
 Because here in Appalachia,
 The feelings are very real.

The pride in my heritage,
 Which I feel in my heart.
 One thing I can say about my memories,
 With those I'll never part.

Now, as I'm growing up,
 I think about the past.
 People who worked hard,
 People whose endurance will always last.

Even when times were hard,
 They had faith in that man above,
 Every Sunday they worshipped diligently,
 Feeling their hearts with an undying love.

Someday I may leave,
 These old mountains and grand hills,
 But I can tell you one thing,
 I'll never forget the way I feel.

More Poems on C 12



FROM THE MOUNTAINS by Jadon Gibson



Log rafting—another early occupation

The first white settlers found one vast virgin forest. Giant trees stood throughout—white oaks, black walnut, yellow poplar, chestnuts, buckeye, ash, maple and others.

The settlers had to remove sections of timber so that they could farm. Naturally some of the wood was used to build cabins and furnishings and some was used for fuel.

Many trees were cut for the smelting of iron ore at Cumberland Gap and the remaining trees near the famous gap were cut down during the Civil War. This was done so that sentries could watch a broader area and to prevent the enemy from using trees for protection while advancing.

A new industry sprang up along the Clinch and Powell Rivers not long after the War Between the States—logging. Yellow poplar, black walnut and other woods were abundant and timber from these trees in demand.

There were three sawmills that were the most common buyers of timber. They were located in Clinton near the forks formed by Powell and Clinch Rivers, in Kingston near the forks of Clinch and Holston Rivers, and on the Tennessee River in Chattanooga where the Hart Loomis Lumber Company was a major user.

Logs in Hancock County floated down the Clinch River while logs cut in Lee County, Virginia, followed the Powell River or Blackwater Creek to the mills. For the first four or five years, the logs were run in strings. A few logs are known to have been driven, but not with great success.

Later on it became the custom to build rafts. The usual practice was to place the logs in the water, side by side, and to bind them together by running poles along each end of the logs, which were securely fastened by wooden pins or spikes. Long oars were installed at each end of the rafts.

The average raft contained about 35,000 board feet of timber and the largest ones contained as much as 60,000 feet. They usually ranged between 100 and 150 feet in length.

After a rise of the water level by six feet on the rivers, the rafts were turned loose and, through the use of the oars, were guided down the swift streams to the mills. From Lee County it took four days to raft logs to Clinton, six days to Kingston and nine or ten days to Chattanooga. Rafting was undertaken less frequently during the summer months because flood waters were less common.

Mrs. Edwin Hair, born in Lee County and now living in Soddy Daisy, Tennessee, wrote recently telling about her father who worked for a time on the log rafts.

"Dad came to visit me in 1952 and one of the first places he wanted to see was the old Hart Loomis Lumber Company on the Tennessee River in Chattanooga," she recalled. "He related many of his experiences including falling into the water at the confluence of the Clinch and Powell Rivers. "He was designated as the one to jump off the raft and tie it up to trees for the night. They meant to do that before the two rivers joined but were a little late in this instance. He said they would walk back home. This was in the very early 1900s."

After the log rafts reached their destination, they were sold and the men would usually walk back home. After the arrival of the railroad some of the men would return by train if a station was located anywhere near their homes.

Rafting was successfully practiced on Powell River up to a point approximately five miles above Jonesville. Later on, the practice of trucking the logs to the river bank became common and the zone of logging activity broadened and extended up Powell River eight or ten miles above Jonesville.

The logging and rafting business reached its peak between 1880 and 1890. Following the completion of the Louisville and Nashville Railroad in 1891, this business rapidly declined.

The last rafts are reported to have floated down Powell River in 1919 and the colorful rafting industry, so important to the ancestors of many Lee countians, has since been regulated to history.

*Jadon Gibson is a free-lance writer from Harrogate, Tennessee. His writings, *From The Mountains*, are both historical and nostalgic in nature. Don't miss a single issue.

Society News

Call David Hereford
886-3057

Jenny Wiley AARP Chapter installs Allen as president

Sylvia Allen, of Harold, was installed as president of Jenny Wiley Chapter No. 3528, American Association of Retired Persons (AARP) at the November dinner meeting which was held at the cafeteria of Highlands Regional Medical Center. Her husband, L. J. Allen, was installed as vice president. Other officers are Mary DeRossett, secretary and James E. Goble, treasurer.

The meeting was held Friday, November 17, with Burieta Gearhart president, presiding.

Following the dinner, Ted Stumbo led the group in the devotionals and the Pledge of Allegiance to the American Flag; Mary DeRossett read the minutes of the last meeting and James E. Goble presented the financial report.

Ruby Akers reported on the progress of the Highway Beautification Project and Ted Stumbo announced that a 55 Alive/Mature Driving Course will be conducted December 18 and 19.

Those persons who were present for the first time were recognized.

The installation of officers for the coming year was conducted, with Gladys S. Allen as the installing officer.

Following discussion, it was suggested that the AARP group join with the Prestonsburg Senior Citizens for their Christmas party, and the group approved a contribution of \$50.00 to help defray the cost of the party.

Carol Wright addressed the meeting concerning Project LINK, involving the handicapped and addressing safety for older citizens. She presented a Home Safety Checklist to assist senior citizens.

The president announced that the next scheduled meeting of Jenny Wiley Chapter would be March 15, and encouraged all members to attend the Community Chorus at Paintsville in December.

Orville Cooley dismissed the meeting with prayer.

Present were Burieta Gearhart, L. J. and Sylvia Allen, Ted and Marlene Stumbo, James E. and Marie Goble, Sarah Laven, Nell Montgomery, Flem and Sina Blanton, Loretta Stephens, Pauline Wallen, Ruby Akers, Celia Ward Little, Fed and Eulavene Conn, Myrtle Allen, Fanny Runnels, Margaret S. Ackerman, Emma Jane Back, Elizabeth Little, Nora Wright, Wilma Wright, Gladys Allen, Orville Cooley, Mary DeRossett, Elizabeth Castle, and Carol Wright.

Thanksgiving guests

Tracy and Vickie McKinney and children, Chad and Amber of Prestonsburg, spent the Thanksgiving holidays with her parents, Mr. and Mrs. Carroll R. Best of Canton, North Carolina and his parents, Mr. and Mrs. S. D. McKinney, Jr. of Burnsville, North Carolina.

Taylor-Barrowman wedding

Carla Jo Taylor and Jerry Barrowman Jr. were united in marriage on Saturday evening, November 25, at the Immanuel Baptist Church, Mullins Addition, Pikeville. Carla Jo is the daughter of Lois Fraley Taylor and the granddaughter of Carl R. Fraley of Pikeville. Jerry is the son of Mr. and Mrs. Jerry Barrowman of Pikeville. Following the wedding, a reception was held at the Green Meadows Country Club.

At Craft and Art show

Tom J. Whitaker of the Middle Creek Road, Prestonsburg, was an exhibitor at the 13th Annual Christmas Creations Show at Heritage Hall, Convention Center in Lexington last weekend. He was accompanied by his daughter.

Whitaker has been called "America's Greatest Appalachian Artist."

Dinner guests

Mr. and Mrs. Herman Allen of Lackey were the Thanksgiving Day guests of Taulbee and Renisa Branham on Corn Fork Road, Prestonsburg.

In Central Baptist hospital

Ruth A. Roberts of Garrett, is a patient at Central Baptist Hospital in Lexington. Her many friends and family wish her a speedy recover.

Thanksgiving guests

Elsie Leake of East Point had the following members of her family as guests for Thanksgiving dinner. Mr. and Mrs. Fred Harris and Elizabeth Ramey of Prestonsburg and Mr. and Mrs. George McClellan and their children, Susan Elizabeth and Jay of Bristol, Tennessee.

Birthday guest

Shirley Thompson and Kay Akers honored Ura Thompson on her birthday recently with dinner at May Lodge, Jenny Wiley State Resort Park.

Case-Hall wedding

Angela Dawn Case and Barry Dale Hall were united in marriage, Saturday afternoon, November 25 at the Little Rosa Church at McDowell.

Angela is the daughter of Carol Ann Case. Barry is the son of Mr. and Mrs. James K. Hall Jr.

Thanksgiving guest

Virginia "Ditty" Tackett was the Thanksgiving dinner guest of H. D. and Martha Jane Fitzpatrick at their home on South Arnold Avenue, Prestonsburg.

Visit in Lexington

Paul C. Combs of Arnold Avenue spend the Thanksgiving holidays with his children, Mary Lynn Brakeman and children and Dr. Steve Combs in Lexington.

Visits with family

Cadet John Thompson, a sophomore at Millersburg Military School spent the Thanksgiving holidays with members of his family,

Mr. and Mrs. Paul Hunt Thompson of Wheelwright, Shirley Thompson and his brothers, Paul Norman and Charlie and Mr. and Mrs. Paul W. Thompson of Prestonsburg.

Thanksgiving guests

Dr. Tom and Jennifer Valentine of First Avenue, Prestonsburg had as their house guests during the holidays their family members: A. G. and Dee Buckingham and Todd and Karla Buckingham of Mt. Washington, and George and Delores Valentine and Kim and Dillon Segoe of Shepherdsville.

Howell-Shelton wedding

Belinda Rose Phipps Howell and Russell Kyle Shelton were united in marriage on Friday evening, November 24 at the McDowell First Baptist Church. A reception followed the ceremony in the fellowship hall.

Belinda is the daughter of Fritz and Dulcina Phipps of Drift.

Russell is the son of Russell and Linda Shelton of McDowell.

Visit from Maryland

Ruby and Burl Joseph of the Town Branch Road, Prestonsburg, had as their Thanksgiving holiday guests their children, Burl Joseph of Bel Air, Maryland and Marjorie Joseph of Forest Hill, Maryland.

Visit from Lexington

Mr. and Mrs. Montie D. Rice of Little Paint Creek, East Point, had as their Thanksgiving dinner guests their daughters, Missy of East Point and Monica of Lexington.

Luncheon guests

Ada Meade and Judy Johnson of Highland Avenue were recent luncheon guests at Jerry's Restaurant, Prestonsburg.

Thanksgiving dinner guests

John and Tia Anderson and daughter, Alauna Brooke of Lexington and John Grant and Doris Anderson of Prestonsburg were the Thanksgiving Day dinner guests of Marvin Eugene and Ella Faye Music at their home on North Arnold Avenue.

That evening they were supper guests of Robbie Anderson and Amy Slone of Allen.

Entertain family for holidays

Wayne and Julie Exley of Lakeview Village Drive, Prestonsburg had as their Thanksgiving Day guests, Keith Exley of Florida and Celina Howell of Pikeville.

Dinner guests

Doris Martin Clark of Allen had as her Thanksgiving dinner guests Carol and Delano May of Emma, and Donna Sue Clark of Raleigh, North Carolina.

Visit parents

Pam Hereford and daughters Chelsea and Chynna of Abbott Creek Road, Prestonsburg, visited her parents, Mr. and Mrs. Clyde Hibbitts of Grundy, Virginia during the Thanksgiving holidays.

They also visited her brother and sister-in-law, Mark and Pam Hibbitts in Abingdon, Virginia. The group want to Gatlinburg, Tennessee to see the holidays lights and the girls visited with Santa Claus.

In hospital

David Fraley, the grandson of Mr. and Mrs. Dale Tackett of West Prestonsburg, is seriously ill in the University of Kentucky Medical Center in Lexington. He has been there for more than a month. His friends and family wish him a speedy recovery.

Holiday guests

Kathleen Parker and Betsy Burchett of Maple Avenue had as their Thanksgiving dinner guests, John and Joyce Stephens of Lexington, Sidney and Steve Parker of Prestonsburg and Missy Ward and daughters Ashley and Elizabeth of Pikeville.

Family visits for holidays

Jeff and Ann Damron and children Lauren and Jordan of First Avenue, Prestonsburg had as their Thanksgiving guests, Mary Lou and Dale Wages, Akron, Ohio and Gail Ritchey and Shane Covington of Lexington.

Visit in New York

Ann and Lauren Damron of Prestonsburg and Liz Noffsinger of Knoxville, Tennessee left today, Wednesday, for a shopping and show tour in New York City.

Early Thanksgiving

Jim and Bertha Daniels of Auxier celebrated Thanksgiving early this year, Sunday, November 19.

Their guests were children and grandchildren, Chris and Jamie Daniels Mason of Portsmouth, Virginia; PFC Stefan Allen Stambaugh of Parris Island, South Carolina; James Morgan, Sitka; PVT Jacob Lee Wise, Camp LeJeune, North Carolina; William P. Wise III, Brandon Nicole Domaschko, Matthew Weaver, Michael and Jodie Wise Vaughn of Frankfort.

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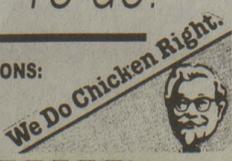


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Society News

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Family dinner

Nancy Archer, Justin Lauffer, Anna Crider and Mr. and Mrs. Martin Crider were Thanksgiving dinner guests of Walt and Jennifer Lauffer at their home at Hager Hill.

Visit here en route home

John and Cheri Hereford and children, John Robert and Lauren of Kingsport, Tennessee, stopped here to visit his brother, David Hereford en route home from Louisville. Dr. Hereford attended a medical seminar in Puerto Rico, last week.

Thanksgiving dinner guests

Betty Gale Minix entertained to Thanksgiving dinner members of her family at her home on First Avenue, Prestonsburg.

Those attending were Maurice and Brenda Minix and children, Marty and Lisa Minix and children and Melanie Minix.

Daughter visits here

Mary Callihan Hereford and friend, Scott Cooper of Atlanta, Georgia were the holiday guests of her parents, Tom and Mary Jo Hereford at their home on Abbott Creek Road, Prestonsburg.

Thanksgiving dinner guests

Mr. and Mrs. John E. Dillon had as their dinner guests Thanksgiving at their home on the Middle Creek Road, their son, Tommy and his wife, Connie.

Family dinner

Carolyn and Winston Ford Jr. entertained to Thanksgiving dinner the following members of their family and friends: Kellie, Steve and Taber Allen of Morehead; Gina Fannin and friends, Sara Vickers and J. P. Skeens; Mikeal Fannin, Winn Ford and Vera Ford of Prestonsburg.

While here, Steve Allen celebrated his 28th birthday with family and friends at the home of Mr. and Mrs. Winston Ford on South Arnold Avenue.

Visits mother

Kellie and Steve Allen and son, Taber of Morehead, visited with his mother, Mary June Allen in Martin during the holiday weekend.

Consults with doctor

Vina Crider of First Avenue, Prestonsburg was in Paintsville last Saturday consulting with her doctor. She was accompanied by her husband, Raymond.

Visit in Lexington

David and Peggy Hereford of Prestonsburg were the Thanksgiving weekend guests of Ronnie and Laura Goble in Lexington. The group was joined by David Hereford II and Mark Smith of Cincinnati, Ohio, on Friday.

Confined to home

Gorman Collins Sr. of First Avenue, Prestonsburg was been confined to his home for several weeks due to illness. He is showing some improvement.

Floyd County Historical and Genealogical Society holds meeting

The Floyd County Historical and Genealogical Society held their monthly meeting on November 20, at the Floyd County Library. There

was both a work session and a business meeting, as the members attending assembled a 40-page newsletter for distribution and mailing. The business session included election of officers and setting of dues for the upcoming year. Officers selected were Jim Daniels, president; Samuel Hatcher, vice president; Brenda McKenzie, secretary; and Betsy Lambert, treasurer. The December meeting is scheduled to be held at May Lodge on December 19, with dinner at 6:00 p.m., where Charter Membership certificates will be presented. There are presently 114 charter members with the enrollment period having been extended until December 31. Anyone interested in joining as a charter member may contact membership chairperson, Fred James.

Members present were Jim and Bertha Daniels and Brenda McKenzie of Auxier; Sam Hatcher of Harold; Aileen Hall of Betsy Layne; Russell Whitlock of Ashland; Fred and Joy James, Betsy Lambert, David Hereford, Bobby Wells, William Rowe, Robert Perry, Marshall Davidson, and John K. and Francis Pitts of Prestonsburg.

Woman's Club holds meeting

The Prestonsburg Woman's Club met November 2, 7:30 p.m. at the clubhouse in Archer Park.

Jane Bond, president, presided and led the group in the Pledge to the American Flag.

Burieta Gearhart gave a devotional using Thanksgiving as her theme.

Ms. Bond introduced the guest speaker, Father Johnnie Ross, who gave a very informative presentation about the Loaves and Fishes Food Pantry located at St. James

Drift Woman's Club holds meet

The KFWC Drift Woman's Club met at the McDowell Appalachian Regional Hospital, September 18, after the reception for Mary J. Poole.

Ruby Akers, president presided, Jerri Turner, treasurer distributed the treasurer's report.

The club voted to donate \$50.00 to the F.L.B.A. at the Floyd County Technical High School which is sponsoring a blood drive. Annette Biery, teacher, health services and Doris Lawson, teacher,

Episcopal Church.

The secretary, Beverly Oxford read the secretary's report and the treasurer's report was presented by Drema Miller.

Various projects were discussed and Lida Howard was appointed chairman of "Christmas in the Park."

Yearbooks were distributed to members. Thelma Lafferty, corresponding secretary, read a letter from the Montgomery County Judge Executive.

The president asked club members to help promote literacy by volunteering to read at the local schools.

Julie Paxton will be chairing a committee for a Rock-A-Thon to purchase rocking chairs for Highlands Pediatric department.

The yard-of-the-month committee was commended for their efforts.

Members were asked to assist in getting voters to the polls.

Storybook Christmas will be at Readmore Bookstore. Books will go to local children.

Refreshments were served to Beverly Oxford, Earlene Nelson, Eve May, Lida Howard, Jane Bond, Bureita Gearhart, Thelma Lafferty, Prema Miller, Garnett Fairchild and Johnnie Ross, guest.

The next meeting will be December 7. Members will be wrapping gifts to be given to the children who attends "Christmas in the Park."

Here from Prospect

Lana and Ben Slaughter of Prospect, spent several days last week with her parents, James E. and Marie Goble, Prestonsburg.

Women's club

office technology, are in charge. The club will purchase a \$100.00 bicycle for the St. Jude Bike-A-Thon. Jeanette Skeens is the coordinator.

Ruby Akers, Karen Slone and Roberta Luxmore will attend the 7th District Conference in Whitesburg.

The KFWC Drift Woman's Club members attended the Annual Intra-Club meeting at the KFWC Lackey-Garrett-Wayland Woman's Club.



Women's club

Among those attending a meeting of the Drift Women's Club were Robert Luxmore, Geraldine Ward, Ciarti Sigayor, Dennis Gawnoki, Cecilia Buellis, Mary Poole, Ruby Akers, Kathryn Youmans, Celia Little, Alice Skeens, Violet "Chick" Hall.

Benedict Baptist women, missions group established

The Benedict Baptist Women on Missions Group held its first meeting on Tuesday, November 21 at the Benedict Baptist Church on Slick Rock Branch of Cow Creek.

Charter members of the Benedict Baptist Women on Missions are Christine Hunt, Reka Joe Burchett and Betty Jo Gayheart. Christine Hunt will be the coordinator for the group and Betty Gayheart will be secretary/treasurer.

Mrs. Hunt explained that Women on Missions was formerly known as WMU and how important it is for every church to have a strong, active WOM group or even several different groups in each church. Questionnaires were filled out and future lessons were discussed. Christmas plans were made for the group.

The focus for the next month will be on AIDS and what we as Christians can do to ease the suffering and spread God's Word. Charles Stamper will be the guest speaker on December 19 and will do an AIDS presentation. He will have literature to hand out and have information on the resources available for AIDS victims here in Floyd County.

The group was dismissed with prayer after which refreshments prepared by Mrs. Hunt were served.

The next WOM meeting at the Benedict Baptist Church will be on December 19 at 6:30 p.m.

 ★ Keep the memories of those local veterans (from Elkhorn City to Louisa) ★
 ★ with the only book which honors our deceased heroes from January, '94 to ★
 ★ September, '95. ★
 ★ **Heroes of The Red, White and Blue** ★
 ★ Copies can be picked up at Mountain Printing, Pikeville; City Hall at Martin; and East ★
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Appointments • 886-7471

County Kettle

CREAM-FILLED PUMPKIN ROLL

3 eggs
1 cup sugar
1 teaspoon lemon juice
2/3 cup pumpkin
3/4 cup all-purpose flour
1/2 teaspoon salt
2 teaspoons cinnamon
1 teaspoon ginger
1/2 teaspoon nutmeg
1 cup finely chopped walnuts
8 ounces cream cheese, softened
1 cup confectioners sugar
1/2 teaspoon vanilla extract

Beat eggs at high speed in mixer bowl. Add sugar gradually, beating constantly. Stir in lemon juice and pumpkin. Fold in mixture of flour, salt and spices. Pour into greased 15x17-inch baking pan. Sprinkle with walnuts. Bake at 375 degrees for 15 minutes. Invert onto towel sprinkled with confectioners sugar. Roll up in towel as for jelly roll. Cool. Beat cream cheese, confectioners sugar and vanilla in mixer bowl until light. Unroll cake. Spread with cream cheese mixture; reroll to enclose filling. Place on serving plate. Sprinkle with additional confectioners sugar. Yield: 12 to 16 servings.

TORNADO CAKE

1 1/2 cups sugar
2 eggs
2 cups fruit cocktail
2 cups all-purpose flour
2 teaspoons soda
1 cup chopped nuts
1/4 cup packed brown sugar
1/2 cup butter
3/4 cup sugar
1/2 cup evaporated milk
1 cup flaked coconut

Combine first 5 ingredients in bowl; mix well. Pour into lightly greased and floured 9x13-inch cake pan. Sprinkle with mixture of nuts and brown sugar. Bake at 325 degrees for 40 minutes. Bring remaining ingredients to a boil in a saucepan. Boil for 2 minutes. Add coconut. Spoon over hot cake. Cool. Yield: 25 to 30 servings.

HOLIDAY HAM

1 10-pound fully-cooked ham
1 8-ounce can sliced pineapple, drained
1 4-ounce bottle of maraschino cherries, drained

Remove and discard any gelatin from ham; place in baking pan. Arrange pineapple slices and cherries on ham. Bake at 350° degrees for 2 1/2 hours or for 15 minutes per pound. Yield: 20 servings.

POTATO CANDY

1 small potato, peeled
16 ounces confectioners sugar
1 cup peanut butter

Cook potato in boiling water in saucepan until tender. Drain and mash. Cool. Combine potato and confectioners sugar in bowl. Knead until smooth. Roll into rectangle. Spread with peanut butter. Roll as for jelly roll. Chill for 2 hours. Cut into slices. Yield: 1 1/2 pounds.

SPAGHETTI PIE

6 ounces spaghetti
2 tablespoons margarine
1/3 cup Parmesan cheese
2 eggs, beaten
8 ounces cottage cheese
1 pound ground beef
1/2 cup chopped onion
1 teaspoon sugar
1 6-ounce can tomato paste
1 8-ounce can tomatoes, chopped
1 teaspoon oregano
1/2 teaspoon garlic salt
1/2 cup shredded mozzarella cheese

Cook spaghetti according to package directions; drain well. Stir in margarine, Parmesan cheese and eggs. Shape into crust in buttered 10-inch pie plate. Spread cottage cheese over spaghetti. Brown ground beef with onion in skillet, stirring until beef is crumbly; drain. Add next 5 ingredients; mix well. Cook until heated through. Spoon over cottage cheese. Bake at 350° degrees for 20 minutes. Sprinkle with mozzarella cheese. Bake for 5 minutes longer. Yield: 8 servings.

BASIC 7-UP CAKE

1 2-layer package yellow cake mix
1 4-ounce package vanilla instant pudding mix
4 eggs
3/4 cup oil
1 10-ounce bottle of 7-Up

Combine cake mix, pudding mix, eggs and oil in mixer bowl; mix well. Mix in 7-Up. Pour into greased and floured 9x13-inch cake pan. Bake at 350 degrees for 40 minutes. Pour Pineapple Frosting over cake.

PINEAPPLE FROSTING

1/2 cup margarine
1 1/2 cups sugar

1 tablespoon all-purpose flour
2 eggs, beaten
1 cup undrained crushed pineapple

Melt margarine in saucepan. Stir in mixture of sugar and flour. Add eggs and pineapple, mix well. Cook over low heat until thickened, stirring constantly.

BACON DELIGHT DIP

1 package (16 ounces) bacon, fried crisp and crumbled
1 large round loaf bread (such as sourdough, rye, pumpernickel)

1 package (8 ounces) cream cheese, softened
1 carton (16 ounces) sour cream
1 can (4 ounces) chopped green chilies, drained
6 green onions, chopped
Cook bacon until crisp. Drain, crumble and set aside.

Cut off top of bread and remove inside, leaving 1/2-inch shell of bread. Cut removed bread into 1-inch cubes. Beat together cream cheese, sour cream, chilies, and onions. Stir in bacon. Spoon mixture in bread and replace bread top.

Wrap entire bread in heavy foil and bake 1-1/4 hours at 350 degrees F. Serve bread surrounded by cubes for dipping.
Dip may be served with crackers, chips or pretzels.

GRANDMA'S OLD-FASHIONED RUM PUDDING CAKE

Baker's Joy no-stick spray
2-3/4 cups flour
1-1/2 cups sugar
3-1/2 tsp. baking powder
1 tsp. salt

1 package vanilla instant pudding mix
1 cup vegetable oil
1/2 cup milk
1/2 cup rum
4 eggs

Preheat oven to 325°F. Spray Baker's Joy no-stick spray on a 10-cup fluted tube pan. In a large mixing bowl combine flour, sugar, baking powder, salt, and vanilla instant pudding mix.

Add vegetable oil, milk, rum and eggs. Mix on low speed until ingredients are moistened. Mix on high

speed for 2 minutes. Pour into prepared pan. Bake at 325°F for 70 minutes or until done. Remove from oven and pierce top very thoroughly with toothpick. Immediately pour glaze over top. Cool completely before removing cake from pan.

GLAZE:

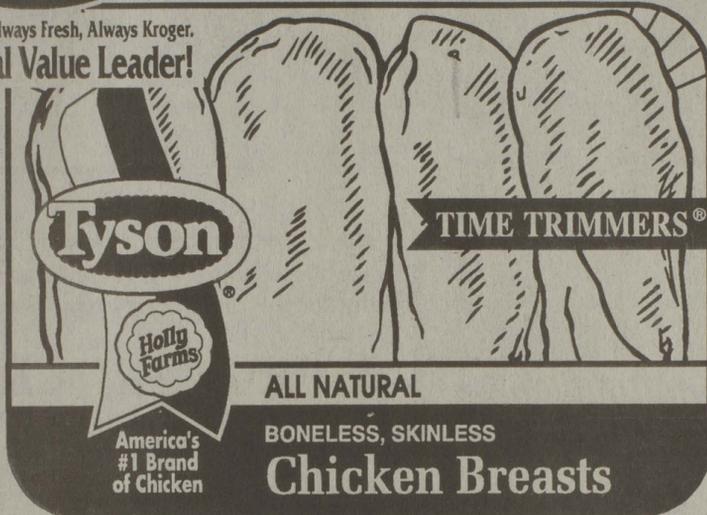
1 stick butter
1/4 cup water
1 cup sugar
1 oz. rum

In a sauce pan, combine butter, water and sugar. Boil mixture for 1 minute. Remove from heat and add rum.



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PAUL BUNYON BEDROOM SUITE!

Massive bedroom suite with huge poster bed. Includes triple dresser hutch mirror, door chest, headboard and footboard. Dark or medium pine finish.

Reg: \$2,814.95

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3-PC. LIVINGROOM SUITE!

Includes sofa, love seat, and chair with oak and brass trim, high grade hunter green velvet.

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Beautiful solid wood rectangular trestle table, 3 chairs, and 1, 36 inch bench with spindle back. This is definitely our most popular dinette.

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by Beverly Carroll

- walked to the outhouse in all kinds of weather hoping no one ran off with the catalog;
- wore hand-me-downs that didn't fit;
- went barefoot in the winter;
- rode horseback up the creeks;
- rose before the roosters to feed the chickens;
- gathered eggs hoping to find enough to feed the family;
- made your own homemade soap;
- carried water from the creek;
- followed your siblings into their bath water;
- shared a bedroom with everyone in the house;
- slept between the cornstalks;
- worked in the mines for script;
- blew out the lamp before going to bed;
- did all your shopping at the commissary;
- had imaginary friends and toys;
- were sick but couldn't get to a doctor;
- used home remedies as a cure-all because you couldn't afford medicine...

- worked the fields instead of going to school;
- washed the family laundry on the washboard;
- canned all the hot summer to have food for winter;
- chopped wood and carried coal for heat;
- indoor plumbing and quilted toilet paper;
- electric blankets;
- resale shops for pre-owned shoes, clothing and household items;
- paved roads, automobiles and 4-wheelers;
- real money, large grocery and department stores;
- toys, TV's, radios, camcorders and VCR's;
- telephones, emergency rescue units, hospitals;
- fire, police and sheriff protection departments;
- more doctors, modern medicine and inexpensive vaccinations; health departments, not-for-profit medical clinics, Hospice, home health;
- Medicare/Medicaid/SSI...

Again, the list could go on and on. With all the advancements that have been made in Appalachia over the last fifty to sixty years, many of our senior citizens still have it tough—just as they did when they were growing up. It's not easy for our region's older Americans to live in the hills on their basic social security checks. What can be even more discouraging is to learn that there is a program that maybe could have helped in a crisis situation but they didn't know about it when they needed it. This is one purpose of the Kentucky Benefits Counseling Program for Senior Citizens (KBCP).

When you have a need, Carol Napier, a paralegal for APPALRED, and your Benefits Counseling Coordinator for Floyd, Johnson, Magoffin, Martin and Pike counties can tell you if any programs are available to assist you with your particular need. She will be able to discuss eligibility requirements with you and to direct you to the right person or organization that may be able to help you. If you have a need, or know a senior citizen who does, call Carol at 886-3876 or toll-free at 1-800-556-3876.



Medical miracles start with research

Senior citizens, for many of us Thanksgiving was a time when family and friends, far and near, came together to enjoy the pleasure of each other's company for a day. Besides feasting on the bountiful food relatives brought for the occasion, people began to talk about their growing-up experiences in Floyd and Pike counties during the 30's, 40's and 50's. As an avid listener, I soon realized that no one referred to their childhood years as "the good old days." Times were tough back then. This is not to say that life is easy in Appalachia today, but senior citizens remember when you...

- worked the fields instead of going to school;
- washed the family laundry on the washboard;
- canned all the hot summer to have food for winter;
- chopped wood and carried coal for heat;



88th birthday

Anna Stumbo of McDowell celebrated her 88th birthday on September 19 at her home. Pictured with Mrs. Stumbo (right in photo) at her celebration are, from left, Walter L. Stumbo; Nancy Ann Springer; Brittaney Ray Springer (seated); and Cheryl Lynn Frasure. Her family hosted a dinner for her, and her many friends and relatives dropped by to help her celebrate.



Carrie and Sheldon Compton of Hi Hat, announce the birth of their son, Tyler Lee, on August 16, at Pikeville Methodist Hospital. He was 20 inches long and weighed 6 lbs., 14 oz. He is the grandson of Gary and Marie Miller of Ligon, Orville Compton of Virgie, and Gary and Loretta Tackett of Hi Hat. He is the great-grandson of Myrtle and James E. Tackett of Melvin, Avalene and Teddy Compton of Virgie, Wanda and Silas Johnson of Jonancy, Irene Moore of Hi Hat, and the late Betty and Otis Miller of Ligon.



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Dr. Izhar is Board Certified in Internal Medicine.

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For more information, or to schedule an appointment, call 452-2708 or 452-2706.



CHRISTMAS SPECIALS!

<p>Turkey Dinner</p> <ul style="list-style-type: none"> 10-12 lb. Turkey 4 lbs. Dressing 1 qt. Gravy 2 lbs. Cranberry Relish <u>or</u> Cranberry Sauce 1 doz. Dinner Rolls <p>\$32.95 + Tax</p>	<p>Ham Dinner</p> <ul style="list-style-type: none"> 4 lbs. Sliced Ham 3 lbs. Green Beans 1 small Sweet Potato Casserole 1 doz. Dinner Rolls <p>\$32.95 + Tax</p>
<p>Prime Rib Dinner for 10</p> <ul style="list-style-type: none"> Prime Rib Twice Baked Potatoes Tossed Salad / Assorted Dressings Dinner Rolls Red Velvet Cake <p>\$95.99 + Tax</p>	

To place orders, please call 886-7650

No orders of any kind will be taken after 4:30 p.m., Wednesday, December 13.

If order for a special is placed by 4:30 p.m. Friday, December 8, you will receive a free pumpkin pie, compliments of HRMC Catering Services.

Business/Real Estate

Highlands Clinic celebrates tenth anniversary

Highlands Clinic officially marked its tenth anniversary on October 22.

On that date, ten years ago, in what was then called the Medical Offices, Highlands Regional Medical Center opened its first outpatient specialty care clinic. The idea behind the clinic concept was to eliminate the need for sick, elderly, or post surgical patients to have to travel to Lexington for follow-up care or diagnostic referral by local family physicians, and the concept was in keeping with Highlands' vision to make Eastern Kentucky a better place to live.

The first clinic was designated to the specialty of neurosurgery, and was staffed by Dr. Byron Young, chairman of the department of neurosurgery from the University of Kentucky. To open the clinic at 8 a.m., Dr. Young would be up and on his way to Prestonsburg by 6 a.m. And with other neurosurgery services being non-existent at that time, in Eastern Kentucky, it was not uncommon for Dr. Young to see between 75 and 90 patients on an average clinic day.

In 1986, Dr. Robert Dempsey, assistant chairman of the department of neurosurgery at UK, replaced Dr. Young in the outpatient neurosurgery clinic at Highlands. Dr. Dempsey shared Highlands' vision of the clinic concept and was instrumental in helping Highlands with its pursuit of bringing university specialty medical care to patients in east Kentucky.

Through the years, the name, Highlands Clinic, was chosen as the official name for the designated area at Highlands housing the ever-increasing number of outpatient specialty clinics. A special entrance convenient to patient parking and a new elevator for clinic patients was donated by Highlands Auxiliary in 1986.

Highlands Clinic continued to recruit a variety of medical specialists, in a clinic setting, where family physicians from all over Eastern Kentucky could send their patients for consultation or follow-up care. The specialists would see

and treat the patients and send them back to their individual family physicians. To date, Highlands Clinic has two locations, one on the Medical Center campus in Prestonsburg and another in Paintsville. More than 70 physicians representing some 27 areas of specialty medical care hold outpatient clinics. These medical specialists are from the University of Kentucky, other Lexington facilities, and various other areas in the state. Cardiothoracic surgery, oncology, neurosurgery, endocrinology, sports medicine, urology, and gastroenterology are a few of the medical specialties offered.

In 1989, Highlands Clinic began a new program aimed at even further enhancing health care for Eastern Kentuckians. The program, called Care Connection, placed Highlands personnel in a Lexington-based office to care for the special needs of patients from Eastern Kentucky that were transported to tertiary care facilities in Lexington for specialty care or for specialized surgery. Care Connection representatives would assist patients through the admission process, help family members find lodging accommodations, check daily on the patients, and make certain referring physicians were notified of their patients' condition and received discharge summaries in a timely manner.

In 1990, Highlands was notified by the United States General Accounting Office that the Care Connection program was selected as one of the top three best new ideas in patient health care in a rural setting.

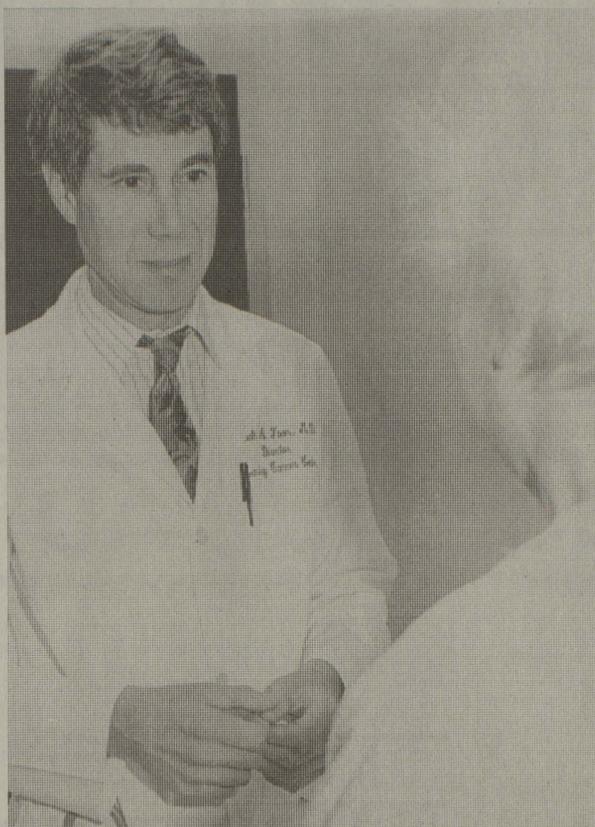
In 1995, Dr. Kenneth Foon, director of the Markey Cancer Center, University of Kentucky, opened an outpatient clinic to provide oncology care for patients with leukemia, lymphoma, and certain other hematologic malignancies. Another significant addition to Highlands Clinic in 1995 was the addition of a University of Kentucky Sports Medicine Clinic staffed by Dr. David Caborn, direc-

tor and chief of the Sports Medicine Center at the University of Kentucky. Yet another major clinic addition in 1995 was the High Risk Prenatal Clinic, also staffed by the University of Kentucky Medical Center specialists.

Time wise, not a lot has changed since the clinic began. Lexington physicians still must get up before daylight, drive up the Mountain Parkway and be ready to see clinic patients around 8:30 a.m. Most specialists hold clinic every other week on a designated day of the week, while a few specialists come one day every week. Some specialists do surgery at Highlands on one day, spend the night locally, and see patients in clinic the next day as well as follow-up with their surgical patients.

Today in an environment of change in the health care delivery system, new concepts in providing patient care focus not only on patient convenience but on more dollar efficient delivery of care.

"My mother is 86 years old, has severe osteoporosis, and the movement of traveling in a car is extremely painful for her, Prestonsburg businessman Estill Lee Carter said. "Having her doctor come here to Highlands Clinic is absolutely wonderful. The convenience of us not having to take her to Lexington to see her doctor has made her life a lot easier. I feel the clinic is a real service for everyone living in east Kentucky."



Dr. Kenneth Foon, director of the Markey Cancer Center, University of Kentucky, consults with one of his patients from Martin County in Highlands Clinic on campus at Highlands Regional Medical Center, saving her a trip to Lexington for follow-up care.



Attend workshop

Three psychology professors at Prestonsburg Community College, (from left) Dr. Carol J. Mulling, Dr. Dorothy E. Carlson and Dr. Theresa A. Milon, presented a workshop recently at the Hazard Community College Teaching/Learning Conference.

Three PCC faculty members conduct workshop in Hazard

Three psychology professors at Prestonsburg Community College recently conducted a workshop at the Hazard Community College Teaching/Learning Conference.

Dr. Dorothy E. Carlson, associate professor of education/psychology; Dr. Theresa A. Milon, associate professor of psychology, and Dr. Carol J. Mulling, associate professor of psychology, conducted a workshop in Hazard on the topic of "Innovative Teaching Strategies in Psychology."

Dr. Carlson was also asked to

serve as a grant reviewer for Kentucky State Department of Education in June. The review team for Goals 2000, Educate America sub-grant, met for two days in Louisville to review the state grants. In addition, Dr. Carlson attended the Summer Institute—the Kentucky Education Reform Act Assessment Fellows, for three days in June. She and Nick Ghassomians of Ashland Community College developed a training module on Multiple Intelligences to use for ED 202 students.



Proclamation

Judge/Executive Robert Meyer recently proclaimed Saturday November 3, 1995 as Iodine Deficiency Disabilities Day for Floyd County. Pictured above is David Whisman, president of Prestonsburg Kiwanis Club with Meyer.

Professor addresses math teachers

John D. Sammons, professor of mathematics and statistics at Prestonsburg Community College, addressed the Cumberland Council of Teachers of Mathematics at Pine Mountain State Resort Park on November 3.

Sammons accepted the group's invitation for the after-dinner address to speak about the education community's commitment to technology as a means for enhancing critical thinking and learning abilities, and for improving students' academic skills.

The PCC professor is executive director of the Eastern Kentucky Council of Teachers of Mathematics, a grassroots organization dedicated to teaching all levels of computational skills to the children and adults of Eastern Kentucky.

Both the Cumberland Council of Teachers of Mathematics and the



John D. Sammons

Eastern Kentucky Council of Teachers of Mathematics are affiliates of the National Council of Teachers of Mathematics.

Coleman Oil to change stations

Four Floyd County gas and food marts are among 36 in the area owned by Coleman Oil that will begin selling Ashland brand gasoline in the near future.

Reimaging packages are already going into place at the marts on U.S. 23 at Ky. 979 in Harold, on

U.S. 23 at Auxier, at 225 North Lake Drive in Prestonsburg, and on Ky. 122 in McDowell.

Coleman has 18 marts already flying the Ashland logo, a white italic Ashland on a red background with blue and green speed lines above and below the text.



New manager

Dave Lang, electrical systems director for Kentucky Power Company, has been named manager of a new American Electric Power operating region for Kentucky. The move is effective January 1.

Elliott winner of promotion

David Elliott of Martin won a \$500 Christmas shopping spree at Fayette Mall during the Double Kwik "Get Away Give Away" promotion.

The seven week contest included prizes, based on a get away theme, valued at more than \$25,000.

Other winners included Norma Williams, who took home a 1996 Chevy S-10 pickup; Robert T. Wagner of Mayking, who won the

Weekend Getaway for Two at the Hyatt Regency in Lexington and two tickets for the Brooks and Dunn concert; and Chris Overstreet of Jenkins, who won the Holiday Fun Weekend at the Radisson Plaza hotel in Lexington, including a parkside room with a view of the holiday lights at Triangle Park, a carriage ride and admission to Southern Lights at the Kentucky Horse Park.

"Riding the Kentucky Information Highway"

A regional forum will be held Wednesday, December 6, in the Chrisman Auditorium in the Armington Science Learning Center at Pikeville College.

For more information, call (502) 573-5476 and 573-1478.

Osborne promoted to accounts manager in P'burg office

Commonwealth Life Insurance Company announces the promotion of Larry Osborne, LUTCF to account manager in the Prestonsburg office of the Kentucky Mountain Agency.

Osborne began his career with Commonwealth in June, 1981, as an account representative in Eastern Kentucky.

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NEW LISTING

DANA - Beautiful 3 story, 4 bedroom contemporary home in private location. Master bath features a jacuzzi. \$139,100 (41911) Call Curly.

PRESTONBURG - Take a look at this 4 bedroom, 1.75 bath home with covered patio and attached deck. REDUCED TO \$89,900. (41167) Call Jo.

STEPHENS BRANCH - Looking for a home with acreage? Check out this 3 bedroom brick with approximately 14.5 acres. \$89,000 (41876) Call Curly.

MAYS BRANCH - Super location - Good construction - Well maintained - Easy living in this neat 3 bedroom, 1.75 bath A-frame. \$120,000 (41877) Call Curly.

HAROLD - 3 bedrooms, 1 3/4 baths, central heat & air, carport, an efficiency apt., plus a 3 room house for guests or family. \$58,900 (41526) Call Ruth.

HAROLD - First time home buyers or investors take note! This 2 BR mobile home & lot could be for you. \$11,800 (41524) Call Ruth.

HAROLD - 3 bedroom manufactured home in nice neighborhood. Convenient to Pikeville & Prestonsburg. Out of flood. \$75,000 (41833) Call Bill.

Talk to your Real Estate Superpower

Brenda Sturgill—285-9803
or 1-800-284-9165—CALL TODAY!
I have been dedicated to learning everything about the Floyd County area. It has been a wonderful experience. So if you need expertise about the value of your neighborhood and the salability of your home. Let me put this experience to work for you.

Call Brenda Sturgill—your full-time agent! 285-9803

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Private living equidistant from Pikeville or Prestonsburg. Reasonably priced. Above flood stage. All utilities available, including city water. Over 75 lots

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226 S. Lake Drive, Prestonsburg
Independently Owned And Operated.

EAST POINT—Over 2,000 sq. ft. with 3 large bedrooms, 2-1/2 baths, fireplace, screened in porch, and 1-car garage. Y-003-F3.

NEW LISTING

DANIELS CREEK—Brand new home on large, level lot in Windy Brooks Subdivision. Fireplace, 2-car garage, vinyl siding, front porch, and much more. Pick your own colors and carpet. Call for more details.

ABBOTT CREEK—Designed with distinction is this rustic 3-bedroom, A-frame beauty. Custom kitchen, hardwood floors, ceramic tile and many amenities. "A" must-see! R-013-F3.

Dorothy Harris, Broker
886-9100
1-800-264-9165
REALTOR ASSOCIATES: AFTER 5:00 P.M.

Ellen Holbrook.....874-9558	Joyce Allen.....886-2523
Lynette Fitzer.....886-2095	Brenda Sturgill.....285-9803
Linda Starett.....874-0044	Lillian Baldrige.....886-5459
Henry Martin.....886-0230	

IVY CREEK—Conveniently located between Pikeville and Prestonsburg. Three bedrooms with large deck and new outside storage building. S-031-F3.

PRESTONBURG—An older home that reflects stability and charm. Conveniently located on Arnold Avenue and within walking distance to schools, churches, banks and shopping. Great for retirees or small families. R-002-F3.

AUXIER—Cozy brick ranch, low maintenance, good floor plan, special decorating, in-ground pool. Seeing is believing. M-001-F3.

The Classifieds

886-8506



The Floyd County Times

DEADLINES

Wednesday Paper
Noon Monday

Shopper
Wednesday, 5 p.m.

Friday Paper
Wednesday, 5 p.m.

606-886-8506

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REGULAR CLASSIFIED—\$7.25/wk., 20 words or less; 15¢ for each word over 20. This price includes Wednesday & Friday's Floyd County Times and Monday's Eastern Kentucky Shopper.

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which request or require advance payment of fees for services or products should be scrutinized carefully.

NOW ACCEPTING APPLICATIONS
For 1, 2 and 3-bedroom apartments.

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Position open for a dedicated, motivated individual with excellent communication skills, combined with a positive personality. Ability to deal with the general public as well as county and local government officials and organization skills a must. Some overnight travel required. Salary, Company Vehicle and Commission along with a competitive benefit package.

If you desire to work hard and succeed, and believe you have the qualifications we seek, please send your resume along with a cover letter detailing salary requirements to:

SALES CAREER
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JOB OPPORTUNITY

Jerry's Restaurant in Prestonsburg is now taking applications. Waitresses, cooks and dishwashers.

Jerry's offers BC/BS insurance, paid vacations, meals & uniforms.

APPLY IN PERSON ONLY!

No phone calls, please
Applications may be obtained
Mon.-Fri. 3-4 p.m. only!

ROUTE SALES

Due to company promotions, 3 openings exist now for young minded persons in the local branch of a large international company. If selected, you will be given weeks minimum expense paid classroom training plus additional on the job training. We provide complete company benefits, major medical, dental and optional pension plan second to none. Your starting income will be \$400 to \$600 per week, depending on ability and qualifications. All promotions are based on merit, not seniority. To be accepted, you need a pleasant personality, to be ambitious, eager to get ahead, have 12th grade education or better, be bondable and free to start work immediately. We are particularly interested in those with leadership ability who are looking for a genuine career opportunity.

Call Dan Spencer at 606-789-4242, Monday thru Friday, 10 a.m. to 6 p.m.

No telephone interviews, please.
EO/EM-F

For Sale

ATTENTION: Big Sandy Aviation and Auction is having a public auction every Friday night at 7 p.m. Just north of the Johnson/Martin county line on Rt. 3 (Davella Road). We have porcelain dolls, trucks, cars, toys and gift items of all kinds. Lots more! Do your Christmas shopping here and save money! Everyone welcome. Phone 606-298-5930. James P. Mineer, Auction P-1220. (11-27-95)

FOR SALE: Scotsman ice machine. Price reduced. Call 285-0735. (12-4-95)

FOR SALE: Wringer washing machine; Maytag washer/dryer; coal; wood, all kinds; Irish potatoes; water bed. Call 358-9746. (12-4-95)

1988 KAWASAKI BAYOU ATV. Less than five hours on rebuilt engine. New plastic and other new parts. \$1900. Call 886-8475. (12-4-95)

THREE PIECE LIVING ROOM SUITE; electric and gas furnaces; 30 gallon electric water heater; automatic washer; sink w/L-shaped counter top; bathroom wash basin; faucets for kitchen and bath; parts for electric and gas stove and furnaces and electric water heaters. Call 874-8967. (12-4-95)

FOR SALE: Swivel chair and footstool, \$45. Also, curio cabinet, \$45. Call 606-886-1431. (11-29-95)

CAR BATTERIES from \$19.95. Cash for old batteries. 8D-1400cca \$99.95. The Battery Connection, Paintsville. Call 606-789-1966. (TFN)

1984 FORD TEMPO. Automatic. Runs and drives good. Best offer. Also, 11 1/2 ft. over cab pickup camper. One of a kind. Beautiful inside. Best offer. Call 285-0899. (11-29-95)

GRAVEL FOR SALE: Pick up or delivered. Also have topsoil for sale. Call 886-6458. (TFN)

FOR SALE: Gas floor furnace; also water pump with cold water tank. Both in good condition. Call 606-478-8003. (12-4-95)

FOR SALE: Firewood. Seasoned hardwood. Split. Delivered. Two 7 1/2 HP speed reducers and one antique cement block maker for sale. Call 285-9569. (12-4-95)

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WASHERS, DRYERS, stoves, refrigerators, gas/electric ranges, TVs, VCRs, microwaves. Prices start at \$75. Guaranteed. 125,000 BTU furnace with a/c; Warm Morning 65,000 BTU gas heater; small gas heaters. Also, repair washers and dryers. New location at Owens Trailer Court on old road behind Food City. Call 886-1960 or 889-0087. (12/4/95)

FOR SALE: Race car waterbed with matching dresser. Paid \$585 new, will sell for \$150. Also, two pine end tables. \$20/both. Call 886-9914. (12-4-95)

FOR SALE: 125,000 BTU natural gas furnace. Cooling core. 27x18. Would like to buy a junk 1973 Honda XL70 motorcycle. Call 358-9197 after 7 p.m. (12-4-95)

Real Estate For Sale

BAD OR NO CREDIT? Gov't homes and properties available. Down payments from \$0. Easy to qualify! For current listing call toll free! 1-800-378-4901, ext. H-1757. (12-11-95)

BETTER CALL US! We buy personal estates, houses and property. Century 21 American Way Realty, 886-9100. (TFN)

FOR SALE: Three bedroom house in

Prestonsburg. Central heat/air, built in cabinets. Includes additional lot. Call 886-3604. (1-1-96)

TWO STORY HOUSE FOR SALE: Four bedrooms, one bath. Extended living room, large kitchen and dining area combined, utility room. New central heat and air, dishwasher, new electric cook stove, lots of storage space, front porch and walk covered in Sierra stone. Also, large deck in back. Located in West Garrett, close to Rt. 80. Call 606-358-2340 or 606-358-4241. No land contract. (11-29-95)

LAND AUCTION
228 acres prime Fleming County farm land. Two miles south of Flemingsburg, KY. Offered in six tracts. Three homes, remodeled dairy, tobacco quota. Property ideal for farming or development. Sale to be held Saturday, December 2, 1995 at 10 a.m. For more complete details contact Chuck Marshall, Broker/Auctioneer at 606-849-2953 or 606-845-5010.

GOVT FORECLOSED homes for pennies on \$1. Delinquent tax, Repo's, REO's. Your area. Toll free 1-800-898-9778, ext. H-6778 for current listings. (12-16-95)

PROPERTY FOR SALE: Approximately 70 acres. On Corn Fork, off Lake Road, near Prestonsburg. Call 886-3941. (12-15-95)

HOUSE FOR SALE.
New construction. Approximately 13 acres. Great for retirees or young family. No steps. Two oversized bedrooms w/walk-in closets, two baths, central heat/air, custom built cabinets in breakfast bar, dining area, large living room w/hardwood floors, laundry room, triple carport. Above flood level. Located at mouth of Stone Coal, appr. 1 1/2 miles from major four lane highway (Rt. 80), Garrett, KY. Call 886-1315, 606-639-4222 or 404-292-2761.

Autos For Sale

1995 GMC JIMMY. Loaded. New brakes, new tires. 42,000 miles. \$19,000. Call 886-9914. (12-4-95)

FOR SALE: 1991 Mustang LX Coupe. 5.0L V-8 engine, five speed

transmission. 77,000 highway miles. Very fast car. Asking \$6,600. Call 886-3428 evenings. (12-4-95)

1992 FORD TEMPO GL. Red, four door. Automatic, all power. a/c. Low mileage. Like new. Call 889-0722. (12-4-95)

1978 CHEVY CAPRICE. Four door, V-8, automatic, new exhaust, snow tires. Good car. \$750. Also, 1984 Ford LTD. Looks great. Runs great. Very good on gas. \$1,350. Call 886-0902. (12-4-95)

1986 VW JETTA GLI. Black and beautiful. 58,000 miles. Adult owned. \$4,195 o.b.o. Call 886-8267. (12-4-95)

FOR SALE: 1977 Jeep CJ7. Straight six. Hardtop. New gas tank. Camouflage. Runs good. Body rusted. \$750. Call 874-8962. (12-11-95)

For Sale or Rent

FOR RENT OR SALE: Two bedroom house furnished with built-in appliances. Good location near Mountain Christian Academy. Call 285-0232. (12-4-95)

12X70 TRAILER FOR SALE OR RENT. Also, land for sale. Acres or lots, Abbott Creek. Call 886-2858. (11-29-95)

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No Experience Required

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FOR RENT: Two bedroom trailer located in Auxier. Call 886-0409 anytime. (11-29-95).

FOR RENT: Two bedroom house. Rt. 850, Pyramid area, Beech Branch Road. Furnished or unfurnished. \$300/month plus electric. Also, one bedroom apartment, furnished. Garrett area. Call 358-4036. (12-4-95)

TWO BEDROOM FURNISHED APARTMENT: Located in Prestonsburg. Call 886-0486. (12-11-95)

FOR RENT: Three bedroom doublewide. Six miles from Prestonsburg off Mountain Parkway. \$400/month plus electric and deposit. Call 886-8258. (12-4-95)

TWO BEDROOM HOUSE. Furnished or unfurnished. Ned's Fork, McDowell. 20 acres. New well. \$300/month. Call 377-2203 or 377-1019. (12-4-95)

TWO BEDROOM APARTMENT FOR RENT at Hi Hat. \$360/month includes all utilities. \$260/month, garbage only. Call 285-3628. (12-11-95)

FOR RENT: Three bedroom brick. Two miles on Corn Fork. Large yard. \$400/month plus utilities. \$200 deposit. Call 874-0262 after 5 p.m. (12-4-95)

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We are presently taking applications for 1-bedroom apartments at Highland Terrace. These apartments are for people who are age 62 or older, or are mobility impaired. If you are interested, you may apply at Highland Terrace office between 8:30 a.m. and 12 Noon, Monday thru Friday, or call 886-1925 or 886-1819. E.O.H.

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FOR RENT: New one bedroom apartments in Prestonsburg. Central heat/air. Very nice. \$350/month plus utilities. Call 886-9478 or 886-1032. (12-11-95)

FOR RENT: Two bedroom house. HUD approved. Unfurnished. Located at Bypro. No deposit required with good references. Call 606-452-9462. (12-4-95)

FOR RENT: Two bedroom mobile home located at Printer. References required. Calls accepted anytime, 874-2792. (12-4-95)

TRAILER FOR RENT: Two bedroom. \$200/month. All electric. Free water. Located at Salt Lick. Call 358-4524. (12-4-95)

FOR RENT: Three bedroom house with fireplace, refrigerator, central heat/air. Also, apartment for rent. \$75/week, utilities paid. Call 886-6900; or 285-9529 evenings. (12-11-95)

FOR RENT: Two bedroom trailer. Located on Cow Creek. \$300/month. Call 874-2802, J. Davis. (12-11-95)

FOR RENT: Three bedroom house located on Stratton Branch, half mile from swimming pool area t Dewey Lake. \$350/month. Furnished. Call 886-3313. (12-11-95)

FOR RENT: Three bedroom house at Hueysville. Large yard with jungle gym set. First month rent and deposit required. Also, new three bedroom house at Pippa Passes, one mile below Alice Lloyd College, near Caney Elementary School. Has heat pump, large porch. HUD accepted. Call 606-368-3427. (11-29-95)

FOR RENT: Three bedroom house. \$500/month plus deposit and utilities. Also, trailer for rent. \$275/month. Call 886-2880. (TFN)

FOR RENT: Single or double rooms for rent by the day, week or month. Access to dining, pool and lounge. For more information call 785-3897 Monday-Friday between the hours of 8 a.m.-5 p.m. and leave a message. (12-4-95)

FURNISHED ONE BEDROOM APARTMENT for rent. Extremely nice. Near college. All electric. Utilities included. Lease and security deposit required. 886-3565. (11-29-95)

FOR RENT OR LEASE: Office space in Hazard, close to shopping centers, hospital and dining. For more information call 785-3897 Monday-Friday between the hours of 8 a.m.-5 p.m. and leave a message. (12-4-95)

FOR RENT OR LEASE: 80x4 0 building. Two floors. Near U.S. Post Office in Allen, KY. Call 874-2600. (12/4/95)

FOR RENT OR LEASE: Approximately 5,000 sq. ft. office space. North Lake Drive, Prestonsburg. Call 886-4001. (TFN)

FOR RENT: Two efficiency apartments. Furnished. Utilities paid. Security deposit required. Also, one 4-room furnished apartment. Utilities paid. Security deposit required. References required. Call 886-6578 or 886-3154. (12-11-95)

FOR RENT: Trailer. Four miles south on old 23. Two bedrooms, two baths. \$275/month. Also, one bedroom apartment, four miles west on Mountain Parkway. \$350/month, all utilities paid. Call 886-6568 between 8 a.m. and 5 p.m.; or 886-1368 after 5 p.m. (12-4-95)

OFFICE SPACE FOR

RENT: 831 North Lake Drive, Prestonsburg. Approximately 500 sq. ft. Call 886-6774. (TFN).

FOR RENT OR LEASE: 80x40 building, two floors. Near U.S. Post Office at Allen. Call 606-874-2600. (12-4-95)

TRAILER FOR RENT: New Allen. Akers Trailer Court. Deposit required. Call 874-8151 or 874-2114 after 5 p.m. (TFN)

TWO BEDROOM HOUSE. Off U.S. 23 at Ivel. Fenced yard. \$400/month plus security deposit. References required. Call 606-478-2812 between 8 p.m. and 11 p.m. weekdays or anytime weekends. (11-29-95)

TRAILER LOTS FOR RENT: Call 874-9878. (12-27-95)

OPEN HOUSE
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QUICKSILVER TOWN HOUSES
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These townhouses have all the luxuries found in the big cities. Over 1,100 sq. ft., carport, 1 1/2 baths, plush carpet, large closets, pull down attic storage, cherry kitchen cabinets, dishwasher, self-cleaning oven, garbage disposal, 18 cu. ft. refrigerator.

Located 2 miles north of Prestonsburg on old 23, take 1st blacktop road on the right past Jerry's Call anytime for private showing
447-2192, 889-0371, 358-9761

TRAILER FOR RENT: Near Clark School. City water. Call 285-9991 after 6 p.m. (12-4-95)

Employment Available

POSITION AVAILABLE: Clerk Analyst. This position is available with the Mountain Area Drug Task Force. The duties will consist of preparing report forms, constructing case files, coordinating office purchases, budget reports, time sheets, office and court schedule, compiling statistical reports, maintaining inventory tracking system, maintaining a record of financial transaction, answer phones, schedule appointments and other assigned administrative tasks. Qualifications: 1. Basic knowledge of personal computer, Xerox and fax machine. 2. Basic typing skills. 3. Basic knowledge of state and local governments. 4. Ability to deal with public. 5. Any experience in business or government office will be helpful. All applicants must have integrity and be a law abiding citizen. Salary: \$13,000-\$15,000 annually depending on qualifications. 40 hour week, 2 weeks vacation, 7 days sick leave and other employee benefits. Obtain applications at the Floyd County Sheriff's Department between the hours of 9 a.m. and 4 p.m. Complete applications as soon as possible but no later than December 4, 1995. This agency is an Equal Opportunity Employer. (11-29-95)

EARN \$1,000's WEEKLY stuffing envelopes at home. Be your own boss. Start now. No experience. Free supplies, info. No obligation. Send S.A.S.E. to Neptune #300-G, 10151 University Blvd., Orlando, FL 32817. (1-1-96)

AUTOMOBILE TITLE CLERK NEEDED: Send resume to: P.O. Box 1689, Paintsville, KY 41240. (TFN)

AVON: BUY OR SELL. Call Jancy at 886-2082. (TFN)

CITIZENS NATIONAL BANK HAS AN OPENING

for Customer Service Supervisor. Position involves supervising customer service representatives who perform a variety of duties ranging from opening new accounts to processing loans. Successful candidate will be a versatile person who has a banking background including customer service and/or lending. Sales orientation a plus. Must be proficient using a personal computer. Competitive salary and benefits. Send resume to Human Resources Department, P.O. Box 1488, Paintsville, KY 41240-5488. EOE. (11-29-95)

WILDLIFE/CONSERVATION JOBS. Game wardens, security, maintenance, etc. No experience necessary. Now hiring. For information call 219-794-0010, ext. 7619. 8 a.m. to 10 p.m. 7 days. (12-15-95)

\$40,000/YR. INCOME potential. Home typists/PC users. Toll free 1-800-898-9778, ext. T-6778 for listings. (12-6-95)

\$35,000/YR. INCOME potential. Reading books. Toll free 1-800-898-9778, ext. R-6778 for details. (12-6-95)

\$1,000 WEEKLY stuffing envelopes. Free information. Send self-addressed stamped envelope to DITTO, Dept. 64, 3208-C East Colonial Drive, No. 312, Orlando, FL 32803. (12-20-95)

COAL TRUCK DRIVERS NEEDED
Must have Class A CDL plus experience.
Call Don at 606-889-0092.

JOB ADVERTISEMENT
Big Sandy Area Community Action Program, Inc. is now accepting applications for the position of Family Preservation Program Supervisor/Director. Applicants should have a Master's Degree, or no less than a Bachelor's Degree, in social work, family counseling or clinical psychology and should have good knowledge of crisis intervention, communication and parenting skills, cognitive and behavior interventions. Salary is negotiable. Excellent fringe benefits. This person will work out of the central office in Paintsville, KY, but will work with clients in Floyd, Johnson, Magoffin, Martin and Pike counties. Client related mileage will be reimbursed. Applications should be submitted through the Department for Employment Services. We are an Equal Opportunity Employer. (TFN)

Pets & Supplies

CHOW PUPPIES. Seven weeks old. AKC registered. Red and blond type. Wormed. Call 886-0550. (12-4-95)

Rummage & Yard Sales

INSIDE YARD SALE: Rain or shine. December 1, 2 and 4. Turn at Bank Josephine in New Allen. Go three blocks. Fishing tackle, homemade flower arrangements, wreaths, candles. E. Gayheart, 874-2606. (12-4-95)

Services

ALL KINDS OF TYPING: Resumes, term papers, etc. 15 years experience. Call 886-2974 after 6 p.m., ask for Millie. (TFN)

WILL HAUL GRAVEL OR COAL. Call 358-9432. (11-29-95)

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WORK: Specializing in building sites. Will work Floyd and surrounding counties. Call Martin Excavating at 606-377-6210. (12-1-95)

ECONOMY TREE SERVICE: Tree cutting, topping, removal, dead limbing and cabling. Twenty-one years experience. Licensed, insured and bonded. Bill Rhodes, owner. Dump truck, chipper and winch. Call 1-800-742-4188 toll free for free estimates. Local 606-353-9276. (TFN)

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Local and long distance transportation. Now accepting Medicaid 886-3423.

DRIVER EDUCATION
Save money on car insurance. Check with your

agent. Take Driver Education at PCC, Monday through Saturday. Male and female instructors. Cost \$250. Six hours on the road and six hours classroom instruction. Call 886-3863 to register. (TFN)

NEED A RIDE?
Call Martin City Cab. We accept Medicaid. Long or short trips. 285-0320
Owners: Bill and Judy Barnett

NEED YOUR MOBILE HOME MOVED?
Call Crum's Moving Service at 886-6665 or 886-5375 (pager). Kentucky only.

TREE CUTTING AND TRIMMING, topping, brush removal, etc. Large or small jobs. Free estimates. Call 874-9271. (12-6-95)

YARD WORK, HILLSIDE CLEANING, TREE TRIMMING. Also have firewood for sale. Call 874-0257. (TFN)

OLAN'S METAL BUILDINGS
HC 36 Box 50
Hazard, KY 41701
606-439-4866
Direct buy pole buildings; all steel buildings; carports; buy painted steel roof and siding panels; building insulation; residential and pole barn wood trusses. Olan's carries a full line of wood and metal building accessories. We build to suit your needs.

Miscellaneous

VISIT THE LARGEST PANELING CENTER in Eastern Kentucky at Goble Lumber. Over 80 different prefinished panels in stock and as low as \$4.95 per panel. Call Goble Lumber, 874-9281. (TFN)

SASSY JO'S HAIR STYLING SALON
Is Now Open!
Main Street, Martin.
Call 285-9298.
We offer Matrix and Redken products.

Business Opportunity

INVESTORS WANTED to develop oil leases locally. Small amount of capital required. Serious inquiries only. Call 606-224-8491 after 7:30 p.m. (12-4-95)

Want To Buy

WANT TO BUY TIMBER. By boundary or by the thousand. Will reclaim property to owner's specifications. Call 606-886-3313. (TFN)

WE BUY JUNK CARS, running or not. Call 874-9878 days or 874-9865 evenings. (TFN).

WANT TO BUY: Four wheelers, used or damaged. Also have boats and motors to trade. Call 886-3313. (12-11-95)

Mobile Homes For Sale

NEW FLEETWOOD 16' WIDE. Five year warranty, glamour bath, delivery and set-up. All for less than \$195/month. The

NOTICE (OF FILING OF SETTLEMENT)

I, Frank DeRosset Jr., Clerk of the Floyd District Court, do hereby certify that the following settlements of estates have been filed in my office. Anyone desiring to take exception to said settlement must do so on or before December 29, 1995, at 9:00 a.m.

Settlement	Case Number	Estate of:	Fiduciary	Date Filed
Final	94-P-00085	Jonas L. Miller	William E. Miller	10-19-95
Final	95-P-00224	Benny Ray Moore, Jr.	Clova Moore	10-30-95
Final	92-P-00204	Claude Music	Jerome Music	10-30-95
Final	93-P-00083	Bert Kidd	Ike Kidd	10-31-95
Final	93-P-00349	Goldie Estep	Wilma J. Adkins	11-16-95
Final	94-P-00086	Pearl Shepherd	Margie Slone	10-26-95
Final	95-P-00378	Ollie Branson	Daniel Branson	11-07-95

(NOTICE OF APPOINTMENT)

I, Frank DeRosset Jr., Clerk of the Floyd District Court, do hereby certify that the following persons have been appointed fiduciaries by the District Court. All persons indebted to an estate should settle with the fiduciary within six (6) months from the date of appointment.

Date of Appt.	Case Number	Estate of	Fiduciary-Address	Attorney-Address
10-25-95	95-P-00367	Ruth S. Hall McDowell, KY 41647	Douglas Hall & W. Grady Stumbo Pikeville, KY; Hindman, KY	
10-26-95	95-P-00369	Alma Johnson Box 037 Bevinsville, KY	James R. Lackey Box 38 Bevinsville, KY	Hon. Clyde Combs P.O. Box 311 Prestonsburg, KY 41653
10-27-95	95-P-00-370	Clark H. Vanover P.O. Box 135 Auxier, KY 41602	Sarah Vanover Box 135 Auxier, KY 41602	
10-27-95	95-P-00372	Magaline Newsome Horn H.C. 62, Box 254 West Prestonsburg	Judy Horn Hale Box 1015 Prestonsburg, KY	
10-27-95	95-P-00373	Ruth C. Hall 140 South Arnold Ave. Prestonsburg, KY 41653	Denise Clark Box 508 Prestonsburg, KY 41653	
10-27-95	95-P-00374	Eloise Shank Box 7 Stanville, KY 41659	Carol Yost & Maggie Hill Box 7 Stanville, KY 41659	B.D. Nunnery P.O. Box 511 Prestonsburg, KY 41653
10-31-95	95-P-00376	Ark Isaac Box 52 Bypro, KY 41612	Russell Isaac Box 203 Wheelwright, KY 41669	
11-01-95	95-P-00378	Ollie Branson 21 Auxier Htgs. Auxier, KY 41602	Daniel Branson 29 N. River St., P.O. Box 418 Allen, KY 41601	
11-02-95	95-P-00380	Tivis Eugene Hall	Greg Hall Box 505 Harold, Kentucky 41635	Joseph W. Justice P.O. Box 50 Pikeville, Kentucky 41501
11-02-95	95-P-00381	Bertha C. Flannery General Delivery Martin, KY 41649	Tavis Flannery Box 506 McDowell, KY	
11-03-95	95-P-382	Oval Howard Box 34 Wayland, KY 41666	Steve Howard 600 Tung Hill Rd. Tallahassee, FL 32311	
11-03-95	95-P-00383	Wheeler Hamilton 44 Left Fork Mink Branch Craynor, KY 41614	Roma Lou Hamilton 44 Left Fork Mink Branch Craynor, KY 41614	Jim Hammond P.O. Box 311 Prestonsburg, KY 41653
11-06-95	95-P-384	Myra F. Smith Prestonsburg, KY	Russell Smith Dana, KY	Hon. Don Kidd P.O. Box 511 Prestonsburg, KY 41653
11-06-95	95-P-385	Alice Ward Box 87 McDowell, KY 41647	Raymond Ward Box 240 McDowell, KY 41647	
11-08-95	95-P-386	C. V. Hicks Box 231 Auxier, Kentucky 41602	Anna L. McKenzie Box 152 Thealka, Kentucky 41240	John David Preston P.O. Drawer C Paintsville, KY 41240
11-09-95	95-P-388	Jerry Wendell Davis 9665 KY Rt. 1428 Martin, Kentucky 41649	Pat Davis 9665 KY Rt. 1428 Martin, Kentucky 41649	Keith Bartley P.O. Box 1378 Prestonsburg, KY 41653
11-09-95	95-P-390	Susie Baldrige Neeley 86 N. Roberts Dr. Prestonsburg, Ky. 41653	Amanda N. Hall 242 South Roberts Dr. Prestonsburg, Ky. 41653	Clyde Combs, Jr. P.O. Box 311 Prestonsburg, Ky. 41653
11-09-95	95-P-391	Columbus Lawson H.C. 74, Box 85 Honaker, Kentucky 41639	Shelia Lawson & Coyette Lawson Box 479 Betsy Layne, Ky. 41605	Don H. Combs P.O. Drawer 31 Pikeville, KY 41502
11-09-95	95-P-392	Oma Lawson P.O. Box 479 Betsy Layne, KY 41605	Shelia Lawson & Coyette Lawson Box 479 Betsy Layne, KY 41605	Don H. Combs P.O. Drawer 31 Pikeville, KY 41501
11-10-95	95-P-393	George Samuel Wallen Box 1 Allen, Kentucky 41601	Irene C. Wallen Box 1 Allen, Kentucky 41601	
11-15-95	95-P-00399	James Jones, Jr. Box 118 McDowell, Kentucky 41647	Patricia Sue Jones Box 118 McDowell, Kentucky 41647	
11-16-95	95-P-00400	Vesta Patton 1454 Turkey Creek Road Langley, KY 41645	Charles Ray Patton 1454 Turkey Creek Road Langley, KY 41645	David A. Barber P.O. Box 511 Prestonsburg, KY 41653
11-17-95	95-P-401	Michael L. Neeley Box 111 Hueysville, KY	Dottie Neeley Box 111 Hueysville, KY	William W. Turner P.O. Box 271 Prestonsburg, KY
11-17-95	95-P-00402	Betty Alice Jarrell Fred's Fork Prestonsburg, KY	John Jarrell 173 Fred's Fork Prestonsburg, KY	James D. Adams P.O. Box 743 Prestonsburg, KY
11-17-95	95-P-00403	Brady Duran Conn P.O. Box 90 Dana, KY 41615	Brady J. Conn P.O. Box 90 Dana, KY 41615	Keith Bartley P.O. Box 1378 Prestonsburg, KY
11-20-95	95-P-00405	Rady Davis Route 850 David, KY 41616	Bonnie Davis Box 590 David, KY 41616	

AFFORDABLE HOUSING MART, 537 New Circle Road, Lexington; 606-293-1600 or 1-800-755-5359. (11-29-95)

HINDMAN MOBILE HOMES located on Hwy 80 at Hindman is having a Christmas Sale!! New 16 wide, \$18,900; new 14 wide, \$14,400. Your choice with purchase of new home: Free dozer work or skirting. We also have good used homes in stock. Call 606-785-5985. (12-25-95)

NEW FLEETWOOD 14' WIDE. Five year warranty, delivery and set-up. All for less than \$149/month. The **AFFORDABLE HOUSING MART**, 537 New Circle Road, Lexington; 606-293-1600 or 1-800-755-5359. (11-29-95)

NEW FLEETWOOD DOUBLEWIDE. Five year warranty, three bedroom, two bath, delivery and set-up. All for less than \$225/month. The **AFFORDABLE HOUSING MART**, 537 New Circle Road, Lexington; 606-293-1600 or 1-800-755-5359. (11-29-95)

MOBILE HOME LOANS from Green Tree Financial. Sellers/Buyers/Owners. 5% down payment. Refinance/equity loans; land and home loans; realtor calls welcome. Call 1-800-221-8204. (TFN)

NEW DELUXE FLEETWOOD 14X70. Two bedroom, two bath, dishwasher, stereo, air, skirting, washer and dryer, FREE set-up and delivery and five year warranty. Less than \$217/month. The **AFFORDABLE HOUSING MART**, 537 New Circle Road, Lexington; 606-293-1600 or 1-800-755-5359. (11-29-95)

NEW BRANDYWINE 14X72 two bedroom, two bath, whirlpool tub, double oven w/island range, stereo, skylight, air and skirting. FREE delivery and set-up. Less than \$224/month. The **AFFORDABLE HOUSING MART**, 537 New Circle Road, Lexington; 606-293-1600 or 1-800-755-5359. (11-29-95)

CARPENTRY WORK
ALL TYPES
New homes from ground up; remodeling or additions; all finish work; dry-wall; painting (interior, exterior and trim work); all types concrete work, driveways, sidewalks, foundations, etc.; any size pole buildings; garages; decks.
Over 20 years experience.
Robie Johnson, Jr.
Call anytime, 886-8896.

EAST KY GUTTER, SIDING AND ROOFING
5" and 6" seamless gutters; siding; shingle roofs; replacement windows. We now accept MC and VISA.
Free estimates.
Call James Hall at 285-9512 or 1-800-277-7351.

RESIDENTIAL CONSTRUCTION WORK
Roofing specialist. Residential homes only. New homes and remodeling. Call Ricky Yates at 886-3452 or 874-9488. (4-26-96)

That man is richest whose pleasures are the cheapest.
—Henry David Thoreau



In 1616 Ben Jonson became the first playwright to prepare an edition of his own works for publication.

Heating & Air Conditioning

BLANTON HEATING AND AIR CONDITIONING
Sales, Service Installation.
High efficiency electric and gas units.
Financing for up to 60 months with no money down on approved credit.
Free estimates.
Call 874-2308.

New & Used Furniture

ALLEN FURNITURE ALLEN, KY
Living room suits; daybeds; gun cabinets; bedroom suits; recliners; odd chests; dinette sets; bunk beds; odd beds; loungers; used washers, dryers, refrigerators; and lots more! Call 874-9790. (TFN)

ROSE'S USED FURNITURE: Wood burners; old wood baby cradle; maple coffee table set; nice bedroom sets; couches; swivel rocker; dressers; chests; dinette sets; table and booths; desk and chair; hutch; water beds; wicker; glass; pictures; what nots; computer w/printer; wringer washers; stoves, refrigerators, washers, dryers (30 day warranty); cedar chest; Tiara glass; dishes; lamps; old annuals; treadle sewing machines; gas heaters; counter top; stove top and oven; and much more. Open 9-5 Monday-Saturday. Call 886-8085; or 886-3463 after 5 p.m. (11-29-95)

Legals

COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION 1 CIVIL ACTION NO. 94-CI-00747

The Bank Josephine, Plaintiff

vs.

Deborah K. Goebel; Floyd County, Kentucky; and City of Prestonsburg, Defendants

NOTICE OF SALE

By virtue of an Order of Sale of the Floyd Circuit Court rendered at the October 18, 1995 Term, in the above styled cause, I shall proceed to offer for sale at the Courthouse door in Prestonsburg, Kentucky, to the highest and best bidder, at public auction, on **December 19, 1995 at 10:00 o'clock a.m.**, same being a day of the regular term of the Floyd Circuit Court, on a credit of thirty (30) days at the rate of 12% per annum, the following described property to-wit:

TRACT NO. 1:

Being the same property conveyed to the mortgagor, Deborah K. Goebel, single, by Deed dated August 22, 1990, of record in Deed Book 340, Page 110, in the office of the Floyd County Clerk, and being a certain tract or parcel of land lying in the City of Prestonsburg, Floyd County, Kentucky, located in the Richmond Addition, which is more particularly described as follows:

Beings Lots Number 25 and 26 in the Richmond Addition to the City of Prestonsburg, Kentucky; Lot Number 26 having a front footage of 39 feet on Riverside Drive and running to the Big Sandy River along the line of Lot Number 25, thence up Big Sandy River 42 feet to the farlands; thence a straight line to the upper end of Riverside Drive and 42 feet wide at low water mark of the Big Sandy River; Lot Number 25 having a front footage of 25 feet on Riverside Drive and running by parallel

lines to the River. Also conveyed is the adjoining 5 1/2 front footage of Lot Number 1 in Block Number 1 of the Richmond Subdivision Number 2 to the City of Prestonsburg, Kentucky, as shown on a map on file at the Office of the Clerk of the Floyd County Court, which Map (#106) is adopted herein by reference for a more particular description of said Lot; this tract of land would have a front footage of 69 1/2 feet on Riverside Drive.

TRACT NO. II:

Being the same property conveyed to the mortgagor, Deborah K. Goebel, single, from William O. Goebel, single, by deed dated August 1993, of record in Deed Book 369, Page 742, in the office of the Floyd County Clerk, and being a certain tract or parcel of land lying in Floyd County, Kentucky, on the Big Sandy River, which is more particularly described as follows:

Being lots Number 2 and Number 3 in Block 1 of the Richmond Subdivision Number 2 to the City of Prestonsburg, Kentucky, as shown on the map of said Subdivision on file at the Office of the Clerk of the Floyd County Court, being Map Number 106, to which Map references is now made for a more particular description of said Lot. Each of said Lots have a front footage of 25 feet and extend back to the Big Sandy River.

Also conveyed is the adjoining 19 1/2 feet of Lot Number 1 in the same block and same Subdivision, making a total front footage of 69 1/2 feet on Riverside Drive.

The amount of money to be raised by this sale shall include the costs of advertising of this sale and the fees and commissions for conducting this sale.

For the purchase price the purchaser must execute bond with approved surety or sureties, bearing legal interest from the day of sale until paid and having the force and effect of a judgment with a lien retained upon said property as a further security. Bidders will be prepared to comply with these terms.

GIVEN UNDER MY HAND, this 14th day of November 1995.

EARL MARTIN MCGUIRE
Master Commissioner
Floyd Circuit Court
P.O. Box 1257
Prestonsburg, KY 41653
Phone: 606-886-8140
Fax: 606-886-9755
W-11/29, 12/6, 12/13

COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT CIVIL ACTION NO. 95-CI-00475

Trans Financial Bank, N.A., fka First Guaranty National Bank, Plaintiff

vs.

Wanda H. Conn, Defendant

NOTICE OF SALE

By virtue of an Order of Sale of the Floyd Circuit Court rendered at the September 28, 1995 Term, in the above styled cause, I shall proceed to offer for sale at the Courthouse door in Prestonsburg, Kentucky, to the highest and best bidder, at public auction, on **December 19, 1995 at 10:30 o'clock a.m.**, same being a day of the regular term of the Floyd Circuit Court, on a credit of thirty (30) days at the rate of 12% per annum, the following described property to-wit:

A certain tract or parcel of land lying in Floyd County, Kentucky, on Haw's Branch of Prater Creek and being the same land conveyed to the First Party by Eunice Conn by Deed bearing date March 14, 1973, which is duly recorded in Deed Book 211, Page 513, Floyd County Court Clerks Office, containing 58 acres more or less. **BEGINNING** at a large rock and running down the

branch with the line of Jane Frazier and up the hill with said line to a Black Oak; thence up the point to the top of the ridge to A.J. Gunnell's line; thence along said ridge of Haw's Branch to three Black Oaks corner of lands of P.C. Hall; thence down the hill with his line a Northwestern direction about 120 feet to a large rock; thence down the point to a Beech at the lower edge of the Big Beech; thence down the hill to Otto Hall's line; thence with said line to an Apple tree on the bank of a small drain; thence up the hill on the right side of said drain to a Black Gum on the point; thence up the point to a large rock at a Spring; thence up the point to the top of the ridge to the line of Moses Rice; thence down the point with said Rice's line to the place of beginning.

Being the same property conveyed to the first party from Leonard Conn by Deed dated March 26, 1979 and recorded in Deed Book 238, Page 145 in the Office of the Floyd County Court Clerk.

The amount of money to be raised by this sale shall include the costs of advertising of this sale and the fees and commissions for conducting this sale.

For the purchase price the purchaser must execute bond with approved surety or sureties, bearing legal interest from the day of sale until paid and having the force and effect of a judgment with a lien upon said property as a further security. Bidders will be prepared to comply with these terms.

GIVEN UNDER MY HAND, this 13th day of November, 1995.

EARL MARTIN MCGUIRE
Master Commissioner
Floyd Circuit Court
P.O. Box 1257
Prestonsburg, KY 41653
Phone: 606-886-8140
Fax: 606-886-9755
W-11/29, 12/6, 12/13

PUBLIC NOTICE TO ALL CUSTOMERS OF SANDY VALLEY WATER DISTRICT

Be it known to all customers of Sandy Valley Water District that this utility has not in the past nor is not required by the Public Service Commission nor any other federal or state agency to provide fire protection to the customers of this utility.

In accordance with this, and due to the unauthorized use of water from our distribution mains, Sandy Valley Water District is hereby notifying the general public that all fire hydrants will be locked off to unauthorized use in the future. Local fire departments will have keys to these hydrants for their use. Any entity or individual who may wish in the future to have metered service from these hydrants should contact Sandy Valley District during business hours at 606-478-5500 from 8 a.m. to 4 p.m. or in the event of an emergency at 606-478-9679.

Anyone found violating this policy will be subject to a set penalty of \$500 and/or prosecution by Sandy Valley Water District. Also, Sandy Valley Water District maintains the right to use reasonable means to estimate and to charge for unauthorized use of water from fire hydrants.
Sandy Valley Water District
E.H. Stumbo, Chairman
F-11/24, 12/1
W-11/29, 12/6

Public Notice

Upon and on this date after publication of this notice, I will no longer be responsible for any debts incurred by anyone other than myself.
Eddie Mullins
P.O. Box 8
Langley, KY 41645
W-11/29
F-12/1

SHERIFF'S NOTICE OF DELINQUENT UNMINED MINERAL TAXES FOR 1992 AND 1993
The following 1992 and 1993 unpaid unmined mineral tax claims will be offered for sale at the courthouse in Prestonsburg, Ky., on December 6, 1995, at 10 a.m. (Only the delinquent tax is sold—not the property). The amount opposite the name includes total amount due before date of sale.
PAUL HUNT THOMPSON
Sheriff, Floyd County, Ky.

FLOYD COUNTY 1992			
BILL#	NAME	ADDRESS	TAX DUE
24	BROWNING WINLOCK D	11711 MEMORIAL APT 565	141.97
25	BROWNING WINLOCK D	11711 MEMORIAL APT 565	32.35
26	CLARK RANDY	POB 1529	140.72
33	DINGUS WESLEY	GENERAL DELIVERY	487.77
39	FITZPATRICK HENRY JR	PO BOX 326	8.70
43	FRANCIS ENTERPRISES INC	P O BOX 324	285.47
44	FRASURE JUANIKKI	336 STEPHENS BR	77.98
45	GAYHEART PAULA	BOX 11	77.98
46	GOODMAN SKYE	POB 6454	123.34
49	HALL HENRY HEIRS		83.25
50	HALL JOHN HEIRS		48.64
54	HAMILTON EUGENE AND J	P O BOX 117	725.23
57	HARKINS BRUCE S	1550 BRICKELL AVENUE APT 5-12A	72.52
58	HARKINS BRUCE S	1550 BRICKELL AVENUE APT 5-12A	17.66
63	HARKINS GEORGE A	75 CENTRAL PARK WEST APT 5-A	558.89
64	HARKINS GEORGE A	75 CENTRAL PARK WEST APT 5-A	120.40
69	HARKINS MARGUERITE L	1909 PLAYA RIVERA DRIVE	72.52
70	HARKINS MARGUERITE L	1909 PLAYA RIVERA DRIVE	17.66
110	LAYNE GLEN S	P O BOX 1014	217.53
123	MARTIN DEMORIS AND CAROL SUE	BOX 757	93.29
140	MAY BASCOM L	7430 HWY 329	63.04
141	MAY CHARLOTTE	4465 MAIRLROUGH	22.95
142	MAY GARDER H	7430 HWY 329	63.04
143	MAY IRENE	RT 1 BOX 91	518.36
144	MAY MARVIN P AND IRENE	HC 79 BOX 760	63.04
145	MAY MERLE	STEPHENS BRANCH RD	63.04
148	MAYO ANNA HEIRS X MAURINE MAYO AGT	N ARNOLD AVE	1,493.20
162	PATTON HENRY S	BOX 7	32.76
169	SALISBURY HEIRS C/O FRANK D SALISBU	RT 122	342.32
175	SPEARS ELVIE AND PEARLIE ET AL	HC 73 BOX 1115	60.32
186	TURNER ELKHORN MINING CO C/O JOHN H	452 TOWN MOUNTAIN RD	691.61
187	TURNER ELKHORN MINING CO C/O JOHN H	452 TOWN MOUNTAIN RD	1,405.06
191	UNKNOWN		366.53
192	UNKNOWN OWNER		17.31
215	UNDERWOOD GENEVIEVE	C/O ADDINGTON INC	492.68
216	STANLEY HEIRS C/O SYLVIA S STEVENS	C/O ADDINGTON INC	1,202.68
230	DAVISON HEIRS C/O SAMUEL D HATCHER	C/O UPTOWN MINING CORP	38.51
231	ADDINGTON INC	1500 N BIG RUN RD	1,000.06
235	SHIPYARD RIVER COAL TERMINAL INC	POB 2805	223.19
236	SHIPYARD RIVER COAL TERMINAL INC	POB 2805	150.30
237	TURNER ELKHORN MINING CO C/O JOHN H	452 TOWN MOUNTAIN RD	390.81
238	TURNER ELKHORN MINING CO C/O JOHN H	452 TOWN MOUNTAIN RD	310.26
239	TURNER ELKHORN MINING CO C/O JOHN H	452 TOWN MOUNTAIN RD	1,924.72
240	TURNER ELKHORN MINING CO C/O JOHN H	452 TOWN MOUNTAIN RD	836.07
292	PIKEVILLE NATL BANK BRANDT MULLINS	P O BOX 2947	3,714.84
351	PIKEVILLE NATL BANK BRANDT MULLINS	P O BOX 2947	2,477.57
359A	BRADLEY LULA	419 N ARNOLD AVE	60.71
371A	CHESTER LAYNE HEIRS	GEN DEL	567.09
383A	LAYNE C EDWARD	3758 LINDEN DR	22.09
384A	LAYNE CLYDE	BOX 351014	41.61
385A	LAYNE GLEN S	BOX 351014	22.09

FLOYD COUNTY 1993			
BILL#	NAME	ADDRESS	TAX DUE
24	BROWNING WINLOCK D	11711 MEMORIAL APT 565	137.78
25	BROWNING WINLOCK D	11711 MEMORIAL APT 565	31.47
29	CLARK RANDY	POB 1529	136.56
36	DINGUS WESLEY	GENERAL DELIVERY	68.43
43	FITZPATRICK HENRY JR	PO BOX 326	8.53
47	FRANCIS ENTERPRISES INC	P O BOX 324	276.96
48	FRASURE JUANIKKI	336 STEPHENS BR	75.71
49	GAYHEART PAULA	BOX 11	75.71
50	GOODMAN SKYE	POB 6454	172.62
52	HALL HENRY HEIRS		80.81
53	HALL JOHN HEIRS		47.28
54	HAMILTON EUGENE AND J	P O BOX 117	703.45
57	HARKINS BRUCE S	1550 BRICKELL AVENUE APT 5-12A	70.41
58	HARKINS BRUCE S	1550 BRICKELL AVENUE APT 5-12A	17.22
63	HARKINS GEORGE A	75 CENTRAL PARK WEST APT 5-A	542.11
64	HARKINS GEORGE A	75 CENTRAL PARK WEST APT 5-A	116.86
69	HARKINS MARGUERITE L	1909 PLAYA RIVERA DRIVE	70.41
70	HARKINS MARGUERITE L	1909 PLAYA RIVERA DRIVE	17.22
83	HARKINS WILLIAM S	134 PADDock DR	8.86
84	HARRIS DEBBIE MAY	6075 ATHENTON RD	22.35
125	LAYNE GLEN S	P O BOX 1014	211.07
134	MARTIN DEMORIS AND CAROL SUE	BOX 757	130.22
150	MAY BASCOM L	7430 HWY 329	61.23
151	MAY CHARLOTTE	4465 MAIRLROUGH	22.35
152	MAY GARDER H	7430 HWY 329	61.23
153	MAY IRENE	RT 1 BOX 91	502.84
154	MAY MARVIN P AND IRENE	HC 79 BOX 760	61.23
155	MAY MERLE	P O BOX 291	61.23
159	MAYO ANNA HEIRS X MAURINE MAYO AGT	N ARNOLD AVE	1,448.27
159	MAYO DAVID	1800 MURTON AVE NO 374	25.12
160	MAYO DAVID	1800 MURTON AVE NO 374	13.05
169	PATTON HENRY S	BOX 7	31.86
175	RICHARDSON FUEL INC	24700 CENTER RIDGE RD	22,461.40
177	SALISBURY HEIRS C/O FRANK D SALISBU	RT 122	332.09
184	TURNER ELKHORN MINING CO C/O JOHN H	452 TOWN MOUNTAIN RD	670.84
185	TURNER ELKHORN MINING CO C/O JOHN H	452 TOWN MOUNTAIN RD	1,362.79
187	UNKNOWN		355.55
188	UNKNOWN OWNER		16.88
209	UNDERWOOD GENEVIEVE	C/O ADDINGTON INC	477.91
210	STANLEY HEIRS C/O SYLVIA S STEVENS	C/O ADDINGTON INC	1,166.50
223	DAVISON HEIRS C/O SAMUEL D HATCHER	C/O UPTOWN MINING CORP	37.42
224	ADDINGTON INC	1500 N BIG RUN RD	969.99
225	ADDINGTON INC	1500 N BIG RUN RD	265.00
229	TURNER ELKHORN MINING CO C/O JOHN H	452 TOWN MOUNTAIN RD	55.32
230	TURNER ELKHORN MINING CO C/O JOHN H	452 TOWN MOUNTAIN RD	107.10
231	TURNER ELKHORN MINING CO C/O JOHN H	452 TOWN MOUNTAIN RD	132.73
232	TURNER ELKHORN MINING CO C/O JOHN H	452 TOWN MOUNTAIN RD	554.11
233	TURNER ELKHORN MINING CO C/O JOHN H	452 TOWN MOUNTAIN RD	810.95
401	PIKEVILLE NATL BK BRANT MULLINS EST	P O BOX 2947	3,479.56
434	HARKINS MINERAL ASSOCIATES	POB 190	567.70
465	PIKEVILLE NATL BANK BRANDT MULLINS	P O BOX 2947	2,320.69
474A	BRADLEY LULA	419 N ARNOLD AVE	59.12
486A	CHESTER LAYNE HEIRS	GEN DEL	551.58
498A	LAYNE C EDWARD	3758 LINDEN DR	21.57
499A	LAYNE CLYDE	BOX 351014	40.54
500A	LAYNE GLEN S	BOX 351014	21.57

NOTICE OF BOND RELEASE PHASE III

In accordance with the provisions of 405KAR 10:040, notice is hereby given that Coal Mac, Inc., P.O. Box 3428, Pikeville, Ky 41502 intends to apply for bond release on Permit Number 836-0201 Increments 1, 2, 3, 4, 5, 8, 9, 10, and 11 which was last issued on 7-27-88. The application covers an area of approximately 230.5 acres located 0.38 miles south of Woods in Floyd County.

The permit is approximately 1.0 miles east from U.S. 23 junction with Daniels Creek Road and located 500 feet north of Daniels Creek. The latitude is 37° 37' 22". The longitude is 82° 39' 28".

The total bond now in effect is surety bonds for Increment 1, \$0; Increment 2, \$10,000; Increment 3, \$9,600; Increment 4, \$20,900; Increment 5, \$19,900; Increment 8, \$6,000; Increment 9, \$2,200; Increment 10, \$11,900; Increment 11, \$12,000 of which 100% is to be released which would constitute a phase III release.

Reclamation work thus far performed includes: Backfilling, final grading, seeding, mulching, completed in February 1991. Results achieved include growth of vegetation as per the revegetation plan and the establishment of the post mining land use.

Written comments, objections, requests for a public hearing must be filed with the Director of the Division of Field Services, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601 by date 30 days from the last advertisement, which should be January 12, 1996.

A public hearing has been scheduled for January 16, 1996 at the Department for Surface Mining Reclamation Office, 2705 South Lake Drive, Prestonsburg, Kentucky at 1:00 p.m.

The hearing will be cancelled if the Department does not receive any public request within the time frame stated above.

W-11/22, 11/29, 12/6, 12/13

NOTICE OF BOND RELEASE PHASE III

In accordance with the provisions of 405KAR 10:040, notice is hereby given that Coal Mac, Inc., P.O. Box 3428, Pikeville, Kentucky 41502 intends to apply for bond release on Permit Number 836-0210 increments 1, 2, 3, 4, 5, 6, and 7 which was last issued on 12-2-88. The application covers an area of approximately 230.62 acres located .5 mile northeast of Teaberry in Floyd County.

The permit is approximately .5 miles northeast from KY 979 junction with Red Morg Branch Road and located 0.3 mile east of Mud Creek. The Latitude is 37° 26' 06". The Longitude is 82° 38' 17".

The total bond now in effect is surety bonds for Increment 1, \$31,500; Increment 2, \$21,200; Increment 3, \$22,900; Increment 4, \$7,900; Increment 5, \$7,600; Increment 6, \$47,400; Increment 7, \$1,300 of which 100% is to be released which would constitute a Phase III release.

Reclamation work thus far performed includes: Backfilling, final grading, seeding, mulching, completed in December 1990 and January 1991. Results achieved include growth of vegetation as per the revegetation plan and the establishment of the post mining land use.

Written comments, objections, requests for a public hearing must be filed with the Director of the Division of Field Services, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601

by date 30 days from the last advertisement, which should be January 12, 1996.

A public hearing has been scheduled for January 16, 1996 at the Department for Surface Mining Reclamation Office, 2705 South Lake Drive, Prestonsburg, Kentucky at 2:00 p.m.

The hearing will be cancelled if the Department does not receive any public request within the time frame stated above.

W-11/22, 11/29, 12/6, 12/13

NOTICE OF BOND RELEASE PHASE III

In accordance with the provisions of 405KAR 10:040, notice is hereby given that Coal Mac, Inc., P.O. Box 3428, Pikeville, Kentucky 41502 intends to apply for bond release on Permit Number 836-5233 which was last issued on 8-15-94. The application covers an area of approximately 14.40 acres located .75 mile north of Grethel in Floyd County.

The permit is approximately 2 miles south from KY 979 junction with KY 1426 and located .25 mile southwest of Toler Creek. The Latitude is 37° 30' 00". The Longitude is 82° 38' 23".

The total bond now in effect is a surety bond for \$5,200 of which 100% is to be released which would constitute a Phase III release.

Reclamation work thus far performed includes: Backfilling, final grading, seeding, mulching, completed in December 1990. Results achieved include growth of vegetation as per the revegetation plan and the establishment of the post mining land use.

Written comments, objections, requests for a public hearing must be filed with the Director of the Division of Field Services, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601 by date 30 days from the last advertisement, which should be January 12, 1996.

A public hearing has been scheduled for January 16, 1996 at the Department for Surface Mining Reclamation Office, 2705 South Lake Drive, Prestonsburg, Kentucky at 3:00 p.m.

The hearing will be cancelled if the Department does not receive any public request within the time frame stated above.

W-11/22, 11/29, 12/6, 12/13

NOTICE OF BOND RELEASE PHASE III

In accordance with the provisions of 405KAR 10:040, notice is hereby given that Coal Mac, Inc., P.O. Box 3428, Pikeville, Kentucky 41502 intends to apply for bond release on Permit Number 836-0058 Increments 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 and 14 which was last issued on 3-28-84. The application covers an area of approximately 426.71 acres located 1 mile southeast of Emma in Floyd County.

The permit is approximately 2.0 miles northeast from U.S. 23 junction with Daniels Creek Road and located 1/2 mile north of Daniels Creek. The Latitude is 37° 37' 25". The Longitude is 82° 40' 22".

The total bond now in effect is surety bonds for Increment 1, \$35,900; Increment 2, \$17,900; Increment 3, \$7,900; Increment 4, \$27,400; Increment 5, \$8,200; Increment 6, \$23,100; Increment 7, \$15,700; Increment 8, \$25,300; Increment 9, \$12,300; Increment 10, \$13,300; Increment 11, \$10,800; Increment 12, \$4,200; Increment 14, \$17,000 of which 100% is to be released which would constitute a Phase III release.

Reclamation work thus far performed includes: Backfilling, final grading, seeding,

mulching, completed in February 1991. Results achieved include growth of vegetation as per the revegetation plan and the establishment of the post mining land use.

Written comments, objections, requests for a public hearing must be filed with the Director of the Division of Field Services, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601 by date 30 days from the last advertisement, which should be January 12, 1996.

A public hearing has been scheduled for January 16, 1996 at the Department for Surface Mining Reclamation Office, 2705 South Lake Drive, Prestonsburg, Kentucky at 1:00 p.m.

The hearing will be cancelled if the Department does not receive any public request within the time frame stated above.

W-11/22, 11/29, 12/6, 12/13

COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION II CIVIL ACTION NO.: 94-CI-00654 Elmer Prater and Mary Prater, his wife, Plaintiffs

VS. James Prater and Ruther Prater, his wife, Harold Lloyd Prater and Josie Prater, his wife, Defendants And Estill Lee Prater as infant by and through his natural mother and next friend, Rebecca Collins... Intervening Plaintiff

RE-NOTICE OF SALE
By virtue of an Order of Sale of the Floyd Circuit Court rendered at the October 17, 1995 Term, in the above styled cause, I shall proceed to offer for sale at the Courthouse door in Prestonsburg, Kentucky, to the highest and best bidder, at public auction, on December 19, 1995 at 9:00 o'clock a.m., same being a day of the regular term of the Floyd Circuit Court, on a credit of thirty (30) days at the rate of 12% per annum, the following described property, to-wit:

TRACT NO. I
Part No. VI. Beginning at a post at side of road thence a straight line to white walnut; thence up the hill to black walnut on center of point; thence running with point to a marked rock; thence up the point to a chestnut oak; thence up the point to a black oak near top of point; thence onto the Press Shepherd; thence around point with Press Shepherd's line to Harris Vanderpools line to top of knob; thence to W. N. Salyers line; thence down the point with fence to Dan Prater, Jr.'s line; thence down the hill with Dan Prater's lines to the creek; thence across the creek to road; thence up the road to the beginning post. Containing 35 acres more or less.

Being the same real property conveyed to Harve Prater and Mae Prater, his wife, by deed dated August 16, 1947, recorded in Deed Book 135, Page 558, Floyd County records; being the same property in which Harve Prater conveyed his undivided 1/2 interest by his affidavit of descent dated September 23, 1994, recorded in Deed Book 381, Page 067, Floyd County records to Mae Prater, Ogil Prater, James Prater, Estill Prater, Don Ray Prater, Harold Lloyd Prater, Denzil Prater, Delbert Prater and Elmer Prater; and being the same property in which Estill Prater conveyed his undivided interest to Mae Prater by affidavit of descent dated September 23, 1994, recorded in Deed Book 381, Page 066, Floyd County records; and being the

same property in which Don Ray Prater conveyed his undivided interest by affidavit of descent to Mae Prater, dated September 23, 1994, recorded in Deed Book 381, Page 068, Floyd County records; and being the same real property in which Mae Prater conveyed her property in which Mae Prater conveyed her undivided interest to Elmer Prater by deed dated September 1, 1993, recorded in Deed Book 369, Page 738, Floyd County records; and being the same property in which Ogil Prater and Juanita Prater, his wife, and James Gordon Prater and Audrey Prater, his wife, did convey their undivided interest to Denzil Fletcher Prater by deed dated May 23, 1959, recorded in Deed Book 171, Page 529, Floyd County records; and being the same real property in which Denzil Fletcher Prater conveyed his undivided interest to Elmer Prater by deed dated February 6, 1965, recorded in Deed Book 369, Page 733, Floyd County records; and being the same real property in which Harold Lloyd Prater and Josie Prater, his wife, attempted to convey their undivided interest to James Prater and Ruth Prater, by instrument dated August 20, 1992, recorded in Miscellaneous Book 4, Page 622, Floyd County records; and being the same property in which Delbert Prater devised his undivided interest to Isabelle Prater by Will dated February 2, 1985, recorded in Will Book F, Page 545, Floyd County records.

There is excepted herefrom that conveyance from Harve Prater and Mae Prater to Corbit Prater and Caryl Prater by deed dated October 26, 1948, recorded in Deed Book 140, Page 080, Floyd County records. The amount of money to be raised by this sale shall include the costs of advertising of this sale and the fees and commissions for conducting this sale. For the purchase price the purchaser must execute bond with approved surety or sureties, bearing legal interest from the day of sale until paid and having the force and effect of a judgment with a lien retained upon said property as a further security. Bidders will be prepared to comply with these terms. Given under my hand, this 20th day of November, 1995.

EARL MARTIN McGUIRE

Master Commissioner Floyd Circuit Court P.O. Box 1257 Prestonsburg, Kentucky 41653 Telephone No.: (606) 886-9755

W-11/29, 12/6, 12/13

COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION I CIVIL ACTION NO. 95-CI-00492

Tommy Allen and Denise Allen, his wife, Plaintiffs

vs. Benjamin Hall, et al, Defendant

NOTICE OF SALE
By virtue of an Order of Sale of the Floyd Circuit Court rendered at the October 11, 1995 Term, in the above styled cause, I shall proceed to offer for sale at the Courthouse door in Prestonsburg, Kentucky, to the highest and best bidder, at public auction, on December 19, 1995 at 11:00 a.m., same being a day of the regular term of the Floyd Circuit Court, on a credit of thirty (30) days at the rate of 12% per annum, the following described property to-wit:

A certain tract or parcel of land situated and being in Floyd County, Kentucky, and on Left Beaver Creek at McDowell, Kentucky, and being more particularly described as follows: Beginning 50 feet from the line of Kentucky Memorial Hospital Association; thence up State Highway 122 to the line of Dennis Hall; thence with his line to Left Beaver Creek; thence down the creek to within 50 feet of the line of Kentucky Memorial Hospital; thence to the beginning.

Being the same property conveyed to Troy and Myrtle Nichles to Dennis Hall by Deed dated March 31, 1956, recorded in Deed Book 162, Page 267, Floyd County records and being the same property in which Dennis Hall devised to Ethel Zeno, Lee B. Hall, Inis Roberts, Annis Newsome, Eunice Allen, and Genevieve Howell by will dated September 7, 1961, recorded in Will Book M, Page 065, Floyd County records.

Being also the same real property conveyed to Tommy Allen and Denise Allen, his wife, by Annis Newsome, et al., by deed dated the 28th day of May, 1994, recorded in Deed Book 381, Page 468, Floyd County records.

Being also the sale real property conveyed to Tommy Allen and Denise Allen, his wife, by Betty J. Hall, et al., by deed dated the 14th day of September, 1994, recorded in Deed Book 381, Page 459, Floyd County records.

Being also the same real property conveyed to Tommy Allen and Denise Allen, his wife, by Billy Harold Hall and Beverly

Hall, his wife, by deed dated the 5th day of August, 1994, recorded in Deed Book 381, Page 452, Floyd County records.

See also the Affidavit of Descent of Delver Hall, dated the 16th day of May, 1987, recorded in Deed Book 308, Page 568; Affidavit of Descent of Genevieve Howell, dated the 9th day of July, 1993, recorded in Deed Book 370, Page 134; Affidavit of Descent of Inis Roberts dated the 22nd day of June, 1995, recorded in Deed Book 387, Page 348; Affidavit of Descent of Ethel Zeno dated the 22nd day of June, 1995, recorded in Deed Book 387, Page 349; Affidavit of Descent of Hollie Hall Blackburn dated the 22nd day of June, 1995, recorded in Deed Book 387, page 347; and the Affidavit of Descent of Ronnie Hall dated June 22, 1995, recorded in Deed Book 387, page 353, Floyd County records.

The amount of money to be raised by this sale shall include the costs of advertising of this sale and the fees and commissions for conducting this sale.

For the purchase price the purchaser must execute bond with approved surety or sureties, bearing legal interest from the day of sale until paid and having the force and effect of a judgment with a lien retained upon said property as a further security. Bidders will be prepared to comply with these terms.

GIVEN UNDER MY HAND, this 14th day of November, 1995

EARL MARTIN McGUIRE
Master Commissioner
Floyd Circuit Court
P.O. Box 1257
Prestonsburg, KY
41653
Phone: 606-886-8140
Fax: 606-886-9755
W-11/29, 12/6, 12/13

Public Notice

Upon and on this date after publication of this notice, I will no longer be responsible for any debts incurred by anyone other than myself.

James E. & Emogene Cooley
Box 151
West Prestonsburg, KY
41668
W-11/29
F-12/1

Public Notice

Upon and on this date after publication of this notice, I will no longer be responsible for any debts incurred by anyone other than myself.

Jody Puckett
d/b/a Puckett Trucking
P.O. Box 85
Melvin, KY 41650
W-11/29
F-12/1

Public Meeting

There will be a meeting of the Floyd County Local Emergency Planning Committee on November 30 at 7 p.m. in the Conference Room of the Courthouse Annex in Prestonsburg. The public is encouraged to attend.

W-11/29

Public (Legal) Notice Floyd County Emergency Planning Committee

Pursuant to Section 324, Title III of the 1986 Federal Superfund Amendments and Reauthorization Act (SARA) of 1986 (PL99-499), the following information is provided in compliance with the Community Right-To-Know requirements of the SARA Law, and the open meetings and open records provisions of

Revised Statutes. Members of the public may contact the Floyd County Emergency Planning Committee by writing Fred L. Rife, Chairman of the Floyd County Emergency Planning Committee, Courthouse Annex, Prestonsburg, Kentucky 41653, or contact by telephone at 606-886-8060. The Floyd County Emergency Planning Committee conducts meetings at the Courthouse Annex Building, Prestonsburg, Kentucky, or at other locations, in accordance with the Kentucky Open Meetings Law. Members of the public may request to be notified of regular or special meetings as provided in KRS 61.820 and KRS 61.825. Records of the Planning Committee, including the county emergency response plan, material safety data sheets, and inventory forms, or any follow-up emergency notices as may subsequently be issued, are open to members of the public who wish to review these records may do so from 9 a.m. to 3:30 E.S.T., Monday through Friday, at the Solid Waste Office, Courthouse Annex, as required by the Kentucky Open Records Law. The local 24-hour telephone number for purposes of emergency notification, as required by SARA, is 606-886-1010.

W-11/29

Public Notice

In February 1994 two water samples were submitted to an independent lab by us, as required by law. The lab lost one of the samples resulting in a violation being issued by the Division of Water to this commission.

The drinking water sample the lab analyzed for that month tested good but as required by law we are notifying the public.

Wheelwright Utility Commission
W-11/29

NOTICE OF PUBLIC SALE

The following item will be offered for public sale on December 7, 1995 at 11 a.m. at First Commonwealth Bank Parking Lot, 169 North Arnold Avenue, Prestonsburg, Kentucky, 41653 to satisfy the unpaid balance of an installment contract signed 3/3/94:

John Deere Dozer 450C
John Deere Loader 450C

Totem-All Trailer
All items are sold "as is where is." Seller reserves the right to bid and to reject any or all bids. Items are to be paid following the sale or satisfactory arrangements are made with seller. Announcement at sale takes priority over ad. Purchaser to pay all taxes and transfer fees.

For further information contact Mike Haney at 606-886-2121.

F-11/24
W-11/29, 12/6

NOTICE OF PUBLIC SALE

The following item will be offered for public sale on December 7, 1995 at 11 a.m. at First Commonwealth Bank Parking Lot, 169 North Arnold Avenue, Prestonsburg, Kentucky, 41653 to satisfy the unpaid balance of an installment contract signed 2/26/93:

1991 Benson Trailer
1991 R&S Trailer
1992 R&S Trailer

All items are sold "as is where is." Seller reserves the right to bid and to reject any or all bids. Items are to be paid following the sale or satisfactory arrangements are made with seller. Announcement at sale takes priority over ad. Purchaser to pay all taxes and transfer fees.

For further information contact Mike Haney at 606-886-2121.

F-11/24
W-11/29, 12/6

NOTICE OF INTENTION TO MINE Pursuant to Application Number 836-0225 Major Revision #3

In accordance with the provisions of KRS 350.070, notice is hereby given that Coal-Mac, Inc., P.O. Box 3428, Pikeville, Kentucky 41502, has applied for a major revision to an existing surface coal mining and reclamation operation located 1.0 mile northeast of Wayland in Floyd County. This major revision will add no acreage, making a total area of 428.02 acres within the permit boundary.

The proposed major revision area is approximately 1.0 mile northeast from 1086's junction with KY 7 and located 0.2 miles east of Martin's Branch. The latitude is 37° 27' 45". The longitude is 82° 47' 30".

The proposed major revision area is located on the Wayland U.S.G.S. 7 1/2 minute quadrangle map. The surface area to be affected by the major revision is owned by Maynard Hoover Heirs and Elk Horn Coal Corporation.

The major revision proposes to change the post-mining land use of fish and wildlife habitat to a post-mining land use of Industrial/Commercial (Gas Well and Access Corridor).

The major revision application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Pikeville regional office, 109 Mays Branch Road, Pikeville, Kentucky 41501. Written comments, objections or requests for a permit conference must be filed with the Director of the Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601.

W-11/22, 11/29, 12/6, 12/13

NOTICE OF INTENTION TO MINE Pursuant to Application No. 836-5235, Major Revision #2

In accordance with the provisions of KRS 350.070, notice is hereby given that Cumberland River Coal Company, P.O. Box 928, KY 1098, 5 Mile Branch Road, Jackson, Kentucky 41339, has applied for a major revision to an existing underground coal mining and reclamation operation located 2.5 miles southeast of Odds in Floyd, Johnson and Martin Counties. The major revision will not add any surface disturbance acreage or underground acreage to the permit area.

The proposed major revision area is approximately 3.0 miles south of KY State Rt. 3's junction with Daniel's Branch Road and located west of Daniel's Branch. The latitude is 37° 43' 38". The longitude is 82° 39' 48".

The proposed major revision is located on the Inez, Thomas and Lancer U.S.G.S. 7 1/2 minute quadrangle maps. The surface area to be affected by the major revision is owned by Pocahontas Development Corporation.

The major revision proposes to change the post-mining land use from the current use of forest land to the proposed land use of wild life habitat. This major revision is also proposing to change now permanent Roads 2, 3 and 4 to temporary facilities.

The major revision application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 2705 South Lake

Drive, Prestonsburg, Kentucky 41653-1455. Written comments, objections or requests for a permit conference must be filed with the Director of the Division of Permits, No. 2 Hudson Hollow, Frankfort, Kentucky 40601.

W-11/22, 11/29, 12/6, 12/13

Appalachian Secret

by Lance Sparkman

Clouds arose from the mountain tops on the morning of April 7, 1943. All was beautiful and peaceful in this section of the Appalachian mountains. All seemed to rejoice in perfect harmony as if the world was perfect, even without all the technology and the new way of thinking that we enjoy now. But, yet it wasn't.

Back then there wasn't any agency to care for abused children, the parents were allowed to discipline them any way they chose and others were expected to mind their own business. In the year of 1943 my family lived in a medium sized house up a hollow. People were pretty spread out, because a lot of room was taken up for all the needed crops and pasture land was used for grazing animals. Then we grew everything, we never needed to go to the store. When we



did go to the store we would stop and talk to neighbors, it was the Appalachian way to smile and talk to everyone in our hillbilly dialect. As I said we were always friendly but yet kept out of each others houses. It was no one's business what went on in there.

In my house my dad was glad people minded their own business, for he had a terrible secret to hide. He was the sheriff then, but God only knows how he could uphold the law for in my mind he broke it everyday. He abused his children.

Back then children were treated very low. They were not allowed to speak unless spoken to or express any kind of opinion at all. But every now and then when a brave child would break one of these rules, they paid dearly for it. The punishment was always harsh. When some of my brothers did this their punishment would make me shake in my shoes, if I had any shoes that is.

I was my father's favorite in those days and never got in trouble. I had fun making swimming holes in rivers, running in mud and getting as dirty as I wanted. I also had fun jumping on the beds made of corn shucks except when snakes decided to sleep there. But all this fun would be interrupted when one of my brothers would get in trouble, my

father's punishment would be to tie them to a post on the back porch and then hit them with a leather belt until sometimes they would begin to bleed. My mom would be put through the same torment if she disobeyed my father.

He was a hated man and eventually was killed. The abuse stopped but the mental damage was already done. In these days, children had no idea how lucky they are. Society, even in these mountains, now will frown upon any type of abuse. There now are countless agencies that abuse will be reported to. This is a fictional story about what I feel was a major problem back then. I hope you can see that we are very lucky to have these agencies today.



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Denzil Allen, Agent

796 S. Lake Drive, Prestonsburg 886-2371

"The Olden Days"

by Kayla McGuire and Alison Moore

Looking back to the olden days, I see life was hard on us in many ways.

We worked for everything, even our butter we had to churn. A one-room schoolhouse is where we had to learn.

Up in the mountains, our language was different than others. The rich people made fun of me, my sisters and brothers.

We didn't have much clothing or money. I don't know why, but other folks found that funny.

We had to walk barefooted as to save our shoes for church. We put them away, the following day, so we wouldn't have to search.

Papa, in the winter time, chopped wood to keep us warm. Mama made sure that we didn't get scared when there came a big snow storm.

Papa worked long days in the underground mines, trying to provide for his kin. Back then the only people who worked for money was the men.

The mountains, beautifully covered with trees, was our shield. When Papa was off work we helped him work in the field.

Early life in the Appalachian mountains was quite hard on us. We had to walk to school because there wasn't any bus.

Appalachian people are the finest people on this Earth. We shared a lot of love, for we value it's worth.

Even though life is a lot easier now, I look back to all the chores and hard work we put forth and sometimes wonder, "HOW?"

How things were back then

by Amanda Taylor

The Mountains are high, they can nearly reach the sky. When the sun sinks slowly below the Mountains, you know it's time to say good night.

The cold fall wind blows.

The summer sunshine shines with a bright glow.

Everything is peaceful and quiet here on the land.

When you hear the crickets singing a silent tune each night, you know it's time for bed.

When you hear the birds singing in the morning, and roosters making a loud and sudden crow,

You know it's time to get on the go.

Work, work, work is what we do best here on the farm.

Feeding all of the animals in the torn down barn.

Tired bodies, muscles ache.

All of our bodies feel like they're going to break.

Swimming ponds are very warm and deep.

The Mountains are very high and steep.

Many people visit here. The time goes by each passing year.

December wedding



Cheryl Renee Cox and Scott Little

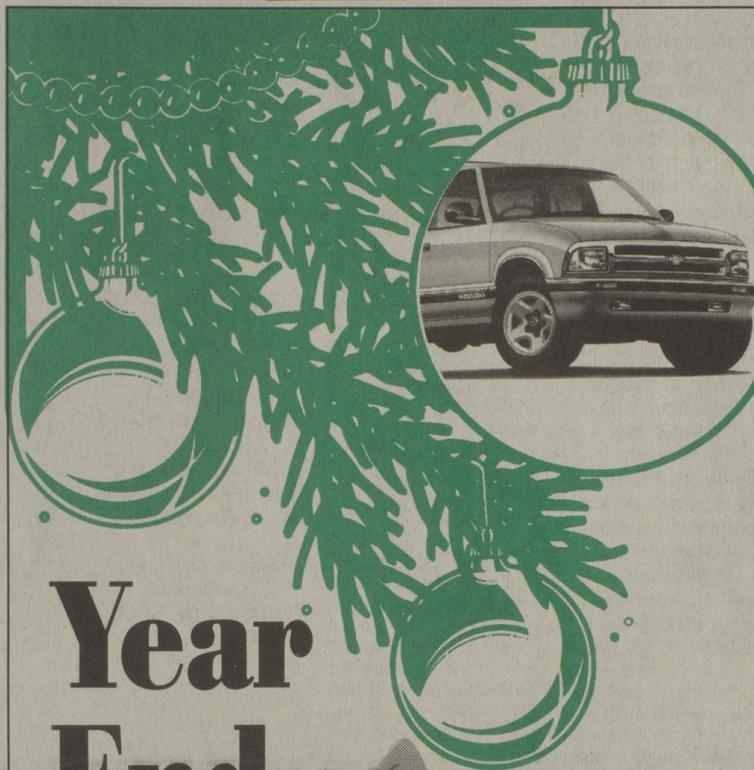
Cheryl Renee Cox and Scott Little will be united in marriage on Saturday, December 30, at 3 p.m., at the Lackey Freewill Baptist Church.

Ms. Cox is the daughter of Barbara and Sheryl Roger Cox of Mousie. She is attending the University of Kentucky School of

Pharmacy.

Little is the son of Alvin Little of Price and Pat Little VanHoose of Paintsville. He is a physician's assistant employed by the Asthma and Allergy Center in Pikeville.

An open wedding will be observed.



Year End Clearance!

NEW CARS

'95 Cadillac Seville - Sedan	List - \$44,837	SALE - \$37,337
'95 Cadillac Eldorado	List - \$41,672	SALE - \$33,996
'95 Cadillac Eldorado E.T.C.	List - \$46,387	SALE - \$37,996
'95 Cadillac Deville (Demo)	List - \$37,832	SALE - \$30,999
'95 Cadillac Deville Concours	List - \$40,931	SALE - \$33,999
'95 Cadillac Fleetwood Brougham	List - \$39,286	SALE - \$33,987
'95 Cadillac Deville (Demo)	List - \$37,417	SALE - \$33,887
'95 Pontiac Grand AM 2 door	List - \$15,349	SALE - \$13,555
'95 Pontiac Grand Prix Sedan	List - \$18,786	SALE - \$16,711
'95 Pontiac Grand Prix Sedan	List - \$18,786	SALE - \$16,711
'95 Pontiac Grand AM Coupe	List - \$15,729	SALE - \$13,958
'95 Grand AM Sedan	List - \$16,160	SALE - \$14,361
'95 Oldsmobile Supreme Sedan	List - \$17,995	SALE - \$16,795
'95 Oldsmobile Supreme Sedan	List - \$18,200	SALE - \$16,995
'95 Buick Regal Coupe	List - \$18,820	SALE - \$16,476
'95 Buick Century Sedan	List - \$17,486	SALE - \$14,995

NEW TRUCKS

'95 Oldsmobile Silhouette Van	List - \$22,745	SALE - \$21,703
'95 Pontiac Trans Sport S.E. Van	List - \$22,635	SALE - \$19,718
'95 Chevrolet Full Size Conversion Van	List - \$34,995	SALE - \$27,997
'95 Chevrolet Full Size Conversion Van	List - \$34,995	SALE - \$27,997
'95 Chevrolet Van Cargo	List - \$19,889	SALE - \$17,444
'95 Chevrolet S-10 X-Tra Cab 4x4	List - \$20,763	SALE - \$17,995
'95 Geo Tracker Convertible, Auto	List - \$15,379	SALE - \$13,211

All sale prices include rebate.

USED TRUCKS

'95 Chevrolet X-Tra Cab 4x4	7,000 miles, leather	\$27,995
'95 Chevrolet X-Tra Cab 4x4	180 miles, loaded	\$26,995
'95 Chevrolet X-Tra Cab 4x4	13,000 miles, loaded	\$26,995
'95 Chevrolet X-Tra Cab 4x4	3,000 miles, loaded	\$26,995
'95 Chevrolet Blazer LT Pkg.	11,000 miles	\$25,995
'94 Toyota 4-Runner SR-5	Auto., air, loaded	\$25,995
'95 Chevrolet Blazer	GM factory vehicle	\$23,995
'95 Chevrolet 4x4 Silverado	6,500 miles	\$23,995
'95 Chevrolet S-10 X-Tra Cab 4x4	Auto., air, loaded	\$21,995
'95 Chevrolet S-10 X-Tra Cab 4x4	Auto., air, loaded	\$20,995
'94 Chevrolet 4x4 Silverado	Auto., air, loaded	\$20,995
'94 GMC X-Tra Cab 4x4 SLE	Auto., air, loaded	\$19,995
'94 GMC 4x4	Low miles, sharp	\$18,995
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'95 Chevrolet X-Tra Cab	Vortec V-6, auto., air	\$18,995
'95 Chevrolet X-Tra Cab	Auto., air, V-6	\$16,995
'95 Chevrolet X-Tra Cab	Auto., air, V-6	\$16,995
'92 Chevrolet S-10 Blazer, Tahoe	Red	\$16,995
'93 Dodge Dakota X-Cab	Auto., air	\$14,995
'92 Dodge Dakota	Auto., air, V-6	\$11,995
'93 Chevrolet S-15 Pick-up	New tires	\$9,995
'91 Chevrolet S-10 Pick-up	Auto., air, V-6	\$9,495

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'95 Hyundai Sonata	Auto., air	\$13,995
'93 Ford Thunderbird LX	Loaded	\$12,995
'93 Pontiac Grand AM GT	Loaded	\$12,995
'91 Buick Park Ave.	Below book	\$11,995
'94 Chevrolet Cavalier	2 door, auto	\$9,995
'90 Chrysler New Yorker	Clean	\$8,995
'91 Pontiac Sunbird	2 door, auto., air	\$7,995
'91 Chevrolet Cavalier	4 door, auto., air	\$7,995
'90 Toyota Camry	Auto., air	\$7,995
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Trimming health insurance costs

Comparison shopping is the best way to save money on your health insurance, says Barbara Gracey of Health Insurance Associates of America. Prices may vary widely between insurers and are affected by the region of the country in which you live. If you are not covered by an employer's health care plan and are not yet eligible for Medicare, Gracey suggests the following strategies for finding the coverage you need at a manageable price.

—Join a professional group or an association that offers discounted policies for its members.

—Consult one or more insurance brokers so you can compare costs. You also can do your own research by contacting your state insurance department; they may be able to provide a list of insurers in your area.

—Increase your deductible if you have no health problems or have enough cash on hand to insure yourself against the greater out-of-pocket expense.

—Consider an HMO or PPO. They may save money if you make frequent trips to the doctor. They also spare you the hassle of filing claims for benefits.

—Don't over-insure. Separate policies for hospital stays or accidents often have high premiums relative to the benefits they offer and may duplicate some of your existing coverage.

Continue to comparison shop when you turn 65 and are looking for a Medigap policy to supplement Medicare. "Cheapest isn't necessarily best," says Charles Ratner, national director of personal insurance counseling at Ernst and Young in Cleveland. "Not doing your homework is the most expensive mistake," Ratner notes and suggests several

dollar-wise strategies.

—Compare costs against the benefits you will most likely need. For example, do you want to pay a higher premium for prescription coverage if you usually require few medications?

—Think ahead while you are healthy. Medigap insurers are required to accept you only during the first six months of Medicare coverage. After that, they may reject you for pre-existing conditions.

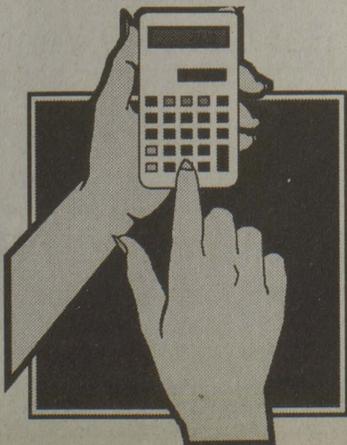
—Look for cost-saving and convenience services such as toll-free numbers and electronic piggybacking of claims so you won't have to file for reimbursement.

Free senior health counseling and informative brochures are available through your state insurance department, or contact the National Insurance Consumer Health Line at 1-800-9424242 for more information.—Michele St. George

POWER TO WHICH PEOPLE?

A power of attorney can be a useful device—if you have implicit trust in the person to whom you grant it, says John Rule, an attorney for Miller, Turetsky, Rule, McLennan and Stern in Pennsylvania. Here's what Rule says you should know about the various forms this document can take.

A general power of attorney grants another individual the right to conduct business on your behalf, including signing checks and tax returns and conducting banking and stock transactions. "This is a very powerful document, and it should not be granted lightly," says Rule.



A durable power of attorney continues in effect if you become physically or mentally incapacitated due to an accident or illness. Statutes in some states declare that all general powers of attorney are durable unless specified otherwise. In other states, specific language is needed to make the power durable. The value of a durable power, says Rule, is that it eliminates the necessity of appointing a guardian, which may require considerable court time and expense. Rule routinely suggests that married couples exchange a durable power of attorney with each other.

A limited power of attorney is for a specific purpose, such as attending a real estate closing on your behalf.

The health care power of attorney can include the authority to remove life-sustaining treatment as well as to authorize surgical procedures, to check a person into a hospital or nursing facility, and to make other medical decisions.

A springing power of attorney comes into effect only if you are incapacitated. "It can be used to avoid possible abuse of power of attorney while you are capable of managing your affairs," says Rule.

Grant any power of attorney only to someone you trust implicitly, reminds Rule. If in doubt, you always can invest power jointly in two or three individuals, which will provide natural checks and balances.—Michele St. George

SUDDENLY ALONE

Thinking about finances may be the last thing on the mind of someone who, through death or divorce, loses a spouse. Yet you have important decisions that need to be made—some sooner, some later.

"There's a fine line between grieving and procrastination," says Kurt Pearson, a financial planner with the Cauldwell Financial Group in West Des Moines, Iowa. "As soon as you can, you should begin tackling financial decisions with some small, bite-size steps."

Among the first wave of actions that can't be postponed, according to Pearson, are the following:

- Allocate money for funeral expenses or divorce costs.
- File insurance claims following the death of a spouse.
- Notify bankers and employers.
- Call professionals such as your attorney, CPA or financial planner.

Some other decisions can be delayed awhile, says Pearson, but should be addressed as soon as possible. They include:

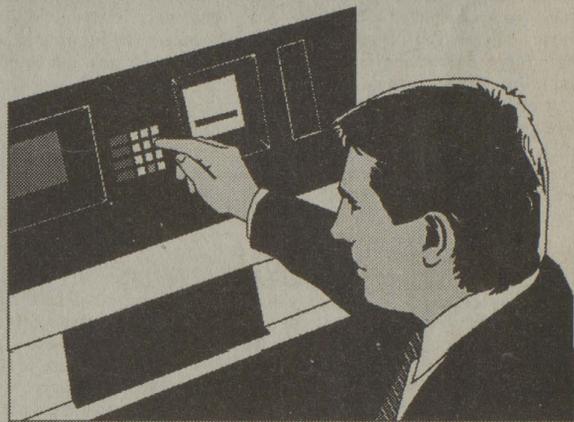
- Meeting in person with the professionals who handle your affairs.
- Organizing documents, determining net worth, figuring out a cash flow statement.
- Making investment decisions.
- Re-evaluating and establishing your personal financial goals.

"Every time you go through a crisis, your goals will change," says Pearson. "That calls for recalculating the amount you need to have in emergency cash reserves, reassessing your risk management strategies and reviewing your will or estate plan."—Peggy S. Person

ATM SAFETY

With nearly 90,000 automatic teller machines (ATMs) across the USA, they've become more convenient than ever for consumers and thieves alike. Last year a dummy ATM was created, with deposits going directly to the criminals instead of the bank. More common are muggings of people who have just used an ATM to withdraw cash. To protect yourself and lessen the chances of being a victim, follow some simple precautions.

"Be ready to conduct your transaction when



you walk up to the machine," advises Sonia Barbara, a representative for the American Bankers Association in Washington, D.C. Fill out your deposit slip before you get to the ATM, then conduct your transaction quickly and leave.

"It's especially important to keep your PIN number private. Use your body to shield the keyboard so no one can see you enter it," says Barbara. If someone stands too close or seems to be watching, cancel your transaction and go to another ATM. Don't linger at the machine. Put away your cash and take your receipt with you.

Be especially aware of your surroundings at night, cautions Barbara. If you use an ATM after dark, try to find one in a well-lit spot. If an ATM is not well lit or if there's overgrown shrubbery outside—where a mugger could hide—drive to another machine. You also should ask the bank to make the location safer.

Never give anyone your PIN number. Barbara says some people have gotten calls from "bank officials" asking to verify a PIN number. "No bank will ever call someone for their PIN," she stresses.

What happens if your ATM card is stolen? Notify the bank as soon as possible. You're only liable for the first \$50 of unauthorized use, provided you contact the bank within three days of losing your card or 60 days of receiving your bank statement.

For more information, request the ATM Safety brochure from American Bankers Association, Attn: Customer Service, 1120 Connecticut Ave. N.W., Washington, DC 20036.—Debra Englander

SAVINGS BOND ALERT

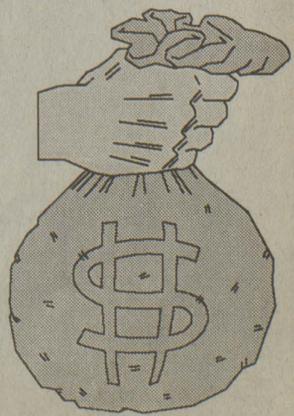
If you have no idea how much those government savings bonds in the bottom of your safe deposit box are worth, there's a service that will tell you their current value, the rate of interest they're earning and when you should cash them in.

Timing is important, says Dan Pederson, president of The Savings Bond Informer, Inc. Unlike savings accounts, most bonds accrue interest just twice a year. "If you cash them in only one day before a semiannual increase, you will have forfeited six months of interest," he says.

It's possible you are holding bonds that should be redeemed. "People are holding more than \$2 billion worth of bonds that have stopped earning interest altogether," says Pederson.

Pederson saw the need for more information when he worked as supervisor of the savings bond division of the Federal Reserve Bank Chicago/Detroit branch. "Savings bonds are probably the only investment for which you never receive a statement," he says. His service costs \$15-\$59, depending on the number of bonds involved. For a free brochure, contact The Savings Bond Informer, Inc., PO. Box 9249, Detroit, MI 48209; 1-800-927-1901.—Michele St. George

(This article first appeared in *Mature Outlook Magazine*, which is a benefit of the *Mature Outlook* organization. For information on joining, call 1-800-336-6330.)



Your Social Security annual report and special payments

Are you a Social Security beneficiary under age 70 who is working? Do you know whether or not you need to report your annual earnings for 1994 to Social Security? Generally, if you earned at least \$8,040 in 1994 and are under age 65, you'll need to submit a report. If you're age 65-69 and earned at least \$11,160, Social Security needs to know because these earnings may affect your monthly benefits. In either case, the report is due by April 17, 1995.

After you retire, some earnings you receive—called special payments—may not count toward these earnings levels and thus will not affect your Social Security benefits. These special payments are earnings paid for work you completed before you retired but that you don't receive until after you're retired and collecting benefits.

WHAT'S A SPECIAL PAYMENT?

If you were an employee, earnings received after retirement count as a special payment if they are for work you completed for your employer before you stopped working. Some special payments to employees include bonuses, accumulated vacation or sick pay, severance pay, back pay, standby pay, sales commissions, payments received because of retirement, or deferred compensation earned in the year before it is reported on a

W-2 form. These amounts may be shown on your W-2 in the box labeled "Nonqualified Plan."

If you were self-employed, net income received after the first year you retire counts as a special payment if you performed the services to earn the payment before you were entitled to receive Social Security benefits. "Services" include any regular work or other significant activity you do for your business. Some special payments to self-employed individuals include income derived by an owner of a business who does not perform significant services in that business, farm agricultural program payments, income from carryover crops, royalties paid to a person over age 65 for a copyright or patent created before age 65, and commissions on insurance policies sold before retirement.

TO REPORT A SPECIAL PAYMENT

If your earnings in 1994 exceeded the limit but include an amount you think may be considered a special payment, contact Social Security before you file your annual report. Explain why you believe your earnings for 1994 include a special payment. If Social Security agrees, the amount of the payment will not count as part of your total earnings for the year.

TWO EXAMPLES

Here are two examples of earn-

ings that are considered a special payment and don't count as part of annual earnings:

(1) Ms. Barnes retires from full-time farming in October 1993 at age 65 and begins to receive Social Security benefits. In September 1994, she sells some grain she had harvested and stored in 1991 and nets \$13,000 from the sale. Since her earnings exceed the 1994 limit (\$11,160), she must report these earnings to Social Security. However, these earnings come under the definition of a special payment because they are based on work performed before Ms. Barnes began to collect Social Security. Therefore, they will not be counted as earnings for Social Security purposes.

(2) Mr. DeSilva retires from the Crown Jewelry Company at age 65 in November 1993. In June 1994, his employer sent him a \$12,000 check to cover bonuses and vacation pay he had earned while he worked. Because this amount is over the 1994 limit (\$11,160), Mr. DeSilva must file an annual report with Social Security. However, because Mr. DeSilva earned this amount before he retired from the company, it is considered a special payment, and will not count as earnings for 1994.

For more information, call Social Security's toll-free number 1-800-772-1213, Monday through Friday between 7 a.m. and 7 p.m. Ask for the factsheets Special Payments After Retirement (Publication No. 05-10063), How Work Affects Your Social Security Benefits (Publication No. 05-10069), and If You Are Self-Employed (Publication No. 05-10022).



Will work after retirement boost Social Security check?

by Martha S. McSteen

Should you expect an increase in your Social Security retirement check if you go back to work? The answer depends on your previous work and earnings history.

Anyone who has worked in Social Security-covered employment for at least 10 years is eligible for a check at retirement age. But 35 years of Social Security earnings are averaged to determine the amount of the check that will be paid. The higher the average earnings for the years used in determining the benefit, the higher the monthly check.

Workers who have fewer than 35 years of earnings when Social Security benefits begin can always expect an increase by going back to work, even if only part time. Many women fall into this category because of caregiver years of the paid work force.

Workers with 35 or more years of earnings receive increased monthly checks only if the year of new earnings exceeds an earlier year of earnings used in initially

determining the monthly check amount. Social Security indexes old earnings to bring them up to date before determining the lifetime average earnings on which benefits are based.

For a year of new earnings to increase the lifetime average, the new earnings must be a higher amount than a year of indexed old earnings. Full-time, full-career workers often find that late-life earnings are not high enough to affect monthly check amounts. That is particularly true if earnings are kept deliberately low so as not to exceed the annual earnings limitation.

Nothing has to be done to receive any increase due. The Social Security Administration automatically recomputes benefits whenever a new year of earnings is credited to a retired worker's earnings record.

Crediting and recomputing takes almost a year, but if an adjustment is due, the increase is paid retroactive to January of the year following the year of new earnings. Workers who know that new earn-

ings will make a difference can speed up the process by taking their W-2 to the local Social Security office and asking for an expedited recomputation.

Self-employed individuals need to take both their federal tax return and cancelled check proving that Social Security taxes have been paid on the reported earnings.

For more information on this and other issues affecting older Americans, write to National Committee, 2000 K St., N.W., Washington, D.C. 20006.

Martha McSteen is president of the National Committee to Preserve Social Security and Medicare.



Long-term care

When asked in surveys how they will pay for long-term care, most elderly people respond that Medicare or Medicaid will pay the cost. Unfortunately, that's just not true.

Medicare does not cover long-term care. It pays for some nursing and homehealth care expenses, but these must be medically related and short-term. Medicaid only pays for long-term care if your income falls below a certain level.

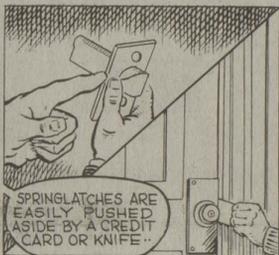
By the year 2000, it's estimated that 7.5 million Americans will need some form of long-term care. Paying for this care will require \$50,000 to \$100,000 for those retiring in the year 2000. That's why

planning ahead for your long-term care needs makes financial sense.

Many insurance companies offer long-term care insurance. You can find out more about these policies by talking to a life or health insurance agent. One way to find an agent is through your local Life Underwriters Association, whose members have a commitment to professionalism.

For a copy of the National Association of Life Underwriters' latest survey of long-term care policies and a brochure on what questions to ask before buying, send a check for \$2.00 to: NALU, Dept. PR-NAPS, 1922 F Street, N.W., Washington, D.C. 20006.

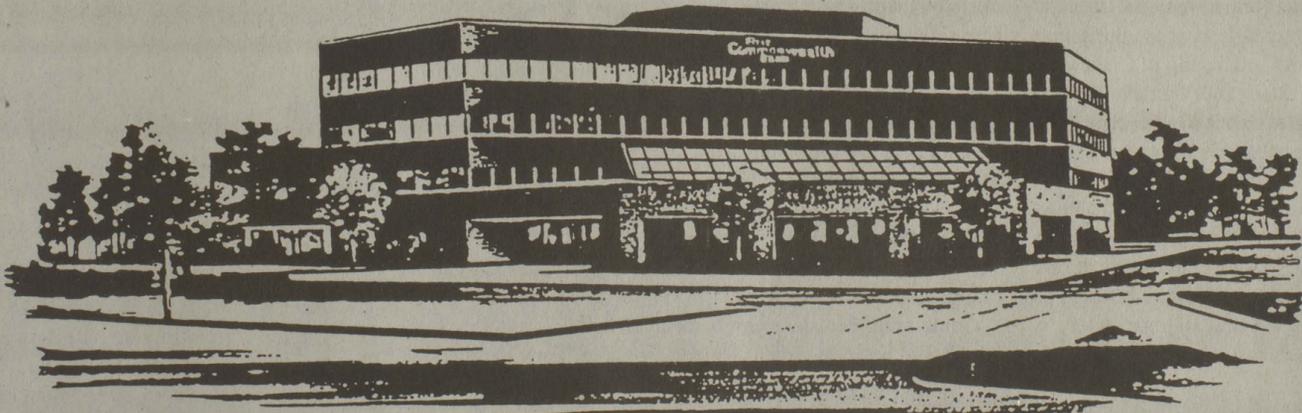
THELMA THWARTUM — By Alex



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Body recall—the new movement

Through a program called Body Recall, individuals everywhere have been rediscovering movement that they thought might be gone forever.

This nationally acclaimed exercise program (now being taught in 47 states and Canada) is designed especially for the older adult or for someone who is in a recuperative phase.

Performed mostly from a chair, Body Recall concentrates on natural movements that help participants regain their flexibility, strength, coordination, balance, agility, and overall stamina.

For some, Body Recall allows them to enjoy activities they had given up.

For others, the program gives them the physical confidence to live more independently. Students in the program often regain their ability to do tasks and hobbies they may not have been able to enjoy for years.

The Body Recall program was created in 1978 by Dorothy Chrisman, a retired physical education instructor at Berea College.

Since, then, Body Recall has spread throughout the United States

as well as Canada, as a highly respected program through which individuals can recall the physical abilities they had once known.

Its success is due in part to the positive social and psychological affects that participants experience as they become more physically able.

An introductory class for Highlands Regional Medical Center's Senior Advantage program was an unqualified success.

The demand for another program was so strong that a second "introductory class" is being offered on Mondays, Wednesdays and Fridays, from 10 a.m. to 11 a.m. in the Highlands Regional Annex Building behind the hospital.

The class will be free to those who have already signed up for Highlands Wellness. Non-members will be charged \$30 for the entire 10-week session. Classes started November 6. Late entries are accepted!

The following are quotes from some of the Body Recall class participants:

"I feel like a different person! Body Recall has helped me with my arthritis, it has taken four inches off

of my waist. I do my own housework now, and I enjoy being with the Body Recall group." Gladys S. Allen, Age: 79

"It makes me feel good, and it's lots of fun!" Dora Osborne, Age: 81

"I like the movements required!" Naomi Gagle, Age: 79

"I like the companionship of friends!" Ruby Laferty, Age: 75

"It is a great program, and I am doing movements that I haven't done since I was a teenager." Danese Amburgey, Age: 72

"It is hard to believe that these simple exercises can improve how much better you feel by participating in this program." Burieta Gearhart

"I honestly feel that the exercises are a positive influence on my entire body. Now, the exercises that I do at home are much more enjoyable (such as walking), and it all is the result of Body Recall." Garnett Fairchild

When Highlands Wellness opens later this winter, Body Recall will be available to all Highlands Wellness members free of charge.

For more information, contact Jessica Sturgill, assistant Wellness Director, at 886-7607.



Flexibility

Senior Advantage participants went through the motions as the class instructor demonstrated the movements that will help them regain their strength. Among those pictured are Danese Amburgey, first row, left, and Garnett Fairchild, first row, third from left.

Morrison advises state about needs of area senior citizens

The state is in better financial shape than it has been at any time in the last two decades, said House Speaker Jody Richards, D-Bowling Green.

Richards made those comments to the General Assembly's Special Advisory Commission of Senior Citizens at its final meeting of the

year. Elmer Morrison, a member of the commission representing Floyd County, attended the two-day meeting, November 2-3, in Frankfort.

The panel, which advises the Kentucky General Assembly on a variety of issues, heard Richards say the state currently has \$200 mil-

lion in a budget reserve trust fund and another \$100 million in unbudgeted surplus funds.

However, due to looming reductions in federal aid for many programs including Medicare and Medicaid, the 1996 budget will require difficult choices for lawmakers. At a price tag of \$900 mil-

lion, Medicaid is the largest single item in the state budget, he said.

Richards, who has served in the legislature since 1978, said federal budget cuts will cost the state more in two ways.

By switching to block grant programs, the state will get less money from Washington while also being forced to pick up the tab for administering the programs.

Richards said that Medicaid and Corrections are the two fastest growing parts of the state budget.

Even with the spending increases mandated by the education reform act, spending for elementary and secondary education has remained flat, while spending for higher education has actually decreased as a percentage of the entire budget, he said.

Currently, 65 percent of the state budget is earmarked for education.

"For our children's sake we need to ensure that we have the best edu-

cation system a state can possibly have," Richards said. "We are committed to having a world class education system in Kentucky that is second to none."

Panel members also heard from Attorney General Chris Gorman who briefed members on the legislative recommendations of the Attorney General's Task Force on Older Kentuckians. The task force has developed a series of proposals designed to help senior citizens in a number of areas.

The task force recommended enhanced penalties for those convicted of consumer fraud against those over 60. Other proposals would increase disclosure requirements for home improvement contractors that solicit business in the home and requiring transient merchants not regularly doing business in the area to register and post bond.

The commission also completed its recommendations for the 1996

Session of the General Assembly, Morrison said.

The Special Advisory Commission of Senior Citizens, established in 1977, provides a forum through which the knowledge of senior citizens can be utilized in dealing with problems facing all state residents, as well as older Kentuckians. The subcommittees are divided into five areas: health and human services, insurance, transportation, consumer affairs and taxation.

The 100-member commission is composed of representatives from all 15 Area Development Districts (ADDs) and four statewide senior-citizens organizations: Kentucky Retired Teachers Association, Kentucky Association of Older Persons, American Association of Retired Persons and the National Association of Retired Federal Employees. Legislative leaders also appoint five at-large members.



Advising seniors

Among those attending the Governor's Conference on the aging October 11-13 were Prestonsburg Bonnie Hale, Prestonsburg Delmas Saunders, Prestonsburg Ruth Ann Fairchild, Prestonsburg Vicki Spencer, Johnson Cecil Kimbleton, Prestonsburg George Archer, Wheelwright Lois Curry, Martin's Sue Richmond, Magoffin County, Mary Trimble.

"Chair aerobics" at PCC

If you thought you had to wear spandex tights and jump around, flailing your arms and legs, to do aerobics, think again.

Two days a week, a group of 15-20 seniors at the Prestonsburg Senior Citizens Center arrange their chairs in a circle and do "chair aerobics," waving their arms and legs while remaining firmly seated.

And their instructor, Christopher Fleming, project health coordinator at PCC, says the participants receive definite health benefits from this activity, even though it doesn't appear very strenuous to younger observers.

"It's strenuous enough for most of these people," Fleming says. "It's more exercise than some of them would get in the course of their normal daily routine. It's enough to raise their heart rates significantly and keep their joints from stiffening."

And several of those in his class at the Senior Center agree with Fleming.

William "Preacher" Wilson, 94, the oldest member of the class, says he couldn't sit all the way back in a chair when he began the class, and now he can. He also says an ankle that bothered him when he started doing chair aerobics now bothers him less. Wilson says he looks forward to class on Tuesdays and Thursdays. He says the only other exercise he gets is climbing aboard the bus that takes him to the senior center every day. But others who participate in the chair aerobics at the center also visit the Wellness Center on the PCC campus, where they are involved in other fitness activities designed specifically for seniors.

Thelma Wallen, 82, added, "It's



Chair aerobics

Christopher Fleming (center) leads Roberta Taylor and William "Preacher" Wilson in chair aerobics at the Prestonsburg Senior Citizens Center.

been wonderful for me. I can move my arms and legs so much better now."

Patsy Evans, director of the Prestonsburg Senior Citizens Center, says the seniors in the class "can't wait for the days when Chris comes." Some of them have suffered from depression and similar conditions in the past, Evans says, but "they've come out of their shells."

Roberta Taylor, 68, said, "It's fun. Age don't mean anything to me. A lot of us may be old, but we're not chairbound. It's just about like a family."

Maxine Rose, 84, agreed with Mrs. Taylor. "Yeah," she said, "80's not old."

The seniors who participate in chair aerobics at the Prestonsburg center and other wellness activities

at PCC are enrolled in classes under the University of Kentucky's Donovan Scholars Program, which pays tuition for anyone 65 or over who enrolls in courses at UK or one of the UK community colleges.

Avanell Hicks, 68, is one of those who also participates in activities at the PCC Wellness Center. "A lot of us go to the Wellness Center at the college, too," she said. Mrs. Hicks also is one of several seniors from the Prestonsburg center who participates in the Senior Olympics, and has even brought home some plaques for her accomplishments.

At present, classes are held two days per week at the Prestonsburg site. Next semester, Fleming says, the program will be expanded to two additional sites—McDowell and Wayland.

Pikeville College

Appalachian Christmas Bazaar

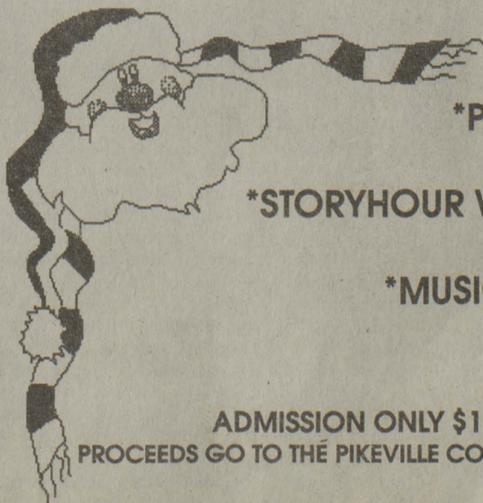
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Health Watch

Medical Adviser

Meniere's disease can be treated with diet

by M.R. Hiller

Q: My father has been suffering from Meniere's disease for three years. The disease was under control until a month ago, when vertigo attacks recurred. These attacks cause him to lose his balance, fall and start vomiting. He had been on a low-salt diet but went off it; could the lapse in diet have caused the vertigo attacks? Can you explain the natural course of this disease? He has lost a lot of hearing in one ear and his doctors are talking about surgery.—C. C., Palm Springs, Calif.

A: Experts contend that some patients will have attacks of vertigo when they deviate from their low-salt diet, and returning to this diet is their first recommendation. If a low-salt diet can control the vertigo attacks, they see little justification for surgery. The expert consensus is that vertigo attacks associated with Meniere's disease will stop after a period of time, usually five to seven years.

Meniere's disease is a disorder of the inner ear defined by a triad of symptoms—a sensation of whirling motion, or vertigo; ringing in the ear, called tinnitus; and fluctuating hearing loss. Typically there also is a sense of fullness or pressure in the ear.

About 250,000 people develop Meniere's disease annually in the United States. The cause isn't known, but the problems are often the result of a watery fluid buildup, or hydrops, in the inner ear.

There normally are two types of fluids in the ear; a potassium-rich, endolymphatic fluid similar to fluid found inside cells, and the perilymphatic fluid, which resembles spinal fluid. The leading Meniere's theory suggests that a membrane in the middle ear ruptures and the two fluids mix.

This provokes the release of toxic chemicals, causing damage to the hearing and sensory nerves. This, in turn, results in a sudden attack of vertigo and, usually, hearing loss. When the rupture heals and the toxins are flushed out of area, which can take hours or a few days, the symptoms subside. But left untreated, the symptoms often recur.

"Each time this (the mixing of fluids) occurs, the nerves for balance and hearing are poisoned a little, and the result is nerve degeneration," said Dr. Joseph B. Nadol, chairman of the Department of Otolaryngology at Harvard Medical School, in an interview. The nerves in the ear do not regenerate, so damage is permanent and cumulative.

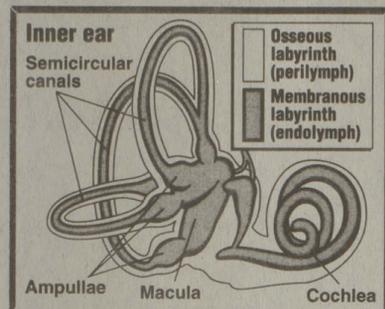
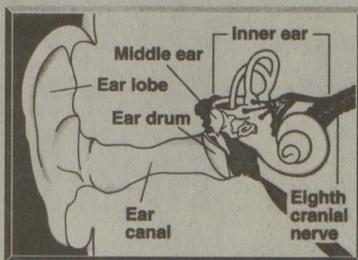
This theory has been proved only in animals, not in humans, since the inner ear is difficult to reach. A new tool, called functional magnetic resonance imaging, should help researchers examine what happens during a human attack.

Although the natural progression of Meniere's disease varies from person to person, the condition will almost always cause progressive hearing loss. Even so, most people continue to be able to hear speech. "The natural history of Meniere's is self-limiting, and most patients will not go totally deaf," Nadol said.

It is generally accepted that ver-

Inner ear fluids and Meniere's disease

The inner ear is a structure responsible for the senses of sound and balance. Within the skull bone is a space known as the osseous labyrinth, which is filled with perilymph. Suspended in this fluid is the membranous labyrinth, which is filled with endolymph.



One theory holds that excessive fluid causes Meniere's disease. A newer theory says that it is caused by a mixing of the two fluids, endolymph and perilymph. In either case, the result is a disturbance of the normal senses: vertigo and nausea, tinnitus (a ringing in the ear) or deafness.

Who's counting: Since 1992, 265 medical articles have been published on Meniere's disease.

KEVIN BOYD — MEDICAL INFORMATION SERVICE • DISTRIBUTED BY UNITED FEATURE SYNDICATE

tigo attacks will stop after five to seven years. Yet there are studies that have shown attacks ending in as little as two years or as long as 10 to 20 years.

Once Meniere's disease affects one ear, there's about a 50 percent chance of developing it in the other ear. Several studies found that among the individuals who did develop Meniere's in both ears, roughly 75 percent did so within five years of the start of symptoms. Half developed it within two years.

The primary reason for treatment is to combat the symptoms. Vertigo can be the most disabling. It typically lasts from 20 minutes to several hours but occasionally can last up to 24 hours. Attacks lasting longer than 24 hours are an indication that the cause is probably something other than Meniere's disease.

Treatment focuses on relieving the vertigo without losing hearing. Most people respond to dietary approaches. But, according to Nadol, there is no single best treatment. In fact, no matter what vertigo treatment regimen is used, the reported success rate is usually 60 to 80 percent, which, as Nadol writes, suggests a placebo effect or a non-specified effect of therapy.

The most widely used treatment is a low-salt diet combined with diuretics. This, along with other medical therapies such as vasodilators, vasoconstrictors or antihistamines, are based on the notion that they can alter the fluid balance in the inner ear.

Studies report that about 80 percent of patients control their symptoms with a very-low-salt diet and diuretics regimen. Since this diet allows less than two grams of salt a day (the equivalent of a little less than half a teaspoon of table salt), a patient must work with a nutritionist to learn how to eat accordingly.

For the approximately 15 percent of patients who do not respond to any of the dietary or medical treatments, surgery may be needed,

but experts advise that this should be a last resort.

There are more than 20 surgical procedures that can be grouped three ways: surgeries that drain the fluid in the middle ear; procedures that surgically or chemically disable the hearing sense organs; and surgery that severs the eighth cranial nerve, which carries messages to the brain from the ear. The second procedure may result in permanent deafness in the treated ear; the latter procedure always does.

Experts say the vertigo of Meniere's is so debilitating that patients almost always seek help. Although the evidence is sketchy, some research suggests that preventing attacks of vertigo may actually prevent some hearing loss.

After six months to a year of a low-salt diet and no major spells of vertigo, patients are usually released from the diet. But some authorities say the potential for saving some hearing with the diuretics and low-salt diet argues for continuing the regimen even after the attacks end, said Dr. Pery Santos, professor of otolaryngology at the Southern Illinois University School of Medicine in Springfield.

"If someone has vertigo or hearing loss, they should go to an otolaryngologist to be properly worked up. There is help available and people can benefit from treatment," Santos said in an interview.

The Medical Adviser is produced by the Medical Information Foundation using a data base that contains articles from more than 3,500 medical journals around the world.

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Ultrasound predicts strokes

Stroke is the third leading cause of death in the U.S., but ultrasound imaging is now making it possible to detect strokes before they are fatal.

It can be used in many cases as a substitute for angiography to identify arteries that have become narrowed or partially blocked thus limiting the blood flow.

Many studies have shown that high quality ultrasound is as accurate as angiography.

In a recent national study, ultrasound imaging was used to determine if patients with no symptoms of disease had blocked carotid arteries.

Many strokes happen when these arteries become blocked and the blood supply to the brain is cut off

or reduced. Ultrasound imaging can show if the carotid arteries are normal or blocked.

It can show the artery wall thickness and the diameter of the opening of the artery.

"All of this information helps determine if or how patients should be treated," says the American College of Radiology (ACR) Commission on Ultrasound.

Surgery can reduce the risk of stroke by 55 percent for patients who have no symptoms but have 60 percent or more carotid artery blockage, say investigators of the Asymptomatic Carotid Artery Study. Ultrasound was used in this study to identify patients who had limited blood flow due to artery narrowing.

Ultrasound also can be used to monitor patients who are at higher risk of developing a stroke. For example, patients who have had a stroke and have had surgery to remove the blockage may need to undergo regular ultrasound examinations.

Ultrasound uses sound waves, not radiation to create images. Ultrasound imaging is less expensive than other similar techniques; it does not require hospital stays and it is painless for the patient, says the Commission on Ultrasound.

Carotid ultrasound imaging is very complex and experienced sonographers and radiologists are key to these examinations, emphasizes the ACR.

That something extra in life

by Roger Caras

I have always been involved with animals. In fact, as an author, broadcaster and humane-society executive, animals have been my life's work.

Jill, my wife of 40 years, and I live on a farm. We have more than 30 animals, including nine cats, 11 dogs and everything from macaws and alpaca to llama. And they are all pets.

But apparently, I needed a special friend of my own, just as I did when I was a child. That is where Topi came in. His real name is Topaz, but I call him Topi or Mr. Sweetface, which really does describe him, corny though it may sound.

A 4-year-old male whippet, burnished gold in color, with huge brown eyes, Topi looks like a piece of fine porcelain—he is the most elegant creature I have ever seen. And he is gentle and accepting toward everything that lives—cats, birds, our four grandchildren. Everything is fine with him, as long as he is near me.

Although the relationship that can exist between a human and a certain special animal is quite extraordinary and has been recorded in literature as long as there has been literature, there are seemingly few avenues of communication between them. But in cases of real bonding—the kind Topi and I have—the avenue of language we humans rely on is not needed. Without getting either spooky or goofy about it, Topi knows, in the way dogs know things, what I need of him, and I know what he needs from me. We communicate in a way I can't understand myself, much less describe.

Here at Thistle Hill Farm, my study is up a hill from the main house. When I head in that direction, I know without looking that Topi is at my heels. He has been waiting and watching. And when I open my study, he waits because he knows I'll hold the door. It is all routine, safe, unhurried and dependable for both of us. For me, at my age, and for dogs of any age, dependable matters.

I bought an old leather psychi-



atrist's couch at a local country auction. It is Topi's while I work. When I finish a chapter or a script, I lean back, and Topi knows what that means. One of his eyebrows goes up and then the other. He knows I am going to read to him. He listens patiently, then goes back to sleep. It doesn't matter that he can't understand what I am saying—because we both need the interaction. And the brief interlude serves its purpose.

I'm not sure when or how this special friendship started. We both just knew there was something extra in our lives—each other. I can't imagine what it would be like without him. He is not only beautiful and kind, he is safe and reliable in a world that is often neither. He belongs to me, and

yes, quite willingly, I belong to him. I feel sorry for people who can't relate to that. They have missed an awful lot.

(This article first appeared in Mature Outlook Magazine, which is a benefit of the Mature Outlook organization. For information on joining, call 1-800-336-6330.)

THELMA THWARTUM — By Alex



A Public Service of AARP
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Lighten Up

Excuse me

by Joe Bower

When it comes to hiccups, everyone seems to have a cure. Over the years, folk remedies have dictated many peculiar measures, such as drinking water while standing on your head.

Odd remedies fit this strange condition. Hiccups are an involuntary response that serve no purpose, says Richard Garrison, M.D., a family physician at Baylor College of Medicine in Houston. They aren't hereditary, and no one is immune, adds Barry Kass, pharmacist and director of the Center for Drug Education at Northeastern University's Bouve College of Pharmacy and Health Sciences in Boston.

Hiccups may be caused by an irritation of the phrenic nerve, which runs from the central nervous system to the diaphragm, Kass explains. When irritated, the nerve causes spastic contractions of the diaphragm that, in turn, prompt the forceful closure of the glottis, which produces the familiar "hiccup" sound.

What triggers this irritation remains a mystery, although sus-

pected culprits include overeating and excessive alcohol intake, he says. And, why they usually subside in a short time also is unknown.

But in some cases, hiccups can last a long time, Kass says. And chronic cases cause serious problems, including exhaustion and depression. If hiccups persist more than a day, consult your doctor.

You can speed hiccups' passing by trying to stymie what's irritating the phrenic nerve. Actions that diminish oxygen in the bloodstream

or jolt the nerve have been found to stop the spastic contractions of the diaphragm—sometimes. To halt hiccups in their tracks, Garrison and Kass suggest trying:

- swallowing granulated sugar
- breathing into a bag
- holding your breath
- chewing ice
- gargling with ice water
- yanking the tongue
- scaring the victim
- sucking a lemon
- eating stale bread

Sleepless heads

by Linda Wasmer Smith

The latest snooze news: If you have trouble sleeping at night, it might be because you produce low levels of melatonin, a hormone produced in the brain that may play a key role in regulating your body clock.

That's the basic idea behind a study now underway at the Oregon Health Sciences University, says Mary Blood, M.S., research associate. Scientists are trying to help

people sleep better by giving them synthetic melatonin in doses that mimic the levels produced in young adults.

"Our hope is that this will give people whose melatonin production has dropped with age stronger internal cues when it's time to sleep," Blood says.

Results aren't in yet, though, so Blood discourages folks from trying to treat themselves with melatonin pills from health-food stores.

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Written in the stars

by Kathy Schwartz

Janet Leigh

A funny thing happened on the way to stardom and success: In one of her early movies, the already lithe Janet Leigh had to lose enough weight to realistically portray a starving refugee. Because the character was a ballerina, she also had to learn to dance. Today, at 67 ("Why lie about it?"), Leigh credits her fabulous 5-foot-6-inch, 100-pound frame to the lessons she learned as an ingenue: "I got into the habit of exercising and eating properly—and it stayed with me."

"Proper" and "moderation" are words Leigh emphasizes. Although she eats a low-fat diet, takes vitamins, plays tennis, skis, works out in her home gym or walks almost every day and no longer smokes, she isn't fanatical. "I'm not a zealot. I'm not trying to be a Mrs. Schwarzenegger," she insists. "Why waste time wishing you were—or trying to be—20 years younger? That's like trying to move a retaining wall. I just want to feel and look as good as I can for my age."

Leigh also insists that keeping busy helps her feel fit. To that end, she does extensive charity work and has just completed two new books, "Janet Leigh on Psycho," (1995, Harmony Books, \$22) and "House of Destiny," (1995, Mira Books, \$19.95). But the real credit for her inherent abundance of energy goes to "the man upstairs." And she does her part by reading a written meditation each morning. "I think your frame of mind has a lot to do with how you feel," she explains, "and that just sets my day. I'm a very happy—and lucky—person."

Arnold Palmer

It's no surprise to Arnold Palmer's legion of nonuniformed fans, a.k.a. Arnie's Army, that their leader plays golf or practices almost every day. That should be par for the course—pardon the pun. But fans may be surprised to discover that because he also is a business executive, advertising spokesperson, golf-course designer and consultant, and family man, Palmer has to make time for exercise.

And he does. "Without exception," Palmer, 66, runs through a daily set of back exercises, and, when he's not traveling, rides his bike for two to three miles. In addition, he swings heavily weighted golf clubs for upper-body strength, and it isn't unusual to see him squeezing elastic devices with his hands—great for maintaining the firm grip that helped him garner 92 national and international championships.

One exercise strategy *Mature Outlook* readers might do well to copy: When Palmer hits the links, he usually leaves the motorized cart at the clubhouse and walks the course instead.

Ann Landers

You couldn't ask for better advice about fitness than what this well-known syndicated columnist prescribes for herself. "This is what works for me," explains Ann Landers. "I exercise for at least 30 minutes every day—15 in the morning, as soon as I get out of bed—and 15 at some point during the day or evening." And walking through airports counts, too, she adds.

Although Landers, 77, admits to eating "whatever I want—too much candy and sweets," dieting hasn't been a necessity, and the lucky lady's weight "hasn't varied 5 pounds in 20 years." However, she holds firm to the credo "No smoking, no alcohol—never did," and makes sure she gets at least eight hours of sleep every night.

If dishing out advice for more than 30 years ever got her down, Landers doesn't admit it. In fact, she seems to thrive on it. "My life is relatively stress-free, and I continue to love my work," she notes, "although I often put in 10 hours a day at my desk, which is very demanding." Her personal recipe for preventing burnout: "I plan one out-of-the-country trip every spring." This year, the destination was Paris.

Connie Stevens

Whether you remember her as the effervescent Cricket on the '60s television series "Hawaiian Eye" or recognize her as today's super-saleswoman promoting her own Forever Spring line of skin-care products on the Home Shopping Network, it's evident that Connie Stevens hasn't

changed much. She's still blonde, beautiful and full of energy and enthusiasm—for everything but exercise. "It just bores me stiff," says the 50-plus entertainer, who makes a distinction between exercise and athletics. "I've always been an athlete—that's entirely different—but when it comes to any form of exercise, my mind just shuts down. Then I go on a self-challenge—to see how little I can do."

Still, after a series of accidents prohibited any vigorous activity for almost 2-1/2 years. Stevens now tries to exercise regularly. At least three times a week, she does a combination of yoga, weight lifting and some form of aerobic exercise, preferably walking a 3-mile course "at a pretty good clip."

Only one exercise, however, elicits the bubbling enthusiasm she is famous for. Stevens begins every day with a 7- to 15-minute Tai Chi session. And although she admits her "shorthand version" may not be considered official, she sings the praises of its principal benefit, "an overall sense of calm." Unlike aerobic exercises that prompt her to compete against others in a class or even against herself, she says, "Tai Chi gives me the same physical high and sense of well-being without the added mental stress."

Chet Atkins

"You see people who take such good care of their car, making sure everything's right," observes Chet Atkins, in his soft, southern way. "But then they don't take care to take care of their bodies. And I think that's unfortunate."

Well, you can be sure this C. G. P. (Certified Guitar Picker) takes good care of himself. When the musician/composer isn't pacing off his brisk two-mile walk, he's at a Nashville gym "pushing weights and liftin' things." And in spite of a busy schedule that can find him performing on the East Coast one night and in Europe the next, he's dedicated. For example, he recently walked every floor and flight of stairs in a large hotel in Germany to complete his requisite 30-minute routine.

Although Atkins, 71, says he's "always been health-conscious," his reflections on his life tell you there's more to it than his preference for a 33-inch waistline. Recalling good times, good music and good friends as diverse as Hank Williams and Garrison Keillor, Atkins acknowledges a philosophical rationale for staying fit. "Don't wait until the grim reaper takes a swing at you," he advises. "If you love life and all of its wonderful adventures, you should think about that once in a while."

Shirley Jones

"I'm just not dedicated to exercise—and maybe that's because my life is so hectic," says Shirley Jones, 61, an Academy Award-winning entertainer whose concert tours keep her on the run. "I guess that's why I've never really developed a regular exercise regime."

But, when pressed for details, Jones admits to certain basic disciplines, such as walking and stretching, a low-fat, low-salt diet, vitamin supplements, daily herb teas and even a weekly visit to an acupuncturist.

Does it work? Her husband, comedian/producer Marty Ingels says Shirley was born fit. "She's a walking endorphan. She likes who she is. Her heart and soul are at peace—and I guess it sends the right messages to her body. Her glass is eternally half-full."

And Jones generally agrees, "I've always believed fitness to be an attitude," she explains. "At least it begins that way. The rest seems to follow."

What about the benefits of being married to a comedian? Jones says it was the perfect piece of the happiness puzzle. "Well, I

tell you," she says with a chuckle, "it's a circus every day. And I love it."

Julia Child

Describing her philosophy of fitness, everyone's favorite chef, Julia Child, quotes the American Institute of Wine and Food: Moderation in all things. Small helpings and eating a great variety of food should be combined with sensible exercise, weight-watching and having a good time, she explains. In addition to her daily 30-minute exercise routine, Child says, "I love my work and my friends. That makes a very happy life for me." Good health and bon appetit, Julia!

Jane Brody

Jane Brody, health and nutrition author and New York Times columnist, doesn't punch a time clock—and it's a good thing because she freely admits that fitness is her life: "I arrange my life around my physical activity." That includes singles tennis four days a week, ice skating or 10-mile bike rides—depending on the season—five times a week, plus a nightly swim.

So how does she find time for work? "My activities give me energy and help improve my efficiency enough that I get more done in less time," this 54-year-old, perpetual-motion machine responds.

And just as Brody maintains that her activities are "fun—not exercise," her low-fat (20 percent fat or less) eating strategy is a "sensible way of life," not a diet. "It doesn't mean fanaticism, deprivation or self-denial," she explains. "It means good sense."

But a proper diet is a complement to physical activity, not a substitute. "We do certain things—eat, sleep, brush our teeth—every day. We should exercise every day," she posits. "No matter how healthfully you eat, if you're not physically active, you are not a healthy person."

Leo Buscaglia

The popular educator, lecturer and author (1994, "Born for Love," Fawcett) who made hugging acceptable again, has a different take on fitness. "Each of us is a unique whole," Leo Buscaglia says, and anything that happens to a single part affects all the parts. "Therefore, a definition of 'fitness' that is limited to the physical and excludes the mind, the heart and the soul is meaningless," he explains.

Over his "70 productive and magical years of life," Buscaglia has made a wonderful discovery: "When the heart smiles, the smile is returned in kind. When the mind shares with positive, winning thoughts, everyone profits. And when the heart is full of love, the purpose of life becomes clear: 'This 'unity of self,' he says, "assures us that each day will be a celebration, and without further effort, true 'fitness' follows."

Gloria Steinem

Although her slim figure seems to belie it, Gloria Steinem, founding and contributing editor of *Ms.* magazine, says, "I haven't done any exercise regularly in my life—except dancing in my teen-age years—and running through airports ever since."

That was then. About five years ago, Steinem discovered yoga and has been a devoted, if irregular, fan ever since. Contrary to its image, she says, yoga "creates strength and cardiovascular fitness as well as flexibility and relaxation. It hasn't been around 5,000 years for nothing—it's the only whole exercise."

(This article first appeared in *Mature Outlook Magazine*, which is a benefit of the *Mature Outlook* organization. For information on joining, call 1-800-336-6330.)

Tips Help Seniors Manage Medications

Seniors take more medications to manage more ailments, and are at a significantly greater risk for side effects and drug interactions than younger people.

In nursing homes and other long-term care facilities, hospices and in the home—wherever there's a need for high-quality health care services in the community—consultant pharmacists are serving as personal health care advisors. They care for the elderly and the chronically ill in a personalized and individual way.

But consultant pharmacists see their role as more than just monitoring medication—they're committed to seeing their patients live well and live longer.

One of the consultant pharmacist's most important duties is to prevent medication errors, adverse drug reactions and dangerous drug interactions. The following guidelines from the American Society of Consultant Pharmacists can ensure that you get the most from your medication:

- Talk about your medication with all of your health care providers—doctors, physical therapists and pharmacists. If you're being treated by different doctors for different ailments, it is important to be clear and forthright in explaining what medicines you take and how you take them.

- Make a list of any problems that may be related to your medications. When visiting your physician or consultant pharmacist, share both the list and concerns about your medication. Problems can often be discovered



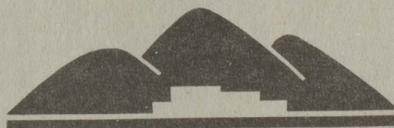
Among the most important jobs for a consultant pharmacist is to prevent medication errors.

more quickly if the medication can be checked in person.

- Check with your local senior center and ask them to bring in a consultant pharmacist regularly to conduct "brown bag" sessions. The pharmacist will evaluate all your medicines—prescription and over-the-counter—and help you determine whether you're on the right regimen and if you're taking the medicine the right way. Don't forget to pack all of your medications.

- Involve your children, spouse and other relatives in your medication regimen as much as possible. Adult children, in particular, can help you keep track of what you're taking and why. In the event that they may suddenly become your caregiver, they will already be acquainted with your medications doctor and pharmacist.

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For more information, or to schedule an appointment, call 452-2708 or 452-2706.

Save on rosacea prescription

by Eve Glicksman

Galderma Laboratories has pledged to provide MetroGel—a topical prescription medication for rosacea—free of charge to needy patients who fail to qualify for state or federal welfare programs.

Rosacea is a chronic, progressive skin disease, often incorrectly called adult acne. More serious, rosacea causes facial redness and inflammation. Untreated, pustules and blood vessels may erupt, and the nose may become bumpy and enlarged.

"Your appearance affects your confidence, so we believe that MetroGel should be available to all who need it," says Steve Clark, president of Galderma. "If you contract rosacea, you need this medication the rest of your life to prevent it from recurring," he adds.

Patients should see a dermatologist for details on the Patient Assistance Program.

(This article first appeared in *Mature Outlook Magazine*, which is a benefit of the *Mature Outlook* organization. For information on joining, call 1-800-336-6330.)

Special events

THE DARE TO CARE CAN TREE

10/31-12/31
Louisville Galleria
Help make a difference in the community by bringing nonperishable food items or make a cash donation to the Dare to Care Holiday Can Tree. The Holiday Can Tree is a 30-foot tree made possible by the Louisville Galleria, WDRB/TV Fox 41, Kroger and Dawn Foods. Hundreds of cases of essential food and non-food items comprise the tree. These items, as well as the food and money donated, will help more than 100,000 people in need of assistance through Dare to Care. 502/584-7170.

FESTIVAL OF TREES AND LIGHTS

11/30-12/3
Commonwealth Convention Center, 221 Fourth Ave.
A four-day celebration of holiday customs and cultures featuring trees, decorations, and entertainment to benefit Kosair Children's Hospital. Also see the Cathedral of the Assumption's Creche, featuring a nativity with characteristics of Kentucky designed by Shawn Lee. 502/629-8052.

AMERICAN CANCER SOCIETY LOVE LIGHTS A TREE

12/4, 5 p.m.
Bank One, 416 W. Jefferson St.
Help make a difference in the fight against cancer by lighting a light or adding an ornament to a tree in Louisville in honor or in memory of someone special during the holiday season. Do this as a holiday gift by calling 584-6782.

CHRISTMAS IN THE CITY PROGRESSIVE DINNER

12/5, 12/6, 12/7
5:30 p.m.-9:30 p.m. Tickets: \$40 each
Reservations: 502/585-3200 and ask for the Oakroom (credit card guarantee required)
Opening night special event only! On Dec. 5 at 7 p.m., enjoy Kentucky Opera's Hansel & Gretel at the Palace Theatre. Tickets are \$20 each. Dessert will be served after the show.
Appetizer 5 p.m.-6:30 p.m.: Champagne reception at Seelbach Hotel, 500 S. Fourth
Dinner 6 p.m.-8 p.m.: Hyatt Regency Spire Restaurant, 320 W. Jefferson
Choice of Seared Grouper, Chicken Wellington, or prime rib. Entrees served with a glass of Fortan de France, Chardonnay or Merlot wine.
Dessert 7:30 p.m.-8 p.m.: Stage Door Johnnies (adjacent to Palace Theatre) White chocolate mousse pie with raspberry sauce served with gourmet coffee or Ballatore sparkling wine.
Also in conjunction with the Progressive Dinner, take a tour of the Brennan House, 631 S. Fifth St., 7:30 p.m.-9 p.m. Enjoy mulled cider and costumed characters from Walden Theatre presenting holiday period venettes while touring the historic Brennan House.
Parking for the Progressive Dinner:
Free parking passes are available that are valid at any PARC garage Dec. 5, 6 and 7 for the first 100 customers. The passes will be distributed at the Seelbach upon your arrival.

Highways & Byways
Christmas in Louisville

JINGLE BELL CHASE RUN

December 9, 9 a.m.
Main St. at Third St.
Ken Combs Running Store and Bridge the Gap present this three-mile run/walk through the downtown area to benefit Bridge the Gap, Inc. and Santa's Team campaign for underprivileged children in the metro area. The first 1,000 runners will receive jingle bells to wear; and all runners will receive a T-shirt. Holiday costume awards, first and second place will be presented in three categories: single person, two or three persons, four to six persons. Early entry fee: \$13; late entry fee: \$15. 502/473-0323.

RODES DOWNTOWN PERSONAL SHOPPING DAY

12/10, noon-5 p.m.
Rodes in the Starks Building, Fourth Ave., and Muhammad Ali Blvd.
This family events includes personal, family shopping with sales consultants providing special attention to individual needs. Event also features refreshments, entertainment, free parking and gift wrapping, games and movies for the kids, and Santa Claus! 502/584-3112.

LIGHT UP THE RIVER

12/1-30
Star of Louisville, 151 W. River

Road

Attend one of the Star of Louisville's evening cruises during the month of December and be a part of the "Light Up The River Contest." View the Christmas light decorations on the river's shore. All passengers are encouraged to vote for their favorite house and business decorations. Business and residence winners will receive a two-hour moonlight charter aboard the Star of Louisville for 250 people. 502/589-7827.

MAYOR'S MIDNIGHT SPECIAL ON NEW YEAR'S EVE—CHRISTMAS IN THE CITY CLOSING EVENT

12/31, 10:30 p.m.-12:15 a.m.
Theater Square, Near Fourth Ave. and Broadway
Mayor Jerry E. Abramson invites everyone to join in the fun and excitement of this 11th annual celebration. This free-to-the-public, non-alcoholic, family event features music and dancing, free party hats and noise makers, and a countdown spectacular with giant balloon drop and fireworks! Sponsored by TKR Cable Communications of Greater Louisville, 84WHAS Radio, The Palace Theatre, Fourth Street/Theater Square Business Association, The Brown Hotel, and Louisville Central Area. To benefit The Kentucky Easter Seal Society. 502/574-3061.

HOLIDAY HOTEL RATES

Rates are valid as indicated below and do not include taxes. Rates not valid on New Year's Eve. Based on a availability.
Brown Hotel, Fourth Avenue and Broadway, 502/583-1234; \$69 per night (valid 11/24-12/30/95)
Holiday Inn Downtown, 120 W. Broadway 502/582-2241; \$56 per night (valid 11/24-12/30/95)
Hyatt Regency Louisville, 320 W. Jefferson, 502/587-3434; \$59 per night (valid Fri.-Sun., 12/1-12/30/95)
Seelbach Hotel, Fourth Avenue and Muhammad Ali Blvd. 502/585-3200; \$69 per night (valid 11/24-

12/30/95)

SHOPPING

Louisville Galleria, Fourth Avenue between Muhammad Ali and Liberty Street. Features more than 60 stores, restaurants and the Muhammad Ali Museum & Education Center. For special holiday hours, call 502/584-7170.
Haymarket, 315 E. Jefferson St., a farmer's market featuring fresh meat, produce and flowers, 502/587-6947.

Theater Square, near Fourth Avenue and Broadway. The Brown Hotel, specialty shops and restaurants are just a few of the discoveries in Theater Square. Several attractions are close by including, the historic Palace Theatre, Louisville Automobile Museum and Brennan House Historical Home.

CARRIAGE RIDE TOURS

Take a memorable tour of downtown in a horse-drawn carriage!
Call for more information: Louisville Horse Trams, 502/581-0100; River City Horse Carriage, 502/895-7268.

HISTORIC SITE TOURS

Old Louisville House Tour 12/2-3, 502/635-5244
Eight Victorian homes in Old Louisville will be open to the public for tours. Advance tickets are \$10; \$12 day of tour.

PALACE THEATRE

629 Fourth Ave., 502/583-4555
Downtown's renovated theatrical jewel is one of the finest entertainment venues of its kind in the United States. The lineup of performances at the Palace Theatre will please the entertainment fancy of the most discerning patrons from country to classic, from rhythm and blues to popular rock, from variety to classic rock and roll, from family shows to comedy. Tours: \$2 per person—available Tues.-Sat. 10 a.m.-2 p.m. every 45 minutes.

CATHEDRAL OF THE ASSUMPTION

443 S. Fifth St., 502/583-3100
Originally completed in 1852 and the third oldest cathedral in the country in continuous use, the cathedral has been restored to its original splendor, with a dark blue vaulted ceiling festooned with stars, faux painting, and gold leaf accentuating the graceful American "Tudor" Gothic architecture. The magnificent restoration has visually doubled the size of the interior and created a stronger feeling of spirituality. Free guided tours are available for groups of ten or more by appointment.

TOONERVILLE II TROLLEY—GETTING AROUND DOWNTOWN

Take a free ride on the Toonerville II Trolley to access the heart of downtown and to reach shopping destinations.

Top 10 events
December - February

The Kentucky Tourism Council has released its Top 10 Festivals and Events List for the months of December, January and February.

Judges choose the quarterly Top 10 list from nominations placed by KTC members based on the following criteria: 1. Popularity of Event/Attendance, 2. Impact on local community including economic impact, and 3. Unique, cultural, creative and historical aspects of the event. This list acts as the holiday events list for the year. The KTC Holiday/Jan./Feb. Top 10 in chronological order are:

Nov. 16-Jan. 1 Christmas Island, Somerset. A spectacular seasonal lighting display at Burnside Island State Park sponsored by Somerset-Pulaski Convention and Visitors Bureau. More than 200 lighting displays, many of which are animated, are lit all over the 450-acre park. Your drive is accompanied by Christmas music choreographed by a local radio station. For more information: Somerset CVB, Julie Godby, 606-679-6394.

Nov. 17-Nov. 19 Louisville Christmas Show. Juried Arts & Crafts show wrapped in the sights, smells and sounds of Christmas. Seventh annual show is one of the Top 200 crafts shows in the country as named by "Sunshine Artist Mag." Includes live choirs and holiday food. Kentucky Festival Assoc. Iris LaRue, 502-358-3163.

Nov. 18-Nov. 26 Festival of Trees, Ashland. A shimmering kaleidoscope of Winter Wonderland visions and holiday fantasies featuring decorated Christmas Trees, stockings, tree skirts, table and door decorations, ginger bread houses and much more. Takes place at one of the original 1930s art deco

Paramount Theatres. Ashland CVB, Johnda Brumfield, 606-329-1007.

Nov. 21-Jan. 1 Winter Wonderland of Lights, Ashland. More than 500,000 lights transforms Central Park into a showcase of holiday themes... Visits with Santa, horse drawn carriage rides and more. Victorian Village is new this year and actual historical structures of Ashland are included. One of American Bus Association's Top 100, and a Southeast Tourism Society Top 20 Event. Ashland CVB, Johnda Brumfield, 606-329-1007.

Nov. 24-Dec. 31 Christmas 'Round Bardstown. Historic Bardstown comes aglow with special light displays, holiday door decorating contest, holiday musical performances, open houses, historical Christmas tours, Christmas parade, great holiday shopping and traditional holiday foods. Bardstown Tourist Commission, Dineene Bradley, 502-348-0255.

Nov. 24-Dec. 31 Southern Lights, Lexington. The Kentucky Horse Park is transformed into a spectacular winter wonderland of "spectacular sights on holiday nights" in this dazzling 2.5 mile drive. Celebrates the horse and the holiday season, from heralding trumpeters and the twin spires grandstand of Churchill Downs to jolly Old Saint Nick and his reindeer. Brightly lit walking tour, entertainment, hot beverages, yummy desserts, holiday shopping and more. New this year is a laser light show. Lexington CVB, Sherry Crose, 606-233-1221.

Nov. 25-Dec. 31 Christmas in Paducah. Begins with 12 miles of Lighted Christmas Trail of residential homes, tree lighting ceremo-

ny...Winter Wonderland holiday parade, December 2...Candlelight Bed and Breakfast tours Dec. 2 and 3... Christmas tours of the Whitehaven Mansion... Jingle Bell Run... The Rudolph Romp, horse-drawn carriage rides, concerts and theatre. Paducah Tourist Commission, Ro Morse, 1-800-PADUCAH.

December 2, Holiday Homes Tour, Harrodsburg. "Come Home to Christmas in Historic Harrodsburg," by touring many of Mercer County's historic landmarks. Lumanaries line walkways to homes (not normally open to public) dating back to the late 1700s, both in county and downtown. All beautifully decorated. A myriad of other holiday events in town and at Shaker Village through December, Harrodsburg Tourist Commission, Karen Preston, 606-734-2364.

December 31, Mayor's Midnight Special On New Year's Eve, Louisville. Mayor Abramson invites everyone to Theater Square for this 12th Annual Celebration. It's free, open to the public, non-alcoholic, family event, featuring music and dancing, free party hats and noise makers, and a countdown spectacular with gigantic balloon drop and fireworks! Office of Mayor, Susan Miller, 502-574-3061.

Jan. 27-Feb. 4 Mid-American Sport, Boat & Vacation Show, Louisville. More than 75,000 attend this show at the Kentucky Fair and Exposition Center displays includes boats, RV's, vacations, hunting, fishing and much more, in it's 39th year. One of the best regional consumer shows. Douglas Expositions, Dwight Butt, 502-584-5660.

Orders From Headquarters!

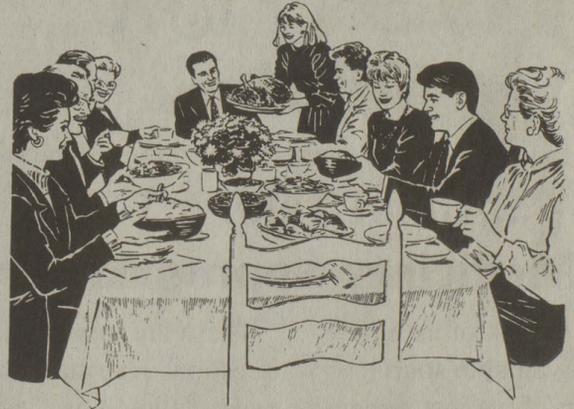
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by Linda Foley Woodrum

Christmas is a time for counting blessings, not calories. But with this menu you can do both. We've left in all the cherished flavors of the season, while trimming the calories, fat, cholesterol and sodium.

ROAST TURKEY BREAST WITH SPIRITED ORANGE GLAZE

Roast only the leanest part of the bird—the breast. The glaze helps keep the turkey moist and flavorful and can be served over the meat in place of gravy.

1 4-6 pound whole turkey breast with bone

2 teaspoons cooking oil
1 teaspoon finely shredded orange peel

1 cup dry white wine (or substitute orange juice for all or part of the wine)

2 tablespoons honey
1 tablespoon cornstarch

Preheat oven to 325 degrees. Rinse turkey and pat dry with paper towels. Place turkey breast, bone side down, on a rack in a shallow roasting pan. Brush with oil. Cover loosely with foil. Roast for 2 hours.

Meanwhile, in a small saucepan stir together orange peel, wine or orange juice, honey and cornstarch. Cook and stir over medium heat until thickened and bubbly. Cook and stir 2 minutes more. Set aside.

Uncover turkey and baste with some of the orange mixture. Cook turkey 30 minutes more or until a meat thermometer registers 165 degrees, basting with orange mixture occasionally. Reheat any remaining orange mixture and serve with turkey. Makes 12 servings.

Nutrition facts per serving: 271 calories, 11 grams total fat (3 grams saturated fat), 91 milligrams cholesterol, 77 milligrams sodium, 4 grams carbohydrates, 0 grams fiber, 34 grams protein.

Daily values: 0 percent vitamin A, 0 percent vitamin C, 3 percent calcium, 17 percent iron. Dietary exchanges: 5 meat.

RICE AND ROSEMARY STUFFING

1 teaspoon olive oil
8 ounces mushrooms, sliced (3 cups)

6 green onions, sliced (1/2 cup)
1/2 cup sliced celery
1-1/2 teaspoons snipped fresh

HOME

Inside & Out

A light and luscious Christmas feast

rosemary or 1/2 teaspoon dried rosemary, crushed

3 cups boiling water
1-1/2 cups long grain rice
1 teaspoon instant chicken bouillon granules

In a large skillet heat the oil over medium heat. Add mushrooms, onion, celery and rosemary. Cover and cook over medium heat for 3 minutes. Uncover, then cook and stir until vegetables are tender. Transfer to a 2-quart casserole. Add boiling water, rice and bouillon granules. Cover and bake in a 325 degrees oven, alongside turkey, during the last 45 minutes of cooking or until rice is tender and liquid is absorbed. Makes 8 servings.

Nutrition facts per serving: 143 calories, 1 gram total fat (0 grams saturated fat), 0 milligrams cholesterol, 124 milligrams sodium, 30 grams carbohydrates, 1 gram fiber, 3 grams protein.

Daily values: 2 percent vitamin A, 5 percent vitamin C, 2 percent calcium, 21 percent iron.

Dietary exchanges: .5 vegetable, 2 bread.

MASHED POTATOES WITH SPINACH AND GARLIC

These mashed potatoes are bursting with flavor—without butter or gravy.

6 medium potatoes (2 pounds)
2 cups chopped fresh spinach
1 tablespoon olive oil
3-4 cloves garlic, minced
2 tablespoons skim milk
1/4 teaspoon salt



Banish the guilt-producing calories from your holiday meal, and your guests will have even more to be grateful for this year. (Photo: Andy Lyons)

1/4 teaspoon pepper
Peel and quarter potatoes. Cook, covered, in a large pan of boiling water for 20-25 minutes or until tender.

Remove potatoes with a slotted spoon and transfer to a large bowl. Mash with a potato masher or electric mixer.

Cover and keep warm. Return cooking water to boiling. Add spinach and cook for 1-2 minutes or until just tender. Drain and set aside.

Dry saucepan and add oil and garlic. Cook over medium heat for 30 seconds to 1 minute or until gar-

lic is tender. Remove from heat.

Add cooked spinach and garlic mixture to potatoes. Add warm milk, salt and pepper; mash or beat until light and fluffy. Makes 8 servings.

Nutrition facts per serving: 118 calories, 2 grams total fat (0 grams saturated fat), 0 milligrams cholesterol, 85 milligrams sodium, 24 grams carbohydrates, 2 grams fiber, 3 grams protein.

Daily values: 12 percent vitamin A, 21 percent vitamin C, 3 percent calcium, 7 percent iron.

Dietary exchanges: 1.5 bread, .5 fat.

BROCCOLI SPEARS WITH ROASTED RED PEPPERS

2 medium red sweet peppers
2 pounds fresh broccoli
1/4 cup finely shredded Parmesan cheese

Freshly ground pepper
To roast peppers, halve lengthwise and remove stems, membranes and seeds.

Place peppers, cut side down, on a foil-lined baking sheet. Broil 4 inches from the heat for about 10 minutes or until skin is bubbly and blackened, or place on a foil-lined baking sheet and bake in a 425 degree oven for 20-25 minutes or until skin is bubbly and browned.

Using tongs, transfer peppers to a clean brown bag; seal and let stand for 20 minutes or until cool enough to handle. Pull the skin off gently. Cut into strips and set aside.

Meanwhile, wash broccoli and remove the outer leaves and tough parts of stalks. Cut the broccoli lengthwise into spears. Cook, covered, in a small amount of boiling water for 8-12 minutes or until crisp-tender. Drain.

In a serving bowl combine broccoli spears and room-temperature roasted pepper strips. Sprinkle with Parmesan cheese and season with pepper. Makes 8 servings. Note: You can roast the red peppers in advance and store them in a covered container in the refrigerator for up to 3 days.

Nutrition facts per serving: 28 calories, 1 gram total fat (0 grams

saturated fat), 2 milligrams cholesterol, 51 milligrams sodium, 3 grams carbohydrates, 2 grams fiber, 3 grams protein.

Daily values: 16 percent vitamin A, 78 percent vitamin C, 6 percent calcium, 4 percent iron.

Dietary exchanges: .5 vegetable.

PUMPKIN SPICE CUSTARD WITH PECAN CRUNCH

1 cup canned pumpkin
1 cup refrigerated or frozen egg product, thawed

1 cup evaporated skim milk
1 teaspoon vanilla
1/2 cup packed brown sugar
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon ground nutmeg
1/8 teaspoon ground cloves
1/4 cup granulated sugar
1 tablespoon water
2 tablespoons chopped, toasted pecans

In a medium mixing bowl combine pumpkin, egg product, milk, vanilla, brown sugar, cinnamon, ginger, nutmeg and cloves. Pour into eight 6-ounce custard cups or individual molds. Place in a shallow baking pan. Pour boiling water into pan, around custard cups, to a depth of 1 inch. Bake in a 325 degree oven for 30-45 minutes or until a knife inserted in center comes out clean. Cool slightly. Cover and chill until serving time (4-24 hours). If using molds, chill before unmolding.

To serve, in a small saucepan combine granulated sugar and water. Bring to a boil, then reduce heat. Simmer, uncovered, stirring occasionally for 1-2 minutes or until mixture turns a deep brown. Do not let burn. Immediately drizzle over chilled custards and quickly sprinkle with pecans. Serves 8.

Nutrition facts per serving: 142 calories, 2 grams total fat (0 grams saturated fat), 1 milligram cholesterol, 98 milligrams sodium, 24 grams carbohydrates, 1 gram fiber, 7 grams protein.

Daily values: 97 percent vitamin A, 3 percent vitamin C, 16 percent calcium, 15 percent iron.

Dietary exchanges: .5 milk, .5 bread, .5 meat.

(This article first appeared in *Mature Outlook Magazine*, which is a benefit of the *Mature Outlook* organization. For information on joining, call 1-800-336-6330.)

Just Ask!

...About Taking Your Medicines Appropriately

(NAPS)—Most of us have access to a valuable source of information, if we just remember to ask timely questions.

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