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Vol. 123, No. 50

Thursday, February 28, 2002

50 CENTS

Anthrax samples subpoenaed

By LAURA MECKLER
Associated Press Writer

WASHINGTON (AP) — Federal authorities have subpoenaed documents and anthrax samples from the nation's scientific laboratories in their hunt for the origin of the anthrax used in last year's mail attacks.

Officials believe the attacks, which killed five people and sickened 13, were the work of a scientist who may have obtained the spores from one of a dozen labs that have the Ames strain on hand. They hope to narrow the source through complex genetic analysis.

Subpoenas issued this week also sought documents to help the FBI piece together the movement of anthrax around the country. Labs were asked to detail where and when they got their anthrax samples and to identify labs to which they sent samples.

Since 1997, labs have been required to notify the Centers for Disease Control and Prevention when transferring anthrax and other hazardous agents. But experts say the law has not been enforced rigidly, and CDC officials have no way to know when the law is ignored.

The FBI did not say Wednesday

how many research facilities received subpoenas, but it defended the delay between the attacks, which began five months ago, and its subpoenas this week.

The FBI was mindful of the need to document each transfer of material that could become evidence in a criminal procedure, said Van Harp, assistant director of the bureau's Washington office.

"Even common evidence such as guns or drugs requires stringent chain-of-custody procedures. Because of the serious health risk and potential for danger, anthrax presents unprecedented evidentiary

and technological challenges," Harp said in a statement.

He said the FBI consulted with experts to determine a consistent, scientifically valid method for researchers to collect the samples of any Ames strain within their labs and to send them safely back to investigators. That process occurred "only after several months of diligent planning," Harp said.

Two pages described in detail what material the FBI wanted and how to collect it and instructed researchers to send the anthrax via "appropriate priority overnight delivery."

Rep. Buckingham to recommend HB 47

By EDWARD SHERIDAN
Staff Writer

State Rep. Buddy Buckingham's anti-telemarketing bill appears to be headed for final approval in the Kentucky General Assembly.

Buckingham (D-Murray) said in a telephone interview from Frankfort today that he will recommend that the House give final approval to the bill (House Bill 47), which was passed out of the Senate by a vote of 38-0 Tuesday.

Nearly 1,200 Kentucky AARP members descended on Frankfort Tuesday in support of the bill. Local AARP President David Roos said that once Republicans and Democrats in the Senate agreed on the bill, it became even stronger than what retirees had anticipated.

See Page 2A

Future addressed at CUBS

EDC President, MSU ag professor discuss economics, farming for county

By KRISTY HOPPER
Staff Writer

As Calloway County begins to face economic challenges as the closing of Mattel draws near and as



Manning

agricultural struggles, Mark Manning and Dr. Jay Morgan, representing Murray State University's School of Agriculture, presented information about the county's industrial and agricultural

future during Wednesday's Calloway United Benevolent Services (CUBS) meeting.

"From an objective viewpoint, Calloway County is in a position to compete well in industrial development," Manning, president of the local Economic Development Corporation, said.

After studying Calloway County in the same way many companies would study a community, Manning said the only negative he sees pertaining to Calloway County is transportation. "There is a railroad system, but the highway system is a little inadequate. But the (highways) 68 and 80 completions will help," he said.

Though he said the closing of Mattel hurts, Manning pointed out, "if the community lost another industry in that category, we wouldn't be bleeding but we'd be on life support."

While there are currently local efforts being taken to recruit industries here, he said 90 to 95 percent of recruitment is directed through the state's economic development department.

Manning said there aren't a lot of recruits for a building as large as that of Mattel, but he emphasized the importance in finding companies that fit the size of the building and focusing on them.

"If Hyundai were to locate in

See Page 2A

Howdeeeeeeee!!!



KRISTY HOPPER/Ledger & Times photo

FINDING A REAL 'PEARL' ... At the start of Wednesday's Comprehensive Family Support kickoff at Glendale Road Church of Christ, various community members, including Francie Ray (above), dressed as Minnie Pearl. The meeting focused on giving back to the community, and the late country comedienne was picked as a symbol of one who gave back to her community.

Bringing together help for families goal for CFS

By KRISTY HOPPER
Staff Writer

With hopes of bringing together organizations and individuals within Calloway County, the Cabinet for Families and Children hosted a Comprehensive Family Support (CFS) kickoff following Wednesday's Calloway United Benevolent Services meeting.

CFS is the new way of doing business for the Cabinet for Families and Children, bringing together all the services needed to help families reach good outcomes.

According to Renee Buckingham, regional administrator for the Jackson Purchase area, the Cabinet for Families and Children underwent restructuring some five years ago

because members of each of its three departments often worked with the same families and children, but weren't able to communicate within the departments because of internal rules.

"It's easier to serve your clients if you can work together as partners," Buckingham said.

With that in mind, the cabinet took the Division of Family Support, Division of Child Support and Division of Protection and Permanency and combined them into one department for community-based services. "This allowed the staffs to get to know one another better and discuss their clients to each other," she said.

Before these services were combined,

many families had to go from one service to another to hear the same things and to fill out the same forms in order to get their needs met. With the services now combined, clients are able to move through the system easier without having to go from place to place.

"This increases our capacity to help by joining together as a team," Buckingham said.

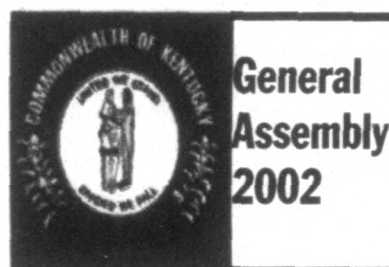
By joining as one, CFS is able to involve families in the decision-making process to create an improved quality of life instead of going to each division and being told what to do or what should be done.

Since forming CFS, Buckingham said many clients have commented on how it has helped their lives. "Many clients have said

that in the past, they spent too much time trying to survive and not enough time dreaming of how to have a better life," she said.

CFS's main goal is to partner with individuals and organizations within the community to assist families in becoming safe and self-sufficient. These organizations and individuals are called Community Partners — organizations and individuals in an area who have expertise, knowledge, services and skills which can benefit in-need families. A few of the Community Partners in Calloway County are Murray-Calloway County Hospital, Need Line, city and county Family Resource Centers, Purchase District Health Department

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Jackson devises 'Plan B' for Sr. prescription plan

By EDWARD SHERIDAN
Staff Writer

Sen. Bob Jackson (D-Murray) is still optimistic that Senate Bill 15, which would establish a Senior Rx Program, can win passage in the state legislature.

In case it cannot, though, he has developed a Plan B.

Jackson said in a telephone interview from Frankfort this morning that he met with House and Senate leaders Wednesday to discuss means of funding SB 15. If approved, the bill would, among other things, direct the Kentucky Cabinet for Health Services to apply for a federal prescription drug benefit Medicaid waiver to provide prescription drug coverage for person age 65 or older who have an annual income that does not exceed 200 percent of the federal poverty level.

"We are still working very hard to put this together," he said. "The bill is not dead. There's still a chance it could pass."

Funding to support the Senior Rx Program has been in doubt for much of the 2002 session because of the state's multi-million dollar projected budget shortfall. Jackson said that because of the current budget situation, he is looking into the possibility of establishing a study committee to look over the bill if it is not passed during this year's session.

The bill is currently in the Senate's health and welfare committee and has not been brought to the floor.

"If we don't see any movement in the next two weeks, we'll have to

back up and put it into a study committee," he said. "I'm still very optimistic we can get it through this year."

One bill of Jackson's that is going forward is Senate Bill 13, which won passage in the Senate Wednesday and now moves on to the House for consideration. If it wins final approval, the bill would require state agencies to purchase Kentucky-grown perishables, such as fruits and vegetables, fish and meat, over those produced elsewhere.

The primary intent of the bill, Jackson said, is to expand opportunities for catfish producers in the state. The bill would require state parks to purchase Kentucky-raised catfish, but he said it also designed to reach into prisons and school systems.

Jackson said the Kentucky parks system purchases nearly \$15 million of food each year, while the prison system buys almost \$10 million per year.

He said the parks system alone could make up 25 percent of the total amount of catfish purchased from the Purchase Area Aquaculture Cooperative site in neighboring Graves County each year.

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Kennedy talk cancelled tonight

According to the Murray State University News Bureau, Army Sgt. David Kennedy will not be able to speak at 7 p.m. tonight at MSU. The original announcement was published in Wednesday's *Ledger & Times*.

CFS ...

From Front

and Court Appointed Special Advocates (CASA).

FYI

For more information about CFS, contact the Department for Community Based Services at 753-1871.

"We encourage community partners to do referrals but they can come from other agencies also," Buckingham said.

CUBS ...

From Front

Elizabethtown, we would try to attract companies (to the Mattel site) that supply products for Hyundai," he explained.

No matter what company decides to locate in the Mattel building, Manning said he doesn't want all the employees to be divided into four or five different locations. He said the long-term goal in finding a company to move into the Mattel building is to find a company that employs 150 to 250 people and is privately owned.

As far as the local agriculture is concerned, Morgan said Calloway County agriculture is "okay to approaching disastrous."

With most agricultural products declining in value by about 50 percent over the past two years, Morgan said the one product that is the saving grace here is tobacco.

"Tobacco is the most stable here than it has been in many years," he said.

Although prices have slowly risen over the past few years, Morgan said there is a projected 30 percent cut for tobacco this year.

"If you took away tobacco here, it would be like doing away with the economic impact of the Calloway

County school system," he said.

According to Morgan, Calloway County generates \$15 million each year from tobacco production with \$13.5 million coming from dark fired tobacco alone. The only other product that even comes close to generating that much revenue each year is corn, which generates \$8.5 million each year.

Overall, Calloway County agriculture generates about \$50 million each year from its products.

"If you did away with all the agriculture in Calloway County, it would be like doing away with the economic impact of half of Murray State University and sending it back to Frankfort," Morgan said.

With about 50 percent of agriculture income coming from government payments, Morgan said the MSU agriculture department is looking at a way to supplement local commodities through Ethanol production. Because most of the ingredients used in the production of Ethanol come from locally grown corn, he believes it could advance the area if more use for the product is brought here.

Murray State has already used the corn derivative fuel in some of its fleet cars.



KRISTY HOPPER/Ledger & Times photo

FUTURE OF FARMING ... Dr. Jay Morgan of Murray State University talks about the county's stability in tobacco farming.

Bill ...

From Front

"When they see a freight train leaving town, they all want to get on it," Roos said Wednesday. "Of course, both sides up there wanted to get credit for it. We, the people, are the beneficiaries of that competition."

Buckingham had been apprehensive of amendments made to the bill by the Senate. After reviewing the changes, he said that while HB 47 is now tougher against telemarketers than the original version of the bill, it is still worthy of passage.

"Right now, I plan on recommending it," he said. "For the most part, the amendments did not change the bill that much from what it was before."

Buckingham said the primary

change of the bill involves the elimination of a proposed "no-call list" and the establishment of a "zero-call" list which includes over four exemptions: calls related to debts, calls from businesses that have a prior relationship with the consumer, those who give telemarketers permission to call and business-to-business calls.

The original version of the bill that was passed out of the House included two more exemptions. Buckingham said he is scheduled to meet today with House leadership to discuss the changes made by the Senate.

If approved, the bill would allow Kentucky residents to call a number set up through the state Attorney General's office. Those who wish to

be put on the list will be allowed to do so at no charge.

"All you have to do is call in, and your number will be recorded," Buckingham said. "Your name won't be on that list, but your number will be."



Buckingham

He added the new list will be an improvement over the state's current anti-telemarketing list, in which Kentuckians must fill out and mail in a form to the attorney general's office. Buckingham did not have cost estimates on how much it would cost to put the new system in that would record the telephone numbers.

If the changes made in the Senate are approved by the House, the bill goes to Gov. Paul Patton for final approval. It would then become law in July.

Grammys honor Keys' blues, bluegrass of 'O Brother'

By ANTHONY BREZNICAN
AP Entertainment Writer

LOS ANGELES (AP) — The Grammys came down with a case of the blues, giving five awards each to the melancholy piano songstress Alicia Keys and the old-school bluegrass and soul of the "O Brother, Where Art Thou?" soundtrack.

Irish rockers U2 won four Grammys on Wednesday, including record of the year for "Walk On," a soaring rock anthem the group said found new meaning after Sept. 11.

"When this country takes you to its heart it's an extraordinary feeling. And these are very testy times for America, so we know you're not just taking anybody to heart," U2's lead singer Bono said backstage.

After a speech praising "the idea of America," he sheepishly ducked off stage. "Sorry about the lecture. You win a few Grammys, you think you're very interesting," he joked.

Keys' hit "Fallin'" won song of the year, and she was named best new artist. She also won three awards in rhythm 'n' blues categories, tying Lauryn Hill's 1999 record of five awards by a female artist.

"Please believe in yourself, always believe in yourself," the 21-year-old Keys said. "Man, this makes me believe that."

Keys won every category in which she was nominated except for record of the year, which blocked her chance to break Hill's record.

Alternative soul artist India.Arie had the same opportunity, but she won none of the seven nominations for her debut, "Acoustic Soul."

Album of the year went to the "O Brother, Where Art Thou?" soundtrack, an album of country roots music and bluegrass that was shunned by country music radio.

"I don't think of it as roots music," said producer T Bone Burnett. "I think of it as southern music and every bit as rocking and way more in tune and free than anything anyone else is doing."

Besides best album, "O Brother" won best compilation disc, producer of the year for Burnett, and garnered Ralph Stanley, who sang "O Death," best male country vocal, his first Grammy.

It also won the Soggy Bottom Boys the Grammy for best country collaboration with vocals.

The folk country act Alison

Krauss and Union Station won best country performance by a group and best bluegrass album for "New Favorite."

Traditional country also trumped more commercialized fare in the majority of the country field. "Timeless," a tribute disc to Hank Williams featuring Sheryl Crow, Bob Dylan, Ryan Adams and others, was best country album; Dolly Parton won best female country vocal for "Shine," off her bluegrass disc "Little Sparrow"; and "The Lucky One," performed by Krauss and Union Station, won best country song for its writers.

Other winners were Eve and Gwen Stefani, who claimed the inaugural best rap/sung collaboration for "Let Me Blow Ya Mind"; Sade, who was awarded best pop vocal album for "Lovers Rock"; and best-selling rock group Linkin Park, which collected the best hard rock performance Grammy for "Crawling."

Canadian newcomer Nelly Furtado took the pop female vocal Grammy for "I'm Like a Bird"; Outkast's "Stankonia" won best rap album; and Train's "Drops of Jupiter" was best rock song.

The ceremony also paid tribute to victims of the Sept. 11 terrorist attacks. Billy Joel and Tony Bennett, introduced by host Jon Stewart as two "neighborhood fellows," sang a swing rendition of Joel's "New York State of Mind" while drawings of the New York City skyline were projected behind the Staples Center stage.

The final image was the World Trade Center's twin towers standing behind the Brooklyn Bridge.

Country singer Alan Jackson also performed his song "Where Were You (When the World Stopped Turning)," which he wrote about September 11.

The Grammy celebration followed a troubling year for the music industry, which saw sales drop 5 percent in 2001, the first decline in more than a decade. Recording companies blame the slump mainly on free downloading from the Internet, which Grammy President C.

Michael Greene told viewers was an "insidious virus" robbing musicians of the fruit of their labor.

At the same time, some musicians are trying to win more rights for artists in relation to record companies. On Tuesday night, the Eagles, Joel, Sheryl Crow, No Doubt and others gave four concerts around the Los Angeles area to raise funds and awareness for that cause.

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Deaths

Mrs. Ila Mae Copeland

Mrs. Ila Mae Copeland, 89, Powell, Tenn., formerly of Dexter and Murray, died Wednesday, Feb. 27, 2002, at National Health care, Knoxville, Tenn.

She was married Aug. 25, 1925, to Curtis R. Copeland who died June 25, 1985. Born Aug. 21, 1912, in Graves County, she was the daughter of the late Roy Rudolph and Icie Dora Sullivan Rudolph.

Mrs. Copeland was a retired beautician and bakery worker in Murray. She was a member of a chapter of the Order of the Eastern Star and of Beaver Creek Cumberland Presbyterian Church, Powell, Tenn.

Survivors include one daughter, Mrs. Marion Sweet and husband, Don, Powell, Tenn.; one son, Raymond Copeland and wife, Fran, Chattanooga, Tenn.; one sister, Mrs. Mary Futrell and husband, Bill, Phoenix, Ariz.; one brother, William Rudolph and wife, Jean, Stafford, Va.; six grandchildren; 13 great-grandchildren.

Graveside services will be Saturday at 2 p.m. at Murray City Cemetery. The Rev. Don Sweet and the Rev. Thomas Sweet will officiate.

Blalock-Coleman & York Funeral Home is in charge of arrangements, but no visitation will be scheduled.

Mrs. Ila Nell Zaremba

A memorial service for Mrs. Ila Nell Zaremba will be Friday at 6 p.m. in the chapel of J.H. Churchill Funeral Home. The Rev. Larry Lafferty and Pastor Kerry Lambert will officiate. The eulogy will be by Guthrie McNeely.

Expressions of sympathy may be made to Murray-Calloway County Hospice, 803 Poplar St., Murray, KY 42071.

Mrs. Zaremba, 80, Murray, died Sunday, Feb. 24, 2002, at 9:22 a.m. at West View Nursing Home, Murray.

She was a member of a Baptist Church, Murray Moose Lodge and Ladies Auxiliary of AMVETS Post 45, Paris Landing, Tenn.

Her husband, John W. Zaremba, and three brothers, James Adams, Randall Adams and Bill Adams, all preceded her in death. Born Dec. 28, 1921, in New Concord, she was the daughter of the late Dal Adams and Bessie Valentine Adams.

Survivors include two daughters, Mrs. Linda McNeely and husband, Guthrie, Murray, and Mrs. Helen Szwed, Inkster, Mich.; one son, John R. Zaremba and wife, Lou Ann, Poqueoson, Va.; two sisters, Ms. Murrelle Adams, Mayfield, and Mrs. Jean McGlaulin, Illinois; three grandchildren, Chris McNeely, Murray, and Jennifer and Johnathan Zaremba, Virginia.

Jesse Clayton Sager

The funeral for Jesse Clayton Sager was today (Thursday) at 10 a.m. in the chapel of Collier Funeral Home, Benton. The Rev. Ricky Cunningham and the Rev. Trad York officiated. Burial was in Litchfield Cemetery in Trigg County.

Expressions of sympathy may be made to Hardin Baptist Church Youth Group, P.O. Box 35, Hardin, KY 42048.

Mr. Sager, 17, Brewers Highway, Hardin, died Monday, Feb. 25, 2002, at 6:30 p.m. from injuries sustained in a one-car accident on Union Hill Church Road near Hardin.

A senior at Marshall County High School, he was a member of Hardin Baptist Church Youth Group.

One brother, Elijah Sager, and a grandfather, Ray Sager, both preceded him in death.

Survivors include his father, Dan Sager, his mother, Robin Rachel Sager, one sister, Sarah Sager, and one brother, Joshua Sager, all of Hardin; grandparents, Mrs. Barbara Jewell, Hardin, Mrs. Colleen Sager-Alexander, Anderson, Ind., and Billy P. and Betty Williams, Russell Springs; great-grandmother, Mrs. Myra Darnell, Hardin.

Department offers reward for Pearl murder info

WASHINGTON (AP) — The United States is offering a \$5 million reward in the kidnapping and murder of Wall Street Journal reporter Daniel Pearl.

"We were outraged by the senseless murder of Daniel Pearl," State Department spokesman Richard Boucher said Wednesday. "We've condemned it in the strongest terms."

Boucher said the reward would be advertised across Pakistan.

The offer of up to \$5 million is for information leading to the arrest or conviction, in any country, of people responsible for Pearl's murder, Boucher said.

The man alleged to have masterminded the crime, Ahmed Omar Saeed Sheikh, 28, has been in custody in Pakistan for several weeks. He was placed in custody before Pearl's death was confirmed last week.

Pakistani officials have said they are still searching for at least four other key suspects in the Jan. 23 abduction. The main target of a police manhunt is now Amjad Faruqi, who Pakistani police believe carried out Pearl's kidnapping.

Boucher made clear again Wednesday that the United States wants to try Saeed in the United

States, but is working to accommodate Pakistani officials who want to try him in Pakistan.

"If somebody is wanted in two jurisdictions for crimes, then the authorities in the two jurisdictions have to work out how, when, what charges, what transfers and things like that. That's a normal practice between nations," Boucher said.

Pakistani police have said Saeed's confession during a court hearing in Pakistan would not be enough to convict because it was not made under oath.

U.S. officials said they had requested Saeed's extradition two

months before he was implicated in Pearl's slaying, in connection with a previous kidnapping for which he had been secretly indicted in the United States.

Meanwhile, Pearl's widow is reported to have thanked Pakistani President Pervez Musharraf for his efforts to save her husband.

Government television said Mariane Pearl, who is seven months pregnant, told Musharraf in a face-to-face meeting that she felt his government did everything it could. Musharraf told Pearl that her husband's murder was a "most barbaric" act, according to state television.

Investigators believe missing girl found in San Diego

EL CAJON, Calif. (AP) — Investigators believe the gruesome discovery of a nude, partially burned girl's body ends the hunt for Danielle van Dam, the 7-year-old who disappeared more than three weeks ago.

Volunteers who have tirelessly searched for the little girl found the body Wednesday near a small grove of trees, just off a winding, two-lane road east of San Diego.

"Tonight we believe that Danielle van Dam's body has been found," San Diego County District Attorney Paul Pfingst said. "Investigators believe the body was dropped at this site."

The child was wearing a plastic necklace similar to one Danielle was seen wearing in thousands of flyers distributed after her disappearance. An earring matching the description of a pair she was wearing at the time of her disappearance also was found, Pfingst said.

"At this point we cannot positively confirm that it is Danielle," San Diego police Lt. Jim Collins said at the scene. "However, we don't have any other young children missing in the county that have been reported. It's a high prob-

ability that it is her."

At the crime scene, investigators closed off the roadway and set up search lights Wednesday night as they prepared to carefully examine the scene, which could yield a whole new set of clues.

"We are hopeful we will know what happened to this young girl," Pfingst said.

Initial reports indicated that the body had been burned but authorities declined late Wednesday to discuss the condition of the remains except to say that the body was partially decomposed. A positive identification could take several days.

Authorities have not yet determined the cause of death. No murder weapon was recovered from the scene, an unincorporated area about 25 miles east of San Diego.

Danielle was last seen on Feb. 1, when her father put her to bed in her family's north San Diego home. She was discovered missing the next morning. A methodical search for her involving thousands of volunteers stretched from Mexico to the desert east of San Diego.

A neighbor of the van Dam family, David Westerfield, 50, pleaded innocent Tuesday to

charges of murder, kidnapping and possession of child pornography. He was being held without bond.

Westerfield spent the weekend of Danielle's disappearance traveling around San Diego County in his motor home, stopping in the desert east of the city.

Authorities said they found traces of Danielle's blood in Westerfield's motor home and on an article of his clothing.

Westerfield, a twice-divorced father of two grown children, has a 1996 drunken driving conviction but no violent criminal history.

He has said he was at the same bar where Danielle's mother, Brenda van Dam, was spending time with friends the night Danielle disappeared. Her husband was home with their daughter and two sons.

Police have searched Westerfield's home and examined three of his vehicles. In warrants, police said they were looking for child pornography, children's pajamas or clothing and a set of Mickey Mouse earrings. Police also sought any "binding materials" such as tape or rope, leather or rope collars.

Officers arrest head of Ky. civilian paramilitary group

LEXINGTON, Ky (AP) — The commander of a civilian paramilitary group was arrested on charges of possessing guns, pipe bombs and nearly 35,000 rounds of ammunition soon after being interviewed for "Unsolved Mysteries."

Charlie Puckett, who heads the group called the Kentucky State Militia, was arrested Tuesday on a nine-count federal indictment. The items were seized in November.

Puckett, 55, pleaded innocent during a brief court hearing and remained in jail without bond. He faces another court appearance Friday.

He has a felony record and felons are not allowed to possess firearms. Puckett, from Lancaster, argues that his felony, stealing

more than \$100 worth of food from a store in Virginia, was committed two years before the felony gun ban was enacted in 1968.

Puckett was arrested shortly after completing the "Unsolved Mysteries" interview, said his attorney, Gatewood Galbraith. He was interviewed about Steve

Anderson, who was kicked out of the militia and is accused of shooting at a Bell County patrol car Oct. 14 before fleeing. Police have not found him.

Among the items seized from Puckett's garage and office were 34,914 rounds of ammunition, according to the indictment.

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Company	Price	Chg.
Dow Jones Ind. Avg.	10195.39	+ 67.81
Air Products	49.00	+ 0.21
AOL Time Warner	24.88	+ 1.13
AT&T	15.51	+ 0.06
Bell South	39.04	+ 0.26
Briggs & Stratton	46.30	+ 0.16
Bristol Myers Squibb	46.90	- 0.59
Caterpillar	55.62	- 0.28
Chevron Texaco Corp	85.20	+ 0.20
Daimler Chrysler	40.49	+ 1.04
Dean Foods	71.84	- 0.05
Exxon-Mobil	41.55	+ 0.63
Ford Motor	15.34	+ 0.04
General Electric	39.35	+ 0.60
General Motors	53.95	+ 0.18
GlaxoSmithKline ADR	49.12	- 0.53
Goodrich	30.05	+ 0.03
Goodyear	27.60	+ 0.06
HopFed Bank*	10.01 B	10.45 A
I B M	98.30	+ 0.47
Ingersoll Rand	49.12	+ 0.11
Intel	30.02	+ 0.13
Kroger	22.12	+ 0.09
Lucent Tech	5.58	+ 0.09
Mattel	18.69	- 0.21
McDonalds	26.60	+ 0.22
Merck	61.17	+ 0.29
Microsoft	59.30	+ 0.91
J.C. Penney	19.85	+ 0.14
Pepsico, Inc.	50.88	+ 0.26
Pfizer, Inc.	41.30	+ 0.05
Schering-Plough	34.63	+ 0.38
Sears	52.84	- 0.06
Union Planters	46.46	- 0.04
US Bancorp	20.90	+ 0.05
UST	34.87	+ 0.13
Wal-Mart	62.45	+ 0.20
Worldcom Inc.	7.72	+ 0.08

*Hilliard Lyons is a market maker in this stock.
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Forum

Thursday, February 28, 2002

What to expect in the next half of '02 session

Lawmakers hit the halfway point of the General Assembly's 2002 legislative session last week.



Legislative Update
By Sen. Bob Jackson
D-Murray

The first part of the session gave us opportunities to advance legislation on issues ranging from affordable housing to improving educational opportunities. But even more matters — including the state budget — will receive scrutiny throughout the second half of the session.

Two bills aimed at ensuring all Kentucky students have high-quality learning opportunities were among the issues approved by the full Senate in last week's legislative action.

Senate Bill 132 would help ensure schools meet their student performance goals. In schools where student performance steadily declines four years in a row, the legislation would allow a scholastic auditing team to look into the functioning of the school council and recommend whether or not the council should retain its authority.

The legislation also would establish a technical assistance program in the Department of Education to help schools that have a significant gap in the academic performance of various groups of students, including minority and non-minority students.

Another measure we passed to help close achievement gaps among

various Kentucky students is SB 168. This legislation would require schools to receive annual reports on achievement gaps identified between groups of students of different races, genders, socioeconomic status and physical abilities.

With these reports, local boards, school councils and the public would have new opportunities to set targets for closing those gaps.

If any school fails to meet its target four years in a row, the Commissioner of Education would have the authority to intercede.

We also approved House Bill 388, which ensures volunteer emergency workers don't have their careers thrown into jeopardy through their volunteer work. The legislation is modeled after a popular bill we passed last year that protects volunteer firefighters from being fired over a work absence caused by a volunteer emergency response.

HB 388 would extend similar job protection to volunteer rescue squad members, emergency medical technicians, peace officers and members of emergency management agencies.

Two pieces of legislation I sponsored took steps forward in the legislative process last week.

Senate Concurrent Resolution 34, which was approved by the Senate Banking and Insurance Committee, would require a legislative committee to look into the feasibility of establishing a self-funded insurance option for state employees.

My goal is to ensure state employees in far western Kentucky and other rural areas have the same health insurance options and pay the same prices as state employees in

other parts of the state.

As an added benefit, I believe a self-funded insurance plan could help hold down premiums by utilizing the bargaining power of employees throughout the state. Forty states already provide a self-funded insurance option for state employees.

Another piece of legislation I sponsored, SB 13, received unanimous approval by the Senate Agriculture and Natural Resources Committee last week. This legislation would create new opportunities or state agencies to buy Kentucky farm products, including western Kentucky-raised catfish.

Kentucky has spent millions of dollars to diversify our agricultural industry. But the ultimate success of our efforts will depend on establishing new markets for our products. That's the aim of SB 13.

The pace of legislative activity will continue increasing throughout the remainder of the 2002 session. Many important issues will be debated and studied right up to the final day of the session. That makes this a crucial time for lawmakers to receive feedback from the people we serve.

If there's an issue lawmakers are considering — or should be considering — that you'd like to discuss, I hope you'll take the time to share your thoughts with me.

Sen. Jackson represents Kentucky's 1st Senate District in Calloway, Carlisle, Fulton, Graves, Hickman, Trigg and Lyon counties. He can be reached toll-free at 1-800-372-7181. His Web Page is at: www.senjackson.com. You can write Sen. Jackson at: Legislative Offices, Capitol Annex, Frankfort, KY 40601.



Agree Or Not
by Todd Duvall

A Cruel Month

FRANKFORT — The poet T.S. Eliot called April the "cruellest month," and not because it is the time of year when Americans must file their federal and state income tax returns.

But there will be a cruel irony if, at about the same time in April Kentucky taxpayers are mailing in their state income tax returns (check enclosed), the 2002 General Assembly passes an amnesty bill relieving tax cheats of penalties, fines and fees for evading their responsibility for the last 15 years.

Just pay what you owe us, and we will overlook what probably amounts to substantial interest and penalties.

The even more cruel irony is that a General Assembly wholly lacking in political will to reform the state's antiquated and unfair tax system in the face of a \$500 million budget shortfall will let the tax cheats off the hook simply to recover an estimated \$30 million the tax amnesty is estimated to collect.

So low wage-earning Kentucky families will continue paying the same income tax rate as the wealthiest families, while some individuals and businesses with great wealth (and even greater tax attorneys) get out from under old tax liabilities without paying any penalty.

That is essentially what the tax amnesty proposed by Gov. Paul Patton involves. If approved by the House and Senate, sometime later this year, the doors to the Revenue Cabinet will be thrown open for a set period of time — 60 days, maybe 120 days — so that those who have old tax liabilities pending and those who simply haven't bothered to file individual or corporate income taxes since 1987 may do so without paying any penalties or interest on the amount owed.

The 1987 date is significant, because that is when the last tax amnesty was granted during the administration of Gov. Wallace Wilkinson. Then, as now, the state needed money, and the tax amnesty was seen as one way to collect money owed the state. At that time, the collection came to nearly \$70 million and was considered a great success.

This time the estimated take for an amnesty is only about \$30 million, perhaps reflecting that it has only

been 15 years since the Wilkinson amnesty.

And that time span between amnesties is one reason critics oppose Patton's plan. They argue that it is unfair to good, responsible citizens and business owners who pay their taxes regularly to let cheats off the hook.

If nothing more, it sends the message that if you can hold out long enough and not pay what you owe, another amnesty will come along. In the meantime, you've had the use of money that otherwise would have gone to the treasury long ago.

Still others are raising concerns that Patton's amnesty proposal is too harsh on those who don't take advantage of the 2002 amnesty.

Collection fees would rise from 20 percent to 25 percent of the tax liability owed, and the state would begin publicizing the names of delinquent taxpayers. The Revenue Cabinet also wants to make some corporate officers and partners personally liable for some taxes.

I suspect the average Kentuckian would have no trouble slapping a 25 percent collection fee on those who don't pay what they legitimately owe. I'm virtually certain the average taxpayer in Kentucky would love to know who's cheating when they look at their paycheck stub every payday.

And I have doubts that the average Kentuckian holds out much sympathy for highly paid corporate executives and partners who try to avoid paying their company's share of corporate taxes.

In fact, the best way to cancel out the allure of waiting around for a tax amnesty before settling up with the Revenue Cabinet is to make getting caught doing just that so potentially expensive and personally unpleasant that individuals and businesses will think twice before trying.

So when cruel April 15 rolls around, the best thing for honest taxpayers in Kentucky to do is be grateful that at least about \$30 million more will be available than would be without a tax amnesty. Then on the 16th, they should tell their legislators in plain language it's time for them to get about the business of fixing the tax system — and no more amnesties down the road.

Significant passages

EDITOR'S NOTE—This column was written last week and before the Senate's passage of Rep. Buckingham's HB 47.

FRANKFORT, Ky. — The seventh week of the 2002 Regular Session was significant — not for the passage of any one major bill,



Frankfort Focus
By Rep. Buddy Buckingham
D-Murray

but for the approval of several that, while not getting as much media attention, are nonetheless important.

One, for example, would give the Governor the ability to temporarily stop any retailer from excessively raising prices following an emergency.

This bill, which was voted on favorably by the House State Government Committee last Tuesday, was in response to more than 400 complaints of price gouging at 185 gas stations after the Sept. 11 terrorist attacks. If this bill becomes law, the Governor could stop scenarios like that for up to 21 days, and violators could face a \$2,000 fine.

Two other bills dealing with courts and penalties also moved another step toward becoming law last week.

Last Wednesday, the House Judiciary Committee sent to the full chamber a bill that clarifies a loophole in the ODI law legislators adopted in 2000.

Some DUT cases have come under court scrutiny since then because of confusion surrounding the warning that officers are

required to give, should those stopped decide not to take a test measuring their blood-alcohol content.

This bill eliminates that confusion by simply stating that anyone who refuses to take the test would lose his or her license for six months.

The second bill, which was passed by the full House, would set a flat fee of \$100 for court costs — instead of the different amounts now in place. This streamlined approach will not only make it easier on court clerks, it will also raise about \$9 million more per year.

Last Wednesday, the full House approved a bill that will benefit agriculture, cut pollution and reduce our dependence on foreign oil.

House Bill 40 calls for the state to increase its use of biodiesel fuel by 2006, a move that would blend a small percentage of vegetable products into normal diesel fuel and in turn create a larger market for farmers who raise those vegetables, principally soybeans.

Several important bills are now law or soon should be. Two center around Medicaid and the state's efforts to cut costs without affecting essential services, while another gives the same job protection to volunteer emergency workers that the General Assembly gave volunteer fire fighters last year. Those making a run will no longer have to worry about being punished or fired if they are called from their job.

The anti-telemarketing bill the House passed earlier this session should soon come up for a vote in the Senate, where it is expected to pass. While it may be impossible for a state to stop all unwanted solicitations, this bill will clearly be a strong step in that direction.

Outside of the legislative process, Kentucky learned late last week that

it is second among the 50 states in a study looking at job growth and corporate investment. The state has consistently ranked highly in this study in recent years — evidence that our favorable business climate, productive workforce and a low cost of doing business are paying off.

Our involvement with the automotive industry doesn't hurt, either, considering that we build the country's most popular car, truck and sports car and are home to dozens of factories that supply parts to these and other vehicles.

As more businesses learn about what Kentucky has to offer, state officials are making sure those who live here know what's available as well.

The Kentucky Tourism Development Cabinet kicked off its newest promotion a little more than a week ago, and has prepared 500,000 "host" kits so that residents — and those from out-of-state who visit them — are aware of the festivals and special events that take place every year.

Tourism is one of Kentucky's largest industries, accounting for more than 18 million visitors and \$8 billion in sales each year. This promotion — the first of its kind in a decade — will try to build on those totals.

Several major issues are still awaiting our approval in the remaining five weeks, which promise to be far busier than the seven that have already passed. Your input in this process is still very much needed, so I hope you will contact me if you would like to express your views.

My address is Room 3291, Capitol Annex, 700 Capitol Avenue, Frankfort, KY 40601. You can also leave a message, toll-free, at 800-372-7181 or, for the deaf or hard-of-hearing, 800-896-0305.

Democrats try to shake anti-gun image

By BOB ANEZ
Associated Press Writer

HELENA, Mont. (AP) — Montana Democratic Party Chairman Bob Ream grew up in a home with a grandmother who shot skeet with Annie Oakley. As far back as he can recall, hunting was a family tradition, and just about everyone knew how to shoot.

So it makes sense that Ream is among party loyalists leading efforts to shake off the national party's anti-gun image.

At trade shows, in brochures and even in door-to-door visits by candidates in the 2002 election, the Montana Democratic Party is doing what some state parties say must be done to repair the damage resulting from the national party's position in the 2000 election advocating tougher federal gun rules.

"In the rural areas, we've gotten targeted with the image that we're going to take people's guns away, which is false," Ream said. "It's been foisted on us by the NRA (National Rifle Association) and by the Republicans ... We're going to get clobbered if we don't improve our image."

The national party in 2000 sup-

ported mandatory child safety locks for guns, photo identification for future handgun purchases, full background checks and a mandatory gun safety test for new handgun purchases.

The Democratic National Committee acknowledges the GOP was particularly effective in the last election at branding the party anti-gun, and some Democrats believe the national party and Al Gore should have done more to combat that.

Bill Farmer, chairman of the Tennessee Democratic Party, is convinced Gore lost his home state in 2000 because he did not effectively shake off the GOP's anti-gun label.

"They've painted us as being anti-gun, which is a blatant lie," he said. "Responsible gun owners are Democrats and Democrats believe in the right to be responsible gun owners."

Republicans and gun rights groups insist Democrats deserve the anti-gun brand.

Ken Miller, chairman of the Montana GOP, recalled Sen. Max Baucus, D-Mont., supported the federal law requiring background checks and a five-day waiting period for gun buyers after promising he would not vote for gun control. Democrats, not Republicans, have proposed tougher restrictions on guns, and organizations wanting more controls typically back Democratic candidates, he said.

"It's hard for a leopard to get rid of its spots," Miller said. "They will probably do themselves harm. Any time you try to be something you're not, people will see through it."

Guns always have been a part of life in Montana. One in five Montanans hunt — some for sport, some to put food on the table. To many farmers and ranchers, the gun remains an essential tool. For others, firearms symbolize freedom and independence.

Democrats are trying to make sure voters know they too understand the gun's importance to so many in the state.

Lou Kalberg, 47, a Democrat,

MURRAY LEDGER & TIMES

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Managing Editor

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Publisher Emeritus

"Where there is no vision, the people perish."
PUBLISHED BY MURRAY NEWSPAPER, INC.

Community

Thursday, February 28, 2002

Wrather ... more than just a museum



Jo's Datebook
By Jo Burkeen
Community Editor

It is so wonderful to hear about special programs being presented in the auditorium of Wrather West Kentucky Museum on the Murray State University Campus.

This auditorium was formerly used by the students at the Murray Training and Murray College High, laboratory schools at Murray State, for their weekly chapel programs each Monday morning and also for school plays and class nights. The seniors at those early schools received their diplomas at Murray State, along with those graduates.

A special program will be presented by the Jackson Purchase Dance Company to open Dance Outreach Tour 2002 with the production of "the Hobbit" on Saturday, March 2, at 7 p.m. at the Wrather auditorium. The second public performance will be Friday, March 8, at 7 p.m. at Market House Theatre, Paducah. Tickets are \$5 with children under 5 free. For tickets contact Karen A. Balzer, artistic director, at 767-0579.

This building is named in honor of the late Marvin O. Wrather, one of the outstanding educators of Murray. Kate Reeves, director of the museum, and her staff have special exhibits that can be viewed free of charge during the regular hours of 8:30 a.m. to 4 p.m., Monday through Friday, and 10 a.m. to 1 p.m., Saturday. This is just another tourist attraction for Murray.

Laker yearbooks on sale

The 2002 Calloway County High School Laker Yearbooks will be on sale during the week of March 11 through 15. This is one week only and the cost is \$18 in one payment only. Persons should only purchase yearbooks from a yearbook staff member or Glenn Leckie, sponsor, and books cannot be purchased at the front office. For information contact the Yearbook staff at 762-7374, ext. 158.

'Food for Friends' planned

Murray fitness and weight loss center, Curves for Women® will be joining the Curves International Inc., "Food for Friends" food drive in March to benefit local food banks. Anyone desiring to drop off a bag of non-perishable food items may do so at Curves®, 2608 Highway 121 North, during business hours Monday through Friday. Last year the food drive collected approximately one million pounds of food nationwide. For information call 759-3400.

Gospel Echoes featured tonight

The Gospel Echoes, a group from Bethel and Brooks Chapel United Methodist Churches, will be featured at the Glory Bound Christian Entertainment event on Thursday, Feb. 28, from 7 to 9 p.m. at Green Horse Cafe, Highway 121 North, Murray. Members are Eddie Ramsey, Eugene Burkeen, Rita Culver, Rachel Jackson, Mary Jo Mitchell and Lavonia Rowland. This an outreach ministry, sponsored by Goshen United Methodist Church, and the public is invited to attend.

Van drivers needed

Volunteer van drivers are needed to drive the government van of the Disabled American Veterans to the Veterans Hospital in Nashville, Tenn. Robert Rogers, driver coordinator, said any licensed driver, not just a veteran, can be a volunteer driver for the van taking area veterans to the hospital. For more information or to volunteer, call Rogers at 73-0237.

Bluegrass event Friday

The Tennessee Gentlemen from Memphis, Tenn., will be featured at the evening of music by the Jackson Purchase Friends of Bluegrass on Friday, March 1, at 7:30 p.m. at the Marshall County Exceptional Center, 198 Old Symsonia Rd., Benton. Admission is free but donations will be accepted.

CCHS Project Graduation meeting tonight

The parents of the 2002 graduates of Calloway County High School, will have a Project Graduation meeting tonight, Feb. 28, at 6 p.m. at Mr. Gatti's. This will be rebate night from 5 p.m. to closing and persons are asked to tell the person taking your order that you are there for Project Graduation at CCHS.

Enrichment registration planned

Registration for the Murray City Schools' Enrichment classes will be Friday, March 1, and Monday, March 4, from 7:30 a.m. to 5:30 p.m. in the west conference room of the Murray Board of Education, 208 South 13th St., Murray.

Baseball/Softball sign-ups

The Youth Sports Association will hold sign-ups for baseball and softball at Wal-Mart on Friday, March 1, from 3:30 to 7 p.m. and Saturday, March 2, from 9 a.m. to 3 p.m. Ages are from 5 to 18 in baseball and 5 to 20 in softball. The cost will be \$50 for the first child, \$35 for the second and \$30 for each additional child in the same family.

North meeting planned

Discipline Committee of Site-based Decision Making Council of North Elementary School will meet Friday, March 1, at 12:45 p.m. at the school. On the agenda will be a discussion of both the discipline plans of the school and the district. The public is invited.

Al-Anon meetings scheduled

Al-Anon meetings are scheduled at 8 p.m. on Monday and Thursday at the Marshall County Senior Citizens Center, 1713 Golf Course Rd., Benton. This is open to all interested persons.

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photo provided
NEED LINE FOOD...Dr. Dennis Heskett of Heskett Chiropractic Center, right, presents just a small portion of the canned goods collected on Feb. 14 to Tonia Casey (left), director of Need Line. The items were collected in conjunction with "Doctor with a Heart Day," an annual event sponsored by the center where any one who brings in a bag of non-perishable items, receives all their services free of charge that day.

Suburban homemakers meet at Rogers' home

Wilma Wilson presented the major lesson on "Cancer Cervical and Ovarian" at the February meeting of the Suburban Homemakers Club held at the home of Pat Rogers.

Wilson reminded the group of the importance of eating right and having annual checkups. She said anyone interested in "The U.K. Ovarian Screening Program" should contact the County Extension Office

at 310 South Fourth St., Murray, phone 753-1452, for more information.

Rachel Hendon gave the devotion. Jo Farley, president, collected "Pennies for Friendship" and a donation for Need Line.

Hostesses were Mrs. Rogers and Wilma Wilson.

The next meeting will be Monday, March 11, at the home of Mrs. Wilson.

Big Brothers/Big Sisters plan bowling fun event

Big Brothers, Big Sisters of Murray/Calloway County has scheduled an upcoming event for Saturday, March 9, according to Michelle Hansen of the BB/BS group.

This will be the fourth annual Bowl For Kids Sake event at Corvette Lanes, Murray.

Hansen said "This event is so much more than a fundraiser for this important program in our community; it is also great fun for families, friends and co-workers. It is a great opportunity to support a program which matches our youth with a caring adult volunteer and mentor."

This will be a team event with each team having five people. The cost will be \$125 for a team or \$25 person. Door prizes will be given away and each team member will receive a "Bowl for Kids Sake 2002 T-Shirt."

For more information or to sign up for the event call the Big Brothers/Big Sisters' office at 759-BBBS (2227) and speak with Donna Audus, coordinator.

Spring Beauty pageant set

A Spring Blossom Beauty Pageant will be Sunday, March 10, at Mayfield Middle School auditorium, Mayfield.

Girls and boys from all area counties are invited to participate. Registration will begin at 1 p.m. with the pageant to start at 2 p.m.

Competition divisions will be for girls from age 0 to 16+ years and for boys from 0 to 6 years. Suggested attire is pageant or Sunday dress.

The pre-paid entry fee is \$35 or \$40 at the door and includes beauty and one side award. Optional categories will also be offered.

For more information contact pageant directors Lindy LeBlanc at 1-270-472-1600 or Tiffany Wildharber at 1-270-628-3827.

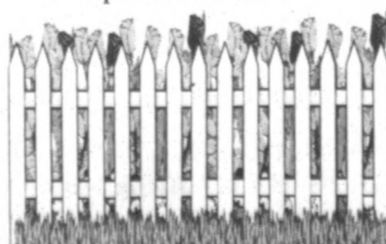


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Writer's Potpourri

By Charlie York

Writer's Potpourri will be Saturday, March 8, at 9:30 a.m. in the annex of Calloway County Public Library.

Charlie York, director, invites all interested persons to attend. Poems written by participants at the February event have been released as follows:

ETERNAL TORTURE

By Bonnie Locke Gray

This eternal torture I cannot escape,
I feel like I've been spiritually raped.

I cry so hard, I pray for peace.
This eternal torture, will it ever cease.

God I understand what you want from me.
Why I can't give it I will never see.

This eternal torture please let me be!

Depression they call it, I really don't know.

I'm so scared of this eternal torture down in my soul.

Through Christ Your Son is the only way out,

Why must I have this agonizing doubt?

I pray for belief and a desire so strong,

But this eternal torture is my only song.

One thing I struggle with is my acceptance of you.

Why am I embarrassed to praise you in view?

If I only loved you and gave completely of my heart,

Then I believe this eternal torture surely will part.

God this isn't just a poem of how I feel,

It's my prayer to you, so this eternal torture will heal.

Amen.

BEAUTY OF A ROSE

By Dorothy Locke Inman

The beauty of a rose,
makes me want to dance.

On fairy tipped, tippy toes.
The beauty of a rose,

fades away and soon is gone.
But of the beauty of a rose,
I could have written a song.

THE DOG FIGHT

By W.P. (Dub) Hurt

Pal and Spot were two big dogs.
They'd never met each other.
Pal belonged to the Parker boys,
Spot belonged to my brother.

Now Pal was a big German Shepherd,

He looked mean as sin.

When he came trotting down the road,

Other dogs were "Gone with the Wind."

Spot was half the size of Pal
So everybody said.

He had a speckled bird dog's body
But, he had a bulldog's head.

Spot went to school with me
Almost every day.

It seemed all he care to do
Was just to run and play.

Mrs. Audelene sent me and Spot
to fetch a pail of water.

She wanted the kids to have a good cool drink

Before it got any hotter.

We heard a wagon comin' down the road

With that familiar scrunching sound.

I tried my best to hide Ole' Spot
But, he stood his ground.

Ole' Pal came sailin' across the ditch

And collided with Ole' Spot.

I wondered if my dog
Would go home with me or not.

But, he rolled over on his back
And grabbed Pal by the paw.

And clamped down on that big ole foot

With his powerful jaws.

Well Pal began to yelp and yank,
And finally broke a loose.

He limped away on three feet.
Ole' spot had cooked his goose.

They say dogs don't e're forget.
Don't know if that's true or not.

But that's the first and last time,
Pal tangled with Ole' Spot.

Books will be ready Saturday

EDDYVILLE, Ky. — Military records of Lyon County World War II Veterans and their stories have been published and the books may be picked up Saturday, March 2, from 10 a.m. to 4 p.m. at the Kentucky Utilities (KU) Building, West Main Street, Eddyville.

Listings for 650 veterans with approximately 350 photographs are included in the publication.

Only 300 books were published. If you want a book and have not ordered and paid for it earlier, the published will have books available for purchase that day at the same time orders are being delivered.

Persons who paid for shipping their books will receive their books by mail from the published.

The book is published by the Lyon County Historical Society to honor the veterans and to make the book available to veterans and their families, not as a fundraiser.

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Murray State 10-6	16-11
Austin Peay 8-8	13-17
Eastern Illinois 7-9	15-15
Tenn.-Martin 7-9	15-13
Tennessee St. 7-9	11-16
SE Missouri 4-12	6-21
Eastern Ky. 3-13	7-20

Tech, Gobs meet in rematch

For the second consecutive time, Tennessee Tech and Austin Peay will meet in the semifinal round of the Ohio Valley Conference Tournament.

Last year, the Governors spoiled Tech's bid for its first-ever league tournament crown, knocking off the regular-season champions in an 83-63 decision at Nashville's Gaylord Entertainment Center.

APSU advanced to the 2001 tournament title match, falling to Eastern Illinois 84-83.

The Golden Eagles have defeated Peay twice this season, but by the slimmest of margins.

Tech won 74-67 at Clarksville on Jan. 17 and then escaped a double-overtime thriller 86-84 at Cookeville on Feb. 16.

Center Damien Kinloch was a huge factor in both contests, scoring 28 points in the January meeting and then posting a double-double (19, 11) in February.

2002 Tournament

Men's Championship

Tuesday, Feb. 26
Results

-  Tennessee Tech 73, Southeast Missouri 56 
-  Morehead State 91, Tennessee State 81 
-  Murray State 103, Eastern Illinois 56 
-  Austin Peay 72, Tennessee-Martin 69 

Friday, March 1
Semifinals • Louisville, Ky.

(All Games at the Kentucky International Convention Center)

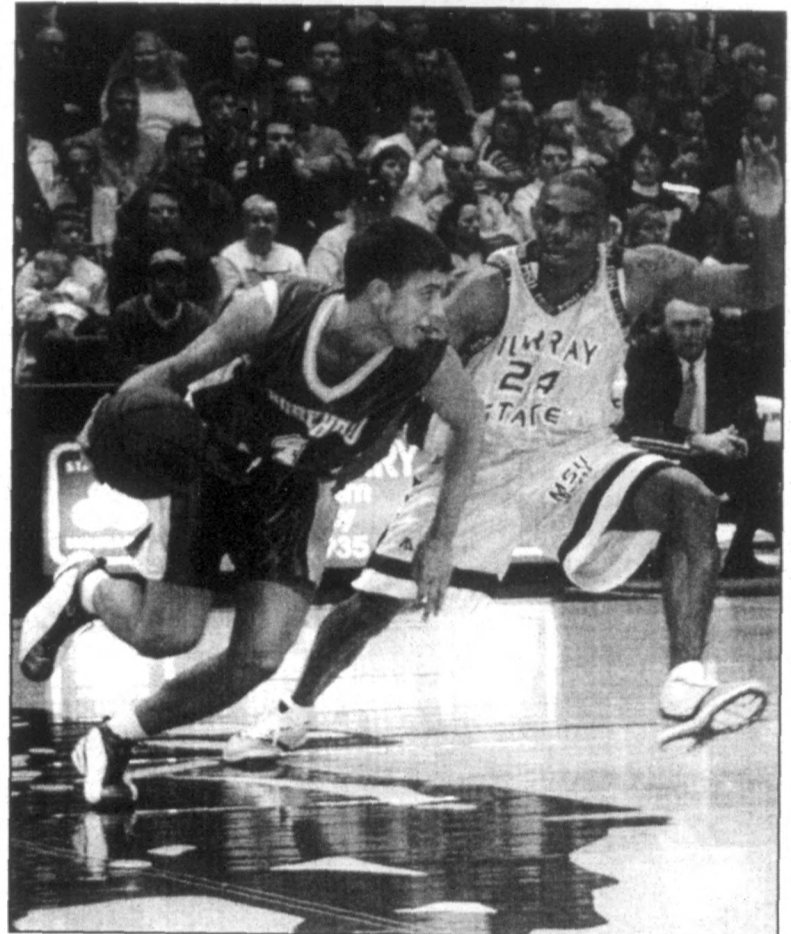
- Game 5**
 Tennessee Tech vs. Austin Peay, 5 p.m. CST 
- Game 6**
 Morehead State vs Murray State, 7 p.m. CST (* or 30 minutes after Game 5) 

Saturday, March 2
Championship Game
2 p.m. CST (Live ESPN2 telecast)

Racers in the OVC Tournament

Murray State has an all-time record of 11-8 in the OVC championship game since the tournament began in 1949. The Racers have faced three teams four times in the tournament title contest — old rival Western Kentucky, Eastern Kentucky and current semifinal participant Austin Peay. MSU is 3-1 against both the Colonels and Governors, but lost 3-of-4 meetings to the rival Hilltoppers in the championship tilt. The Racers have met 2002 semifinalist Tennessee Tech once in the championship game, losing to the Golden Eagles 67-60 in 1967.

In Focus



KEEPING TRACK...Murray State's Justin Burdine (24) tries to keep up with Morehead State's Kyle Hankins (4) during last week's contest at the Regional Special Events Center.

Racers vs. Morehead State

Murray State hopes the third time is the charm against Morehead after falling to the Eagles twice this season — losing 92-83 in overtime on Jan. 24 at Morehead's Ellis T. Johnson Arena and then suffering a 66-60 home defeat in the regular-season finale on Feb. 23. In the January contest, Morehead rallied from a 17-point deficit to force the extra session, where it outscored the Racers 19-10 to pull away for the victory. Last weekend, Murray succumbed through a poor shooting night, connecting on just 40 percent from the field, in the six-point loss.

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SPORTS

Thursday, February 28, 2002

Night of Upsets

Vandy shocks 'Cats Pitino, Cards upend Cincinnati

NASHVILLE, Tenn. (AP) — The Vanderbilt Commodores couldn't be playing much better right now.

Reserve Brendan Plavich scored all but two of his 20 points on 3-pointers, and the Commodores snapped an 18-game losing streak to No. 11 Kentucky with an 86-73 victory Wednesday night.

The Commodores (16-12, 6-9 Southeastern Conference) have won two straight games, and coach Kevin Stallings said they turned in their best game this season as they shot 53 percent from the field, including 11-of-22 from 3-point range.

"We're happy and excited about this. I'm proud of our team," Stallings said.

Matt Freije and Chuck Moore each had 19 points for Vanderbilt, while freshman Brian Thornton added 17.

Tayshaun Prince played all 40 minutes and led the Wildcats (19-8, 9-6) with 24 points, while freshman Rashaad Carruth added 22 points, including six 3-pointers.

But junior Keith Bogans had just two points, well below his 11.3 average. Coach Tubby Smith also kept Gerald Fitch and Erik Daniels out of the game despite reinstating them to the team following a one-game suspension for reportedly using fake driver's

Vanderbilt 86, Kentucky 73

KENTUCKY (19-8)
Prince 7-16 8-10 24, Hayes 1-5 7-11 9, Camara 3-8 2-4 9, Hawkins 2-6 0-0 5, Bogans 1-6 0-0 2, Carruth 7-16 2-2 22, Blevins 1-4 0-0 2, Carrier 0-1 0-0 0, Estill 0-0 0-0 0, Totals 22-62 19-27 73.

VANDERBILT (16-12)
Freije 8-14 1-2 19, Coulbaly 0-0 0-0 0, Howard 1-1 0-0 2, Lakey 0-1 0-0 0, Moore 7-14 3-4 19, Thornton 5-6 7-9 17, Holwerda 0-2 0-0 0, Plavich 7-9 0-0 20, Przybyszewski 0-4 1-2 1, Hundley 0-1 0-0 0, Schnedlitz 0-0 0-0 0, Smith 2-4 3-5 8, Totals 30-56 15-22 86.

Halftime — Vanderbilt 46-36, 3-point goals—Kentucky 10-34 (Carruth 6-14, Prince 2-8, Camara 1-2, Hawkins 1-4, Carrier 0-1, Hayes 0-1, Bogans 0-2, Blevins 0-2) Vanderbilt 11-22 (Plavich 6-7, Freije 2-4, Moore 2-6, Smith 1-2, Lakey 0-1, Holwerda 0-2). **Fouled out** — Hayes, Hawkins, Przybyszewski. **Rebounds** — Kentucky 35 (Camara 9), Vanderbilt 35 (Thornton 9). **Assists** — Kentucky 10 (Hawkins 6), Vanderbilt 21 (Smith 7). **Total fouls** — Kentucky 19, Vanderbilt 19. **A** — 14, 16B.

licenses to get into a nightclub.

Junior forward Marquis Estill left Memorial Gym with a patch over his right eye after it was scratched during the first half, knocking him out of the game.

"We just didn't seem to have the energy that we needed to compete," Smith said. "On senior night, teams are going to be ready to play, and I thought our team didn't respond with the type of intensity we needed to compete."

The Wildcats still can clinch a 12th consecutive 20-win season against No. 8 Florida on Sat-

urday, but they need to beat the Gators and have Tennessee beat No. 16 Georgia to grab a share of the SEC's Eastern Division title.

Kentucky led only briefly in the opening minutes before Vanderbilt took control.

Cliff Hawkins' basket gave the Wildcats an 11-9 lead at 14:55. Freije scored to tie the game at 11, and Corey Smith's 3-pointer gave Vandy a lead it would never lose.

Vanderbilt outscored Kentucky 20-8 at one stretch in the first half, including a 9-0 spurt capped by a 3-pointer by Plavich.

Kentucky looked ready to make a run to take the lead near the end of the half, getting within 41-36 on a layup by Carruth with 2:44 to go. But Moore scored the final five points of the half for a 46-36 lead.

Vandy led by as many as 15 points when Smith tried to rouse his Wildcats by switching to a full-court press. The change produced a few turnovers but couldn't jump start Kentucky's shooting. J.P. Blevins' layup at 7:37 pulled the Wildcats within 63-58.

That was as close as they would get as Vandy scored the next eight points and outscored the Wildcats 23-15 the rest of the way to seal its biggest victory in years.

By CHRIS DUNCAN
AP Sports Writer

LOUISVILLE, Ky. (AP) — Louisville guard Bryant Northern told a group of reporters on Tuesday he believed his team was going to beat fourth-ranked Cincinnati on Wednesday night.

The Cardinals were coming off a dismal 56-50 loss to Saint Louis in which they shot 32 percent and had lost eight of their last 12 games.

But Northern, a 6-foot walk-on, was true to his word.

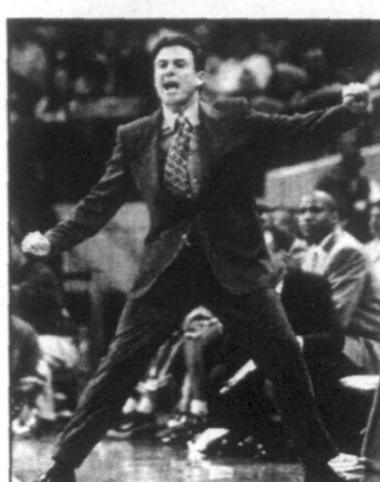
Reece Gaines scored 26 points and Northern helped Louisville smother Cincinnati star Steve Logan and upset the Bearcats 74-71.

"I knew if we could slow him down, we could win," Northern said.

Logan, Conference USA's leading scorer, had 18 to lead his team, but went 7-of-22 from the floor as he faced double teams much of the night. He missed a free throw, threw a pass out of bounds and misfired on a 3-pointer in the closing seconds to wrap up his off night.

"He usually makes the big shots. They didn't go down," Cincinnati coach Bob Huggins said.

The Bearcats (26-3, 13-2 Conference USA) had a six-game winning streak snapped and blew a chance to win their seventh



BIG WIN...Louisville picked up the biggest win of the Rick Pitino era on Wednesday, shocking No. 4 Cincinnati at Freedom Hall.

straight regular-season Conference USA title outright. They clinched at least a tie after No. 9 Marquette's upset loss at East Carolina on Tuesday night.

"Why would you not come to play? I don't know. We were playing for a conference championship and a seed in the NCAA tournament," Huggins said.

The Cardinals (16-11, 7-8), meanwhile, earned Coach Rick Pitino his biggest win since he replaced Denny Crum last March.

Gaines went 8-of-14 from the field and 9-of-10 from the free-throw line and put away the win

with a breakaway layup with 16.7 seconds left.

"If we play that way, we can beat anybody. To come out and beat a team like that is unbelievable. I'm really happy," said Gaines.

Ellis Myles added 18 points and 12 rebounds for Louisville. His double-double was his sixth of the season, but only his second since early December.

Louisville defeated the nation's fourth-ranked team for the second straight time at Freedom Hall. Two seasons ago, the Cardinals beat then-No. 4 Syracuse 82-69.

"This was a wonderful win for our players," Pitino said. "They put in countless hours to get to a night like tonight."

Northern's free throw with 37 seconds left gave Louisville a 72-68 lead, but Immanuel McElroy's 3-pointer from the wing with 18 seconds to go trimmed the deficit to one.

Cincinnati called its last timeout after McElroy's shot to set up a defense, but Luke Whitehead heaved a baseball pass to Gaines, who made an uncontested layup.

"We didn't get intimidated. Instead of them taking it to us, we wanted to take it to them," Gaines said.

The Bearcats led 38-34 at halftime.

Richardson unsure of future at UA

STARKVILLE, Miss. (AP) — Nolan Richardson spoke calmly and proudly about his past, confident that his time in Arkansas has been well spent, though unsure how much longer he will coach the Razorbacks.

Richardson held court for 15 minutes after the latest loss in what has been a trying season. He sounded a lot like a man making a farewell speech.

"I'm proud of the fact, if it comes to pass, where they buy out my contract, I'm not going to be disappointed — not at all," the 60-year-old coach said.

As an Internet report of Richardson's possible departure circulated, Mississippi State made a late spurt to beat the Razorbacks 89-83 Wednesday night.

"I don't know whether I'll be here. Or maybe I don't want to be here, I don't know," he said.

Chancellor John White disputed a report that Richardson would quit for a \$3 million buyout Thursday, but said the 17-year Arkansas coach had some explaining to do.

"There has been a lot of damage overall to the program. Coach Richardson recognizes that," White said Wednesday night from his

home on the Fayetteville, Ark., campus. The question of Richardson's continued employment — even if the coach apologized for his remarks — can't be answered, White said.

"We have to have that discussion. There's going to have to be a very frank discussion of where we are and about going forward," White said.

When a meeting might be scheduled wasn't known. Thursday is the first day that Richardson, White and athletic director Frank Broyles would be in Fayetteville on the same day since Richardson's tirade against fans and media on Monday.

Mario Austin had 30 points for Mississippi State (22-7, 9-6) Southeastern Conference), which has won four straight, while Marcell Patterson added 21.

Jannero Pargo matched his season-high with 35 points for the Razorbacks (13-14, 5-10) and Brandon Dean added 18.

Dean said the players haven't been distracted by the turmoil surrounding their coach. He said they hadn't heard anything about the Internet report.



SAYING GOODBYE?...Arkansas head coach Nolan Richardson says he's unsure of how long he will be the Razorbacks' boss.

Racers open grid season at Memphis

Staff Report
Murray Ledger & Times

The Murray State Racer football team will play an 11-game schedule in 2002, which features six home games and a season-opening Division I-A road challenge.

MSU will open the 2002 campaign on Aug. 31 when it travels to Memphis, Tenn. for a 7 p.m. contest with the University of Memphis.

The Memphis game will be the Racers' sixth contest against a Division I-A opponent in the last five years and the fourth such game under Pannunzio, who will be entering his third season in Murray.

"We're excited about opening the season at Memphis against a solid Division I-A program," Pannunzio said. "It should be a great trip for our fans because it's only a short drive from Murray, and the city of Memphis is a great town to visit."

"It will also be a great challenge for our team to open up with, and that should show us where we stand early."

After the trip to Memphis, the Racers will have a week off before hosting regional rival Southern Illinois on Sept. 14 at 6 p.m. in the home opener at Stewart Stadium.

MSU will then travel to Illinois State on Sept. 21 to face former coach Denver Johnson's Redbirds. Indiana State is next on Sept. 28, which will complete a

2002 MSU Schedule

Aug. 31	at Memphis	7 p.m.
Sept. 14	Southern Illinois	6 p.m.
Sept. 21	at Illinois State	TBA
Sept. 28	at Indiana State	TBA
Oct. 12	Tennessee Tech	3 p.m.
Oct. 19	at Eastern Kentucky	TBA
Oct. 26	Southeast Missouri	6 p.m.
Nov. 2	Samford	1:30 p.m.
Nov. 9	Tennessee State	1:30 p.m.
Nov. 16	at Tennessee-Martin	TBA
Nov. 23	Eastern Illinois	1:30 p.m.

MSU adds to 2002 class

Staff Report
Murray Ledger & Times

The Murray State Racer football team has added defensive tackle Greg Archer to its list of signees for the 2002 spring signing period.

The 6-1, 265-pound Archer comes to MSU from Georgia Military Institute, where he led the program to a junior-college national championship in 2001. The Eastman, Ga. native led GMI in sacks last year with six and was clocked at 4.8 seconds in the 40-yard dash.

Archer, who also considered Appalachian State and Georgia Southern, is the fourth Georgia product in MSU's 2002 recruiting class.

three-game stretch against teams from the Gateway Conference.

Murray will have its final open date on Oct. 5 before opening Ohio Valley Conference play on Oct. 12 against Tennessee Tech in the annual Homecoming game.

The Racers will then travel to Eastern Kentucky on Oct. 19 to take on the Colonels before returning home for a three-game homestand, starting with Southeast Missouri State on Oct. 26.

MSU will step out of conference play for the final time when it hosts future OVC member Samford, which will not begin conference play until 2003. The Racers will close out the homestand on Nov. 9 against Tennessee State.

On Nov. 16, Murray will travel to Tennessee-Martin to take on the Skyhawks and will close out the regular season by hosting defending OVC champion Eastern Illinois on Nov. 23.

Schnakenberg awarded OVC honor

Staff Report
Murray Ledger & Times

Murray State Lady Racer junior forward Beth Schnakenberg was named the Ohio Valley Conference's final Newcomer of the Week for the 2001-02 season.

Schnakenberg averaged 7.3 points and 6.7 rebounds per game during the last week of the regular season in home games against Savannah State, Eastern Kentucky and Morehead State.

The native of Buffalo, Mo. scored 13 points against Morehead Saturday with six rebounds

and a game-high three steals, and she grabbed a game-high nine rebounds versus Savannah State Feb. 18.

Before MSU's season ended Tuesday with a 76-59 loss at top-seeded Eastern Kentucky in the first round of the OVC Tournament, the Lady Racers placed guards Rebecca Remington and Brittany Park on the conference's All-Freshman Team.

Remington earned OVC Freshman of the Year honors — Murray's first women's player to earn the award — after leading the league's freshmen in scoring with 10.7 points per game.

The native of Scandinavia, Wis. also averaged 4.7 rebounds per outing during the regular season and hit 46.3 percent of her shots from the field, including 44.6 percent from 3-point range. She made 1.1 3-pointers per contest and sank 74.4 percent of her free throws.

Park finished her rookie year with 50 made 3-pointers to rank third on the school's single-season list.

The Coatesville, Ind. native averaged 8.6 points and 2.6 assists per game and knocked down 35.7 percent of her attempts from behind the arc.

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Basketball player attacked by rival students

By ROGER ALFORD
Associated Press Writer

PIKEVILLE, Ky. (AP)—A high school basketball star was severely beaten after a rival team's tournament game, leaving him too injured to play in his own team's contest Wednesday.

Assault charges have been filed against six Shelby Valley High School students after a melee Monday that injured Jarrod R. Adkins, the leading scorer for cross-country rival Millard High School.

At least three other students were treated for minor injuries at Pikeville Methodist Hospital.

Deputy Sheriff Greg Smith said more arrests are likely.

Norma Adkins, the 17-year-old player's mother, said the bones in her son's right hand were crushed, as if broken intentionally.

Adkins, who averages 22 points per game, also suffered a head injury and underwent surgery Tuesday. His mother said he could be released as early as today.

Millard, without its star player, lost its shot at a district championship Wednesday night with an 88-63 defeat to Pike Central High School.

Adkins scored 35 points in two previous matchups with Pike Central this season. Millard won both games.

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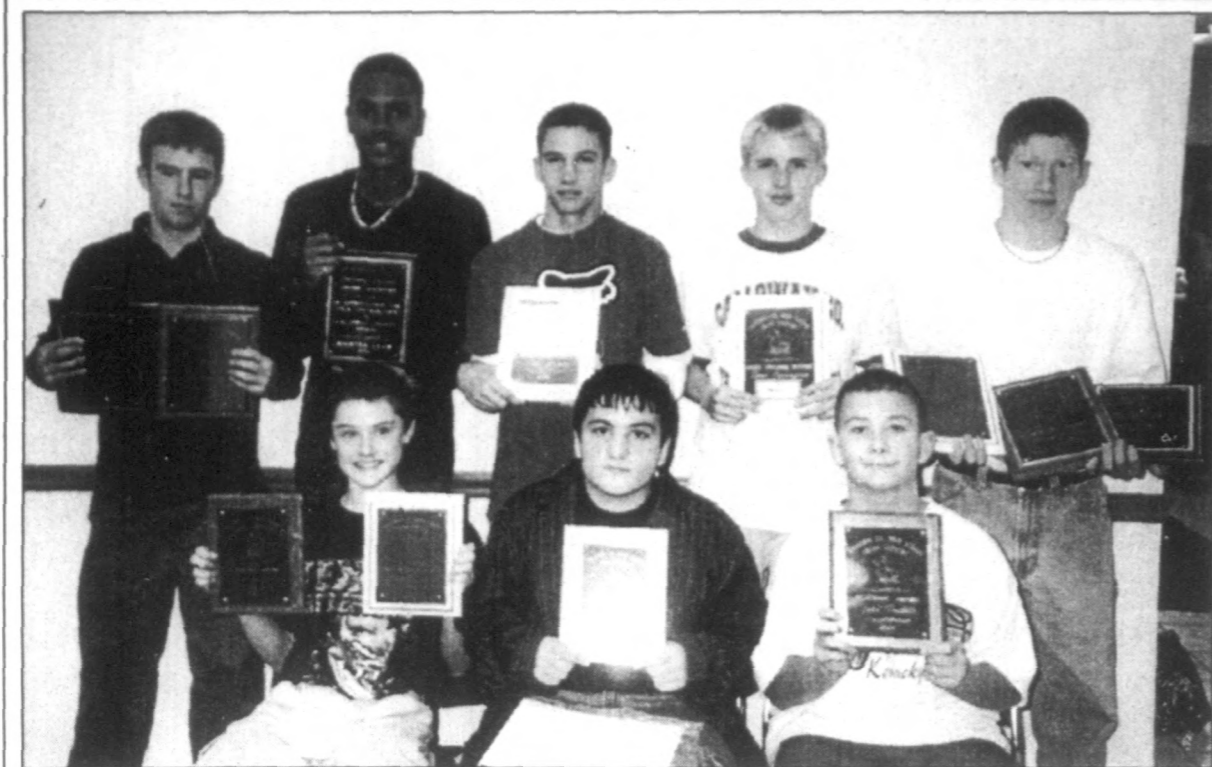
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Boston	31	26	.544	Minnesota	39	18	.684
Orlando	31	26	.544	San Antonio	36	20	.643
Philadelphia	28	28	.500	Utah	31	25	.554
Washington	27	29	.482	Houston	20	36	.357
Miami	23	32	.418	Denver	16	38	.296
New York	20	34	.370	Memphis	15	41	.268
Central Division				Pacific Division			
W	L	Pct.	GB	W	L	Pct.	GB
Milwaukee	33	23	.589	Sacramento	41	15	.732
Detroit	32	23	.582	L.A. Lakers	39	17	.696
Indiana	28	28	.500	Portland	33	24	.579
Toronto	29	30	.491	Seattle	32	26	.552
Charlotte	28	29	.491	L.A. Clippers	29	30	.491
Cleveland	20	36	.357	Phoenix	27	30	.474
Atlanta	20	37	.351	Golden State	16	39	.291
Chicago	15	42	.263				

Wednesday's Games
Milwaukee 95, Boston 92
Philadelphia 82, Miami 72
Portland 105, Washington 101
Charlotte 104, New Jersey 85
Seattle 98, Atlanta 81
Detroit 101, Chicago 89
Orlando 90, Toronto 85
Minnesota 112, L.A. Lakers 101
Golden State 110, Denver 93

Today's Games
San Antonio at Cleveland, 6 p.m.
New York at Miami, 7 p.m.
Memphis at Utah, 8 p.m.
Indiana at Phoenix, 8 p.m.



HARRIERS HONORED...The Calloway County boys' and girls' cross country teams were honored at a recent awards banquet following the 2001 season. Laker runners (above) recognized were (front row, from left) Kris Russeau, most promising, academic award; Karlos Felix, coaches award; Jake Tindall, academic award; (back row) David Timmons, academic award, senior award; Courtney Catlett, senior award; Jacob Roach, most improved; Sean Covington, most valuable; and Michael Pritchard, coaches award, academic award, senior award. Lady Lakers recognized were (from left) Lindsey Miller, academic award; Crystal Brumley, academic award; Katie Bazzell, most promising; and Brandy Huynh, most improved, academic award. Not pictured are Lora Hopkins, coaches award, and Amanda Hart, senior award.



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Congress adds more counties to Appalachia

By NANCY ZUCKERBROD
Associated Press Writer

WASHINGTON (AP) — The U.S. House passed a bill Tuesday that adds new counties to the Appalachian Regional Commission and calls on Congress to fund the agency for another five years.

ARC officials were pleased with the reauthorization bill, because the economic development agency had never received a five-year nod from Congress before, said ARC spokesman Duane DeBruyne.

The bill, approved in an unrecorded voice vote, states that the agency's non-highway programs should be funded at about \$90 million a year, about \$20 million more than the current level. It will be up to House and Senate appropriators to grant that request annually.

"Today, Congress took a huge step on the path to a strong West Virginia economy," said Rep. Shelley Moore Capito, R-W.Va.

"The ARC is an effective and important player as we work to foster job creation and infrastructure improvements, and I am extremely pleased to watch this bill move through the channels and finally be approved."

The authorization bill adds four new counties to the ARC region, bringing the total number of counties in the 13-state area to 410.

The new ones are Hart and Edmonson counties in Kentucky and Panola and Montgomery counties in Mississippi.

"Based on economic indicators, these counties are just as deserving of assistance, if not more so, than some already in the ARC," said Rep. Ron Lewis, a Republican who represents Hart and Edmonson counties in central Kentucky.

The authorizing legislation requires the Appalachian Regional Commission to spend at least half its funding on distressed counties.



ED RIENKE/AP Photo

SNOW PLAY ... Horses enjoy a romp in a pasture under a light snow earlier this week near Shelbyville, Ky.

Temperatures drop in South

By The Associated Press

Slippery roads closed Alabama schools and contributed to a deadly Kentucky pileup on Wednesday as record cold surged into the South, bringing an abrupt end to unseasonably warm weather.

Snow fell in parts of northern Alabama as temperatures fell into the teens. Major highways were open but Cullman County closed schools and other counties told students they could report late.

Most school systems in Middle Tennessee also canceled classes because of an overnight dusting of

snow, and the Tennessee Highway Patrol said tractor-trailers were backed up in spots because of ice on Interstate 40 between Nashville and Memphis.

Kentucky State Police blamed icy pavement for an 18-vehicle pile-up Wednesday morning on Interstate 65 near Lebanon Junction, in the central part of the state. At least one person was killed, said Hardin County, Ky., Coroner William Lee.

Temperatures fell to record lows Wednesday in parts of Louisiana, Arkansas, Texas, Kansas and Oklahoma, the National Weather

Service said, including 5 below zero at Hays, Kan. Morning lows were only in the teens across parts of northern Texas.

Long-distance bicyclist Ronn Sorber wasn't expecting an arctic blast on his way through Louisiana, part of a tour from Arizona to Florida. "I heard 19 degrees and I said, 'I'm not going to freeze again,'" said Sorber, 55, who found a homeless shelter in Baton Rouge to spend the night. He was lucky; the low there was only 27.

The abrupt change in temperatures threatened some garden plants.

It will serve as "natural pruning" for trees that already had started blooming, such as Japanese magnolias and camellias, said Richard Copeland, a gardener for the city of Gadsden, Ala.

"It may kill the new growth off that's trying to come out now, but they'll rebud and come out with a few more branches," said Copeland.

"There are bulbs up of daffodils and tulips above the ground, and 15-degree temperatures are going to hurt the foliage on those," said Sara Melton of the Barn Nursery in Chattanooga, Tenn.

Elderly driver nearly knocked into swamp hears apology

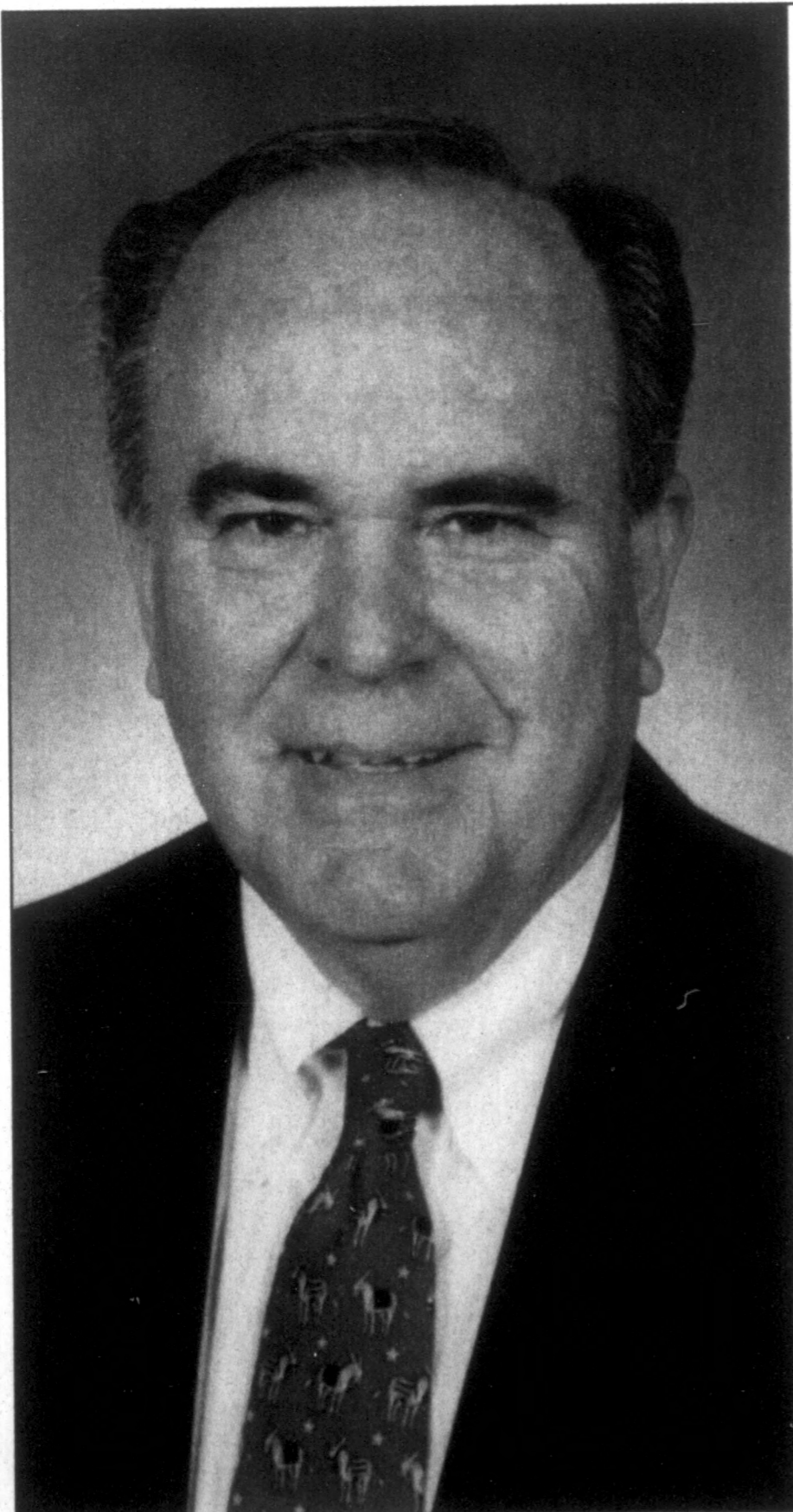
FORT LAUDERDALE, Fla. (AP) — A young man calmly apologized to an 85-year-old woman in court Wednesday for a wreck that left her trapped in her car in a bug-infested swamp for three days.

"I'd like to tell you from the bottom of my heart that I'm truly sorry for the ordeal you went through. I feel very remorseful," Scott Campbell told Tillie Tooter.

The apology was part of a plea bargain reached during jury selection Tuesday with Campbell, 23, on a felony charge of leaving the scene of an injury accident and a misdemeanor charge of making a false police report.

Tooter, then 83, was heading to the airport at 3:15 a.m. in August 2000 to pick up a granddaughter when Campbell's car hit her Toyota Tercel from behind and pushed her car into a tangle of trees that kept her suspended between a swamp and 70 mph traffic. Campbell told a Florida Highway Patrol officer that "he had an accident, he hit the wall, and no other cars were involved," prosecutor Gregg Rossman said. "Mr. Campbell did not notify anyone that Ms. Tooter was over the wall and crashed."

To get through the three-day ordeal, Tooter sucked on a cough drop, a peppermint and chewed a piece of gum. She absorbed rainwater with golf socks and sucked on them to avoid dehydration.



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Experiment studies bacteria

By PAUL RECER
AP Science Writer

WASHINGTON (AP) — Two ordinary microbes survived under almost a quarter-million pounds of pressure in an experiment that suggests bacteria may thrive in extremes on Earth and in the solar system where life was thought impossible, researchers say.

Scientists at the Carnegie Institution squeezed the bacteria between the jaws of a diamond anvil at up to 17,000 times normal atmospheric pressure. Some of the bugs were able to live and consume their chemical diet.

It was the first time that scientists have demonstrated that common bacteria could adapt to such pressures and survive, said Anurag Sharma, first author of a study appearing Friday in the journal *Science*.

"Since these microbes could adapt to such extreme pressures, this suggests that when we look for life in places beyond the Earth, we have to look beneath the surfaces," said Sharma. "The habitable zone (where life is possible) is now expanded."

Dr. Kenneth Nealson, a geobiologist at the University of Southern California and a researcher at NASA's Center for Life Detection at the Jet Propulsion Laboratory, said implications of Sharma's re-

search "knocked my socks off."

"When you realize that organisms could function at pressures equivalent to many kilometers beneath the surface of the Earth, it extends the limits of life," said Nealson. "It has very interesting implications for the potential of life for places like Jupiter and other large planets where the gravity is so immense."

In recent years, researchers have found bizarre Earth organisms, generally called "extremophiles," that thrive in very hostile conditions of extreme heat, dryness, radiation and acidity. Microbes have been found at the bottom of the ocean around volcanic vents, in polar ice and in boiling pools.

The new study adds pressure to the list of extremes where life can persist.

"It extends the limits of life to another zone that we hadn't thought of before," said Nealson. "This really expands where we think life might be able to survive in the universe."

In the study, Sharma, biologist James Scott and their colleagues used a diamond anvil to test the pressure resilience of two common microbes, *E. coli*, found in the human gut; and *Shewanella oneidensis*, ordinary bacteria that live in muck beneath shallow waters of Oneida Lake near Syracuse, N.Y.

The anvil is a device that squeezes two gem-quality diamonds against each other at very high pressures. Sharma said the microbes, mixed with water and a chemical called formate, were placed inside a dimplelike depression between the jaws of the anvil.

As the anvil closed, pressure was applied directly on the mix of microbes and fluid.

When the pressure reached about 174,000 pounds per square inch, the water in the mix turned to a crystal called ice-6.

"We squash the atoms so close together that liquid water turns into a solid at room temperature," said Sharma. Ice-6 is much denser than ordinary ice and will remain a solid only under pressure.

Eventually the diamond anvil pressure reached about 249,000 pounds per square inch. The experimenters kept it at that pressure for hours before retrieving the specimens.

Sharma said chemical tests showed that about 1 percent of the one million bacteria squeezed in the anvil survived. The tests also showed that the bacteria continued to metabolize the formate, turning some of the chemical into carbon dioxide and hydrogen.

As a control, the scientists ran the same experiment using microbes that had been killed by heat.

All other elements were the same. Later chemical tests showed that the composition of the formate, a type of formic acid, had not changed. The chemical differences between the two tests showed that the live bacteria did survive at the high pressures and did metabolize the formate.

Even though some of the microbes survived, the study suggested they were not happy campers. Sharma said some had deformed into weird shapes. There also was no indication that the bacteria could reproduce at the high pressures.

"They could metabolize at those pressures, but they didn't have the capability to divide as they could at lower pressures," said Sharma.

Sharma said the experiment suggests that when NASA searches for life in outer space, the agency should consider sites that might have previously been ignored because they had such high pressures.

He suggested deep waters on the moons of Jupiter or far below the surface of the Martian ice caps as possible areas where life could be sustained.

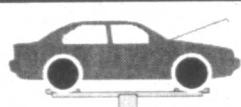
"Our study has direct implications about the feasibility of life in extreme environments that were previously thought to be inhospitable," said Sharma.



photo provided

IAAP EVENT...Sarah Alexander (left), president of Murray Chapter of International Association of Administrative Professionals® (IAAP), and Kay Hays, Kentucky Division secretary and Murray member, attended the Winter Membership Forum and board meeting at Everly's Lake Malone Inn, Dunmore. A panel of members from various chapters presented "Dealing with Life Changes" or "What Doesn't Kill Us Makes Us Stronger." The local chapter meets each third Monday of the month in the Cumberland room of Murray State University Curris Center. For information call Hays at 762-2234.

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Evista may reduce heart risks

By LINDSEY TANNER
AP Medical Writer

CHICAGO (AP) — An osteoporosis drug marketed as an estrogen alternative may significantly lower the risk of heart attacks in postmenopausal women prone to heart disease, a study shows.

Moreover, the drug, called raloxifene and sold under the brand name Evista, does not raise the short-term, one-year risk of heart attacks in such women — a danger seen in some studies of estrogen supplements.

The drug had no effect on the risk of heart trouble in healthy women, according to the study, which was funded by Evista manufacturer Eli Lilly and Co. Doctors and the company said it would be premature to use the drug to prevent

heart problems.

Studies suggesting heart disease patients could face an increased risk of heart attacks in the first year of taking estrogen supplements have confounded patients and doctors, who for years have relied on research suggesting the supplements could help protect the heart.

The studies have heightened the dilemma millions of women face about whether to take menopause hormones, which can relieve symptoms such as hot flashes and protect bones but also have been linked to breast cancer when used for many years.

Company-funded research has suggested Evista reduces the risk of breast cancer and lowers bad cholesterol, but it also has been linked to blood clots and does not relieve

symptoms of menopause.

Dr. Elizabeth Barrett-Connor of the University of California at San Diego led the new study, published in Wednesday's *Journal of the American Medical Association*.

In the study, high-risk women who took raloxifene for four years were 40 percent less likely than women who took dummy pills to have heart attacks or other cardiovascular "events," such as strokes or chest pain. Women were considered high-risk if they had previous heart trouble or had a combination of risk factors such as diabetes and high blood pressure.

The findings come from a re-analysis of a study of 7,705 women that showed raloxifene reduced the risk of spinal fractures. The original study was not designed to test ra-

loxifene's effects on heart disease.

"It's reassuring that raloxifene may not cause an early increased risk of cardiovascular events as has been seen with conventional estrogen, but it's certainly premature to interpret this as suggesting that raloxifene prevents heart problems," said Dr. JoAnn E. Manson, chief of preventive medicine at Harvard University's Brigham and Women's Hospital.

During the study, there were relatively few heart attacks and other serious cardiovascular problems among high-risk women — 28 each in women on low and high doses of raloxifene and 41 in the placebo group. Thus, the researchers said, it is possible that the lower risk was a statistical fluke.

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Focus on the Family

By DR. JAMES DOBSON
Focus on the Family President

School uniforms help teach kids standards

QUESTION: How do you feel about children wearing uniforms to school? How about schools having other dress codes and clothing requirements?

DR. DOBSON: I rather like the idea of school uniforms, because it solves the problem of competition between the haves and have-nots. It also eliminates the provocative clothing that some kids like to wear.

But there is a larger issue here. I think it is extremely important for children to be taught adherence to standards that relate to discipline and self-control. In the 1960s, the courts began ruling against educators' efforts to govern hair length, suggestive messages on T-shirts and other aspects of personal appearance. While these fashion statements were not terribly impor-

tant in themselves, the impact of the judicial rulings was significant.

It is a mistake to shield children from reasonable rules, to place no demands on their behavior. How inaccurate is the belief that self-control is maximized in an environment that places no obligations on children. How foolish is the assumption that self-discipline is a product of self-indulgence. Reasonable standards of conduct are an important part of an educational system. School uniforms might be a part of such standards.

QUESTION: You described the "trapped" feeling that causes some people to withdraw from their spouses. I think that applies to my wife, who has been strangely distant from me in recent years. Can you tell me more

about what such a person might be thinking?

DR. DOBSON: The feeling of entrapment begins with disrespect for a partner. For example, a man may think these kinds of thoughts about his wife:

"Look at Joan. She used to be rather pretty. Now with those 15 extra pounds, she doesn't even attract me anymore. Her lack of discipline bothers me in other areas, too. The house is always in a mess, and she seems totally disorganized. I made an enormous mistake back there in my youth when I decided to marry her. Now I have to spend the rest of my life - can you believe it - all the years I have left tied up with someone I'm uninterested in. Oh, I know Joanie is a good woman, and I wouldn't hurt her for anything, but man! Is this what they call living?"

Or, Joanie may be doing some thinking of her own:

"Michael, Michael, how different you are from what I first thought you to be. You seemed so exciting and energetic in those early days. How did you get to be such a bore? You work far too much and are so tired when you come home. I can't even get you to talk to me, much less sweep me into ecstasy.

"Look at him, sleeping on the couch with his mouth hanging open. I wish his hair wasn't falling out. Am I really going to invest my entire lifetime in this aging man? Our friends don't respect him anymore, and he hasn't received a promotion at the plant for more than five years. He's going nowhere - and he's taking me with him!"

thinking these entrapment thoughts, it is obvious that their future together is in serious jeopardy. But the typical situation is unilateral, as in your marriage. One partner (of either gender) begins to chafe at the bit without revealing to the other how his or her attitude has changed.

A reasonably compassionate person simply does not disclose these disturbing rumblings to someone who loves him or her. Instead, a person's behavior begins to evolve in inexplicable ways.

He may increase the frequency of his evening business meetings - anything to be away from home more often. He may become irritable or "deep in thought" or otherwise uncommunicative. He may retreat into televised sports or fishing trips or poker with the boys. He

may provoke continuous fights over insignificant issues.

And, of course, he may move out or find someone younger to play with. A woman who feels trapped will reveal her disenchantment in similar indirect ways.

To summarize, the trapped feeling is a consequence of two factors: disrespect for the spouse and wishing for an excuse to get away.

Dr. Dobson is president of the nonprofit organization Focus on the Family, P.O. Box 444, Colorado Springs, CO 80903; or www.family.org. Questions and answers are excerpted from "The Complete Marriage and Family Home Reference Guide," published by Tyndale House.

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DNA test shines light on 'Bonanza' city

By SCOTT SONNER
Associated Press Writer

VIRGINIA CITY, Nev. (AP) — Archaeologists searching under floorboards in this 19th century mining town are using DNA testing in a way it's never been used before to learn secrets about the Old West.

Some of the tests might tell a story of the frontier rarely seen in Westerns or on the old "Bonanza" television series that helped make Virginia City famous.

The DNA used for the tests was found in traces of morphine residue on a 125-year-old glass hypodermic syringe found beneath one small home. Researchers believe they've found either an opium den of sorts or the office of a doctor who treated prostitutes and their customers on the edge of the town's rollicking red-light district in the 1860s and 1870s.

It is believed to be the first time DNA residue has been extracted from historical artifacts other than human remains, according to independent experts and leaders of the joint research by Portland State

University in Oregon and the Nevada State Historic Preservation Office.

They say the technique will help give historians a better glimpse into daily life on the Western frontier.

"Hollywood has made us think of Virginia City as a 'Bonanza'-type setting and even tourism today has carried that theme," said Julie Schablitsky, an archaeologist in Portland State's Urban Studies and Planning Department. "As archaeologists and historians, we need to set the record straight."

"This is an area where people from all over the world toiled hard above and below the ground. ... Back then you could get morphine and a syringe at the local pharmacy. It was not a big deal," she said.

Experts say the ability to use DNA to link gender, race and number of people to specific personal items recovered at archaeological sites is a breakthrough.

"Schablitsky's innovative application of DNA analysis opens up an entirely new way of documenting and understanding their lives

from the material things that they left behind," said Donald Hardesty, an anthropology professor at the University of Nevada, Reno, who specializes in the American West.

At its peak in the 1860s, Virginia City was "one of the great mining districts of the world, one of the richest places ever found in human history," said Ron James, Nevada's state historic preservation officer.

"We have a very good idea from what was written at the time of what it was like to be white, rich and male in 19th century Virginia City. But the rest of the story has to be pieced together by whatever means," James said.

In the case of the syringe and six associated needles, the DNA testing confirmed they'd been used by at least four people, both men and women, most likely including at least one black.

Earlier research has established that Virginia City, with a population of 60,000 at its peak, was unusually diverse for its time. Large populations of ethnic groups — including Africans, Jamaicans, Chi-

nese, Irish and Germans — worked area gold and silver mines.

In reviewing the DNA, Schablitsky concluded at least one of the people who used the syringe most likely was of African descent because of the presence of three different rare allele variants that occur more often in people of African descent than other races.

The human DNA was found on the tip of the needle-end of the glass syringe and on the needle in the syringe, as well as two other loose needles found under the floorboards, she said. The residue survived partly because it was protected from sunlight in a very dry place for more than 125 years, she said.

The morphine on the syringe was confirmed by Dr. Raymond Grimsbo at the Intermountain Forensic Laboratories Inc. in Portland, Ore. He set the tests to recover degraded morphine because historical medical manuals discuss the frequent hypodermic injection of morphine during the 1870s and 1880s.

In addition to the needles and syringe found beneath the floor-

boards, researchers discovered a urethral irrigator used to treat venereal disease symptoms.

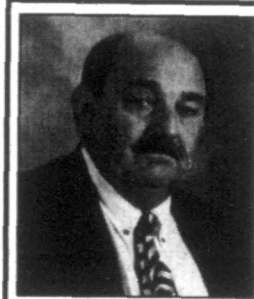
One possibility is that during the late 1860s or early 1870s, at least four adults were involved in a social gathering in which morphine was injected for euphoric effects, Schablitsky said. When the needles became dull or damaged, they could have been discarded into the floor.

Schablitsky said a more realistic theory is that a doctor who specialized in treating venereal diseases was operating out of the house.

"People of all different races might have been going to this one doctor," Schablitsky said. "It could give us a better idea of how people in the past operated with each other at a racial level."

Doug Scott, an archaeologist for the National Park Service's Midwest Archaeological Center in Lincoln, Neb., has used DNA testing of human remains — but not artifacts — in studies of Civil War and Indian battlefields.

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California world history course draws criticism

BERKELEY, Calif. (AP) — Complaints that California schools present Islam in glowing terms but shortchange Christianity are highlighting a classroom dilemma: How do you teach — but not preach — religion?

Conservatives have been outraged to learn that seventh-graders across the state studied Islam in September, in some cases dressing up in robes and playing games about pilgrimages.

"Can you imagine replicating baptisms in the Jordan River by Jesus and John the Baptist? The ACLU ... would be apoplectic," said Ken Connor of the Washington, D.C.-based Family Research Council.

State education officials defend their curriculum, considered one of the first to declare that students cannot learn about the great civilizations without looking at the spiritual forces that shaped them.

"You can't talk about and teach about history without bumping into religion," said Tom Adams, administrator for curriculum frameworks at the state Department of Education.

Publisher of book used by hit man settles lawsuit

SPRINGFIELD, Ore. (AP) — The publisher of a technical manual for hit men settled a federal lawsuit with a woman who fought off a hired killer who used the book as a guide.

The terms were not disclosed as part of the settlement agreement, said Lloyd Berstein, a lawyer who represented Paladin Press of Boulder, Colo.

Bobby Joe Wilson had sought at least \$4.5 million in damages from the publisher, which also puts out such titles as "The Anarchist Cookbook," "Be Your Own Undertaker: How to Dispose of a Dead Body" and "Silencers for Hand Firearms."

The case began in 1998 while she and her husband, Robert Leslie Goggin, 29, were getting a divorce.

Goggin hired Robert Vaughn Jones, also 29, to murder his wife in exchange for \$100,000 from her life insurance. Jones testified that he then purchased the Paladin Enterprises book "Hit Man: A Technical Manual for Independent Con-

The course getting all the attention is seventh-grade world history, which runs from the Roman Empire to the late 18th century. The rise of Islam was being taught around the time of the Sept. 11 attacks.

Trouble started in January, with reports from religious news services that students in the northern California district of Byron were dressing up in robes, pretending to go on pilgrimages and taking Muslim names.

Elizabeth Lemings, whose son is a Byron seventh-grader, believes the course crossed the line separating church and state. "I do not want my child to be taught the religious faith and practices of any other religion," she said.

Peggy Green, superintendent of the Byron Union School District, said classroom activities did not stray out of academic guidelines. She said students did not simulate going on a pilgrimage; they played a game where camels were moved across a bulletin board. They were given the option of putting on a play at the end of the three-week

unit for extra credit and, for that, some students wore robes and Muslim name cards, she said.

"Basically it's like doing a colonial report and dressing up as a colonist," Green said.

Adams said state guidelines forbid acting out religious practices. He declined to say whether it appeared Byron followed those guidelines because he does not have firsthand information and, in any case, day-to-day instruction is the responsibility of the local district. "Policing the teacher is not our role," he said.

Stacy Yount is the general manager of Interact, a southern California company which provides supplemental materials for the world history course. She said the company cautions teachers against having children act out religious rites, and also advises schools to send parents an informational letter, explaining that the history of religion plays a role in the course.

In general, however, she defends role-playing as a teaching tool.

"Children's retention of the materials is far greater than if they were to just have a lecture and just have a test, Yount said. "We really believe that philosophically this is the right way to teach."

Also coming under fire was the course text, "Across the Centuries," published by Houghton-Mifflin. San Luis Obispo parent Jen T. tractors." In her lawsuit, Wilson outlined two dozen points of advice from the book that Jones followed to the letter in planning to kill her. The advice covered such points as disposing of evidence, creating a disguise, selecting weapons and avoiding conviction if caught, according to court records.

Goggin and Jones each were sentenced in 1999 to 17 1/2 years in prison for the attack.

Wilson's lawsuit was the first filed after a similar lawsuit in Maryland triggered national concern that free speech rights might erode as more people blamed publishers and movie producers for crimes inspired by their work.

Wilson's lawyer, Don Corson, said Tuesday that his client's case boiled down to whether the publisher had conspired or aided in the crime against Wilson. The settlement didn't require the publisher to curtail any of its book production or distribution, he said.

Schroeder filed an administrative complaint against her district. She objected to an exercise in which her son was asked to imagine himself as a Muslim soldier. She also says the text gives a glowing view of Islam but a critical one of Christianity.

"This book ... is a victim of political correctness gone extreme," said Brad Dacus of the Pacific Justice Institute, a conservative group which helped Schroeder file the complaint.

Houghton-Mifflin defended the book, which has been used in California classrooms for several years.

"We try very hard to cover history and religion in a way that's sensitive," said Abigail Jungreis, a company vice president and editorial director of the social studies text.

The text was reviewed by scholars from within the religions covered, as well as First Amendment

experts, she said. It does not advocate simulating religious practices, Jungreis said. Asking students to consider events through the eyes of others is a standard teaching tool that helps develop critical thinking, she said.

As for criticism the book dwells on Christianity's grimmer moments, such as the Inquisition, Houghton-Mifflin spokesman Colin Earnst said the facts presented cover the period under study. And, he said, there is positive information about Christianity in the text, such as descriptions of the Roman Catholic church's charitable efforts and teachings to live morally and perform good works.

Suggested classroom exercises include making a story map tracing the life of the Islamic prophet Muhammad and, later in the course, creating a poster illustration of the life of Protestant reformer Martin Luther.

California's complete world history curriculum, which is taught in sixth and seventh grades, presents a balanced picture, Adams said. In the sixth grade, for instance, students study the significance of the Ten Commandments.

Schroeder said her son's sixth-grade class never got as far as learning about the commandments.

California, which overhauled its world history standards in 1998, appears to be at the forefront of a trend toward integrating information about religion into school curriculum, said Shabbur Mansuri, of the Council on Islamic Education in Fountain Valley, which recently conducted a survey with the Nashville-based First Amendment Center on the subject.

"This is how we learn about the world," Mansuri said. "We don't teach any religion in our public school classroom. We teach about religions."

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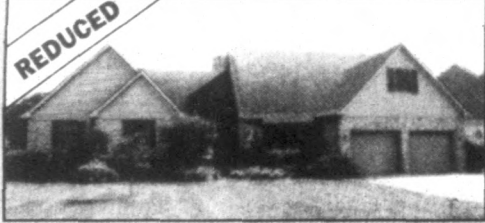
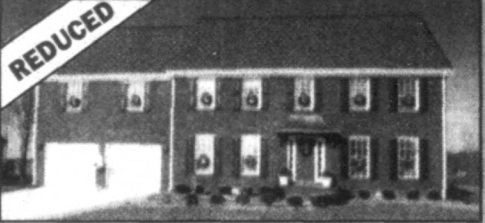

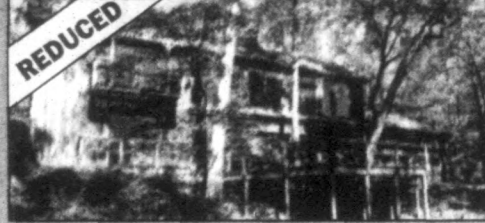








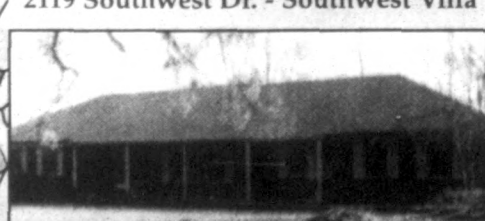
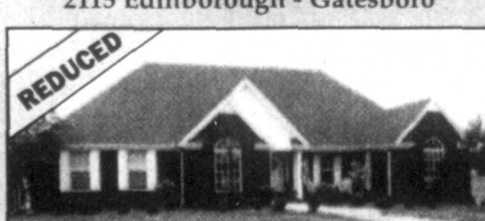


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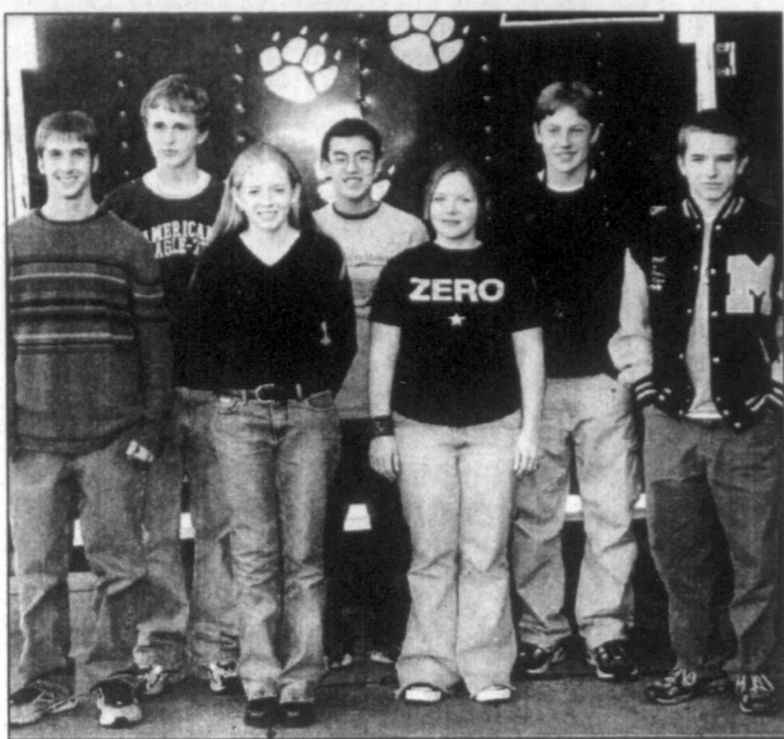


photo provided
ALL-STATE...Eight members of Murray High School band were chosen to participate at the state level in All-State Orchestra, Commonwealth Orchestra or All-State Band. To be selected, students had to be recommended at the district level and prepare an audition for state level. Students chosen for All-State spent three days in Louisville rehearsing, and performed in the Kentucky Center for the Arts Feb. 9. MHS students participating were (l-r) Michael Swain, percussion, orchestra; Zach Kingins, trumpet, band; Emily Runnels, violin, orchestra; Brett Brown, bassoon, band; Janey McClain, clarinet, band; Nathan McCoy, tenor saxophone, band; and Daniel Runnels, violin, orchestra. Not pictured is Amanda Taylor, flute, band.

Tiger Tunes



photo provided
DISTRICT BAND...Several members of the Murray High School Band earned the opportunity to participate in the recent First District Honors Bands event, sponsored by Kentucky Music Educators Association. High school band members were chosen by an audition process and placed in either the honor band for ninth graders or the honor band for 10th, 11th and 12th graders. MHS band members making the cut included (l-r), Jacquie Mateja, Heather Waters, Kacie Carpenter, Rachel Klapper, Michael Swain, Heather Ferguson, Melissa Starks, Audrey Ferguson, Zach Kingins, Sam Trevathan, Mandy Haugen, Brett Brown, Stephanie Bailey, Marshall Welch, Nathan McCoy, Janey McClain, Will Rall, Holly Gibbs, Yannick Jones, Megan Schell, Daniel Runnels and Sarah Rall. Not pictured are Amanda Taylor and Jaime Fairbanks. Dee Bishop is director of the MHS band.

Paducah Symphony shows its humorous side

PADUCAH, Ky. — On March 2, the Paducah Symphony Orchestra will present "Europe, with Humor!" at Tilghman Auditorium. The program centers around light-hearted pieces from places such as Germany, France, Italy and Spain, including a piece by composer and humorist Schickele (known as P.D.Q. Bach).

The concert will include Gershwin's "An American In Paris," which musically depicts an American tourist walking through Paris; Tchaikovsky's "Capriccio Italian," which features traditional Roman tunes; Strauss Jr.'s "Vienna Woods Waltz," which was the most popular waltz at the height of the "waltz craze"; and Manuel de Falla's "Three Cornered Hat," which is a comic opera based on a Spanish folk tale.

One of the highlights of the evening will be "1712 Overture for Really Big Orchestra," by P.D.Q. Bach, who is a fictitious composer created by professor Schickele.

"All these selections are fun for seasoned and 'new' audience members alike, but the piece by P.D.Q. Bach is especially humorous," noted Leslie Rude, general manager.

The concert begins at 8 p.m. All seats are assigned, and prices begin at \$13.25 per person; students (regardless of age, as long as they are enrolled in school) receive a \$4.25 discount. Tickets are available in advance at the symphony office by dialing 444-0065 or (800) 738-3727 or by visiting the office at 21st and Broadway in Paducah.

Office hours are Monday through Friday, 8 a.m. to 4:30 p.m., and Saturday, March 2, from 10 a.m. to 2 p.m. Tickets are also available for purchase the evening of the concert from 7-8 p.m.

To buy tickets on the Internet, go to www.paducahsymphony.com.

Bluegrass finds friend in television

By JIM PATTERSON
 Associated Press Writer

NASHVILLE, Tenn. (AP) — Television is the new best friend of bluegrass music, which was boosted by a hit film soundtrack last year but still gets scant radio airplay.

Video play on the Country Music Television cable channel played a key role in the 2001 success of the "O Brother, Where Art Thou?" soundtrack, and the breakthrough of photogenic young trio Nickel Creek.

Both acts were well represented on the last year's nationally televised music awards

shows, and Ralph Stanley will sing his "O Brother" song "O Death" at the Grammys on Feb. 27.

Now, the Public Broadcasting Service is adding its clout to the movement with a bluegrass special that will anchor its spring pledge drives across the country.

"AllStar Bluegrass Celebration" begins airing nationally in March. Filmed last month at the Ryman Auditorium, the longtime home of the Grand Ole Opry, the show features Stanley, Ricky Scaggs, Patty Loveless, Vince Gill, Alison Krauss & Union Station, Nickel

Creek, Earl Scruggs and Travis Tritt.

"We want to show what is going on in bluegrass right now," said Skaggs, who hosted the show. "We want to show that Vince is out singing and playing bluegrass. We want to show that Patty has done a bluegrass record. We want to show that Ralph Stanley is a hot commodity right now, in his 70s."

"We want to show Alison Krauss in all her radiance. But we also want to show a new side of bluegrass, a youthful side with Nickel Creek."

The spring pledge drive is the most impor-

tant of the year for PBS, said Neil Mahrer, a former PBS executive who was instrumental in getting "AllStar Bluegrass Celebration" made. Public stations are counting on the show to help raise up to \$60 million.

"I think bluegrass and PBS is a good fit, and certainly well worth this test," said Mahrer, who now works in independent television production. "The most popular fundraising program of all time for PBS is a Doo Wop show, and we've also done well with other music theme shows."

■ See Page 6C

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FridayWed. 3 p.m.
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020	Notice	195	Heavy Equipment	430	Real Estate
025	Personals	200	Sports Equipment	435	Lake Property
030	Financial	210	Firewood	440	Lots For Sale
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050	Lost And Found	260	Mobile Home Lots For Sale	450	Farms For Sale
060	Help Wanted	270	Mobile Homes For Sale	455	Acreage
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080	Domestic & Childcare	285	Mobile Home Lots For Rent	470	Motorcycles & ATV's
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120	Computers	330	Rooms For Rent	490	Used Cars
130	Appliance Parts	340	Houses For Rent	495	Vans
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To Place Your Ad Call Tammy or Amanda at 753-1916 or stop by our office at 1001 Whitnell Ave. Office Hours: Monday-Friday 7:30 a.m.-5 p.m.

020 Notice

NOTICE

All stored items in storage units 9 and 27 at C Storage, 619 South 4th St., Murray, KY 42071, have been abandoned. C Storage will have legal possession of all items stored in units 9 and 27 as of March 1, 2002. A sale date for said items in storage units 9 and 27 will be posted at a later time.

THIS MONTH SPECIAL HIGHLIGHT SPECIAL \$32.00

Offer good thru 2/28/02

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PUBLIC NOTICE

Brandon Auto World as of Feb 15, 2002 Billy E. Blackburn is no longer associated with "Brandon Auto World." Any business concerning Brandon Auto World should be directed to Mr. G.T. Brandon.

SANDRA D's Diner will be closed March 7th & 8th. Sorry for the inconvenience. We will resume normal hours March 12th.

WEDDING PHOTOGRAPHY BY LYNN

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050 Lost and Found

BASSETT Hound mixed found 2-13-02. Call to 753-7997

LOST Golden retriever mix from Oaks Country Club area. 9 months old, has black nylon collar. Call 753-0886

LOST male black & tan Beagle in airport area, wearing orange collar with previous owners name. Call 436-2919. Answer to Lucky

THIS space is reserved the day might come. Your pet has strayed can't find its way home.

Just give us a call, we'll be glad to help. Your loved one we'll try to find. Cause we all have Furry or Feathered Friends. Here at the Ledger & Times.

Call 753-1916

060 Help Wanted

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Seeking experienced Help: Servers, Cashiers, Hostess, Grill Cook, & Kitchen Help. For interview call Patty at 270-436-5566 or 731-232-6006 Tues-Sat. 11am-3pm

CLEANING service seeking a few good people. Quick advancements and can lead to supervisor placement. Apply by appointments only. Call Beverly 759-4222, leave name, phone number and message for calling.

DRIVER TRAINEES NEEDED NOW!

No experience needed. First year drivers with Werner earn \$700+ per week plus great benefits. Training is now available in your area! Get your career in gear. Call today toll free. 1-800-242-7364.

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Successful applicant will need to be able to control labor cost, food cost, service times and food quality. Compensation will depend on experience and qualifications. Must be able to work anytime. Apply in person at Sonic of Murray, 217 S. 12th St. and ask for Richard. No phone calls please.

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NEW computers \$799. up. Upgrades & Repairs Internet Service. On 1215. 436-5933. 9a.m.-7p.m. Mon-Sat. 1p.m.-5p.m. Sun. Visa/Mastercard.

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CASH paid for good, used guns. Benson Sporting Goods, 519 S. 12th, Murray.

WANT to buy good used sectional sofa, sofa love-seat, chair set, or recliners, also bedroom furniture 731-782-3238

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*1988 Buick Skylark, new tires, good body, needs engine \$250 OBO

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2 - 4 Bedroom houses. Potential owner financing. 753-4109

TWO bedrooms, stove, refriger., C/H/A, garage, W/D hookup. In Murray. Deposit, references. 492-8594.

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Some job listings look inviting, until you take a closer look. Don't waste time, start your search in the right place. The Murray Ledger & Times Classified Section. You'll find an extensive listing of jobs. So, whether you're taking your first step or your fifth, ...give the Classifieds a look.

GARAGE SALE

95 Butterfly Dr. - 94 E. to Hwy. 280 Panorama Shores follow signs.

Sat., March 2nd
8 a.m.-2 p.m. No Early Birds

Three older guitars & amp., treadmill, portable stove, fishing tackle, boy's bicycle, tools, lamps, some clothes, lots of misc.

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NEWLY decorated 1br Apt. Free standing. 411 1/2 S. 8th St. \$220. per month \$300. security deposit. 474-2520.

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410 Public Sale

GOING-GOING-GONE FARM AUCTION

Sat. March 2nd, 2002 At 10:00 A.M. - Regardless of Weather Mr & Mrs David Edwards - Paducah, KY

From Interstate 24 Near The Ohio River and the Kentucky-Illinois State Line At Exit 3, Take Hwy 305 West 1/2 Mile To Shaffer Road, Proceed North 9/10 Mile To Noble Road, Proceed East 4/10 Mile To Sale Site!

Auction To Be Held At Paducah Ag Service TRACTORS Case IH 3594 MFWD, C&A, 3681 Hrs, 18.4-42 Dis, 16.9-28 Frits, 16 Ft Wts, 3 Remotes, PTO, SN 9947675 • IH 1086, C&A, 18.4-38 Dis, 3 Remotes, Dual PTO, SN U018075 • IH 140 w/Cult, Key Start, SN 50558J • Case 580L Construction King Tractor-Loader-Backhoe w/Extenda Hoe, 874 Hours, 4x4 Front Assist, Cab-Heat-Air, SN JG0221754 ...TRUCK '86 Chevy 70 Series Tandem Grain Truck, 20' Midwest Bed & Hoist w/Toppers, 366 Engine, 5&2 Speed FARM EQUIP Black Machine 13 Kenzie Unit Plateless Planter w/Flex Swing Round Double Frame, Set Up As 13 Row 15" Spacing Or 12 Rows 30" Spacing, Row Cleaners, No Tills, Seed Firmers, Corn & Bean Meters • Case IH 4300 - 28' Field Cultivator w/Rear Harrow • 2 Years Old • Case IH 3950 - 26' Disc • 9' Spacing 1 Year Old • IH 490 - 21' Disc • DMI 30' Hyd Fold Crumpler Roller • J&M 500 Bu Gravity Wagon w/Self Contained Hyd System w/8 HP Briggs Unit, Hyd Brush Fill Auger, 16.5-16.15L Tires • Kilbros 500 Bu Grain Cart w/Front Corner Auger, 23.1-26 Tires • Like New Hutchison 8' Swing Round 62' Grain Auger w/Hyd Lift

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410 Public Sale **410 Public Sale** **410 Public Sale**

ESTATE AUCTION

Sat., March 2, 2002 • 10 a.m.

At the Dan Miller Auction Barn, Lynn Grove, KY. From Murray KY, take Hwy. 94 West to Lynn Grove. From Mayfield, KY take 121 South through Coldwater turn south onto Hwy. 1836. Follow to auction. Signs posted.

The estate of Mr. Archie Turbyfill and Mrs. Ople Erwin Turbyfill and others.

Nice Tell City 4 piece bedroom suit - quilt rack - 3 nice wood clothes closets - cedar linen chest - nice large & small glass curio - fine oblong wall mirror - nice knee hole desk - Tell City lamp table & coffee table - set of 3 marble top harp pedestal lamp table & coffee table w/rose design - Tell City dining table w/6 chairs and open face hutch - large & small bookcase - other nice lamp tables - nice old pictures & frames - color t.v. w/remote - nice clean loveseat and small wing back chair w/ottoman to match - nice glider chair - 2 nice swivel rocker chairs - electric lift chair - 2 nice table lamps w/matching floor lamp - other nice lamps - maple reading lamp - fancy old upholstered chair - fine old hand pieced friendship quilts - Roseville & Hull pottery - nice old mantle vases - 4 volume of books Faces of Nature - unsolved mysteries of the past - mystery of quest over 33 books - few pieces of pink & green depression - 6 place set of Amber Fostoria - eggshell dishes - old tureen - green glasses w/clear stem - set of clear stem glasses w/rose on side - lead crystal ice bucket & vase - small occupied Japan tea pitcher - hall tea pitcher - fine old small pitcher & 6 glasses - nice old cut glass water pitcher - nice etched bride basket - old marked milk glass - lace edge pieces - Irish candle stick holders - lot of nice Avon bottles - bird music boxes - bird striking clock - paper weights - nice perfume bottles w/glass stoppers - old berry set - other old glass & china old cookie jar / set of three Fire King pattern mixing bowls - other old stone mixing bowls - McCoy stone bowl - old Gone with The Wind type lamp - old kerosene lamp - set of Holmes & Edwards silver plate flatware in case - nice costume jewelry - large collection of dolls - some doll dishes & wicker chair & loveseat - lot of bed sheets, towels - toss pillows - rugs - blankets - like new Kirby 2000 limited edition vacuum cleaner - melmac dishes - frosted pitcher & glasses - under glazed Royal china - many pair of shoes still in boxes - purses - at least 120 pieces of nice clean clothes some still has tags on them - large chest freezer - super clean 1984 Regal Buick 2 door, 31,xxx actual miles they bought new - nice Ford truck - riding mower - air compressor - like new Industrial Honda pressure spray.

Auction held rain or shine. Not responsible for accidents. Lunch available.

For more information & your auction needs 435-4144.

Dan Miller, Darrell Beane
Terry D. Paschall - Auctioneers
Joseph W. Thomason, Appt. Auctioneer

410 Public Sale

410 Public Sale

460 Homes For Sale

470 Motorcycles & ATVs

485 Sport Utility Vehicles

490 Used Cars

495 Vans

500 Used Trucks

520 Boats & Motors

530 Services Offered

530 Services Offered

560 Free Column

570 wanted

410 Public Sale

410 Public Sale

460 Homes For Sale

470 Motorcycles & ATVs

485 Sport Utility Vehicles

490 Used Cars

495 Vans

500 Used Trucks

520 Boats & Motors

530 Services Offered

530 Services Offered

560 Free Column

570 wanted

THE EVENT OF THE YEAR!

THE ANNUAL GIGANTIC JACKSON PURCHASE FARM MACHINERY AUCTION

SAT. MARCH 9TH, AT 9:00 A.M. AT THE FAIRGROUNDS - MAYFIELD, KY

1000'S OF ITEMS WILL BE IN THIS AUCTION

WE NEVER KNOW WHAT WILL BE IN THIS AUCTION IF YOU NEED IT - IT WILL PROBABLY BE HERE

100 TRACTORS - ALL SIZES DOZERS - BACKHOES - TRUCKS IMPLEMENTS OF EVERY DESCRIPTION!!

CONSIGN TO THE AUCTION THAT BRINGS THOUSANDS... TO MAYFIELD, KY BRING YOUR EQUIPMENT ON Wednesday - Thursday - Or Friday MARCH 6TH - 7TH - 8TH STAFF & LOADERS WILL BE AVAILABLE 8:00 A.M. TO 6:00 P.M. EACH DAY... UNTIL THE LOT IS FULL... DON'T MISS THIS HUGE ANNUAL EVENT!

Only Farm Related Items Will Be Accepted!! Please No Worn Tires, Battered Fuel Tanks We Only Accept Items That In Our Discretion Are Saleable Please Have Patience With Us...Again This Year.. Road Construction Is In Progress Near The Entrance Of The Fairgrounds... It Will Soon Be Better For Future Years!!

JAMES R. CASH
726 AUCTIONEER & REAL ESTATE BROKER
FANCY FARM, KY. 270-623-8466
"THE SELLING MACHINE"

AUCTION STARTS AT 9:00 A.M.

HERITAGE AUCTION CALENDAR

Buffalo River Lots
Sat., March 9 - 10 a.m. Linden, Tennessee. 1 Mile S of Hwy. 13 22 Lots on Buffalo River - 10 Off Water Lots. County Roads - Electricity - Health Dept. Approved. Common Area on River for All Lots.

765 Acres in Tracts
Sat., March 16 - 10 a.m. Hwy. 641 South of Paris, Tennessee. (Formerly Plumley Farm) 90% Open - Fenced - Cross Fenced - Lakes - Auction Barn - Stables - Implement Buildings. Double Wide Mobile Home. PRIME REAL ESTATE.

Dickie Landing
Sat., March 23 - 10 a.m. 5 Miles S. of Saltillo, Tenn. 2 River Front Lots on Tennessee River. 8 River View Lots. Restricted - City Water - Electricity - County Roads.

40 Acres in Tracts
1/2 Mile from Above property, on Fishersville Loop.

NOTICE RESCHEDULED DATE

Thurs., March 28 - 10 a.m. Formerly Hoffman's Forge Products, 5470 Old Millington Rd., Memphis, Tennessee. Presses - Wheelabrators - Lathes - Milling Machines - Sand Blast Booth - Grinders - Buffers - Office Furniture, and Much, Much More. Call For List. 10% Buyers Premium.

116 Acres in Tracts
Sat., March 30 - 10 a.m. Clayton Town Rd., North of Paris, Tennessee. Excellent Building Sites.

ALSO SELLING IN THIS SALE -
Shofter Hill Estates - Lake Hill Beach Estates Rd. 12 Off Water Lots, and 9.6 Acre Tract. Good Location.

23 River Front Lots
Sat., April 6 - 10 a.m. On Tennessee River at Bobs Landing, East of Bath Springs, Tennessee. Health Dept. Approved - Electricity - City Water - Restricted.

19 River Front Lots
Sat., April 13 - 10 a.m. East of Big Sandy, Tennessee, at Danville Crossing. 19 River Front Lots on Tennessee River, 5 Off Water Lots. Restricted - Health Dept. Approved - Electricity - County Roads - State Boat Ramp Adjacent to Property. Also - 3 River Front Lots at Point Mason.

150 Acres in Tracts
Sat., April 27 - On Hwy. 69 and Bob's Landing Road, at Bath Springs, Tennessee. 1 Mile from Tennessee River. Electricity - City Water.

Watch Next Weeks Calendar for Additional Sales
For Lists - Plats - Appointment or More Information on Above Sales
Call HERITAGE AUCTION
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440 Lots For Sale

LOTS for sale. Starting at \$11,000. Price includes water, septic & driveway. Also land home packages. 270-437-4838.

455 Acreage

30+ acres Hwy 79 between Paris, TN and TN river. wooden building lots ready. \$1,450 p/ acre. 731-610-0039 Day, 731-934-4090 Night.

450 Farms For Sale

FARM For Sale: 64 Acres Located in West TN. Rolling wooded hills with several home sites. Farm loaded with deer and other wildlife. Serious Inquires Only For information call. 270-753-7600

460 Homes For Sale

CAPE Cod 1602 Tabard 3 bedroom, 2 bath. Must Call for Appt. \$122,500 753-0090

SW Area 3 Bd, 2 bath. Brick. 1 acre. 753-8866

455 Acreage

1 mi west of 641, Cross-land Rd. Tn. 10 acre lots or total 60 acres, wooded and open, 731-610-0039 Day, 731-934-4090 Nights.

12 acres, border Norwood Rd, partially fenced pasture, mature hardwoods, beautiful building spots. \$23,950. 731-610-0039 Day, 731-934-4090 Night.

197 acres deer and turkey galore, partially wooded. Hwy 77, 6 mi., south of Wal-Mart in Paris. \$800. p/ acre. 731-610-0039 Day, 731-934-4090 Night.

495 Vans

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1984 Honda Magna 700,

new seat, new tires, 18,5xx miles. Runs great. \$1,600. 759-0159.

1991 FXRT Harley Davidson,

1 owner, 15,xxx miles, black perfect condition, must see. \$9,800.

2000 Polaris Victory,

black/ custom bat-wing fairing, slant fiber-glass bags rider back rest, much chrome. \$9,500. 731-642-5709 Day 731-644-9513 leave message.

2001 Honda 4 wheeler,

350 rancher, automatic. Like new with 117 miles. 753-7930.

FOR Sale: 2001 Yamaha

Grizzly 600 excellent condition 68 miles, 2000 KTM 520 motorcycle. Call 270-753-7600

1995 Nissan Pathfinder

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1997 Jeep Grand Cherokee

Limited, black \$11,500., 6 cyl., leather, and loaded, 90,xxx miles, 10,000 miles bumper to bumper warranty. (270)767-9462

1999 Ford Explorer XLT

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2001 Chevy Suburban, LS

Series, Warranty, 22,xxx miles, mint cond. 1983 Ford 1 ton Econline Van Call 492-8575

93 Jeep Grand Cherokee

Laredo 4x4 loaded, 6 cyl. 99,460 miles; excellent condition; must see. \$5,800. 759-0083 after 4pm.

98 Jeep Cherokee Sport

4x4 towing package, CD, cassette, 4 door, new tires, excellent condition. 68,xxx miles. \$10,000. OBO. 753-3660

FOR SALE

1999 OLDSMOBILE INTRIGUE

Color - Bronze Mist, 48,xxx Miles, 215 HP, Power Windows/Locks, Tilt/Cruise, Cloth Interior, CD & Cassette, Power Moonroof, Keyless Entry

VERY NICE CAR! \$15,000

Call 753-0943 between 9 a.m.-1:30 p.m.

1998 1/2 Volvo V-90. Original owner, non-smoker, 63,xxx miles, leather, all options, brand new Michelin's, excellent car \$14,400. 731-642-6354 before 9:00pm.

*425 J.D. 5 ft. deck all wheel steer.

*2000 Concord 70,xxx miles

*96 Dodge Ram ext. cab 1500 series \$8,000. 753-8989

96 Dodge Intrepid 3.5 V-6 All the extras, New tires, 125k miles, really clean and very good cond. \$3295. Can be seen 94E At the 20 mile marker. Call 753-2079

I Buy Cars 752-0160

MUST sell 2001 Leganza CDX, Sunroof, All power, 28,000 miles Call 753-9216

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ABSOLUTE REAL ESTATE AUCTION

Sat., March 9, 2002 • 1 p.m.

At 618 S. 9th St., Murray, KY. Across street from Grace Baptist Church.



This nice farm house 2 bedroom - 1 bath - living room - eat-in kitchen - stove & ref. sells with house - screened in back porch - outside storage - workshop & garage - metal carport - paved drive - Mr. Herndon has put in a 200 amp service - central heat & air - new roof and new roof on garage in 1999 - new storm doors & windows in mid 90's.

Call us to show you this house.
It is ready to move into or would be good rental property.

Terms: 15% down day of auction. Balance in 30 days with passing of deed. Make your lead base paint inspection before sale day.

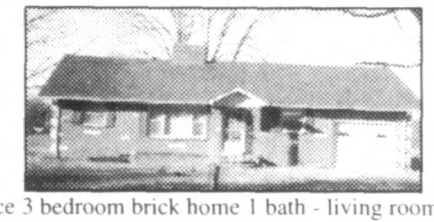
Terry Paschall - Broker 767-9223 or Dan Miller - Associates & Auctioneer 435-4144 Darrell Beane - Associate 435-4420

ABSOLUTE REAL ESTATE AUCTION

Sat., March 9th • 10 a.m.

The estate of Mr. Archie and Mrs. Opal Erwin Turbyfill at 376 E.W. Miller Rd. Hazel, KY.

From Murray, KY take Hwy. 641 south just before you get to Hazel turn right onto E.W. Miller Rd. Follow .5 mile to auction. Watch for auction signs.



Tract I: This nice 3 bedroom brick home 1 bath - living room w/fireplace - dining room - kitchen with appliances - utility room - attached garage - outside storage with nice 12 room tobacco barn. There is about 1,000 ft. road frontage. Tract I contains 8.0 ± acres.

Tract II: 35± acres of farmland - was in corn last year - selling after the real estate sells will be 1.8 acres fire cured base in the 2001 crop year - 350 lb. burly. This was the 2001 allotment. All of this is selling at Absolute Auction.

Terms on tobacco base will be cash day of auction.
Transfer of base & pounds should be in March.
Terms on real estate: 15% down day of auction. Balance in 30 days possession w/deed.
Make your lead base paint inspection before auction date.

For more information or to see this property
Phone 767-9223

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AUCTION: Sat. - Mar. 16, 10:00- NE Calloway Co. Close to Kan Lake Lodge-KY Lake- 2 Bedroom Home: 3/10- 2:00-4:00 pm. Web:turner-auctions.com

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Call 753-1916 And Ask For Tammy Stom
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TAMMY IS RUNNING OUT!

If you have run a picture in the Classifieds in the past few years, please come by and pick up your picture by March 15th.

If you don't pick up your picture it will be **THROWN AWAY!**

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*SWIMMING POOL BLOWOUT! A Huge 19' x 31' Pool With Sundek, Fence & Filter Only \$859 Complete! 100% Financing! Installation Arranged! Free Home Survey! WAC Hurry Homeowners Call Now! (1-800) 852-7946 limited area.

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*GOOD UTILITY POLES FOR SALE. Good condition. \$1,850/\$1,950 per load-delivered. Call Winstead@1-800-647-6221.

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*GROWING COMPANY LOOKING FOR MEDICAL PROFESSIONALS with venipuncture experience to do mobile insurance physicals. Control your schedule. Good part-time income. Call APPS 502-339-7600 FAX 502-339-1383.

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*SETTING, CUTTING, & STRIPPING TOBACCO. Duration: July 10, 2002 to January 31, 2003. Salary of \$6.60 to \$7.00 per hour. Workers are guaranteed 75% of the workdays of the total period of employment. Work tools, supplies, equipment and rain gear will be provided without cost to worker. Housing provided only to those who are not reasonably able to return the same day to their place of residence at time of recruitment. Transportation and subsistence expenses to the work site will be paid to non-resident workers upon completion of 50% of the job contract. Apply to: Department for Employment Services, 1000 W Main Street, Ste. No 5, Georgetown, KY 40324.

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*MEDICARE PATIENTS USING INHALERS Albuterol-Atrovent-Combivent-Serevent-Azmacort-Flovent and Others. Having Difficulty? Breathe easy again. Medicare covered liquid therapy may be available if you qualify. MED-A-SAVE 1-800-224-1919 ext. KY0902.

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*SECLUDED 315 ACRE CARROLL COUNTY FARM. Five minutes off I-71 near Carrollton, 8000 lb. tobacco base, house, 3 barns, 3 ponds. Excellent hunting. 502-732-6034, 502-732-5306.

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*SCDL TRAINING \$5 *15 Day CDL Training *Companies Hiring Today! *Earn up to \$800 per Week. *Tuition Reimbursement *Benefits Available *Get \$\$ While Training! 1-800-883-KYS. www.cdweb.com

*DRIVER-\$4,000 Sign-on Bonus and up to .41cpm for OTR company drivers. Great Benefits! CDL-A and One Year OTR required. 800-473-5581. EOE

*DRIVER-COVENANT TRANSPORT Now offering Per Diem Pay for Experience Teams, Solos and Trainers. O/O-Solos/Teams 83c. Call 1-888-MORE-PAY (1-888-667-3729)

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Some boats qualify as second homes

As the 2001 income tax return filing deadline approaches, boat owners should remember that inter-

est paid on a secured boat loan is tax-deductible as long as the boat meets the Internal Revenue Service (IRS) criteria for a second home, said the 530,000-member Boat Owners Association of The United States (BoatU.S.).

Horoscopes

BY JACQUELINE BIGAR

HAPPY BIRTHDAY for Friday, March 1, 2002: You enter one of the most important years of your life. Expect many changes in your day-to-day life. On your birthday, Mars moves into a position where all year you'll find yourself unusually busy, sometimes a bit blunt and often overwhelmed. Organization opens the door to success. Also, consider not rushing around quite as much! Jupiter activates this year, adding to your potential creativity, ingenuity and romantic possibilities. If you are single, stop thinking as "one." You are about to become a couple, if it hasn't happened yet. If you are attached, the two of you will enter one of the most romantic years of your life. Let go and enjoy! You will add to your bond materially, emotionally or literally. LIBRA understands you.

The Stars Show the Kind of Day You'll Have: 5-Dynamic; 4-Positive; 3-Average; 2-So-so; 1-Difficult

ARIES (March 21-April 19) ***** You decide to spend some funds in order to make some. You're remarkably driven. Your family and home take precedence. Prepare to focus on a domestic or personal issue. Unusual communication comes through Aquarius. Tonight: Go along with plans. TAURUS (April 20-May 20) ***** Mars moves into your sign, adding an unusual vitality or direction. Recognize what you want, and zero in on that. Make your first priority your day-to-day life. After that, take a hard look at what you want. A parent or boss shares his or her perspective. Tonight: Mosey on home. GEMINI (May 21-June 20) ***** Use your creativity. Expenses could go out of whack if you're not careful. You have a devil-may-care attitude right now, which could be fun, but later it might be problematic. Listen to someone's opinion. Tonight: Do exactly what you want. CANCER (June 21-July 22) ***** Jupiter goes direct in your sign. You might want a little more control, but right now an impetuous attitude takes over. Take action in the next few days on a long-desired goal. Your timing works. Do listen to a partner's feedback. Tonight: Happy at home. LEO (July 23-Aug. 22) ***** You enter a cycle where you can clear out many of the negatives in your life that have gone on far too long. You might not opt to take action today,

but in the next few months. You enter a new life cycle in August and will want to jump on many opportunities. Tonight: Join friends. VIRGO (Aug. 23-Sept. 22) ***** Finances preoccupy the Virgin. In the next few weeks, something you really want could become a reality. Don't kid yourself about funds. Create a money reserve. Carefully review a problem with others in a meeting. Tonight: Do errands first. LIBRA (Sept. 23-Oct. 22) ***** You're empowered by the moon. You could be heading in every direction, especially at work. A career option appears on the horizon. Be ready to jump on it. An emotional opportunity also could appear. Tonight: Wind down with friends. SCORPIO (Oct. 23-Nov. 21) ** Slow down first. How you see a situation could change as a result of someone's overwhelming reaction. Remember this. Get insight into this person and what he or she is about. Review a personal matter with care. Don't leap to any conclusions. Tonight: Take off ASAP. SAGITTARIUS (Nov. 22-Dec. 21) ***** Where a partner or associate has been reticent, his or her tune will change today or in the near future. Don't ask how, why or what. Just accept your good fortune and run with the ball. Gather others together in an important meeting. Tonight: Celebrate the good luck that is heading your way. CAPRICORN (Dec. 22-Jan. 19) ***** You finally make the impact you desire with a group or one specific person. Instead of getting the "deaf ear," now you find a highly responsive person. Move on a career matter right now. Charge more creativity into your thinking. Tonight: Someone awaits. AQUARIUS (Jan. 20-Feb. 18) ***** Detach from the immediate and eye the long term. Your decisions have an impact on your career and well-being. Don't take someone for granted. Recognize what is happening here. Add more lightness to a situation involving a family matter. Tonight: Follow the music. PISCES (Feb. 19-March 20) ***** You might be more abrupt than you realize, drawing a strong reaction from someone. You also might not be sure of what to do. Jupiter goes direct involving your romance, creativity and risk-taking. Go with spontaneity. Tonight: Play along with a loved one.

Founded in 1966, BoatU.S. is the largest organization of recreational boaters in the world. BoatU.S. is an advocate for marine safety and the environment, conducts tests and reports on boating safety equipment and offers its members a wide array of consumer services.

These include group-rate marine insurance; boat loans; on-the-water towing reimbursement; discounts on boating gear, marine fuel and marina services; and a subscription to Boat U.S. Magazine, the most widely read boating publication in the U.S..

For more specific tax information, boat owners should consult their own financial or tax advisors or visit the IRS Web site at www.irs.gov. IRS Publication 936 also covers rules for interest deductions.

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Grease & Lube
New Spark Plug
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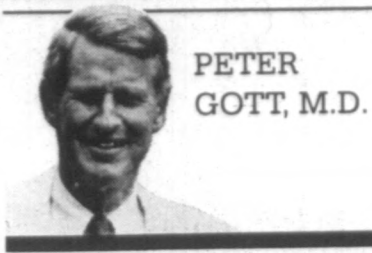
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DR. GOTT

By Peter H. Gott, M.D.



PETER GOTT, M.D.

DEAR DR. GOTT: About 10 years ago, I had hemorrhoid surgery and have not been able to control my bowels ever since.

DEAR READER: In some cases, fecal incontinence is caused by certain diseases, such as diabetes and bowel inflammation, that affect the nerves controlling evacuation.

For example, the simple ligation (tying off) or cautery (burning) of external hemorrhoids (outside the anus) would be implausible causes of the affliction you describe.

On the other hand, surgical removal of internal hemorrhoids, inside the rectal canal, can damage the anal sphincter, a ring of muscle that permits voluntary control of evacuation.

Because the anal sphincter lies so close to the intestinal surface, surgeons must be obsessively cautious about injuring or cutting it when performing hemorrhoid operations.

An internal hemorrhoidectomy, during which swollen and painful veins inside the anus are removed, carries some risk of post-operative incontinence.

Regardless of the cause, you have a serious problem that needs to be addressed by a qualified rectal surgeon, a specialist who plies his trade in a specific area of the body.

I urge you to explore this option. A rectal surgeon may be able to return you to normal by repairing the anal sphincter and other tissues that contribute to your incontinence.

In a final thought, I'll go out on a limb. Severe, advanced, persistent, uncontrollable fecal incontinence is more than a nuisance — it is a physical and psychological catastrophe that severely disrupts a patient's quality of life.

DEAR DR. GOTT: What is adrenoleukodystrophy?

DEAR READER: This is a rare, inherited metabolic disease that occurs in boys and is marked by shrinkage of the adrenal glands (which produce natural cortisone and other vital compounds) and brain damage.

A NOTE TO READERS: For updated Health Reports on "Erectile Dysfunction" and "Coronary Artery Disease," send \$2 for each report to Newsletter, P.O. Box 167, Wickliffe, OH 44092-0167.

Stay curious. KET. TeleFund 2002 • March 2-19. 1.800.866.0366 www.ket.org

DEAR ABBY

DEAR ABBY: This is in reply to the 81-year-old woman who proposed creating an anti-smoking poster with two healthy sisters on each side of the unhealthy sister who smoked. It won't work!

I'm 20, and if I saw a poster of an elderly woman dying of lung cancer, I would scoff at the message. I would be sympathetic, but I would think, "I'm young, I'll never be like that."

I propose sending teens who are ex-smokers to schools with their stories. Not just junior and high schools, but elementary schools, too. I recently quit smoking. (I was in third grade when I started.)

CHRIS IN MASSACHUSETTS

DEAR CHRIS: The problem with your proposal is that tobacco-related cancers usually take years to develop. The chances of a high school student meeting a contemporary with cancer of the mouth, throat, lung, pancreas, cervix, kidney or bladder are slim.

P.S. I'd be interested in knowing why you finally quit. Read on:

DEAR ABBY: Thirteen-year-old kids don't care about 81-year-old cancer patients on oxygen tanks. When I was 13, I had two adjectives for everything — "cool" and "uncool."

Ad campaigns directed at teens pound the health issue to death, but kids tune them out. Cigarettes are cool precisely because they are unhealthy and disreputable.

Advertising agencies with a conscience — graphic designers with a cause — tastemakers with a point of

view: Are you reading this carefully? LOSING MY COOL IN L.A.

DEAR LOSING MY COOL: Don't give up hope. I'm sure there are creative people out there who care as much as we do.

DEAR ABBY: My mother is a lifelong smoker. She is dying from lung cancer. The bravest thing she has ever done is share her story with high school students.

DEAR P.T.: Please accept my sympathy for your mother's terminal illness. She's a courageous woman to share her story in the hope it will save others.

DEAR ABBY: My deceased dad had the good grace to write a statement to be read at his funeral admitting that smoking is a killer, and he wouldn't wish it on anyone.

DEAR M.L.: My condolences to you for the loss of your father. He told it like it was.

DEAR ABBY: My sister and I are in our 40s. Upon reading the letter from the 81-year-old woman, we both decided we wanted to be healthy and active in our retirement years.

DEAR GRATEFUL: Yippee! A double victory! Your letter made my day.

LOOKING BACK

Ten years ago Specialist Donald Brantley of Murray is a medical supply specialist assigned to the U.S. Army Medical Material Center in Pirmasens, Germany.

Murray State University Racers won over Austin Peay Governors 105 to 75 in a basketball game at Racer Arena before 5,313 fans.

Births reported include a boy to Angie and Eric Messmer, a girl to Diana and Hoyo Filbeck and a girl to Amy and Lonnie Cavitt, Feb. 21; a boy to Nancy and Peter Smith, Feb. 22.

Published is a picture of Murray Ledger & Times Publisher Walter Apperson, his wife, Rainey, press foreman, R.J. McDougal, and press erector with Goss Company, Harold Hatmaker, standing by the new six unit press at the new building of the newspaper on Whitnell Avenue.

Births reported include a girl to Mr. and Mrs. Nick J. Spadafine, Feb. 6; a girl to Skip and Joyce Rogers, Feb. 16.

Mrs. Fannie Scott was honored at a dinner in celebration of her 80th birthday on Jan. 31 at the University Branch of the Bank of Murray.

Uncle Jeff's Treasure City on Highway 641 South was completely destroyed by fire early this morning. Reports estimate the damage at

\$1 million, according to Russell Dowdy, owner. Also destroyed was the Saf-T-Pharmacy, owned and operated by Bryon Forbus and Roy English, in the building. Another fire this morning destroyed the home of Mr. and Mrs. Bobby Belcher on Highway 121 North.

Births reported include a girl to Mr. and Mrs. Kenny Oliver, Feb. 23.

Mr. and Mrs. Hardin Morris will be married 50 years March 4.

Lowlands in Calloway County were flooded today with Clarks River running far out of its banks. With rain falling intermittently over the past five days with some periods of steady rain, the soil in the county is completely filled with water bringing about a high degree of runoff water.

Births reported include a boy to Mr. and Mrs. Edward Stanley Ferguson IV, Feb. 12; a girl to Mr. and Mrs. Kirk O'Keefe, Feb. 18; a boy to Mr. and Mrs. William Nold McElrath, no date listed.

Cpl. Joe Pat Anderson, son of Mr. and Mrs. Orville Anderson of Murray, is serving in the pharmacy department of the United States hospital at Camp Edwards, Mass.

Rebecca Tarry, a Southern Baptist missionary to the Spanish speaking people of Tampa, Fla., taught the mission study book, "A Crusade In Home Missions" by Courts Radford, at a study by the WMU of Blood River Baptist Association at First Baptist Church, Murray.

TODAY IN HISTORY

By The Associated Press Today is Thursday, Feb. 28, the 59th day of 2002. There are 306 days left in the year.

Today's Highlight in History: On Feb. 28, 1951, the Senate committee headed by Estes Kefauver, D-Tenn., issued a preliminary report saying at least two major crime syndicates were operating in the United States.

In 1827, the first U.S. railroad chartered to carry passengers and freight, the Baltimore and Ohio Railroad Co., was incorporated.

In 1844, a 12-inch gun aboard the USS Princeton exploded, killing Secretary of State Abel P. Upshur, Navy Secretary Thomas W. Gilmer and several others.

In 1849, the ship California arrived at San Francisco, carrying the first of the gold-seekers.

In 1854, some 50 slavery opponents met in Ripon, Wis., to call for creation of a new political group, which became the Republican Party.

In 1861, the Territory of Colorado was organized.

In 1974, the United States and Egypt re-established diplomatic relations after a seven-year break.

One year ago: A powerful earthquake rocked the Northwest, shattering windows, showering bricks onto sidewalks and sending frightened people running into the streets in places like Seattle and Portland, Ore. A train collision in northeast England killed 10 people and injured more than 70.

CONTRACT BRIDGE

South dealer. Both sides vulnerable. NORTH ♠ Q J 9 8 3 ♥ 8 5 4 2 ♦ A 10 6 3 ♣ — WEST ♠ 7 5 ♥ A Q 10 9 6 ♦ 5 ♣ K J 10 9 5 SOUTH ♠ A K 6 ♥ K J 7 ♦ K Q J 9 2 ♣ A Q

slam in spades or diamonds with North as declarer would have gone down two. Having gotten safely over the bidding hurdle, Doub now had to find a way to make 12 tricks.

It didn't take Doub long to work out the solution, however. He won the opening spade lead with the ace and cashed four more spades and four diamonds to produce this position with the lead in the South hand:

The lead of the diamond nine left West without recourse. If he discarded the heart queen, Doub would concede a heart to force a club lead into the A-Q. When West in fact discarded the club jack, Doub plunked down the club ace, caught the king and so made the slam.

Of course, if West had had the foresight to keep his mouth shut during the bidding, it is doubtful that Doub would have found the winning line of play. West therefore had good reason to kick himself when the play was over. I know, because I was West.

Tomorrow: Test your play. ©2002 King Features Syndicate Inc.

CROSSWORDS

- ACROSS 1 Filch 4 Bedouins 9 Greek P 12 'http://www 13 Slugger Hank 14 Actor Vigoda 15 Vivid 17 Shady recess 19 Keen enjoyment 20 Injury result 21 Home of the Mets 23 Hiking 27 Wine stoppers 29 Jacques' girlfriend 30 Surprised exclamation 31 Raises the price 32 Livy's language 34 Hubbub 35 Prefix for two 36 Slipper 37 Strong winds 39 Star 42 Quip 43 Playwright Moss 44 At a distance 46 Spyri girl 48 Frighten 51 Chess piece 52 Cooks in the microwave 54 Musical ability 55 Coffee holder 56 — for the mill 57 Vet patient DOWN 1 Carpet 2 Boston Bruin great 3 Jackets 4 Contented murmurs 5 Singer Bonnie 6 Curved line 7 Derek of the movies 8 Eating between meals 9 Synagogue leader 10 Cinemax rival 11 Above, to poets 16 High mountain 18 Gather leaves 20 Tractor-trailer 21 Diver's gear 22 Pueblo potters 24 Appraises 25 Tree-graft sites 26 Wrath 28 Speaking hurriedly 33 Settled 34 Warned 36 Honey drink 38 Cracked 40 Doohickey 41 Moss and Jackson 45 Lickety-split 46 Thoughtful interjection 47 — Claire, WI 48 Do christies 49 Southeast Asian 50 Unit of energy 53 Abraham's city

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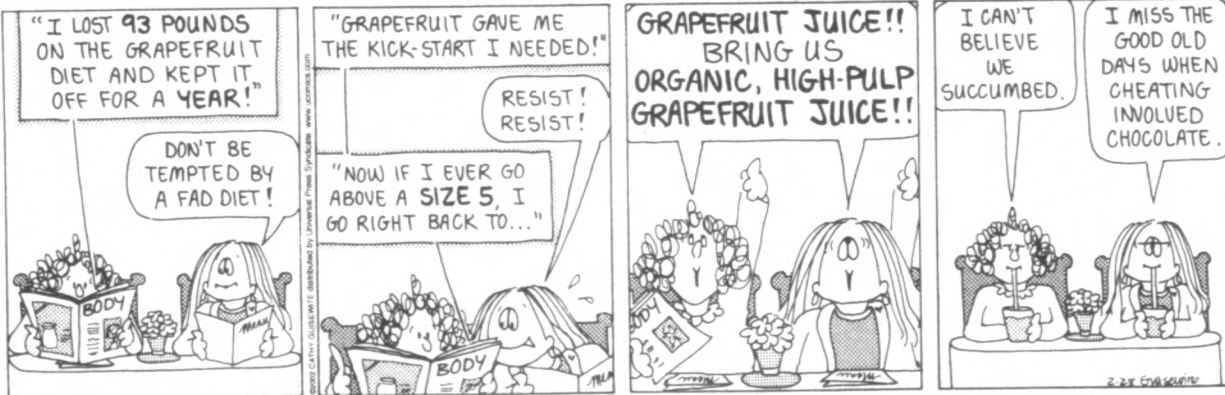
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In the Spotlight

Young featured on 'Music From the Front Porch'

Dulcimer player Teena Young will be the featured artist on "Music From the Front Porch" Saturday at 10 a.m. on NPR member station WKMS.

In addition to Young's debut radio performance, she'll join hosts Kent Henry and Charley Lynch as they present selections from Young's favorite folk and bluegrass artists.

Young grew up in western Kentucky and is a graduate of Austin Peay University. She is currently teaching elementary school in Marshall County.

Listeners have been joining WKMS on "the Front Porch" since the 1980s. The locally-produced program features folk, bluegrass, acoustic and western swing music from artists such as Bill Monroe, Woody Guthrie, Alison Krauss and the locally-rooted Nickel Creek and Special Consensus.

WKMS can be heard on-line at wkms.org. Call WKMS at 800-599-4737 to get a listening guide and more information about Murray State University's listener-supported public radio service.



Photo provided

WESTSIDE RECITAL ... The music students of Linda Wright were recently featured in a recital held at Westside Baptist Church.

Wright students hold music recital

The music students of Linda Wright were recently featured in a recital held at Westside Baptist Church.

Amanda Trites, Barbara Coleman, Joshua Glass, Jordan Belcher, Michael Belcher, Courtney Perry, Paige Cowen Van Pelt, James Cavitt, Brittany Trites, Megan Jones, Megan Forth, Kelsey Bedwell, Tyra Lokey, Jennifer Cavitt, Christa Lauran Hopper, Kathleen Paschall, Clint Gentry, Greg Wood, McKaylon Wilson, Jessica Cook, Katelyn Robinson, Allison Doyle are pictured.

The students were featured on piano, guitar, violin, saxophone, harmonica and vocal selections. Guest, Brooke Salley, assisted Jessica Cook on a piano duet. Leroy Gaines was unable to attend. Whitney Wicker was not present for the picture. Renee Doyle and Sherida Gentry assisted their children on piano duets.

Special awards were presented as follows: 1st Place Performance: Whitney Wicker, Joshua Glass, Tyra Lokey, and James Cavitt. 2nd Place

Performance: Leroy Gaines, Michael Belcher, and Courtney Perry. 3rd Place Performance went to McKaylon Wilson, Megan Forth, Jessica Cook, Greg Wood, Jordan Belcher, Jennifer Cavitt, Megan Jones, Allison Doyle, and Clint Gentry. 4th Place Performance went to Brittany Trites, Barbara Coleman, and Dylan Miller.

New student trophies were presented to Kathleen Paschall, Katelyn Robinson, Kelsey Bedwell, Paige Cowen Van Pelt, and Christa Lauran Hopper. Most Practice Trophy went to Greg Wood. Most Improved Trophy went to James Cavitt.

The students will be performing for the residents of Hickory Woods Retirement Center on March 15 and April 26 at 6 p.m.

Their next recital is planned for Sunday, May 5 at 2 p.m. at Westside Baptist Church, 207 Robertson Road South. The public is invited to these performances.

This spring, Mrs. Wright celebrates 30 years of teaching music in our community and surrounding area.

Bluegrass ...

From 1C

Bluegrass — acoustic music featuring fast-paced musicianship and bluesy, "high-lonesome" vocal harmonies — has long had a small but devoted following. The soundtrack for "O Brother" gave it a massive commercial boost, despite most of the music on the album actually being Depression-era music that predates bluegrass.

Even with the "O Brother" success, country radio stations have resisted the bluegrass single "I Am a Man of Constant Sorrow," and haven't shown much interest for Nickel Creek or recent bluegrass projects by established stars such as Lovelace and Dolly Parton.

"For some reason there seems to be a fear about it, that it doesn't sound like everything else that's come out in the last decade that passes for commercial country," said Brian Phillips, a former radio programmer who now programs CMT. "And we're getting a lot of audience feedback that they're looking for something exactly like that."

Phillips said a recent weeklong CMT promotion of bluegrass-themed programs drew 7.1 million viewers, as good a week as the station has ever had.

"In my lifetime bluegrass is the first popular music that doesn't have a narrow appeal, in that calculating marketing way of thinking," he said. "It's not targeted to any particular demographic. So it can reach older, disenfranchised country fans who didn't like it when it started rocking too much, and appeal to younger fans as well."

Terry Lickona, who has produced "Austin City Limits" on PBS for 26 years, said he expected more gray hair in the audience at the Ryman when the "AllStar Bluegrass Celebration" was taped.

"But every time we would cut one of the cameras to an audience shot, there were a lot of young people. I'm not talking about little kids who came with their parents. There were teen-agers and college kids," he said.

Lickona said he believes the interest in bluegrass goes beyond "O Brother."

"Everybody is talking about how cultural tastes have changed as a result of Sept. 11, and I think there is this yearning for something more basic and authentic," he said. "I think it's going to continue to build."

CMT is planning more bluegrass programming. The "Down from the Mountain" tour, featuring performers from "O Brother," is selling out in many cities. And Skaggs said bluegrass will soon anchor a Disney animated film, titled "My Peoples" about the Appalachian region. It is scheduled for a 2005 release.

"I really think that this music can continue to get onto the silver screen, can continue to get on television," Skaggs said.

"All we have to do is get past the stigma that it's not commercial music. Who is the person that said that, anyway?"

"I'd like to meet that person and say 'Who told you that this is not commercial music? Who told you that this can't be accepted on country radio? — You're stupid.'"

Graduating senior Schell takes on dual roles for 'Hobbit'

Graduating Senior, Megan Schell will be among the dancers performing with The Jackson Purchase Dance Company Dance Outreach Tour 2002. Schell, a senior at Murray High School is performing dual roles, a Troll and the Elven Queen in the dance company production of "The Hobbit" on Saturday, March 2, at the Wrather West Kentucky Museum Recital Hall at Murray State University, and a second public performance will on Friday, March 8, at the Market House Theatre in Paducah.

Schell has been with the Jackson Purchase Dance Company since 1996. During her tenure as a dancer, she has performed in several productions including "Cinderella," "Jewels," "Classical Adaptions," and "Alice In Wonderland."

Following graduation, Schell plans to pursue her college education in the field of the arts. "I plan to keep dancing throughout college in order to enhance my education in the arts," she said.

She will also tour to New York City with JPDC in July to perform "The Hobbit" at the

Children's Museum of Manhattan and the New York City YMCA Youth Arts Center.

As a student at Murray High School, she has been active in the Band, Chorus, and Academic Team. Schell is the daughter of William and Janet Schell of Murray.

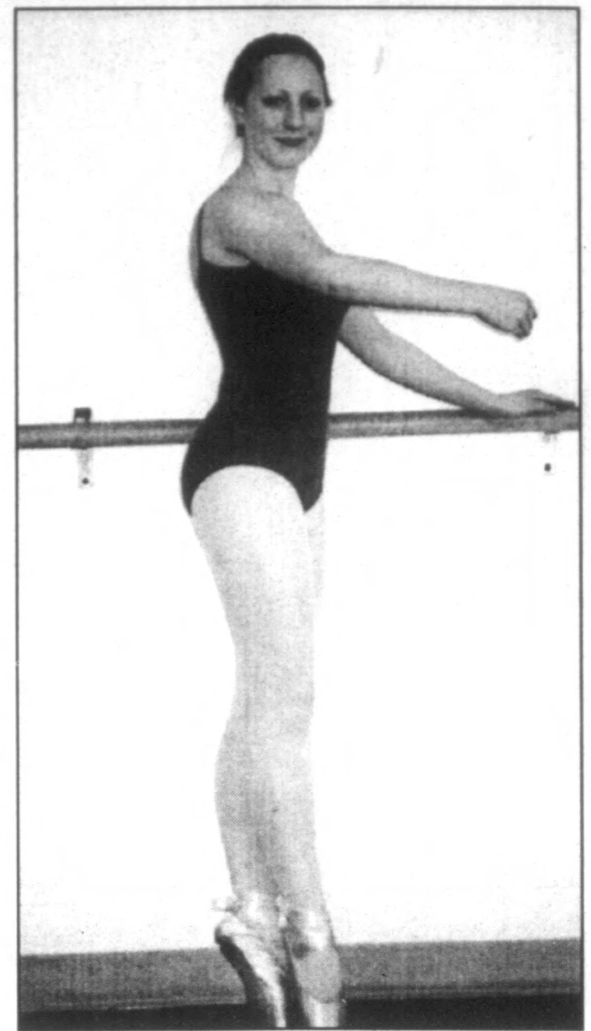
Curtain time for both performances of "The Hobbit" is 7 p.m. General Admission is \$5.00, children under 5 are free. "The Hobbit" is funded in part through a grant from the Kentucky Arts Council, a state agency in the Education, Arts and Humanities Cabinet, with support from the National Endowment for the Arts.

JPDC's 2001 — 2002 production season was made possible by the Corporate Underwriting support of Westvaco.

All JPDC performances are held in facilities that are handicap accessible.

Photo provided

ON HER TOES ... Megan Schell (right) is performing in the Jackson Purchase Dance Company's production of "The Hobbit."



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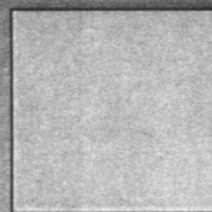
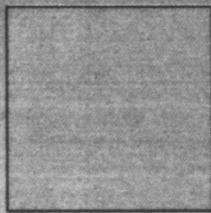
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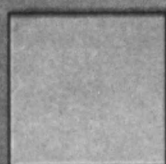
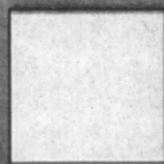
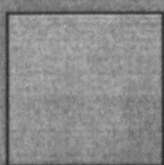
FEB 28 2002



Mind _____

Body _____

& Soul _____



Physical fitness important to all ages



KRISTY HOPPER/ Ledger & Times photo

Residents at Hickory Woods exercise with weights as part of their daily fitness routine.

While many elderly individuals may not be able to run, jump and play in order to stay fit, there are exercise programs available at assisted living facilities that can help older individuals strengthen their hearts and loosen their joints.

According to Janet Miller, activities director at Hickory Woods Retirement Center, exercise activities are available at the center two to three times each week.

"We exercise to music doing mainly chair exercises that work the upper and lower body," Miller said.

Exercising for about 30-minutes each time, the center uses a combination of ropes, Frisbees, weights and hula hoops to increase circulation and mobility of its residents.

While participating in the exercise program is voluntary, Miller said she has about 10 to 15 residents who exercise with her each time.

"We enjoy being together as a group and the main thing is just to have fun," Miller said. "If it hurts, don't do it."

While weights are used to help keep muscles strong, Miller said the combination of props during each workout help residents work their joints such as shoulders, wrists and knees.

Although all exercises are performed in a seated position, Miller said the work out is good enough to bring residents' heart rates up.

While residents at Hickory Woods use various equipment to maintain agility, Viola Wood, activities director at Glendale Place, said every morning - on a voluntary basis - residents perform chair aerobics to an exercise video the facility has been using for the past three years.

Beginning at 9 a.m. each morning, the one-hour video is divided

■ See Page 3

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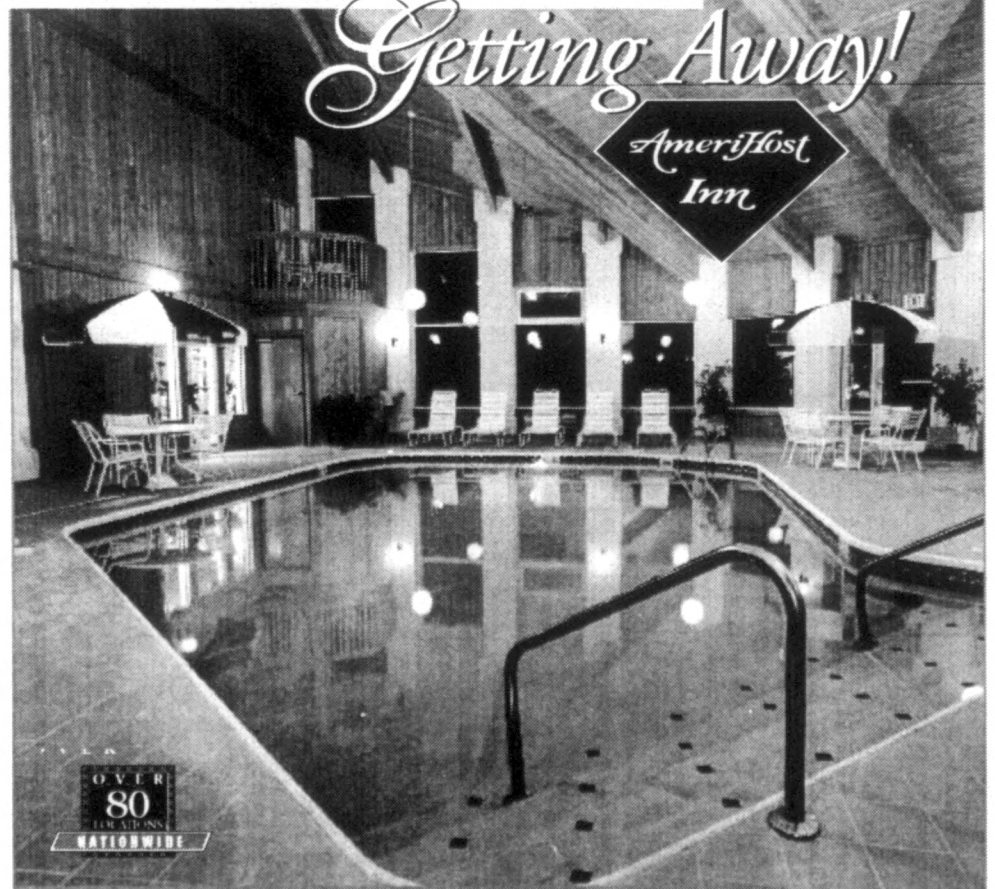
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■ ***Fitness ...***

From **Page 2**

into three twenty-minute sessions, which range in difficulty from easiest to hardest.

Using claps and kicks, residents perform and aerobic routing that helps increase their heart rate while at the same time, helping with improving their mobility.

Exercising each Monday morning, Rhonda Brown, activities director at Fern Terrace Lodge, said she also uses chair exercises to keep her residents in shape.

"We sit down because there are a

few who are not able to stand," Brown said.

According to Brown, exercise such as row the boat and ride the bike are used to work all portions of the body and help keep joints from becoming stiff.

"There are many things (exercises) to do. Many (residents) do them everyday in their own rooms," Brown said.

Kristy Hopper is a staff writer for the Ledger & Times



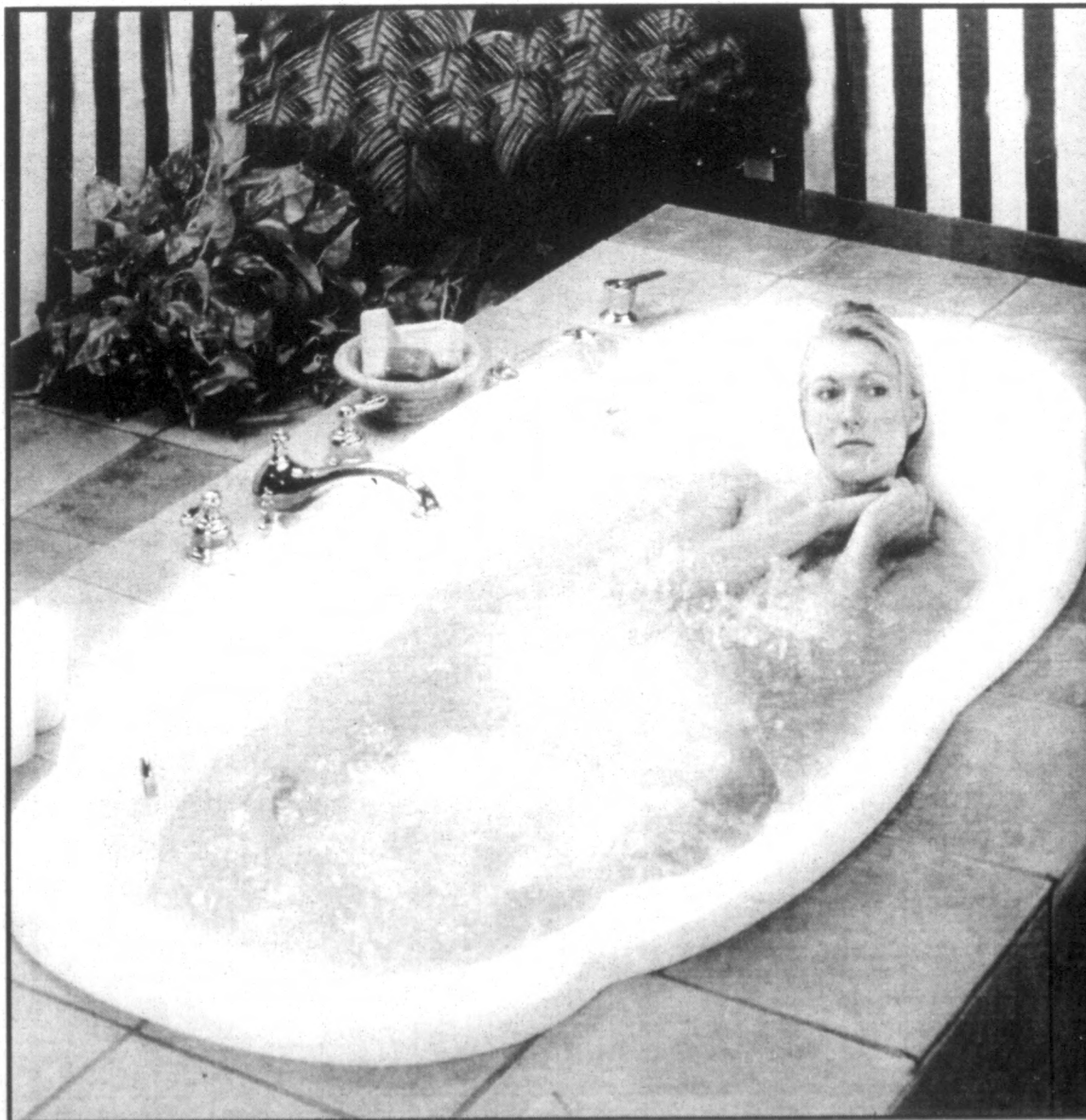
Lela Christenbery stretches during Glendale Place's exercise routine.

Mind Body and Soul

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 Layout & Design..... Brandi Williams
 Writers Brandi Williams & Kristy Hopper
 PhotographyBrandi Williams & Kristy Hopper

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Local facilities offer alternatives to aerobics

Many doctors suggest exercising at least two or three times a week to maintain health. While aerobics and weightlifting may not seem tempting to some, there are various types of alternative exercise programs that to help keep the people of Murray and Calloway County healthy.

Tung Dinh offers his patrons little more incentive than healthy and looking lean, his incentive is cash.

At Martial Arts America, Dinh provides the Ultimate Bodyshaping course which disciplines students in aerobic kickboxing, resistance training, flexibility and nutrition.

"Martial arts has to deal a lot with discipline," Dinh said. "And with any exercise and diet it is how well they discipline toward their goal."

Dinh said one of the major benefits of the 10 week course is it is broken into small support groups to help encourage students and keep them focused.

"They become their support team and have a family with the same interests."

Dinh offers other fitness areas like kickboxing and traditional martial arts as well.

The Murray Calloway County Hospital's Center for Health and Wellness offer such programs as Aquatics, Yoga, Body Pump and Cardio-Kickboxing.

According to health and wellness employee Allison Lancaster, aquatics is an exercise program that helps improve the fitness of the heart and lungs in addition to toning the body and increasing a person's overall endurance.

Taking place in an 83-84 degree swimming pool, the program provides a total body workout with almost continuous movement.

Lancaster said the program teaches individuals how to use the buoyancy of the water as an advantage to their workout through hand and leg movements in the water.

"Because of the natural resistance of the water, people develop good body tone," Lancaster said.

Yoga, which serves primarily as a stress reliever, can enhance a person's flexibility, build strength, align the skeletal system and reduce a person's blood pressure.

According to Lancaster, the whole system of Yoga is built on three main structures - exercising, breathing and meditation.

The exercises of Yoga are designed to put pressure on the glandular systems of the body, thereby increasing its efficiency and total health.

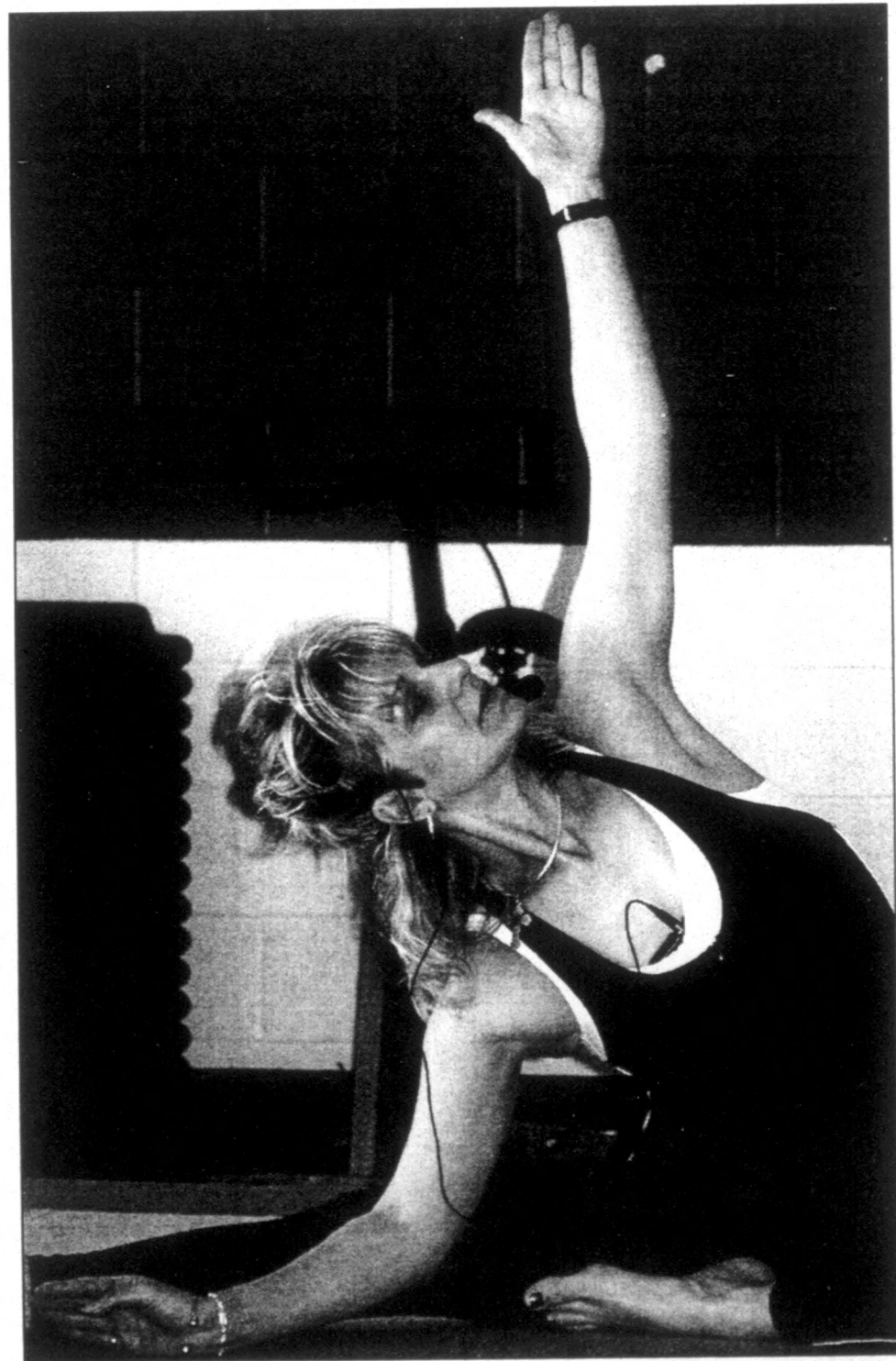
Breathing techniques are based on the concept that breath is the source of life in the body. Through Yoga, increased breath control improves the health and function of both body and mind.

The two systems of exercise and breathing prepare the body and mind for meditation helping individuals find a quiet mind that allows silence and healing from everyday stress.

"Many don't realize their getting a workout when they actually are," Lancaster said.

An aerobic workout in which individuals use punching bags to perform variations of kicks and

■ See Page 5



KRISTY HOPPER/ Ledger & Times photo

Lisa Goss, Yoga instructor at the Center for Health and Wellness, goes through a yoga breathing and stretching routine.

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■ *Alternative exercising ...*

From Page 4



BRANDI WILLAIMS/ Ledger & Times photo

Lynda Shutt, assistant instructor, demonstrates resistance training at Tung Dinh's Martial Arts America.

punches. Cardio-Kickboxing implements different types of exercises in the workout to help with overall strength and endurance.

Using a combination of sit-ups, push-ups and jump ropes along with the kicking and punching techniques of kickboxing, Lancaster said Cardio-Kickboxing is one of the largest classes offered at the Center for Health and Wellness.

According to Lancaster, the program helps strengthen the heart and lungs while improving overall strength and flexibility.

"Kickboxing helps burn a lot of calories, develop tone and a lot of muscle," Lancaster said.

For individuals seeking a specially designed program to meet their work-out needs, Ashley Skinner, wellness and fitness director for the YMCA of Murray and Calloway County, said the business offers with its membership the chance for its members to develop an exercise program to meet their own specific needs.

"They (members) make an

appointment where they discuss with me or another director their goals and barriers and then an assessment is taken," Skinner said.

According to Skinner, the assessment tests certain aspects of the client such as height, weight, body fat percentage, target heart rate in addition to strength and endurance testing and cardiovascular testing.

"An exercise program is then designed specifically for the client based on the appointment," Skinner said.

While each exercise program is different because of the varying needs of each client, Skinner said the programs are typically gender-based because most men prefer using free weights and most women prefer working out on machines.

"Some clients have injuries and we also have to develop an exercise program designed to meet their specific needs," Skinner said.

Kristy Hopper is a staff writer for the Ledger & Times.

*Anniversaries aren't about years.
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25 years ago, Western Baptist Hospital started providing the first cardiac catheterizations in this area. But the number of years is unimportant. What is important is that from that beginning, the hospital's cardiac services continue to grow. Western Baptist is now the largest cardiac referral center in the region, providing area residents with a broad range of services and a commitment to excellence.

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Fitness takes religious turn

Many times when a person begins a new health routine they lean toward the medical side.

However, there are some who are using some spiritual help to get into shape.

Karen Welch, owner of New Life Christian Bookstore, said there are numerous books and materials available for Christians looking for a spiritual way to stay fit.

"There is everything from impact aerobics and low impact to the mom-to-be and pregnant workout tapes," Welch said.

She said many times people are looking to get into shape, but don't necessarily want to do it in a stereotypical way.

"Not everyone wants to sweat to the oldies," Welch said. "Here's an opportunity to worship while you walk."

However, her most requested items are the healthy eating books.

Welch said there are several Christian authors who believe that it is not necessarily the food that makes a person fat.

"Many biblical perspectives on weight loss aren't rooted in food, they are rooted in a person's way of life," Welch said. "There are a lot of people who are hungry to be loved and they

"It is not about food, it is about other issues. It is saying 'Where are your priorities lying?'"

Karen Welch

Owner of New Life Christian Bookstore

fill that void with what they eat."

Welch said the main basis of these weight loss plans are making lifestyle changes, not divulging in fad diets.

"The word diet has the word die in it," Welch said. "It is not about food, it is about other issues. It is saying 'Where are your priorities lying?'"

She said many of the programs suggest weigh-ins where another person monitors weight loss; some create a menu where a person can exchange food items for other items; some center around church groups that provide support.

Martha Norsworthy, member of Blood River Baptist Church is the co-coordinator of the First Place plan at her church. The 13-week program which includes meetings every Sunday to offer encouragement and Bible study.

"It is one of the best programs I have ever been in," Norsworthy said.

She said she has lost quite a bit of weight with

the program, but most importantly, she said she has learned to be a stronger person.

"I have never been a very strong person," Norsworthy said. "God did a work on me physically, spiritually and emotionally."

"I have really learned to put God first in every aspect of my life," Norsworthy said.

She said she has developed better eating habits through the group and is no longer dieting.

"It is about changing your eating habits so you can live it for the rest of your life," Norsworthy said.

She said her group participates in the food exchange program which is quite a bit like the American Diabetics Association exchange program. She said she has not reached her goal weight yet, and for a while she had hit a plateau.

"God had to work on other areas of my life," Norsworthy said. "Now's the time he is ready to work on my weight."

She said the encouragement from her group is really what inspires her to continue on.

"It is just like a family, they are there to cheer me on," Norsworthy said.

Brandi Williams is a staff writer for the Ledger & Times



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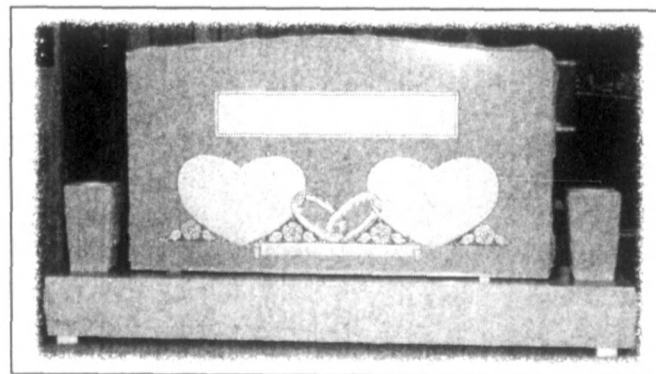
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Self-help books offer comfort, support, advice

During turbulent times, many turn to their local bookstore or library for guidance.

Ben Graves, director of the Calloway County Public Library

said self-help books cover a wide range of topics.

"Self-help books come in three flavors: how not to be sad, how not to be crazy and how not to be

broke," Graves said.

He said when people turn toward self-help books they are doing so mostly for self-diagnosis or coping with issues.

He also said diet books are also horribly popular, even if they are not the latest diet books. Graves said many people will check out diet books that are up to three years old.

"Diet books will go out forever," Graves said.

Another popular topic people request at the library is mental health books, but he said many times it is to diagnose an illness within themselves, or someone they love.

He said another frequently requested topic is the latest medical advancements.

"People want to know 'how not to be dead,'" Graves said. "They don't want to be the last to die before they come up with the miracle cure."

Keila Housden, owner of Castlerock Books and Coffee, said many of her patrons request books by Dr. Phillip McGraw.

"Our most popular self-help book

is 'Self Matters' by Phillip McGraw," Housden said. "He also has 'Relationship Rescue' which sold quite well at Christmas."

She said one of the main reasons his books are so highly requested is because the author is frequently on television.

"People will watch him on T.V. and come in wanting the book," Housden said.

She also said the 'Don't Sweat the Small Stuff' books are very popular.

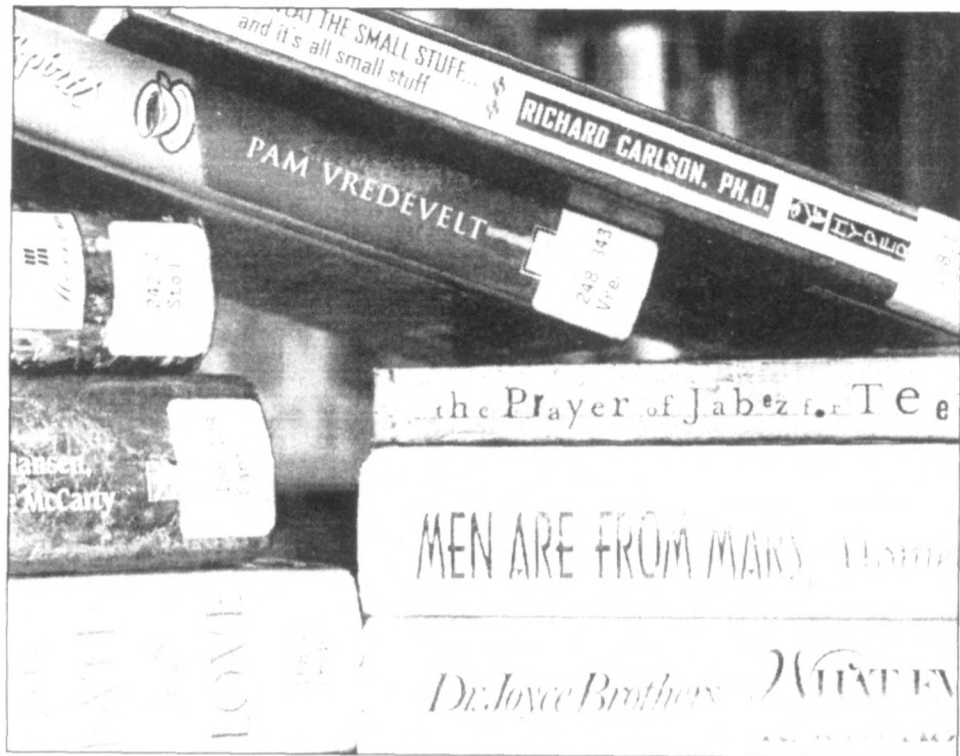
"Love has been the most popular out of this series," Housden said.

Linda Griffin, assistant manager of Ginger's Hallmark, said she also sells many books by Dr. Phillip McGraw, but a big seller at her store is "Chicken Soup for the Soul."

"I'm amazed 'Chicken Soup for the Soul' still does well," Griffin said.

However, her top sellers are mostly inspirational books, and the one they can barely keep in stock is "The Prayer of Jabez."

"He had a hard life and prayed



BRANDI WILLIAMS/ Ledger & Times photo

The Calloway County Public Library keeps a large range of self-help books in circulation.

See Page 9

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Western Baptist celebrates 25th anniversary

Western Baptist hospital is celebrating their silver anniversary of heart health care.

On Feb. 28, 1977, the first cardiac catheterization was performed at Western Baptist Hospital by Dr. Lowell Roberts. That catheterization marked the beginning of firsts for the hospital.

"It has been an exciting 25 years," Roberts said. "I'm very pleased with how the program has grown."

Roberts, who is originally from Benton, decided after he completed his studies at the University of Louisville that the best place for him to set up practice would be in Western Kentucky.

"He wasn't the first cardiologist, but he was the first invasive cardiologist," Larry Burton, Western Baptist Hospital president.

Roberts said he could have gone to a big city to practice cardiology, but felt he would make more of a difference in a smaller community.

To receive this type of health care before required people to drive quite a distance.

"Before, people either had to go to Nashville, St. Louis or Memphis for this type of procedure," Burton said.

Roberts said having good health care is just as important in small communities as it is larger ones.

"Smaller communities have just as many sick people and just as much need for these services," Roberts said. "I'm more of a smaller community individual. It fits my lifestyle."

Since the first heart catheterization, Western Baptist has performed that procedure more than 4,100 times.

Burton said he has watched the hospital's heart health care grow significantly in the last 25 years, and Roberts said he thinks the hospital has held up to its vow.

"We made a vow to be at the cutting edge of cardiology and I think we have done that," Roberts said.

In 1985, Western Baptist hit a mark when Dr. W. Robin Howe performed the first open heart surgery in Western Kentucky. Since then the hospital has performed more than 6,700 open heart procedures and more than 3,000 heart catheters each year.

Western Baptist also specializes in several healthy heart programs like CPR, fitness programs, smoking cessations and health screenings.

"We work a lot with prevention," said Tiffany Blazina, marketing with Western Baptist hospital. "We've got a huge program here."

Roberts said he doesn't think all the advancements would be possible if he had not been surrounded by supportive peers.

"This program could only occur because I have been able to attract so many cardiologists around me," Roberts said.

Brandi Williams is a staff writer for the Ledger & Times

■ Reading ...

From Page 8

and breaks down the content of that scripture," Griffin said. "It's about being unselfish, helping other and being blessed."

She said another popular inspirational book is "Help Me I'm Married."

"I know people who walk in, see that and grab it," Griffin said.

Graves said he is sometimes surprised by the numbers of people who read inspirational books.

"Our inspirational material circulates better than our theological works," Graves said. "Those works are just basically more popular."

Graves said one of the main reasons these books are so popular is because reading the books is cathartic.

"People want to sit down and

have a good cry and it makes them feel better," Graves said.

However, he also said people will read other books to achieve the same effects of self-help or inspirational works.

He said one of the most popular areas of the library is the 368 section- or true crime section.

"It's mostly lurid, true crime books or disaster books," Graves said. "People read them to feel better."

He said it is a 'My life isn't so bad approach.

Graves said many people will read romance or westerns for the same reasons.

"They turn their brain off and let the stress run away," Graves said.

"It's hard to keep stress when you

are knee deep in a romance or western." Graves said.

"It serves their mental health well by giving them a place to be," *Brandi Williams is a staff writer for the Ledger & Times.*

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Dieting is out: good nutrition is in

As we draw deeper into 2002, many are still trying to stay on track with their New Year's resolutions. For those trying to lose weight, Rebecca Wright, dietitian at Murray-Calloway County Hospital's Center for Health and Wellness, has a few tips on what to do as well as what focus should be

limited or reduced in order to lose weight.

When it comes to dieting, Wright said a person's first priority should be their health and not their appearance. What makes a person healthy on the inside will help with their appearance on the outside, she said.

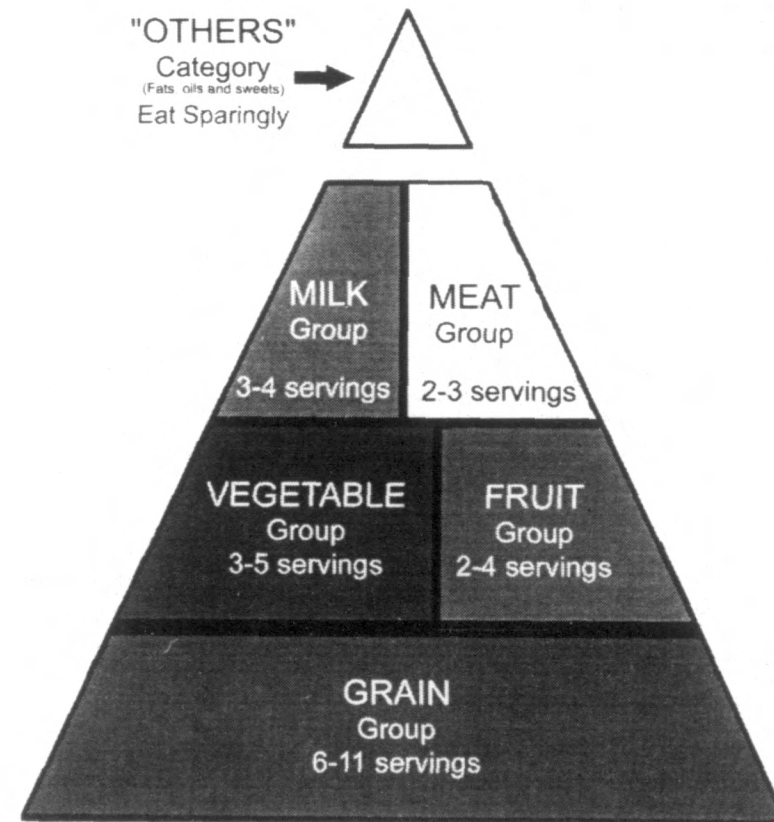
"Focus on a healthy lifestyle for a lifetime," Wright said.

According to Wright, individuals seeking weight loss should be realistic by making small changes one step at a time while aiming for no more than one to two pounds of weight loss per week.

To help with weight loss, Wright suggests eating three to five small meals or snacks a day while trying not to skip meals or eat late at night. Wright also pointed out that breakfast should be eaten every morning.

For those who aren't morning people and can't stomach the thought of a morning meal, Wright said eating a banana, cup of yogurt or even a slice of lunch meat in the morning is ben-

DAILY FOOD GUIDE PYRAMID



KRISTY HOPPER/ Ledger & Times photo

DON'Ts

(instead of saying "don't" say "limit or reduce frequency")

1. Skip meals
2. Eat late at night
3. Drink alcoholic beverages regularly
4. Eat high fat foods on a daily basis
5. Consume all your daily calories in ONE meal
6. Eat desserts daily
7. Drink sugar sweetened beverages every meal
8. Eat for comfort or stress relief
9. Drink whole milk
10. Drink more than 2 diet soft drinks a day

■ See Page 11

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■ Nutrition ...

From Page 10

eficial enough. Wright also suggests that drinking four ounces of juice can help provide morning nutrition for those who choose to eat nothing at all.

"Anything nutritious to break your overnight fast can help get your

metabolism going in the morning," Wright said.

Although Wright recommends eating fruits instead of drinking fruit juices because of the high amount of sodium contained in most juices, she said as long as the amount of juice

drank each time is limited to the proper serving amount of four ounces, it can help a person start their morning or substitute as a serving of fruit for the day.

Because plant chemicals help reduce the risk of health related diseases, Wright also suggests eating a combination of five servings of fruits and vegetables each day, in addition to drinking plenty of water and limiting diet drinks to two a day.

"Not enough research has been done on the effects of (artificial) sweeteners on the body in the long-term," Wright said.

According to Wright, carbohydrates take approximately an hour and a half to be digested while proteins take four hours and fats up to 12 hours. When it comes to meals, Wright said a small amount of protein should be consumed with each meal because it stays in the body longer.

"If you fill up on carbohydrates only, it's gone within a couple hours and you have to eat again to stabilize your hunger," Wright said.

As far as health and caffeine,

Wright said individuals should think about their own personal health history to determine whether or not they should have caffeine in their diet. For the general population, Wright said one or two servings of caffeine each day is not harmful, although it isn't good to overdo it.

Wright said she believes the myriad of diet pills on the market are a quick fix to losing weight and aren't beneficial in the end.

"I've seen several people go on diet pills and lose weight only to gain it all back and more," Wright said. "Diet pills are a crutch. I'd rather see someone make a lifestyle change."

Whether a person is trying to lose weight or is trying to eat healthier, Wright suggests keeping the Daily Food Guide Pyramid in mind. Based on the pyramid, three to five milk products should be consumed daily, two to three meat, three to five vegetable, two to four fruit and six to 11 grains.

Kristy Hopper is a staff writer for the Ledger & Times

DOs

1. Make health, not appearance, your first priority
2. Focus on healthy lifestyle – for a lifetime – not on "dieting"
3. Eat breakfast every day
4. Increase water in diet
5. Eat 3-5 small meals/snacks per day
6. Include physical activity most days of the week
7. Set realistic (attainable) goals and write out an action plan to achieve those goals
8. Be realistic – make small changes one step at a time and aim for no more than 1-2 lbs. of weight loss per week
9. Think moderation, not deprivation
10. Include whole grain products in your meals, i.e. whole wheat bread, oatmeal, brown rice
11. Be adventurous with food selections – go large on flavor and small on portions ... use spices instead of fat for flavoring
12. Eat more vegetables and fruits
13. Be sensible ... it's progress toward healthier eating not perfection
14. Have a positive attitude
15. Plan meals/snacks
16. Eat lower fat dairy products
17. Expect to be successful ... positive self-talk sets you up for success



Photo by Lance Allison Photography

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6-7 a.m. Deep Water Workout	6-7 a.m. Deep Water Workout	6-7 a.m. Deep Water Workout	6-7 a.m. Deep Water Workout	6-7 a.m. Deep Water Workout	8 a.m. to 4 p.m. Open Swim
8-9 a.m. Aqua Aerobics	8-9 a.m. Aqua Aerobics	8-9 a.m. Aqua Aerobics	8-9 a.m. Aqua Aerobics	8-9 a.m. Aqua Aerobics	
9:30-10:30 a.m. Aqua Aerobics	9:30-10:30 a.m. Aqua Aerobics	9:30-10:30 a.m. Aqua Aerobics	9:30-10:30 a.m. Aqua Aerobics	9:30-10:30 a.m. Aqua Aerobics	
Lap Swimming (10:30 a.m. - 12:30 p.m.) Open Swim (10:30 a.m. - 3:30 p.m.)					
3:30 p.m. - 5:30 p.m. Murray Youth Swim Team (Lanes available for lap swimming)					
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7-9 p.m. Lap Swim <i>Lifeguard on duty</i>	6:45 - 8:45 p.m. Family Swim <i>Lifeguard on duty</i>	7-9 p.m. Lap Swim <i>Lifeguard on duty</i>	6:45 - 8:45 p.m. Family Swim <i>Lifeguard on duty</i>	6:45 - 8:45 p.m. Family Swim <i>Lifeguard on duty</i>	



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8:10-9 a.m. Yoga	8-9 a.m. Fit for Life	8:10-9 a.m. Yoga	8-9 a.m. Fit for Life		8:30-9:30 a.m. Body Pump
9-10 a.m. Fit for Life	9-10 a.m. Body Pump	9-10 a.m. Fit for Life	9-10 a.m. Body Pump	9-10 a.m. Fit for Life	
				10-10:30 a.m. Little Ninjas	10:30-11:30 a.m. Kickboxing
	3:30-4:30 p.m. HERO Youth Program		3:30-4:30 p.m. HERO Youth Program		
5-6 p.m. Body Pump	4:45-5:45 p.m. Kickboxing	5-6 p.m. Body Pump	4:45-5:45 p.m. Kickboxing	5-6 p.m. Body Pump	
6:15-7:15 p.m. Kickboxing	6-7 p.m. Spinning	6:15-7:15 p.m. Kickboxing	6-7 p.m. Spinning	6:15-7:15 p.m. Kickboxing	
	7-8 p.m. Yoga		7-8 p.m. Yoga		

FOR MORE INFORMATION, CALL (270) 762-1348

Center for Health and Wellness Hours of Operation

Mon.-Fri. 5 a.m. - 9 p.m.
Saturday 8 a.m. - 4 p.m.
Sunday 1 - 5 p.m.



Classes FREE to members.
Non-members:
\$30 / month (3 times / week) or
\$25 / month (2 times / week)
You must sign up for the class
of your choice ahead of time.