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The Murray Ledger and Times

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MURRAY LEDGER & TIMES

Monday, August 10, 2009

Lawmakers, business look to hold spending

FRANKFORT, Ky. (AP) — Kentucky lawmakers are looking at options for the General Assembly to consider during its 2010 legislative session instead of curb the state's soaring prison population and free up cash for other productive expenses — such as education.

As Kentucky's budget funds become increasingly scarce, lawmakers are looking to free up money to spend elsewhere. Lawmakers have been considering options to slash, or at least slow, Kentucky's prison population.

It's a parlous problem, without easy answers.

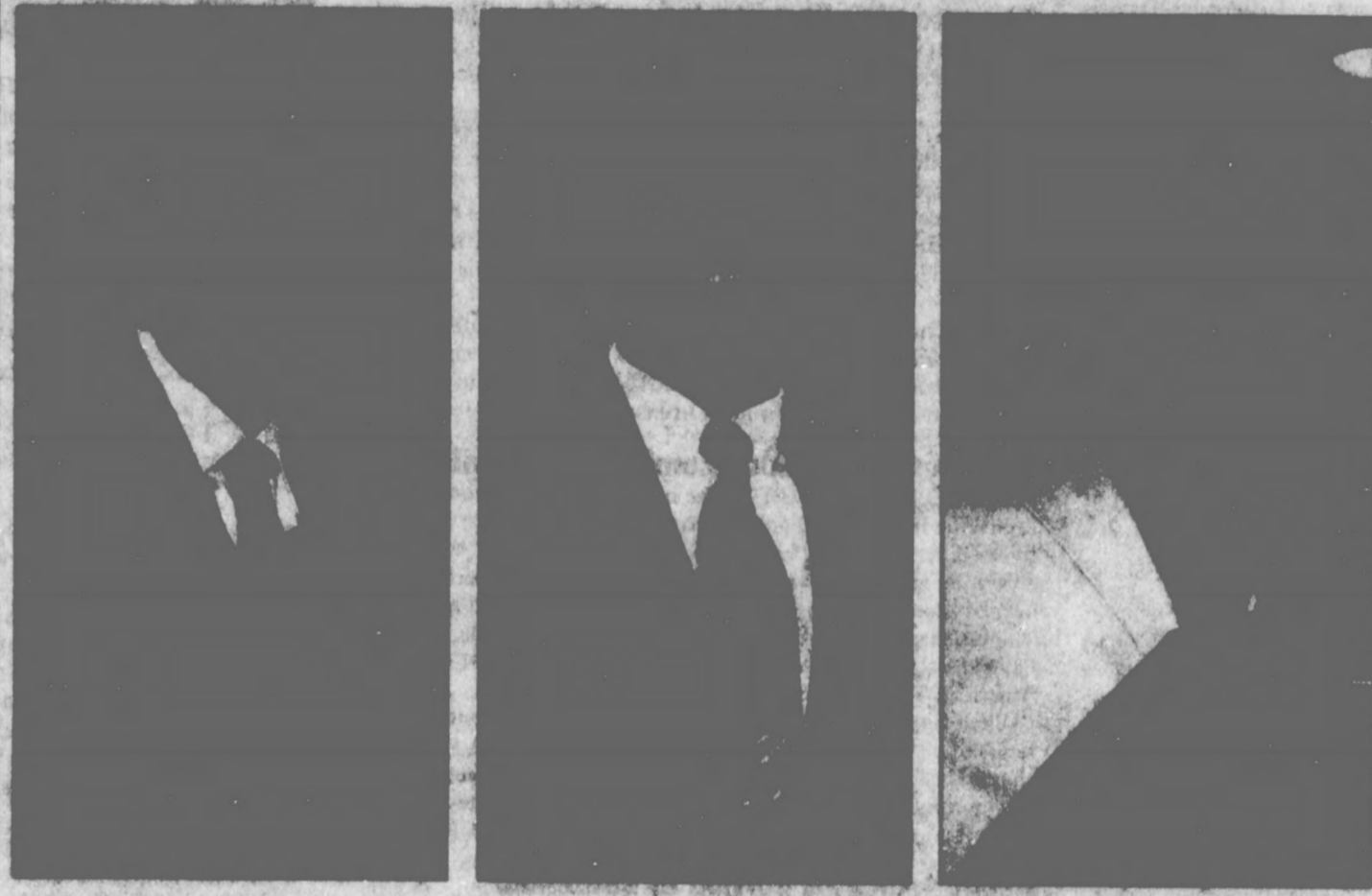
"The current rate of growth of putting people in prison in Kentucky is not sustainable," Kentucky Chamber of Commerce President Dave Adkinson told a legislative panel on the judiciary last week.

"The potential solutions are not about being soft on crime, but are about rethinking how we deal with offenders in a way that lowers the cost."

Kentucky was facing a \$1 billion budget shortfall in the current fiscal year that began last month. But lawmakers closed the budget gap through cuts and

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'A New Day'



After selling dinner and watching a performance by a mime from L & M Productions, attendees of the 40th Douglass School Reunion listened to speakers Charles Williams (left), Harriet Bentley and Vernon C. Mitchell Jr. The speakers spoke on the themes of the past, present and future of Douglass graduates and their descendants.

Douglass Reunion speakers focus on community's past, present and future

By HAWKINS TENNEN Staff Writer
Speakers at the 40th annual Douglass School reunion focused on the past, present and future of their community over the weekend.

Current and former residents of Murray and Calloway County gathered over the weekend to celebrate the Douglass School, which taught the area's black students until the white schools were integrated in the early 1960s. At the banquet Saturday night, attendees heard first from Charles Williams, a 1941 Douglass High School graduate who reminisced about his youth there.

Williams said Douglass had been built in 1930 in a location where another school had burned down. He said he

remembered how a man would ring the bell when it was time for class and would walk at the door with a guide in his hand to greet the late students.

Speaking fondly of his teachers, he said the only one that hadn't been from Murray had come from his previous job at a reformatory east of here.

"It seemed that he brought some of his teacher with him," Williams said laughingly.

Williams said President Franklin D. Roosevelt's New Deal program eventually helped to rebuild Douglass at the school through the War Relocation Administration and that they finally got an inside toilet built around 1950 or 1951.

Williams lovingly recalled the

Douglass Bulldogs football team. He said that although the Bulldogs colors were blue and white, they had no way to buy uniforms and wore whatever they could get their hands on for games.

"We had every color on except for blue and white," he said, later adding, "Every school we played thought they could beat us because we didn't look like much... but we won more than we lost. Most teams would only play us once."

Speaking on behalf of the upcoming generation of descendants of Douglass graduates, Vernon C. Mitchell Jr. said it is a good time to be a black man in America. He said, though, that just because many have achieved much over 1938.

Williams lovingly recalled the

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MaDD doomed one of the best

Wells: 500 cars passed through donation line

By TOM BERRY Staff Writer
Saturday's Make a Difference Day was likely one of the most successful ever in Murray-Calloway County with hundreds of residents dropping by to recycle or dispose of unwanted items; helping keep useful items in circulation and potentially diagnose chemicals out of local landfills.

"We opened up at 9 a.m. and this is our number 278," Murray City Councilman Bill Wells as he waved vehicles on through a checkpoint about 10:30 a.m. during the event at Roy Stewart Stadium. Cars were frequently lined up back to U.S. 641 North and waiting.

Wells said this morning that he counted 500 cars driving through to donate paper products, appliances, clothing and other items during the four-hour event.

"We had a neat outdoor wagon plastic and the cars filled up in two hours," Wells said. "So we've got a little bit of a mess to clean up this morning, but we're going to do it."

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WEATHER

Year	Forecast
80s	90s
70s	70s

Daily Forecast
By The Associated Press
Heat index values 100 to 105 this afternoon.

Monday... Partly sunny with scattered showers and thunderstorms. Highs in the lower 80s. Southwest winds 5 to 10 mph. Chance of precipitation 50 percent.

Tuesday... Showers and thunderstorms in the evening. Then a slight chance of showers and thunderstorms after midnight. Lows in the lower 70s. Southwest winds 5 mph. Chance of precipitation 40 percent.

Wednesday... Showers and thunderstorms likely. Highs in the upper 80s. Southwest winds 5 to 10 mph. Chance of precipitation 80 percent.

Thursday... Mostly cloudy with a 40 percent chance of showers and thunderstorms. Lows in the upper 60s. Northwest winds around 5 mph.

Paving to continue at intersection of 641/80

Special to the Ledger
A contractor for the Kentucky Transportation Cabinet is continuing paving work at the intersection of U.S. 641 and New Kentucky 80 in Calloway County this week.

Much of the work today and tomorrow at the intersection north of Murray is expected to be out of the flow of traffic on US 641. However, the crew will be back out working in the intersection from time to time over the next two or three days, according to Keith Todd, public

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MAKING A DIFFERENCE: In just four hours, 500 residents cruised through the Make a Difference Day event at Roy Stewart Stadium Saturday in their cars to donate or dispose of recyclable and unwanted items; one of the most successful days for the event in Murray-Calloway County. Tons of paper, clothing, cans, bottles, prescription medications, cell phones, eyeglasses, used oil and other items were collected. See story above.

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STATE AUTO

■ Make a Difference ...

From Front

Thirty tons of paper was collected including books, newspapers and magazines.

"The Lion's Club collected 498 pairs of eye glasses. Their total now is 18,554 which is amazing for a town of 16,000," Wells said. "More than one pair for every person in Murray."

Murray Police and Calloway County Sheriff's Department collected 10 gallons of prescription drug donations. The effort is intended to encourage people to dispose of unneeded prescription medications that may wind up in the hands of children or misused by adults.

More than 200 gallons of used oil was collected in three and one-half hours.

"I think the WATCH center was happy. They got 900 pounds of aluminum cans," Wells said. "We got over 100 cell phones and J.U. Kevill got about 200 pounds of clothes."

Another chance to donate is coming up in just a couple of months.

That will be October 24.

That's National Make a Difference Day," Wells said. "We're going to turn that into a big, big deal."

Items targeted for collection during Make A Difference Day include eyeglasses, plastic containers, inkjet printer cartridges, glass, bundled newspapers, magazines, cardboard, books with hardcovers removed, cell phones, clothes, aluminum cans, tin cans and used motor oil. Items collected vary with each event.

Make A Difference Day is usually held three or four times per year on Saturday mornings from 9 a.m. to 1 p.m. For more information, contact the Sanitation Department at 762-0380 or check the city calendar for the next scheduled event.

Kentucky News in Brief

Illinois man drowns at Kentucky Lake

GRAND RIVERS, Ky. (AP) — Officials say a southern Illinois man has drowned at Kentucky Lake.

Kentucky Fish And Wildlife told WPSD-TV in Paducah that 21-year-old Bradley Staley of Norris City drowned on Saturday evening. His body was recovered on Sunday.

The Department of Fish and Wildlife says Staley had jumped off a cliff before the drowning was reported.

Morehead State building new rec center

MOREHEAD, Ky. (AP) — A new recreation and wellness center is being built at Morehead State University.

Officials plan to break ground Tuesday on the \$24 million project. Plans call for the center to have a gymnasium and fitness area, racquetball courts, multipurpose rooms, a running track, wellness lab and aquatics area.

MSU President Wayne D. Andrews says students and staff are "excited to see construction begin" on the 100,000-square-foot facility. It should be completed in about 18 months.

City enforcing licenses for roadside sellers

HAZARD, Ky. (AP) — Police in one eastern Kentucky city are cracking down on roadside vendors who don't have a license to sell.

WYMT-TV reports that officials in Hazard have told police to start patrolling areas where street sellers set up to make sure they have the necessary paperwork to do so.

But resident Linda Conigton says she had no idea she needed such a license. She says people are selling items on the roadside because they're trying to make a few extra dollars in the sluggish economy.

Police Chief Ronnie Bryant says it comes down to safety. He says roadside sales are causing problems due to traffic congestion. He says those without a license could face up to \$500 in fines, and should contact City Hall to get a license in advance.

Religious conventions coming to Louisville

FRANKFORT, Ky. (AP) — The new arena in downtown Louisville has already booked two conventions, and it's not even finished yet.

Gov. Steve Beshear and other state officials announced Church of the Nazarene will be holding its 24th Annual Global National Youth International Conference there in 2011. Then, the United Pentecostal Church International will be holding its 2013 North American Youth Conference there.

When finished, the arena will be home to the University of Louisville's basketball teams and host the 2012 NCAA volleyball championship. Highlights include large lobbies and meeting rooms, a lighted fountain in the entrance plaza and state-of-the-art projectors.

Depot dedicates portion of battlefield

RICHMOND, Ky. (AP) — A portion of the Richmond Battlefield on the grounds of the Bluegrass Army Depot has been dedicated and will be open to the public.

Depot attorney Kevin Bennett, who presided at the dedication ceremony told the Richmond Register that all visitors will need to do is show identification at the depot entrance.

Col. Joseph Tropea, the depot commander, says walking trails will eventually be installed in the area.

He says some partial restoration, such as for interpretive markers, already has been done and more is planned. In addition, some artifacts from the Civil War battle are on display.



Photo provided
PEOPLE'S CHOICE AWARD: Pictured above at Hazel's July Cruise-in Glenda Frowlett of Angelique's Antiques and Interior Design presents the People's Choice Award to Matt Martin of Murray. His 2004 Mustang Cobra with mystic paint - one of only 1,010 made - was the winner voted by the people who attended the show. Matt is a member of the Wildhorse Mustang Club. The next cruise-in will be held on August 15. Everyone is invited to bring their lawn chairs and come to Hazel for a great evening of fun, it was reported.

■ Reunion ...

From Front

time and the country now has a black president, it is no time to be complacent. He said too many fall into the trap of setting low expectations for themselves and enslaving themselves mentally, spiritually and physically. He said that each new generation should strive to do better than the last one and to make a difference in the world.

"We must not let Obama or any other elected official do our work for us," he said.

Mitchell, who received his B.A. and master's degrees in history from the University of

Missouri-Columbia, is currently a Ph. D. candidate at Cornell University. He said pursuing higher education should be the rule, not the exception. He said that although earning a good living is important, he hoped that as the young grow up, they focus more on serving their communities.

"We should be pushing young people to be relevant, not successful," he said.

Harrel Bramley, who travels across the United States and to other countries for Sparta Systems was meant to represent the present and spoke about modern computers.

■ Paving ...

From Front

information officer for the Department of Highways District One and Two.

This is at U.S. 641 mile point 10.620 and Kentucky 80 mile point 0.0 in Calloway County.

Jim Smith Construction Company is working at the intersection to prepare for the

eventual opening of the western portion of Kentucky 80 through Calloway County in the next few months.

He said, motorists should be aware of this work zone and be alert for equipment, flaggers, and construction personnel on the roadway in close proximity to traffic flow.

Todd: Road work planned in county

A Kentucky Transportation Cabinet maintenance crew plans to cut back an embankment today at the intersection of Kentucky 121 and Kentucky 1497 (Murray-Paris Road) in Calloway County.

According to Keith Todd, public information officer for the Department of Highways District One & Two, work at the site was expected to begin about 8:30 a.m. after the morning school bus run. Lane restrictions are expected to remain in place until about 3 p.m., CDT.

This safety improvement project is at Kentucky 1497 mile point 6.085 and KY 121 mile point 13.124 southeast of Murray.

He said motorists should be aware of this work and use appropriate caution in the work zone.

Cycle accident reported Saturday

Staff Report

An Almo man was injured in a motorcycle accident on Lawson Road Saturday. A report from Kentucky State Police said Billy J. Brandon, 50, of Almo, was driving north on Lawson Road on a 1994 Harley Davidson when he failed to negotiate a sharp curve and exited the left shoulder of the roadway and struck a fence.

The report noted that he was thrown from the motorcycle and both he and the bike landed in a field. He was transported by EMS to Murray Calloway County Hospital for non-life threatening injuries. The report also noted he was not wearing a helmet.

KSP Sgt. Ryan Dawson was assisted at the scene by Calloway County Rescue Squad and the Murray Fire Department.



Our Elected Officials

U.S. Sen. Mitch McConnell (R-Ky.)
361A Russell Senate Office Building Washington, D.C. 20510
1-202-224-2541 (Washington #)

U.S. Rep. Ed Whitfield (R-Ky.)
2411 Rayburn House Office Bldg. Washington, D.C. 20510
www.house.gov/whitfield 1-202-225-3115

U.S. Sen. Jim Bunning (R-Ky.)
137A Russell Senate Office Building Washington, D.C. 20510
www.jim_bunning@bunning.senate.gov 1-202-224-4343

State Sen. Ken Winters (R-Murray)
Legislative Offices, Capitol Annex Frankfort, Ky. 40601
1-800-372-7181

State Rep. Melvin Henley (D-Murray)
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■ Spending...

From Front

a reliance on more than \$740 million in federal economic stimulus money.

Gov. Steve Beshear has not yet announced the extent of pending budget cuts in the current fiscal year.

■ Vets...

From Front

away as Seattle.

"We've got Marines, Air Force, Navy and Army all represented," she said.

Town Crier

NOTICE
• There will be a county Republican Meeting Monday, Aug. 10, at 7 p.m. at Calloway County Public Library, with Happy Hour at 6:30 p.m. There will be registration forms for anyone wishing to register to vote in any upcoming election or change their registration.
• To report a Town Crier item call 753-1916.

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Obituaries

Mrs. Kathryn E. Klossner

Mrs. Kathryn E. Klossner, 72, Murray, died Saturday, Aug. 8, 2009, at 6:05 p.m. at Murray-Calloway County Hospital. J.H. Churchill Funeral Home is in charge of arrangements.

Mrs. Debbie Erwin Dodd

The funeral for Mrs. Debbie Erwin Dodd will be today (Monday) at 1 p.m. in the chapel of J.H. Churchill Funeral Home. Rev. Brett Miles will officiate. Expressions of sympathy may be made to Murray-Calloway County Hospital Hospice, 803 Poplar St., Murray, KY 42071.

Mrs. Dodd, 56, Dodd Road, Murray, died Friday, Aug. 7, 2009 at 2:20 p.m. at her home following an extended illness. She was born May 25, 1953, in Detroit, Mich. Her father, Buren Erwin, preceded her in death.

She had served as deputy circuit clerk for James Blalock, Frances Shea and Ann Wilson, and had retired from Fitts Block & Ready Mix. She was a member of South Pleasant Grove United Methodist Church. Survivors include her husband, Billy Dodd; one son, Nathan Dodd, and three grandchildren, Cole, Chandler and Chloe Dodd, all of Murray; her mother, Betty Jo Lax Erwin, Hazel; three sisters, Jennifer Erwin, Louisville, Lynn Rowland and husband Rick, Otisco, Ind., and Krista Fritose and husband, Lin, Murray; two brothers, David Erwin and wife, Fina, Guam, and Stephen Erwin and wife, Patti, Illinois.

George Ely Burnette

George Ely Burnette, 70, Mayfield, died Sunday, Aug. 9, 2009, at 3:07 a.m. at Jackson Purchase Medical Center, Mayfield.

He was a chartered financial consultant and president of Estate & Pension Services in Mayfield. A magna cum laude graduate and valedictorian of the University of Louisville class of 1961, he played basketball for the University of Louisville in the final four in 1959. He was a member of First Christian Church, Mayfield. Preceding him in death were his parents, W.P. (Dub) and Corinne Hicks Burnette, and one sister, Jean C. Burnette.

Survivors include his wife, Jane Wheeler Burnette, to whom he had been married for 50 years; three daughters, Beth Walker and husband, Richard, Mayfield, Teresa Bohannon and husband, Terry, Benton, and Gail Newman and husband, Mike, Chattanooga, Tenn.; one brother, William E. Burnette and wife, Connie, Versailles, one sister, Ruth Ann Fahl and husband, Fred, Fulton, seven grandchildren; one great-grandchild; several nieces and nephews.

The funeral will be Wednesday at 2 p.m. at the Hornbeak Funeral Chapel, Fulton. Pallbearers will be Terry L. and Mitchell Bohannon, Ricky and Grant Walker, Mike, Tyler and Cole Newman, and James Burgett. Burial will follow in the Union Cumberland Cemetery. Visitation will be at Byn Funeral Home, Mayfield, from 5 to 8 p.m. Tuesday and at the Hornbeak Funeral Home, Fulton, after 11 a.m. Wednesday.

Expressions of sympathy may be made to the American Red Cross or to a favorite charity.

Tommy Rooker

A private graveside service for Tommy Rooker was Saturday at 2 p.m. at the Murray City Cemetery.

Expressions of sympathy may be made in Rooker's name to The American Cancer Society, Attn. Pat Latimer, 101 South 4th St., Murray, KY 42071. Blalock-Coleman & York Funeral Home of Murray was in charge of arrangements. Online condolences may be made to www.yorkfuneralhome.com.

Mr. Rooker, 49, Murray, died Thursday morning, Aug. 6, 2009 at Methodist Hospital North, Memphis Tenn. Born Dec. 20, 1959, in Memphis, he was a machinist. Survivors include his wife, Debbie O. Rooker, to whom he was married Jan. 28, 1978; one daughter, April Rooker, Evansville, Ind.; one son, Jessie Rooker, Murray; two sisters, Laura Coulter, New Jersey, and Anne Bischoff and husband, Roger, Luka, Miss.

Mrs. Lucy Strader Tidwell

The funeral for Mrs. Lucy Strader Tidwell was today (Monday) at 11 a.m. in the chapel of Blalock-Coleman & York Funeral Home. Rev. Alan Trull officiated. Music was by the choir of Mason's Chapel United Methodist Church.

Pallbearers were Mitch Tidwell, Harry Weatherly, Eddy and Howell Starks, Larry Chrisman and Johnny Underwood. Burial was in the Murray Memorial Gardens.

Online condolences may be made at www.yorkfuneralhome.com. Mrs. Tidwell, 90, Murray, died Friday, Aug. 7, 2009 at 8:25 a.m. at Spring Creek Health Care. She was a member of Mason's Chapel United Methodist Church and retired from Murray State University Food Services.

Born Sept. 30, 1918 in Calloway County, she was the daughter of the late Tom and Annie Steele Tidwell. She was also preceded in death by her husband, Ralph H. Tidwell, on Aug. 25, 1975. They were married Nov. 7, 1936. Two sisters, Ola Starks and Francis Wilson, and one brother, Leland Strader, also preceded her in death.

Survivors include one son, Sammy Tidwell and wife, Barbara, one grandson, Mitch Tidwell, and two great grandchildren, Haley and Ethan Tidwell, all of Murray; two step-sons, Harry Weatherly and wife, Kim, Atlanta, Ga., and Robert Weatherly, Connecticut; two step grandchildren, Harrison and Charlie Weatherly, Atlanta, Ga.; several nieces and nephews.

Paired Obituary

Mrs. Sarah Crutchfield Van Meter

A celebration of the life of Mrs. Sarah Crutchfield Van Meter will be Tuesday at 11 a.m. at First Christian Church, Murray. Dr. David Roos and Dr. Ruth Ragovin will officiate.

Pallbearers will be grandsons, Jerry Broach, Ertanger, Jeff Knepper, Hagerstown, Md., Todd Knepper, Frederick, Md., and nephews, Clay Smith Jr., Hopkinsville, and Joe and Jerry Farless, Princeton.

Burial will follow in the Murray City Cemetery. Visitation will be at the church after 9:45 a.m. Tuesday. J.H. Churchill Funeral Home of Murray is in charge of local arrangements.

Expressions of sympathy may be made to First Christian Church, 111 North Fifth Street, Murray KY 42071.

Mrs. Van Meter, 90, formerly of 1710 Farmer Ave., Murray, now residing with both daughters in Maryland and California for the past few years, died Wednesday, Aug. 5, 2009, in Bakersfield, Calif.

Preceding her in death were her husband, William Russell Van Meter; one brother, Edmond Clay Smith, granddaughter, Kimberly Lynn Nunlist; and great-grandson, Elijah Clay Knepper. Born April 21, 1919, in Trenton, Ky., she was the daughter of the late Richard Warfield and Sadie White Smith, Sr.

She was a member of First Christian Church, Murray, where she was a former Sunday School teacher, choir member and Christian Women's Fellowship member and officer. She was very active in both the men's and women's Walk to Emmaus weekend retreats for many years.

A devoted Christian woman, Sarah dedicated her life to her church, homemaking, raising her girls and loving her grandchildren. In year's past, she also enjoyed traveling with her husband, a salesman, William (Bill) Russell Van Meter, and visiting extended family in Maryland, California, Tennessee, Florida, Missouri and throughout Kentucky.

Survivors include two daughters, Mildred (Millie) Etta Nunlist and husband, David, Bakersfield, Calif., and Barbara Jean Knepper and husband, Rick, Boonsboro, Md.; one brother, Richard Warfield, Smith Jr., San Antonio, Texas; two sisters, Joy Garth Ryals, Hopkinsville, and Matie Sebree Ware, Trenton; seven grandchildren; eight great-grandchildren; and four great-great-grandchildren.

Obama: Afghan war not in crisis

WASHINGTON (AP)—The Obama administration is asking Congress for time to see whether a revamped war plan for Afghanistan is taking hold and does not rule out adding more American forces to help turn around a war widely assessed as a stalemate.

James Jones, a retired Marine general with experience in Afghanistan, said the United States will know by the end of next year whether the strategy President Barack Obama announced in March is working. In the meantime the White House is redefining how it will measure progress, with new benchmarks expected next month. The outline will be presented to Congress with an eye to creeping skepticism among many Democrats about the

war's prognosis and costs. The newly installed top U.S. general in Afghanistan is preparing an interim assessment that is expected to be a sober accounting of the difficulties of fighting an entrenched and technically capable insurgency eight years into the war. Gen. Stanley McChrystal is expected to identify shortfalls that should be filled by more forces — perhaps a mix of Afghan, NATO and U.S. In an interview published Monday in The Wall Street Journal, McChrystal said Taliban militants are gaining the upper hand as they move beyond their traditional strongholds in southern Afghanistan to threaten other regions.

"It's a very aggressive enemy right now," he said in his office in Kabul.

STOCK MARKET REPORT

Table with 2 columns: Stock Name and Price/Change. Includes Dow Jones Ind. Avg., Air Products, Apple, AT&T, BB&T, Bank of America, Briggs & Stratton, Bristol Myers Squibb, Caterpillar, Chevron Texaco Corp., Daimler Chrysler, Dean Foods, Exxon-Mobil, Ford Motor, General Electric, GlaxoSmithKline ADR, Goodrich, Goodyear, and Hopal Bank.

HILLIARD LYONS Financial Consultants (L-R): Ron Arant | Heath Scott | Court Square | Murray, KY 42071 | 270-753-3366 | 800-444-1854

"The Uncensored Message that My Wife Asked Me Not to Write..."

Dear Friend,

Well, at first, my wife asked me not to write this. We had a big discussion about it. Finally, she understood what I was trying to do, and actually helped me write this letter to you.

Here's the thing. In my office, most of the people that come in to see me tell me they've "tried everything."

They've had "every" test, wound up with huge medical bills, and are still no better off. Often, they've been subjected to medications that have only served to temporarily mask symptoms. That's not what most people are looking for.

Health, or the lack of it, very often has simple causes, and very reasonable corrections. That's what I'm going to tell you about. But, before I tell you more, let me tell you something about me...

I was 18 years old cruising the strip at Panama City Beach in my 85 Camaro. Life was good. But then, it happens... I was the last car stopped at the stoplight. I heard the sound of screeching tires behind me and had just enough time to look in my rear view mirror and see the headlights of the guy that hit me. The police estimated his speed at 55 miles per hour. When the smoke cleared my beautiful Camaro looked like an

accordion and both me and my buddy both suffered severe cases of whiplash. The pain in my head, neck, mid back and shoulders was immediate. On top of that I suffered from fatigue, upset stomach, tension and had difficulty sleeping. All this from a car wreck. Luckily growing up the son of a chiropractor I knew what the profession had to offer the victims of car accidents. My father started treating me the day of my return and I was able to make a full recovery. I consider myself fortunate because a lot of people have no idea where to turn after a traumatic event such as a car wreck. That's why 50% of the people involved in them never make a full recovery.

Back to what my wife (at first) didn't want me to write. It's that chiropractic is one of the biggest "secrets" in health care. Few people (relatively, only 10% have been to a chiropractor) know about it. And, many of the rest could be helped, if they only knew the true story. So, I often feel like shouting it from the mountaintop! Is that "professional?" Well, maybe it is, or maybe not. But, I've decided people should know.

For the last nine years, people from Murray and the surrounding area have come to see me with their



problems. Here's a list of some of the more frequent conditions we treat: Headaches, Migraines, Chronic pain, Neck pain, Shoulder/arm pain, Whiplash from car accidents, Backaches, Numbness in limbs, Athletic injuries just to name a few...

Here's what some of your neighbors had to say:

A few weeks ago, I was having a lot of trouble walking or staying on my feet for any length of time, (say 5 minutes) and in considerable pain. I used a walking cane most of the time and sometimes a walker. I even went to a doctor's appointment and Christmas shopping in a wheelchair. I learned to cook meals while sitting down most of the time. I could not stand long enough to wash the dishes. I could not grocery shop unless the store furnished a cart to ride in. My family encouraged me to make an appointment with Dr. Wuest. Today I am not 100% pain free, BUT I can do a reasonable amount of shopping. I can cook a meal for my family. My ability to walk has improved tremendously. The wheelchair, walker and cane are stored away, hopefully to never be needed again by me. Dr. Wuest has certainly improved my quality of life for which I am grateful.

mornings pain free and my constant pain has virtually disappeared. —R.G.

After a few treatments from Dr. Jon Wuest, I was able to stand for the song services at our church Sunday for the first time in several months. Thanks Dr. Jon Wuest! —G.L.

Several times a day patients thank me for helping them with their health problems. But I can't really take the credit. The truth is that I've never healed anyone of anything. What I do is perform a specific spinal adjustment to remove nerve pressure, and the body responds by healing itself. Of course, all people respond differently to care, but we get terrific results. It's as simple as that!

Exciting Offer — Look, I know you're smart. You want to get to the cause of your problem, and not just cover it up with drugs. When you are one of the first 20 people to call and schedule a new patient exam (by August 24, 2009) you'll receive that entire exam for \$17. That's with consultation, exam and x-rays...the whole ball of wax, and there's no hidden fees. But, call right away because we expect to be flooded with calls as this

exam normally costs \$175. Again, there's only 20 of these slots, so don't miss out (by law, this offer excludes Medicare/Medicaid beneficiaries). Great care at a great fee...Please, I hope that there's no misunderstanding about quality of care: just because I have a lower exam fee. You'll get great care at a great fee. For the past nine years, I've been taking care of your neighbors in Murray. I just have that low exam fee to help more people who need care. Our office is located at 1313 Johnson Blvd. Our phone number is 759-1945. Call today for an appointment.

Sincerely, Dr. Jon Wuest 1313 Johnson Blvd. Murray, Ky. 42071

Due to insurance regulations, Medicare and some other insurance may be excluded from this offer. Any further treatment shall be agreed upon in writing and signed by both parties. You have the right to rescind within seventy two (72) hours any obligation to pay for services performed in addition to this free or discounted service.

FORUM

IN OTHER WORDS

The following are editorials from newspapers across Kentucky offering divergent points of view concerning issues of importance in the Commonwealth.

Lexington Herald-Leader

They've got to be kidding. "I'm a tough ----!" "Mom, stop him, he's cussin'!"

It wouldn't even make decent reality TV. But that's about the level of discourse from the two leading candidates for the Democratic nomination for U.S. Senate.

For the sake of argument, we're willing to agree that Attorney General Jack Conway is indeed a tough son of a b---, as he proclaimed at the Fancy Farm picnic. And we're even willing to take Lt. Gov. Daniel Mongiardo at his word that such language fairly makes him blush.

What we can't see is that any of this matters. (Nor do we think it really makes any difference that, as Mongiardo pointed out, he is a true blue University of Kentucky grad while Conway went to the hated Duke. But it's August, we might have a different call on that one come March.)

You see, we're much more bothered by obscenities like these:

— Kentucky's unemployment rate reached 10.7 percent in June, the highest rate in 26 years;

— For the second year in a row, Kentucky ranked 41st in child well-being, according to Kids Count, the annual national accounting by the Annie E. Casey Foundation.

— Kentuckians are warned to limit the fish they eat from six lakes and creeks because of the toxic mercury and polychlorinated biphenyls in the water.

— In 2007, before the current economic crisis took hold, 38 percent of Kentucky children had no parent with a full-time, year-round job.

— Over half a million adult Kentuckians have no health insurance.

— The 2000 census found that in Kentucky almost 22 percent of families with children under 5 — and a stunning 56 percent of families with children under 5 headed by a female without a husband present — lived in poverty.

It will take a real tough son of a b--- to address those problems. Have at it, gentlemen.

The Courier-Journal

Dostoyevsky said, "A society should be judged not by how it treats its outstanding citizens but by how it treats its criminals."

If so, we've got a lot to answer for.

Congress conservatively estimates that at least 13 percent of inmates in the U.S. have been sexually assaulted while in prison. A 2004 study of more than 2,700 U.S. correctional facilities showed prison employees to be facing sexual misconduct charges in all but one prison.

At the Otter Creek Correctional Center for women in Wheelwright, Ky., 16 allegations of custodial sexual abuse are currently under investigation — evidence that prison guards' abuse of inmates is not a matter of a few isolated incidents, but is a widely accepted rite.

The situation is especially dire in Kentucky because it is one of only three states to treat sex between guards and inmates as a misdemeanor, not a felony.

When a prison guard has sex with an inmate, says Melissa Rothstein of Just Detention International, "one person literally has the keys to a person's entire way of living."

Under no circumstances can that be considered consensual.

We suspend someone's freedoms when we sentence her to jail, but that suspension of freedoms must never mean subject to violence.

The 2003 Prison Rape Elimination Act, which passed with unanimous consent in both the U.S. House and Senate, established a zero-tolerance policy for prison rape and called for organized research and data gathering to track sexual violence in prisons.

Kentucky's response to the troubling data collected under PREA has been insufficient.

There was finally a bill in the state legislature to make custodial sex a felony offense, but this year's session ended before it could pass.

Kentucky needs to show that it takes seriously sexual violence in prisons — whether among inmates or between a guard and an inmate — by passing that bill in the next session.



Saving dollars while protecting consumers

During this time of unprecedented state budget cuts, job losses and belt tightening for families across the Commonwealth, it's clear that every dollar saved can make a difference.

That's why, since taking office in January 2008, I've made it my priority to save you money. My divisions of Consumer Protection, Rate Intervention and Medicaid Fraud have saved and or recovered nearly \$162 million for Kentucky taxpayers.

This savings comes despite 20% budget cuts that have strained resources in my office. Like many state agencies, we are doing more work with fewer people.

Be assured, budget cuts have in no way affected our mission-critical services, such as upholding the laws of the Commonwealth, protecting consumers, creating a Cybercrimes Unit, combating fraud and elder abuse and halting unnecessary utility rate increases.

The money we have been able to recover has come from civil penalties and restitution from lawsuits filed by my office on behalf of consumers. We

have also settled a series of lawsuits against pharmaceutical companies that have listed inflated Average Wholesale Prices (AWPs) for their drugs. In these lawsuits, we allege the pharmaceutical companies inflated AWPs, overcharging the Kentucky Medicaid Program.

In fact, on June 24th we received a \$16 million verdict in Franklin Circuit Court against generic drug manufacturer Sandoz.

Additionally, my office has fined retailers more than \$100,000 for price-gouging in the wake of Hurricane Ike and the subsequent wind storm last September.

We're also seeking \$89 million from Marathon Oil for alleged price-gouging in the wake of Hurricanes Katrina and Rita. And my office serves as a watchdog for consumers on utility rates.

I've intervened on behalf of ratepayers when utility companies request rate increases from the Public Service Commission. Since taking office, we've saved consumers more than \$91 million in proposed rate increases. The hard work of my attorneys, investigators

and staff is truly saving consumers money. And as we all know, in times like these, every dollar makes a difference — a difference for Kentucky families.

Tough Kentucky Attorney General D-Louisville

bring out the best and worst in people. I want to caution Kentuckians who are looking for work to be leery of the latest scams that prey upon those suffering financial hardships.

My Office of Consumer Protection has received an increased number of complaints about so-called "Secret Shopper" or "Mystery Shopper" scams that target job-seekers through newspaper ads, Internet job sites, direct mailings and online resume postings.

Scammers tell their victims they will be paid to perform certain shopping duties.

Victims receive a check, usually for thousands of dollars, and are told to immediately deposit the check and wire a portion of the funds to a specified location, most likely out of the country.

What the victim doesn't know is the check that appears to be from a valid company, is fraudulent.

Once the money is wired, the scammer walks away with cash and the victim bears the loss. Please remember to only wire money to trusted friends and if a prospective employer is requesting money, it is probably a scam.

Only open emails from people you know and delete any emails that look suspicious. Scammers often use malware (malicious software) installed on a victim's computer through email attachments to gain access to the victim's online banking.

As many of these scams are perpetrated outside of the U.S., it is often difficult to track down those responsible.

For those of us in law enforcement, our best defense against these scams is by educating the public on how not to become victims.

Our Elected Officials

State Sen. Ken Winters (R-Murray)
Legislative Offices, Capitol Annex
1-800-372-7181

State Rep. Melvin Henley (D-Murray)
Room 329J, Capitol Annex
e-mail: melvin.henley@rc.ky.gov

WASHINGTON (AP) — Sonia Sotomayor has gained admission to the Marble Palace. Now she has to figure out how the Supreme Court works.

When do you speak up? How do you find your way around a building torn apart by renovation? If someone knocks at the door while the justices are meeting in their private conference room, who answers? (Note to the newest justice: You do.)

After 17 years as a federal judge, Sotomayor knows her way around a courthouse. But her new workplace, filled with quirky customs and rituals, isn't any old court building and new justices, like new colleagues everywhere, want to fit in.

"You don't necessarily want to break the china when you start out," said Christopher Landa, who served as a law clerk to Justice Clarence Thomas after his tumultuous confirmation in 1991.

Sotomayor, 55, will be the

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After years as a judge, Sotomayor is a rookie again

AP NEWS ANALYSIS

By MARK SHERMAN

court's first Hispanic and third woman, after she completes the formalities of taking an oath of office and signing relevant paperwork. The most significant demographic fact about her now is that she will be the junior justice.

Other than opening the conference room door, Sotomayor will be responsible for taking notes on what the justices decide at those private meetings — including the late September conference where they dispose of a couple thousand appeals — and then reporting the decisions accurately to the court clerk.

It's not rocket science, but it is vital to the court. "She'll be keeping track of what goes on at conference as she's trying to figure out what's going on at conference," said

Margo Schlanger, a University of Michigan law professor who served as Justice Ruth Bader Ginsburg in Ginsburg's first term in 1993-94.

Sotomayor also will go last when the justices take initial votes on cases. Ginsburg once recalled "a certain impatience, a high premium on brevity when the vote came round to me and there was already a lopsided majority. But coming last does have its heady moments, times when the ninth vote breaks a tie."

The court renovation will force Sotomayor into temporary offices and delay getting her permanent location until the construction is done late next year. Justice Samuel Alito once told an interviewer he often got lost in his first months because of the construction. "I

didn't know where anything was, how to get in or how to get out," Alito said.

Sotomayor will have plenty of help — a couple of secretaries, a messenger and four law clerks. If she followed past practice, those clerks already have been hired or have an understanding they will be.

Some new justices have hired at least one law clerk who previously worked at the Supreme Court because it is "easier to get up to speed more quickly," Justice Thomas wrote in his memoir, "My Grandfather's Son."

Deanne Maynard, a partner at the Morrison and Foerster law firm who worked for Justice Stephen Breyer, said an experienced clerk is useful in explaining the court's customs to new justices. "If you want to join an opinion, but you really wish perhaps they might modify part of it slightly, what's the norm in the court?" Maynard said.

are unable to deliver your donations to Angel's Attic, you can call and they will pick them up. Donations are down this summer, but the needs of our community are up. Let's keep Angel's Attic, and by extension, the Angel's Clinic, a success story.

Dawn Gaskin
Murray, KY

OUR READERS WRITE

As a small effort by a local church group to help fund the Angel's Clinic. They have been successful because of the generosity of the people in Cal-

loway County. Angel's Clinic provides much needed medical and dental services to our working poor. Please continue to support Angel's Attic. If you

are unable to deliver your donations to Angel's Attic, you can call and they will pick them up. Donations are down this summer, but the needs of our community are up. Let's keep Angel's Attic, and by extension, the Angel's Clinic, a success story.

Dawn Gaskin
Murray, KY

COMMUNITY

Tri-State Ladies Golf Tournament scheduled at Oaks Country Club

The Tri-State Ladies Golf Tournament will be Wednesday, Sept. 2, at the Oaks Country Club, Murray. Registration will be at 8 a.m. with a Shotgun start at 9 a.m. Tri-State entry fee is \$5, lunch is \$7, and cart fee is \$12, but a player may bring her own cart. Entries must be received no later than Wednesday, Aug. 19. Send your name, handicap, \$5 entry fee and \$12 cart fee to Carol Robertson, 2721 Palm Rd., Benton, KY 42025, phone 270-527-8153. Send your lunch fee to LaJenna Thurston, 705 Eldgewood Dr., Murray KY 42071 or call 270-293-8753.



Jo's Notebook
By Jo Burkaen
Community Editor

Alzheimer's Group will meet

Alzheimer's Support Group of Murray-Calloway County Hospital will meet Tuesday at 4:30 p.m. in the board room of the hospital. Dr. Chris King, neurologist, will speak about "Treatment of Dementia." Cindy Ragsdale, licensed social worker and coordinator of the group, invites all interested persons to attend. For more information call Ragsdale at 762-1278. Free sitter service during the meeting is provided by Shared Care Adult Day Care Program, but call Shared Care at 753-0576 or MCCCH Home Care at 762-1537 by today (Monday) at 4 p.m. for arrangements for the service.

Eastern Star Chapter will meet

Murray Star Chapter No. 433 Order of the Eastern Star will meet Tuesday at 6:30 p.m. at the Masonic Lodge building, Ky. Hwy. 121 North, Murray. Food and fellowship will be at 6:30 p.m. and the meeting will start at 7:30 p.m. For information on membership call Betty Kunkel at 489-2333. Cookbooks are available by calling Sybil Lasater at 753-4530.

CCHS Council will meet

Calloway County High School Based Decision Making Council will meet Wednesday at 3:30 p.m. in the high school media center. The public is invited.

Support group will meet

Death of a Parent Support Group will meet tonight (Monday) at 7 p.m. For more information contact Stephanie Cunningham at 753-6646.

TOPS meeting Tuesday

Murray Chapter of TOPS #616 will meet Tuesday from 9 to 10 a.m. at First Christian Church. Visitors are welcome. For information call Sheila at 227-1723.

Bingo planned Tuesday

Knights of Columbus will hold Bingo Tuesday at 6:30 p.m. at the KC hall on Squire Road, Murray. The public is invited.

Al-Anon meeting Tuesday

Al-Anon will meet Tuesday at 6:30 p.m. at First United Methodist Church. Enter from the rear door located near the playground. The only requirement is that there be a problem of alcoholism or addiction in a relative or friend.

Murray Singles will meet

Murray Singles will meet Tuesday at 7 p.m. in the annex of the Calloway County Public Library. For more information call Pat at 489-2909.

Fall Adult Co-ed event planned

A last call for team registration for Fall Adult Co-Ed Softball at Murray Calloway County Parks will be Wednesday. If you have a team and missed last week's deadline, it has been extended. Season will begin Aug. 18. Fees are \$35 per person and includes a T-shirt for participants. For more information contact the park office at 762-0325.

North Council will meet

North Elementary School Based Decision Making Council will meet today (Monday) at 3:30 p.m. in the staff lounge. The public is invited.

Education Classes planned

The Purchase District Health Department will offer a series of Diabetes Education Classes in partnership with the Calloway County Extension Service, 310 South 4th St., Murray, on Aug. 11, 18 and 25 and Sept. 1 from 9:30 a.m. to noon. Participants are encouraged to attend all four classes. Free products and samples to help in diabetes management will be offered. To register call the extension office at 753-1452 or for more information call DeAnna Leonard at 270-444-9625.

Cross Stitch Class scheduled

A Free Counted Cross Stitch and Needlework Exhibit will be Monday, Aug. 17, in the event room of Calloway County Public Library. Drop in between 12 and 2 p.m. The public is invited and class supplies are free. This event is being sponsored by Western KY/TN Stitchers Embroiders' Guild of America - Murray Chapter. For information call Carla at 753-9331 or Terri at 436-5588. Persons are urged to attend, bring a friend, learn a new skill and share the joy of stitching.

County historic homes needed

Calloway County historic homes are needed for the 11th annual publication, "Preserve the Past...Image the Future" which will be inserted in the Murray Ledger & Times this fall by Murray Main Street. For those who own a historic home in Calloway County and have documentation with stories of interest, please call Murray Main Street at 759-9474. House pictures, inside and outside, will also be needed. The homes chosen to be included will be published.

MR. PRESIDENT,
You have said that the White House WOULD NOT join the government-run health insurance program. Cong. Henry Waxman has also said the U.S. Congress WOULD NOT go on the government run health care plan; WITH ALL DUE RESPECT, MR. PRESIDENT, if it is NOT good enough for the White House, the Supreme Court, and the Congress, then surely you agree, it CANNOT be good enough for us THE TAXPAYERS of this Republic!
—The Concerned Taxpayers-Tea Party 9/12
Next Mtg., Thurs., Aug. 13 • 6 p.m.
Main Library



POLAND MISSION: Pictured are the 10 member team from Memorial Baptist Church that went to Chrzanow, Poland for 10 days in July to do an English Camp Vacation Bible School. They are, from left, back row, Jennifer Wyatt, Ginger Sevens, Vern Miller, Kenneth Howard, Debbie Woods, front row, Glenda Wilson, Dana Howard, Anne Ferguson, Darby Woods and Bobby Wilson.

Ladies of Murray Country Club

Ladies of the Murray Country Club again canceled their golf play on Wednesday, Aug. 5, due to the soggy course.

Golf play will be Wednesday at 9 a.m. at the club. The lineup for play is as follows:

Tea 1 - Ve Sevens, B.J. Purdom and Debbie Hixon.

Tea 4 - Marcia Beam, Peggy Shoemaker and Patsy Green.

Tea 6 - Barbara Gray, Susan Johnson and Cindy Cohoon.

Nine holers will pair up Wednesday morning and follow the 18 holers.

Anyone not listed who would like to play is encouraged to come and be paired upon arrival. For more information, contact Pat Miller, hostess, at 753-750.

Reception planned at The National Quilt Museum

PADUCAH, Ky. — All educators are invited to discover innovative ways to bring quilting into their classrooms at the 2009 Annual Educator's Reception at The National Quilt Museum on Thursday from 4 to 6 p.m.

Participating educators will acquire an array of ideas, take part in demonstrations and receive free educational materials! This event is the first opportunity to receive information and materials for the 2010 School Book Challenge, sponsored by Moda Fabrics.

Teachers throughout the United States are invited to enter this annual contest, which challenges students' creativity with fabric. Cash awards worth more than \$1,200 will be given to the winning contestants. All blocks will be exhibited February 12 - April 6, 2010.

Participants will also enjoy a guided tour of the current exhibits, including Quilted Wonders: Fabric or Wood? and Masters: Art Quilt. The museum offers free tours allowing school groups of all ages to explore the variety of exhibits that change throughout the year. For a list of current and upcoming exhibits, visit www.NationalQuiltMuseum.org

The National Quilt Museum is sponsored by Hancock's of Paducah.

Designated as The National Quilt Museum of the United States, this non-profit institution is located in downtown Paducah. The museum is open year-round Monday-Saturday, 10 a.m. - 5 p.m. CST and also open on Sunday 1-5 p.m. from April - October. The facility is ADA compliant.

For more information on the Educators Reception and children's programming, call Megan Carr at 270-442-8856, ext. 213, or email mcarr@quilt-museum.org. Children's programming at

Scholarship applications being taken

Kentucky Farm Bureau supports youth achievement in scholarship, extracurricular programs and community involvement by sponsoring competitions at the county, district, and state levels.

Applications are now available for this year's Outstanding Farm Bureau Youth Contest. This contest is open to students ages 15-18 and your family must be a Farm Bureau member to be eligible.

Applications are also available for the annual Variety Contest which showcases performance areas in vocal, instrumental, dance, or drama open to students ages 6-18 whose parents are Farm Bureau members.

The local contest will be held at the annual meeting of the Calloway County Farm Bureau on Tuesday, Sept. 1, 2009. Contestants should arrive at 5:30 p.m. and the business meeting will begin at 7 p.m. Winners must be able to attend the district contest scheduled for Saturday, Oct. 17, and hosted at the McCracken County Farm Bureau office as well.

For more information or to receive an application for any of these programs contact Sharon Furches at 293-8151 or go by the local Farm Bureau office at 1702 Highway 121 North, Murray.

Woman To Start Professional Tug-Of-War League
BEXAR COUNTY - Mary Ann W. applied Thera-Gesic pain cream to her sore shoulder and hands and felt so great she decided to start a professional tug-of-war league. When asked who would be the target audience for the new TUG league, she promptly replied, "None of your dang business!"
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Advertisers are requested to check the first insertion of their ads for any error. Murray Ledger & Times will be responsible for only one incorrect insertion. Any error should be reported immediately so corrections can be made.

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For more information call the Classified Department at 753-1916 ask for Jill Stephens or Ashley Morris or stop by our office at 1001 Whitnell Ave. — Office Hours: Monday-Friday 8:00 a.m.-5:00 p.m. • Fax: 753-1927

Legal Notices

Murray State University is accepting bids from qualified contractors for an Equine barn project, at the west farm on the campus of Murray State University. There will be a pre-bid conference at 10:00AM, August 18, 2009 located at the General Services Building, Murray, KY. Bids will open August 27, 2009 at 2:00PM, at the general service building, Murray, KY. Contractors may receive a copy of the bid advertisement by contacting Steven Stapleton (270)808-4090 and referencing CC-1865-10

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When accessing the "help wanted" section on our classifieds webpage at murrayledger.com, you will be redirected to jobsworld.com. By default, Murray and local job listings will appear on this website. However, as a national website, not all listings on the jobsworld.com are placed through the Murray Ledger & Times. Please call us if you have any questions regarding the Murray area job listings. Thank you.

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12m Sears band saw \$150, 12ga Ranger double antique \$300, Sears floor jack still in box, \$50, lab stools cushioned w/ rollers \$10 each, 92 Ford 150 van \$800, 357 Mag Ruger \$300. 270-753-9922.

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Looking Back

10 years ago Published is a picture of State Senator Bob Jackson of Murray making his rounds at the annual Fancy Farm Picnic. The photo was by Staff Photographer Eddie Sheridan.

The Shriners have scheduled a Shriners Crippled Children's Screening Clinic on Sept. 11 at the Calloway County Fairgrounds. Local doctors to conduct the screenings are Dr. Dan Miller and Dr. Ray Charette.

Mr. and Mrs. Norman Carroll were married for 50 years July 30.

Published is a picture of Darby Futrell, son of Van and Ruth Ann Futrell, who placed fifth in the Tractor Driving Contest at the meeting of the Future Farmers of America meeting at Hardinsburg.

Douglass High School will open its 20th annual reunion today with L. Jerome Brandon, Murray High School graduate and now an assistant professor of physics education at Georgia State University, as one of the featured speakers.

Mr. and Mrs. Rotchie M. Brown will be married for 60 years Aug. 15.

Published is a picture of employees of the Murray City Street Department building walls and flooring for a new sidewalk on a portion of Olive Street between North 7th and 8th Streets. The photo was by Staff Photographer Debbie N. Lee.

New Providence Homemakers Club held its monthly meeting at the home of Mrs. Jim Albritten. Peggy Taylor presented the lesson on "Recycle Your Wardrobe."

Published is a picture of

members of the 1959 graduating class of 1959 at their 20-year reunion.

Births reported include a girl to Mr. and Mrs. Truman Whitfield, July 31.

40 years ago More than 100 faculty members and friends of Dr. Lisa Spann and Dr. Alfred M. Wolfson were present to pay them tribute at a testimonial dinner to the two retiring biological science professors at Murray State University.

The Methodist Youth Fellowship of South Pleasant Grove United Methodist Church sponsored an ice cream supper on Aug. 9.

Aude McKee is serving as minister of West Murray Church of Christ.

50 years ago The 55-year-old Puryear Roller Mill was completely destroyed by fire on Aug. 7.

Apparently the fire was from a spontaneous explosion of a valuable stock and grain field. J.T. Burton Jr. is owner and operator.

Mrs. Josiah Darnell has announced the opening of her kindergarten at her home at 1311 Poplar St., Murray, on Sept. 14.

Country ham is listed as selling for 80 cents per pound in the ad for Johnson's Grocery.

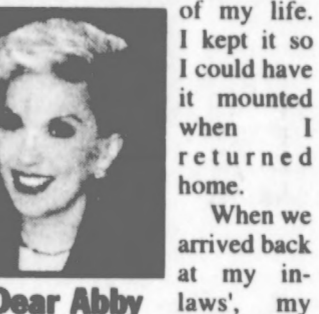
60 years ago Dick Tappan, president of the Tappan Stove Company, was the guest speaker at the weekly meeting of the Murray Rotary Club held at the Murray Woman's Club house.

Bettie Sue Workman and John Thomas Murdock were married Aug. 4.

Bro. Jack London is serving as minister of the Almo Church of Christ.

Father-in-law's fish story reveals his true character

DEAR ABBY: Two weeks ago, I went on a fishing trip with my father-in-law. It was great. I caught the biggest fish of my life.



Dear Abby

By Abigail Van Buren

fish out of the cooler and claimed he had caught it. At first, I thought he was joking, but now he's planning on having the fish mounted!

I didn't want to make him look bad in front of his daughter and his wife, but I am furious. My wife thinks I'm overreacting, but this really is the big one that got away.

Should I confront him and call his bluff? -- SOMETHING'S FISHY IN NEW YORK

DEAR SOMETHING'S FISHY: If you were going to confront your father-in-law, you should have done so as soon as he took credit for catching your fish. Instead of being "furious," be grateful that you now have a clear insight into the man's character. That he would lie about something like this calls into question anything that has ever -- or will ever -- come out of his mouth.

DEAR ABBY: My 8-year-old nephew was diagnosed with autism at the age of 3. He has made amazing progress

with therapy and has advanced so he is practically functioning at his age level.

Our entire family has teamed up and joined a charity that raises money for autism. We have devoted our time and energy to this important cause. My sister (my nephew's mother) refuses to get involved! She says she is "too busy."

We all work and have other activities, yet we still make time to devote to this cause. She doesn't work and has no other responsibilities outside her family that prohibit her from participating. She says raising money isn't something she likes to do.

I don't have much time for it either, but our family MAKES the time because this cause is important to us. It makes me furious that she won't help raise money for her own child's disorder. How can I talk to her about this without seeming confrontational? -- RAISING MONEY IN FLORIDA

DEAR RAISING MONEY: I urge you to refrain from doing so. For heaven's sake, your sister is the mother of a child who is working hard to overcome a disorder. She has a full-time job -- one that lasts 24 hours a day, seven days a week. She is not malingering, so stop judging her.

DEAR ABBY: I am a happily married woman. Fifteen years ago, I was married to another man I'll call "Mario." Mario and I divorced after four years and ended it as friends. Mario and I have both been in the restaurant business separately as well as together. Mario called me two days ago and asked me if he could hire me for his newest venture because he knows what a good manager I am. When I mentioned it to my present husband, he was adamantly against it.

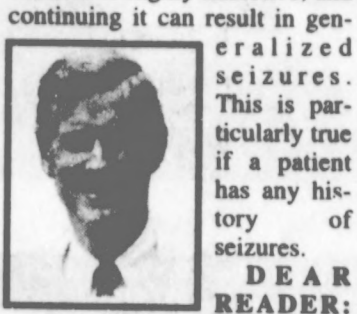
Do you see anything wrong with my working with my ex? -- "CYNDIE" IN SOUTH FLORIDA

DEAR "CYNDIE": I do -- but obviously your present husband does, because he's threatened by the idea. It appears you have an important decision to make. Which is more important to you -- the job, or keeping peace in your marriage?

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Sleep aids can be a real headache

DEAR DR. GOTT: I'm a registered pharmacist writing about one of your readers taking Ambien as a sleep aid. I would like to reveal two facts: Ambien is highly addictive, and continuing it can result in generalized seizures.



Dr. Gott

By Dr. Peter Gott

READER: All pills have effects, and Ambien is no exception. Common side effects can include dizziness, drowsiness and a feeling of being drugged. Some people -- especially those prescribed serotonergic antidepressants -- have been reported to experience peculiar changes in thinking and behavior. Those with liver problems may find the effects of the sedative take longer to wear off, while older people may be more inclined to suffer falls.

Ambien is used for the short-term treatment of insomnia. The key here is "short term." Symptoms that last longer than two weeks should be addressed by a physician to determine whether an undiagnosed medical problem exists. In any event, Ambien works quickly and should be taken just before bedtime. Because there is no

way of anticipating what effects the sleep aid will have, this, as well as all medications, should be taken with caution and only under a doctor's orders.

Alternative sleep aids are available over-the-counter. While they may induce sleep, they are supplements and aren't regulated by the Food and Drug Administration. Without specific standards, it becomes difficult to judge products for quality, safety and effectiveness.

One such product that appears safe for most people is melatonin. It regulates the body's circadian rhythms and is often recommended short term for people working a swing shift or for airline travelers. Risks for some people include a feeling of grogginess and depression.

Valerian is an herb that may help a person fall asleep faster and may improve the quality of sleep received. It has been found to be effective for up to six weeks. While there is no sensation of grogginess, some people may experience a hang-over effect or impaired thinking for a short period following use. Valerian also should not be used with Ambien due to an increased risk of depression.

Chamomile has been used for centuries to create a calming, relaxed effect on the body. It is best taken as a tea. To provide related information, I am sending you a copy of my Health Report "Sleep Wake Disorders."

Contract Bridge

Famous Hand

West dealer. Both sides vulnerable. NORTH: ♠ J 6 3 2, ♥ A 10 8 2, ♦ A 10 6 2, ♣ A 8 7 6 5 4 3 2. EAST: ♠ K 10 9, ♥ 7 5, ♦ 9 5 4, ♣ A 8 7 6 5 4 3 2.

The bidding: West Pass, North Pass, East Pass, South Pass. Opening lead -- ten of clubs.

This deal occurred in the 1975 world team championship played in Bermuda. When the United States held the North-South cards in its match against Italy, the bidding went as shown.

South made four diamonds for a score of 130 points, but failed to get to an excellent game contract in spades. Instead of bidding three diamonds, South finds the winning recipe.

Today in History

By The Associated Press Today is Monday, Aug. 10, the 222nd day of 2009. There are 143 days left in the year.

Today's Highlight in History: On Aug. 10, 1846, President James K. Polk signed a measure establishing the Smithsonian Institution, named after English scientist James Smithson, whose bequest of half a million dollars had made it possible.

On this date: In 1792, during the French Revolution, mobs in Paris attacked the Tuileries Palace, where King Louis XVI resided. (The king was later arrested, put on trial for treason, and executed the following January.)

In 1809, Ecuador struck its initial blow for independence from Spain. (Ecuador achieved independence in 1822.)

In 1821, Missouri became the 24th state.

In 1874, Herbert Clark Hoover, the 31st president of the United States, was born in West Branch, Iowa.

In 1921, Franklin D. Roosevelt was stricken with polio at his summer home on the Canadian island of Campobello.

In 1949, the National Military Establishment was reorganized as the Department of Defense.

In 1968, 35 people were killed in the crash of a Piedmont Airlines Fairchild FH-227 at Kanawha County Airport in West Virginia; two survived.

In 1969, Leno and Rosemary LaBianca were murdered in their Los Angeles home by members of Charles Manson's cult, one day after actress Sharon Tate and four other people were slain.

In 1988, President Ronald Reagan signed a measure providing \$20,000 payments to Japanese-Americans who'd been interned

by their government during World War II.

In 1993, Ruth Bader Ginsburg was sworn in as the second female justice on the U.S. Supreme Court.

Ten years ago: A gunman opened fire at a Jewish community center in Los Angeles, wounding three boys, a teenage girl and a woman.

Five years ago: President George W. Bush chose Porter Goss, a Republican congressman and one-time spy, to lead the CIA. A boat carrying Dominican migrants seeking a better life in Puerto Rico drifted back to almost the same spot where the voyage began nearly two weeks earlier; at least 55 of the 86 people on board had died.

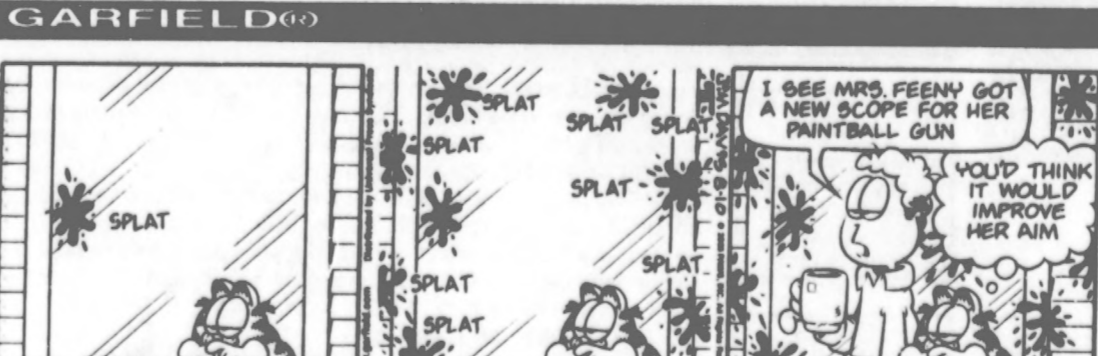
BABY BLUES



BLONDIE



GARFIELD



PEANUTS



Crosswords

- ACROSS 1 Game fish, 5 Typeface, 9 Reassure Rover, 12 Kai Kan rival, 13 The vary --!, 14 Provoke, 15 Sledgehammer, 16 Red-waxed cheese, 17 Mil. rank, 18 Takes a whiff, 20 Jule fractions, 22 JAMA readers, 23 A Gershwin, 24 Composure, 27 Aloha st., 28 Roller coaster cry, 32 Vapor, 33 Samuel Clemens, 36 Home page addr., 37 Money machines, 39 Three-toed sloth, 40 Internet fans, 42 Fled mountains, 45 Bubble --, 47 Of seeing, 50 Drone or worker, 51 Help a thief, 53 Object on radar, 55 -- premium, 56 Meter maid of song, 57 A kiss in Granada, 58 Recipe qty., 59 Animated character, 60 Bigfoot's kin

Answer to Previous Puzzle

PAC SNUB SAVE, ARN HABA PROW, ZINC RUN RACE, OUCH FIBER, ADEPTS PUN, LACY WINGED, SUR SHIED GOP, BUCKET TADA, EDICT VANS, TOLL MEM KNOW, OGRE GRAM IRA, NESS RASP BOG

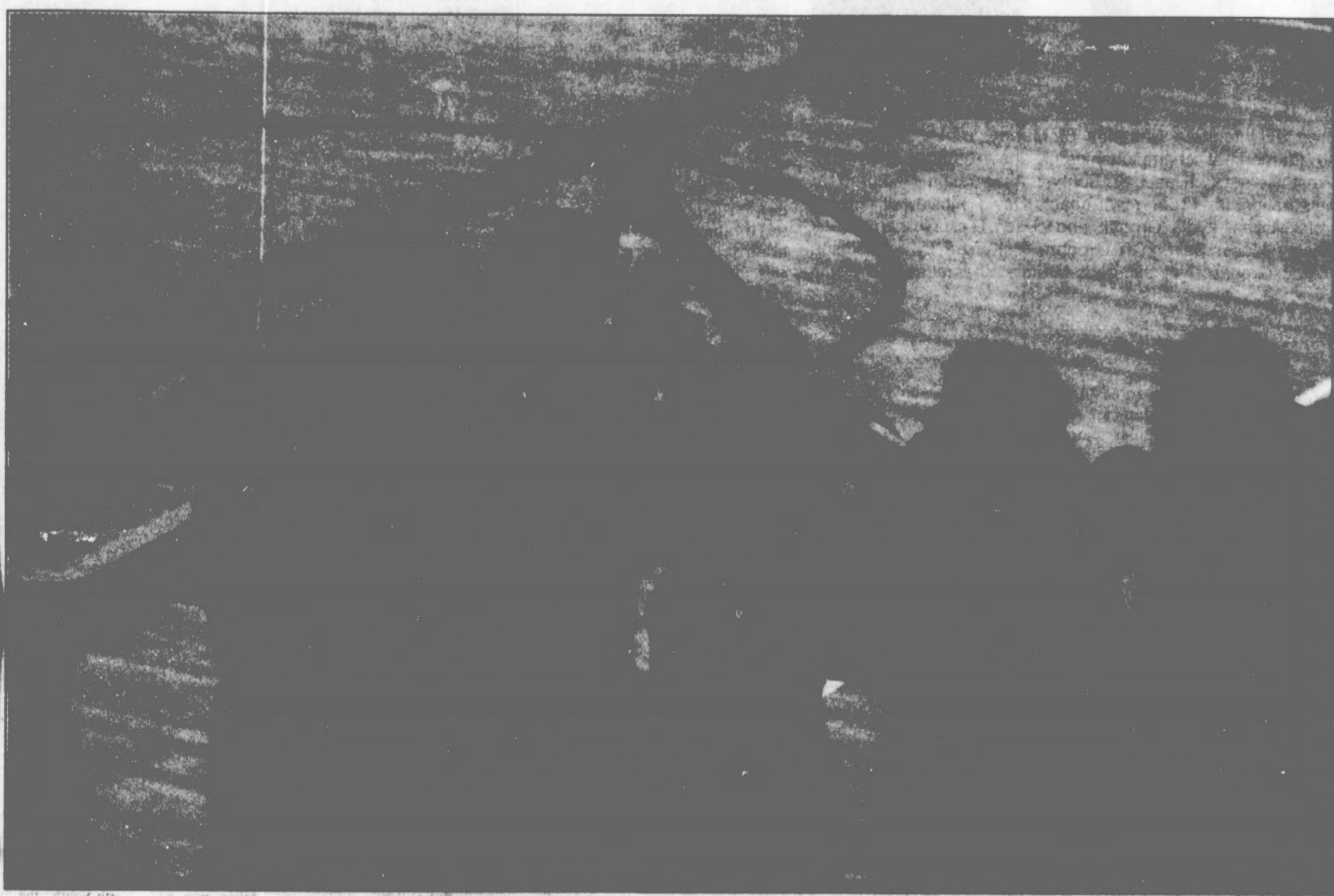
Grid for crossword puzzle with numbers 1-60 indicating starting positions for clues.

- DOWN 1 Ka-powl, 2 Sorrowful cry, 3 Wheeled around, 4 Ice and rice, 5 Feudal estates are, 6 Track postings, 7 Teachers' org., 8 Less exciting, 9 Tinny sound, 10 What rainbows are, 11 Sugar Flay stat much, 21 Like sushi, 23 Sundial numeral, 24 Links org., 25 Breakfast grain, 26 Belief, 27 Yes, in Tokyo, 29 Tone, 30 Make a typo, 31 Raised railways, 34 Unnaturally pale, 35 Wimple wearers, 38 Tijuana "Mrs.", 41 Short and thick, 43 By itself, 44 Saturn's largest moon, 45 Licks, say, 46 Gather crops, 47 Not let pass, 48 Ship's position, 49 Pre-discount price, 50 Flying fox, 52 Library sect., 54 Taro-root paste

SPORTS

2009 PREP VOLLEYBALL PREVIEW: MURRAY HIGH

REBUILDING OR RELOADING?



Second-year head coach Breanna Volp (far left) leads a retooled Murray team into the 2009 volleyball season when the Lady Tigers open play on Thursday. Murray went to the All 'A' state tournament and finished third in the district last season.

NEW CLASS OF PLAYERS GUNNING FOR DISTRICT TITLE DESPITE HEAVY LOSSES

By TOMMY DILLARD
Sports Writer

Losses would usually be a recipe for disaster at Murray, which must go through 4th District heavyweights Marshall County and Christian Fellowship to reach the region tournament each year.

But second-year head coach Breanna Volp isn't sounding the alarm. In fact, she's sounding more and more optimistic by the day.

Her reasoning is twofold.

First, the Lady Tigers replace last season's class with a group of seniors that runs six strong in 2009.

Couple that with the losses suffered by the Lady Marshals and the Lady Eagles, and Volp has no reason to believe her squad can't challenge for a district title.

Both Marshall County and CFS lose mainstays off teams that have represented the district at regionals for the past three years.

The question is, can Volp's group of seniors, most of whom are fresh from the junior varsity ranks, make the adjustment in time to take advantage?

"Christian Fellowship lost its best hitter and Marshall lost the best player in the region last year in Nashea Sheppard," Volp said. "Those are things we have to take advantage of."

Murray fielded its most talented team in several years in 2008, but couldn't break through to the region tournament, despite scoring a regular-season victory over CFS.

The Lady Tigers return just two starters from that team, neither of which are seniors. Murray will lean heavily on junior setter Lauren Dieleman, whom Volp calls the best in the region at her position, as well as sophomore hitter Catherine Claywell.

Dieleman's experience at the crucial setter position may be the team's greatest strength.

"Lauren is a really great setter," Volp says. "Having a good team starts with having a good setter and Lauren can do everything — she's a good passer, she can do different kinds of sets and she's one of our best servers."

Claywell and senior Taylor Butler, one of two members of the class to see any varsity time last season, provide the Lady Tigers with another strength — height and power at middle hitter.

The tandem are the tallest girls on

the team and both are strong blockers, Volp says. Claywell, who is already a three-time state high jump champion, is ripe with potential, but is working on harnessing her power.

"She's working on getting her jump down with the timing of the set," Volp said. "Some are right on the net, others are a little higher. But when she makes contact, no one's going to be able to pass it up."

The rest of the starting lineup will consist of seniors Maria Speed at libero and setter, Jacqueline Vilaro at outside hitter, Kathryn Wilson at right hitter and Chelcie Winchester at outside hitter.

Senior Aneshia Gray and sophomore Chelsea Hill will also see playing time.

While both squads were high on seniors, the difference between last year's class and this group lies in experience. This season will mark the first year of varsity competition for many of the team's key components.

But the class of 2010 isn't without chemistry — the team played together last year on the junior varsity squad.

"It isn't that different," said Wilson. "We were all at the same level and we all mix pretty well. We've just got to take the step up and put ourselves at the top now."

Murray At A Glance

Coach: Breanna Volp (2nd year)
2008 Season: 19-14 (3-4, 4th District)
Who's Back: Taylor Butler (Sr.), Maria Speed (Sr.), Jacqueline Vilaro (Sr.), Kathryn Wilson (Sr.), Chelcie Winchester (Sr.), Lauren Dieleman (Jr.), Catherine Claywell (So.)
Who's New: Aneshia Gray (Sr.), Chelsea Hill (So.)

Outlook: The Lady Tigers lost plenty of senior leadership from last year's team. The rest of the district may be down, however, giving Murray hope of making a run at a title.

LADY TIGERS' SCHEDULE
Aug. 18: at Graves Co.; 17: at Mayfield; 20: Fulton Co.; 22: First Region All 'A' Tournament; 27: Calloway Co.
Sep. 1: at Christian Fellowship; 4: Marshall Co.; 8: at Ballard Memorial; 14: Paducah Tighman; 16: at Carlisle Co.; 17: at Calloway Co.; 22: at Marshall Co.; 24: Christian Fellowship; 28: at Oued State Invitational; 29: Graves Co.
Oct. 1: at Community Christian; 8: Fulton City

— at Paducah Sports Plan

Strong passing may be the greatest loss the Lady Tigers suffered with the graduation of last year's class, and it's been one of the biggest focuses of Murray's preseason practices.

"We have good setters and we have good hitters," Volp said. "Our problem is that we can't get a good pass so we can utilize the setter and the hitter. We're really focusing on that and it's our main goal — to become a better passing team."

■ See MHS, 10

PGA ROUNDUP



PHIL LONG / AP
Tiger Woods hoists the trophy after winning the Bridgestone Invitational Sunday at Firestone Country Club in Akron, Ohio.

Tiger delivers again

WOODS RALLIES TO WIN AT FIRESTONE

By DOUG FERGUSON
AP Golf Writer

AKRON, Ohio (AP) — The battle was everything Tiger Woods expected. The finish was nothing anyone imagined, except for Woods hoisting another World Golf Championship trophy at Firestone.

Woods was in trouble in the trees on the famous par-5 16th hole, one shot behind Padraig Harrington, trying to figure out how he could squeeze out a victory Sunday in the Bridgestone Invitational.

He delivered another signature moment, this one an 8-iron from 178 that wound up a foot from the hole for birdie. Moments later, with an official timing his every shot, Padraig Harrington rushed his way into a stunning meltdown. He hit five straight shots without losing his turn, made triple bogey and became a mere bystander the final two holes as Woods won for the 70th time in his career.

Woods closed with a 5-under 65, becoming the first player in PGA Tour history to win seven times on the same golf course and giving him back-to-back victories going into the PGA Championship, his last chance to win a major this year.

Woods won it with an 8-iron that was pure theater.

"When I hit it, I knew it was going to be a good one," he said. "I thought it was going to be just a little bit past the hole. I was surprised it spun that much considering it was that much downwind. But it came back and ended up a kick-in."

He believes Harrington lost it with a stopwatch that was unnecessary.

They were timed earlier in the round, then told by John Paramor, the PGA European

■ See WOODS, 10

PREP GOLF ROUNDUP

Back-Two-Back

DEPTH CARRIES LAKERS TO SECOND STRAIGHT TILGHMAN TITLE

Staff Report

Four golfers shot in the 70s to lift Calloway County to a second consecutive championship at the Paducah Tighman Invitational on Saturday at Paxton Park.

The 18-hole event featured 16 area teams and served as an early preview of September's regional tournament.

The Lakers shot 304 as a team and edged out second-place finisher St. Mary by two strokes.

Calloway was led by 2008 state qualifier Hunter Garrison, who shot a 1-over-par 72 and captured third place individual honors. Brock Simmons

came in with a 76, while Daniel Harper shot 77, Chasten Howard finished at 79, Matt Reynolds fired an 80 and Austin Miles shot 81.

Graves County rounded out the top three with a score of 307.

St. Mary's Sammy Thompson claimed medalist honors, tearing up the course with a 69. Ballard Memorial's Chase Ballard finished second individually, shooting a 70.

The Lakers have taken top honors at every tournament at which they've competed through the first week of the season. Calloway scored match victories over Hickman County and Carlisle County early last week, then won a Miller Memorial Quad Match last Thursday.

Both boys and girls teams resume play today at Rolling Hills Country Club in Paducah as they take on Lone Oak and Ballard Memorial.



The Calloway County golf team took first place at the Paducah Tighman Invitational on Saturday, shooting 304 as a team to best second-place St. Mary by two strokes.

Summertime snapshots



The Paducah Badkiss, sponsored by Interstate Batteries of Murray, recently won both the regular season (15-1) and tournament championships in the 10-under girls fast-pitch softball league of the West Kentucky Baseball Softball Association. Pictured at the post-tournament awards celebration in (front row) coach David McDowell, Emma Gallimore, Sarah McDowell, Brala Mayes, Lydia Grogan and coach Rick Grogan, (back row) sponsor Mitchell Moses, Shalby Moses, Savannah Grogan, McKenzie Lynn, Addison Scott, Lily Ramsey and coach Rick Grogan. Not pictured: Maddie Ybarzabal and Berlin Nelson.

NFL ROUNDOUP Young confident after preseason opener

By Bill Winters
CANTON, Ohio (AP) — Standing at his locker following his preseason debut, Vince Young pulled on a Steve McNair jersey and smiled.

For Young, there was no better setting than the Pro Football Hall of Fame to pay tribute to his mentor, the former Tennessee Titans star quarterback who was shot and killed last month.

"One day he's definitely going to be in the Hall of Fame, and I wanted to walk around and show that this jersey will be sitting here one day," Young said.

He then followed with a brief proclamation about himself, whom asked about past statements that he'll be crowned one day.

"That's not bold statements, that's confidence," he said. "Basically, what I'm saying is I want to work hard to get into the Hall of Fame."

If that's the case, Young's gut feeling must wish to do to get his draft pick career back on track.

The former first-round draft pick who lost his starting job last season, Young had an impressive performance in a 21-17 win over the Buffalo Bills in his NFL preseason-opening game at FirstEnergy Stadium on Sunday night.

Young was at the helm of the Oakland Raiders for the Oakland game, Young went 1-of-4 for 13 yards and an interception in his first game back. He summed it up by shouting "great work" in hising Paul Williams for a 5-yard touchdown pass to get the Titans up 21-3 late in the second quarter.

"It's disappointing," Young said, of his sluggish start. "I know everybody wants me to go out and be perfect, but it's not happening like that."

SCOREBOARD

The Murray Ledger & Times

MAJOR LEAGUE BASEBALL SCOREBOARD

National League Standings		American League Standings	
Team	W-L-Pct	Team	W-L-Pct
St. Louis	48-50	Philadelphia	47-51
San Diego	46-54	Los Angeles	46-54
Arizona	45-55	San Francisco	45-55
Colorado	44-56	Seattle	44-56
San Francisco	43-57	San Diego	43-57
Los Angeles	42-58	Los Angeles	42-58
San Diego	41-59	San Francisco	41-59
Arizona	40-60	Seattle	40-60
Colorado	39-61	Philadelphia	39-61

MHS

Getting back to the All 'A' state tournament and advancing in the regional tournament are also goals for the black and gold. The Lady Tigers move from the Second Region to the First Region for All 'A' purposes this season, a move that should benefit them.

Though they didn't reach their ultimate goal of postseason success in 2008, Murray did put

Woods

Don's chief referee, they were on the clock on the 16th tee, with Harrington in the lead by one shot. Knowing he had no time to contemplate his escape from the trees, the color of a bunker and a daisy flop shot behind the green, he missed the hole known as "The Monster" into six strokes.

The pivotal play was his fourth shot behind the green, which came out hot and into

MHS

together a solid foundation on which to build, including an All 'A' state berth and a dramatic regular-season title over CPS.

"I definitely think the success does carry over because they know what they like to do and they also know what it's like to lose the big game."

Murray opens its season Aug. 11 at Graves County.

"I had an emotional drive shot," Harrington said, "I had to go after it and I realized that I had to go to the end of it."

"Like I was telling him out there, 'It's crazy that John was had no choice but to put them on the clock.'"

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AUGUST 16, 2009

9:00 a.m. - 10:00 a.m. - Church Service
10:00 a.m. - 11:00 a.m. - Bible Study
11:00 a.m. - 12:00 p.m. - Lunch
1:00 p.m. - 2:00 p.m. - Singing
2:00 p.m. - 3:00 p.m. - Worship

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A special 32-page commemorative centennial booklet has been prepared for distribution to all in attendance on August 16. Those unable to be with us may obtain a copy of this booklet free of charge by stopping by the church office or by contacting the church through any of the following means:

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