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UK BASKETBALL: Cats Outlast Vols For 17th Straight Hardcourt Victory, Page 8

MURRAY LEDGER & TIMES

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Vol. 124, No. 48

Thursday, February 27, 2003

50 CENTS

Kentucky General Assembly 2003

MSU students head to Capitol to rally against education cuts

A delegation of Murray State University students were to converge on the Capitol Rotunda with students from regional universities across the state today in an effort to convince lawmakers to spare education from budget cuts.

"Murray has taken the initiative statewide in this effort," MSU's Student Government Association President Jace Rabe said. "The SGA members have really pulled together, and I've been thoroughly impressed not only with them, but the entire student body."

"It's been really encouraging to see how the students have rallied to this cause," he continued.

"We've had over 4,500 letters signed and sent to legislators. It's just been tremendous to see this come together."

Each regional university in the state was asked to commit to bringing at least 50 student representatives to the Capitol rally. In addition to students, it is expected that faculty, staff, administrators, board members and parents will attend as well. The 11:30 a.m. rally is sponsored by the Kentucky Board of Student Body Presidents.

Members of that board, including Murray's Rabe, will meet with legislators Friday to specifically discuss the issue of preserving the funding commit-

ment made to postsecondary education.

Murray State's President Dr. F. King Alexander met earlier with students, educators and community members in Hopkinsville, Henderson, Madisonville and Murray to discuss the budget problems looming over the state and the need to spare public education from the cuts.

"Section 183 of the commonwealth of Kentucky's constitution states that public education is a fundamental right of every student," Alexander said. "This means that it is the top priority of the commonwealth and the General Assembly."



SIGN UP ... John Coombs, a sophomore business management major from Owensboro, prepared signs to be loaded for today's trip to Frankfort.

Senate budget would eliminate Lt. Gov. funds

By CHARLES WOLFE
Associated Press Writer

FRANKFORT, Ky. (AP) — A version of an executive branch budget passed by the Kentucky Senate on Wednesday would take money away from Gov. Paul Patton and nearly eliminate funding altogether for the lieutenant governor.

It would give more money than the House had proposed to spend for Medicaid, public schools and universities. But it would shut down the state's prepaid college tuition program, which has been a show-



Henry

case for the state treasurer.

State employees appointed by the governor would be barred from getting pay raises or promotions. A runoff primary election would not be funded. More state vehicles would have to be sold and fewer state contracts could be awarded.

In short, the proposed budget would put a Republican stamp on state government. "The budget is a policy document," Senate Majority Leader Dan Kelly said.

The vote was 37-1 in the Senate, which Republicans control 22-16. The lone dissenter, Democratic Sen. Ernesto Scorsone of Lexington, said the budget does too little for schools and universities "already trying to do too much with too little."

"This is not a pretty budget," Scorsone said. "This budget is getting ready to start hurting people."

Kelly, R-Springfield, said the Senate had to "get some restraints and control on our spending."

"Nobody is saying this is a rosy, sugar-coated budget. This is a budget that meets expectations of the cit-

Highlights of executive branch budget bill passed by Kentucky Senate

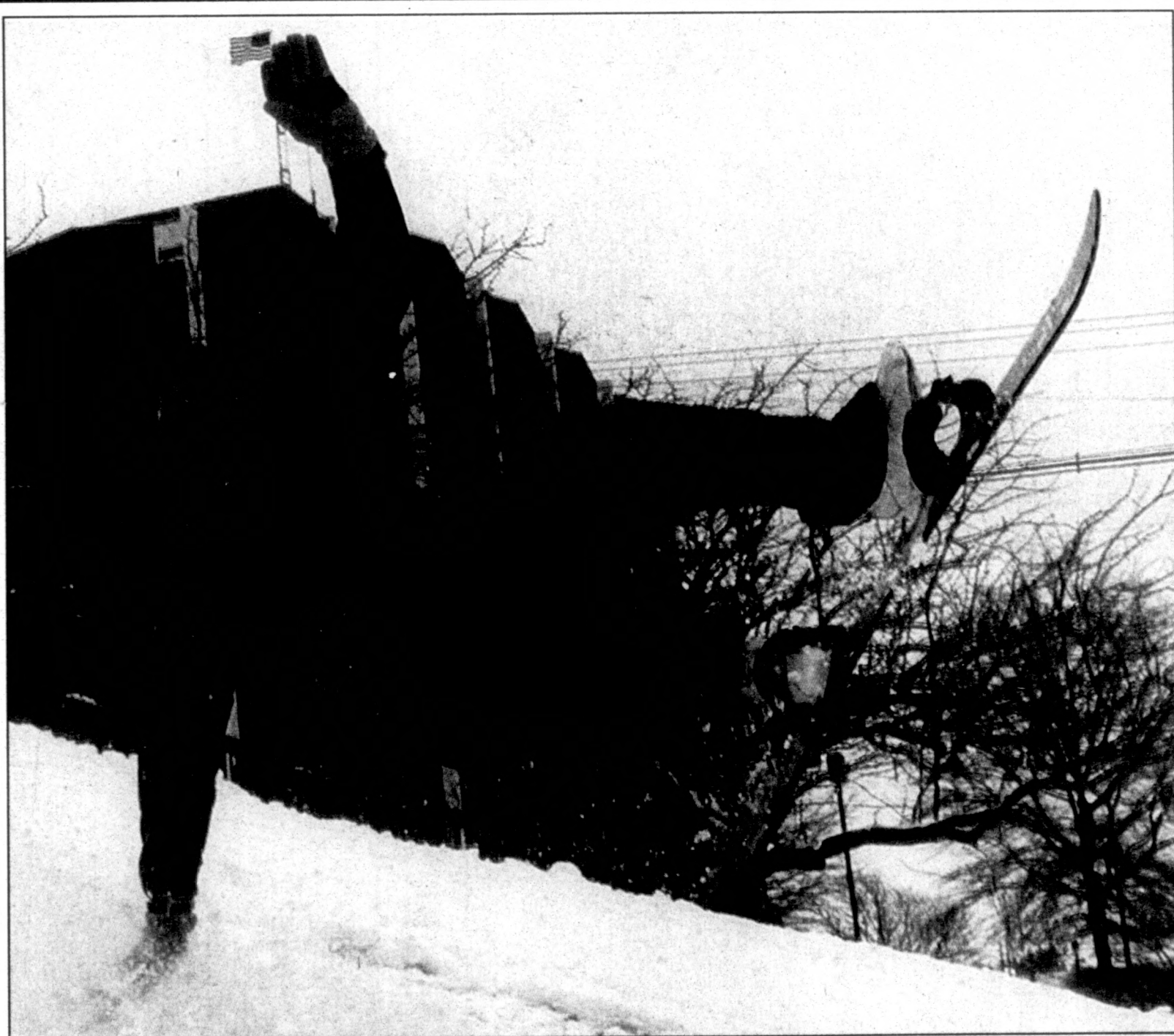
- Appropriates \$14.1 billion for current year and fiscal 2004 — \$25.5 million more than House version.
- Cuts funding of governor's office by \$1.7 million next year.
- Forbids pay raises or promotions for nonmerit state employees appointed by governor.
- Eliminates all perks for lieutenant governor.
- Orders state motor vehicle fleet reduced by 1,000 vehicles — 500 more than already ordered by Gov. Paul Patton.
- Spending on personal service contracts would have to be reduced by \$85 million in 2004; the House budget said \$75 million.
- Patton and other constitutional officers could spend no more than 55 percent of the money appropriated for 2004. The idea is to prevent bare cupboards for their successors.
- Freezes executive branch hiring. Exceptions for veterans' nursing homes, Kentucky State Police and Revenue Cabinet.
- Eliminates funding for runoff primary election.
- Effectively shuts down KAPT — Kentucky's Affordable Prepaid Tuition program.
- Eliminates \$100-a-week child care subsidy for "working poor."
- Raises level of basic school funding. Sends school reward money to districts for use in giving raises, if desired.

AP

izens of the commonwealth," Kelly said.

The budget bill goes next to the House, where it originated, for action on the Senate's changes. A final budget would have to be drafted.

■ See Page 2



JOHN WRIGHT/Ledger & Times Photo

NOT WIPE OUT, WHITE OUT ... Murray State University student Solomon Gaymon, a sophomore from Carbondale, Ill., is headed for a rough landing on this snowboarding run on a hill on the MSU campus Wednesday afternoon. Meanwhile, students trudged through snow to make it to class, below photo.



Winter has been rough on road department

By BRANDI WILLIAMS
& JOHN WRIGHT
Staff Writers

The 2002-2003 winter has been a hard one for motorists in western Kentucky and it has also been particularly hard on the Calloway County Road Department. So hard, in fact, that it is one more storm away from needing to re-stock its supplies.

■ See Page 2

Four vying for staff regent post

Staff Report
Murray Ledger & Times

Four Murray State University employees are vying for the position of staff regent on the university's board regents.

The election to choose the new regent will be held March 7.

One forum between the candidates was held Wednesday via ITV technology, while another is scheduled for today at 2:30 p.m. at Wrather West Kentucky Museum. The third and final forum is set for 9:30 a.m. in the Curris Center Theatre. All forums are open to the public.

Marie Jones became the first MSU employee to serve as staff regent after the office was created in 1994 by former Kentucky Gov. Brereton Jones. Jones served until 1997, when she was replaced by current staff regent Lori Dial.

Dial is seeking re-election to the office again this year. She is an employee in MSU's financial aid department and has been employed by the university for 15 years.

The other three candidates for the position are Doris Clark-Parham, a 15-year MSU employee who currently serves as the Adventures in Math and Science program; Carmen Garland, a 22-year university employee who works in its scholarship office; and Howard (Hal) Rice, an IS/CTLT employee who has been with MSU for 10 years.

The term for the newly elected regent will begin in July.

For more information, contact MSU Staff Congress President Orville Herndon at 762-4491 or Renee Lax, chair of the staff congress credentials and elections committee, at 762-3225.

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OBITUARIES

listings Page 5

Garrie M. Sprague
Joella Jones Johnson
Lula Bea Thomas
Cathey
Billye Jean Maddox

WEATHER

Tonight will be mostly cloudy with a chance of rain or snow.

HIGH: 33

LOW: 28

Friday will be mostly cloudy with highs near 40.

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Illegal blue light leads to arrest

Staff Report
Murray Ledger & Times

Kentucky State Police are investigating the possibility that an arrest regarding the illegal use of a blue light in a vehicle this week is connected to a series of incidents that occurred previously in Calloway County.

KSP Trooper Brian Duvall was driving south on Ky. 299 in his personal vehicle Monday when he observed a 1995 black Pontiac Grand Prix turn onto Alex Ford Road. When the vehicle was making the turn, Duvall noticed what appeared to be a blue light rotating on the dash.

An investigation revealed that the owner of the vehi-

cle, 27-year-old Jeffrey M. Darnell of Murray, was not affiliated with law enforcement. On Tuesday, a search warrant was issued to search Darnell's vehicle, and the blue light was found inside the vehicle during the search.

Darnell was arrested and charged with improper use of a blue light. He was lodged in the Calloway County Jail.

An incident occurred in Hazel last September in which a man using a blue light pulled over a woman's vehicle and then attempted to assault her. A similar incident was reported in Stewart County, Tenn., the same month.

Calloway County farm owner ordered to lower lagoon liquid waste levels

Staff Report
Murray Ledger & Times

KIRKSEY, Ky. — The owner of a Calloway County dairy farm has been ordered by the Kentucky Natural Resources and Environmental Protection Cabinet to take immediate measures to prevent further releases of liquid manure from waste lagoons.

NREPC Secretary Henry C. List signed an order Tuesday directing Jimmy Joe Hale, the owner of the

farm, to lower liquid levels in two lagoons. Hale was also told to lower and maintain four feet of freeboard on a third lagoon.

Under the order, Hale has 48 hours to perform the tasks and to do so without discharging unpermitted liquid waste into the waters of the Clark's River.

The order was filed after a lagoon on Hale's farm breached last Friday, spilling approximately 3 million gallons of wastewater and

manure into the west fork of the Clark's River. Division of water inspectors reported Monday that another lagoon was overflowing and two others were full, prompting the filing of the order.

Hale has the option of constructing a temporary lagoon to hold the waste or properly spray irrigating it. The NREPC would also consider other disposal methods that would not result in the discharge of liquid waste into creeks, streams or rivers.



ERIC WALKER/Ledger & Times photo

SLIPPERY WHEN SNOWING ... A Murray police officer was taken to the Murray-Calloway County Hospital following a two-vehicle accident Wednesday morning. Patrolman Samuel C. Scott, 32, Murray, was driving east on Olive Street, crossing North 12th Street at 8:55 a.m. Wednesday as Nicholas R. White, 23, Murray, was traveling south on North 12th. According to Kentucky State Police, White was unable to stop at the 12th and Olive intersection because of snow on the road and slid into Scott's driver's side door. A passenger in White's vehicle, 23-year-old Amanda Ordiway, also of Murray, was taken to MCCH by ambulance after sustaining an arm injury. Scott was also transported to MCCH, where he was treated and released for a head injury.

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EDWARD SHERIDAN/Ledger & Times photo

ANOTHER BLAZE ... Murray Fire Inspector Dickie Walls walks into a house located at 905 N. 16th St. Wednesday as an investigation continues into the cause of two fires this week at the abandoned house. The latest fire occurred yesterday at approximately 1 a.m. Four trucks and 18 firefighters responded to the blaze. When firefighters arrived, the house was totally involved with flames. Firefighters remained on the scene until nearly 4 a.m. Walls encourages anyone with information regarding the fire to contact him at 762-0321 or the Murray Police Department at 762-0310.

Federal grand jury called for in shooting

FRANKFORT, Ky. (AP) — Five Louisville lawmakers said Wednesday they would ask federal prosecutors to investigate whether police violated a handcuffed black man's civil rights when they shot and killed him.

The lawmakers said they were planning to mail a letter to U.S. Attorney Stephen Pence by the end of the day, asking him to present the results of his investigation to a federal grand jury.

A grand jury cleared Louisville Metro Police detectives Mike O'Neil and Bryan Luckett on Monday night in connection with the Dec. 5 shooting death of James Edward Taylor.

Police said the 50-year-old Taylor, whose hands were cuffed behind his back, lunged at the officers with a box cutter.

But the Louisville Democrats said the grand jury's decision left them with questions.

Winter ...

From Front

"We're going to have to regroup," said Road Supervisor Warren Hale, noting that his crew was helped considerably late Wednesday afternoon when temperatures were pushed barely above the freezing mark, enabling plows to become much more effective. "That does make a big difference, and we've made lots of progress with that today."

"And, to me, the cinders we've been using, have been working a whole lot better (than salt). The only problem is, it doesn't take long to get rid of it. And our supply of cinders is getting low."

Usually, Hale and crew do not need a restock of cinders by this time, but the region's numerous hits by winter weather have changed all that, and the immediate forecast doesn't hold much change. Christine Wielgos, a meteorologist with the National Weather Service in Paducah, said this morning that freezing rain is expected today and a wintry mix expected for tonight.

One reason she said this winter season seems especially long is because this area typically has very mild winters. "Around here, the wintry, snowy season doesn't last very long," Wielgos said.

She said Paducah has received 23.9 inches of snow, making this the 4th snowiest season on record. This month Wielgos has 11 inches logged. Local weather observer John Ed Scott reported 3 1/4 inches of snow Wednesday.

Luckily, after the snow set in, so did the residents. Both the Calloway County Sheriff's Department and the Murray Police Department reported no accidents after midnight, however yesterday was quite busy.

This last batch of winter weather comes on the heels of a surprisingly



JOHN WRIGHT/Ledger & Times Photo

UNEASY RIDERS ... This car wound up on its top in a Wednesday afternoon accident on Doran Road in Murray. No further information was available for MPD as of press time this morning regarding the accident and any possible injuries.

strong storm that struck the county in the wee hours of Tuesday morning, leaving around two inches of snow. But while many residents were left in a near state of shock from that storm and the one that hit Wednesday, Hale said he had an idea this kind of experience was coming as early as last Friday.

"That's when we had that heavy, heavy fog. You couldn't even see to drive," he said. "Now, usually, when you get that kind of thing in winter, you're getting ready to have a real mess on your hands, because fog just isn't supposed to happen in winter."

Still, all is not lost for Hale and his crew in their fight to keep their county's 800 miles of roadway free from ice and snow. Even if the expected happens today, there is a place for them to go that is loaded with the material needed for the job — the New Johnsonville steam plant near Camden, Tenn.

"They have a coal plant there, so we just drive right up to the plant and pick them up there. It helps to have a place that close (around an hour away)," he said.

"Still, let's just hope that this thing might could miss us. You never know."

Budget ...

From Front

ed by conferees from each chamber. That could begin by Friday, according to Kelly.

In all, the Senate budget would appropriate \$14.1 billion through June 30, 2004 — \$25 million more than the House version. Senate leaders said they were able to find more sources of money or to make certain investments that would generate more money.

The Senate budget would give Patton just under \$12.4 million for operation of his office next year,

\$1.7 million less than the current year and \$2 million less than provided in the House budget.

Patton was in Washington, D.C., presiding at a meeting of the National Governors Association. His spokesman, Rusty Chevront, said he would defer comment "until we get closer to a final budget."

Lt. Gov. Steve Henry's office would receive no funding after June 30. Henry would keep his \$91,000 salary and benefits. He would no longer have a staff, state vehicle, Kentucky State Police security detail or official residence. The cuts amount to about \$1.5 million.

Only maintenance money would be appropriated for the state-owned house where Henry and his family have been living while the official residence, the Old Governor's Mansion in downtown Frankfort, undergoes renovation.

Nor would the lieutenant governor have any statutory duties; the budget would remove the officeholder as a member of several state

boards and commissions.

Word of the cuts to the lieutenant governor circulated Monday. Henry described it as "petty politics."

The Senate would give public schools a one-time payment of \$14.7 million this year to shore up school districts' budget reserves. An increase of \$19.4 million next fiscal year would raise base funding for schools to \$3,191 per pupil in average daily attendance, a \$17 increase.

The appropriations committee chairman, Sen. Richie Sanders of Franklin, said the increase was enough to give school employees a 2.7 percent pay raise, though districts were not required to do so. The Senate took the money from a \$21 million reward fund for schools that meet academic performance goals.

On Medicaid, the state-federal health insurance program for the poor and disabled, the Senate budget would give an extra \$47 million in the next fiscal year to apply toward, but not correct, an expected overrun of \$216 million.

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Arts

Thursday, February 27, 2003

Playhouse is a 'wonderland' for 'Alice: The Musical'

Alice continues her adventure this weekend in the original musical production of "Alice: The Musical" at Murray's very own neighborhood theatre, Playhouse in the Park.

Playhouse director Michael Dunnagan and musician Brent Webster have adapted the Lewis Carroll children's classic and have incorporated witty dialogue and upbeat music.

The story unfolds as Alice is bored because Dinah, her kitten, has run off. She has no one to play with. A talking White Rabbit shows up, escapes into a rabbit hole and Alice decides to follow.

Everyone knows the story of Alice's adventures in Wonderland. What sets this production apart from the many others produced? Dunnagan explained it best.

"The shows that were available either didn't include kids or they talked down to them. Lewis Carroll wrote this specifically for the young in all of us. This production is for kids and performed by kids," Dunnagan said. "They're the stars. They make it magical."

Dunnagan may write the material, but the young performers can improvise to make the scenes better and by what they do ends up in the final product. Characters abound in this story as Dunnagan and Webster make sure that each of them have been fully realized.

Alexandra Farris portrays the title role with a wonderful exuberance. In the beginning of the play, she grabs the audience by singing "Alice's Lament," and beckons us

to take an adventure with her. It's a wild ride in an upside down world where everything is contrary. By the conclusion of the play, Alice has learned invaluable lessons.

The talented cast includes; Adam Blodgett as the "ever so late" and nervous White Rabbit who speaks directly to the audience then wonders who he's talking to. Alex Bloodworth plays a very funny and uptight Mouse who can't say the word "cat" outloud.

The comical, Birds of a Feather include Jacinda Lewis as the Dodo, Laura Scarborough as the Duck, Lynley Sullivan as Eaglet and Shy Underhill as the Lory. Veteran Tim Peyton plays the Caterpillar in a style that would have William F. Buckley laughing.

Elizabeth Powell plays an excitable and angry Duchess with precision. Laken Watkins is the Duchesses Cook who loves to throw pans and use to much pepper in the soup. Nolan Jackson stylishly portrays the Cheshire Cat as a hip and cool dancin' machine.

Hannah Richardson plays an attention starved creature called the Gryphon, as her partner, the Mock Turtle, Leslieanne Gilson, can't stop crying. Justin Blodgett is poor Bill the Lizard who is the punching bag for everyone's jokes and does it with subtle humor.

Blake Vacca and Duncan Thurman team up to play Tweedle Dee and Tweedle Dum. Their "bad-boy" performance and choreography is worth the price of admission. The famous teaparty scene led by John Quertermous as the Mad

Hatter, Sarah Hines as March Hare and Mariel Jackson as the Dormouse is beyond whacky! It's pure comedy! Allen Flood plays a very misunderstood and laughable Humpty Dumpty, whose fine performance is complete with a very funny fall.

Adam Peebles masterfully plays a hen-pecked King of Hearts with an inferiority complex. Nicole Schimttou plays her Queen of Hearts role to the hilt as the screeching "Off with her head" monarch who takes great pleasure lining everyone up in her sights. Grant Darnell plays the Knave of Hearts who is on trial for stealing the tarts. The Executioner, Ian Holmes, carries an ax that is too heavy to lift and wears glasses to thick to see his prey. Thereby, no one has ever been beheaded.

Amanda Quinteros and Arista Underhill play the Queen's Soldiers with great discipline. Last but not least Will Doran, Logan Pierce and Brandon Watkins are cast as the comedy trio who portray multiple roles in an onslaught of hilarious buffoonery.

Alice is not only supported by a rich and supporting cast, costumes by Deborah Knutson and Brenda Hines are brilliant. Chelsea Bullard, Kristen Slater and their team painted the sets and backgrounds that are rich with an abundance of colors. Sets are constructed by Lawrence Knutson that are complete with a growing mushroom and a well that Alice floats down to.

Rounding out the crew is



Ledger & Times photo

WASN'T THAT A PARTY? ... The cast of "Alice: The Musical" play out that tale's infamous tea party.

Stephen Keene as Musical Director who has led the cast in the great array of vocal styles.

Choreographer, Kelly Dunnagan keeps the performers moving and the next to the last courtroom number, "Off With Her Head" is a spectacle treat. Don Fleming, Lighting Designer, lights the vivid set well

and gives us great effects in black-lights at the bottom of the well. Grant Kelso and Kara McCoil do a great job operating the many sound and lights cues.

It all comes together and makes for an entertaining evening for the kid in all of us.

"Alice The Musical" plays

Thursday at 7 p.m., Friday at 7:30 and closes with two shows on Saturday at 2 p.m. and 7:30 p.m.

Advanced tickets can be purchased at Castle Rock Books and Coffee. For Master Card/Visa reservations call 270-767-0030. Tickets are \$9 Adults and \$7 for Seniors and Students.



Weave of Construction

Photos provided

THE ART OF WEAVING ... Shirley Wall, top photo left, and Joyce Herndon, top photo right, were recent weaving students of Mary Cates, center, local fiber artist. The workshop was conducted at the Murray Art Guild. Also participating and not available for photo was Doris Frazer. The next workshop will be the "Art of Paper Making and Bookbinding" with Pam Babcock on April 5 and 12. Call 753-4059 for information and registration. A bird's eye view of the intricacies of the loom as student Shirley Wall develops her weaving skills from instructor Mary Cates. The workshop is just one of a variety of activities planned by the Murray Art Guild this year.

Art Guild accepting entries for juried exhibition

Murray Art Guild will accept entries for the juried exhibition, "VISUAL EVIDENCE", on Tuesday, March 11, and Wednesday, March 12, between 10 a.m. and 5 p.m.

The exhibition will "open" with a reception on Sun., March 16 from 2 to 4 p.m., partially underwritten by The Murray Bank. The community is invited to attend.

For information and entry forms call 753-4059.

On exhibit at the Murray Commerce Center through March 30, local artists featured are: Cromwell Hauge, Emily Wolfson, Corinne Foster, Debbie Jackson & Paul Lile.

The Center is located at 805 N. 12th St., Murray.

The Murray Art Guild, located at 103 N. 6th St., is open Tuesday, Wednesday and Friday from 10 a.m. - 3 p.m. and on Tuesday evenings from 7 to 9 p.m. or by appointment at 753-4059.

Admission is free and artists may be observed playing their talents.

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Auditions set for comedy 'Noises Off'

Playhouse in the Park will hold auditions for the hit Broadway comedy farce, "Noises Off" on Sunday, March 2, at 2:30 p.m. Monday, March 3, at 7 p.m.

Five males and four female seasoned comedic actors are needed to play an English troupe of actors.

"Noises Off" just completed a successful revival on Broadway and the reviewers have called this play the

"comedy farce of all time," "A roller coaster ride of hilarity."

Rehearsals will begin immediately and will perform April 10-19. Sides and cast breakdowns are now available at the theatre. Call Michael Dunnagan at 270-759-5878 for additional information.



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Forum

Thursday, February 27, 2003

No Title IX policy changes needed, says minority report

By BEN FELLER
AP Education Writer

WASHINGTON (AP) — The law requiring equal opportunity for male and female athletes can be better enforced and explained, but the push to loosen the rules should be rejected, say two dissenting members of the nation's Title IX panel.

Their views, outlined in detail in their minority report, aim to counter a series of proposed changes in how colleges carry out the landmark anti-discrimination law.

Education Secretary Rod Paige was due to receive those recommendations, compiled by his Title IX review commission, as well as the two members' minority report Wednesday.

"Rather than changing the policies that have been so important in opening opportunities for women and girls ... the Department of Education should focus on using those policies to educate schools and the public about the importance of equal opportunity," said the minority view expressed by soccer player Julie Foudy and former Olympic swimmer Donna de Varona.

"Women and girls who play sports — and the fathers and brothers who support them — deserve no less," they wrote.

The commission's chairman, Stanford University athletic director Ted Leland, had hoped to avoid the awkwardness of competing reports by negotiating with his two dissenting members.

But several phone calls failed to help; Leland viewed the commission's work as centrist while Foudy and de Varona said it would "critically weaken this important civil rights law."

The minority report asserts that Title IX, in ensuring more opportunities for women over the last 30 years, has not been the cause of any cuts in men's sports. That point of contention is central to the commission's work and many of its recommendations.

The minority report says there are fewer girls and women in sports because of "persistent discrimination" against them, not because of a lack of interest among females.

Overall, the report says the commission gave short shrift to dissenting views, unfairly focused on men's sports, rushed its work and failed to even assess the impact of its ideas.

What's needed, the minority report says, is an educational campaign so schools can better understand how to meet any part of the law's "three-part" test. That test, the heart of Title IX enforcement, could change significantly if Paige adopts the commission's ideas.

Schools can now comply in one of three ways: proving they meet their female students' interest in sports; expanding opportunities for women; or ensuring opportunities for men and women are "substantially proportionate" to the percentage of men and women on campus.

Those that don't comply risk losing federal

money.

It is unclear how much punch the minority report will pack. Most members of the 15-person commission thought the Education Department must give schools more flexibility.

Among the recommendations under debate:

- More flexibility in rules concerning non-scholarship athletes, older athletes and roster slots as they comply with Title IX. The minority report says those changes would lead to substantial cuts in sports for women.

- More leeway for the education secretary to consider new ways for schools to comply with Title IX. Critics say that could lead to a "wholesale abandonment" of enforcement.

- Greater ability for schools to accept private money to prevent programs from being cut. The minority report says that would steer "private slush funds to male teams."

Commission critics will present their findings at a Wednesday morning news conference. Among the expected speakers are actress Geena Davis and Democratic senators Tom Daschle of South Dakota and Edward M. Kennedy of Massachusetts.

Later in the day, commission leaders will brief reporters on the group's work, probably focusing on the panel's commitment to Title IX and the ideas which drew consensus.



In Asia, more questions than answers

By GEORGE GEDDA
Associated Press Writer

WASHINGTON (AP) — Throughout Secretary of State Colin Powell's three-day East Asia swing, the cloud cover was low, limiting visibility. For Powell, the future of U.S. security interests in the region is no less foggy.

With Powell in attendance, an untested president, Roh Moo-hyun, was inaugurated Tuesday in South Korea. He faces a steep learning curve, holding down a big job in a volatile region.

Early next month, the Chinese legislature is expected to choose as the country's next president Hu Jintao, a veteran Communist Party functionary who keeps his views on national and international issues to himself. How he will lead is a matter of guesswork, even for seasoned observers.

The biggest East Asian impediment for Powell is North Korea,

which was the No. 1 agenda item during his tour through Japan, China and South Korea.

In contrast to the new blood rising to leadership positions in China and South Korea, North Korea remains, as it has for more than half century, in the hands of the Kim family dynasty. The mystery lies in whether Chairman Kim Jong Il will add, as is feared, several nuclear weapons to the one or two he is believed to have already. If he does, the consequences will be hard to predict.

Would he use them for blackmail? For export? To deter what he sees as a potential attack from the United States? Would he test one? And what would Pyongyang's neighbors do? The concern is that others in the region, particularly Japan, could go the nuclear route as well.

A pre-emptive strike by the United States apparently is not in the cards because the North has deployed near the demilitarized zone massive amounts of artillery and rockets, and Seoul, one of the world's largest population centers, is within easy striking distance.

Many South Koreans worry that Washington may respond in a provocative way toward the North, triggering yet another devastating Korean War. During his 24-hour visit to Seoul, Powell did his best to dispel those fears.

The Bush administration has been groping for ways to encourage Pyongyang to curb its nuclear ambitions. Powell is mindful that a 1994 U.S.-North Korean agreement on denuclearization collapsed last year as a result of Pyongyang's violations. He wants to return to the bargaining table, this time as part of a broad international negotiating effort.

Japan favors this approach. So does Roh, South Korea's new president, according to Powell.

China, however, is siding with North Korea's call for one-on-one talks with the United States leading to a nonaggression pact. Powell says the United States got burned in the last bilateral negotiation; he is not about to repeat the mistake.

"We simply will not, because North Korea demands something, yield to that something," Powell told reporters Tuesday on the flight back

to Washington. "It is their actions that have caused this problem and they cannot be the 'demander' as to the manner in which it's going to be resolved."

Powell said he recognizes that there could be danger if the bickering over the modalities of a negotiation drags on, giving North Korea more time to pursue its weapons programs. "We won't allow time to be used as a weapon against us," he said.

He added that the United States is watching to see if North Korea starts its reprocessing facility at Yongbyon and takes other steps that clearly indicate it is on the path to building more nuclear weapons. Right now, the North's intentions are unclear. Powell is hoping Kim will agree to walk away from his nuclear program in exchange for the promise of economic benefits from outside donors that would afford his beleaguered countrymen the decent life that has been denied them. Japan, as one example, is ready to chip in \$10 billion, Powell noted.

Would Kim be willing to cut such a deal? Only he knows.

George Gedda has covered foreign affairs for The Associated Press since 1968.

Mon dieu! Bashing the French is en vogue

By DAVID B. CARUSO
Associated Press Writer

PHILADELPHIA (AP) — Mon dieu, how some Americans are bashing the French these days!

Americans galloped by France's reluctance to endorse an invasion of Iraq are boycotting French wine and french fries and trading jokes and insults about all things Gallic.

A Las Vegas radio station last week used an armored vehicle to crush photographs of French President Jacques Chirac, photocopies of the French flag, a Paris travel guide, bottles of wine and a loaf of French bread.

In Beaufort, N.C., one restaurant owner took french fries off his menu and replaced them with "freedom fries."

In West Palm Beach, Fla., bar owner Ken Wagner dumped his entire stock of French wine and champagne into the street, vowing to serve vintage only from nations that support U.S. policy. And Palm Beach County Commissioner Burt Aaronson said he would try to block a subsidiary of the French conglomerate Vivendi from getting a \$25 million government contract to build a sludge treatment plant.

"France's attitude toward the United States is deplorable. I don't want to have any French companies earning dollars from American interests," the 75-year-old Aaronson said. "We've left

thousands of our men and women over in France, underground. It's quite possible that if we didn't send our troops there, the French people would all be speaking German."

France is far from alone in pushing for a delay in military action. Germany, Belgium, Sweden, Finland, Austria, Greece, Ireland and Luxembourg have all said they would prefer to give U.N. weapons inspections more time.

But it is the French who have borne the brunt of U.S. scorn and become the butt of jokes about their beret-wearing, wine-drinking, cheese-eating, Jerry Lewis-loving, literature-deconstructing, surrendering-to-the-Germans ways.

"France wants more evidence," David Letterman wisecracked. "The last time France wanted more evidence, it rolled right through France with a German flag."

Comedian Dennis Miller quipped: "The only way the French are going in is if we tell them we found truffles in Iraq."

Rep. Roy Blunt, R-Mo., warmed up a crowd of GOP leaders in Missouri last week by saying, "Do you know how many Frenchmen it takes to defend Paris? It's not known, it's never been tried."

And this: "Somebody was telling me about the French Army rifle that was being advertised on eBay the other day — the description was, 'Never shot. Dropped once.'"

And this, too: "Going to war without the French is like going deer hunting without your accordion."

The New York Post branded France and Germany "the axis of weasel," then ran a doctored page-one photo that put giant weasel heads on the shoulders of the French and German ambassadors to the United Nations.

Natalie Loiseau, spokeswoman for the French Embassy in Washington, said the barbs go

beyond the dispute over Iraq.

"There is kind of a tradition of French-bashing here," she said Wednesday. "There is a kind of rivalry. It has lasted for years, and for centuries, really."

Mark Twain joked in an 1879 journal, "There is nothing lower than the human race except the French."

It's not something the French take too seriously.

Even this week, Loiseau said the embassy had not received any complaints from French citizens living in the United States about harassment.

For their part, the French have long lambasted American cultural influence in Europe, decrying American fast food and pushy American tourists.

"There is also a tradition of American-bashing in France, yes," Loiseau said. "If you read the press on either side of the Atlantic, you would think we were ready to go to war with each other. Obviously, that is not the case. We are still good friends."

A Gallup poll in early February found a nearly 20-point drop in the percentage of Americans who think favorably of France. About 59 percent of Americans view France favorably, while 33 percent have an unfavorable view.

Germany, America's enemy in two world wars, does not seem to have produced the same level of disdain. Some 71 percent of Americans thought favorably of Germany, while 21 percent viewed it unfavorably.

"It's a little different," said Pennsylvania state Rep. Stephen Barrar, who has asked the state to bar sales of French wine. "For 60 years, America has protected France. And we're tired of their anti-American attitude."

Attention Washington!

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1-202-225-3115 (Washington #)

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

U.S. Sen. Mitch McConnell (R-Ky.)
361A Russell Senate Office Building
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Garrie M. Sprague

Garrie M. Sprague, 81, Olive Branch, Miss., formerly of Murray, died today (Thursday), Feb. 27, 2003, at 1 a.m. at Landmark-Desoto Nursing and Retirement Center, Hornlake, Miss.

J.H. Churchill Funeral Home is in charge of arrangements.

Mrs. Lula Bea Thomas Cathey

Mrs. Lula Bea Thomas Cathey, 93, West Main Street, Murray, died Tuesday, Feb. 25, 2003, at 7:30 p.m. at Arbor Place Nursing Home, Puryear, Tenn.

Her husband, Jeddie Cathey, died Jan. 16, 1993. Born Sept. 7, 1909, in Calloway County, she was the daughter of the late Thomas Allen Thomas and Emma Lancaster Thomas.

Mrs. Cathey was a member of First Baptist Church where she was a member of Lydian Sunday School Class and active in WMU. She had worked part time in the circulation department of the Murray Ledger & Times.

Survivors include one daughter, Mrs. Reba Jo Maxey, Murray; four grandsons, Joseph Maxey, Germantown, Tenn., David Maxey, Memphis, Tenn., Daniel Maxey, Jacksonville, Fla., and Randall Maxey, Maryville, Tenn.; nine great-grandchildren; six great-great-grandchildren; two local nieces, Mrs. Marilyn Chatman and Mrs. Euva Carraway, both of Murray.

The funeral will be Friday at 2 p.m. in the chapel of J.H. Churchill Funeral Home. Dr. Wendell Ray and the Rev. Kerry Lambert will officiate. Mrs. Oneida White will be organist and soloist.

Pallbearers will be Joseph Maxey, David Maxey, Daniel Maxey, Randall Maxey, Chris Maxey, Joshua Maxey, Zacary Maxey and Jacob Thomas Maxey. Burial will follow in the Murray Memorial Gardens.

Visitation will be at the funeral home after noon on Friday.

Mrs. Joella Jones Johnson

Mrs. Joella Jones Johnson, 79, Paducah, died Wednesday, Feb. 26, 2003, at 5:20 a.m. at Lourdes Hospital, Paducah.

She was a member of First Baptist Church, Paducah.

Her husband, Euclid A. Johnson, and one sister both preceded her in death. She was the daughter of the late Boyce Jones and Arko Outland Jones.

Survivors include three daughters, Mrs. Randa Johnson and Mrs. Cindy Vance, both of Paducah, and Mrs. Terri Collins, Minneapolis, Minn.; eight grandchildren; four great-grandchildren.

Graveside services will be Friday at 1 p.m. at the Elm Grove Cemetery in Calloway County. Dr. J. Kevin McCallon will officiate.

Visitation will be at Lone Oak Chapel of Milner & Orr Funeral Home after 11 a.m. Friday.

Expressions of sympathy may be made to First Baptist Church Building Fund, 2890 Broadway, Paducah, KY 42001.

Mrs. Billye Jean Maddox

The funeral for Mrs. Billye Jean Maddox is today (Thursday) at 11 a.m. in the chapel of Collier Funeral Home, Benton. Bro. Don Wilson is officiating. Burial will follow in the Maple Spring Cemetery.

Mrs. Maddox, 73, Benton, died Tuesday, Feb. 25, 2003, at 8:27 a.m. at Long Term Care Unit of Marshall County Hospital, Benton.

A nurse, she was of Baptist faith and a member of a chapter of the Order of the Eastern Star.

She was the daughter of the late Clifford Glenn Poore and Ruth Parrish Poore.

Survivors include one son, David Maddox, Benton.

Fred Rogers, host of 'Mister Rogers' Neighborhood', dies at 74

PITTSBURGH (AP) — Fred Rogers, who gently invited millions of children to be his neighbor as host of the public television show "Mister Rogers' Neighborhood" for more than 30 years, died of cancer early today. He was 74.

Rogers died at his Pittsburgh home, said family spokesman David Newell, who played Mr. McFeely on the show. Rogers had been diagnosed with stomach cancer sometime after the holidays, Newell said.

"He was so genuinely, genuinely kind, a wonderful person," Newell said. "His mission was to work with families and children for television. He produced not only these thousands of programs, but these books and records. That was his passion, his mission, and he did it from day one."

From 1968 to 2000, Rogers, an ordained Presbyterian minister, produced the show at Pittsburgh public television station WQED. The final new episode, which was taped in December 2000, aired in August 2001, though PBS affiliates continued to air back episodes.

Rogers composed his own songs for the show and began each episode in a set made to look like a comfortable living room, singing "It's a beautiful day in the neighborhood," as he donned sneakers and a zip-up cardigan.

"I have really never considered myself a TV star," Rogers said in a 1995 interview. "I always thought I was a neighbor who just came in for a visit."



Rogers

Rogers did much of the puppet work and voices himself.

The show gained a wide audience among children and parents who appreciated its simple lessons and Rogers' soothing manner.

Rogers taught children how to share, how to deal with anger and even how not to fear the bathtub by assuring them they'll never go down the drain.

During the Persian Gulf War, Rogers told youngsters that "all children shall be well taken care of in this neighborhood and beyond — in times of war and in times of peace," and he asked parents to promise their children they would always be safe.

"We live in a world in which we need to share responsibility," he said in 1994. "It's easy to say 'It's not my child, not my community, not my world, not my problem.'"

"Then there are those who see the need and

respond. I consider those people my heroes."

Rogers came out of broadcasting retirement last year to record four public service announcements for the Public Broadcasting Service telling parents that children might be confused by the anniversary of the Sept. 11 attacks.

"They don't understand what an anniversary is, and if they see the tragedy replayed on television, they might think it's happening at that moment," he said.

The series remained popular through the years, including with children of baby boomers who watched the show growing up. Its ratings peaked in 1985-86 when approximately 8 percent of all U.S. households with televisions tuned in. By the 1999-2000 season, viewership had dropped to about 2.7 percent, or 3.6 million people.

One of Rogers' red sweaters hangs in the Smithsonian Institution.

As other children's programming opted for slick action cartoons, Rogers stayed the same and stuck to his message.

"It looks like nothing much happens," Hedda Sharapan, an associate producer with the show, said in 2001. "Listening has been one of the main focus points."

Rogers was born in Latrobe, 30 miles southeast of Pittsburgh. He was ordained as a Presbyterian minister in 1962 with a charge to continue his work with children and families through television.

Adopted hometown honors girl who died in transplant error

LOUISBURG, N.C. (AP) — Jessica Santillan, the 17-year-old who died after receiving an organ transplant of the wrong blood type, was remembered for her faith and her good nature at a memorial service in her adopted hometown.

Jessica recruited her cousins to join her at church, America Santillan, Jessica's cousin, said Wednesday. Jessica, though critically ill with a deformed heart and weak lungs, walked to services when she was well enough.

"Jessica loved everybody and everybody loved her," America Santillan told the about 200 people who attended the service at Louisburg College. "They say there's nothing perfect in the world. But in my eyes, Jessica was."

The petite teenager's body, with a rosary twined in her fingers, was surrounded by stuffed animals inside a small, white coffin, its lid open to reveal a spray of flowers embroidered inside. Photographs showing Jessica in life and floral arrangements surrounded the stage.

As the family entered, Jessica's mother, Magdalena Santillan paused, sobbing, and embraced her daughter's body while Jessica's father, Melecio Huerta, comforted her. They sat with their family at the foot of a stage where several clergy members led a service of prayer and singing in English and Spanish.

Jessica's parents paid smugglers to bring her family

into the United States four years ago in search of better medical care. Jessica had been on a waiting list for three years before her transplant Feb. 7.

In that operation, doctors at Duke University Medical Center mistakenly gave Jessica a heart-and-lungs transplant from a donor with the wrong blood type. A second transplant came two weeks later, but Jessica suffered irreversible brain damage and died Saturday.

The family has lived near Louisburg since coming to the United States, and Jessica's plight became a popular local cause. A Louisburg builder, Mack Mahoney, created a charity in her name that now provides care to other sick children.

Jessica's parents and her two siblings hoped to return to Mexico on Saturday with the girl's body for burial in their hometown near Guadalajara.

Those plans were on hold as they sought the help of Mexican officials and the office of Sen. Elizabeth Dole to assure they will be allowed to return after the burial. Armando Ortiz-Rocha, the Mexican consul in Raleigh, said his office planned to meet with family members Wednesday night.

"We want to be very careful that this family does not board an airplane without being able to return to the country," said Renee McCormick, a spokeswoman for a foundation created to help pay Jessica's medical bills. "The safest thing is to stay put."

Residents say smell from Tyson farm violates ordinance

MARION, Ky. (AP) — A Crittenden county judge declared a mistrial in a case against a Tyson chicken farm accused of violating a city ordinance because of its strong stench.

Since Monday, residents have testified that the odor of chickens from 16 broiler houses on the outskirts of Marion violated the city's nuisance ordinance on Aug. 4, Aug. 31 and Sept. 2, 2000. Ten residents filed the complaint against Tyson and B&G Poultry Inc., which operates the barns built in 1997. The 400,000 chickens stay at the site about seven weeks before being moved to a Tyson processing plant in Henderson County.

However, on Tuesday, Crittenden

County District Judge Rene Williams declared a mistrial after Tyson attorney John Tarter asked if the jury could visit the broiler houses.

County Attorney Alan Stout, said the request — made within earshot of the jurors — could have given the jury the appearance that the commonwealth was trying to hide something if he objected.

Before the trial started Monday, all the attorneys agreed the scope of the testimony would be limited to the three days the residents complained.

The barns' condition Tuesday was irrelevant, Stout said. "I would characterize it as a cheap shot," he said.

Expecting Stout's motion, Williams declared a mistrial and sent

the jury home. She declined to comment as she left the courtroom, saying it's possible the case will be tried again.

Stout said he will consult with the residents who filed the complaint before deciding what to do next.

"It's very annoying to the citizens of Marion who have had to put up

with this," Stout said.

The decision confused some residents who have been waiting two years to resolve the issue.

"We are no better than we were before," said Doyle Fritts, one of the longest residents of the subdivision. "I'd like to see them clean their act up."



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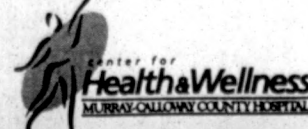


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Community

Thursday, February 27, 2003

Children's books are needed for distribution on March 3

The collection of children's books to distribute in connection with the Dr. Seuss birthday celebration on Monday, March 3, at the Calloway elementary and preschool centers has been severely hampered by inclement weather and erratic school schedules.

Community members are urged to donate new or lovingly used children's books by noon on Friday, Feb. 28.

Collection boxes are located in all community book stores including the MSU Book Store, Calloway Public Library, and at all three of the Calloway elementary schools and Calloway preschool.

The Dr. Seuss birthday celebration on Monday will conclude with a pajama party at 6 p.m. at Calloway Public Library, 710 Main St., Murray.

This will be a "Family Read-In," providing a special time for parents to read to their children and communicate the importance of reading. The library will provide books.

The celebration will conclude with birthday cake and punch planned and served by members of Sigma Sigma Sigma sorority at Murray State University.

For more information phone Donna Herndon at 559-5478.

Librarian suggests diet books

They told my brother that quiche lorraine had 450 calories per slice. Bubba, logical as always, sliced a nine-inch wide quiche in half. He declared each slice to be worth 450 calories, slid his out onto a plate and started munching.

I ate mine out of the pan. Imagine my dismay when I found out that the 450 calorie slice of quiche was a wimpy little one-eighth of a pie. I saw the picture of it on page 204 in Dr. Howard M. Shapiro's "Picture Perfect Weight Loss."

The idea here is to show how a little bit of something fattening costs the same amount of calories as a lot (in some cases a big plate full) of a less fattening food.

For example, four ounces of prosciutto and melon (that's three mid-dlin' small pieces) is 360 calories while a whole pound of mussels marinara rings in at that same 360 calories.

And there are some real surprises, too! Four ounces of trail mix (a big handful) is 640 calories. Exactly the same as 32 butterscotch candies. That's a lot of candy.

Or think about this, a three ounce slice of angel food cake (the one with the wrapper screaming that

it's fat free) has 460 calories; the same as a half-gallon of mixed berries with a big dollop of whipped topping. Prepare to be enlightened.

Here an oldie-but-goodie: "Dr. Atkins New Diet Revolution" by Dr. Robert Atkins. This is the single most popular diet book in our library. We just keep on replacing the worn out copies with the latest editions. Remember to check with your doctor before starting any diet or exercise plan.

Librarians as a group are some of the poorest presenters on the face of the Earth.

At one recent presentation, I saw a library trustee with diabetes whip out a glucometer and start testing his blood sugar out of sheer boredom. Now, that's a bad presentation. But fortunately, you can do a little better with help from "Speak with Confidence" by Diana Booher.

Here are all the tips you need to stand up in front of an audience and deliver a red-hot oration that will have 'em on their feet in no time.

Before I go, let me mention "The Art of Illusion", a Tromp L'Oeil Painting Course.

Tromp L'Oeil is a painting style meant to fool the eye. Illusion stresses murals and other large scale paintings that become part of the architecture. This can add a surprising touch to any room. It can take a plain room and add a sparkle that's hard to explain until you've seen it yourself.

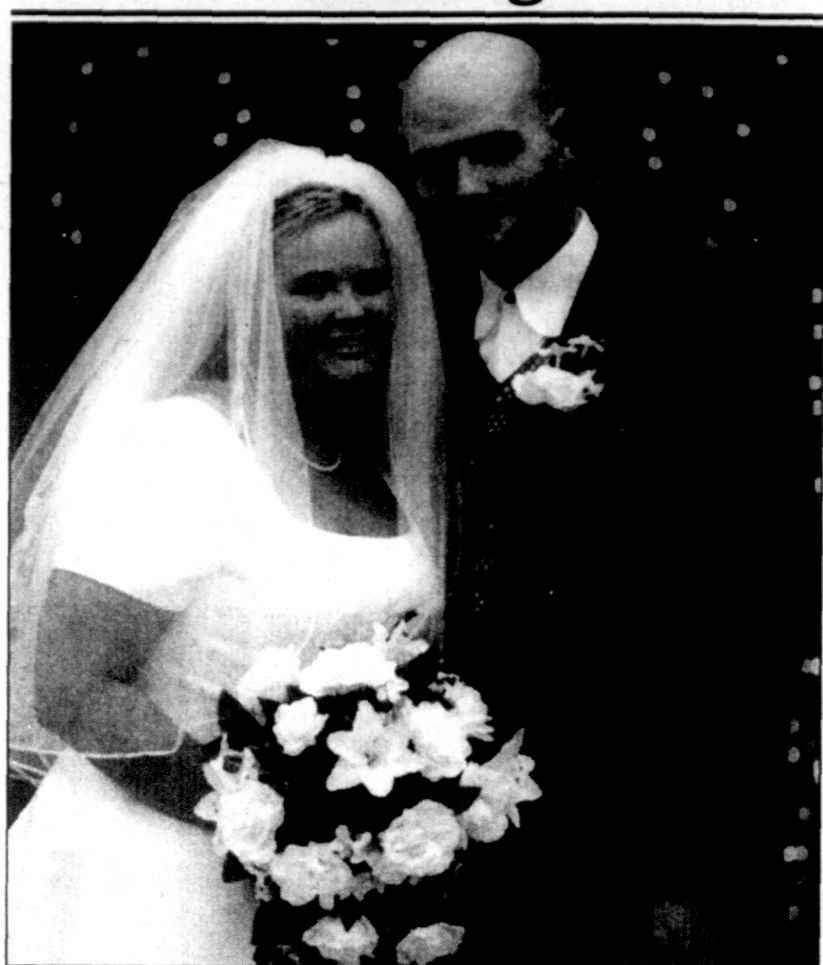
OK, just one more: "Everyday Math for Everyday Life" by Mark Ryan. Knowing how to do arithmetic doesn't mean squat if you can't apply it to real life.

Here's how to put the numbers to work in everything from balancing a checkbook to a whole chapter on how to help your kids with their homework.



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Wedding



Mr. and Mrs. Jason Bruce Overbey

Amy Lynn Netz of Cedar Rapids, Iowa, and Jason Bruce Overbey of Marion, Iowa, were married Friday, Oct. 11, 2002, at Wildflowers Farm Bed & Breakfast, Calvert City, Ky.

The bride is the daughter of Eric and Cristal Tanner of Marion, Iowa, Larry Netz of Central City, Iowa, and Cora Dirks of Marion, Iowa.

The groom is the son of Bill and Melissa Overbey of Almo. Pastor Jerry A. Parker officiated. Brianne O'Connell was soloist. Rachel Prochaska of Orange City, Iowa, was the maid of honor.

Bridesmaids were Meagan Overbey and Michele Overbey, both of Almo.

Kassidy Rose of Alburnett, Iowa, and Caitlyn Green of Cedar Rapids, Iowa, were the flower girls.

Stephen Keel of Murray was best man. Groomsmen were Jeffrey Netz of Central City, Iowa, and Dusty Burken of Murray.

Hunter Keel of Murray was ring bearer.

A reception followed at the Wildflowers Farm Bed and Breakfast, Calvert City.

The bride, a graduate of Springville High School, Springville, Iowa, attended Piedmont Baptist College, Winston-Salem, N.C. She is class instructor at Michael's Arts & Crafts, Cedar Rapids, Iowa.

The groom, a graduate of Calloway County High School, Murray, is a graduate of Institute of Electronic Technology, Paducah. He is a service technician at Rockwell Collins, Cedar Rapids, Iowa.

The couple is now residing in Marion, Iowa.

USABDA wants to establish dance chapter in this area

NEW FREEDOM, Pa. — The United States Amateur Ballroom Dancers Association (USABDA) wants to establish a chapter especially for "beginner" social or recreational ballroom dancers in the Paducah area.

If enough interest is expressed, a local steering committee will be formed to guide the project and enroll members.

A special welcome will be extended to beginner dancers; and arrangements will be made to make "low-cost" weekly dance lessons available for them.

Everyone will learn and dance together. Membership will be open to singles, as well as couples. Beginners of all ages will be welcome.

Local chapters sponsor monthly social dances for members and the general public.

Typically, each dance consists of a free one-hour dance lesson, followed by three hours of general dancing as well as dance demonstrations. The program includes mixers and line

dances.

Chapters also promote ballroom dancing training in local colleges and high schools, and seek to increase the number of business establishments that offer ballroom dancing to the public.

USABDA, a non-profit, volunteer organization, is recognized by the United States Olympic Committee as the governing body for amateur ballroom dancing in the United States and has chapters all over the country.

The basic purpose of each chapter is to create opportunities for affordable ballroom dancing in each local community and to educate the public regarding the physical, mental, and social benefits of engaging in a regular program of ballroom dancing.

Anyone interested in helping form a chapter should call 1-800-447-9047; send an E-mail to: central-office@usabda.org; or write to: USABDA, P.O. Box 128, New Freedom, PA 17349. Please include your name, phone number, and mailing address in your communications.

Lincoln Day dinner scheduled March 8



Jo's Datebook
By Jo Burkeen
Community Editor

The Jackson Purchase Republican Party will sponsor its Lincoln Day dinner on Saturday, March 8, at 6:30 p.m. at the banquet room #2 of Murray State University Curris Center.

Featured speakers will be U.S. Congressman Ernie Fletcher, Judge-Executive Rebecca Jackson, St. Representative Steve Nunn and State Senator Virgil Moore.

The buffet supper will be \$20 person and reservations should be made by Friday, Feb. 28. Seating is limited.

For information or reservations call 489-2451 or 759-4748 or e-mail jlo@apex.net or brandall53@mchsi.com.

'Veggie Tales' event Saturday

"Jonah," a Veggie Tales movie, will have a special matinee one show only on Saturday, March 1, at 1:15 p.m. at Cheri Theatre, Murray. Prizes and giveaways will be at the matinee. Tickets now on sale at New Life Christian Bookstore, Murray. For information call 753-1622 or 753-1640.

Temple Hill Lodge supper postponed

Temple Hill Lodge No. 276 Free and Accepted Masons has postponed its fund-raising event for Friday, Feb. 28, at the lodge hall on Highway 464 east of Almo. Bobby Knight, past master, said the event will be scheduled at a later date.

Mother to Mother on Friday

Mother to Mother, a support group for breastfeeding moms, will meet Friday, Feb. 28, at 10:30 a.m. in the annex of Calloway Public Library, 710 Main St. Murray. Refreshments and door prizes will be featured. Pregnant moms (and dads) as well as former breastfeeding moms of any age are welcome. For information call Kim Jastremski, C.L.E.C., at 759-4746.

Baby-sitter's training Saturday

The Calloway County Chapter of American Red Cross will offer Baby-sitter's Training for children, ages 11 to 15, on Saturday, March 1, from 9 a.m. to 4 p.m. at the Red Cross chapter office, 1003 Poplar St., Murray. The fee will be \$40 which includes the Baby-sitter's Handbook and First Aid kit. Registration prior to the class is required. Space is limited. For more information call Holly Webb, executive director, at 753-1421 or e-mail chapter@callowayredcross.org.

MHS Fastpitch Club to meet

Murray High School Fastpitch Club will meet Sunday, March 2, at 2:30 p.m. in the school cafeteria.

Soccer team holding fundraiser

Murray Freedom Girls' Soccer Team will be selling Krispy Kreme doughnuts in the Pizza Hut parking lot on Saturday, March 1, from 7 to 10 a.m. The doughnuts will sell for \$5 per dozen. Those who pre-ordered doughnuts can expect delivery during that time also.

Orders for MHS yearbooks being taken

Murray High School Yearbook staff is now taking orders for the 2003 yearbook. Students may purchase a yearbook during lunch in room 305 or from their English teacher. The cost now will be \$35 or \$36 with your name stamped on the cover. Orders will be taken only until spring break. After spring break the cost of yearbooks will be \$40 and they will be sold on the first-come basis.

Narcotics Anonymous to meet Thursday

Murray Narcotics Anonymous - Recovery in Action will meet tonight, Feb. 27, at 8 p.m. at St. John's Episcopal Church, 1620 West Main St., Murray. Persons are asked to use the back entrance. For information call 753-8419.

VITA tax advice provided

VITA, the volunteer income tax assistance program, sponsored by Murray State University Accounting Department and Beta Alpha Psi will offer help with basic income tax returns on Friday, Feb. 28, from noon to 4 p.m. in the business building, room 353 by volunteers trained by the International Revenue Service. For information call 762-4193.

Free tax help available

Free tax help for seniors in preparing their income tax forms will be available Friday, Feb. 28, at the Calloway County Public Library by AARP. Walk-in-only tax help will be available from 9 a.m. to 4 p.m. each Friday through April 11 for middle and low income taxpayers with special attention to those age 60 or older. For more information call 753-6001.

Glory Bound will hear quartet

The Brotherly Love Quartet from Farmington will be featured at the Glory Bound Entertainment tonight, Feb. 27, from 7 to 9 p.m. at the Glory Bound Coffee House, Chestnut Street, just east of Ryan Milk Company. There is no admission, but a love offering will be taken, according to Joe Lawrence, coordinator for the weekly event. This is an outreach ministry of Goshen United Methodist Church.

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(February, 2003)

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What about the Shawnee Trails Council and Chickasaw District?

The Chickasaw District consists of Calloway, Marshall, Graves, Fulton, Hicman and Carlisle counties.

The Chickasaw District currently has Cub Scout Packs, Boy Scout Troops, Venture posts throughout Calloway.

Pack 37-Good Shephard UMC

Pack 57-Murray Kiwanis Club

Pack 73-Southwest Elementary PTA

Pack 76-First Christian Church

Pack 112-Murray LDS Church

Troop 45-United Methodist Men

Troop 77-Christian Mens Organization

Troop 641-Murray Rotary Club

Crew

District-Wide Friends Of Scouting Reception is scheduled for March 1 at the Purchase Players Theatre in Mayfield at 5 p.m.

Guest Speaker - Congressman Ed Whitfield, R-Ky.

Come join us.

Anyone welcome.

Cut Scouts boys- ages 7-10

Boy Scouts boys-ages 11-17

Venture and Explorer scouts (boys and girls)-ages 14-20

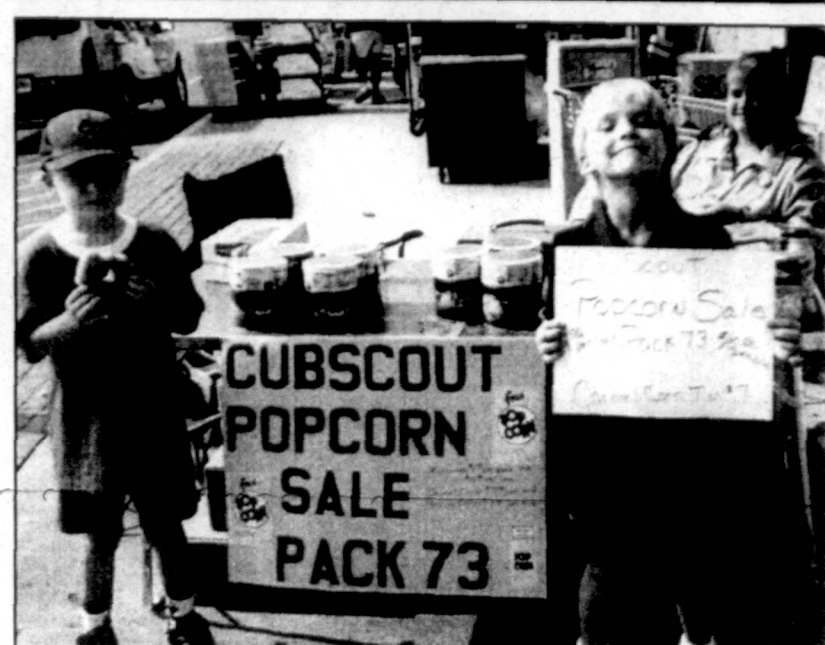
Contacts for Districts:

Denise Boaz - 759-0615

Sarah Alvey - 251-2857



Pack 76 at the Senior Citizens Center visiting with our community's seniors.



Pack 73's Robert Pruitt and Cody Haneline working the Popcorn Show-N-Sell 2002.



A group of young Scouts attending Wolves Day Camp 2003 at Camp Roy C. Manchester.



Pack 73 enjoying time around the camp fire during the fall campout at RCM.

Did You Know That ...

- 98% of men who were scouts 5 years or more graduated high school compared to 83% of non-scouts?
- 70% of men in Who's Who in America were members of the BSA as youth?
- 60% of U.S. Astronauts were scouts, 25% of them were Eagles?
- 50% of the 104th Congress participated in Scouting?
- 40% of the BSA's Exploring membership are female members?

Your Gifts Count...

help the leaders in the Shawnee Trails Council help our young people make the right choices. Your Friends of Scouting dollars will ensure that the values and principles of Scouting will be the basis of the choices our young people make today and in the future. Help us pave the way, make the choice to become a Friend of Scouting, today. For more information write the Council at PO Box 487, Owensboro, KY 42302, call (270) 684-9272 or email us at bsa200@bellsouth.net.



Pack 76 lines up for a photo made for the Murray Rotary Club Christmas Parade.



Some Scouts get ready to race during Day Camp 2002's Sack Race.

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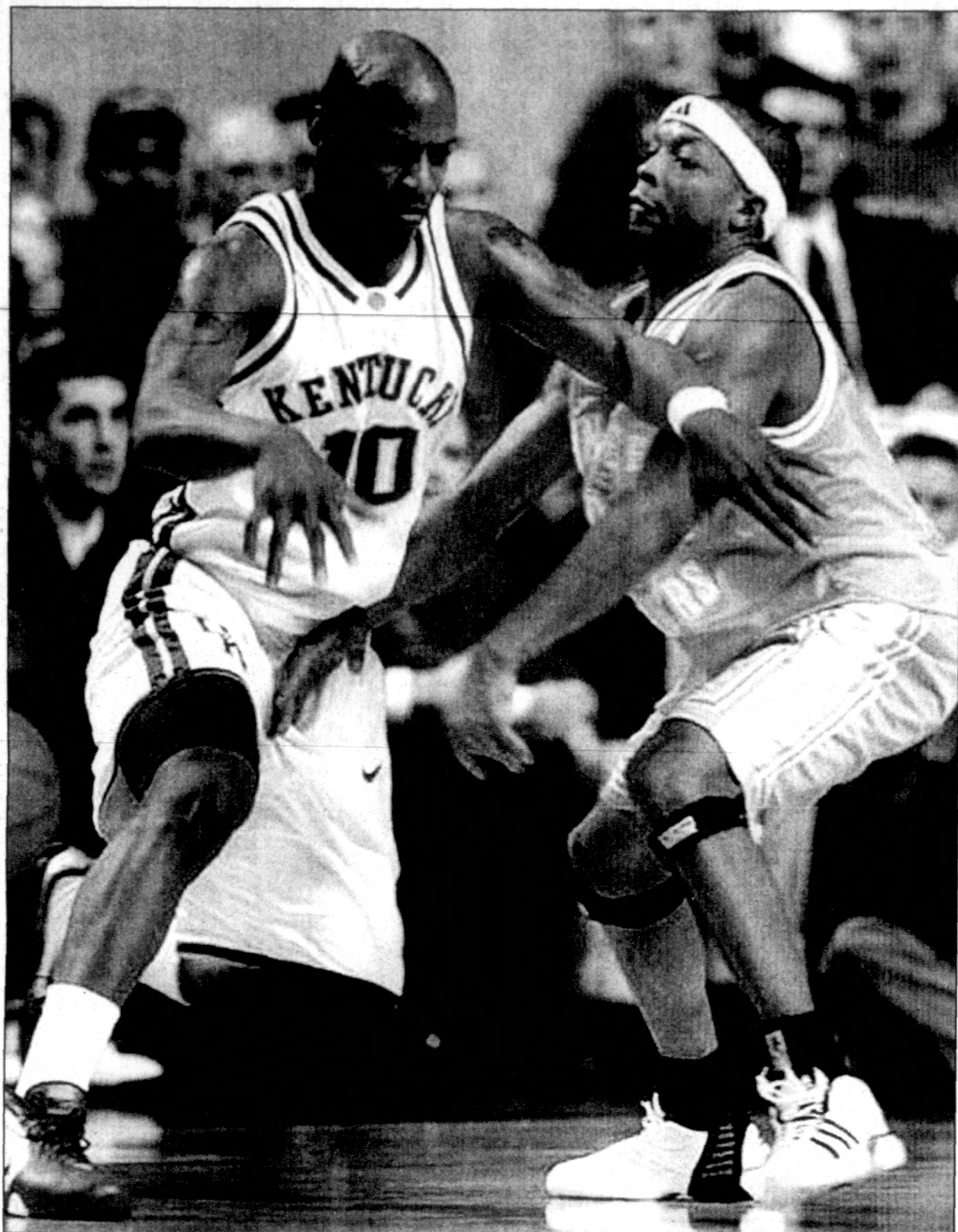
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SPORTS

Thursday, February 27, 2003



MISSING SOMETHING? ... Kentucky's Keith Bogans has the ball knocked away by Tennessee's Thayneus Holden during the second half of Kentucky's 80-68 win Wednesday night at Rupp Arena. Bogans led Kentucky in the win with 15 points and three assists.

Cats hold off Vols for 17th win in row

By CHRIS DUNCAN
AP Sports Writer

LEXINGTON, Ky. (AP) — Tennessee's Ron Slay glanced at the nearly expired shot clock, then sank a 3-pointer over Kentucky's Chuck Hayes.

"Jawbreaker," Hayes remembered Slay saying as the two trotted to the other end of the court in the second half.

Not so fast.

Keith Bogans scored 15 points and the second-ranked Wildcats used balanced scoring to extend the nation's longest winning streak to 17 games with an 80-68 victory Wednesday night.

Slay, the Southeastern Conference's leading scorer, dominated the individual matchup with Hayes, outscoring him 22-12 and outrebounding him 14-1.

But Hayes' team had more than enough offense to cancel out Slay's efforts.

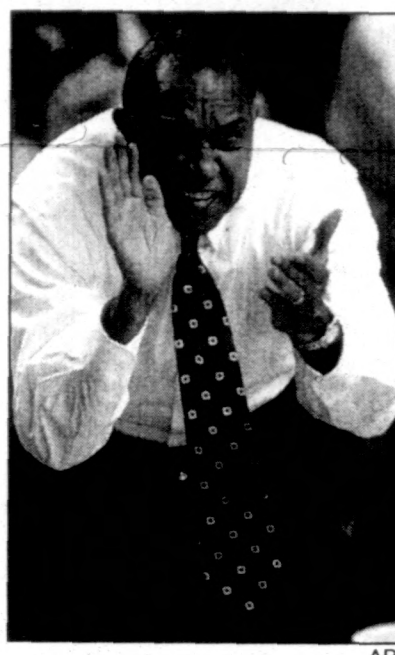
Jules Camara added 12 points, Cliff Hawkins 11 and Marquis Estill had 10 points and nine rebounds for Kentucky (23-3, 13-0), which tied its longest winning streak under coach Tubby Smith.

"We don't have just one guy. We all want to go out and play," Bogans said.

Slay, a notorious trash talker, humbly gave Kentucky its due after the game.

"Even when they don't do something right, they look like they're doing something right," Slay said. "Even when they make an offensive mistake, they usually make up for it on the defensive end."

Tennessee (15-9, 7-6) went 27-of-46 from the field (59 percent), the best shooting performance by a Wildcats opponent this season. But the Volunteers made only 12 baskets and committed 11 turnovers



GO GET'EM ... Tubby Smith encourages his troops from the UK bench during last night's matchup with visiting Tennessee.

after halftime to lose for the 25th time in 28 meetings at Rupp Arena.

Hawkins said the Wildcats got a tongue-lashing from Smith at halftime, not unlike the one they got at Vanderbilt on Jan. 14. Kentucky trailed 36-28 at halftime that night, then won 74-52.

"The second half, we know what we've got to do," Hawkins said. "It was a whole lot of Coach Smith. He told us we weren't challenging shots. We just kind of settled in and started doing what we do best."

The Volunteers outrebounded the Wildcats 29-21. It was just the sixth time Kentucky was outrebounded in a game this season.

Smith said the Vols' good shooting limited the number of boards

available. He was pleased his team countered Tennessee's shooting by scoring 26 points off 18 turnovers.

Still, the Wildcats won by double digits for the 11th time in 12 games, committing only nine turnovers and going 25-of-29 (86 percent) from the free-throw line.

"We took their best shot and came away with a win," Smith said.

The Vols used a 9-0 run to trim a 15-point deficit early in the second half to six.

Camara converted a three-point play with 7:14 left and the Wildcats steadily rebuilt the lead. Camara scored again a minute later and Hayes dunked after a steal by Hawkins.

The Vols never got within double digits after that.

The fans started chanting, "Tubby! Tubby!" in the final minute, and the Kentucky coach held back a smile as he clapped his hands.

"We had quality play and very balanced scoring," Smith said.

Kentucky's defense leads the SEC in four categories in league play, but the Volunteers shredded it early, hitting seven of their first 11 shots.

Tennessee still trailed 23-19, and seldom-used reserve Josh Carrier sank a 3-pointer with 9:39 left to push the lead to seven.

But the Vols continued to find cracks in Kentucky's defense, sinking six straight shots during a 13-4 run. Elgrace Wilborn hit a reverse layup with 5:23 left before halftime to give the Volunteers a 32-30 lead.

Bogans, a senior who's averaged 16 points against Tennessee in his career, scored seven straight points over a two-minute stretch to restore Kentucky's lead.

Pitino sees little change in play of Cardinals

By CHRIS DUNCAN
AP Sports Writer

LOUISVILLE, Ky. (AP) — Louisville has lost three of its last four, but coach Rick Pitino said the Cardinals aren't playing any worse now than they were during their 17-game winning streak.

Following Louisville's 101-80 loss at Cincinnati last Saturday, Pitino broke down the film and compared his team's performance to some of its best games this season.

He found little difference.

"We're making the same mistakes, doing the same things we were doing when we were winning," Pitino said Wednesday. "It's just that we're playing some tough teams on the road, and they're beating us."

"We're the same team. We just made shots. And shooting cures a multitude of sins."

The Bearcats' blowout came one week after Louisville's 73-70 win at Marquette, a game Pitino called one of the best he's ever coached in.

The now-11th-ranked Cardinals (19-4, 9-3 Conference USA) and the No. 10 Golden Eagles (20-4, 11-2) meet again today at Freedom Hall.

"It was a great college basketball game. We played extremely well in so many areas," Pitino said of the Cardinals' Feb. 15 victory in Milwaukee sealed by Reece Gaines' 3-pointer with 5.5 seconds left.

Marquette has won its last two games since the defeat.

"None of us treated it like it was a devastating loss," Marquette coach Tom Crean said of the first Louisville game. "We treated it like it was a loss to a very good team, that we needed to respond from very quickly. That's exactly what everybody did."

Now it's Louisville's turn to bounce back from a tough loss.

Spring Training Roundup

Teams ready for exhibition openers

By The Associated Press

After two weeks of practice, major league baseball teams are ready for the games to begin.

There were three games against college teams Wednesday, and the official exhibition schedule started today at camps in Florida and Arizona.

Much of the attention will be on Tampa, Fla., where Hideki Matsui plays left field in his first spring training game with the New York Yankees.

A sellout crowd at Legends Field, countless Yankees fans back home in New York, and many other people around baseball want to see how the team's newest star handles the switch from Japan to the major leagues.

"For me personally, I'd like a little bit more time to prepare," he said Wednesday through an interpreter. "I'm not mentally ready yet, but I'm doing my best right now."

Fans in Tokyo will be watching Matsui play Cincinnati live on high-definition television at 3:15 a.m. Friday local time.

It seems like the only people not anxiously awaiting Matsui's debut are his family members back home in Japan.

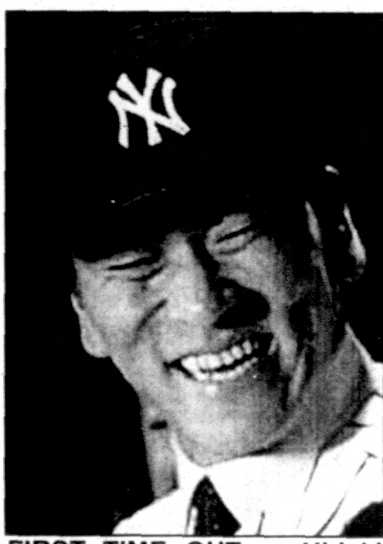
"They'll probably be sleeping," he said.

There will be 11 other games, highlighted by new Chicago Cubs manager Dusty Baker taking on his former team, the San Francisco Giants, in Scottsdale, Ariz.

"It is spring training. I've got a lot of guys over there I care about," Baker said. "I know half of the staff. It'll be a little different for me to come out of the other clubhouse."

In other games in Arizona today, Surprise Stadium hosts its first matchup, a charity game between Texas and Kansas City; Seattle and San Diego play a charity game; Arizona faces Colorado, and Oakland plays Milwaukee.

The other Florida games are Detroit vs. Los Angeles, Philadel-



FIRST TIME OUT ... Hideki Matsui was scheduled to make his Yankees' debut during New York's spring training opener today.

phia vs. Pittsburgh, Baltimore vs. Florida, Atlanta vs. Georgia Tech, the Mets vs. St. Louis, and Minnesota vs. Boston.

The Yankees also will show off their other big international acquisition. Cuban pitcher Jose Contreras will follow starter Sterling Hitchcock in manager Joe Torre's Game 1 pitching lineup. Jeff Weaver is also expected to pitch.

Dodgers

VERO BEACH, Fla. (AP) — Kevin Brown threw about 55 pitches in his fourth bullpen session of the spring.

Dodgers manager Jim Tracy said Brown would throw from the bullpen at least one more time — probably Friday — before working one inning in an exhibition game.

"I don't have to worry about my body hurting with every pitch," Brown said.

"That's always a plus," Brown

said he hadn't felt that way in about two years. He has missed much of the last two seasons while undergoing elbow and back surgery.

Diamondbacks

TUCSON, Ariz. (AP) — Carlos Baerga, trying to make the Arizona Diamondbacks' opening-day roster, went 2-for-3 in an intrasquad game.

"To get two base hits is a good start, but (today's) opener with the Colorado Rockies is when it counts, and it would be great to make a good impression then," Baerga said.

Baerga is competing for the infield backup spot with fellow invitees Chris Donnels and Mike Bell, and with Alex Cintron, who spent time with the Diamondbacks and Triple-A Tucson last season.

Baerga hit .286 with two homers and 19 RBIs in 73 games with Boston last season.

Ankiel trying to tame his talent

JUPITER, Fla. (AP) — One plunked batter, no pitches in the dirt, none to the backstop, and no broken windows.

All in all, baby-faced, blond-tipped Rick Ankiel is still on course for a comeback in a career that has been as spectacular on the way up as it has been on the way down and might have some wild loop-the-loops in the future.

Every day that his left arm stays strong and he doesn't fling balls like a machine gone amok is a good day. It is another day of hope that this 23-year-old real-life version of "The Natural" will tame his immense talent — as a pitcher and a power hitter — and turn the St. Louis Cardinals from division contenders to favorites.

Maybe it's the fear factor or maybe it's his speed, but batters aren't digging in against him or getting off good swings.

Jon Nunnally, a left-handed hitter, took an inside pitch on the arm in Wednesday's session, and Ankiel reacted with an apologetic grimace to his one reversion to wildness.

On Monday, he didn't hit anyone and kept the ball out of the dirt. Last Saturday, he threw three in the dirt and one to the backstop.

A kind of siege mentality grips the Cardinals' camp regarding Ankiel. Manager Tony La Russa and pitching coach Dave Duncan are particularly sensitive about protecting him, slotting him for the bullpen and letting him work his way back with a minimum of pres-

sure. They bristle at the cameras aimed at him and the questions about his control.

Ankiel, himself, loathes talking about the elbow strain that sidelined him all of last season or the vexing wildness that suddenly came upon him in the 2000 playoffs and sent him back to the minors in 2001.

"It's in the past," Ankiel says, wearily repeating the mantra almost daily.

True enough, but it will really be in the past only when Ankiel shows that he more closely resembles the pitcher who was 11-7 and runner-up for NL Rookie of the Year in 2000 than the one who threw nine wild pitches in the playoffs at the end of that season — five in one painfully memorable inning.



Rick Ankiel

Els settles for early exit in Match Play Championship

CARLSBAD, Calif. (AP) —

Ernie Els stood off to the side of the 18th green, proud of his late rally and clutch bunker shot that figured to be good enough to move one match closer to a dream final against Tiger Woods.

It all fell apart so quickly.

Woods held up his end of the bargain Wednesday in the Match Play Championship, beating Carl Pettersson with flawless golf over 17 holes.

For the Big Easy, it was another

shocking finish at La Costa.

Phil Tataurangi holed a 25-foot birdie putt to force extra holes, a putt so unlikely that Els couldn't help but laugh. There was nothing to smile about, however, when he knocked Els out of the tour-

namment, winning with a birdie on the 20th hole.

"So be it," Els shrugged. "I'm disappointed, but this is what happens with 18 holes of match play. I knew he was going to make that putt."

The most fickle tournament in golf lived up to its reputation in a wild and wacky first round, which featured the longest match in tournament history, a bizarre penalty and a stunning loss by Els, the hottest player in the world.

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Philadelphia	32	24	.571	4.5	San Antonio	39	17	.696	4.5
Boston	32	25	.561	5	Minnesota	38	21	.644	7
Orlando	29	29	.500	8.5	Utah	33	24	.579	11
Washington	27	29	.482	9.5	Houston	30	27	.526	14
New York	24	33	.421	13	Memphis	17	39	.304	26.5
Miami	19	38	.333	18	Denver	12	46	.207	32.5
Central Division					Pacific Division				
W	L	Pct.	GB		W	L	Pct.	GB	
Detroit	37	20	.649	—	Sacramento	40	18	.690	—
Indiana	37	21	.638	0.5	Portland	37	20	.649	2.5
New Orleans	32	27	.542	6	L.A. Lakers	31	25	.554	8
Milwaukee	28	29	.491	9	Phoenix	31	27	.534	9
Atlanta	21	37	.362	16.5	Golden State	28	30	.483	12
Chicago	21	38	.356	17	Seattle	25	31	.446	14
Toronto	17	37	.315	18.5	L.A. Clippers	19	37	.339	20
Cleveland	11	46	.193	26					

Tuesday's Games

Orlando 98, Dallas 93
Cleveland 93, New Jersey 90
Washington 83, Indiana 78
New York 102, Houston 95
San Antonio 84, Miami 69
Sacramento 81, Detroit 75
Portland 89, Atlanta 86
L.A. Lakers 109, L.A. Clippers 98

Wednesday's Games

Boston 71, Indiana 69
Philadelphia 111, Memphis 107
New Jersey 105, New York 76
Phoenix 118, Milwaukee 112
New Orleans 91, Miami 82
Chicago 103, Toronto 95
Minnesota 92, Utah 85
Portland 94, Denver 84
Seattle 93, Atlanta 76
Golden State 108, L.A. Clippers 94

Today's Games

Houston at Washington, 6 p.m.
Sacramento at Dallas, 8:30 p.m.
Detroit at L.A. Lakers, 9 p.m.

Friday's Games

Utah at Philadelphia, 6 p.m.
Milwaukee at Indiana, 6 p.m.
Orlando at New York, 6:30 p.m.
Miami at Memphis, 7 p.m.
Toronto at Boston, 7 p.m.
Cleveland at Minnesota, 7 p.m.
Atlanta at Chicago, 7:30 p.m.
New Orleans at Denver, 8 p.m.
L.A. Lakers at Seattle, 9 p.m.
L.A. Clippers at Portland, 9:30 p.m.

Cards back on weekends

LOUISVILLE, Ky. (AP) — The Louisville Cardinals have played on every day of the week over the past two seasons. They'll have a more conventional schedule in 2003, playing on nothing but weekends.

Louisville released its schedule on Wednesday.

The Cardinals open the season at Kentucky on Aug. 31, the second straight year the game has been played on a Sunday.

Louisville has nothing but Saturday games the rest of the year, starting with a Sept. 13 game at Syracuse.

The Cardinals and first-year coach Bobby Petrino open the home schedule against Texas-El Paso and head coach Gary Nord, a former Louisville assistant under Howard Schnellenberger. The Cardinals play host to Temple on Sept. 27.

Neither non-conference home game comes close to the glamour of last September's rain-soaked showdown with then-No. 4 Florida State, which the Cards won. UTEP went 2-10 last season, including a 77-17 loss at Kentucky. Temple went 4-8, losing four of its last five games.

Louisville opens the Conference USA schedule at league newcomer South Florida, on Oct. 4. The Bulls went 9-2 last season, finishing with seven straight vic-

UofL Schedule

Aug. 31 — at Kentucky
Sept. 13 — at Syracuse
Sept. 20 — Texas El-Paso
Sept. 27 — Temple
Oct. 4 — at South Florida
Oct. 11 — Army
Oct. 18 — Tulane
Oct. 25 — at East Carolina
Nov. 8 — at TCU
Nov. 15 — Memphis
Nov. 22 — Houston
Nov. 29 — at Cincinnati

Louisville plays Army and Tulane at home before visiting East Carolina on Oct. 25.

The Cardinals have the following week off, before a road date with defending league co-champion TCU on Nov. 8. The Horned Frogs have routed Louisville two straight years, including last season's 45-31 blowout at Cardinal Stadium.

Louisville plays Memphis (Nov. 15) and Houston (Nov. 22) before finishing the regular season at Cincinnati on Nov. 29. The Bearcats snapped a four-game losing streak to Louisville with a 24-14 victory at Cardinal Stadium last Nov. 8.

The Cardinals went 7-6 and 5-3 in Conference USA last season.

Coach John L. Smith left for Michigan State the day after Louisville's 38-15 loss to Marshall in the GMAC Bowl. Petrino was hired on Dec. 23.

Baker adjusts to Cubs

MESA, Ariz. (AP) — There are still times when Dusty Baker is talking about the San Francisco Giants, and a "we" instead of a "they" will slip out.

He may have a new uniform and a new team, but he can't just forget the last 15 years of his life.

"It's natural," the Chicago Cubs new manager said. "You've been somewhere 15 years, you can't turn your thought process off overnight. ... But each day I'm here, I feel more and more like I belong here."

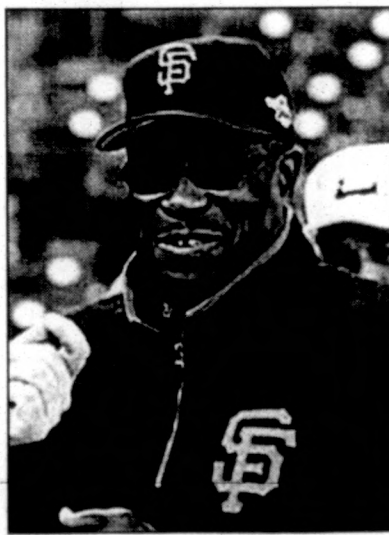
Baker's past and present will collide today, when exhibition games begin. Though the schedule was made out long before Baker was hired in November, the Cubs first two games are against — who else? — the Giants.

The Cubs play at San Francisco's park on today, with the Giants coming to Mesa on Friday.

"I don't know how it's going to be," he said. "I've got a lot of guys over there I care about. I know half of the staff. It'll be a little different for me to come out of the other clubhouse."

It's going to be an adjustment for his former players, too.

"Yeah, it's going to look strange," Barry Bonds said. "He wore blue before, but when you're so used to seeing him in black and orange, it's going



Dusty Baker

to be strange to see him in a Cub uniform. Dusty's a good manager, and the Cubs got a good one."

Baker spent 15 years with the Giants, the last 10 as their manager. San Francisco won 100 games his first year, and finished first or second in the NL West in each of the last six seasons.

Just four months ago, he and the Giants were in the World Series. But long-standing differences with San Francisco owner Peter Magowan led to a split after the Series. Shortly after, the Cubs signed Baker to a four-year deal worth between \$14 million and \$15 million, hoping he can make winners out of baseball's lovable losers.

It was a huge change for Baker, who grew up in California and spent almost his entire life on the West Coast.

"I talked to Bill Walsh and he told me it was going to be a revival of myself, coming here," he said. "I get to recreate my self. It's exciting."

Not only has Chicago not won a World Series since 1908, it hasn't even been there since 1945. Since then, the Cubs have made the playoffs just three times.

They've lost 90-plus games in four of the last six seasons, finishing 30 or more games back three times.



BIG LOSS ... The Washington Redskins released running back Stephen Davis Wednesday in a cost-cutting move. The third-leading rusher in franchise history. Davis was the only Redskin back to rush for 1,000 yards in three consecutive seasons.

Davis, Stewart cut

By The Associated Press

One day before the start of free agency, some big names are looking for jobs.

Stephen Davis, Kordell Stewart and Dana Stubblefield became available when they were released by their NFL teams on Wednesday. The free agency period begins after midnight Friday.

Also on the market are quarterback Brian Griese, who is not a free agent, but who received permission from the Denver Broncos to seek a trade. The agent for Buffalo receiver Peerless Price is hoping to work out a trade after his client signs a one-year tender offer with the Bills.

Davis' release was expected. The only player in Redskins history to run for 1,000 yards in three consecutive seasons, he was due to count \$11.4 million against the \$74.8 million salary cap. And he didn't really fit into coach Steve Spurrier's offensive schemes.

Washington saved \$5.2 million this year by cutting Davis.

Stewart, who lost his starting job in Pittsburgh to NFL Comeback Player of the Year Tommy Maddox, led the Steelers to two AFC championship games. But his inconsistency doomed him.

By waiving Stewart, the Steelers cleared \$6.3 million of cap room, getting them under the ceiling.

"In order for us to comply with the salary cap, we are forced to make some very difficult decisions," coach Bill Cowher said. "He was a terrific player for us and always handled himself as a consummate professional."

Stubblefield, in his second tour with San Francisco, comes off a mediocre year and was going to make \$2.325 million in 2003. The NFL Defensive Player of the Year in 1997, he started 15 games last season, making 43 tackles and three sacks last season.

"At times, Dana played very well," general manager Terry Donahue said. "At other times, he struggled, particularly toward the end of the season when his weight got a little higher on him. He was a leader in the locker room, though."

He was a great acquisition for us."

Several teams were busy holding onto players Wednesday.

The Rams, as they said they would earlier in the week, paid Kurt Warner a \$6 million roster bonus after attempts to restructure the quarterback's contract fell through. Previously, coach Mike Martz said the two-time league MVP coming off an injury-spoiled season, would remain the starter.

"It's all finished," coach Mike Martz said. "I'm just happy as heck that we've got him."

Detroit restructured the contract of three-time Pro Bowl defensive end Robert Porcher, the team's career sacks leader with 91.

And Terrell Davis, hoping his knees will be healthy enough to make a comeback, agreed in principle to a restructured contract that would allow him to return to the Broncos, a source told The Associated Press. He had microfracture surgery on his left knee on Sept. 9, his fifth surgery in three years.

The Broncos were expected to

release Griese on June 1 in a cost-cutting move. For now, he has permission to work out a deal, which could be difficult, given the \$9.2 million he would count against the salary cap.

Price is a big-play starter for Buffalo, but he wants the kind of money No. 1 receivers get. That role belongs to Eric Moulds on the Bills, so although Price is set to accept the team's \$5.01 million offer as a franchise player, his agent, Tim McGee, will then seek a trade.

"We're going to pursue what's in Peerless' best interest," McGee said. "And if there's nothing out there that could afford him an opportunity to be a free agent, we're going to take the tender and play for the Buffalo Bills next year."

Cowboys owner Jerry Jones said Wednesday he would decide by the end of the week whether Emmitt Smith, who passed Walter Payton for the NFL career rushing lead last October, would return next season. If he stays, Smith would count \$9.8 million against the cap without a renegotiated contract.

Mizzou topples Sooners at home

By The Associated Press

It's tough to call Missouri's victory over No. 3 Oklahoma an upset because of where the game was played.

The Tigers just don't lose at home.

Missouri's 67-52 victory over the Sooners on Wednesday night made the Tigers 14-0 at the Hearn Center this season and ended a run where they split their last 12 games.

"I think the games we've lost have helped us improve," Missouri coach Quin Snyder said. "You hope this experience can have the same effect. You find another level of play, you like it, you want to do it again."

Especially at home. The crowd stormed the court at the buzzer as the Tigers (17-7, 8-5 Big 12) beat the Sooners for the first time since the 1997 conference tournament, a span of nine games.

"It's a great feeling," said Missouri's Ricky Paulding, who had eight of his 14 points in a 2:18 span of the second half. "This game just shows us that we're a good team. It was up to us to really do it."

In other games involving ranked teams Wednesday night, it was: No. 2 Kentucky 80, Tennessee 68; No. 5 Texas 82, Baylor 64; No. 6 Duke 77, Georgia Tech 58; No. 7 Kansas 85, Texas A&M 45; No. 8 Pittsburgh 75, Virginia Tech 62; No. 12 Wake Forest 60, Florida State 56; No. 13 Xavier 80, Duquesne 78 in overtime; No. 15 Syracuse 89, West Virginia 51; No. 17 Creighton 63, Southwest Missouri State 58; No. 20 Mississippi State 59, Alabama 55; No. 21 Georgia 89, Mississippi 82; No. 24 Memphis 88, Texas Christian 64; and No. 25 Dayton 82, Rhode Island 70.

Ricky Clemons, playing with a broken left hand, had 13 points and three assists for Missouri, which dropped out of the Top 25 two weeks ago after reaching as high as No. 11.

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Monday.....Fri. 11 a.m.
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070 Position Wanted
080 Domestic & Childcare
090 Business Opportunity
100 Electronics
110 Computers
120 Appliances Parts
130 Want To Buy
140 Articles For Sale
150 Appliances
160 Home Furnishings
165 Antiques
180 Lawn & Garden

190 Farm Equipment
195 Heavy Equipment
200 Sports Equipment
210 Firewood
220 Musical
260 Mobile Home Lots For Sale
270 Mobile Homes For Sale
280 Mobile Homes For Rent
285 Mobile Home Lots For Rent
300 Business Rentals
320 Apartments For Rent
330 Rooms For Rent
340 Houses For Rent
360 Storage Rentals
370 Commercial Property
380 Pets & Supplies
390 Livestock & Supplies
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020 Notice

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060 Help Wanted

060 Help Wanted

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CHILDREN NEED HOMES! In W. KY alone, more than 350 children are not able to live safely with their families. At **ED NECCO & Assoc.,** we can help YOU help a child while receiving non-taxable reimbursement. An Informational Meeting will be held on Saturday, March 8th. Please call today for information: **866-306-3226. At NECCO THE POWER OF FAMILY means HOPE and HEALING.**

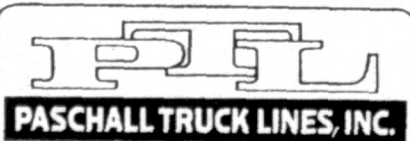
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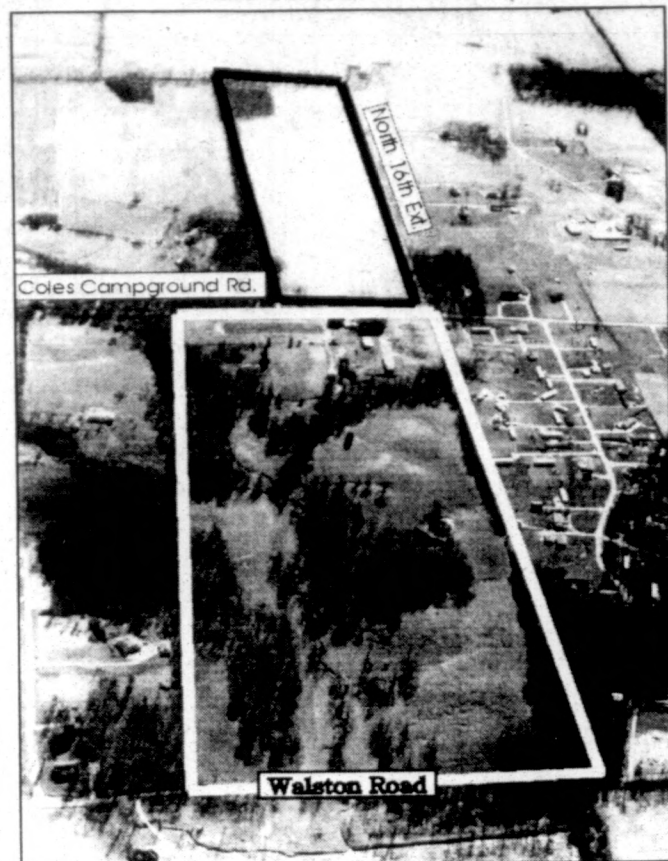
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360
Storage Rentals

CREEKVIEW STORAGE- \$20-\$40. On Center Drive. Behind Tom's Grille 759-4081.

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Neon Beach Mini-Storage
ALL SIZE UNITS AVAILABLE
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PREMIER MINISTORAGE

•Inside climate control storage
•Security alarmed
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•We sell boxes!
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ABSOLUTE LAND AUCTION

Saturday, March 1, 2003 • 10:00 A.M.

FARM LOCATION: HIGHWAY 94 SEDALIA, KENTUCKY
SIGNS POSTED!

(1 mile west of Tri City & 1.5 miles east of Lynnvile, KY)

12 Miles SE of Mayfield, KY - 12 Miles W of Murray, KY
- 18 Miles E of Fulton, KY

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INCOME PRODUCING FARMLAND & CRP GROUND.

250.93 ACRES
IN 15 TRACTS AND COMBINATIONS

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Country Home, Tobacco Barns, Hunting, Beautiful Building Sites On Both Sides Of Hwy. 94, And Productive Farmland. This 250 Acres Has Unlimited Potential. This Is An Excellent Opportunity To Put Your Money To Work With 157± Acres Of Farmland. FSA Annual Payment On 104 Acres CRP \$8,235 Dollars.
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REAL ESTATE: REAL ESTATE: 15 Tracts of Land. Tracts Range From 2 Acres To 99 Acres. Country Home On 2 Acres, Fire Cured Tobacco Barn, 2 Gravel Pits, & Beautiful Home Sites.

REAL ESTATE TERMS: 15% DOWN DAY OF SALE BALANCE IN 30 DAYS.
TOBACCO BASES - 1.71 ACRES OF FIRE CURED TOBACCO BASE & 21 ACRES OF AIR CURED WILL SELL SEPARATE FROM THE LAND. PAYMENT IN FULL DAY OF SALE.

TOBACCO STICKS - 2000 ± STICKS
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SELLING FOR ESTATE SETTLEMENT

Sat. Mar. 1st At 10:00 A.M. & 1:00 P.M.

The Jim Bell Estate

Near Mayfield, KY

2 FARMS - 8 TRACTS

TRACTORS - TRUCKS - EQUIPMENT

Homebuilders • Farmers • Investors

Mini Tracts • Building Sites

Outstanding South Graves Locations!!

FARM # 1

47.93 ACRES

In 7 Tracts & Combinations

Farm # 1 - From Mayfield, Take Hwy 303 South

5 Miles...3/10 Mile North Of The Intersection Of Hwy

303 & Hwy 339...Signs Posted!!

Tracts of 2 Acres To 20 Acres

Beautiful Old Homestead - Barns - Lake

Fabulous Mini Tracts - The Best Of Locations!

FARM # 2

40.05 ACRES

Selling in One Tract

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Proceed South 3/10...Signs Posted!!

Bottom Land - Woods Land - Barn

A Fine Building Site And More!!

Real Estate Auction Will Be Held At

South Highland Country Club

3 Miles South Of Mayfield On Hwy 303

At 1:00 P.M. - After The Equipment

REAL ESTATE PURCHASE TERMS

15% DOWN, WITH A MINIMUM DEPOSIT OF

\$3,000.00 PER TRACT, BALANCE IN 30 DAYS!

To Be Sold At Real Estate Auction At 1:00 P.M.

805 LBS OF BURLEY POUNDAGE

.56 ACRES OF FIRE CURED BASE

.33 ACRE OF AIR CURED BASE

WILL BE AUCTIONED SEPARATE FROM THE LAND!!

EFFECTIVE 2003 SEASON FSA FARM #7380

AMOUNTS INDICATED ARE THE 2002 QUOTA

TOBACCO BASE MUST BE PAID FOR IN FULL SALE DAY!!

BUYER MUST MEET GRAVES CO FSA REQUIREMENTS & STIPULATIONS!!

Farm Machinery Highlights

AT 10:00 A.M. To Be Sold From Farm # 1

5 Miles South Of Mayfield, KY On Hwy 303

Agco Allis 4650 Utility Tractor • JD 2840 Tractor • IH 666 Tractor

• Cub Farmall • Case-IH 3640 Round Baler • Case 230 Square

Baler • Bush Hog 2845 Quick Attach Loader • Kinze 7 Unit

Planter • JD 7000 - 4Row Planter • Holland 2 Row Pull Setter •

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12 Discs • Pulley Sprayer • 350 Gal Fuel Tank • L Pickup Tank •

Barnyard Misc • '98 Chevy Z71 Extenda Cab 4x4 Pickup • GMC

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Trailer • Neckover 18 Flat 2 Axle Trailer • Neckover 26 3 Axle

Trailer • Polarcraft Boat And Trailer, w/50 Johnson Motor

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380
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440
Lots For Sale

PICK Now! 6 Akita puppies. Shot, worm, very friendly. 382-2214

430
Real Estate

2 Acre lot in Rock house Creek Subdivision. 34x72 footer included. 759-9695 nights.

450
Farms For Sale

CAMPGROUND- 14 Full Hook-ups- Bath House. Lake access w/Boat Ramp. 1.7 Acres. \$30,000. 519-3368.

FOR Sale: Dark Fire Tobacco Barn 10'x20', 45 ft @ crown. \$1,500. Call Dan 871-4131

455
Acreage

89.2 surveyed acres. Trees and hills 1/2 mile from KY Lake near New Concord/Hamlin \$499 per acre. Owner/Agent. (270) 753-8251. (270) 559-3272.

460
Homes For Sale

BUY A NEW HOME
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YOU SHOW US:
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WE SHOW YOU:
•100% loan, no money down •Flexible, forgiving program
•Excellent fixed rate - 30 yr.

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460
Homes For Sale

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COMPLETE AUCTION SERVICE
Wayne Wilson Real Estate Broker 270-753-5086. Roger Stubblefield Auctioneer 270-527-2931

440
Lots For Sale

LOTS for sale on Hwy. 280 and Reiman Rd. east of Murray. Some directly across from East Elementary. For more information call 753-8151 or 753-5976

450
Farms For Sale

FOR Sale: Dark Fire Tobacco Barn 10'x20', 45 ft @ crown. \$1,500. Call Dan 871-4131

490
Used Cars

•1995 Chrysler Sebring. Green. 85,000mi. sporty. CD. \$4,800.
•1999 Oldsmobile Bravada, Black, 30,000mi, Warranty, Loaded, Sun roof. \$17,200. 753-3577. 210-3370.

500
Used Trucks

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92' Ford F-150, V-8 XLT, 4WD, Auto, Cruise, Power Locks and windows, very clean, very good condition. 759-3186.

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520
Boats & Motors

93' 20 FT Aluminum Jon Boat, 94' 60 hp Johnson outboard w/large aluminum live well, double axle trailer, traps and nets, very good condition. 759-3186.

530
Services Offered

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460
Homes For Sale

460
Homes For Sale

460
Homes For Sale

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Homes For Sale

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Homes For Sale

530
Services Offered

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460
Homes For Sale

460
Homes For Sale

460
Homes For Sale

460
Homes For Sale

460
Homes For Sale

560
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STUDENT OF THE WEEK ... Calloway County senior Whitney Puckett has been selected as Student of the Week by Century 21 Loretta Jobs Realtors and WNB. Puckett, the daughter of Kim and Debra Puckett, is a fourth year cheerleader at CCHS and is involved in FBLA, FCA, Pep Club and Glendale Road Church of Christ. She is shown with CCHS teacher and cheerleading sponsor Dana Stonecipher, right, and Will Robey, representative of Century 21 Loretta Jobs Realtors.

Murray High claims history contest honors

Murray High School notched first- and second-place finishes in the 2003 West Kentucky History Competition held at Murray State University Monday.

The MHS team took top honors in the World Civilization category, which tallying a second-place finish in the category of U.S. History.

Over 460 students from 19 middle and high schools participated in the competition, which was sponsored by the MSU history department and its honor society, Phi Alpha Theta.

Students participated as teams and individually in the U.S. History and World Civilization categories. Schools may enter up to 12 competitors for each of the two categories in their grade level. School awards for each examination are based on an average of each school's eight highest student scores.

Individual winners in the competition included Michael S. Belcher, MHS, who took home third place in the World Civilization category, and John H. Trevathan, MHS, who took fourth place in the same category.

Wesley S. Bolin of Murray Middle School notched a second-place finish in the U.S. History category. The MMS team brought home a second-place finish in the same category.

Horoscopes

BY JACQUELINE BIGAR

HAPPY BIRTHDAY for Friday, Feb. 28, 2003:
Much occurs behind the scenes this year. You might wonder what is the best way to go. As of March 4, you gain new energy, though you might feel as if the wild card has tumbled into your life. You will learn to be less rigid as a result of many unanticipated events. The expression "go with the flow" will have new meaning in your world. If you are a single woman, a man could enter your life and turn it topsy-turvy, whether you want it to happen or not. Romance could be exciting this year, if nothing else. If you are a single man, you could go through an identity crisis. If you are an attached man, you might want to redefine your relationship. If you're a woman, you could see your sweetie experience a major identity crisis. Caring flows from September on. AQUARIUS understands you.

LEO (July 23-Aug. 22)
***** Others defer more easily than you anticipated. What you think might be a big deal actually isn't. Partners and associates run with the ball nevertheless. You might want to answer someone's challenges immediately — don't. Simply go with the flow. Others find you interesting. Tonight: Just don't be alone.

VIRGO (Aug. 23-Sept. 22)
***** Studies demonstrate how important your mental health is to your well-being. You could easily allow that side of yourself to slip as you get so wrapped up in your work. Knowing when to stop could be instrumental to your success. Do something good or healing. Tonight: You first.

LIBRA (Sept. 23-Oct. 22)
***** You might be replaying a situation over and over. Your fantasies dominate, unfortunately not allowing you to view a relationship clearly. Understand your role in recent events. You might need to take off your rose-colored glasses. Tonight: Let out the love in you.

SCORPIO (Oct. 23-Nov. 21)
***** Recognize what might be going on with a family member. What you can be sure of is that you don't have all the facts just yet. The other person also might have difficulty seeing the whole situation. Know that you're both walking in the dark! Respect each other. Tonight: At home.

SAGITTARIUS (Nov. 22-Dec. 21)
***** You might want to think through a decision carefully, especially if you have a sense that you're not getting all the facts. Keep asking questions. Meanwhile, follow your sixth sense, as you might be more tuned-in than you realize. Tonight: At a favorite spot.

CAPRICORN (Dec. 22-Jan. 19)
***** Follow through on what needs to happen in order to have a successful outcome. Your financial skills come out in your dealings with those around you. Your sixth sense emerges when dealing with funds, though you might not want to share your thoughts just yet. Tonight: Treat yourself well.

AQUARIUS (Jan. 20-Feb. 18)
***** Follow your sixth sense, and you know you will be on target. Right now, follow-through counts in your dealings. If you can prevent being wily, do so. Your mind wanders so many places at once that sometimes others have a hard time following you. Tonight: Go out there and live it up.

PISCES (Feb. 19-March 20)
***** Take your time with a decision that could impact many. You might be uncomfortable with news and want to head in a different direction. Take your time, but don't delude yourself. Realize that you need and must get to the bottom of an issue. Tonight: Go off and do your thing.

BORN TODAY
Musician John Fahey (1939), author Alice May Brock (1941), performer Bernadette Peters (1948) ***



WINNERS ... The Murray Middle School Chess team won first place in the Elementary division at the 2003 Regional Championships. Murray had eleven students competing on the Elementary team. Competing on the elementary team were (top l-r) Michael Bokeno, Logan Henderson, Zachary Buck, Alex Adams, Michael Hyatt, (bottom) Dominik Mikulcik, Steven Arnold, Nick Burnett, Daniel Hughes, Patrick Hughes, and Jordon Smith. Finishing in top ten were Burnett, second place; Mikulcik, third place; Smith, fifth place; Patrick Hughes, seventh place; Arnold, eighth place; and Buck, ninth place.

Conner says she missed proceedings because she didn't know about them

PADUCAH, Ky. (AP) — The owner of a western Kentucky nursing home at the center of a sex scandal involving Gov. Paul Patton says she missed court proceedings because she wasn't aware of them.

But Tina Conner said she and former Birchtree Healthcare administrator Dan Dabney will testify in the home's bankruptcy case.

"As far as the depositions, we're ready and able," she said. "We have been from the beginning if we were given proper notice."

Conner and Dabney missed court appearances Feb. 6 and 20. Conner said she spoke with a case administrator, who said her mail from the bankruptcy proceedings had been sent directly to Birchtree, the Clinton nursing home that is shut down. She said she has been told she would not be allowed in the building



Conner

since it was turned over to the trustee.

Conner filed for bankruptcy in September after state inspectors found deficiencies, resulting in the loss of Medicaid and Medicare reimbursement.

Conner blamed the problems on Patton, with whom she had a two-year affair. She claimed Patton and his staff did favors for her during the affair. She said that after she told Patton in August 2001 that the affair was over, he ordered inspectors to crack down on the nursing home.

Patton has acknowledged the affair but denied using his office to help or hurt Conner.

Dust investigated as explosion cause

CORBIN, Ky. (AP) — Federal investigators are testing flammable dust found in the plant where an explosion last week killed three workers and injured dozens of others.

Five workers remain in critical condition after the explosion at CTA Acoustics, which makes insulation for automakers.

Investigators are exploring whether excess dust may have triggered the explosion.

"There were concerns about dust in the air clearly," said Daniel Horowitz, spokesman for the U.S. Chemical Safety and Hazard Investigation Board. "But we have not concluded anything yet."

The Chemical Safety Board is one of two federal agencies investigating last Thursday's blast.

The number of dead workers grew to three Tuesday night, as David "Joe" Hamilton, 37, and Arnold Peters, 57, died of their injuries at Vanderbilt University Medical Center in Nashville. Jimmy Lemmings, 42, died Sunday at the same hospital.

Federal agents have interviewed many workers who were in the plant when the explosion occurred.

WINTER HAS ARRIVED!

The Murray Ledger & Times asks for your understanding.

During times of bad weather, your carrier will continue to deliver the Ledger & Times to your home as long as it is safe to travel the roads.

However, when the roads become hazardous and are closed, your carrier will be unable to bring your newspaper until the roads are safe. Please understand we are thinking of the safety of our carriers, and we will do our best to deliver the Ledger & Times to you.

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BORN TODAY
Musician John Fahey (1939), author Alice May Brock (1941), performer Bernadette Peters (1948) ***

DR. GOTT

By Peter H. Gott, M.D.

DEAR DR. GOTT: With respect to your column about accepting aging and not using plastic surgery to look young, I take issue. You must not be aware of reality. If we look old, we women are discriminated in the work force. We won't be hired for a position, even if we are qualified, if we are in competition with someone who is young and pretty. On the other hand, as men age, they are said to look "distinguished."

DEAR READER: You quite properly remind me that the work force, despite having come a long way in the past 20 years, is still sexist and elitist. I view this as abhorrent, but people are people, and life isn't always fair.

The purpose of the column (on accepting aging as inevitable) was to point out that creams, pills, lotions, Botox, hair coloring, plastic surgery and other cover-ups do nothing more than that — cover up. Don't you think that prospective employers will see through these techniques? The boss sits there — with a paunch and gray hair combed over the top of his bald head — looking at your application. He notes your birth date and then glances up, with surprise, to view a wrinkle-free woman in a mini skirt, with mahogany hair. Ouch! Wouldn't you come across better in a more natural mode? A confident, qualified, smartly dressed, engaging, gray-haired, no-nonsense, articulate and experienced woman could skate circles around a younger candidate.

I cannot believe that age, if handled gracefully, is a negative factor in the workplace. Yes, there are exceptions I am certain. But, I sure as heck wouldn't want to take a job where my employer was primarily obsessed with youth. Wisdom and experience count. In my opinion, the process of aging should be acknowledged and dealt



PETER GOTT, M.D.

with, not covered up by phony means that are all too evident to the observer.

P.S. Aging men do not always appear as distinguished as they think they are. This is a power issue. Who's going to tell the boss he looks like a twerp with dyed red hair, a size 18 neck, a heavy gold necklace, tinted glasses and a beer belly? Am I having fun? You bet!

DEAR DR. GOTT: In reading your recent column on aging gracefully, I was struck by your photo. Not a gray hair or wrinkle to be seen. Are you wearing a toupee? Put your money where your mouth is and publish a current picture. I can't believe you are 67.

DEAR READER: Neither can I. The photo you referred to was taken last week. I've aged a lot in the interim.

Seriously, I don't know which photograph your newspaper carries. I do know, however, that I have submitted a relatively recent one that, in black and white, doesn't do justice to my full head of hair, my catlike movements and the golden lights that dance in my eyes. I guess it's in the genes. Or, more probably, in the lack of detail in the picture.

To answer your specific question: I don't wear a toupee.

Have you heard of the literary gentleman called Dorian Gray? His portrait aged, while he remained young and youthful in appearance.

This, unfortunately, is not I.

DEAR ABBY

DEAR ABBY: Thank you for your response to my "Angry Aunt in Akron," who complained because I haven't written thank-you notes for the wedding gifts my husband and I received from his family. (I was prompt in acknowledging those we received from mine.) This was per the agreement we had made before the wedding.

When mine were finished, I nagged to no avail. A few months later, his parents confronted me. I explained our agreement to split the chore, but my mother-in-law thought otherwise. She continued to argue that my husband "always had trouble when it came to writing." Throughout school his parents corrected his mistakes and typed his papers before he turned them in. In other words, instead of teaching him, they "fixed" things for him — and she blamed me for not doing the same.

Abby, I married a man, not a child. Marriage is a union, a joint venture between two people. You said it beautifully when you advised my aunt that "times have changed." They have! A woman's place isn't where it used to be, and a wife isn't a replacement for a mother.

THANKFUL BRIDE
IN MICHIGAN

DEAR THANKFUL BRIDE: I said times were changing; I didn't say that the change was complete. While many people agreed with my reply, almost as many did not. Read on:

DEAR ABBY: I disagree with you. Marriage is a partnership. While the groom is ill-mannered and negligent, I think the bride is being childish. If I waited for my wife of 33 years to do what some might consider "her job," our household would be a sorry state — and I'm sure plenty of times she'd say the same about me. If more young people adopted our philosophy, perhaps there wouldn't be so many divorces.

GARY IN GRANITE CITY, ILL.

DEAR GARY: I agree that a successful marriage takes a lot of giving on both sides. What I disagree with is the stereotype that writing thank-you notes is automatically "woman's work."

DEAR ABBY: Your reply to "Angry Aunt" was correct. I'm 54. In recent years I have received many

thank-you notes from the groom. I agree that with both husband and wife working, it's only fair that both write them. My son is being married in three months. I plan on showing him the letter from "Angry Aunt" and also my reply.

HAPPY AUNT B.
IN NEW ORLEANS

DEAR HAPPY AUNT B.: You'll be doing him and his bride a favor.

DEAR ABBY: I had the same problem. After weeks of watching my husband, "Roy," procrastinate, I realized that while they were "his" guests, we were one unit. People who thought poorly of him would also think poorly of "us."

Roy and I bring different strengths and weaknesses to our marriage, and perhaps my strength could help him with his weakness — so I came up with a plan: Roy had expressed interest in visiting a new French cafe. I agreed to go, but only if we took blank thank-you cards that Roy would write while I caught up on other post-wedding work. We shared a delightful bottle of wine, and the thank-yous went out the next day.

That bride-needs to be creative about getting her new husband to send the thank-yous out, because, like it or not, his procrastination makes them both look bad.

CHICAGO NEWLYWED

DEAR NEWLYWED: C'est magnifique! Thanks for sharing your solution.

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.

CONTRACT BRIDGE

It's a Partnership Game

East dealer.

Neither side vulnerable.

NORTH

♠ 8 6 4

♥ K 7 4

♦ Q 10 6 5 2

♣ 5 2

WEST

♠ K Q 5

♥ 9 8 6 3

♦ K 7 3

♣ Q J 4

EAST

♠ 10 9 7 3

♥ 10 5 2

♦ 8

♣ K 10 9 8 3

SOUTH

♠ A J 2

♥ A Q J

♦ A J 9 4

♣ A 7 6

The bidding:

East South West North

Pass 2 NT Pass 3 NT

Opening lead — queen of clubs.

In notrump contracts, the usual practice of the defenders is to attack declarer in a suit where they think or hope he is weak. Most notrump contracts stand or fall on this principle. Today's deal illustrates how the defenders are sometimes called upon to exploit more than one chink in declarer's armor in order to accomplish their goal.

West saw no virtue in leading his own longest suit, hearts, which

would have required East to have exceptional length or strength in that suit. Accordingly, West chose the queen of clubs as his opening salvo, hoping to hit partner with moderate length or strength in clubs.

East endorsed the lead enthusiastically by signaling with the ten, declarer following low. When West continued with the jack of clubs, East overtook with the king as South again played low.

Recognizing that his side had gotten as much mileage out of the club suit as possible, East now shifted his attention to spades in the hope of finding West with a productive holding in that suit.

Declarer thus found himself under attack from a new quarter when East returned the ten of spades at trick three. South did the best he could when he ducked the spade ten and took the next spade with the ace. He then led a heart to dummy's king and finessed the ten of diamonds, but West took the ten with the king and cashed the king of spades to put the contract down one.

The hand dramatically demonstrates the benefits that can accrue from trying to develop the combined assets of the defenders rather than the assets of one defender only.

CROSSWORDS

ACROSS

- 1 Turn signal
- 6 — Centauri
- 11 Fragrant trees
- 13 Sled runners
- 14 Possibility
- 15 "Jaws" sighting
- 16 Out caller
- 17 Nome's st.
- 18 Telegraph signal
- 20 Settlements
- 22 — got it!
- 23 Restrain
- 25 Method
- 26 Did great, stangly

- 27 Crop
- 29 Roof parts
- 31 "Sol"
- 33 Kook
- 34 Antagonism
- 37 Griffin of TV
- 40 Not pro
- 41 Fix a squeak
- 43 Train track

45 Super Bowl

46 Lindbergh and

48 Dish made

49 RAM unit

50 Individual

51 Modern-day

53 "Behold!"

54 Kudu cousins

56 Roomy sleeve

58 Lure

59 Copper alloy

DOWN

1 Vinegar and

2 Equips again

3 Hwy.

4 Nincompoop

5 Court order

6 Poor box

7 Baby's seat

8 Cop show HQ

9 Breathes hard

10 Invited

24 Marlins' city

13 Legendary

lumberjack

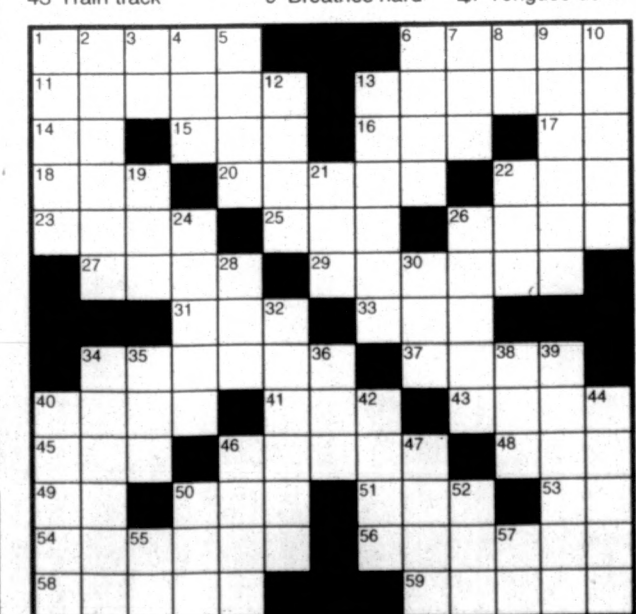
19 Caesar's X

24 Tongues do it

Answer to Previous Puzzle

CLAY VAN INCH
PILE EDO COLA
URAL RAW ODOR
AILED ANEYE
OSIERS
AVOWS DAH ITT
WEBS WIG TRIO
LEI WET FEAST
ADHERE
FAMED RATIO
UFOS QUE HOME
DRAT UPC EWER
DONA OAT DANA

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- 22 Floe or berg
- 24 Marlins' city
- 26 Take up or let out
- 28 Sweater letter
- 30 — a ride
- 32 Makes amends
- 34 Authorize
- 35 Utmost degree
- 36 Feminine principle
- 38 Kind of sheet
- 39 Cello cousins
- 40 Wanted-poster word
- 42 Bard's tragic king
- 44 Detroit team
- 46 Singer — Williams
- 47 Ify attempt
- 50 Sean Lennon's mom
- 52 Exec
- 55 Kind of current
- 57 Refrain syllable

In high school basketball games, Murray Tigers won over Heath Pirates and Murray Tigers lost to Mayfield Cardinals. High team scorers were James Wells for Calloway, Bowen for Heath, Ray Lane and Danny Hudspeth for Murray and Eddy Williams for Mayfield.

40 years ago

The first of the Sabin Oral Polio Vaccine will be administered March 3 in clinics at county elementary schools at Almo, Faxon, Hazel, Kirksey, Lynn Grove and New Concord, Carter and Robertson schools, Murray High School and Murray State College Student Union building, according to R.L. Cooper of Calloway County Health Department.

The city of Hazel has been named to receive sums of \$5,032 and \$7,547 of federal funds granted by Accelerated Public Works Program for water supply and sewerage treatment.

Births reported include a girl to Mr. and Mrs. Joe Pat Hackett, Feb. 25.

50 years ago

Published is a picture of the members of the Kirksey High School Chapter of the Future Farmers of America with the chapter adviser, Harvey Ellis, as a part of the continuing series in observance of FFA Week.

Mr. and Mrs. Walter Outland will be married 50 years March 3.

Mrs. Harry Sparks spoke about "Teenagers Place in the Home" at the founders day meeting of the Lynn Grove High School Chapter of Parent-Teacher Association.

TODAY IN HISTORY

By The Associated Press

Today is Thursday, Feb. 27, the 58th day of 2003. There are 307 days left in the year.

Today's Highlight in History:

On Feb. 27, 1933, Germany's parliament building, the Reichstag, caught fire. The Nazis, blaming the Communists, used the fire as a pretext for suspending civil liberties.

On this date:

In 1801, the District of Columbia was placed under the jurisdiction of Congress.

In 1922, the Supreme Court unanimously upheld the 19th Amendment to the Constitution that guaranteed the right of women to vote.

In 1939, the Supreme Court outlawed sit-down strikes.

In 1973, members of the American Indian Movement occupied the hamlet of Wounded Knee in South Dakota, the site of the 1890 massacre of Sioux men, women and children. (The occupation lasted until May.)

In 1982, Wayne B. Williams was found guilty of murdering two of the 28 young blacks whose bodies were found in the Atlanta area over a 22-month period.

In 1997, divorce became legal in Ireland.

One year ago: U.S. officials announced a \$5 million reward for information in the kidnap-murder of Wall Street Journal reporter Daniel Pearl. A mob of Muslims set fire to a train carrying hundreds of Hindu nationalists in Godhra, India; some 60 people died.

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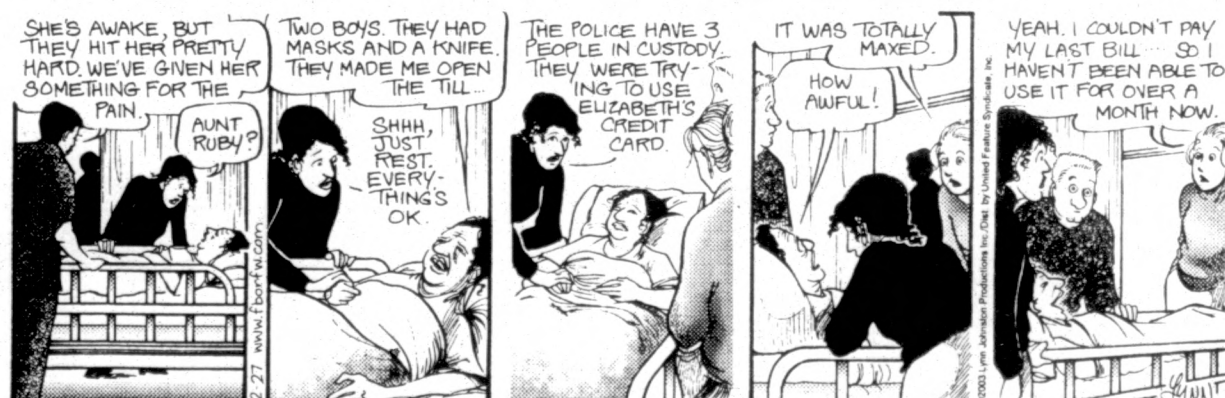
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The Possibility of WAR

Bush: Ridding Middle East of Saddam would help build peace

WASHINGTON (AP) — Toppling Saddam Hussein would do more than protect America, it would sow seeds of democracy and peace in the Middle East, President Bush says.

Bush has largely been silent on the Israeli-Palestinian conflict in recent months as he tried to focus the world's attention on Iraq. Yet Wednesday night, in a speech to conservative activists, he tied the issues together, emphasizing in a new way a broader rationale for his case for war to disarm Saddam's regime.

Changing the leadership in Baghdad could "begin a new stage for Middle Eastern peace and set in motion progress toward a truly democratic Palestinian state," Bush said.

"The passing of Saddam Hussein's regime will deprive terrorist networks of a wealthy patron that pays for terrorist training and offers rewards to families of suicide bombers," he said. "And other regimes will be given a clear warning that support for terror will not be tolerated."

There is little tradition of democracy in the Arab world, but Bush said an American-led invasion could change that.

"After defeating enemies, we did not leave behind occupying armies, we left constitutions and parliaments," Bush said. "There was a time when many said that the cultures of Japan and Germany were incapable of sustaining democratic values. Well, they were wrong. Some say the same of Iraq today. They are mistaken."

Thursday, Bush was getting a reminder of the costs and rewards of forcing out a government. Afghanistan's president, Hamid



SPEAKING TO AMERICA ... President Bush gestures as he speaks yesterday in Washington.

Karzai, was visiting the White House, a day after appealing for the United States to keep rebuilding his country as a main priority, even if it goes to war with Iraq.

"Don't forget us if Iraq happens," Karzai said Wednesday.

"We know the Iraqi people very well. They are Muslim, we are Muslim," Karzai said. "We would wish for them what we wish for ourselves. To be free, to be liberated, to have access to a better life."

Senior administration officials briefed reporters on their vision of a postwar Iraq: The U.S. military would control Iraq in the short term after Saddam's removal; troops would maintain security, protect Iraq's oil fields, ensure that other nations respect Iraq's existing bor-

ders and find and destroy weapons of mass destruction.

A civilian administrator eventually would take over the work of engaging Iraqis in the formation of a democratic government. The transition would last months, not weeks, the official said, adding that a more precise estimate won't be possible until it is clear how Iraq weathered an attack. The official, speaking on condition of anonymity, said the administrator would not necessarily be an American.

Democratic presidential candidate Joe Lieberman said appointing an American to oversee Iraq after Saddam was removed would put the United States "in the position of an occupying power, not a liberator."

As Bush made the case for war,

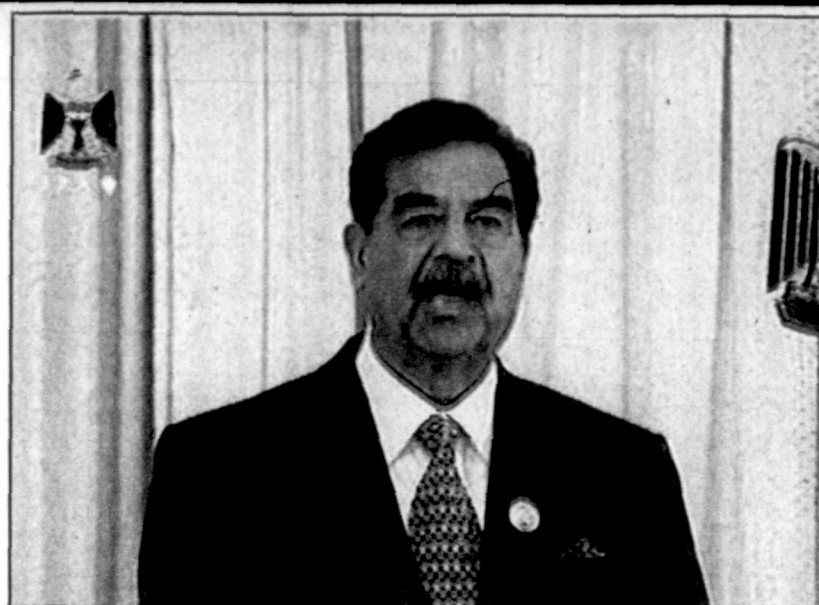
Saddam said in an interview on CBS-TV's "60 Minutes II" program that if attacked, the country was prepared to defend itself. "It is our duty, it is our responsibility to defend our country, to defend our children, to defend our people, and we are not going to succumb, neither to the United States nor to any other power," Saddam said, according to a transcript CBS released of the three-hour interview.

Bush spoke to the American Enterprise Institute just before CBS began airing the Saddam interview with CBS newsmen Dan Rather, and the speech came on a day of heavy diplomatic activity.

Canada offered a plan that could bridge the divide between a U.S.-British-Spanish resolution that is seeking U.N. Security Council authorization for war and a French-Russian-German proposal to continue U.N. weapons inspections at least into July.

The Canadians circulated a two-page proposal suggesting Iraq be given until the end of March to complete a list of remaining disarmament tasks identified by the inspectors, who are looking for weapons of mass destruction. The Security Council then would be asked to vote on whether Iraq was complying with its promises to disarm.

The Canadian ideas were well received by some of the swing voters the United States is trying to court, but it was unclear how the veto-holding countries would react. The United States, Britain, France, Russia and China hold veto power over council actions. But State Department spokesman Richard Boucher said it "only procrastinates on a decision we all should be prepared to take."



Saddam Hussein

Saddam: 'We are not going to succumb'

BAGHDAD, Iraq (AP) — Iraqi leader Saddam Hussein said he hopes the United States will not attack, but if it does his nation "will not succumb."

"We hope that the attack will not take place. But we are bracing ourselves to meet such an attack. To face it," Saddam told CBS anchor Dan Rather in an interview aired on CBS's "60 Minutes II."

Rather interviewed the Iraqi leader at one of his presidential palaces in Baghdad on Monday. The network has been releasing excerpts of the interview for two days and broadcast most of it on Wednesday.

Saddam also said his country has never had a relationship with Osama bin Laden or the al-Qaida terrorist group and has no missiles that go beyond United Nations proscribed ranges.

"It is our duty, it is our responsibility to defend our country, to defend our children, to defend our people, and we are not going to succumb, neither to the United States nor to any other power," Saddam said, according to a transcript CBS released of the three-hour interview.

Asked if he was afraid of being killed or captured, Saddam responded: "Whatever Allah decides."

"There is no value for any life without ... faith," he said. "The

believers, while taking caution and care and trying to veer out and avoid any dangers and any traps ... the believer still believes that what God decides is acceptable."

Rather said that he was driven with a producer in three different cars in different directions around Baghdad before arriving at Saddam's Republican Palace for the interview. The Iraqis provided three cameras for the interview and provided a videotape, Rather said. Saddam spoke to Rather with the help of two translators, and Rather said CBS translators compared the translation with their own and found it to be accurate.

Saddam also proposed a debate with President Bush. He said that he would speak with Bush live via satellite so that Bush can make his case for War, and Saddam make his for peace.

"On films we see that the Americans are courageous. When challenged to a duel they will not back down," he said. "This will be an opportunity for him to convince the world, if he is committed to war. ... It could also be an opportunity for us ... to tell the world our own side of the story. And why we want to live in peace, and security."

Defying U.S., North Korea restarts reactor

WASHINGTON (AP) — Defying the Bush administration, North Korea has restarted a reactor at its main nuclear complex, possibly laying the groundwork for additional atomic weapons beyond the one or two it is believed to possess already, U.S. officials say.

The disclosure Wednesday was a blow to the

administration's reliance on diplomatic pressure to induce the North to set aside its nuclear ambitions. The U.S. officials, asking not to be identified, said the reactivated facility starts a process that could yield nuclear weapons in about a year.

But Pyongyang could add to its supply much earlier if it restarts a processing plant adjacent to

the reactor. The plant could be used to reprocess 8,000 plutonium-laden spent fuel rods at the site; there is enough plutonium there to build five or six bombs in a few months.

A telltale plume was spotted over the reactor just hours after Secretary of State Colin Powell ended a visit to South Korea.

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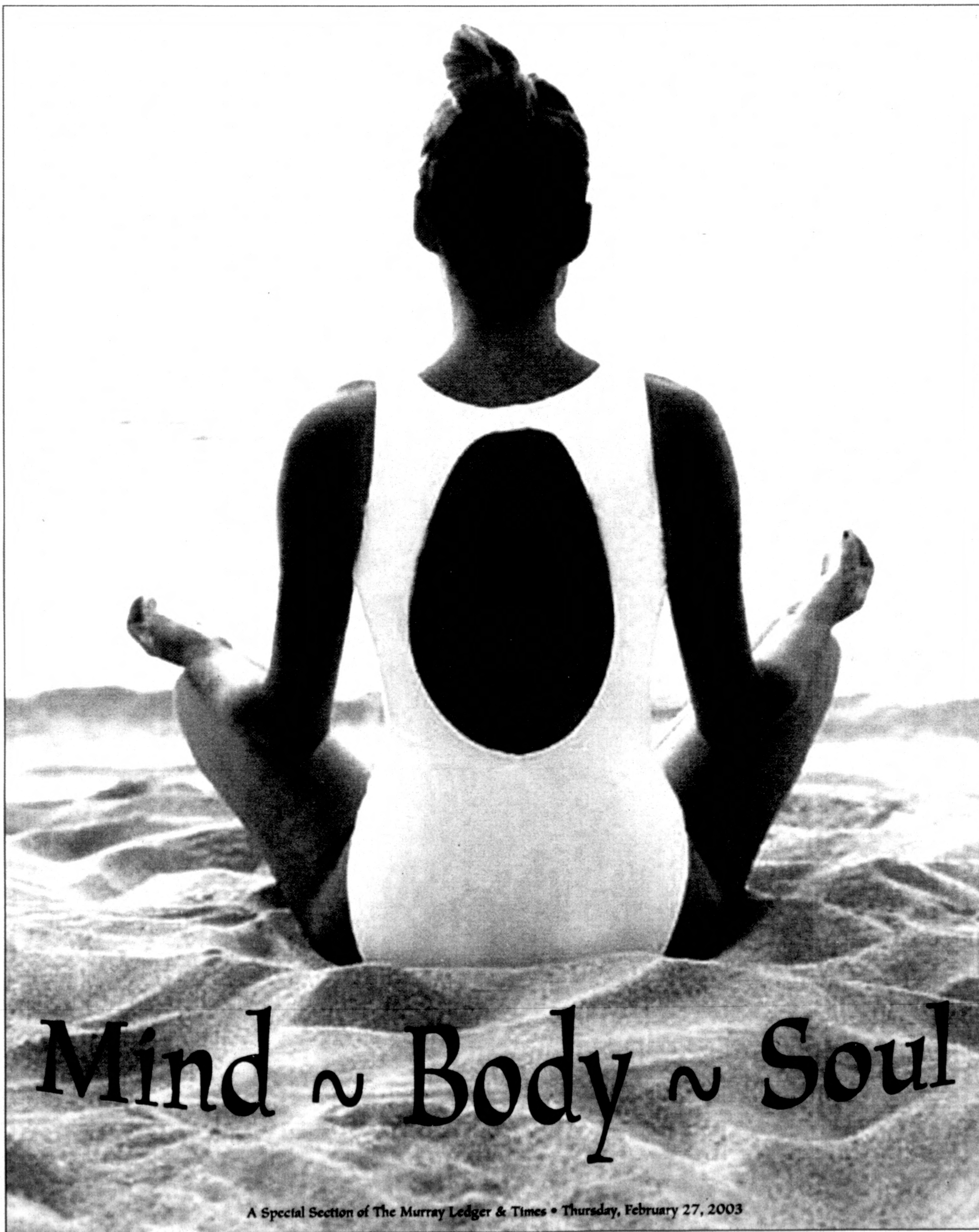
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Mind ~ Body ~ Soul

A Special Section of The Murray Ledger & Times • Thursday, February 27, 2003

Winter blues could be Seasonal Affective Disorder

With the long, dark days of winter can often come a case of the winter blahs. But when does having the winter blues turn into something more?

The absence of sunlight in the winter is one of the chief causes of Season Affective Disorder (SAD), a seasonal disorder that, according to the National Mental Health Association, affects as much as 25 percent of the population.

Lack of natural light has been a common theme for the local area this year, as the harsh, cold winter has brought so much rain and snow along with it that the sun has been clouded for many of the past few weeks.

"This is atypical for this area," said Bobbie Weatherly, membership coordinator for the Murray-Calloway County Hospital Center for Health and Wellness. "The good thing is it's almost over. The promise is always there that spring follows winter."

Weatherly has become a student of the ways of SAD over the years,

and she has even conducted seminars on the condition. She said her interest in the subject came from a bout with what she called "cabin fever" nearly five years ago.

"An awareness of it is the first step to realize you're feeling down," Weatherly said. "Everybody gets a case of the winter blues now and then."

Symptoms of SAD, as listed by the NMHA, include depression, changes in sleeping and eating habits, persistent sad, anxious or "empty" mood, a loss of pleasure in once-enjoyed activities and possible cravings for sugary or starchy foods.

According to the NMHA, the change in seasons can often cause the body's "biological internal clock" or circadian rhythms to get out of step, partly in response to sunlight patterns. People with SAD have difficulty adjusting to the lack of sunlight, which most commonly occurs during the months of January and February.

Melatonin, a sleep-related hor-



JOHN WRIGHT/ Ledger & Times photo

WINTER BLUES ... The lack of sun and onset of dreary weather are some of the factors in Seasonal Affective Disorder.

more produced by the pineal gland in the brain, has also been linked to SAD. This hormone, which is believed to cause symptoms of depression, is produced at

increased levels in the dark.

The fortunate thing for SAD sufferers, according to Weatherly, is

■ See Page 3

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■ SAD ...

From Page 2

that they do not have to stay in the dark. In fact, coming out into the light is one of the keys to beating SAD.

"Even if it's gray light, it's a little more energizing than being inside with cabin fever," Weatherly said.

Weatherly also pointed out, though, that there is no real substitute for the effects of natural light. Tanning beds, she said, are not a reliable replacement, and phototherapy, which involves a sort of "light box" and filter, is not a proven method of chasing the blues away.

"I certainly wouldn't recommend buying something that has no scientific proof behind it," Weatherly said.

Surprisingly, Weatherly said symptoms of "regular" depression are seen far more often than those of SAD. The distinctions between the two, she said, can be easily distinguished with a little thought.

"Once the sun comes out again, the blues kind of start to go away

(with SAD cases)," she said. "With depression, the circumstances can change and the person will still be feeling the same things they did before."

Other keys to overcoming SAD, according to both Weatherly and the NMHA, include regular exercise, particularly in outdoor areas, and resisting the urge for isolation and getting together with other people as much as possible.

And, while SAD does not necessarily require the type of intensive treatment that clinical depression does, Weatherly said those who suffer from it should begin to take steps as soon as possible to be rid of it.

"If you continue to wallow in the condition, there's all sorts of bad things than can result from that," she said. "I think an awareness of getting people to realize something is not wrong with them is very important."

Edward Sheridan is a staff writer for the Murray Ledger & Times.

Lose the February funk Good care makes skin glow like June

Hasn't this weather brought you down? Cloudy skies and cold temperatures can do more than make our moods dreary, they can make our skin dreary, too. The good news is that your skin is forgiving – to a point.

To begin any skin care treatment, whether face or body, you need to remember these three steps: cleanse, exfoliate and moisturize. Regardless of your skin type, you need to take all three steps to insure a healthy glow.

The great news is that not all good moisturizers or products are expensive – many excellent products retail for less than \$10. Burt's Bees products have been featured in *Allure*, *InStyle* and *Lucky* magazines and are known for their nat-

ural ingredients. They were named "Healthiest Beauty Products in America" by the readers of *Allure* magazine in 2002. If you have dry skin or are sensitive to many of the ingredients found in facial and body care products, Burt's Bees products may be ideal for you. Their Orange Essence Facial Cleanser is great for mature, sun damaged and dry skin and their Citrus Facial Scrub and Pore Refining Mask can take that winter dullness away for you. If you are prone to breakouts, their Garden Tomato Soap and Toner can help. Even if you have oily skin, you should use moisturizer. Sometimes the lack of moisture

■ See Page 4

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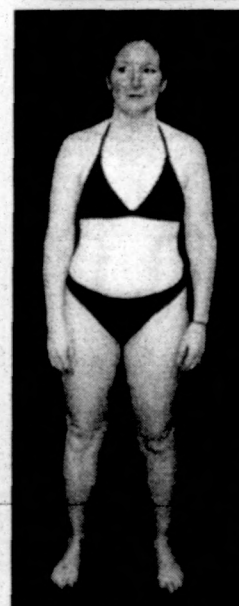
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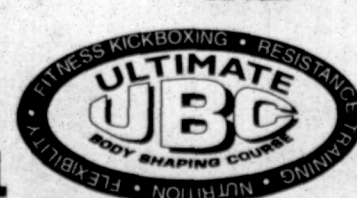


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■ Skin Care ...

From Page 3

can cause an overproduction of your oil glands and leave you with breakouts.

For an added glow, try Burt's Bees Carrot Nutritive skin care for face and body. The beta carotene in the products brings out the natural pigmentation of the skin and gives you an instant tanned look without sun damage. Carrot Nutritive Day Cream can be used in place of foundation for many people as your skin takes on a bit of color and radiance from the moisturizer alone.

Is your body feeling the winter dryness? Try Crabtree & Evelyn Jojoba Oil line. Jojoba oil is most readily absorbed by your body and can ease dry winter skin. If you need a good sloughing of dry skin, try Crabtree's LaSource Exfoliating Soap for cleansing and exfoliating all-in-one. It's made with marine extracts that exfoliate and give your skin radiance.

LaSource Hydrating Cream is super-rich and nourishing after your shower.

Lots of folks are exercising these days in an effort to look better for spring and summer and as a result may feel some muscle aches and pains. Try Crabtree & Evelyn's LaSource Mineral Muscle soak for a soothing bath.

With spring and summer also come strappy sandals. If your feet need a little work, Burt's Bees Coconut Foot Creme comes in a kit with a pumice and moisture socks for \$10. Crabtree & Evelyn make a wonderful Aloe Vera Foot Scrub and Pedicure set that will scrub away rough skin in time for bare feet.

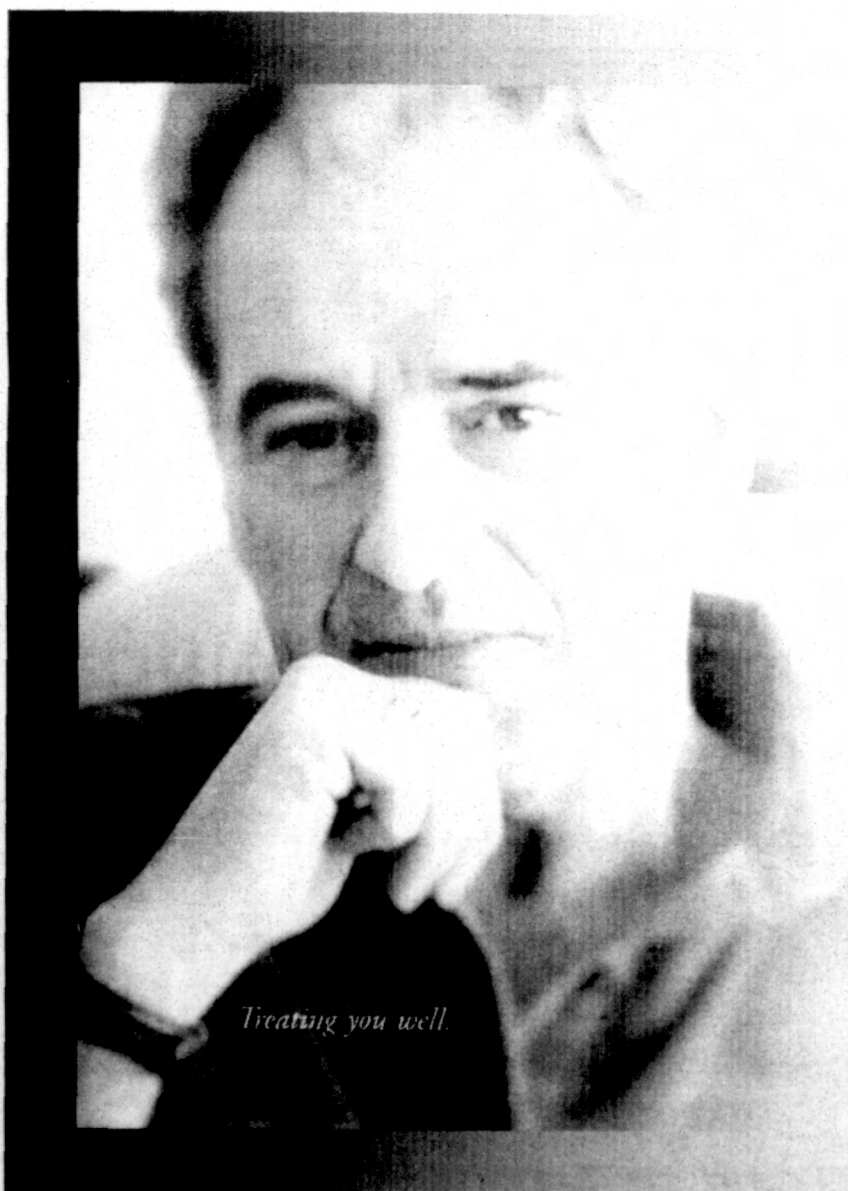
In no time you can see a huge difference in your skin and be ready for Spring.

Written by Sarah Jones, owner of Vintage Rose Emporium.



Ledger & Times photo

ABOUT FACE ... Maintaining good skin care in the winter can drive away the cold weather blues.



Treating you well.

The heart is an amazing organ. It races. It pounds. It gets broken countless times and still manages to keep ticking. It's the center of our love and caring.

And when the heart itself needs caring for, there's no better place for it than Western Baptist Hospital. In fact, Western Baptist has recently been named a Coronary Services Network hospital by Anthem Blue Cross and Blue Shield.

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Cleaner air starts with ventilation

Allergy attacks can come from the least likely of places.

Sometimes those allergy inspiring spores and molds can live inside the air ventilation system within the home.

Randy Thornton Heating and Air Conditioning now offers a way to clean those air vents and sanitize the system to kill any bacteria.

Ben Blakely of Randy Thornton said the way the Rotobrush works is a rotating brush attached to a powerful vacuum cleaner is fed through the air ducts and cleans out all the dirt.

"We got the machine in November," Blakely said. "This is really the first month we've gotten into it."

He said the first thing they do when cleaning the system is send a video recorder through the system to see how much material they will have to clean.

"You can actually go down in the duct and see before and after the cleaning," Blakely said.

He said he enjoys seeing the reactions of the home owners when the recording is viewed.

"I really like for the home owners to stick around," Blakely said. "This way everyone can kind of see what's coming out of their house."

He said once the vacuuming is complete, the entire system is fogged with a spray that kills molds and spores.

"Once you get it cleaned and get a good filter system, it will be years down the road before you have to get it cleaned again," Blakely said.

However, he recommends the homeowners have the system fogged once a year.

The cost of using the Rotobrush in an average size house ranges from \$450 to \$550. However, Blakely said with the price of chemicals and operation, it is reasonable.

"We could have come up with some cheaper way, but if you are not going to do it well, why do it at all," he said.

Brandi Williams is a staff writer for the Murray Ledger & Times.



photo provided

CLEANER AIR ... A technician with Randy Thornton Heating and Air Conditioning uses the new Rotobrush system to clean a home's air filters.

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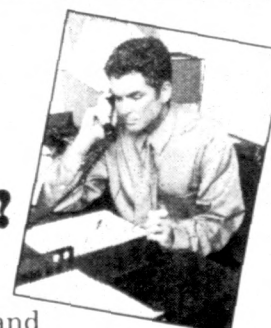
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Exercise can be found in the workplace

With the computer age, there are more people who work sitting down at a desk all day than other more physical professions.

However, exercise does not have to be limited to the gym. There are many basic toning exercises a person can do while sitting at a desk to keep the body moving and energy up.

Supply companies provide products to prevent ailments

Many times work related ailments and fatigue can be directly related to a person's work center.

Office supply companies see this need and now offer different varieties of chairs, keyboard and mouse pads that provide relief to the computer worn body.

Jeff Hicks of Howard D. Happy

■ See Page 7

"Of course the best plan is a full cardio vascular workout," said Ashley Diebold of the Murray Family YMCA. "This is just a way to utilize your time at a desk to improve your physical fitness."

Diebold said basic leg lifts, whether standing next to a desk or sitting at it can strengthen calf muscles.

Angie Lee Morris of the YMCA agreed and said a person could use butterfly crunches to strengthen the muscles in the arms. She said this exercise is even effective without a weights.

"You just have to concentrate and tighten those muscles," Morris said.

Diebold said tightening ab muscles is one of the easiest techniques to practice at work. She said while sitting at a desk, tighten the ab muscles, hold for five seconds and release. She said it is best to do three sets of fifteen.

Tung Dinh, owner of Martial Arts America, said performing exercises at work can help relieve



Ledger & Times photo

AT THE DESK ... Basic stretching is one of many ways to keep the body active while sitting at a desk.

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■ Exercise...

From Page 6

many work related ailments, such as carpal tunnel.

"You can cure that by exercising the shoulder," Dinh said.

He explained that the arm works much like a garden hose. When a hose is pinched, very little and sometimes no water can go through. He said when a person sits at a keyboard all day, they are in a sense pinching that blood flow to the nerves and the muscles.

"It opens up the nervous system," Dinh said. "Arm rotation, stretching, they can eliminate or prevent carpal tunnel."

Dinh also said meditation is good for stress relief and centers the mind on what's occurring in the present.

"The key to life is how you spend each moment everyday," Dinh said.

He also said to keep the body moving a person can do back stretching, neck rotations, shadow boxing, leg lifts, front kicks or move out of the chair and do squats.

Brandi Williams is a staff writer for the Murray Ledger & Times.

■ Support

From Page 11

said one of the company's biggest sellers is the articulating keyboards.

"The tray adjusts so you can type at the height you need to type from," Hicks said.

Other items the company specializes in are lumbar support chairs, glare screens and foot stools.

"If the stool is at an angle it reduces the pressure on your ankles and knees," Hicks said.

David Benton of Twin Lake Office Supply said the most popularly sold items with the company are chairs.

He said when a person comes in to buy a chair, the first thing he asks is what type of problems they are having to determine what type of chair they need.

Benton said there are two different types of ergonomics involved when looking to choose a chair, passive and active. Active is where the chair tells the body what to do and passive is where the body tells the chair what to do.

Chairs are the most important part of the work station, according to Benton.

"It takes the strain off certain mus-

cle groups throughout the day to keep you from being so fatigued at the end of the day," Benton said.

He said the most common complaint from people is upper back pain.

"Upper back pain is when you don't have adequate support," Benton said. "When you are working at a computer your back should be at the end of the chair."

He said another new feature is adjustable arms on the chairs where they rotate in and out.

"This gives a comfortable rest for your arms while they are mousing," Benton said.

He said adjustable keyboards are also a popular item along with different shaped mice, computer screen filters and wrist rests.

"Supportive type things for carpal tunnel," Benton said. "To keep you from moving your wrist as much."

Brandi Williams is a staff writer for the Murray Ledger & Times.

Coping with the chair that is not right for you

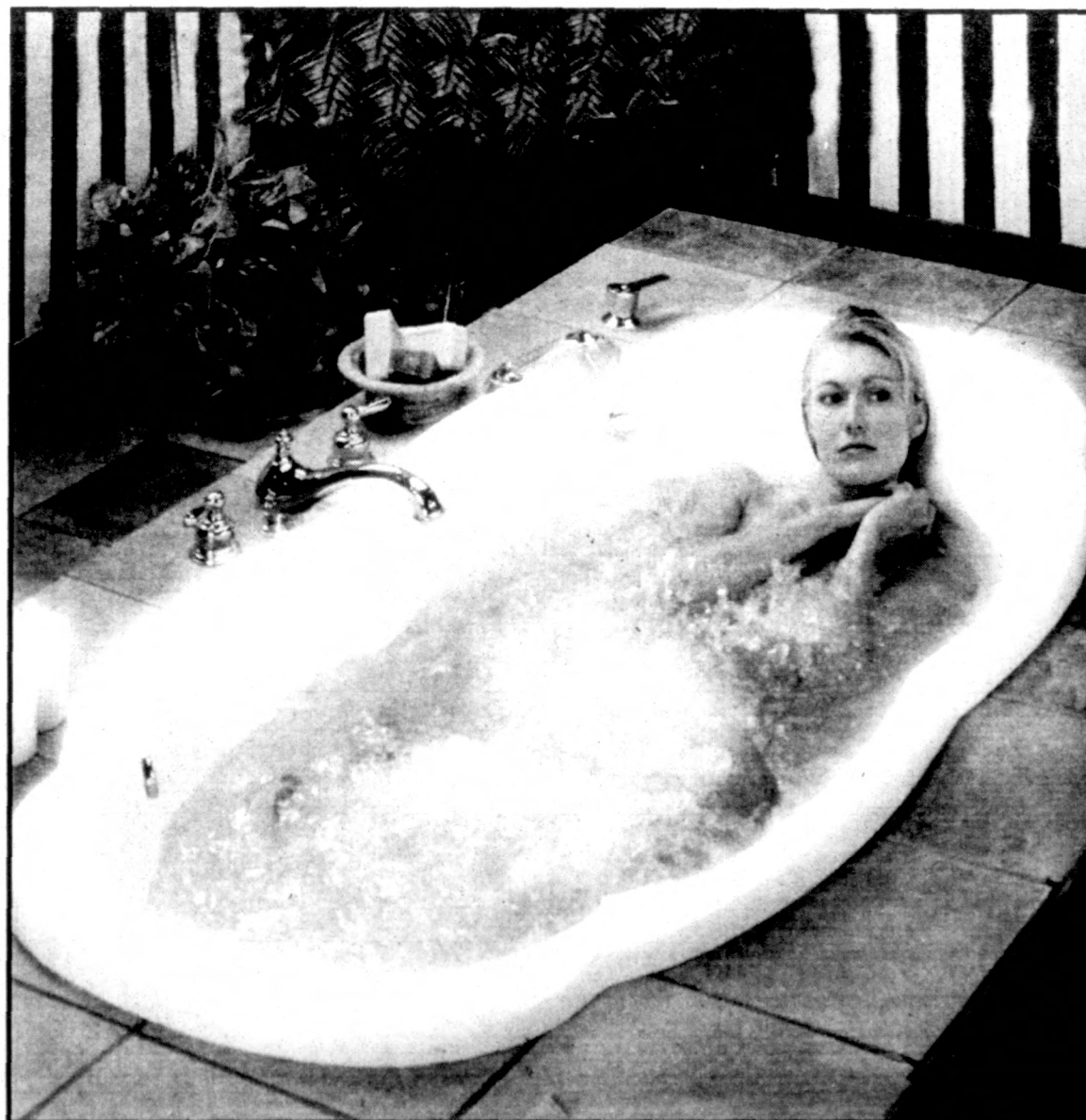
- Don't use it
- Place a lumbar support between your normal inward low back and the back of the chair.
- Get up and/or move around frequently
- Make use of chair adjustments
- Use a stool, box or wedge under your feet if the chair is too high.
- Chairs, stools and bleachers without back rests require more frequent weight shifts, changes of position and getting up and down. There are also many "stadium-type"

seating devices which may be useful to you.

Choosing a chair

Sitting is uncomfortable for almost all back pain sufferers. This happens for three reasons:

1. Chairs are made for the "average human." Therefore, all chairs fit no one.
2. Most chairs do not support the normal spinal curves.
3. Any prolonged, static posture will ultimately become uncomfortable. The key to comfortable sitting is maintaining correct posture and frequent changes can be made.



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Health questions can be answered through chiropractic medicine

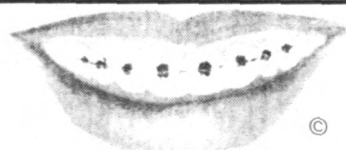
What is causing my health problems? I hear this question asked often by my patients in my office. Is there something that is causing my child to be sick all the time? The answer to this question is yes. Research is telling us that there is something that takes a 100% perfectly functioning organism (us) that has the ability to heal, to repair, to regenerate and it begins to change our abilities, wear our bodies down creating health problems. Do you know that our bodies have a doctor system within us called our immune system? Our bodies are in a constant state of change. Red

blood cells only live 120 days, every 121 days you have a new blood supply. The outer layers of our skin replenishes every 30 days. Your body takes the food that you eat today and makes new heart cells, new liver cells, new skin cells, new hair and new finger nails to give just a few examples. It is pretty amazing when you think about how the body works. I do not know of any pill, potion or lotion that can do what our bodies do naturally every day. Health comes from within us. But yet many of you are searching for other forms of cures.

Let's discuss the underlying cause of your

problems. What is it that continues to wear and tear on our bodies causing us to lose our good health? Every day we face the enemy that is causing our health problems and we don't even realize it. We get up every day, running here and there, doing this and doing that never stopping to think that all the stress is destroying our lives. Your car breaks down, you're late for work, you're out of work. I'm trying to describe the stress that is present in each of our lives each day. The stress is overloading our systems to the

■ See Page 9



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■ Answers...

From Page 8

point that it causes us to begin to fall apart. The stress is what causes sickness, illness and even death in some instances. This is where a Chiropractor becomes beneficial and probably the most important thing that you can do to restore and maintain your health. Here is how it works. If stress is your No. 1 enemy and that is what is keeping you from experiencing good health, why not find out how to turn your health around? What is stress and what are you stressing? Stress is anything that puts undo pressure or tension on our bodies, mental or physical tension. The answer to the second question, "what is stress?" is the nervous system. Chiropractors are trained in checking your spine for mis-alignments called subluxations. Subluxations produce interference, pressure and stress on your nervous system. Chiropractors by the way of an adjustment remove that stress that is causing the nervous system to malfunction. Removing the stress is very important to you because it is your nervous system that controls everything that goes on within your body. It's your brain that sends a message down through your spinal cord out to the nerves that tells your heart when to beat, your lungs when to breath. Your immune system, all the chemicals and hormones, is controlled by your nervous system. Again let me remind you that it is the nervous system that

controls every function of your body.

The Chiropractor by way of an adjustment removes the subluxation that is putting stress upon your nervous system which research tells us is the main underlying cause of all our health concerns. To answer the question why do I need a Chiropractor is simple, because we all live in a stressful world. You can certainly wait until the stress builds up in you body causing it to malfunction creating sickness and illness or you can get it corrected. The key to good health is to have a stress-free nervous system. You can do this by getting checked by a Chiropractor on a regular basis. This could be one of the most important things that you can do to maintain and support good health.

God knows that since Sept. 11 more and more people are suffering from mental anguish and physical ailments. Is there an answer short of addictive drugs and psychiatric counseling ... YES! Come to Heskett Chiropractic on Tuesday March 4, 2003 at 5 p.m. Call today, 270-759-1116 to reserve a seat.

If you have any questions of me, Dr. Dennis Heskett please do not hesitate to contact my office.

Submitted by Dr. Dennis Heskett, of Heskett Chiropractic.

Orthodontics makes clear advancements

Great strides have been made in cosmetic dentistry in the past 10 years. Orthodontics (braces) alone or in addition to other dental procedures can make a huge difference in a person's smile. Braces place the teeth in their proper positions, close excess spaces, straighten teeth, etc. If any undersized or missing teeth are involved, the services of a cosmetic dentist will be required when the braces are removed. Advances in orthodontics allow teeth to be straightened with smaller or clear braces and with more comfort using new wires which place milder pressure on the teeth. Adults and older teens with mild problems have the option of the Invisalign system (removable clear trays) and Essix retainers (removable clear trays) which make straightening of the teeth less visible. Braces produce beautiful smiles which in turn improve one's self confidence. When many of us were growing up, braces were expensive and were viewed as being only for teenagers. Braces aren't limited to teens. I have successfully treated many adults in their 40s, 50s and 60s, many of whom have been self conscious about the appearance of their teeth since childhood. Advances in dentistry have allowed adults to keep their natural teeth and improvements have made braces less visible and more affordable.

Submitted by Dr. Michael McClain, Orthodontics for Children, Teens and Adults.

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TEA, ANYONE? ... Health-conscious individuals are discovering the benefits of drinking Matè tea.

■ See Page 9

WBH Provides Rapid Test for Heart Failure

Congestive heart failure is a major problem in the United States. More than 5 million Americans are living with heart failure today, with an average of 550,000 new cases diagnosed each year. The effects and aftermath of congestive heart failure are easy to see. The diagnosis, however, is often not readily apparent.

Since April of 2002, cardiologists at Western Baptist Hospital have been using a technologically-advanced lab test known as BNP, or Brain Natriuretic Peptide, to aid in diagnosis and treatment of heart failure. According to Dr. Patrick Withrow, with The Heart Group, this quick and simple blood test is providing physicians with a wealth of valuable information.

"The BNP hormone has been evident since the 1960s," said Dr. Withrow. "But only recently has that technology been implemented to assist in the diagnosis and treatment of heart failure. With a simple blood sample drawn from the patient's arm we're able to assess BNP levels and determine whether a patient is indeed experiencing heart failure or if another condition such as lung disease may be present."

BNP is a naturally occurring hormone found mainly in the heart's left ventricle. The heart releases BNP as a natural response to heart failure and when the ventricle has

been "stretched" too much from the accumulation of blood and fluid. Higher than normal results of BNP suggest that a person is in heart failure, and the level of BNP in the blood is related to the amount or severity of heart failure.

BNP is also useful in treating patients already diagnosed with congestive heart failure. "Nesiritide (or Natrecor) is a synthetic formulation of BNP," said Dr. Withrow. "It can be administered intravenously to some patients with congestive heart failure as an effective treatment."

The first test for BNP gained FDA approval in November, 2000. According to Dr. Withrow, it's transition from a lab test to the hospital bedside is a remarkable example of a new technology that may reduce costs by cutting hospital length of stay and reducing in-hospital monitoring. "BNP enhances care by improving diagnostic accuracy," said Dr. Withrow, "thereby eliminating some unnecessary admissions. It's a tremendous step in the fight against heart disease."

To learn more about BNP testing at Western Baptist Hospital, call Baptist Health Line at (270) 575-2918.

Submitted by Tiffany Clark-Blazina, Communications Associate at Western Baptist Hospital.

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■ Tea ...

From Page 10

American tea that continues to grow in popularity among health-

conscious Americans looking to energize and revitalize their bodies and minds, as well as improve concentration and physical endurance.

Today, people in the United States and worldwide have noted that drinking Matè tea has given them renewed energy, relieved headaches and general sluggishness plus increased their overall alertness. Several Hollywood celebrities including Mel Gibson and Madonna have started to drink Matè as an alternative to coffee, black tea and other caffeinated beverages.

Matè contains a host of important vitamins and minerals, including A, C, E, B-1, B-2 and B-complex, chlorophyll, choline and fiber, as well as matèine, which possesses a muscle relaxant that regulates the clinical dilators of the bronchial passage, making it useful in the treatment of asthma. Matèine also appears to be a positive stimulant for the central nervous system and, unlike caffeine, gives you an energy lift while promoting a relaxing, rest-

ful sleep. It is also known to relieve allergy symptoms, act as a gentle diuretic and colon cleanse, nutritionally accelerate the healing process, guard against stress, and serve as an appetite suppressant. Some health experts believe Yerbamatè to be the most powerful rejuvenator in the world. According to Dr. Daniel Mowrey, Ph.D., author of "The Scientific Validation of Herbal Medicine," researchers from the Pasteur Institute and the Paris Scientific Society concluded that Matè contains practically all of the vitamins necessary to sustain life.

The product may be purchased in natural health food stores and many leading chain grocery stores in tea bags or loose leaf tea. Loose leaf tea is usually steeped in hot water for several minutes and can be sipped through a reusable filtered straw called a bombilla. The filter, attached to the bottom end of the straw, acts as a sieve to strain liquid from the tea leaves. The force of sipping the liquid from the herb tea leaves helps extract the nutrients.

Parents should look to prevent heat illness in young players

Despite contrary opinion Spring is on its way, which means more children will be playing outside.

Children are more susceptible to heat illness than adults. With this in mind and summer heat approaching, the US Soccer Federation — the governing body of all soccer in the United States — has taken a leadership role to develop and distribute Youth Soccer Heat Stress Guidelines for youth coaches and parents.

As one of the best means to preventing heat illness, The US Soccer Federation recommends parents and coaches ensure children are well hydrated before practice and games. During activity, young athletes should drink on a schedule — before they feel thirsty — and consume five to nine ounces of fluid every 20 minutes (a child who weighs less than 90 pounds needs five ounces of fluid and a child weighing more than 90 pounds needs nine ounces of fluid).

"It's crucial that kids drink enough fluids before, during and after activity," says Oded Bar-Or, MD, a contributor to the development of the guidelines and professor of pediatrics

and director of the Children's Exercise and Nutrition Centre at McMaster University in Hamilton, Ontario, Canada. "Compared to water, kids will drink 90 percent more of a flavored sports drink with electrolytes to fully rehydrate. It's important parents and coaches have these types of fluids available for children during activity."



WATER WORKS ... Hydration is the key to keeping children safe from heat illnesses while on the playing field.

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Exercise encouraged in older adults

There is no denying the health benefits exercise provides, from keeping the body trim to improving morale. Regular exercise can also help older adults in a variety of ways. According to the American Academy of Family Physicians, the health benefits for the elderly include improvements in blood pressure, diabetes, lipid profile, osteoarthritis, osteoporosis and neurocognitive function. Regular physical activity is also associated with decreased mortality and age-related morbidity. However, nearly 75 percent of older adults do not get enough exercise to achieve these benefits.

In order for seniors to experience improved health there should be an increase in three components of exercise: aerobic activity, strength training and balance and flexibility. Motivating seniors to begin exercise is best achieved by focusing on individual patient goals, concerns and barriers to exercise.

AEROBIC EXERCISE

Patients who go from none to some aerobic exercise receive the

greatest health benefits, while further increases in activity bring progressively smaller improvements. Any exercise should be sustained for a combined total of at least 30 minutes, most days of the week. Individual bursts of activity may be as brief as 10 minutes.

STRENGTH TRAINING

Muscle strength declines by 15 percent per decade after age 50 and 30 percent per decade after age 70, according to the American College of Sports Medicine. This is principally the result of sarcopenia (loss of muscle mass) and occurs to a greater degree in older women than men. A single set of 10 to 15 repetitions using eight to ten different exercises, performed two to three times per week, can greatly improve muscle mass loss. Each repetition should be performed slowly through a full range of motion while avoiding holding one's breath. The training program should involve all major muscle groups.

BALANCE AND FLEXIBILITY

Stretch major muscle groups after



OLD AS YOU FEEL ... Exercise has many benefits for older adults, including cardiovascular health, improved flexibility and muscle strengthening.

exercise when muscles are more compliant, once per day. Try balance and weight transfer programs twice

per week, including one-leg stands, circle turns, heel stands and closed-eye exercises.

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When I meet people in town, they usually say, "Oh yeah, I know you, you're Dr. Heskett." I've seen your ad before with you and your family. Well perhaps, I should explain a little more about that photo and why I use it in my ad. Let's start with me, the guy on the right.

When I was a child growing up, I always felt I wanted to help others, but I just didn't know how. The tragedy in that was by the time I graduated high school, I still didn't have a clue about what I really wanted to do. I was the only child for my first 17 years, until my brother's birth — more about him later.

The event that changed my life came shortly after high school. Still not knowing what I wanted out of life, my father, who worked for the steel mill, helped me get a job. I knew the first night I worked that this was not for me. Some years later a near-death accident occurred at work and put me in the hospital, unable to stand, walk or even move without severe pain. It appeared that surgery was the only option, in fact, that was what I was told.

Then a friend of mine took three seconds of his time to say, "Have you thought about trying chiropractic?" That was the first time, at age 28, I ever heard the word chiropractic. I did, however, realize that I hadn't anything to lose at this point. So I called from the hospital and was carried from the hospital to the chiropractic office.

Originally, I had thought a chiropractor was just for adults with low back or neck pain. I was shocked to find entire families being "adjusted," not just the parents. This is when I learned that chiropractic was not only about low back pain and neck pain, but in fact, was a way to obtain and maintain good health.

This only confirmed the things I was seeing happening in that office, plus the experience I was going through gave me the desire and drive to want to serve people through chiropractic. So, when I returned to work, I went on the afternoon shift and started college in the morning. Two years later, the day of my tenth anniversary at the steel mill, I had enough college to enroll at a chiropractic university. My wife and I sold everything, moved to Atlanta and started over. All because a friend took three seconds to say have you thought about trying chiropractic.

Now for what I believe to be the true blessing of that decision. Let me introduce to you the other people in this picture. First, my wife, Ruth, she was my high school sweetheart. When we met, I was close to graduation and she was a sophomore. When we left Michigan together to start chiropractic school, she gave up ten years and a great career to follow my dream. The other three in the picture are our children, starting with DeAndrea who is 14, Adam who is 13, and Ian who is 9. The biggest blessing of my decision to be a chiropractor is found here with them. All three of my children enjoy good health, but they also enjoy a drug free system. None of them have had an aspirin, Tylenol, a spoonful of cough syrup, no antibiotics or tubes in their ears. They have discovered that true health comes from within and not in a pill, potion or lotion. Don't be misled, I am not against drugs or physical therapy and I won't hesitate one second to refer you to the best MD or physical therapist possible if need be. But I am here to give to you the "Best Chiropractic Care" that I possible can and that's all I provide is chiropractic services.

The greatest blessing has come because people now come to me because they're unable to walk. They also come because they have headaches, migraines, chronic pain, neck pain, shoulder/arm



pain, whiplash from a car accident, backaches, ear infections, and most of all wellness care to insure there is no interference in their nervous system reducing stress and allowing their bodies to function at their optimum.

Here's what some of my patients had to say:

"It made such a difference in my health and in my performance as an athlete, I decided to become a chiropractor," **Dr. Matt Harris.**

"I had a severe neck injury due to a car accident. I completely recovered. I feel better now than even before the accident," **Marina McCay.**

"I had 12 bottles of pills and prescriptions in my purse when I started chiropractic care. I am now drug free and amazed how much better I feel," **Rebecca Conner.**

When you bring in this article you will receive a chiropractic orthopedic test, chiropractic neurological test, a special alignment check, an examination for restricted or excess motion in the spine, a test for muscle strength and a private consultation with me to discuss the results, all this valued over \$70, for free. If X-rays or further care are necessary we do all the paperwork and you'll be aware of any cost to you before any services are provided. You also have the right to stop any payment received for services within 72 hours of responding to our free offer.

Great care at a great fee. Please, I hope that there is no misunderstanding about quality of care just because I have lowered my initial fee. You'll get great care at a great fee. My qualifications: I'm a graduate of Life University. I was Life University's Alumnus of the Year 2000. I am vice president of the Alumni Association, the Kentucky

State Representative not only for Life University, but also for the International Chiropractic Association our national professional association. I speak worldwide and teach chiropractic continuing education seminars. I have addressed the students of every major chiropractic institutions, am responsible for many of my patients who are now chiropractors, approximately 15 who are now studying to become chiropractors. My brother, who I mentioned earlier, was six months old when my wife and I started dating, is now a very successful chiropractor now residing in Tennessee. We are blessed to go throughout the world and teach others on what we do. We currently have speaking engagements booked two years in advance. I want you to know my fees are low for one reason, to help more people who need care.

My assistants are Cheryl and Amy and they are truly great people. Our office is both friendly and warm and we try our best to make you feel at home. We have a wonderful service, at an exceptional fee. Our office is **HESKETT CHIROPRACTIC CENTER, INC.**, at 1703 Highway 121 North (just down 121 from the RESC building), big Blue Sign. Our phone number is 759-1116. Call Cheryl or Amy or me today for an appointment. We can help you. Thank you.

Dr. Dennis L. Heskett, Chiropractor

P.S. We value your time; it is as important as ours is. Therefore, we have a "no wait" policy and we see patients within a few minutes of their arrival.

P.S.S. I will gladly take 3 seconds of my time to ask have you thought about trying chiropractic.