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Wednesday, September 15, 2004

www.murrayledger.com



50 Cents

Fighting M

by Kristin Taylor Ledger & Times Staff Writer

Law Enforcement Struggles To Crack Down On Drug

By KRISTIN TAYLOR Staff Writer

It's a dirty business and local police lack the resources to clean it up. Still, the Calloway County Sheriff's Department and the Murray Police Department are joining forces in an attempt to crack down on drug particularly methamphetamine - use.

Southeastern Calloway County is becoming notorious for being home to meth labs. And as smart businessmen set up offices in prime locations, it's no different with methamphetamine makers, known as cookers.

New Concord sits in southeastern Calloway County, bordered on the east by Kentucky Lake. Only two deputies cover 400 square miles in that part of the county, and they usually only work at night in heavily wooded areas divided only by curvy roads.

U.S. 641 and Ky. 121 are popular drug thoroughfares from the South to larger northern and eastern cities. And New Concord happens to be enough off the beaten path to be convenient.

Pseudoephedrine Hydrochloride

Chemicals like pseudoephedrine, found in over-the-

counter medication like Sudafed, above, and lithium, found in some batteries, at right, are two components of methamphetamines - a particularly addictive, danger-

ous and profitable drug used and made in western

Extended-Release Tablets
LONG-ACTING NASAL DECONGESTANT

Calloway County Sheriff's Department Detective Sgt. Jim Wright said cooperation among the agencies is necessary to even start solving the problem - a problem that spans jurisdictions and makes departments reach for money and officers they don't

"How can you clean something up if you don't have a broom?" Wright asked.

Sheriff's deputies and city police officers recently set up road blocks at New Concord intersections, hoping to bring a law enforcement presence to an area that is screaming for one. But responding to crime in southeastern Calloway County can be difficult because city and county agencies don't use the same radio channels and cell phones often don't have service in the rural

"We're running these road blocks in the daylight first for safety," Wright said. "Then we'll come back at night and in the early morning. We are all hammered and we are tired of it.

"The victims are coming to us and we need to do something. The danger level goes up 10 times at night."

Methamphetamine is dangerously addictive. Wright said after using the stimulant twice, people are often addicted. Without the drug, an addict has no psychological or physical feeling of pleasure, often causing continued use, deep depression or even suicide.

The drug affects the

How can you clean something up if you don't have a broom?

> - Sgt. Jim Wright **Calloway County Sheriff's Department Detective**

system, making users sometimes exhibit violent tendencies. Prolonged use leads to paranoia and auditory and visual hallucinations. Combine those actions with sleep deprivation and methamphetamine users become unpredictable and uncontrollable. They crave more meth to ease the anxiety.

Take the way meth affects people and put those actions on dark, wooded areas on rural county roads and police officers face a challenge.

"When they are tweaking, they are in another world. We don't have enough people and that makes it even more dangerous," Wright said. "He might not have anything on him, but he'll convince himself this whole thing is for him."

The road blocks are a strategy that doesn't cost a lot of money and offer some peace of mind to residents.

"We are looking for solutions that don't cost a lot of money," Wright said. "You have to think about what this does for the people who feel so victimized. If nothing comes out of this ... peace of mind is worth so much to these people."

Peace of mind is hard to find when the problem only seems to be growing increasingly worse. In 1998, 18 meth labs were seized in Kentucky's Western Federal Judicial District, according to the Drug Enforcement Agency. Three years later,

See Page 2A



Heart Safe Project records first saved life

Pictured is Dan Galloway, cardiac arrest victim, with his

wife, Vickie, at the Calloway County Judicial Building.

Galloway is the first documented save by an AED pur-

chased through the Heart Safe Community Project of the

Murray-Calloway County Hospital Community Healthcare

Special to the Ledger

Foundation.

Dan Galloway had no premonitions when he awoke on May 23. Yet before the day was out, he would die and return to life.

Galloway would have rather skipped the entire experience. but thanks to quick response and equipment, he was a fortunate man to be in the right place at the right time when it mattered

Galloway, a full-time deputy for the Calloway County Sheriff's Department, had been trained on the automated external defibrillator. In fact, he had been a 911 dispatcher for seven years during his career, but he never imagined an AED would save his life.

May 23 was a normal day for Galloway. He had stopped by the Northside BP gas station in Murray to pick up some items for his wife, Vicki, who was sitting in the car. As he leaned down to write the check, he said "whoa" and fell back to the floor. His wife saw him fall and immediately ran in and told one of the clerks, Kayla Purdy, to call 911 as well as the Sheriff's Department, letting them know one of their own was down. Shantel Murphy, the other clerk, ran over to him, checked for his pulse, and tried to keep Vicki

Galloway's wife tried to hold his head up so he could breathe. He was gasping for air and turning blue. On top of this, he had a head trauma from the fall. In a matter of minutes, officers and

L L The only reason that Dan is here is because of the equipment purchased through the AED project by the Community Healthcare Foundation and everyone coming together, working to save Dan's life.

> - Allen Jones Paramedic and **AED Trainer**

the MCCH ambulance service

were on the scene. The first officers on the scene were Keith Covey and Tracey Guge. Covey had been at a three car accident at Lowe's Drive and was the closest to the BP. Guge, who at shift change that evening, went to a fight that had broken out in town close to the Northside BP and was on her way back to the station when she heard the call and turned to follow Covey. She was assigned to the AED that evening, but had not been able to pick it up because of the fight call, and was on her way back to the station to pick up the AED.

See Page 2A

Relatives help hurricane-hampered kinfolk

Jacob Cline

and 6-year-

old sister

Jessie, who

Kentucky

without

their par-

ents.

Pamela Ann

and Larry,

whom had

to stay in

Florida to

handle final

details with

their respec-

before they,

too, could

The

head north.

jobs

tive

both

to

of

came

noon at a home that has been

quite a busy place lately. The

Snellens were already the par-

ents of three children when they

decided to welcome 7-year-old

By JOHN WRIGHT

Staff Writer

LYNN GROVE, Ky. - Mary Jo and David Snellen do not want to be called heroes or even

Kentucky and Calloway County.

angels. They feel that such descriptions are not only inappropriate, but rather sad, when comes how they have opened their Lynn Grove home to the two children of Mary Jo's sister. Pamela Ann, whose central Florida

be vacated

home had to

Jacob Cline

Jessie Cline

after being struck by a pair of hurricanes in the last month.

To them, such action is what anybody should do, when it comes to family. "It's just what's right," Mary

Jo Snellen said Tuesday after-

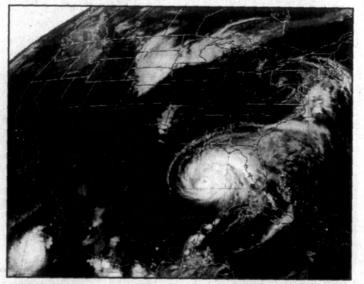
Larry Cline



Pamela Cline

Clines, who have found refuge with Larry's relatives in Lakeland, are expected to arrive this weekend. . "And they are excited, too. They're ready to get up here and

see their kids again," she said. For the Clines, this is the sec-



NOAA/AP Photo

The NOAA satellite image taken at 5 a.m. EDT today shows Hurricane Ivan spinning over the east-central Gulf of Mexico. Clouds and rain showers are moving into the **Gulf Coast states.**

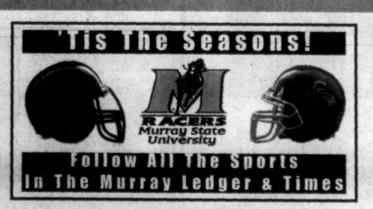
ond time a home has been lost. Several years ago, while they lived in Georgia, they had a house destroyed by a fire, and Mary Jo Snellen said they were just getting healthy again financially when Charley, still packhurricane-force winds, struck Haines City, located

around an hour south of Orlando, Aug. 14. Their house sustained significant damage that could not be repaired due to heavy rains that kept falling in the days following the hurri-

See Page 3A

Murray, KY 42071 entucky Lottery

EVENING MIDDAY Pick 3: Pick 3: 2-0-8 Pick 4: Pick 4: 1-1-8-1 4-16-27-29 Cash Ball 1 GET YOUR LOTTO TICKETS AT: Jr. Food Mart #4





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INDEX TWO SECTIONS - 18 PAGES Classifieds Comics Health13A, 14A Sports ...

270 • 753 • 1916

WEATHER

Tonight will be partly cloudy. Thursday will be mostly cloudy with highs in the low 80s. Thursday night will be mostly cloudy.

Juvenile charged in year-old rape

By KRISTIN TAYLOR Staff Writer

A 17-year-old juvenile was charged with rape after the victim came forward this week almost a year after the incident.

Calloway County Sheriff's Department deputy Samantha Mighell said the male juvenile was charged Monday with firstdegree rape. He was 16 at the time of the incident, which the female said happened October

Calloway District Court. 2003, she said. A female, who was 14 at the time of the incident, reported the rape this week after learning the male was charged in another sexual assault this summer,

Mighell said. Kentucky State Police charged him then. The male juvenile was scheduled to be arraigned Tuesday in

Mighell said there may be more victims. She is in the process of interviewing possible victims and is continuing to investigate.

Town Crier

NOTICE

■ The Murray-Calloway County Hospital Board of Trustees will meet Thursday at 3 p.m. An executive session is planned.

■ The Calloway County Board of Education will meet Thursday, Sept. 16, at 6 p.m. at Calloway County High School. Agenda items include election of local facilities planning committee members, nonresident pupil policy, the 2003-04 dropout report for the school district, and the working budget for 2004-05.

■ To report a newsworthy note for the Town Crier, call 753-1916.

LEDGER & TIMES

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AEDs ...

From Front

Arriving one minute after the call, Covey ran in, moved Vicki Galloway out of the way and began assessing the situation.

"At this point, we did not know that it was Dan on the floor, gasping for breath," said Covey. "He and his wife looked familiar, but we were trying to assess and take care of the situation at hand."

Acting fast, Covey ran out to get a facemask, returned and administered CPR. Guge, who Sheriff's Department Deputy Gene Johnson pull up, immediately ran to him and asked if he had an AED on him. Luckily he did.

Guge ran in, hooked up the machine, and began the process. By 10:49 p.m., after the initial call to 911, the AED was in process on Galloway. At 10:51, Allen Jones, paramedic and AED trainer, arrived on the scene and administered the shock, which saved Galloway's

This shock helped him to begin breathing on his own, with the help of the medical crew on the scene

"During training, all of those on the scene never thought they would have to utilize this equipment, especially on an officer," said Jones. "When I arrived everyone was working to resuscitate Dan and I assisted by administering the shock. It was a team effort that helped Dan to breath on his own.

"The only reason that Dan is here is because of the equipment purchased through the AED project by the Community Healthcare Foundation and everyone coming together, working to save Dan's life," he added. "As an instructor, it was

It is also important for community members to understand the chain of survival that is involved when someone suffers from cardiac arrest. The officers and medical personnel, during the entire event, followed this chain of survival, outlined by the American Heart Association. There are four lifesaving links:

Early Access to Care: Dial 911 immediately.

Early Cardiopulmonary Resuscitation (CPR): Provide CPR to help maintain blood flow to the brain.

Early Defibrillation: Defibrillation is the only way to restart a heart in sudden cardiac arrest. An electronic device known as a defibrillator is used to deliver a shock. Electricity flows from paddles or adhesive electrode pads, through the chest.

Early Advanced Care: After defibrillation, an emergency team provides advanced cardiac care on-scene, such as intravenous

provides advanced cardiac care on-scene, such as intravenous medications. This care continues during transport to the hospital.

Sudden cardiac arrest strikes more than 600 people every day in the United States alone and accounts for 13 percent of workplace deaths. By having AEDs in key locations, the likelihood of survival increases for the victim suffering from SCA.

According to the American Heart Association, if victims receive

defibrillation within three minutes of collapse, the survival rates can increase by as much as 74 percent.

If you are interested in contributing to the Heart Safe Community project, purchasing an AED, or finding out more information about training, contact Darren Jones, Executive Director of the Community Healthcare Foundation, at 762-1384.

amazing to see everyone come together by an unforeseen hand and accomplish what they did."

Galloway died seven different times during the next seven days. He was unconscious and lost 32 pounds in 13 days. Luckily, Galloway, who turned 53 on May 25, is here to enjoy each day, thanks to those who saved his life, Cardiac Rehab, the implantation of a pacemaker and the AED equipment.

The goal of the Community Healthcare Foundation's Heart Safe Community project was to help hearts in Calloway County rest a little easier knowing their chances of surviving sudden cardiac arrest were better. The Heart Safe Community project achieved that goal when Galloway was saved by one of the AEDs purchased through this project.

"The AED is one of the most

valuable tools available to emergency medical staff," said Dan Galloway. "They should be available in large congregated areas with people trained to use it. It will save lives and is the greatest investment in public welfare.'

The Foundation has raised over \$98,000 for the Heart Safe Community Project, placing 35 automated external defibrillators in and around Murray and training hundreds of community members to use them, yet more AEDs and those trained are needed for all the community to have access to this lifesaving equipment. Officials say there needs to be a renewed interest in the program since updated policies and procedures are being put in place to ensure that the community is ready for a lifesaving opportunity.

PoliceSheriffs'Logs

Murray Police Department

A burglary of the drink machine at Food Giant was reported at 7

a.m. Friday.

■ An injury accident was reported at 3:44 p.m. Friday at Kirksey and

■ Toilet papered property was reported at the Alpha Tau Omega house at 12:13 a.m. Saturday. Someone attempted to burn the toilet paper. Loud music was reported at the same fraternity house at 1:12

■ Subjects were reported on the roof of the Lambda Chi fraternity house at 1:18 a.m. Saturday. At 2:19 a.m. Sunday, a loud party was reported at the same house with drunk people outside.

■ An officer responded to Chestnut Park at 7:28 p.m. Saturday in ref-

■ A theft was reported at 8:57 a.m. Sunday at 502 Meadow Lane. ■ Someone came to the police station to report a theft at 10:06 a.m.

Marshall County Sheriff's Department

■ Deputy Kevin Mighell investigated a burglary Friday at Hardin Country Store. He arrived seven minutes after the alarm sounded and the perpetrator or perpetrators were already gone. The suspect or suspects took \$140 in cash. The investigation is continuing. Marshall County advised Calloway County Sheriff's Department about the burglary at 4:46 a.m. Friday. Calloway County Sheriff's Department Jane C. Thorn, 64, of Almo, was driving a 2002 Buick LeSabre at 2:46 p.m. Thursday when she left the road after driving south down a hill on Ky. 121 South. She said she is diabetic and does not remember what happened. She said she may have been unconscious. There were no skid marks and tracks show the car left the road gradually and work into a wooded area, striking sourced trace before com-

ually and went into a wooded area, striking several trees before coming to a rest in the upright position. She had small cuts on her face from glass and said her chest hurt. A private vehicle transported her to the Murray-Calloway County Hospital emergency room. ■ A caller from Murray Bait Co. reported at 5:52 a.m. Friday someone broke into the store last night on Ky. 94 East. A third-degree bur-

■ A caller reported at 8 a.m. Friday an injury accident at U.S. 641 North and Poor Farm Road. Angela R. Bailey, 46, of Almo, was driving a 1997 Buick Skylark and said she was slowing in traffic because a semi-truck next to her had its right turn signal on to change lanes. She said another vehicle struck her. The driver of the other vehicle — Stacey L. Robertson, 19, of Puryear, Tenn. — said she saw Bailey's car slowing down and coming to a stop. Robertson said she started slowing down too but did not stop in time and struck the Buick. EMS transported Bailey to the hospital and a private vehicle took Robertson to the hospital.

■ A theft was reported on Ky. 94 West at 2:30 p.m. Friday.

■ An injury accident was reported at 3:42 p.m. Friday. It involved a school bus and truck on Hwy. 299 and Tidwell Road.

■ An employee with Rural Electric reported a vehicle struck a pole near Osborne Road at 7:05 p.m. Friday. A female was seen leaving the scene on foot. It was unknown whether she had any injuries.

■ A caller from Pheasant Road reported at 7:27 p.m. Friday that two vehicles were parked nearby and two people were seen leaving the vehicles carrying rifles. Upon arrival, deputies reported shots being fired and several people yelling and running through the woods. Assistance was requested from Murray Police Department and Kentucky State Police. Upon further investigation, deputies learned it was a teacher playing a prank on a youth group on a hay ride. All was OK and the group was asked to leave.

■ A third-degree burglary case was opened after some tried to break into East Y Store Friday night, according to a report at 7:14 a.m. Vandalism to a swimming pool at Lynn Hurst Drive was reported at

9:32 a.m. Saturday. Vandalism of two vehicles at the Alpha Gamma Rho house on Ky.

121 North was reported at 4:47 p.m. Sunday. ■ A deputy was requested at a Ky. 121 North residence at 7:35 a.m.

Monday because an assault took place earlier in the morning there. An investigation is continuing. A dog bit a little girl at the Dexter Community Center three times

and also bit several others, according to a report at 5:38 p.m. Monday. The dog was quarantined by the owner. ■ An incident report was filed because a caller from Crossland Road

reported at 5:54 p.m. Monday someone broke into the back door of his neighbor's house, which he is watching. - Information is obtained from reports,

logs and citations from various agencies.

Meth

From Front

185 meth labs were seized in the western part of the state.

There are different kinds of methamphetamine, but the kind often cooked in western Kentucky is created in small quantities - an ounce or less and does not require much

chemistry knowledge. A principal chemical is ephedrine or pseudoephedrine, which is an investment in materials and ingredient in over-the-counter Sudafed. Anhydrous ammonia and sodium or lithium metal are also needed.

Several western Kentucky counties, such as Calloway County and Graves County, are prime meth-making ground because of the availability of anhydrous ammonia at some farms and agriculture-related businesses.

Once cookers have anhydrous ammonia, they can make meth in small locations - trailers, trunks of cars, pickup truck beds and campgrounds. Labs are often moved, making busting them even more difficult for police and producing meth even more successful for the cooks.

Some of the meth produced in rural Calloway County resembles moonshining. But some cooking is part of organized crime, much like a structured business. And it's a prof-

itable business.

Given eight hours and a \$120 chemicals, meth cookers can produce one ounce of the drug to sell for \$2,800, said assistant commonwealth attorney Victor Cook, who serves as the prosecutorial liaison with the Tri-County Area Drug Task Force, which includes both Murray and Calloway County law enforcement. In interviewing suspects, Cook said he learned a pound of meth is going for as much as \$44,400 on the streets regional-

"People don't have to be poor any more," Cook said of the meth-making business. "If you know how to cook meth, you can live like a king. And they do, because the smart ones don't use

Cooking meth is becoming more popular and meth use is increasing, but prosecutors are cracking down as police become better at tracking it.

"There is more of it," Cook

said. "We are prosecuting it more and there is more of it out there. It's shifting out of the working class. It's an untaxed and unrecognized economic behavior that's unbelievable."

Even with lack of funding and personnel, police departments are learning about this business that is poisoning rural communities. "It's not something they learned in school," Cook added. "Definitely the police are becoming more proficient at what they do and how they do it."

People can be convicted of manufacturing methamphetamine when they are caught cooking or when they possess the chemicals and equipment with the intent to manufacture meth, according to state law. First-offense manufacturing meth is a Class B felony, which is punishable by 10 to 20 years in jail, and second and subsequent offenses is a Class A felony, punishable by as much as 20-plus years.

The penalties for manufacturing meth convictions seem strict, but Commonwealth Attorney Gale Cook said she is discouraged when people get out of jail on parole after serving only 20 percent - maybe two years — of their sentences.

Gale Cook says treatment is the answer because jail time isn't deterring meth users and makers.

"I don't know how else you are going to address it," she said. "One principle of jail is it being a deterrent - if they would just have to serve 85 percent, do eight and one-half years. Word gets out fairly quickly. But if you're only going to do two

years, then you're going to see people right back in there."

Methamphetamine treatment is hard to come by, and actually impossible in western Kentucky. Cook said. She said she knows of no effective meth treatment program because the withdrawal from the drug is so devastating. The way meth affects people's long-term health also is unknown.

Drugs affect entire societies. Young children often lose toys and clothes when their parents are arrested on meth charges because everything becomes contaminated when the drug is cooked in homes. Then the state is challenged with what to do with children who are abandoned when their parents are taken to jail. And increased drug activity leads to other crimes, including burglaries, traffic violations and domestic violence.

"How could you be prepared? It's like a tornado. If someone's home is struck by a tornado they stand there in shock," Cook said. "How do you prepare for your daughter to be caught with 100 grams of meth? You can think you are prepared, but you never are."

Local police officers are doing what they can to protect residents from the meth-making business that is booming off the backroads in Calloway County, but right now that's just fighting fires as they erupt. And Cook doesn't expect methamphetamine use to subside anytime

"Has it peaked?" Cook said. "No, I'm not on it. It can't peak until everyone is on it. It's scary where we could be in 20 years.'

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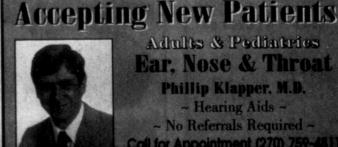
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Towns desert, roads clog as Ivan nears

NEW ORLEANS (AP) — Stragglers streamed toward higher ground today on highways turned into one-way evacuation routes and surf started eroding beaches as Hurricane Ivan roared toward the Gulf Coast with 140 mph wind.

Nearly 200 miles wide, Ivan could cause significant damage no matter where it strikes, as hurricane-force wind extended up to 105 miles out from the center. Hurricane warnings were posted along a 300-mile stretch from Grand Isle, La., across coastal Mississippi and Alabama to Apalachicola,

"We're leaving today. All this is going under," said surfer Chuck Myers who was only taking pictures of the waves Wednesday morning at Gulf Shores. "We surfed it all day yesterday. It was glorious."

"This is a bad one and people need to get out," Mobile, Ala., Mayor Mike Dow said on ABC's "Good Morning America."

Fleeing to safety was not an option for some people, especially in New Orleans, the below-sea-level city where more than 1.2 million were urged to get out of the metropolitan area, warned that the city could be inundated with water up to 20 feet deep.

"They say evacuate, but they don't say how I'm supposed to do that," said Latonya Hill, who waited out the storm Tuesday sitting on her stoop. Hill, 57, lives on a disability check and money she picks up cleaning houses or baby sitting. "If I can't walk it or get there on the bus, I don't go. I don't got a car. My daughter don't either."

No shelters had been set up in the city



Ngai Smith works to cover the windows of a building in the in the French Quarter of New Orleans, Tuesday afternoon. This business is boarding up in

preparation for the possible arrival of hurricane Ivan. because of concerns about flooding and capacity, Mayor Ray Nagin said.

Nagin insisted that the evacuation from his city had been going smoothly. "Of course we are trying to move a large number of people out of our city," he said on NBC's

"We experienced gridlock on the highways. But for the most part it's subsided," he

Farther east, Interstate 65 in Alabama was turned into a northbound-only evacuation route this morning from the harbor city of Mobile to Montgomery.

At 8 a.m. EDT Wednesday, Ivan was centered about 180 miles south-southeast of the mouth of the Mississippi River and moving north-northwest at 12 mph. Forecasters said Ivan could bring a coastal storm surge of 10 to 16 feet, topped by large, battering waves.

Bush asks for \$3.1 billion in aid

WASHINGTON (AP) - President Bush asked Congress for an additional \$3.1 billion Tuesday to help Florida and other states recover from the battering they endured from recent hurricanes.

His request spurred the Republican-run Senate to do what Bush and some GOP lawmakers have said they would oppose: Provide money for other disasters as well. By voice vote, the chamber approved \$3 billion for a drought and other disasters that have hurt farmers, largely in the Midwest.

Bush's latest request for storm aid was focused on helping Florida repair the damage from hurricanes Charley and Frances. It also included some money for flooding and other destruction in southeastern states such as North Carolina and South Carolina though no breakdown by state was immediately available.

Nearly finished with a work week shortened by the Jewish New Year's holiday, Congress was unlikely to approve the aid until next





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"They've been living (primarily) in Florida since Pam got out of college, so it had never really been an issue with hurricanes," said David Snellen. "Then came this year."

As if the first two hurricanes were not enough of a challenge, a third, Ivan, will strike the southern United States perhaps as early as tonight. It, however, is not expected to make a tremendous impact on central Florida, though the outer bands of the huge storm look to bring some heavy rain.

After Charley struck, the Cline house had no electricity, and Mary Jo Snellen said her sister told her the heat inside the house would reach unbearable proportions, even at night. It also was not the most comforting thing to have to pass through

checkpoints and see armed Ann) took a picture at the airport National Guard troops enforcing curfews. Those visions, Mary Jo said, made the decision to move the children a priority.

When it was learned that Hurricane Frances, though less intense than Charley, would be targeting central Florida, it became a necessity. "We knew we had to get them out of harm's way. They didn't need to be there. Still, it was very hard for my sister and her husband to give them up," she said, noting this was made harder by the fact that the children had to fly to Nashville, Tenn., by themselves, though flight attendants made sure to keep them company.

It also allowed the sisters to use creativity to ease the strain. "You didn't want to see the kids see how you're being affected, so we told them to think of this as a big adventure. They took a camera with them and (Pamela

down there, then we took one when they made it up here. We even gave this mission a code name - 'Stork Drop.'

Now, some two weeks later, it appears the Cline children have adapted to their new surroundings. In fact, one day after their journey from Florida, they were attending their first classes at Murray Elementary School, where somebody with somewhat of a hurricane connection happened to be waiting - MES Assistant Principal Lou Carter.

"My in-laws had just lost their winter home in Arcadia, which is just north of Punta Gorda, so I felt like I was really close to their situation. I had a personal relation," said Carter, who admits to keeping an extra close eye on the Cline children during the day. "They seem to be adjusting just fine, though. They've had no trouble making

friends, and they've just gone right on with their business. They're brave little souls I think.'

They are also now more equipped with belongings than when they arrived. For their flight, their luggage consisted of basically a backpack and a stuffed animal apiece. Charley took care of most of their possessions when their rooms were destroyed by a falling roof.

Thanks to an outpouring from the community, including fellow members at Murray's First Baptist Church, much of these supplies have been restored.

"We just want to thank the community for everything they've done. They've just made this so much easier for them, and (the Clines) appreciate what has been done, too," Mary Jo



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WASHINGTON TODAY By Ken Guggenheim

Clashing Over Korea

WASHINGTON (AP) — In a developing nuclear weapons. presidential race dominated by national security, what some see as the world's biggest nuclear danger - North Korea - is only now emerging as a hot political topic

It's a difficult subject for Republicans and Democrats alike. North Korea doesn't dominate the news the way Iraq does, making it an unlikely issue for winning votes. Moreover, both parties are vulnerable to criticism on their handling of the North Korean threat.

President Bush has said that he will not tolerate nuclear weapons in North Korea. Yet North Korea, long believed to have possessed one or two nuclear weapons, has restarted its weapons program and could soon have several more, if it doesn't have them already. Multinational negotiations appear to have produced little.

Republicans argue actions of the Clinton administration led to the current standoff. They say a 1994 agreement for North Korea to freeze its nuclear program in exchange for food and energy assistance lacked safeguards to prevent cheating. That allowed North Korea to develop a secret uranium-based weapons program, they say, even while the older plutonium program was stopped as promised.

Although North Korea hasn't been at the forefront for most of his campaign, Democratic nominee John Kerry has accused Bush repeatedly of being so fixated on Iraq that he ignored the danger posed by the Kim Jong Il's government in Korea.

Kerry stepped up the criticisms after an explosion Thursday that raised fears North Korea had conducted a nuclear test. The North Koreans say the explosion was the result of the demolition of a mountain for a hydroelectric project. U.S. officials say they do not believe it was a nuclear blast, accidental or otherwise.

"The mere fact that we are even contemplating a nuclear weapons test by North Korea highlights a massive national security failure by President Bush," Kerry said Sunday.

In a telephone call to The New York Times, Kerry accused the administration of letting "a nuclear nightmare" develop in North Korea.

Bush spokesman Scott McClellan accused Kerry of wanting to return to "the failed Clinton administration policy" on North Korea.

"That failed policy let North Korea dupe the United States. It would be the wrong approach to go down that road again," he said Monday aboard Air Force One en route to a Bush campaign stop.

North Korea is a rigid dictatorship, frequently accused of human rights abuses, and is on the State Department's list of nations that sponsor international terror. Bush included it as part of his "axis of evil" with Saddam Hussein's Iraq and Iran, which also is suspected of

The United States accused North Korea two years ago of having a clandestine uranium enrichment program. North Korea maintains uranium mines producing high quality uranium ore, necessary for either a uranium-based or plutonium-based bomb. Refining uranium for uranium-based bombs is easier and less-complicated than for more powerful plutonium bombs. U.S. officials say North Korea admitted to the clandestine program; North Korea denies it.

The Bush administration suspended fuel shipments promised under the 1994 agreement. North Korea expelled international monitors, withdrew from the Nuclear Nonproliferation Treaty and restarted its plutonium reprocessing facility. It claims to have reprocessed 8,000 spent nuclear fuel rods, which can yield enough plutonium for several bombs.

Bush has stressed that it will work with the negotiating partners - South Korea, Japan, China and Russia — toward a verifiable dismantling of North Korea's nuclear weapons programs. Administration officials hope North Korea will follow the model of Libya, which has begun improving relations with the United States after agreeing to end its nuclear weapons pro-

Three rounds of multinational negotiations have been held so far. Another round was planned for this month, though no date has been set. Some analysts expect no progress until after the November presidential election, contending North Korea hopes negotiations would be easier under a Kerry adminis-

Kerry has said he would be willing to negotiate directly with North Korea, alongside the sixnation talks.

As the North Korean threat has grown, Bush has pressed for rapidly building a missile defense system. Kerry is skeptical that untested missile defense systems could offer protection soon and favors diverting some missile defense money to other, security programs. Kerry has also criticized Bush's plans to withdraw about a third of the 37,000 U.S. troops in South Korea as part of a worldwide realignment of forces.

Charles Pritchard, a former State Department official who was part of an unofficial delegation to North Korea in January, said the North Korean problem "will become more and more difficult as time goes by."

"Whoever is president after the next election will have to pick up the pieces and move forward because you will have a situation in which North Korea may very well be a de facto nuclear weapons state and changing the dynamics in northeastern Asia," he said.



OUR READERS WRITE

To the Editor,

As the presidential election approaches, I would like to present some facts to the readers of our newspaper.

Like many of the readers, I was elated to receive a check in the mail for \$300 after George Bush took office in 2001. This money came from a surplus that had been amassed during the Clinton administration, and it made sense that I should get this money back. Since that time, I have become quite concerned with the fiscal policy of the Bush administration, which having started with a surplus, has now created record deficits for current, and future genera-

In 2000, I was concerned with our economy and was not convinced that either candidate at the time had a solid plan for economic recovery, but I was recently amazed to learn that 1.8 million jobs were lost in the private sector in the past four years. As many of us know, some of these jobs were right here in western Kentucky. In his four years in office, President Bush has since proven to me that he! certainly did not have a workable plan for creating new jobs. What few new jobs that are being created are paying far less than the jobs that were lost, and they are also far less likely to carry benefits. such as health insurance.

With 20 percent of our nation uninsured, it would seem that President Bush is more interested in HMO's and drug companies than in the people for whom those companies exist. People like me in Calloway County are finding it harder and harder to pay for health insurance and medical care. To many of us, these feel like unaffordable luxuries, and President Bush is not helping the situation.

These are two of the many reasons that I feel that I have been betrayed and let down by my president: loss of jobs and affordable health care. George Bush has certainly not earned my vote in 2004.

Sincerely, Stephanie Rea Murray, Ky.

To the Editor,

Last night as my family was sitting down to dinner the telephone rang. I immediately got upset thinking that somehow it was someone trying to sell me something and how can he or she call when we are on Kentucky's "No Call List." I was pleasantly surprised to hear a good friend on the other end of the line calling to discuss upcoming plans for a day on Kentucky Lake together.

It then sunk in - I have not been bothered by any annoying phone calls at dinnertime since the "No-Call List" has come into effect. The quality of our

life has improved tremendously since the "No Call List" billwas passed in Kentucky.

Recently I was reminded that the sponsor of that bill was our own State Representative Buddy Buckingham. It took two years of struggle for him to finally get this bill passed in Frankfort and the gifts of that bill continue to affect all of us each day.

I hope we can remember every night that we do not get an infuriating telephone call at dinner who made that peace and quiet possible.

I am very appreciative of Representative Buddy Buckingham's ongoing efforts for us in the 5th District of Kentucky and he will have my vote in the upcoming election in November.

Sincerely, Dick Dougherty Murray, Ky.

To The Editor, I am the plant manager for U.S. Smokeless Tobacco Company's processing facility in Hopkinsville, Ky. Our company purchases 100 percent American tobacco and values our partnership with our dark tobacco producers. I am also a tobacco quota holder.

Anyone who follows our industry knows that there is a debate under way in Washington involving the tobacco buyout combined with the potential FDA regulation of tobacco products, in what's called the DeWine-Kennedy bill. This legislation could forever change our industry.

U.S. Smokeless Tobacco Company recognizes the importance of the buyout to dark tobacco producers. While each dark tobacco producer needs to decide on their own whether or not to support the buyout, we, as a company, are focused specifically on the FDA portion of the legislation. To be blunt, we do not support it.

As the bill is currently written, it would be detrimental to our business and the way of life of tobacco producers. If it concerns us, it should concern our dark tobacco producers as well. Specifically, the bill would prohibit our ability to discuss the distinct differences between smokeless tobacco and cigarettes, dramatically impair our ability to grow the smokeless tobacco category and could, before long, also affect how farmers are allowed to produce dark tobacco.

Let me elaborate on this crucial last point because it strikes close to home. DeWine-Kennedy proponents say that their bill will keep FDA off the farm. We're skeptical of this claim and our growers should be as well. As most everyone in tobacco producing regions well knows, the way in which tobacco has been purchased for

Letters to the Editor Policy

✓ Letters may be sent to P.O. Box 1040, Murray, KY 42071, faxed to 270-753-1927, or e-mailed to editor@murrayledger.com.

✓ Letters mailed or faxed must be signed and have address and phone number. E-mailed letters must have address and phone number.

✓ Letters should be kept between 300-400 words and must be typed. Handwritten letters will not be pub-

The Murray Ledger & Times reserves the right to edit or reject any letter on the basis of length, style, spelling, grammar, libel, good taste and frequent contributors to the Forum page. Letters of a "thank you" nature that single out sponsors, businesses or individuals by name, except those directed toward the community as a whole, will not be accepted.

years through the auction system is quickly shifting to direct contractual relationships with farmers.

As we read the DeWine-Kennedy proposal, the FDA could be on the farm of any producer "under the control" of a tobacco manufacturer. The likely result would be that contract farmers could be viewed as "under the control" of tobacco manufacturers, opening the door to the FDA. I know many people in this

region. Some of you I have known for many years. Even if you are not a dark tobacco producer, if you live in this region you are in some way, directly or indirectly, affected by our industry. Our prosperity and the future of our communities could be at stake. I do not believe that the FDA proposal as is now currently under consideration in Washington, linked with a tobacco buyout, will provide any of us with the bright future we are capable of achieving.

Decide as you will on the buyout. But if a buyout comes with the current version of FDA regulation and brings the federal government to our farms, the price will have been too high.

Danny Kingins Plant Manager, Hopkinsville **Leaf Operations** US Smokeless Tobacco Co. Hopkinsville, Ky.

To the Editor, The ceremony in remembrance of our great tragedy of Sept. 11, 2001, was beautiful. Parents and grandparents of the fallen on that fateful day read off the names of them all, and concluded with the names of their own children and grandchildren. I couldn't help but notice that many of the names of victims were foreign, and those who read them off had foreign accents.

Our tragedy included many from around the world. In the days following Sept.

11 that year, prayer vigils were held in many foreign lands as they shared our grief. What a golden opportunity it would have been - unite the world. Instead, we chose to ignore the opportunity and the anti-war protests and plunge into a thoughtless attack on Iraq.

Our former friends and allies would have supported us in retaliation against Bin Laden, but we turned our backs and went the other way. In fact, Germany and France still have troops in Afghanistan - committed to war on terror, but not

Almost 3,000 innocent lives were lost on Sept. 11, 2001. Since then we have added to this tragedy over 1,000 soldiers, 7,000 wounded and 20,000 Iraqi civilian men, women and children. They were all innocent. In my opinion, soldiers are innocents too. They simply do as they are told and try to go on living.

The saddest thing about all this is that there will be no victory, Iraq is in chaos, on the verge of civil war (according to the British), and our own country is hopelessly divided. In 1861, we were divided into blue and gray, and now we are divided into red and blue, and consumed by something close to hatred of one another because of political views.

The Republican convention was the most venomous I've ever heard. Mr. Bush's speech softened it a little at the end, but the damage had already been done and appears to be permanent.

The New Yorker Magazine has some good articles. There was one a few weeks ago by Adam Gopnik. It was about the waste and horror and futility of World War I and all the books out about it. He quoted Rudyard Kipling, who lost a son in World War I. "If they question why we died, tell them that our fathers lied."

> Betty Duvall Murray, Ky.

Obituaries

Mrs. Margaret J. Mills

Mrs. Margaret J. Mills, 72, Paducah, formerly of Belleville, Ill., and sister of Mrs. Mayme Bryan of Murray, died Monday, Sept. 13, 2004, at 10 p.m. at her home.

A retired administrative assistant to chief judge of 20th Judicial Circuit of Illinois, she attended Olivet Baptist Church.

She was the daughter of the late Marshall Jones and Lucy Hicks Jones. One brother also preceded her in death.

Survivors include her husband, W.J. (Dub) Mills, to whom she had been married for 53 years; one daughter, Mrs. Deborah Lea Mills Gunn, St. Louis, Mo.; one son, William Douglas Mills, Nashville, Tenn.; four sisters, Mrs. Mary Hurst, Mrs. Marilyn Pirtie and Mrs. Myra Wyatt, all of Paducah, and Mrs. Mayme Bryan, Murray; one brother, Stephen Jones, Paducah; several nieces and nephews.

A memorial service will be Thursday at 2 p.m. in the Lone Oak Chapel of Milner & Orr Funeral Home, Paducah. The Rev. Tommy Tucker and retired Illinois Supreme Court Justice Judge Joseph Cunningham will officiate. Burial will follow in the Woodlawn Memorial Gardens in McCracken County.

Visitation will be at the funeral home after 1 p.m. Thursday. Expressions of sympathy may be made to the American Cancer Society, 3140 Parisa Dr., Paducah, Ky., 42003.

James Thomas (J.T.) Holshouser

James Thomas (J.T.) Holshouser, 78, Mayfield, died Monday, Sept. 13, 2004, at 9:05 p.m. at his home.

A veteran of the United States Navy, he was a retired construction worker and of Baptist faith.

One son, Sammy Holshouser, and his father. Gordon Holshouser, both preceded him in

Survivors include his wife, Mrs. Maxine Potts Holshouser; one daughter, Ms. Brenda Moffitt, and fiancé, Mike Edwards, Sedalia; one son, Tommy Holshouser, Membres, N.M.; his

mother, Mrs. Rexie Payne Holshouser, Mayfield; one sister, Mrs. Claudine Sanders, Paducah; five grandchildren; three great-grand-

The funeral will be Thursday at 2 p.m. in the chapel of Byrn Funeral Home, Mayfield. The Rev. David Gossum will officiate.

Active pallbearers will be Jeff Chambers, Mike Edwards, Ryan Toddy, Ronald Taylor, Tim Chambers, Eddie Franklin and Tim Brown. Honorary pallbearers will be Carol Henley, Arby Clay Rule, Jill Singleton, Billie Cornman, David Cornman, Della Hargan, Joe Hargan, John Blythe and Tony Potts.

Burial will follow in the Calvery Cemetery with military graveside rites to be conducted by American Legion Post #26.

Visitation will be at the funeral home from 5 to 9 p.m. today (Wednesday).

Expressions of sympathy may be made to Lourdes Hospice, P.O. Box 7100, Paducah, Ky., 42002-7100.



Defense Secretary Donald Rumsfeld talks with troops Tuesday at Fort Campbell.

Rumsfeld thanks troops

By The Associated Press

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FORT CAMPBELL, Ky. Thousands of troops back from a one-year tour in Iraq applauded Defense Secretary Donald H. Rumsfeld following a speech thanking them for their service.

"Let there be no doubt, it is far better to be fighting this in Iraq, in Afghanistan and elsewhere on the globe than fighting this in the United States of America," Rumsfeld said during a 15minute speech Tuesday to about 10,000 soldiers at the parade field at Fort Campbell, 50 miles north of Nashville.

The post is home to the 101st Airborne Division and two special operations units. The 101st one-year deployment to Iraq.

More than 60 Fort Campbell soldiers have been killed in Iraq.

About 2,000 soldiers are scheduled to return to Iraq this fall, and others say it is likely they could return in coming months.

Rumsfeld said progress is being made, with 105,000 Iraqis trained and equipped and 50,000 more expected to be ready to fight by the end of the year. He said how long U.S. troops are needed and the length of future deployments depends on how rapidly Iraq's own forces reach full

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Three beheaded bodies found in Iraq

By The Associated Press BAGHDAD, Iraq — Security

forces discovered three beheaded bodies Wednesday on a road north of Baghdad, and a car bomb exploded in a town south of the capital, killing two people amid a surge of violence that has left more than 200 dead in the past four days.

The three bodies were found without documents near Dijiel, about 25 miles north of Baghdad, said Col. Adnan Abdul-Rahman of the Interior Ministry. They were all male and had tattoos, he

A U.S. military official, speaking on condition of anonymity, said the bodies appeared to be Iraqi nationals and that their hands were tied behind their

The car bomb targeted a National Guard checkpoint in Suwayrah, about 40 miles south of Baghdad, Abdul-Rahman said. A national guardsman was one of the two dead, he said. Ten people were injured.

Meanwhile, militants released a Turkish man taken hostage in Iraq, according to a videotape obtained by Associated Press Television News.

"Today, the mujahedeen released me, and I will go to the embassy," said the hostage, identified as Aytulla Gezmen. He was shown standing next to a masked man before getting into a car. It was not immediately clear where the release of the Arabic translator took place.

In Ramadi, 10 people, including two women, were killed and six wounded Wednesday in clashes between insurgents and U.S. forces, according to Saad al-Amili, a senior Health Ministry official in Baghdad.

In a separate incident, the chief of the provincial health directorate, Khamis Hussein, escaped unhurt when gunmen opened fire on him, al-Amili said. One of his bodyguards was killed and his deputy was wounded, he

On Tuesday, clashes between U.S. troops and insurgents killed at least eight civilians and wounded 18 in Ramadi, a predominantly Sunni Muslim city west of the capital where anti-American sentiments are high. The violence followed attacks

Tuesday that saw guerrillas bomb a Baghdad street full of police recruits and open fire on a police van north of the capital. At least 59 people were killed, bringing the total dead in the past four days to nearly 150 in Baghdad alone.

The car bomb near the police for western headquarters Baghdad was the deadliest single attack in the capital in six months, wrecking buildings and cars on central Haifa Street, leaving charred bodies and hurling body parts, shoes and debris into nearby trees and homes

1600 Dodson

Vicki Singleton

Owner Ky. Nail Tech



Prisoners walk out of an Iraqi military base after they were brought there from Abu Ghraib prison to be released, in Baghdad, Iraq. Hundreds of prisoners were released from Abu Ghraib on today.

The recent violence appeared to be part of an increasingly brazen and coordinated campaign by the insurgency to bring its battle to Baghdad, sowing chaos for Prime Minister Ayad Allawi and his American allies.

Militant attacks appear to have only grown deadlier since Allawi's interim government took power in June, despite U.S. claims that Iraqi security forces are showing more resolve against the strikes.

The Tawhid and Jihad group, headed by Jordanian militant Abu Musab al-Zarqawi, posted a Web statement claiming responsibility for Tuesday's car bombing. The al-Qaida-linked group also launched a surprise assault in Baghdad on Sunday, killing dozens, and boasted it had the upper hand in the fight against the Americans.

In Baqouba, northeast of the capital, gunmen in two cars opened fire Tuesday on a van carrying policemen, killing 11 officers and a civilian.

The release of the Turkish hostage came a day after a militant group said in a video that it would free Gezmen after he converted to Islam and repented working for the Americans. The Shura Council of the Mujahedeen threatened to behead all those who deal with coalition forces.

Gezmen said in the earlier video that he had been working with U.S. forces for seven months, adding that after his kidnapping he started to pray, read the Quran and had converted to Islam. "I bear witness that there's no God but Allah and that Muhammad is Allah's messenger," he said, repeating the Muslim declaration of faith.

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Three Americans found guilty of torturing Afghans in jail

KABUL, Afghanistan — Three Americans accused of torturng Afghans in a private jail were found guilty Wednesday in a Kabul court after a trial denounced by the defense as failing to meet basic international standards of fairness.

The three-judge panel sentenced accused ringleader Jonathan Idema, a former soldier with a past fraud conviction, and his right-hand man, Brent Bennett, to 10 years in jail. New York journalist Edward Caraballo received an eight-year term. Four Afghan accomplices were also convicted and sentenced to terms ranging from one to five years.

Presiding Judge Abdul Baset Bakhtyari issued the unanimous verdict after a 7 1/2-hour session in which the defense argued that the war-battered Afghan justice system did not guarantee basic rights.

The judge had indicated he might give the defense more time to make its case but apparently changed his mind after letting lawyers for the men show several videotapes they said attested to their innocence.

Idema, who attended each hearing wearing sunglasses and khaki fatigues bearing a U.S. flag, denounced the decision as a throwback to the times of the hard-line Taliban movement. "It's the same sick Taliban judges, the same sick sense of ustice," Idema said as he was led, handcuffed, out of the courtroom. "I knew that the American government wasn't going to help me," he added.

He said he planned to appeal.

The men were arrested July 5 after Afghan security forces raided a house in downtown Kabul and discovered eight Afghans who said they had been tortured as part of the Americans' freelance hunt for terrorists.

Wednesday's proceedings were the most orderly yet in a trial mired by chaotic procedures, dismal translation and constant outbursts from Idema. Scant evidence was produced, and there was little cross-examination.

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ALL BOOKS 55% OFF Sat. Only Sept. 18!

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Charity Golf Tournament



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Fashion report..

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The Murray Tourism Commission has been eagerly planning for this year's sale for the past few months. The semiannual sale is a fundralser for Freedom Fest, Murray's Fourth of July festival, and the event attracts visitors from around the region. With over 80 participants, the city-wide yard sale is a busy day all over Murray.

"This event has become a tradition in the community. It not only interests the people in Murray, but it also attracts visitors from hours away. It may only be a one-day event, but many people are willing to travel great distances to shop at the largest city-wide yard sale in western Kentucky," commented Shannon Blalock, Murray Tourism Commission Director.

Maps outlining the variety of items for sale and the site locations will be sold at the Murray Tourism Commission, located at 805 North 12th St. They will be available on Friday from 8:30 a.m. - 4:30 p.m. and on Saturday from 6 a.m. - noon. Early Bird maps will be available on Thursday.

For additional information on this community event, contact Tourism Murray Commission at (270) 759-2199 or tourism@murray.net.

"Sometimes it's better to put love into hugs than to put it into words."

-Author Unknown

Shared Care in Murray to host open house

The Murray location of ments will be served, and door care program offered by Murray-Calloway County the facility. Hospital HomeCare, will host an open house for the commu- of Adult Day Services Week. nity during the month of The theme of the 21st anniver-September

On Wednesday, Sept. 22 from I to 3 p.m., the Murray Shared Care will host an "Old Fashioned Apple Cider Social." Oneida White will provide live music, refresh-

Shared Care, the adult day prizes will be given. Everyone is invited to attend and tour

> This event is in celebration sary is "Adult Day Services: times. Sharing, Caring ... One Day at a Time."

gives caregivers the opportunity to take a break and offers elderly and disabled clients

the opportunity to socialize activities such as crafts, exerand participate in activities in a stimulating environment.

Shared Care provides a program of activities, showers, a quiet room, a treatment room, and an on-duty nurse at all

USDA approved meals and snacks are also provided to The Shared Care program those adults participating in the program.

The facility offers space for up to 20 clients and provides cises, games, pet therapy, and trips to places like the orchards and Wal-Mart.

The facility also has a fenced area for outside activities during summer months.

Those who participate in this program have three options of payment.

The program will accept private pay, frail elderly grants, long term care insurance, and Medicaid payment sources.

PART OF THE BELLSOUTH FAMILY

Kiosk Locations Benton 112 US Hwy, 68 Et

tOpen Sunday

Corporate Sales 270-444-0602

Someone will be available at the grand opening to discuss these four options.

The Shared Care facility in Murray is located by West View Nursing Home on South 16th Street.

The Center is open Monday through Friday from 7:30 a.m. to 4:30 p.m. Courtesy visits for potential clients and families are available.

For more information or to enroll, call 753-0576.



Wal-Mart Locations

Madisonville, Parkway Plaza Mall, 1756 E Center St.† Murray, 808 N 12th St.†

Paducah, Paducah Mall, 5131 Hinkleville Rd.†

Clinton, 162 Kimbro St

Motorola v220

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Mayfield, 1225 Paris Rd.+

Princeton, 500 Hwy. 62Et

Morganfield

LG C1300

Kroger Murray, 808 N 12th St.†

Phone price and variability may very by market. Coverage is not available in all senses. See coverage must also show feeting. See consequence of the service agent at the end of each call for billing purposes. Allow 10-12 weeks for rebate check or account credit. Must be customer for 30 consecutive days. Must be postmarked by 10/30/4. Cingular Marine. Cingular reserves the right to be remarked your service of less

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Monday-Friday 10-5,

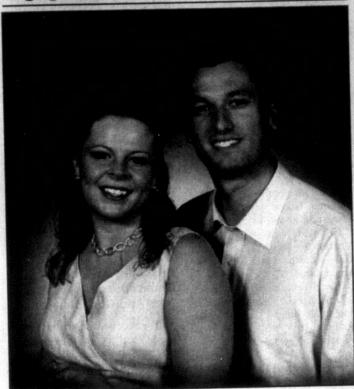
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City-wide Yard Sale Saturday

In just a matter of days, the streets of Murray will be overflowing with hot deals and bargain hunters as the Fall City-Wide Yard Sale kicks off. This fall's event is scheduled for Saturday from 7 a.m. to 3 p.m.

The Murray Tourism Commission has been eagerly planning for this year's sale for the past few months. The semiannual sale is a fundralser for Freedom Fest, Murray's Fourth of July festival, and the event attracts visitors from around the region. With over 80 participants, the city-wide yard sale is a busy day all over Murray.

"This event has become a tradition in the community. It not only interests the people in Murray, but it also attracts visitors from hours away. It may only be a one-day event, but many people are willing to travel great distances to shop at the largest city-wide yard sale in western Kentucky," commented Shannon Blalock, Murray Tourism Commission Director.

Maps outlining the variety of items for sale and the site locations will be sold at the Murray Tourism Commission, located at 805 North 12th St. They will be available on Friday from 8:30 a.m. - 4:30 p.m. and on Saturday from 6 a.m. - noon. Early Bird maps will be available on Thursday.

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For additional information on this community event, contact Tourism Murray Commission at (270) 759-2199 or tourism@murray.net.

"Sometimes it's better to put love into hugs than to put it into words."

-Author Unknown

Shared Care in Murray to host open house

The Murray location of ments will be served, and door the opportunity to socialize activities such as crafts, exer-Shared Care, the adult day care program offered by Murray-Calloway County Hospital HomeCare, will host an open house for the community during the month of

On Wednesday, Sept. 22 from I to 3 p.m., the Murray Shared Care will host an "Old Fashioned Apple Cider Social." Oneida White will provide live music, refresh-

prizes will be given. Everyone is invited to attend and tour a stimulating environment. the facility.

This event is in celebration of Adult Day Services Week. The theme of the 21st anniversary is "Adult Day Services: times. Sharing, Caring ... One Day at a Time."

The Shared Care program gives caregivers the opportunity to take a break and offers elderly and disabled clients

and participate in activities in

Shared Care provides a program of activities, showers, a quiet room, a treatment room, and an on-duty nurse at all

USDA approved meals and snacks are also provided to those adults participating in the program.

The facility offers space for up to 20 clients and provides cises, games, pet therapy, and trips to places like the orchards and Wal-Mart.

The facility also has a fenced area for outside activities during summer months.

Those who participate in this program have three options of

The program will accept private pay, frail elderly grants, long term care insurance, and Medicaid payment sources.

Someone will be available at the grand opening to discuss

these four options. The Shared Care facility in Murray is located by West View Nursing Home on South

16th Street. The Center is open Monday through Friday from 7:30 a.m. to 4:30 p.m. Courtesy visits for potential clients and families are available.

For more information or to enroll, call 753-0576.



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2005 Jeep **Liberty Sport**

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FAA radio failure stalls travelers

LOS ANGELES (AP) -Airport operations were back to normal early today following a radio failure at a Federal Aviation Administration control facility that tied up travelers for hours.

At Los Angeles International Airport, the outage Tuesday afternoon delayed some 400 flights. Two dozen flights at the Oakland International Airport and more than a dozen at Ontario International Airport also did not depart or arrive on

In all, planes were grounded for about three hours at airports in the Los Angeles region, northern California and parts of Nevada, Federal Aviation Administration spokeswoman Laura Brown said.

The outage happened at 4:40

p.m. Tuesday at the Los Angeles Air Route Traffic Control Center in Palmdale. The station, located in the desert north of Los Angeles, controls airspace for a vast region that encompasses California and Nevada.

Control of the airspace was turned over to other air traffic control facilities, including one in Albuquerque, N.M., and about 20 planes were diverted to the Albuquerque International Sunport, authorities said.

By 8 p.m. Tuesday, the FAA allowed flights to resume at 50 percent capacity so that airports wouldn't be flooded with passengers, said Nancy Castles, a spokeswoman for Los Angeles International Airport. Air travel reached full capacity by early Wednesday, said Diana Joubert, an FAA operations officer.

Martha Stewart mulls entering prison early

NEW YORK (AP) - Martha Stewart, who has said she was considering serving her prison term quickly, scheduled a news conference today.

The businesswoman was sentenced in July to five months in prison and five months of house arrest after she was convicted of lying about why she sold ImClone Systems Inc. stock in 2001. A judge allowed her to stay out of prison while she pursued an appeal, but Stewart said she was thinking of serving her time.





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More mail of Minsk

EDITOR'S NOTE: The following is the second column from Don Whisenhunt during his time in the former Soviet Union as part of the Fulbright Scholar program:

This week I had planned to write about our experiences as foreigners in Belarus trying to get through the bureaucracy to register for our four month stay. But as of now, ten days after arriving, we are still not registered. I guess we are not legal yet! So I will hold that column until we are official.

Instead I would like to say a few things about the city of Minsk. As cities of the world are concerned, Minsk is a relatively small city of about 1.5 million people. The city was virtually destroyed by the Germans during World War II. Belarus and Minsk were on the direct pathway when Germany invaded the Soviet Union. The city was almost leveled to the ground in the fierce fighting.

We in America are so lucky not to have had a major war in our territory. Betsy and I have visited several other places in the world, both in Europe and Asia, that were major battlegrounds, and we are always amazed by the resilience of the people to come back from such devastation and rebuild.

Minsk, therefore, is a relatively new city. Because of its more recent construction, the city has wide, well-planned streets. There is one long main street that runs through the middle of the city for about six miles. Most of the buildings on the major streets are impressive stone structures. In the down-town area where the major hotels, stores, universities, and government buildings are located, the construction includes a lot of marble and a fair degree of ornamentation. Even so, Minsk is not a typical European city with its building dating back to the fourteenth or fifteenth centuries with elaborate carvings and

other decorations on the buildings.

Just slightly more than a block from our apartment is the major monument commemorating the suffering of the Belarusian people during World War II. It is known as Victory Square and had a tall obelisk with a star on top and an eternal

flame burning at its base. The major intersections of Minsk are built in such a way that no pedestrian traffic is allowed to cross the multi-lane streets. Instead, elaborate underpasses were built that allow people to cross the intersections safely and out of the weather. which we know can get very cold here. At Victory Square and a few other intersections in the city one finds the Metro stations.

The Metro -- or subway -- in Minsk is simple and easy to use. Unlike New York or London, there are only two train lines. They are very efficient and inexpensive. We bought a month's pass for about \$30 for both of us, a real bargain if one

rides the subway on a regular basis. Minsk is a very clean city. In the underpasses and Metro stations, we have yet to see any graffiti. That cannot be said about any major city in America. The streets are cleaned regularly by workers with brooms working in the traffic. Every morning, four days per week so far, women appear outside our apartment window to sweep the streets. There is a small park in front of our apartment, and there is a school on the other side. The women come every morning they are here and sweep the sidewalks to our apartment entrances.

Minsk is also a safe and courteous city. When Betsy and I go out of our apartment, we never have any hesitation about it, nor do we have any fear of mugging or other violence. We don't go out at night unless we are accompanied by someone, and we probably will not do so. Obviously, there are always dangers at night or in unfamiliar parts of the city, but that is common in any city, large or small, around the world.

Drivers are extremely courteous and obey the traffic laws much better than I have seen anywhere. Pedestrians, for the most part, can be assured that cars will stop for them at crosswalks and at intersections. There are always the occasional drivers who will not obey the laws, but I would rather take my chances with Minsk drivers than those in any American city.

In coming weeks, I'll have more to say about the people, the customs, and the life of Belarus. Please tell people at the Ledger & Times that you read the column, and you would like it to continue. If you have comments or suggestions, you can write to me at donw@wwu.edu.

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Health

Clinton's surgery has men getting their hearts checked

By MARILYNN MAR-CHIONE

AP Medical Writer

Hospitals around the country are seeing an epidemic of "Clinton syndrome" as worried, middle-aged men take the for-

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Clinton

Haden, are scared enough to pay \$400 out of their own pockets for a heart scan at a private center that will get them in the same day they call.

"I had not planned to do it, but I had all the symptoms he had, and he was doing all the things I was doing," like eating lots of fast food, the 56-year-old truck driver from Elk Grove, Ill., said of Bill Clinton.

Chest pains a month ago had frightened Haden into quitting his 40-year smoking habit. Clinton's Labor Day quadruple bypass prompted Haden to seek the scan, which revealed only mild blockage in one artery.

He went to one of 10 centers around the country operated by HeartCheck America Inc. Requests for appointments tripled at many of them this past week, especially in Chicago and Washington, said company president Bruce Friedman.

Tuesday "was the busiest day we've had for scheduling new appointments since the death of Daryl Kile. Before that it was John Candy, and before that it was Sergei Grinkov," he said, referring to the sudden cardiac deaths of the St. Louis Cardinals pitcher, actor and Russian Olympic skater.

The "celebrity effect" also boosted emergency room visits.

At St. Luke's-Roosevelt Hospital in New York City, eight or nine people came in with chest pains each day this past week compared with the usual five, said Dr. Patricia Carey, director of emergency medicine.

"I asked the triage nurse,

who just arrived?' She said, 'Clinton syndrome.' It's a way of saying it's a middle-aged man with chest pains who's really worried," Carey said.

One was a 45-year-old Manhattan hotel staff manager who said he had had chest pains for a few days. Asked why he had come to the emergency room, he told Carey: "This thing with Clinton ... my wife said, 'You better get checked."

He was admitted for further

Though the trend was mostly older men, some women and younger men also sought help.

A 29-year-old man went to the emergency room at St. Joseph's Hospital in St. Paul, Minn., complaining of chest pains and told the staff, "I guess can't eat junk food like Bill Clinton anymore."

The hospital admitted more of these emergency patients than usual this past week - 44 percent compared with 35 percent last year, a spokeswoman said.

Doctors, too, seem to be behaving differently. At UMass Memorial Medical Center in central Massachusetts, five cardiac catheterization rooms stayed open extra hours to do angiograms - \$5,000 tests that are the gold standard for checking arteries for blockages.

"The increase is fueled as much by referring doctors as by patients themselves," said Dr. Mark Furman, director of interventional cardiology at the hos-

Some doctors sent patients directly for angiograms without doing the usual treadmill stress

"They're being more aggressive in managing patients than last week," Furman said. "A lot of people are saying maybe the stress test isn't screening well enough," because Clinton reportedly had normal ones despite his severe blockages.

Insurers generally cover angiograms and stress tests in patients whose symptoms warrant them. But many people take matters into their own hands and head for private heart scan centers, which use a different test-

'What's wrong with this patient ing method - a type of X-ray to look for blockages. Experts disagree on the value of such scans, and many insurers do not cover them, leaving patients to foot the \$400 to \$500

> The Clinton case has boosted their business.

Edward Heart Hospital in Naperville, Ill., reported doing eight heart scans a day this past week compared with the usual four a day. Calls to its nurse hot line also had doubled, and many people mentioned Clinton, a hospital official said.

HeartCheck America, Friedman's company, said 60 calls for appointments came in on Tuesday to the two Chicagoarea centers jointly operated with the University of Illinois. Typically they get 20 calls, he

Some are hoping the publicity will lead people to take steps to prevent disease, not just recognize symptoms. Half of Americans have high cholesterol, one of the leading risk factors for heart disease.

Clinton, who was released from the hospital Friday, confessed he had stopped taking the cholesterol-lowering statin drug he had been prescribed when he left office in 2001. Prescription refill data suggests that half of people put on statins go off them within a year.

"When you ask people to take pills for a lab number instead of a symptom, it's always a difficult thing," said Dr. Richard Stein, associate chairman of medicine at Beth Israel Medical Center in New York City and a spokesman for the American Heart Association.

Pain, however, is a more powerful motivator than fear of pain, he said.

A national survey, conducted the week before Clinton's problems, found that two-thirds of Americans do not consider cholesterol one of their top three health concerns. Although 60 percent had had their cholesterol level checked in the previous year, nearly two-thirds did not know what it was, according to the survey done by the makers of Benecol, margarine products that can lower cholesterol.

New services offered to women with pelvic issues

The Center for Rehab & Sports Medicine, ocated at the Center for Health & Wellness, is offering new services for women to ease pelvic pain, incontinence, osteoporosis, and pain associ-

Amelia Dodd, Physical Therapist at the Center, recently received additional training in the area of Women's Health by attending the Female Pelvic Floor Function, Dysfunction, and Treatment continuing education program in

With this special training, Dodd can assist women with such pelvic floor dysfunctions including urinary incontinence, pelvic organ pro-lapse, and post surgery problems as well as women experiencing pre-natal and postpartum pain. Dodd will also help osteoporosis patients with posture and regaining balance and strength through exercises on land.

Through physical therapy, patients can regain bladder control and maintain a normal number of trips to the bathroom. Studies have shown changes in behavior alone can help up to 80 percent of patients with incontinence. In the past, patients with incontinence have been told to do Kegels, exercises to strengthen the pelvic floor. The problem with Kegels is women sometimes don't do them correctly; therefore find them to be

During pregnancy and childbirth, pelvic mus-cles are stretched. Sometimes the muscles recoil and are strengthened, and sometimes they do not. In some cases, women lose abdominal strength during pregnancy. Regaining strength in the pelvic floor and abdominal muscles is important.

Pelvic pain can also be a problem as a result of trauma to the pelvis, abdomen or back Childbirth itself can cause this type of trauma.

Using biofeedback, muscle stimulation, and

special techniques, Dodd can isolate muscles and teach patients exercises especially designed to meet their individual needs. Women who have had a Caesarean section or hysterectomy can also benefit from physical therapy, which helps with healing scars and regaining use of abdominal

Patients interested in utilizing these new services must have a physician referral. For more information on these new women's services, contact the Center for Rehab & Sports Medicine at 762-1854 or contact your physician to receive a

Obesity group dealing with 'task' at hand

Students, teachers, and staff members are back to basics of school, and the Calloway County Youth Obesity Task Force is back to the task at hand of planning activities and interventions which will further address the growing problem of youth and adolescent obesity in Calloway County.

Developed in the summer of 2002, the YOTF is a collaborative effort by the Center for Wellness staff, Health & YMCA, Health Department, school cafeteria directors, 4H/Youth Extension agent, school nurses, teachers, student representatives, and physicians. These members of the Task Force have met monthly to examine local, state, and national initiatives which may be applied in our schools, as well as our homes.

Students, teachers, parents, and staff members may already have noticed some of the results of the efforts of the Task Force. Among these are: the presence of milk machines in the schools, non-food rewards for special accomplishments of students, a 10,000 steps program for 6th graders to encourage more walking, a Kid's Activity Calendar for summer, and an emphasis on offering healthy choices for school lunches.

The number of overweight children and adolescents has almost tripled over the last 20 years. Figures may vary somewhat, but at least 25 percent of our children and adolescents are overweight. This should alert parents,

teachers, health professionals, and our entire community because these youngsters are at risk for developing a number of chronic health problems later in life. Some of these include, but are not limited to: Type 2 diabetes, anxiety and depression, as well as heart problems, high cholesterol, and high blood pres-

The Youth Obesity Task Force will continue to plan programs and activities which place a greater emphasis on regular exercise, as well as healthier food choices. "It has been a worthwhile

venture to get our community members on the same page. We owe it to our children to emphasize lifelong, positive, healthy attitudes and behaviors," said one Task Force member.

The Task Force meets the first Thursday of each month at 8 a.m. at the Center for Health & Wellness. We welcome new members who would like to get involved.

Contact Keena Miller, group facilitator, 762-1830 for more

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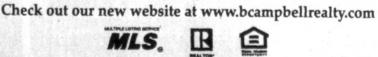
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Poll: Majority are careful about eating habits of error was plus or minus 2.9

HOUSTON (AP) - Nearly 70 percent of Americans say they are careful about what they eat, and even more say diet is essential to good health, according to a new nationwide health poll in which obesity ranked second among the biggest health concerns.

Health care costs ranked No. 1, with 56 percent of those surveyed saying they were personally affected by cost.

Most Americans surveyed acknowledge they're overweight, but they said their healthy eating habits are based on foods they like and the ones they think are best for them.

Only 8 percent say they eat healthy by following a diet, such as Atkins or Weight Watchers.

"We found that most people know they want to eat better, they're trying to lose weight. Fifty-six percent say they're overweight, but they seem to know what they should be eating. By default, it's a question of willpower," said S. Ward Casscells III, a vice president with the University of Texas Health Science Center at Houston, which commissioned the poll. "People are pretty welleducated about health and that was pretty nice to see."

Casscells said he was surprised the country was fairly uniform in its attitudes about health and diet.

The poll was conducted in

August by Zogby International, a leading polling company, commissioned by UT, which wanted current health data.

The Zogby poll mirrors aspects of an Ipsos-Insight poll in March that found that while 76 percent of consumers say they have healthy eating habits, 57 percent still consider themselves overweight.

In the Zogby poll, 69 percent said they were careful about what they eat, while 56 percent said they were overweight.

Government figures say twothirds of Americans are overweight or obese.

Health experts say Americans' disconnect with the truth about their eating habits and weight is not surprising because many people confuse eating some healthy foods with having an overall healthy diet.

The latest poll also found that 87 percent believe diet is essential to good health. Thirty-eight percent say they take part in aerobic exercise, while 19 percent get exercise because of physically demanding work and 12 percent lift weights.

Sixty-eight percent of those surveyed said they take either vitamins or herbal supplements and most people believe health insurance should cover nutritional supplements.

The Zogby poll asked 61 questions on a variety of healthrelated topics. The poll's margin

percentage points. About 1,200 randomly chosen adults were interviewed by telephone from Aug. 16-20. Most people surveyed also

think their doctors should have a more active role in promoting a healthy lifestyle, said John Zogby, president of the polling

Sixty-six percent said it's more important for a doctor to focus on preventive means, such as eating habits and exercise, rather than just diagnosing and treating illnesses.

Also, about a fifth of the respondents said a doctor, nurse or other health professional is their primary source for health and diet information.

"There seems to be a revolution in the doctor-patient relationship," Zogby said. "They respect and trust physicians. Within this relationship, they have a certain expectation for their physician. They want to know, learn more.



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Small smiles are still important ones

LOUISVILLE, Ky. - There appears to be an endless number of battles to be had between young children and their parents. One of the most prevalent of these occurs right around bedtime... when it's time for kids to brush their teeth. After such a long day it seems that this battle isn't one worth fighting - after all baby teeth will eventually fall out and be replaced by more important permanent teeth, right?

According to Cliff Maesaka, D.D.S. with Delta Dental Plan of Kentucky, it is essential to take care of temporary baby teeth, "Baby teeth serve several important functions for normal child development, and lack of proper care can result in many undesirable consequences beginning in childhood and continuing into adulthood."

Starting dental care at an early age does not mean beginning to brush after your

child's first tooth. Maesaka recommends beginning 'brush' your baby's

even before teeth develop. Within the first week after birth begin to use a wet washcloth to wipe your baby's gums after meals. This helps to remove plaque that can accumulate over time, and gets the child accustomed to having someone else in his mouth (thereby making brushing and visits to the dentist easier later on).

After the first tooth has developed, a cotton swab should be used after meals to gently wipe the teeth.

You should also take your child to the dentist within six months after her first tooth has grown in - usually this appointment occurs around your baby's first birthday, says Maesaka.

Ensuring your child's teeth remain healthy requires patience and awareness. If parents do not maintain their child's oral health, cavities, or even worse, periodontal disease may develop, warns Maesaka.

Periodontal disease occurs when bacteria created from sugars and carbohydrates attack the bone structure and supporting teeth. The result can be a deformed jaw or failure of permanent teeth to develop. Such problems can be prevented not only by brushing or wiping your child's teeth after every meal, but also by not allowing your child to have a bottle at bedtime or for any other extended amount of time.

Although putting your baby to sleep with a bottle may help them to settle down, often times it results in "Baby Bottle Tooth Decay.

When children are put to bed with a bottle most fall asleep sucking on the nipple. "Pools of fluid surround the teeth and gums creating tooth decay. The contents of the bottle supply a constant source of sugar in the mouth, causing bacteria to multiply and tooth damaging acid to collect. Over time this can lead to periodontal

disease or gingivitis", says Maesaka. If you are going to put your baby down

Important Functions of Baby Teeth ■ Baby teeth give the face its form and

appearance, and are necessary for proper jaw growth ■ Baby teeth serve as spacers in the mouth and help align the teeth so

permanent teeth have room to grow in ■ Baby teeth are necessary in learning to speak properly

■ Baby teeth are important for feeding and nutrition, and maintenance of

■ Baby teeth help children build self-confidence and self-esteem

with a bottle, fill it with water to avoid permanent damage to your child's teeth. Similar problems can also be caused by allowing your child to suck on a honey coated pacifier or allowing them to have a bottle all day long, he says.

Once you have helped your children to develop good brushing habits, they will begin to want to brush on their own. You will need to help them brush until around six years of age, as children don't develop the dexterity necessary to brush on their own until then. After six years, you should continue to supervise your child's brushing habits, making sure they brush thoroughly and don't swallow any toothpaste, says Maesaka. You can also brush your teeth next to your child to serve as a positive role

"Starting early is the key to developing the skills necessary to maintain a healthy set of teeth that will last a lifetime," says Maesaka.

For more information or tips on maintaining healthy teeth for you and your children, contact Delta Dental at 502-736-5000 or visit www.deltadentalky.com.

Henderson new sleep lab technologist at center

The Center for Sleep Studies at Murray-Calloway County Hospital is helping patients reclaim a restful night's sleep. The center specializes in diagnosing and treating all types of sleep disorders, including sleep

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apnea, narcolepsy and insomnia. Murray-Calloway County Hospital has also announced that Dawn Henderson, sleep lab technologist, has added to the

Studies.

benefits of the Center for Sleep **Sewing By Steven**

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Henderson recently became a registered polysomnographic technologist. The RPSGT credential represents the highest credential in

Henderson

the field of polysomnographic technology, which measures and monitors the different activities of the brain and body during a sleep study. This credential represents a commitment to the highest professional and ethical standards for public health and safety and is synonymous with

effective and accurate patient evaluation in polysomnography.

certified, become Henderson was required to have a high level of clinical experience, hold CPR certification and pledge to adhere to the Board of Registered Polysomnographic Technologists. Once meeting these criteria, she took and passed the comprehensive registry examination Polysomnographic Technology.

Currently, there are more than 5,000 RPSGTs internationally, working to assess sleep disorders in the United States, New Zealand, Canada, Australia, China, Japan, Italy, and Israel.

Henderson is also a registered respiratory therapist with 17 years experience as a staff therapist with extensive training in critical patient care and patients with various pulmonary diseases.

She is a native of Marshall County with two children, Ashley and Dalton, and is married to David. She enjoys camping, baseball, basketball and all outdoor activities. Henderson and her family are members of New Zion Missionary Baptist Church in Marshall County.

At the Center for Sleep Studies, patients are observed by audio, video, and polysomnography in the comfort of a private bedroom. This study is painless and provides continuous monitoring of sleep stages, heart function, respiration, airflow exchange, blood oxygen levels and muscle activity in order for the physicians to make a diagno-

Murray-Calloway County Hospital purchased the most upto-date, state-of-the-art equipment available to perform the studies provided by the leading sleep system software provider, Rembrandt. Nighttime studies such as sleep apnea, nocturnal seizures, and restless leg syndrome will be done as well as daytime studies such as narcolepsy will be performed.

The Center for Sleep Studies currently has two testing rooms available and is located at 105 S. Eighth St., just past the Center for Health & Wellness.

For more information on the Center for Sleep studies, call 762-1171.

Local News You Need Is Right In Your Hands. The Murray Ledger & **Times** 753-1916



Habitat, Woodmen go on 'blitz build'

By KRISTIN TAYLOR Staff Writer

HARDIN, Ky. - People came from across the southeastern United States to give to the this community. Building from the ground up, about 100 Woodmen of the World volunteers are spending seven days constructing houses for two Marshall County families.

Each year Woodmen groups from a 10-state region gather to build a Habitat for Humanity house in a week. The blitz builds have become a tradition among a group that considers themselves family. Last year, the Woodmen were in West Moreland, Tenn., and next year they are planning to build in Abbeville, La.

"Some of them are veterans of seven or eight of these," said Marshall County Habitat for Humanity President Robert Strow. "This isn't their first rodeo."

The Woodmen volunteers, who are working on their seventh consecutive blitz build, began Sept. 9 constructing from the sub-floor up. They put on siding outside, hung dry wall inside, painted the rooms and installed cabinets and fixtures, among many other tasks. And they planned to be finished with both houses Thursday.

Usually the Woodmen build one house, but this year their project was two three-bedroom, 1,000-square feet homes on High School Street in the southern Marshall County town. One family is a husband and wife and their three children. Their neighbors will be a single mother and her two daughters.

For Marshall County Habitat for Humanity, these are the 15th and 16th houses since the group was established in 1989. In 1991, the group completed its first house, which was in Hardin.

"This worked out well," Strow said. "We had trouble finding lots in Hardin. This is the first time we've been back here since we built out first

Murray-**Calloway Habitat seeks** volunteers

omes and some to serve on

Committees and the board.

Volunteering for building a home isn't a long-term commitment. The local Habitat builds nts. A plumber or an electrician may only be needed two days out of the year. ramers, roofers and carpen ers may again only be needed a few days each year.

The current project is in rogress at Chantilly Place off outh Fourth Street in Murray.

The more volunteers on te, the less work for each individual. Anyone is welcome, regardless of skill level.

"Our regular volunteers are showing some age and so we hope to pass on skills to the younger generation," according to a release from the group. Any youth over age 16 is wel-come. Please involve yourself. you church or civic organization. We also need people to build without hammers in the areas of nurturing, fundraising eadership, office work, public elations and, don't forget, food

for hungry workers."
Interested volunteers may sign up with Habitat for Humanity by calling Shawn Maxwell at 753-6147. When the affiliate has a need, volunteers are contacted.

Meanwhile, the Woodmen catch up with each other while they work. "This is a family Murray-based reunion," Woodmen fraternal coordinator Mark Anderson said. "We get together once a year so it's all the hugs and kisses. We send each other letters and postcards and Christmas cards."

But they bring more than their stories to tell. They bring their skills and their work ethic.

"It's a bit of a thrill, doing something for someone else,'



KRISTIN TAYLOR/Ledger & Times photo

Philip Robertson, left, and Elvis Anderson, both of Decatur, Ala., hang molding on one of the two Habitat for Humanity homes nearly 100 Woodmen of the World volunteers are working on this week in Hardin. Woodmen fraternal coordinator Mark Anderson of Murray looks on in the background.

said Woodmen member Jim Schwartz of Murray. "That's what Woodmen is about helping the fellow man. And that's what Habitat is about."

Volunteers provide about 1,500 hours during the week and Woodmen lodges have donated \$30,000 for building materials and construction expenses. They hired local contractors to help with drywall, plumbing and electrical work.

Habitat sells the houses to the

partnering families, which help with the construction, for what it costs to build, eliminating labor costs and profit. Families make mortgage payments with no interest charged.

"It's a hand up, not a hand out," Strow said. "These people, they need capital, not charity. You would think if someone had worked on their house and then have thsee people who couldn't find Hardin, Kentucky, with a map, it means something."

KEA directors may consider possible strike date for teachers

FRANKFORT, Ky. (AP) - When the Kentucky Education Association's board of directors meets Friday, it may consider a Sept. 30 strike date for teachers and public school employees

Teachers, school employees and state employees have threatened a one-day strike in protest of Gov. Emie Fletcher's proposal to change the state health insurance plan. The new plan is expected to increase the cost of health insurance for thousands of workers covered by the state plan.

The Jefferson County Teachers Association voted last Thursday in favor of a one-day strike for Sept. 30. Steve Neal, the JCTA's executive director, said the KEA Board will consider that date on Friday.

However, Sept. 30 was "not a date locked in stone," Neal said. 'It's a jumping off point, a starting point." And, any eventual action could "be a week, two weeks, nothing. I don't know," Neal

The Fletcher administration has maintained the proposed changes were necessary to rein in the escalating costs of health insurance for state workers.

KEA's board has a regularly scheduled meeting for Friday night at 8 p.m., said KEA president Frances Steenbergen. A KEA crisis committee is scheduled to meet at noon, before the meeting, Steenbergen said.

That committee could develop an alternative to a teacher strike, she said. Or, KEA officials on the committee could amend the organizations current "plan of action" which calls for a possible day of protest, she said. "They may decide that the issue of a strike is something that they want to recommend to the board. Otherwise, it will be an information-sharing session."

Currently, KEA officials are polling public school employees from across the state to determine the atmosphere for a possible strike or job action, Steenbergen said.

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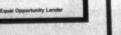
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New report card flunks American colleges in affordab

Kentucky gets D-minus grade

By JUSTIN POPE AP Education Writer

A new, independent report card flunks America's colleges in a key subject for many students and parents:

While noting progress in areas such as student preparation, the biennial study by the National Center for Public Policy and Higher Education drops the country to an "F" in affordability from the "D" it received in the nonprofit group's report two years ago.

Among individual states, only California, Utah and Minnesota earned higher than a "D." California still had the top grade of any state, but its "A" from 2002 fell to a "B" in the latest report after sharp tuition increases.

The report card evaluates states on the performance of their private and public four-year schools and community colleges in five categories, with grades ranging from A to F.

On affordability, the report card contradicts some recent studies that argue increases in financial aid have kept

pace with recent tuition hikes, so real college costs have stabilized.

The report card, titled "Measuring Up 2004," grades affordability in part by comparing net college costs with the average family income in each state. By that measure, the study claims, college is becoming less affordable in most

In New Hampshire, for instance, college costs amount to 32 percent of average family income compared to 23 percent a decade ago. In New Jersey and Oregon, colleges cost 34 percent of family income, compared to 24 percent and 25 percent, respectively, in 1994.

Kentucky was given a D-minus in affordability, unchanged from a decade before. The report said low- and middle-income families - even after financial aid - again spent a third of their annual income on tuition, room and board at public four-year institu-

At the same time, the rate of student borrowing increased. The average undergraduate borrowed \$3,018, up from an average of \$2,672 in 1994. Average borrowing nationally was \$400 less in 2004, the report said.

David Breneman, dean of the Curry School of Education at the University of Virginia and an adviser on the report, said the combination of higher prices and a population boom among collegeage people is likely to bump students from four-year colleges to more affordable community colleges, and from community colleges out of the system.

"For at least another five to eight years we're looking at a real denial of opportunity," he said.

The report also claims states have made some progress over the last decade preparing students for college, as measured by such factors as the percentage of students taking advanced math and science. In West Virginia, for instance, the percentage of high schoolers taking upper level math and science courses has nearly doubled, and the percentage of eighth graders taking algebra has more than doubled to 25

But the report notes that higher education, by failing to bring more students into the system, hasn't met its end of

"We can no longer attribute all of our college access and quality problems to the failure of public schools," said Patrick Callan, the center's president. "The fact is, high schools have improved over these last 10 years and we haven't seen commensurate higher education gains."

Travis Reindle, director of state polanalysis at the American Association of State Colleges and Universities, said such claims are over-

"It's almost as though these numbers are leading us to string up the 'Mission Accomplished' banner on K-12 education," Reindle said. "I think it's a little early for that. Just because the students are taking college prep courses doesn't mean that they're getting the core competencies for college.'

Kentucky rated its highest grade, a B, in benefits from having a more highly educated population. It measured overall education levels, personal income as a result of having a degree or at least some college, charitable contributions, voluntarism and percentage of people voting in national elections.

Kentucky was one of five states given a "plus" - not a letter grade in "learning," a sweeping category that measured literacy levels to advancedpractice college graduates. Other "plus" states were Illinois, Nevada, Oklahoma and South Carolina

Other Kentucky categories:

Participation - Opportunities to enroll in training or education beyond high school. Grade: B-minus.

Completion - Proportion of students earning degrees or certificates in a timely manner. Grade: C.

Preparation - How adequately students are prepared for training or education beyond high school. Grade: C-

The report said Kentucky made "notable gains" in preparing young people for college, and the gap in college participation between whites and minority ethnic groups "has narrowed substantially."

But when compared with other states, "the chance of Kentucky high school students enrolling in college by age 19 is only fair" because fewer on average graduate from high school and go on to college, the report said.

Kerry: Bush record result of bad decisions

DETROIT (AP) - Presidential candidate John Kerry, contending the Bush administration has created "more excuses than jobs," said Wednesday the Democratic ticket would shore up the middle class.



Kerry

"The president would have us believe that his record is the result of bad luck, not bad decisions," Kerry said in remarks prepared for delivery at the Detroit Economic Club. "In fact, this president has created more excuses than jobs. His is the excuse presidency never wrong, never

responsible, never to blame." Kerry also sought to reassure the group that he would be a friend to business. "I'm an entrepreneurial Democrat, and I don't believe you can love jobs but bash the people who create them,"

he said. In an interview early Wednesday, Kerry said no circumstances have existed under which he would have favored going to war in Iraq and said Bush continues to make the goal of a stable Iraq difficult to achieve because he pursues the wrong policies there.

"I'm committed to providing that stability," he

told radio host Don Imus, "but I'll tell you, this president is making it tougher every single day by just not understanding and not being honest about what's going on."

Democratic analysts have criticized Kerry for not responding more forcefully to the Bush campaign's attacks and to challenges to his Vietnam War record by Republican-supported groups. However, Kerry said his campaign is fighting

"We are punching back," he said. "I am absolutely taking the gloves off. I'm prepared to

take them on everything." The economic speech showed Kerry taking on

the administration's record of job losses. Bush has said the economy suffered at the outset of his presidency, hit by an inherited recession, the Sept. 11 attacks and a wave of corporate

The Kerry campaign says Bush, a wartime president in control of a Republican Congress, implemented his economic program - and it

"Nobody is suggesting that this president or any president is responsible for everything bad that happens in the economy," said Kerry senior economic adviser Gene Sperling. "What's striking is that this president doesn't take responsibility for anything at all."

Lawmakers included in federal pay raise

WASHINGTON (AP) -With little debate, House lawmakers on Tuesday included themselves as part of a pay raise that all federal employees will receive next year.

The cost-of-living raise would be the sixth straight for members of the House and Senate, boosting the salaries of lawmakers, now \$158,100, by about \$4,000 in the new calender vear.

The civil servant COLA is part of an \$89.9 billion

Transportation and Treasury Department spending bill that the House is expected to pass Wednesday.

The Senate has yet to take up the legislation.

The measure stipulates that civil servants get raises of 3.5 percent, the same as military personnel will receive next year. Under a complicated formula, that translates to 2.5 percent for members of Congress.

Like last year, the only House member to speak out against the

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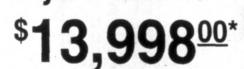
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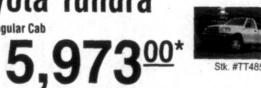


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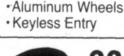


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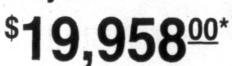
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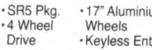
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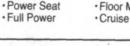


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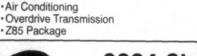


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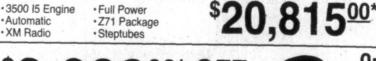
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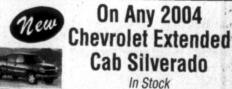
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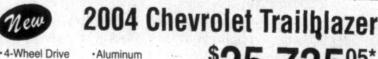


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major league lead in winning percentage with the Athletics' Mark Mulder, also 17-4.

"The hitters gave me a nice cushion and it was my job to go out there and keep the lead and throw strikes," said Clemens, who matched his win total from last season for the Yankees. "That's all I was try-

"I was just real fortunate we scored just enough runs, as it turns out."

Clemens, who allowed one run on five hits with five strikeouts and two walks, is 10-1 with a 3.53 ERA against the NL Central. His only trouble came in the first when Womack reached on a leadoff infield hit, went to third on a hitand-run single by Larry Walker and scored on Albert Pujols' double-play ball.

Russ Springer pitched the eighth and Darren Oliver gave up two hits and a walk, including Mike Matheny's RBI single in the ninth before being relieved by Dan Miceli with

Cody McKay greeted Miceli

with a two-run double. Pinchhitter Reggie Sanders then hit popup and shortstop Eric Bruntlett and third baseman Mike Lamb collided, letting the ball drop for an error on Bruntlett and allowing McKay to score to make it 7-5.

Brad Lidge entered with Sanders on second and intentionally walked Pujols after falling behind in the count 3-1. The runners advanced to second and third on a wild pitch before So Taguchi struck out for Lidge's 23rd save in 25 chances.

"I haven't seen a popup like that fall like that in I can't remember when," Garner said. That was a little unusual. Other than that, it's just another day at work."

A leadoff double by Jeff Kent, who had three hits, and a one-out RBI single by Jose Vizcaino off Jeff Suppan (15-7) tied the score in the sec-

The Astros took the lead in the third when Carlos Beltran tripled and scored on a groundout by Jeff Bagwell.



Houston Astros starting pitcher Roger Clemens pitches in the first inning against the St. Louis Cardinals in St. Louis Tuesday.

Racers ...

From Page 14A he added.

"The tournament at St. Mary's gives us another top-70 RPI team on our schedule. The two-day format will help prepare us for the back-to-back games in the OVC Tournament. We are also very proud and excited to be representing the OVC in Bracket Busters on ESPN.

Lady Racers announce slate MSU women's basketball ead coach Joi Felton announced Tuesday the 2004-05 schedule for the Lady Rac-

The slate features home nonconference matchups against UNC Charlotte and Northern Iowa and non-OVC tilts against Western Kentucky, Louisville, DePaul, Southern California, Massachusetts and Iowa State.

Of Murray's 12 potential non-conference opponents, five were involved in postseason play. DePaul took part in the NCAA Tournament, falling in the second round to eventual finalist Tennessee, while Iowa State advanced to the Women's NIT semifinals. Western Kentucky went to the NIT quarters, UNC Charlotte advanced to the NIT's second round, and Louisville took part in last year's NIT.

The Lady Racers open with home exhibition games against St. Louis Goldstar (Nov. 6) and Blue Chip All-Stars (Nov.

MSU then opens its regular-season campaign on Nov. 19-20 at the Moran Realty Classic in Chicago, featuring host DePaul, Massachusetts and Southern Cal.

The Lady Racers open their home schedule on Nov. 23 against Northern Iowa, then visit Ball State (Nov. 28) and Arkansas-Little Rock (Dec. 4) before returning home to meet UNCC (Dec. 8) and UALR (Dec. 17).

MSU closes out the calendar year at Louisville (Dec. run, I hope it pays off."

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Lady Racer Schedule Gold Star (Exhib Blue Chip Stars (Exhib.) UMass or Southerrn Cal Northern Iowa Nov. 20 Nov. 23 Nov. 28 at Ball State at Arkansas-Little Rock **UNC-Charlotte** Dec. 8 Dec. 17 Arkansas-Little Rock at Louisville Mercer (Cyclone Classic) Cyclone Classic at Western Kentucky Morehead State Eastern Kentucky Jan. 13 at Samford Jan. 15 at Jacksonville State Jan. 18 at Tennessee-Martin Jan. 22 Tennessee State at Eastern Kentucky Jan. 27 at Morehead State Feb. 3 Eastern Illinois Feb. 5 Southeast Missouri Tennessee Tech Feb. 12 Feb. 15 **Austin Peay** Tennessee-Martin at Tennessee State at Southeast Missouri Feb. 24 Feb. 26 at Eastern Illinois March 1, 4-5 **OVC** Tournament * Home games in bold

19), then in the Cyclone Classic, opening against Mercer (Dec. 29), then facing either Eastern Illinois or host Iowa State (Dec. 30).

Murray State closes out its non-conference schedule at regional rival Western Kentucky (Jan. 3).

The Lady Racers open their Ohio Valley Conference schedule with two games at home, against Morehead State (Jan. 6) and Eastern Kentucky (Jan. 8). A five-game homestand from Feb. 3 through Feb. 15 highlights the MSU slate, closing the regular-season march with three straight games on the

"I'm excited about this challenge," said MSU head coach Joi Felton, beginning her second year at the helm of the Lady Racers. "Our schedule has some very tough non-conference opponents who will test us early.

"Our hope is that it will prepare us for what's ahead in OVC play. Our players will be tested early, but in the long

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Masthay, Murray SCOREBOAR slip by Marshall

Lady Tigers shut out 2-0 by **Marshall County**

Staff Report

Murray Ledger & Times DRAFFENVILLE, Ky. -Tim Masthay provided the goahead goal with 16 minutes left in the second half to help the Tiger soccer team stay undefeated with a 2-1 win over Second District rival Marshall County Tuesday night.

Masthay's goal came off a corner kick. The assist was provided by Justin McDowell, but it was Masthay who first got Murray High (5-0-2) on the board in the first half when he scored at the 17-minute mark.

Marshall County's Jason Tucker tied things at 1-1 with 30 minutes left in the second

MHS head coach Jim Baurer referred to his squad's win as special for both the players and the fans.

"We have a unique rivalry with Marshall County(2-3-1)," he noted. "We were able to sneak up on them, and it was a special night and a good

Todd Buck and Brad Warn-

against the Marshals. The Tigers had 12 shots on goal, while Marshall County finished with 14. The Tigers host Christian

Fellowship Thursday at 7 p.m. Marshall Co. 2, Lady Tigers 0

DRAFFENVILLE, Ky. Two first-half goals provided the only scoring in the match as the Lady Marshals cruised to a Second District win over Marshall received a gift score

just one minute into the match as the Lady Tigers were credited with an own goal off a corner kick. The Lady Marshals com-

pleted the scoring the 23rd minute, when freshman Laura Banik scored off an assist from sophomore Kalli McCoy for a

Goalkeeper Karen Carmack kept the Lady Tigers (2-4-1) from reaching the back of the net with four saves as the Lady Marshals led MHS to just eight

Murray goalkeepers Whitley McCuiston (3) and Ashley Fannin (1) combined for four saves

The Lady Tigers return to action Thursday night with a junior-varsity/varsity doubleheader at Paducah Tilghman.

Sutton denies giving Ryder pep talk to Woods

BLOOMFIELD TOWN-SHIP, Mich. (AP) — Maybe it was a pre-Ryder Cup pep talk in disguise, maybe it wasn't. Tiger Woods insists he didn't take offense, and U.S. captain Hal Sutton denies pushing golf's biggest name into becoming a team player like, say, Jack Nicklaus.

To those accustomed to the don't-step-on-Tiger's tail deference normally paid Woods, Sutton's motivational words Tuesday sounded more like those heard at halftime in a locker room than in a pleasant chat alongside the 18th green.

Sutton, picked to lead the Americans partly because of his reputation for being candid and assertive, is challenging Woods to do something about a 5-8-2 Ryder Cup record

that compares poorly to Nicklaus' 17-8-3

"All we have to do is say, 'Hey, Tiger, it's time you felt this was important," Sutton said Tuesday. "I want you to realize that this is going to be an area that guys are going to judge you by down the road, whether you like it or dislike it. ... Let's give it all you got ' and lead this team."

Sutton conveniently didn't mention Nicklaus competed in only one Ryder Cup after continental players were added in 1979 to make the biennial competition more than an exhibition of American talent. It has, too; Europe has won three of the last four and six of the last nine competitions.



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Philadelphia (Myers 8-9) at Cincinnati Pittsburgh (OI.Perez 10-8) at Chicago Cubs (Prior 5-4), 1:20 p.m. Montreal (Patterson 3-5) at Florida (Pavano 17-5), 2:05 p.m., 1st game Montreal (Rauch 2-1) at Florida (Bump 2-3).

5:35 p.m., 2nd game Atlanta (Thomson 11-8) at N.Y. Mets (Leiter 9-San Francisco (Tomko 9-6) at Milwaukee (Obermueller 5-7), 6:35 p.m.

Houston (C.Hernandez 1-2) at St. Louis (Morris 15-9), 7:10 p.m. Colorado (Estes 14-6) at Arizona (R.Johnson San Diego (Lawrence 14-12) at Los Angeles (W.Alvarez 7-5), 9:10 p.m.

CCMS football triumphs over Mayfield, 20-6

Staff Report

Murray Ledger & Times

Tyrell Willis' 134 yards rushing and two touchdowns led the Calloway County Middle School eighth grade football team to a 20-6 triumph over Mayfield Tuesday night.

Jamie Gream also provided a spark for the Lakers (3-2) wiith 85 rushing yards and one

Justin Harms led the defen-

sive charge for CCMS with an interception. Logan Burks, Logan Swor and Jared Harrison also contributed to a solid effort by the Laker defense.

Tampa Bay (Brazelton 6-7) at Boston

Chicago White Sox (Buehrle 14-8) at

Detroit (Maroth 10-11) at Cleveland (Elarton 3-

Anaheim (Lackey 12-11) at Seattle (R.Franklin

Texas (Drese 12-8) at Oakland (Mulder 17-4).

(Wakefield 11-9), 6:05 p.m.

In the seventh grade contest, Calloway fell to 3-2 on the season after a 6-0 loss to

Both middle school squads will return to action on Sept. 21 with a doubleheader at Graves County.

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Bracket Buster, Mizzou, SIU, Western highlight Racer basketball schedule

Special to the Ledger

Matchups with NCAA Tournament participants Southern Illinois, Texas-San Antonio and Alabama-Birmingham, NIT participant Missouri and regional rival Western Kentucky as well as ESPN's Bracket Buster highlight the 2004-05 Murray State men's basketball schedule.

The Racers, 28-6 a year ago, open with a string of home games, beginning with exhibition games against Vasda (Nov. 6) and Christian Brothers (Nov. 11).

The regular-season schedule opens at home against SIU-Edwardsville (Nov. 20) and Arkansas Tech (Nov. 23) before Murray State visits Big 12 member Missouri on Nov. 28.

MSU hosts Texas-San Antonio (Dec. 1) and Western Kentucky (Dec. 4) before visiting regional rival Southern Illinois (Dec. 11) in Carbondale, Ill. A home game against Delaware State (Dec. 22) and a trip to the Shamrock Office Solutions Classic (Dec. 28-29) to meet Cal-Davis, Radford or host St. Mary's closes out the calendar

Murray State visits UAB on Jan. 2, then opens its Ohio Valley Conference schedule on Jan. 6 against Morehead State.

Much anticipated home games against regular-season champion Austin Peay (Feb. 12) and Tennessee Tech (Feb. 10) — part of a five-game homestand in February - highlight the conference slate.

The ESPN Bracket Buster Saturday game will feature top

Race	er Schedule
Nov. 6	VASDA (Exhib.)
Nov. 11	Christian Bro. (Exhib.)
Nov. 20	SIU-Edwardsville
Nov. 23	Arkansas Tech
Nov. 28	at Missouri
Dec. 1	Texas-San Antonio
Dec. 4	Western Kentucky
Dec. 11	at Southern Illinois
Dec. 22	Delaware State
Dec. 28-29	Shamrock Office
	Solutions Classic
Jan. 2	at Alabama-Birmingham
Jan. 6	Morehead State
Jan. 8	Eastern Kentucky
Jan. 13	at Samford
Jan. 15	at Jacksonville State
Jan. 18	at Tennessee-Martin
Jan. 22	Tennessee State
Jan. 27	at Eastern Kentucky
Jan. 29	at Morehead State
Feb. 3	Eastern Illinois
Feb. 5	Southeast Missouri
Feb. 10	Tennessee Tech
Feb. 12	Austin Peay
Feb. 15	Tennessee-Martin
Feb. 17	at Tennessee State
Feb. 19	ESPN Bracket Buster
Feb. 24	at Southeast Missouri
Feb. 26	at Eastern Illinois
March 1, 4	 OVC Tournament

talent from across the country. MSU's opponent, site and game time will be announced by ESPN on Jan. 30.

* Home games in bold

"We are very excited about our 2004-05 schedule." said MSU head coach Mick Cronin. "Our non-conference schedule is very challenging, especially considering the fact that we only return three players from last year's squad.

"It is always hard to get quality opponents to play in Murray, so we're very pleased to have home games against programs like Western Kentucky and NCAA Tournament participant Texas-San Antonio,"

■ See RACERS Page 14A

Reedy' Set Score

Theresa Reedy sets MSU scoring standard in Racers' 5-3 battle with **Louisville Tuesday at Cutchin Field**

Staff Report

Murray Ledger & Times Senior forward Theresa Reedy took over the top spot on Murray State's career scoring list, scoring all three Racer goals in MSU's 5-3 home loss against Louisville.

In scoring her 24th, 25th and 26th career goals Tuesday afternoon, Reedy surpassed Jackie Thomas (2000-03), who left the Racers with 25 career scores.

In her previous game, Reedy set new school records in career shots taken, now at 142, besting Lindsey Gustafson's (2000-03) total of 134, and career shots on goal, now at 72 - seven more than Gustafson's career total of 65.

Against Louisville, Murray State was the first team to score on the Cardinals in the first half all year. The Racers scored as many goals Tuesday as UofL's previous opponents combined, which includes nationally-ranked Ohio State.

Louisville scored first, however, and got on the scoreboard quickly, as Jamie Craft booted in the first of her three goals on the day in the sixth minute from a pass by Lauren Podvin on a giveand-go from 15 feet out.

Reedy tied the score in the 12th minute when she punched in the corner kick from Sara Struve, tying the game at 1-1 with 33:02 left in the first half.

Craft scored again seven minutes later in front of the goal, and Monique Gjini put one in from 15 yards out in the 23rd minute for the 3-1 halftime lead.

Reedy brought MSU within a goal when she laced the first of her two penalty kicks in the game in the 59th minute to bring the Racers to within 3-2.

Craft cleared a joust near midfield and drove the rest of the way, scoring in the 60th minute to put the Cardinals ahead 4-2.

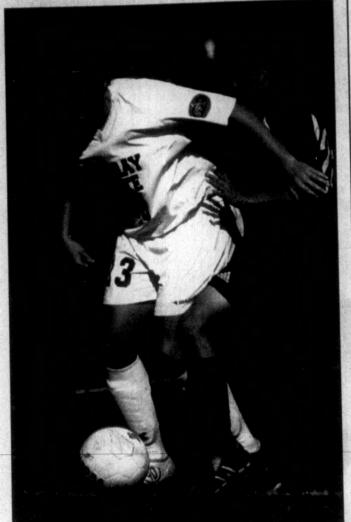
Reedy scored her third goal of the day in the 63rd minute, as Jen Nowak booted Struve's corner kick toward the goal and Reedy put it in, closing the gap to 4-3.

Reedy took her second penalty kick of the day with 24:35 remaining in regulation, but the kick was stopped by UL goalie Meredith Miller.

Louisville scored the final goal of the game in the 77th minute when Lauren Polvin scored her fifth goal of the season, taking the goal kick from Miller at midfield and driving downfield for the

"Our last three games have been like this," said MSU head coach Michael Miniel-"We've had games and had the opportunity to win, and then make mistakes. We're making mistakes that are keeping us out.

"It's really coming to us. We aren't happy with the result, but we are happy with



MICHAEL DANN/Ledger & Times photo Murray State senior soccer player Theresa Reedy battles Louisiville's Jen Avila for the ball Tuesday at Cutchin Field. Reedy had a hat-trick, including her 26th carrer goal, a new MSU carrer scoring

how we're playing," Minielli added. "I told them good teams punish mistakes, and Louisville did punish us for a couple of defensive mistakes, but we punished them a couple of times for their mistakes, too."

MSU will visit IPFW on Friday for a 7 p.m. game. The Racers are scheduled to play Drake at Cutchin Field on Sunday, but that game time may be pushed back due to travel problems relating to Hurricane Ivan.

Rocket red glaring against St. Louis

Clemens shut down the St. Pittsburgh 3-2 in 12 innings, Louis Cardinals' potent offense, for the wild card. doing his part to keep the Houston Astros in the NL wildcard race.

Clemens won his 327th game with seven strong innings and the Astros held on for a 7-5 victory on Tuesday night.

The Cardinals' 3-4-5-6 hitters were a combined 0-for-11 with four strikeouts against Clemens.

"He was fantastic," manager Phil Garner said. "He did a super job."

Lance Berkman matched a career high with four hits, including a three-run double that highlighted a five-run fourth. The Astros have won 15 of 18 and remained a game behind San Francisco, 3-2 winners at Milwaukee, and a half-game

ST. LOUIS (AP) - Roger back of the Cubs, who beat

Tony Womack had three hits, a stolen base and scored on a first-inning double play for St. Louis, which has lost five of

"We made a good run at it," manager Tony La Russa said. "I know they were worried at the end and we were excited, but it's tough getting down to a great pitcher."

Clemens (17-4) passed Eddie Plank and moved into a tie with John Clarkson (1882-94) for 10th, while improving to 3-0 with a 1.64 ERA in four starts against the Cardinals this year. He's tied with feammate Roy Oswalt and the Marlins' Carl Pavano for the NL victory lead and is tied for the

■ See CARDS Page 13A

IU's next task is turning tables on Wi

record.

INDIANAPOLIS (AP) - Gerry DiNarthe groundwork to win.

has a new task: teaching his players how to deal with success.

"If I'm not a good teacher, they won't learn," DiNardo said Tuesday during his weekly news conference.

For the Hoosiers, this is uncharted territory. They haven't started a season 2-0 since 1996.

No Indiana player - including quarterback Matt LoVecchio, a transfer from Notre Dame and the only player with bowl game experience - had ever opened a college season with back-to-back wins until Indiana upset then-No. 24 Oregon 30-24 on Saturday.

Now the prospect of starting 3-0, which seemed unfathomable just a week ago, is a reality for the first time in Bloomington since 1994.

DiNardo is trying to make sure his players keep things in perspective.

"I think you have to move on either do spent two seasons at Indiana laying way," he said. "If things go well, you don't really get a chance to enjoy them Two weeks into his third season, he that much. On the other hand, if things don't go well, you don't get a chance to pout that much. I think at the end of the season you can look back and evaluate things.

DiNardo's task this week is keeping the Hoosiers focused on the future.

The next obstacle is a familiar one -Kentucky — and history shows this has traditionally been Indiana's bellwether

Since the two schools began playing annually in 1987, Indiana is 6-11 against the Wildcats.

In the six years Indiana won, it finished with winning records five times and reached a bowl game four times. The exception was 2001, when the Kentucky game was postponed to December after

the Sept. 11 terrorist attacks and the Hoosiers beat the Wildcats to finish 5-6. In the 11 seasons Indiana lost, the

Hoosiers finished with losing records 10 times. The lone exception was 1987, when the Hoosiers went 8-4.

Indiana's recent road struggles are also typified by this series. The Hoosiers haven't won in Lexington since a 59-29 blowout in 1994. That was the last time the Hoosiers started a season 3-0.

A win this Saturday could prove more than the Oregon upset was not merely a fluke; it could be an indication that the Indiana program has turned the corner.

Although there are indications things are changing - the Hoosiers wore down an overmatched Central Michigan squad in their season opener and then forced seven turnovers in one of the toughest venues in the Pac-10 - DiNardo remains

cautiously optimistic. "Are we better this year? I said that at this table before we ever played a game and I didn't know if we'd have the record to prove it," he said. "But I think one game is a fragile thing to base

Two UK football players plead no contest

LEXINGTON, Ky. (AP) -Two University of Kentucky football players pleaded not guilty on Tuesday to indecent exposure.

Offensive linemen Casey Shumate and Eric Klope both were cited for two counts of indecent exposure on June 11.

Because of their pleas, Klope and Shumate will have a jury trial in early November, said assistant Fayette County Attor-

ney Jack Miller. Meanwhile, former Kentucky player Joe Razzano pleaded guilty Tuesday to a misdemeanor charge of disorderly conduct stemming from the same incident. Razzano, originally cited for indecent exposure, was fined \$50.

Razzano voluntarily left the team before preseason practice.

Shumate is a redshirt freshman from Louisville. Klope is a redshirt freshman from West Paducah.



Haley White hurries downfield and past an oncoming Graves County Lady Eagle defender Tuesday night at Jim Nix Soccer Complex. The two teams battled to a 0-0 tie. The Lady Lakers will host Mayfield in a boys-girls doubleheader, beginning at 5:30 p.m. Thursday.

Calloway, Graves County conclude with goose eggs on scoreboard clear the ball off the line

Staff Report

Murray Ledger & Times

Calloway goalkeeper Beth Ross recorded 10 saves in a defense-dominated match as the Lady Lakers and Graves County ended Tuesday's match at

the Jim Nix Soccer Complex in a 0-0 tie.

Head coach Mike Smith has been pleased with his squad's improve-

ment since the

Lakers fell to their Second District rivals 2-0 on Sept. 2 at Mayfield.

"Graves beat us the last time, and we were barely able to get a shot off against them. So we've definitely improved," said the first year CCHS skipper. "Our defense was able to not once, but twice — against Graves County. ... We got a spark from some people that hadn't been playing much."

According to Smith, the Lady Lakers received good play from senior Halee Wyatt and junior Kelsey Duncan.

Calloway returns to the field on Thursday with a home match against another Second District foe, Mayfield. The contest, which starts at 5:30 p.m., is part of a girls-boys varsity doubleheader.

Graves Co. 4, Lakers 1

MAYFIELD, Ky. - Josh Johnson scored Calloway's lone goal in Tuesday's loss to Second District rival Graves Coun-

Johnson's goal came in the second half off an assist from Seth Asher, helping the Lakers shave a 2-0 halftime deficit to just 2-1. However, the Eagles added two more goals to put the game out of reach.

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JOHN C. THRESHER,

As Nominee for Lender

DEFENDANTS.

PLAINTIFF,

By virtue of a Judgment and Order of Sale entered by the Calloway Circuit Court on August 27, 2004, in the above cause, I shall proceed to offer for sale at the Courthouse door in the City of Murray, Calloway County, Kentucky, to the highest bidder, at public auction on Monday, October 4, 2004, at the hour of 10:00 a.m., c.s.t., or thereabout, the following described property located in Calloway County, Kentucky, and more particularly described as follows to wit:

Lot 41 in Northwood Estates, Unit III as recorded in Plat Book 16, Page 73, in the office of the Clerk of Calloway

Being in all respects the same property conveyed to John C. Thresher by deed of conveyance from Kevin L. Barnhill, and wife, Lyndi N. Barnhill, dated February 21, 2002, and filed February 25, 2002, of record in Book 418, Page 179, in the office of the Calloway County Court Clerk.

The aforementioned property shall be sold on a cash or credit basis of 30 days, but if sold on a credit of 30 days, the purchaser shall be required to deposit with the commissioner one third of the purchase price, in cash, together with bonds (for the remainder of the purchase price) in two equal installments with good and sufficient surety, bearing interest at 12% per annum from the date of sale until paid, and fully due and payable in thirty (30) days. A lien shall be retained on the property as additional security. All delinquent taxes shall be ascertained and paid, but shall be sold subject to the 2004 ad valorem taxes.

This 31st day of August, 2004.

Respectfully submitted, Max W. Parker Master Commissioner Calloway Circuit Court

CARD OF THANKS

Our thanks to each one of the many friends whose loving expressions of sympathy helped us so much during our recent sorrow. We are especially grateful to J.H. Churchill Funeral Home, Dr Michael Adams, Murray CCHS Home Care Dept., All the home caregivers who helped with Bradley's needs through the years. Also Rev. Elijah Balentine and Rev. James Keeling. Singers from Dexter Pentecostal Church and New Jenny Ridge Church.

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TOTAL LAWN CARE, INC., JOE VENICE, BROOK VENICE. COMMONWEALTH OF KENTUCKY, TRI-TURF SOD FARMS, INC., and CALLOWAY COUNTY, KENTUCKY,

DEFENDANTS.

By virtue of a Judgment and Order of Sale entered by the Calloway Circuit Court on August 4, 2004, in the above cause, I shall proceed to offer for sale at the Courthouse door in the City of Murray, Calloway County, Kentucky, to the highest bidder, at public auction on Monday, October 4, 2004, at the hour of 10:00 a.m., c.s.t., or thereabout, the following described property located in Calloway County, Kentucky, with its address being 6438 State Route 121 North, Murray, Kentucky, and more particularly described as follows to wit:

Beginning at Grantor's Southeast corner of the North right of way of Kentucky Highway 121 and at the Southeast corner of a tract of land described in Book 164, Card 1194, in Section 10, Township 2, Range 3 East, Calloway County, Kentucky; thence, South 88 deg. 45' 41" West 150.05 feet; thence, North 3 deg. 25' 50" East, 195.56 feet to a 1/2" rebar set; thence in an Easterly direction to a point in Grantors' East line and 25 feet South of an iron stake at the corner of property now owned by Joseph Venice, et ux., of record in Microfilm Book 179, Card 502, in the office of the Clerk of Calloway County; thence South 28 deg. 19' 5" East 29.53 feet to an iron marker; thence South 2 deg. 04' 31" East 174.24 feet to the point of begin-

Grantor further conveys all interest they may have in the roadway located along the West edge of the abovedescribed property.

Being the same property by deed dated April 13, 2001, from Richard Price, and wife, Rita Price, to Joseph Venice, Jr., and wife, Brook Venice, and recorded in Book 377, Page 60 in the Calloway County Court Clerk's Office.

The aforementioned property shall be sold on a cash or credit basis of 30 days, but if sold on a credit of 30 days, the purchaser shall be required to execute a bond with good security for the purchase price, bearing interest at 12% per annum from the date of sale until paid, and fully due and payable in thirty (30) days. A lien shall be retained on the property as additional security. All delinquent taxes shall be ascertained and paid, but shall be sold subject to the 2004 ad valorem taxes.

This 31st day of August, 2004.

Respectfully submitted, Max W. Parker Master Commissioner Calloway Circuit Court

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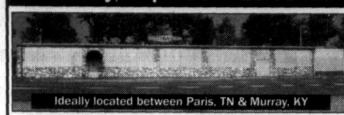
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Tatge-Lasseur Productions, PBS/AP Photo Actor Declan Conlan portrays a young C.S. Lewis in church in a scene from the PBS presentation "The Question of God," a two-part program airing Wednesdays, Sept. 15 and 22.

PBS tries to answer 'The Question of God'

By RICHARD N. OSTLING

AP Religion Writer

NEW YORK (AP) - It could be the ultimate challenge for a TV show: Debating the topic of God's existence.

How do you bring that subject down to earth? And what on earth do you do for visuals?

But the ineffable can be made accessible.

Behold: "The Question of God," two unusual two-hour programs airing on PBS Wednesday and Sept. 22 (check local listings) with home video

Director Catherine Tatge produced past PBS series about mythology scholar Joseph Campbell and the Bible's Book of Genesis, both hosted by Bill Movers.

"Question" stems from a book of the same title by psychiatrist Armand Nicholi, who for decades has taught Harvard University courses that compare the lives and religious thought of

this odd couple: - Sigmund Freud (1856-1939), the founder of psychoanalysis, arguably the most influential atheist of modern times (now that the credibility of communist Karl Marx has imploded).

- C. S. Lewis (1898-1963), English literature scholar at Oxford and Cambridge universities, a hard-bitten atheist who then embraced Christianity and became arguably the era's most influential defender of belief.

These two fascinating fellows allow Tatge to leaven the inevitable talking heads with documentary materials and dramatized re-creations from their lives, artfully filmed in European locales and using their actual words. Peter Eyre plays Freud (yes, complete with cigar) and Simon Jones is a pipe-puffing Lewis.

There's rich Freudian material here. If God is merely the projection of childhood wishful thinking, as Freud thought, did Sigmund himself spurn God because he rebelled against Daddy? And did young Lewis turn atheist because Daddy packed him off to a cruel boarding school after his beloved Mommy died?

Unfortunately, the biographies are interspersed with round-table chats led by Nicholi. The seven panelists are a pleasant enough group. But except for atheist Michael Shermer, who runs the California-based Skeptics Society, we're never quite sure who these individuals are, why they were invited, what religious backgrounds they reflect and why we should pay particular heed to their opinions.

Tatge booked equally amiable panelists for her Genesis series, but many were noted experts.

The believers may be so pleased PBS is even taking the God issue seriously and portraying Lewis' famous conversion that they'll overlook the subtle tilt against belief. If Lewis had been on the panel he would have answered skeptical challenges that are left hanging and have assailed Freud's lack of proof for his supposedly scientific theo-

So "Question" unwittingly indicates that faith remains on the defensive among cultural elitists, notwithstanding popularlevel revivals and (speaking of wishful thinking) the supposed "Twilight of Atheism" proclaimed in a new book by Alister McGrath, a Lewis-style atheist turned Oxford theist.

Nicholi's book is far more satisfactory than the TV version on the pros and cons, especially the pros. The programs seem to reflect less of Nicholi, a churchgoing Protestant, than of Tatge, a former Catholic on a "faith journey married to an agnostic who

co-produced. At the conclusion, Nicholi intones, "Is it possible that Freud and Lewis represent conflicting parts of ourselves, a part of us that yearns for relationship with the source of all joy, hope and happiness ... and another part that raises its fist in defiance?"

Horoscopes by Jacqueline Bigar

HAPPY BIRTHDAY

Thursday, Sept. 16, 2004: Your ability to make money comes forth this year, to the extent that you might even surprise yourself! You might have a hidden talent that you haven't used yet or thought valuable. Turn around your family life, security and investments. You actually might get a new home or make a major investment in property this year. Be flexible, and you'll gain. Be willing to adapt to those close to you. You might not feel like you are getting what you want, but you will if you hang in there. Working independently is best for you. If you are single, a relationship will develop. You find yourself snuggling in quickly. If you are attached, make the necessary adjustments in order to make this partnership work. LIBRA helps you make money, as he or she sees your talents more easily.

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

ARIES (March 21-April 19) *** Make an adjustment. Work on empathizing or understanding another person's posi-

tion. You could be surprised by what you realize. A family situation weighs on you. You aren't going to change it soon, but you do need to accept it. Tonight: Detach and see the bigger pic-

TAURUS (April 20-May 20) *** Your ability to work with one other person could transform a money situation for both of you. Get down to the basics and avoid getting caught up in trivial details. A conversation or meeting could be difficult at best. Tonight: Be with your best friend. GEMINI (May 21-June 20)

**** Your spirit and flirtatious ways affect others. Someone might come forward as a possible admirer or suitor. Be careful, as many are not as light and easygoing as you. Avoid a monetary risk no matter what. Tonight: Enjoy yourself to the

CANCER (June 21-July 22)

*** Deal with a domestic matter. You could be very uncomfortable, but you do need to face facts. Your ability to organize and achieve a lot quickly emerges. Greet new technology positively. Tonight: Play ostrich.

LEO (July 23-Aug. 22) *** An underlying problem might bother you, but somehow you skip right over it. Still, it might nag at you at different times. When you have some calm, tune in to yourself. Discussions might

impact your plans. Clearly, your creativity is needed. Tonight: Hang out. VIRGO (Aug. 23-Sept. 22) *** You could be disappointed

by someone who means a lot to you. Let the problem go. Focus on building finances and making yourself feel more secure. Your self-confidence will grow as a result. Tonight: Go fall shopping. LIBRA (Sept. 23-Oct. 22)

*** You might decide to step out on your own and make more decisions for yourself. All might work right now, but a boss or authority figure doesn't hesitate to tell you what he or she thinks. Tonight: You cannot please all the people all the time.

SCORPIO (Oct. 23-Nov. 21) *** Lie back and see what goes down. How you view a situation could be distorted because you aren't getting the right information. Revamp your finances using your intuition and knowledge. Watch and observe for now. Tonight: Get a good night's

SAGITTARIUS (Nov. 22-Dec.

*** You demonstrate your ability to flex when faced with adversity and problems. Yet you might want to think through what is best for a partner. This person has been giving you a lot of problems lately. Look to the common good. Tonight: Hook up with

CAPRICORN (Dec. 22-Jan. 19) *** You find others demanding and difficult. You like to call your own shots. Right now you cannot command your ship, so slow down and go with the flow. Your humor helps you see the whole situation. Tonight: It could be a

late night.
AQUARIUS (Jan. 20-Feb. 18) *** Fatigue marks your actions, even if you are unusually enthusiastic. Use your full mental capacity if possible. If you can just call, there's no need to go somewhere. Use every shortcut you know. Friends and asso-

ciates support your actions. PISCES (Feb. 19-March 20) *** A key associate holds the cards. You might not be able to do what you want. Work with this person, but be ready to answer questions. Be easygoing with bosses and supervisors. You will be able to voice your opinions soon enough.

TV Listings published daily

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LookingBack

10 years ago

The local chapter of THEOS (They Help Each Other Spiritually) marked the fifth anniversary of their charter. Founding members of the board of directors present were Dr. David Roos, John Fortin, Opal Howard, Reita Moody, John Ross and Karen Isaacs. The group for those who have lost a spouse through death meets each second Tuesday of the month in the annex of Calloway Public Library.

Published is a picture of Allison Burgess, Joe Hargrove, Denna Stephens and John Mark McDougal, students, and Dr. Ginny Richerson, faculty member, of Murray State University who attended the national Phi Beta Lambda Leadership Conference in California.

20 years ago

Rebecca L. Jones, daughter of Gary and Roberta Jones, and James Keeling, son of Shelda and James Keeling, both seniors at Calloway County High School, have been named as semi-finalists by the National Merit Scholarship Corp.

Flavil Robertson who retired after 13 years with Murray State University Heating and Air Conditioning Department, was honored at a dinner at the University Branch of Bank of Murray. He was chief of Murray Fire Department for 17 years prior to this service.

Births reported include a boy to Mr. and Mrs. Adam Galloway, Sept. 5

30 years ago

Airman Harold Z. Bramley, son of Mr. and Mrs. James L. Bramley, is serving with the Squadron, Supply Richards-Gebaur Air Force Base, Kansas City, Mo.

New officers of the Murray Education Association are

Sylvia Strikes Again

EAST

♣Q1092

East

1 4

ContractBridge

NORTH

SOUTH

North

jack of spades.

.

Sylvia's extraordinary exploits at

the bridge table were a never-ending

topic of conversation among the

members of the club. It was not

because she played so badly - there

were many poor players at the club,

especially in the low-stakes games. It

was rather because of the types of

This deal ranks as one of Sylvia's

occurred soon after she joined the

club, and shortly after she had

accomplishments.

West

Pass

Pass

mistakes she made.

greatest

South dealer.

WEST

♦ O 10 9 7 3

The bidding

South

.

Neither side vulnerable

Ruth Howard, Mary Ryan and Judy Baucum.

Murray High School Tigers won 18-0 over Heath Pirates in a football game at Holland Stadium, Murray.

Births reported include a boy to Mr. and Mrs. Ronald Honchul, Aug. 20.

40 years ago

An allocation of \$520,000 and orders for a survey and development of plans for the building of a new section of U.S. 641 North of Murray in Calloway County announced by Highway Commissioner Henry Ward. The project will, extend from 12th and Chestnut Streets to a junction with the existing 641 near Scotts Grove Baptist Church for a distance of 1.9 miles.

Recent births reported at Murray Hospital include a girl to Mr. and Mrs. John Blackwell, a girl to Mr. and Mrs. Carlton Estes, a girl to Mr. and Mrs. Bob Long Jr. and a girl to Mr. and Mrs. Kenneth Wilson.

50 years ago

Army Cpl. John Morgan is serving with 7th Division in Korea.

Rachel Rowland, Calloway County Home Demonstration Agent, will be given special recognition for district services at the annual meeting of National Home Demonstration Association in Chicago, III., Oct. 10-13. She has been home agent in Calloway County since

Lillian Hollowell and John Robert Adams were married Sept. 4 at the parsonage of First Baptist Church, Murray.

Bob Thomas, local florist, spoke at a meeting of the Garden Department of the Murray Woman's Club.

decided to fight fire with fire by

adding the falsecard to her already

bizarre arsenal of weapons.

Sylvia was West and led the J-10

and another spade, won by South

with the ace. Declarer saw that his

best chance was to try to establish dummy's hearts, and that this had to

be done without permitting East to

take the lead. It seemed likely from

the bidding that East had the king of hearts, and declarer therefore had to

Accordingly, he led a diamond to

the ace and returned the queen of

hearts. East followed low and so did

South, but it was here that Sylvia

introduced her newest weapon, the

falsecard, by playing her jack on the

queen! Sylvia hoped that this play

South could no longer establish dummy's hearts without eventually

losing the lead to East, and he fin-

Had Sylvia made the normal play

of the four of hearts on the queen,

declarer would surely have made the

contract. He would have continued

with a low heart from dummy and

played low from his hand, forcing

Sylvia to win the trick with the jack

Nothing could then have stopped

Answer to Previous Puzzle

9-15 © 2004 United Feature Syndicate, Inc.

19 Edmonton

20 Chi follower

Oilers org.

South from making three notrump.

ished down two.

Tomorrow: Perilous but plausible.

The effect of the falsecard was that

would somehow deceive declarer

hope Sylvia had the jack.

Mom's accusations keep girl in the dark about sex

Other reliable Web resources

include Planned Parenthood's

Teenwire, www.teenwire.com;

and the American Social Health

Association, www.iwanna-

know.org, which is a safe place

for teens to learn about sexual

DEAR ABBY: I recently

started dating a man I'll call

Freddy. We met through an

online dating service. We live in

the same city and have had sev-

eral dates, including a sleep-

over. I am completely taken

continues to keep his profile on

the dating site and visits it fre-

quently. He says he goes there

only if someone contacts him. I

told him it makes me feel inse-

cure; he said until he feels

"safe" (previous women have

left him for other men), he's

going to continue to go to the

about this, or do lots of people

leave their profiles active while

dating someone? -- SUSPI-

Many people do - at least for a

while. And if I were you, I'd

remember that several dates and

a sleep-over are not a committed

DEAR ABBY: In a few

weeks I will be attending my

boyfriend "Don's" daughter's

wedding. Several years ago,

Don cheated on me with a

woman I'll call Mona. It was

only a short fling, and since then

we have worked hard to repair

our relationship. My problem is,

Mona will be attending the wed-

head high -- or not attend? I

know it will be hard seeing her

and not acting in a negative way.

What would you do? -- NEEDS

how he plans to handle it if she

tries to attach herself to him.

DEAR NEEDS: I'd ask Don

Should I go and hold my

or exclusive relationship.

CIOUS IN COLUMBIA, S.C.

DEAR

Am I wrong to feel insecure

SUSPICIOUS:

My problem is that Freddy

with him.

DEAR ABBY: I am a 13year-old girl with a lot of questions about sex and growing up.



am not hav-

ing sex -- I

Dear Abby

By Abigail Van Buren

just am curious. Is it wrong to be curious? Please help me. --BLINDSIDED

DEAR BLINDSIDED: It is normal to be curious. Your mother should thank her lucky stars that you are coming to her for information. Many young people turn to their friends for answers, which often turn out to be wrong.

Please clip this item. Give it to your mother and tell her you wrote it. You are not a little girl anymore, and you should already have been armed with accurate information.

The Sexuality Information and Education Council has a wealth of information resources and tools for parents in addressing this important subject. Its Web site, www.familiesaretalking.org, helps families talk about sexuality-related issues and provides information and resources for young people, parents and caregivers.

TodaylnHistory

By The Associated Press Today is Wednesday, Sept. 15, the 259th day of 2004. There are 107 days left in the year. The Jewish New Year,

Rosh Hashanah, begins at sun-Today's Highlight History:

On Sept. 15, 1963, four black girls were killed when a bomb went off during Sunday services at the 16th Street Baptist Church in Birmingham, Ala. (Three Ku Klux Klansmen were eventually convicted for their roles in the blast.)

On this date:

In 1776, British forces occupied New York City during the American Revolution.

In 1857, William Howard Taft - who served as president of the United States and as U.S. chief justice - was born in Cincinnati, Ohio.

In 1917, Russia was proclaimed a republic by Alexander Kerensky, the head of a provisional government.

In 1935, the Nuremberg Laws deprived German Jews of their citizenship and made the swastika the official symbol of Nazi Germany.

In 1940, during the Battle of Britain in World War II, the tide turned as the Luftwaffe sustained heavy losses inflicted by the Royal Air Force.

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Caffeine should not affect cholesterol levels

lar coffee.

At age 80,

with a mild

heart condi-

tion, why

am I drink-

ing decaf?

DEAR

READER:

Beats me.

First,

reports con-

demned caf-

received information that drinking decaffeinated coffee is more apt to increase blood cholesterol

Dr. Gott

Dr. Peter Gott

feinated coffee. Then, later, it was exonerated. Still later, decaf is the bad guy. Don't touch that dial. We may yet see favorable studies on decaffeinated brew.

It's all too much. The hapless consumer is pulled this way and that, always in a crossfire, never knowing which claim to believe.

I think that the solution to all this media madness is moderation. Most experts agree that a cup or two of coffee (regular or decaf) a day won't hurt anyone.

Excess consumption of any product can cause harm. However, most prudent adults don't overdo. With respect to coffee, a maximum of three or four cups on a daily basis is probably a reasonable limit.

If you enjoy real coffee (or decaf) and you drink modest amounts, I see no reason why you shouldn't continue the practice. Also, as you have probably heard, cholesterol levels in persons over 70 are now considered to be relatively inconsequential; recent studies have indicated that modest elevations of cholesterol - up to, say, 250 milligrams per deciliter (normal is up to 200 mg/dL) - in elderly persons do not lead to heart disease.

In any case, you're more likely to lower your cholesterol by eating less animal fat than by giving up your morning coffee.

DEAR DR. GOTT: I've And, really, at 80, you're entitled to a little self-indulgence. I'd cut you a lot of slack on this

To give you related information, I am sending you a copy of Health Report "Understanding Cholesterol." Other readers who would like a copy should send a long, selfaddressed, stamped envelope and \$2 to Newsletter, P.O. Box 167, Wickliffe, OH 44092. Be sure to mention the title.

DEAR DR. GOTT: I have inner ear trouble (dizziness and headaches) that seems to be related to antidepressants and anti-anxiety pills, both of which take. Will I have to learn to live with this or is there some operation that would help me?

DEAR READER: Hold on! Don't limit your options to two choices. Let's connect the dots

You've been prescribed strong medicine that is known to have dizziness and headaches as potential side effects (most antidepressants and anti-anxiety drugs can cause such symptoms). In addition, you yourself have noted the relation.

Why not stop the medicines or, at least, change them? Ask your doctor about this. Don't do anything without his approval, but perhaps he would be willing to experiment with different prescriptions - or modify your present dosages. Forget surgery; it won't help. If, after adjustment in your medication, you still have symptoms, you should see an ear-nose-and-throat specialist.

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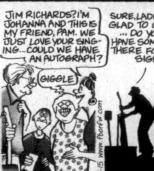






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Crosswords

ACROSS 1 Racetrack shape 5 Loud argument 8 Pick pears 12 Merry sound (hyph.)

- 13 Tokyo, formerly 14 Oxy-5 target 15 Cement section 16 Kiki or Joey
- 17 Chuck-wagon meal 18 Durable wood 20 Serfs
- 21 Kind of monkey 24 Alpine refrain 27 Left Bank friend 28 "Big Blue" 31 Washstand
- 33 Novelist 34 Affection,

32 Just a taste

- briefly Computer key 36 More agreeable 37 Mischief-maker
- of surprise 2 Caesar's farewell foe 4 Worker 6 Shelley

43 Pay by mai

49 Red-waxed

cheese

51 Airport exit

53 Wren's

54 Remain

comment

residence

55 Animal doc

56 Impatient

chucks **DOWN**

1 Words

46 Bryce Canyon

site 47 FBI counterpart

- 3 Moby Dick's Change colors
- Road rally 9 Nymph who
 - pined away 10 By and by 23 Ballpark figure 24 Still 25 Mou 11 Hard benches Mouse catcher 26 Winter mo. abbr. 35 Arid
- 48 Wrath 50 Map abbr.
- 29 Parting word 30 Impair 32 Vast expanse Flu or cold 36 No, to a laird 38 Manual skill 39 Pitchers Coup d'-41 Brit's farewell (hyph.) 42 Not we 44 "Et tu" time 45 Mowing the lawn, for instance 47 Cleveland