

9-15-2004

## Murray Ledger and Times, September 15, 2004

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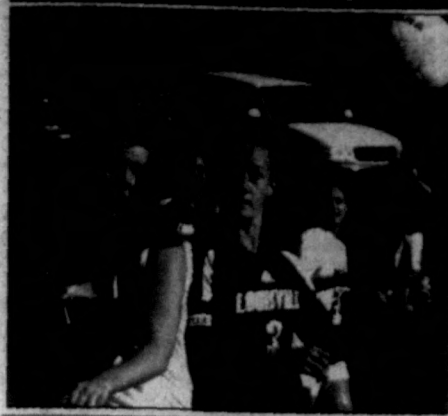
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# MURRAY LEDGER & TIMES

Home of Murray State University

Wednesday, September 15, 2004

Vol. 125, No. 221

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## Fighting Meth

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.

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 have.

"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 area.

"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 central nervous

“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,

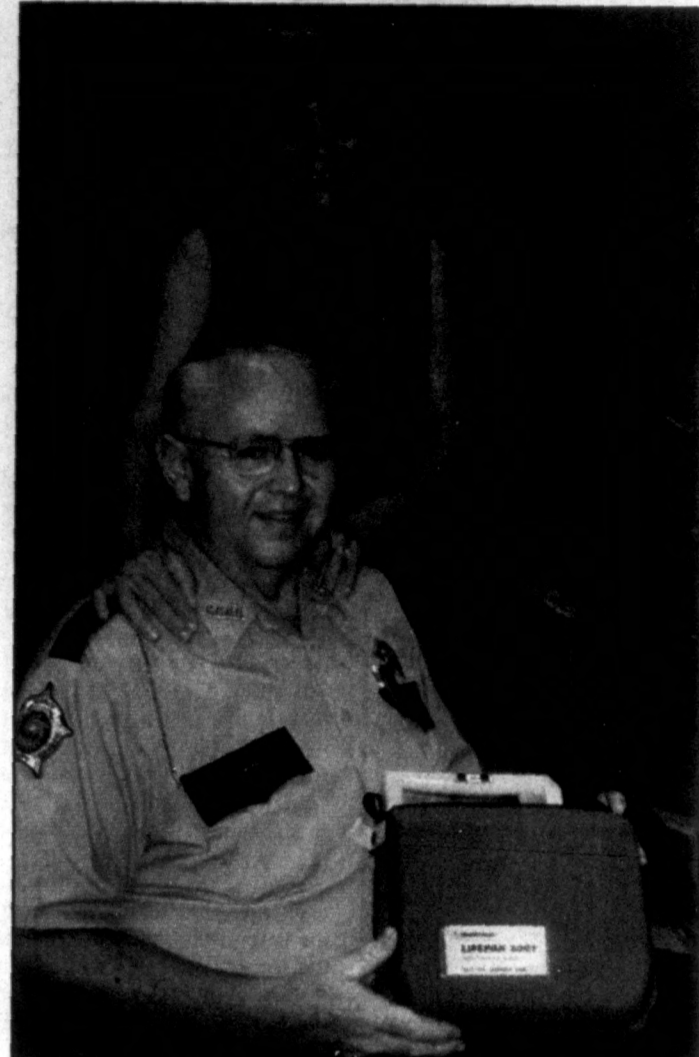


Photo provided  
Pictured is Dan Galloway, cardiac arrest victim, with his wife, Vickie, at the Calloway County Judicial Building. Galloway is the first documented save by an AED purchased through the Heart Safe Community Project of the Murray-Calloway County Hospital Community Healthcare Foundation.

## Heart Safe Project records first saved life

Special to the Ledger

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 most.

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 calm.

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

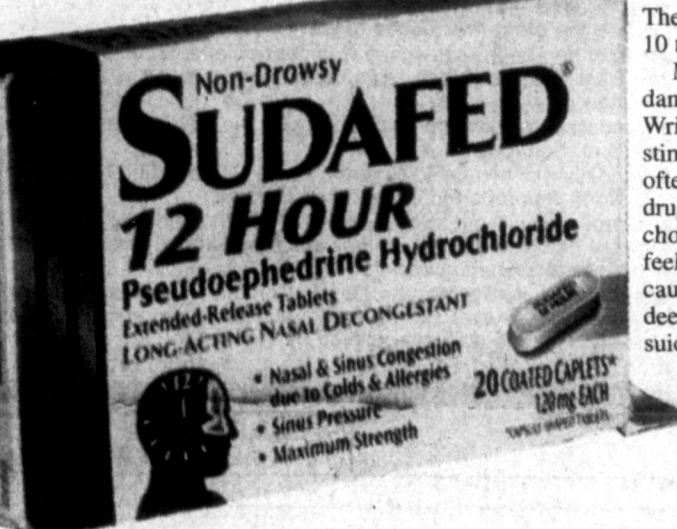
“The only reason that Dan is here is because of the equipment purchased through the AED project by the Community Healthcare Foundation and everyone coming together, working to save Dan's life.”

— Allen Jones  
Paramedic and  
AED Trainer

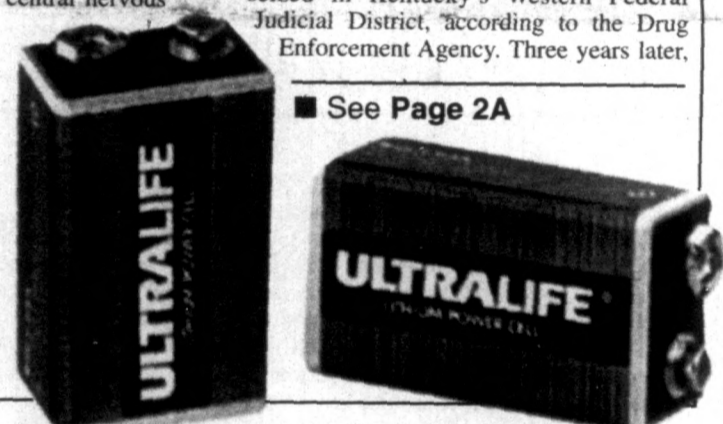
the MCCA ambulance service were on the scene.

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



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, dangerous and profitable drug used and made in western Kentucky and Calloway County.



■ See Page 2A

## Relatives help hurricane-hampered kinfolk

By JOHN WRIGHT  
Staff Writer

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

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

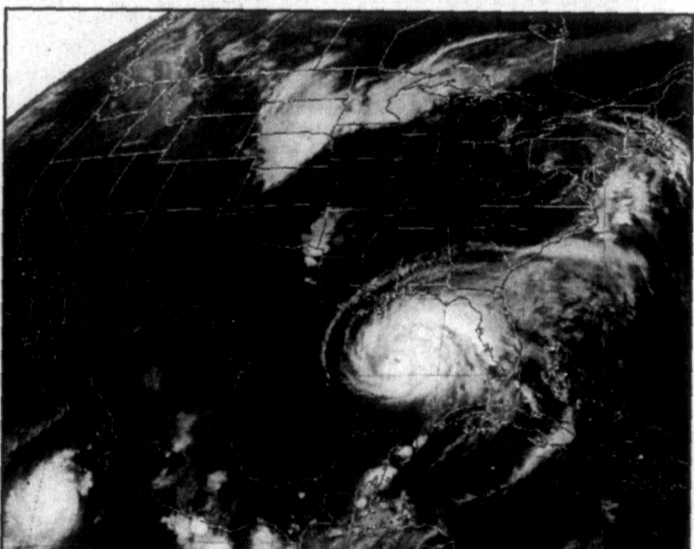
"It's just what's right," Mary Jo Snellen said Tuesday after-

noon at a home that has been quite a busy place lately. The Snellens were already the parents of three children when they decided to welcome 7-year-old

Jacob Cline and 6-year-old sister Jessie, who came to Kentucky without their parents, Pamela Ann and Larry, both of whom had to stay in Florida to handle final details with their respective jobs before they, too, could head north.

The 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 packing hurricane-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 hurricane.

■ See Page 3A

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# Towns desert, roads clog as Ivan nears

By The Associated Press  
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, Fla.

"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



AP Photo  
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 "Today."

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

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.

## Kinfolk ...

### From Front

"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 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

Ann) took a picture at the airport 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 Snellen said.

## 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 week.

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# THE ESSENTIAL DAY SPA



In November, 1995, The Essential Day Spa opened — bringing unique spa services to Murray, Ky. Nearly nine years later the spa has grown from a staff of 2 to 15. Last December the spa moved into a 3,500 square-foot building and added salon services to its thriving day spa business. We are an Aveda® Concept Salon. Our hair designers are Aveda®-certified in hair color, using Aveda® hair color exclusively. We have an amazing team of nail technicians and an esthetics department that is results-oriented and customizes every facial for you — the client. We are now offering the Aveda® Radiance Facial — the natural alternative to microdermabrasion. The Essential Day Spa has been named in the Top 200 Fastest Growing Salons in America by Salon Today magazine. In 2003 Kentucky passed a law to license massage therapists — applications were distributed in May, 2004. The deadline for licensure is June, 2005. Two of our massage therapists have been approved and two are currently in the application process. Our intention is to help people become aware of the opportunities in this industry. The spa business is a wonderful career path as a hair-stylist, nail technician, massage therapist, instructor, stage artist, business owner, spa/salon manager and so many more.

We hope you will visit us at The Essential Day Spa so we can share our passion and talent with you.

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

**WASHINGTON TODAY**  
By Ken Guggenheim

## Clashing Over Korea

WASHINGTON (AP) — In a 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 terrorism. Bush included it as part of his "axis of evil" with Saddam Hussein's Iraq and Iran, which also is suspected of

developing nuclear weapons.

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 program.

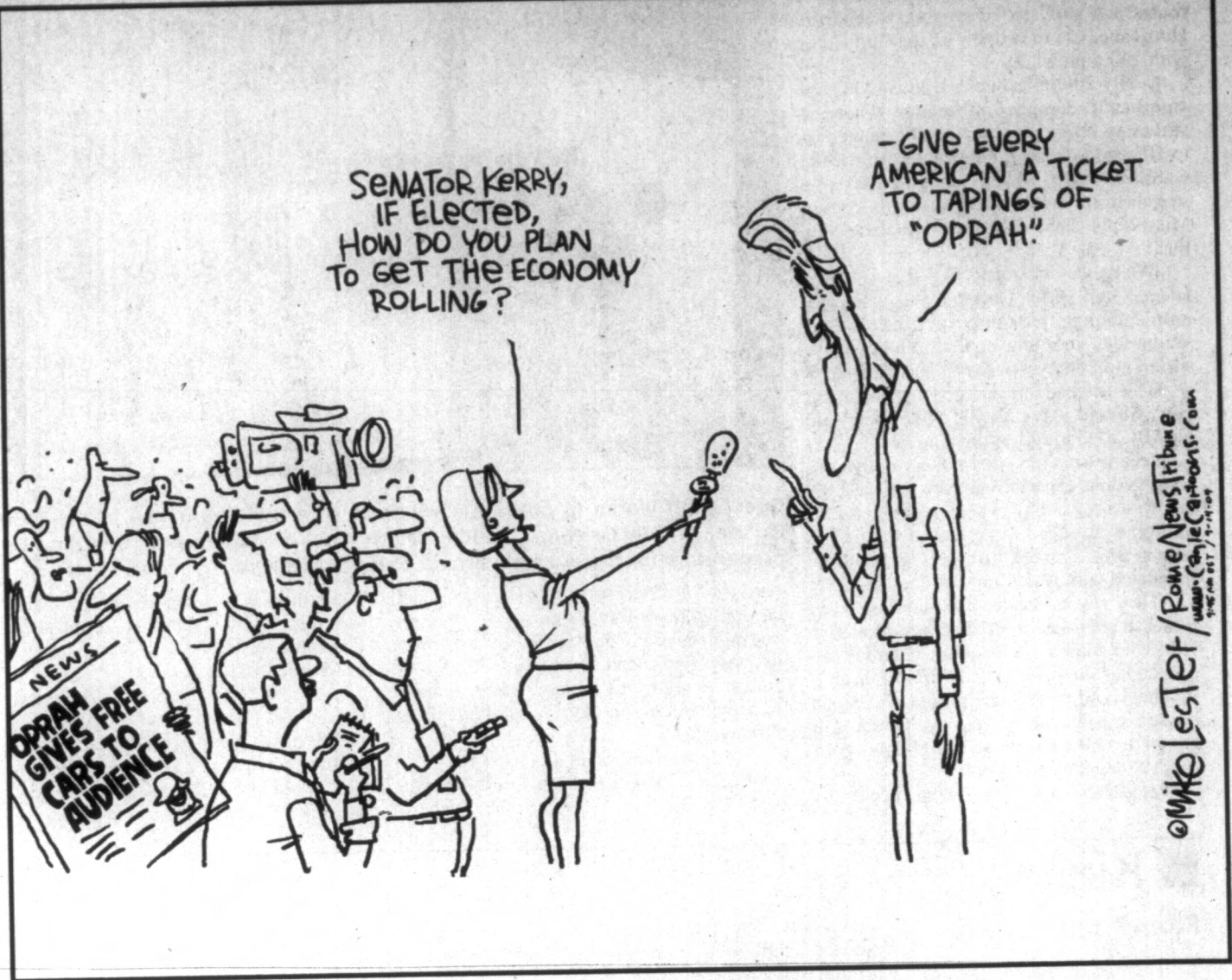
Three rounds of multinational negotiations have been held so far. Another round was planned for this month, though no date has been set. Some analysts expect no progress until after the November presidential election, contending North Korea hopes negotiations would be easier under a Kerry administration.

Kerry has said he would be willing to negotiate directly with North Korea, alongside the six-nation 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 north-eastern 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 generations.

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" bill was 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 published.

✓ 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 Iraq.

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 Duval  
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 death.

Survivors include his wife, Mrs. Maxine Poits 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-grandchildren.

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

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 Dijel, about 25 miles north of Baghdad, said Col. Adnan Abdul-Rahman of the Interior Ministry. They were all male and had tattoos, he said.

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 backs.

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 said.

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 headquarters for western 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.



AP Photo 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.

Three Americans found guilty of torturing Afghans in jail

By The Associated Press KABUL, Afghanistan — Three Americans accused of torturing 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 justice," 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.



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

Rumsfeld thanks troops

By The Associated Press 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 15-minute 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 returned early this year from a 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 strength.

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# Community

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www.murrayledger.com

## Charity Golf Tournament



Photo provided

Gary Miller, left, and Venela Sexton, center, won \$50 gift certificates from Kroger for being closest to the hole at the 17th Annual United Way/WATCH Charity Golf Tournament at Oaks Country Club on Saturday. Miller was on hole #6 and Sexton on hole #8. Gary Boyle, right, was winner of Split the Pot 50/50.

## Child care center part of program

WeeCare Enterprises Inc. announces participation in the USDA Child and Adult Care Food Program administered by the Kentucky Department of Education.

Meals will be served at no separate charge to enrolled participants at the center and are provided without regard to race, color, national origin, sex, age of disability. If you believe you or any individual has been discriminated against in the program, write to the Secre-

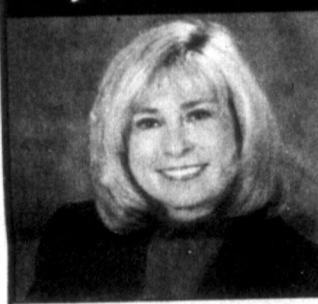
tary of Agriculture, Washington DC 20250.

Participants eligible for free and/or reduced price meals must have a complete applications with documentation of eligibility information which may include a food stamp or K-TAP case number or names of household members and income information.

WeeCare centers are located at 109 South 15th St. and 701 South 4th St., both in Murray. For more information call Shannon Clendenen at 753-5227.

## FUN & FASHION

By D.K. Kelley



"Make every step count!" That's the motto of Orthotebb Shoes. They are the patented invention of a medical doctor. If you answer yes to any of these questions above, Orthotebb Shoes are for you.

1. No time to exercise?
2. Are you overweight?
3. Do you have poor circulation?
4. Varicose veins?
5. Cellulite?
6. Swollen feet, ankles or legs?
7. Plantar fasciitis?
8. Heel spurs?
9. Lower back pain?
10. Poor posture?
11. Leg cramps?
12. Tire easily when walking?
13. Chronic pain or myalgia?
14. Flat feet or high arches?
15. Cold feet?
16. Pregnant?
17. Do you work on your feet all day?
18. Do you desire a more toned body and legs?

Orthotebb shoes improve varicosities, osteoarthritis, cellulite, balance, muscle strength, low back pain and posture. They prevent swelling, leg ulcers, fatigue, leg cramps, bone loss, poor circulation, and deep vein thrombosis.

Orthotebb shoes are like a workout. You need to wear one size larger than your normal shoe size. They can be worn any time, any place you want.

Orthotebb shoes tones and tightens your whole body while cutting exercise time. Come in and try a pair for yourself. They are inexpensive and fun to wear.

Fall fashions are really exciting this season. Skirts are really in as well as the boucle jackets which can be dressed up or down. They also look great with jeans, hats, scarves, and shawls. We have a wide variety in wonderful textures including furs.

Try our Spanx body slimmers, they really make your clothes hang smoother and they are comfortable. They are great for pants or long skirts. Power Panties smooth and keep panty lines from showing.

Congratulations to Michelle Wuest who won the fur scarf at Friday's Secret Sale. Join us this week to see what will be our special. Last Friday we had French Dressing Jeans on sale all day for 20% off. You just never know what you'll find.

Quote of the Week: "Curiosity is one of the permanent and certain characteristics of a vigorous mind." Samuel Johnson

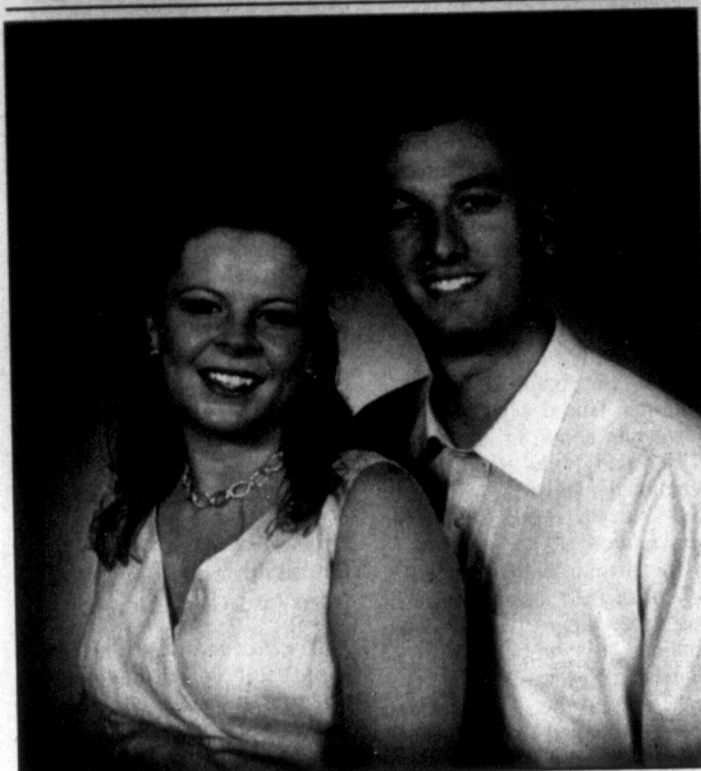
Stay tuned to next week's Fun & Fashion report.....

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## Engagement



### Todd and Bohlken

Mr. and Mrs. Danny Ray Todd of Murray announce the engagement and approaching marriage of their daughter, Jennifer Ann Todd, to Christopher Alan Bohlken, son of Jack A. and Lilly Bohlken of Chattanooga, Tenn.

Miss Todd is the granddaughter of Thomas and Martha Roberts of Murray and the late Calvin Milby and the late Kenzie and Cleo Todd of Murray.

Mr. Bohlken is the grandson of Jack J. and Barbara Bohlken of Nebraska City, Neb., and the late William and Sophia Shane of Imogene, Iowa.

The bride-elect is employed as a customer service representative at Maytag in Cleveland, Tenn.

The groom-elect is employed as executive assistant at Target in Chattanooga, Tenn.

The wedding will be Saturday, Sept 18, 2004, at 4 p.m. at Paris Landing Resort Park Inn, Paris Landing, Tenn.

A reception will follow the Ceremony.

## Birth Announcements

### Brady Lee Gore

Russell and Ashli Collie Gore of Hardin are the parents of a son, Brady Lee Gore, born on Tuesday, Aug. 31, 2004, at Western Baptist Hospital, Paducah.

The baby weighed 9 pounds and measured 19 1/2 inches. Grandparents are Larry and Jeanetta Darnall and the late Jimmy Collie and Martha Gore and the late Joe Gore.

A great-grandmother is Dorothy Burkeen.

## Murray Woman's Club



Photo provided

The Delta Department of the Murray Woman's Club met Sept. 8 at the club house. A fund-raising luncheon was served by the hostesses, from left, Martha Warren, Sally Duford and Carol Snyder-Holmgreen. Projects and plans for the club year were discussed. The next meeting will be Wednesday, Oct. 13, at 1 p.m.

## MHS class plans reunion

Murray High School Class of 1985 is planning its 20-year reunion for Labor Day in September of 2005.

Graduates can visit www.geocities.com/mhstigers1985 for information and to get on a mailing list.

Organizers are also looking for information on teachers that were at the high school from 1981 to 1985 so they can be invited to the breakfast on Saturday morning.

For additional information call 762-0800.

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## North Elementary plans open house on Thursday

North Elementary School will have an open house and a PTO meeting on Thursday at 6 p.m.

Performing for the musical program will be the group, MANIA.

Margaret Cook, principal, invites the public to attend. Kim Hounshell, president of North PTO, urges all parents and interested persons to join the PTO.



**Jo's Datebook**  
By Jo Burkeen  
Community Editor

### Dr. Cue to demonstrate

Tom Rossman, Dr. Cue, will give a demonstration of trick and fancy pool shots at the Murray State University Center Stables on Thursday at noon. Rossman has been on ESPN several times and is known for his mastery of trick shots. He also offers technical advice and instruction. Admission is free.

### Backboard Club to meet

Calloway County Boys Backboard Club will meet Thursday at 7:30 p.m. in the cafeteria of Calloway County High School. This is for parents and interested persons of Calloway Middle and High Schools basketball players.

### MHS charters bus for football game

Murray High School football fans are encouraged to sign up now to ride the chartered bus to see MHS vs. Russellville on Friday. The bus will leave promptly at 5 p.m. from MHS parking lot. Cost is \$20 and includes a ticket to the game. Seating is limited. To reserve your seat call Kathy Erwin at 759-5413 or Teresa Nixon at 759-1563.

### Coldwater Youth plan promotion

The Youth of Coldwater United Methodist Church will have a rebate night from 4 to 10 p.m. Thursday at Taco John's. Customers are asked to tell the cashier they are there to support the youth.

### ALS Support Group Thursday

ALS (Lou Gehrig's Disease) Patient and Family Support Group will meet Thursday at 2 p.m. at Lourdes Hospital, 1530 Lone Oak Rd., basement, oval room, Paducah. For more information call 1-270-444-2550 or 1-800-406-7702.

### Slots available for softball tournament

Two slots are still open for the Relay for Life Co-Ed Softball Tournament to be Friday and Saturday at Murray City Park. All proceeds will be donated to the local Relay for Life next May. For information call Butch Hutson at 762-5603, days, or 759-2111, evenings.

### Stroke/Head Injury Group to meet

Murray Stroke/Head Injury Support Group for survivors and caregivers will be Thursday at 5:30 p.m. at classroom of Center for Health & Wellness. Erin Tucker will speak about "Driver Rehabilitation." For information call 762-1557 or 293-4113.

### Mother to Mother to meet Friday

Mother to Mother, a support group for breastfeeding moms, will meet Friday at 10:30 a.m. in the park behind Calloway Public Library, or if raining will meet inside the building. Featured will be refreshments and door prizes. Pregnant moms, dads and older children are welcome. For more information call Kim Jastremski, CLEC, at 759-4746 or more information.

### Placement workshop planned

Jackson Purchase Dance Company will have a Placement Workshop for interested regional dancers to Sunday from 1:30 to 3:30 p.m. at the upstairs of Hutchen's Professional Building at 300 Maple St., Murray. Dancers, must be 9 years old and currently studying at a dance studio, are asked to use the Third Street entrance. For more information about the workshop and other events of the JPDC call Karen Balzer, artistic director, at 767-0579.

### Home Department plans meeting

The Home Department of the Murray Woman's Club will open the 2004-2005 club year with a meeting on Thursday at 1:30 p.m. at the club house. Jane Combs, author, will have book reading. Hostesses will be the officers, Bobbie Waters, Virginia Thomason, Shirley Robinson and Judy Stahler. Members are asked to bring two items (nonperishable food, personal or hygiene items or cell phones) for Murray Outreach Office and Merryman House Domestic Crisis Center.

### Murray High School plans event

Murray High School Staff, teachers and PTO will have a "Back to School Gathering" today from 4 to 7 p.m. Teachers and staff will be available to answer questions regarding schedules, classes and expectations. Persons are urged to stop by the PTO table to register.

### Laker Band Boosters plan promotion

Calloway County Laker Band Boosters will have a rebate night at Backyard Burgers today.

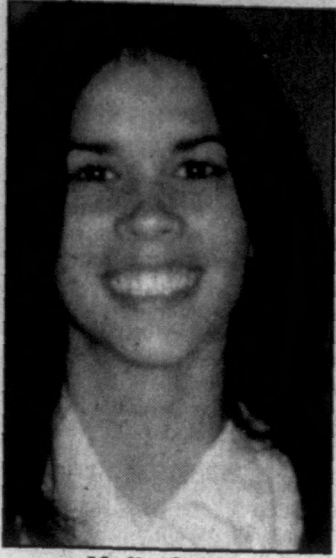
### Campbell Estates meeting planned

Campbell Estates Neighborhood meeting will be Thursday at 6:30 p.m. at Immanuel Luther Church, 15th and Main Streets, across from MSU Sparks Hall.

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Marilee Morgan & Matthew Forrest  
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Christie Carlisle & Steven Dudley  
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Ashley Ray & Jimmy Whitehair  
Jennifer Johnson & Michael Williams  
Erin Bare & Dustin Alton  
Leslie Cooper & Heath Cates  
Rachel Baker & Andy Foley  
Lindsay Branch & Jim Driscoll  
Kristy Linn & John A. Spann IV  
Erin Owen & Steve Mathis  
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Molly Sykes

### Sykes attends conference

WASHINGTON, D.C. — Molly Sykes of Lexington, Ky., attended the Global Young Leaders Conference held Aug. 1-12 in Washington, D.C. and New York, N.Y. This is a leadership development program for high school students from around the world who demonstrate leadership potential and strong scholastic skills.

Sykes was among 400 outstanding scholars to attend the conference which explored international politics, finance, culture and diplomacy with key world leaders and newsmakers.

A senior at Lafayette High School, Lexington, Ky., was appointed master commissioner of Russia at the conference. She said "she gained perspective on the processes used at the United Nations in resolving international crisis. It was a highly valuable experience to meet students from all over the world who are also interested in achieving world peace and developing responsible relationships between countries."

Sykes also was a Governor's Scholar at Bellarmine College this summer and plans to attend college in the fall of 2005.

She is the daughter of Larry and JoAnne Sykes of Lexington and the granddaughter of Mr. and Mrs. L.A. Sykes of Murray, Ky.

### 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 semi-annual sale is a fundraiser 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 the Murray Tourism Commission at (270) 759-2199 or tourism@murray.net.

## Shared Care in Murray to host open house

The Murray location of 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 September.

On Wednesday, Sept. 22 from 1 to 3 p.m., the Murray Shared Care will host an "Old Fashioned Apple Cider Social." Oneida White will provide live music, refresh-

ments will be served, and door prizes will be given. Everyone is invited to attend and tour the facility.

This event is in celebration of Adult Day Services Week. The theme of the 21st anniversary is "Adult Day Services: 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

the opportunity to socialize and 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 times.

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

activities such as crafts, exercises, 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.

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.

# 10000

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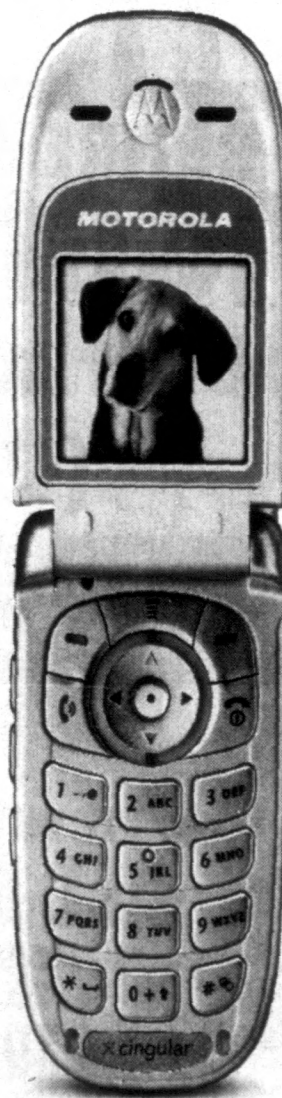
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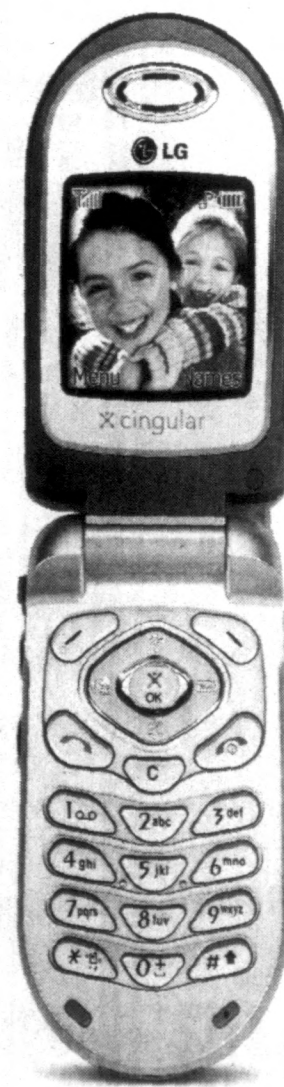
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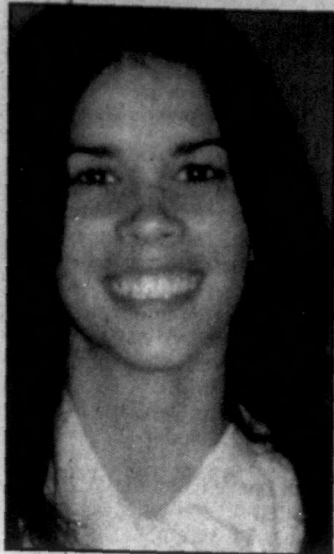
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"Sometimes it's better to put love into hugs than to put it into words."  
—Author Unknown







Molly Sykes

### Sykes attends conference

WASHINGTON, D.C. — Molly Sykes of Lexington, Ky., attended the Global Young Leaders Conference held Aug. 1-12 in Washington, D.C. and New York, N.Y. This is a leadership development program for high school students from around the world who demonstrate leadership potential and strong scholastic skills.

Sykes was among 400 outstanding scholars to attend the conference which explored international politics, finance, culture and diplomacy with key world leaders and newsmakers.

A senior at Lafayette High School, Lexington, Ky., was appointed master commissioner of Russia at the conference. She said "she gained perspective on the processes used at the United Nations in resolving international crisis. It was a highly valuable experience to meet students from all over the world who are also interested in achieving world peace and developing responsible relationships between countries."

Sykes also was a Governor's Scholar at Bellarmine College this summer and plans to attend college in the fall of 2005.

She is the daughter of Larry and JoAnne Sykes of Lexington and the granddaughter of Mr. and Mrs. L.A. Sykes of Murray, Ky.

### 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 semi-annual sale is a fundraiser 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 the Murray Tourism Commission at (270) 759-2199 or tourism@murray.net.

## Shared Care in Murray to host open house

The Murray location of 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 September.

On Wednesday, Sept. 22 from 1 to 3 p.m., the Murray Shared Care will host an "Old Fashioned Apple Cider Social." Oneida White will provide live music, refresh-

ments will be served, and door prizes will be given. Everyone is invited to attend and tour the facility.

This event is in celebration of Adult Day Services Week. The theme of the 21st anniversary is "Adult Day Services: 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

the opportunity to socialize and 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 times.

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

activities such as crafts, exercises, 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.

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 time.

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.



Stewart

## 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 battle-grounds, 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 downtown 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@www.edu.

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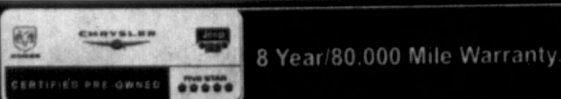
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2002 Chrysler PT Cruiser	\$11,995*
2002 Dodge Dakota Sport	\$11,995*
2001 Hyundai XG300	\$11,493*
2001 Chevy 1500 Z71 LS Ext. Cab	\$19,995*
2001 Dodge 1500 Quad SLT	\$14,995*
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2001 Chevy S10	\$7,995*
2001 Chevy Tahoe LS 4x2	\$23,993*
2001 Buick Regal	\$10,987*
2001 GMC Sierra SL SWB	\$13,993*
2001 Buick Ultra	\$15,993*
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2000 Infinity Q30T	\$15,493*
2000 Cadillac Escalade	\$19,493*
2000 Dodge Dakota Club	\$11,493*
2000 Chevy Blazer LS	\$11,493*
2000 Chevy Silverado XCab LS	\$14,493*
2000 Chevy 2500 - 4x4	\$11,995*
2000 Chrysler Cirrus LXI	\$7,995*
2000 Dodge Dakota Club XLT 4x4	\$14,995*
2000 Lincoln Town Car	\$20,993*
2000 Toyota 4-Runner 4x4	\$17,993*
2000 Ford Ranger Super Cab 4x4	\$12,993*
2000 Dodge Intrepid SE	\$7,936*
2000 Chevy Tahoe LT	\$19,995*
2000 Dodge Neon	\$6,995*
2000 Chevy S-10 X-Cab	\$10,993*
1999 Dodge 1500 Club 4x4 Sport	\$11,995*
1999 Nissan Maxima	\$11,493*
1999 Ford Windstar Van	\$9,493*
1999 GMC Jimmy SLS	\$11,493*
1999 Dodge 1500 4x4 SLT	\$11,995*
1999 Dodge 1500 Quad XLT	\$9,995*
1999 Dodge Durango SLT	\$11,993*
1998 Toyota Camry LE	\$9,493*
1998 Chevy Silverado	\$10,995*
1996 Dodge Dakota Ext. Cab SLT	\$7,993*
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1994 Ford F150 XLT XCab 4x2	\$6,993*

Disclaimer: \*Sale price includes \$64.50 doc fee, taxes & license extra.

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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 to 'brush' your baby's mouth

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 weight
- 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 model.

"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](http://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

apnea, narcolepsy and insomnia. Murray-Calloway County Hospital has also announced that Dawn Henderson, sleep lab technologist, has added to the benefits of the Center for Sleep Studies.

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



Henderson

effective and accurate patient evaluation in polysomnography.

To become certified, 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 for Polysomnographic Technology.

Currently, there are more than 5,000 RPSGTs internationally, working to assess sleep disorders in the United States, Canada, New Zealand, 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 diagnosis.

Murray-Calloway County Hospital purchased the most up-to-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.

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# 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 foot 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 our first one."

## Murray-Calloway Habitat seeks volunteers

The Murray-Calloway County Habitat for Humanity affiliate is seeking a new generation of workers. The groups want volunteers to help build homes and some to serve on committees and the board.

Volunteering for building a home isn't a long-term commitment. The local Habitat builds one house per year and uses all different construction-related talents. A plumber or an electrician may only be needed two days out of the year. Framers, roofers and carpenters may again only be needed a few days each year.

The current project is in progress at Chantilly Place off South Fourth Street in Murray.

The more volunteers on site, 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 welcome. Please involve yourself, your church or civic organization. We also need people to build without hammers in the areas of nurturing, fundraising, leadership, office work, public relations 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 reunion," Murray-based 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 three 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 across the state.

Teachers, school employees and state employees have threatened a one-day strike in protest of Gov. Ernie 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 said.

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."

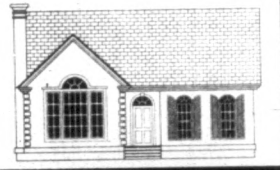
Currently, KEA officials are polling public school employees from across the state to determine the atmosphere for a possible strike or job action, Steenbergen said.

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# New report card flunks American colleges in affordability

## 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: affordability.

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 states.

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 institutions.

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 college-age 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 percent.

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

the bargain.

"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 policy analysis at the American Association of State Colleges and Universities, said such claims are overstated.

"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 advanced-practice 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-minus.

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 back.

"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 scandals.

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

"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 calendar year.

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

automatic raise was Rep. Jim Matheson, D-Utah.

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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 year.

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

### Racer 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, 4-5	OVC Tournament

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

"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

## Rocket red glaring against St. Louis

ST. LOUIS (AP) — Roger Clemens shut down the St. Louis Cardinals' potent offense, 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

back of the Cubs, who beat Pittsburgh 3-2 in 12 innings, for the wild card.

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

"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 teammate Roy Oswalt and the Marlins' Carl Pavano for the NL victory lead and is tied for the

■ See **CARDS** Page 13A

## Two UK football players plead no contest

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

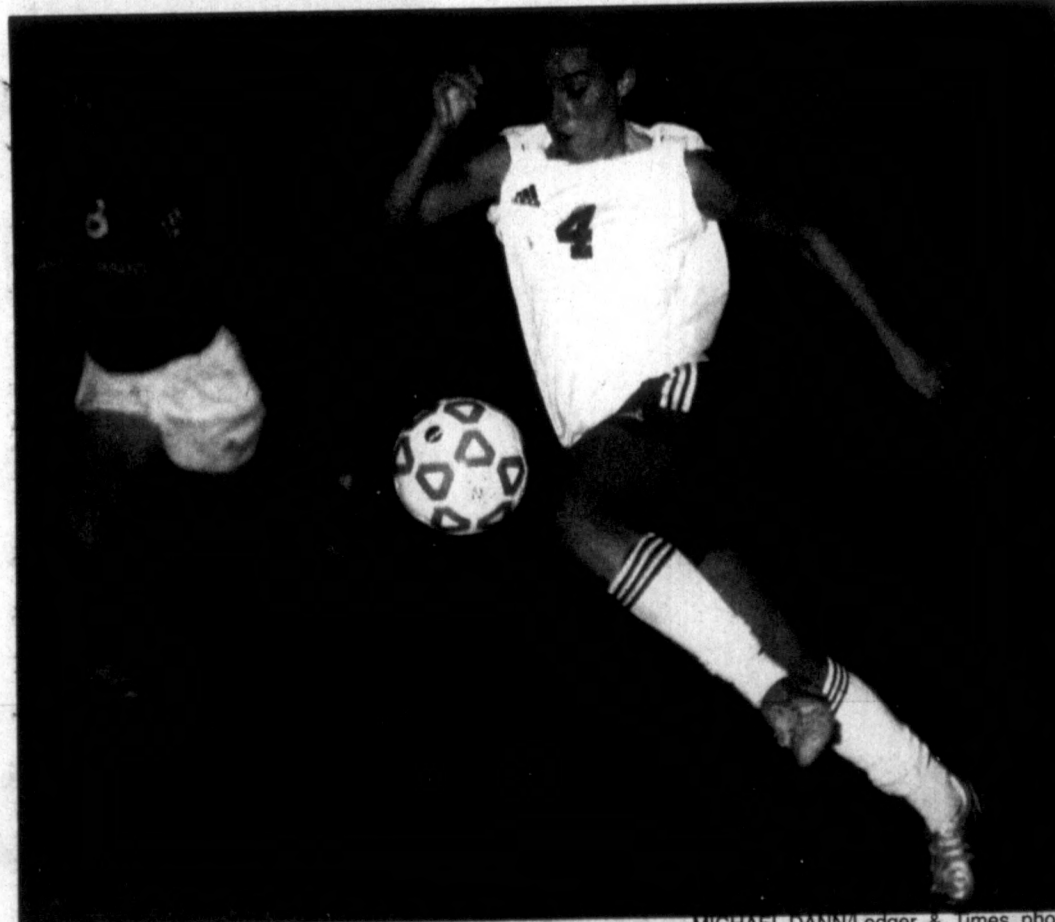
Offensive linemen Casey Shumate and Eric Klope both were cited for two counts of indecent exposure on June 11.

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

# '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 give-and-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.

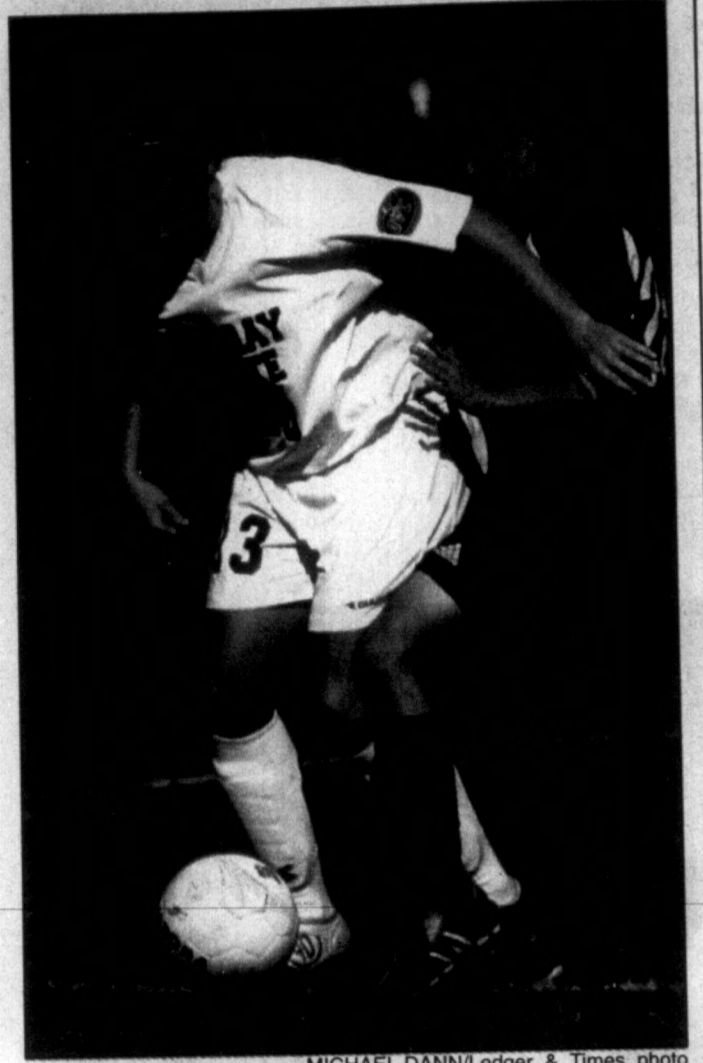
Reedy scored her third goal of the day in the 63rd minute, as Jen Nowak booted Struve's corner kick toward the goal and Reedy put it in, closing the gap to 4-3.

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 score.

"Our last three games have been like this," said MSU head coach Michael Minielli. "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 Louisville's Jen Avila for the ball Tuesday at Cutchin Field. Reedy had a hat-trick, including her 26th career goal, a new MSU career scoring record.

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.

## IU's next task is turning tables on Wildcats

INDIANAPOLIS (AP) — Gerry DiNardo spent two seasons at Indiana laying the groundwork to win.

Two weeks into his third season, he 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 LovVecchio, 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 way," he said. "If things go well, you don't really get a chance to enjoy them that much. On the other hand, if things don't go well, you don't get a chance to put 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 game.

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 it on."

## Calloway, Graves County conclude with goose eggs on scoreboard

### 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.

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.

Coach Mike Smith has been pleased with his squad's improvement since the Lady 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

clear the ball off the line — 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 County.

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.



Smith

MICHAEL DANN/Ledger & Times photo





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HOROSCOPES by Jacqueline Bigar

HAPPY BIRTHDAY for Thursday, Sept. 16, 2004: Your ability to make money comes forth this year, to the extent that you might even surprise yourself!

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 position. You could be surprised by what you realize.

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.

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.

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.

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.

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.

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.

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.

SAGITTARIUS (Nov. 22-Dec. 21) 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.

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.

AQUARIUS (Jan. 20-Feb. 18) Fatigue marks your actions, even if you are unusually enthusiastic. Use your full mental capacity if possible.

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.

TV Listings published daily

THURSDAY MORNING SEP. 16, 2004. Table with columns for time slots (6:00, 6:30, 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30) and rows for various channels (WKR-ABC, WSL-ABC, WSMV-NBC, etc.) listing programs.

THURSDAY AFTERNOON SEP. 16, 2004

Table with columns for time slots (12:00, 12:30, 1:00, 1:30, 2:00, 2:30, 3:00, 3:30, 4:00, 4:30, 5:00, 5:30, 6:00, 6:30) and rows for various channels listing programs.

THURSDAY EVENING SEP. 16, 2004

Table with columns for time slots (7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00, 12:30) and rows for various channels listing programs.



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 to follow.

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

"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.

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 theories.

So "Question" unwittingly indicates that faith remains on the defensive among cultural elitists, notwithstanding pop-level 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 church-going 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?"

**Looking Back**

**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 McDougall, 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 1840 Supply Squadron, Richards-Gebaur Air Force Base, Kansas City, Mo.

New officers of the Murray Education Association are

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 were 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, Ill., Oct. 10-13. She has been home agent in Calloway County since 1940.

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.

**Contract Bridge**

*Sylvia Strikes Again*

South dealer  
Neither side vulnerable

NORTH			
♠	9 4	♥	Q 10 7 6 2
♦	A 8 2	♣	A 1 3
WEST			
♠	10 5	♥	K Q 7 6 3
♦	7 4	♣	K 9 3
♠	Q 10 9 7 3	♥	6
♦	8 6 5	♣	Q 10 9 2
EAST			
♠	A 8 2	♥	K Q 7 6 3
♦	A 8 5	♣	K 9 3
♠	K J 5 4	♥	6
♦	K 7 4	♣	Q 10 9 2

The bidding:  
South West North East  
1♦ Pass 1♥ 1♦  
1NT Pass 3NT 1♦

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 hope Sylvia had the jack.

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 would somehow deceive declarer.  
The effect of the falsecard was that South could no longer establish dummy's hearts without eventually losing the lead to East, and he finished down two.  
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 South from making three notrump.

Tomorrow: Perilous but plausible.  
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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
- 32 Just a taste
- 33 Novelist - Seton
- 34 Affection, briefly
- 35 Computer key
- 36 More agreeable
- 37 Mischief-maker

**DOWN**

- 1 Words of surprise site
- 2 Caesar's farewell
- 3 Moby Dick's foe
- 4 Worker pined away
- 5 Change colors
- 6 Shelley offering
- 7 Adversity
- 8 Road rally
- 9 Nymph who pined away
- 10 By and by
- 11 Hard benches
- 19 Edmonton Oilers org.
- 20 Chi follower
- 22 Goes yachting
- 23 Ballpark figure
- 24 Still
- 25 Mouse catcher
- 26 Winter mo. abbr.
- 28 Letterhead abbr.
- 29 Parting word
- 30 Impair
- 32 Vast expanse
- 33 Flu or cold
- 35 And
- 36 No. to a laird
- 38 Manual skill
- 39 Pitchers
- 40 Coup d'-
- 41 Brit's farewell (hyph.)
- 42 Not we
- 44 "Et tu" time
- 45 Mowing the lawn, for instance
- 47 Cleveland hoopster
- 48 Wrath
- 50 Map abbr.

**Mom's accusations keep girl in the dark about sex**

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



**Dear Abby**

**By Abigail Van Buren**

I can't ask my mom because every time I bring up the subject, she accuses me of having sex.  
Abby, I am not having sex -- I am just curious. Is it wrong to be curious? Please help me.

**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.familiesare talking.org, helps families talk about sexuality-related issues and provides information and resources for young people, parents and caregivers.

**Today in History**

**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 sunset.

**Today's Highlight in 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.

**Caffeine should not affect cholesterol levels**

**DEAR DR. GOTT:** I've received information that drinking decaffeinated coffee is more apt to increase blood cholesterol



**Dr. Gott**

**By Dr. Peter Gott**

than is regular coffee. At age 80, with a mild heart condition, why am I drinking decaf?  
**DEAR READER:** Beats me. First, reports condemned decaffeinated 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.

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

To give you related information, I am sending you a copy of my Health Report "Understanding Cholesterol." Other readers who would like a copy should send a long, self-addressed, 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 I 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 here.

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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