

11-29-2006

## Murray Ledger and Times, November 29, 2006

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**MURRAY**  
**LEDGER & TIMES**

Vol. 182, No. 277      www.murrayledger.com      Wednesday, November 29, 2006      Murray, KY 42071      75¢

# Mediation is underway in Dennison case

By KRISTIN TAYLOR  
 Staff Writer

Resolving the legal dispute between former Murray State athletics director E.W. Dennison and ex-President Dr. King Alexander will be on the table during mediation today in Owensboro.

Whether the case will settle or go to trial in January will be determined today when the two sides meet. Mediation before federal magistrate judge Robert Goebel was ordered as part of the legal proceedings in U.S. District Court.

Attorneys for both sides filed sealed documents stating their case and possible settlement terms.

Goebel himself has a Murray State connection as he graduated in 1965 from the university.

U.S. District Judge Thomas B. Russell dismissed on Nov. 3 the breach of contract lawsuit

that Dennison filed against the university, specifically naming the regents and Alexander. But Dennison's defamation claims against Alexander personally remain in court.

The defamation dispute will go to trial in U.S. District Court on Jan. 8 if not resolved in mediation.

A week of so after Russell's ruling, Dennison's attorneys filed a motion asking the judge to reconsider his ruling. Russell has not ruled on whether he'll reinstate the breach of contract claim.

In the motion, Dennison argues he was under contract to be the athletics director.

In the 38-page ruling Russell said university policies allowed Dennison to be transferred to another job as long as his salary

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Dennison



Alexander



**DECORATING A BIG TREE:** Murray State University workers spent Tuesday decorating the giant Christmas tree that will be placed in the MSU Curris Center. Pictured above, Eddie Turner and Clemons Welch test the numerous lights that are being strung on the tree, as an unidentified man watches the proceedings.

GREG TRAVIS/Ledger & Times



GREG TRAVIS/Ledger & Times

Danielle Joiner, 16, a junior at Livingston County High School, places the name of an individual who died from a tobacco-related illness in a coffin with other names. The shoes in the coffin represent the number of Kentuckians who die each week from tobacco-related causes.

## Region's youth gather to create awareness of tobacco dangers

Staff Report

Approximately 100 youth tobacco activists from schools throughout the region gathered Monday at Murray State University's Curris Center to create awareness of tobacco's fatal impact. The youth project concluded a day-long HOT (Help Overcome Tobacco) Youth Conference.

The project featured 154 pairs of shoes, representing the number of Kentuckians who die each week from tobacco-related illnesses due to tobacco use and exposure to secondhand smoke.

According to information from Megan Cody of the Purchase District Health Department, the tobacco industry spends some \$549.7 million promoting tobacco in Kentucky every year. The youth activists will not only demonstrate the impact of tobacco but will be stating that they do not want to be a target for tobacco use.

The youth want to make it clear that they will not be the ones to fill the shoes of those lost to tobacco-related illnesses, she said in a press release.

As a part of the conference, the youth gathered to use their collective voice to make an impact. Throughout the conference, the attendees had the opportunity to participate in workshops, breakout groups and activism events. The regional students are among hundreds of conference participants working on tobacco issues throughout Kentucky, she said.

In addition to students from the region, the conference also included representatives from the Purchase District Health Department, Kentucky Cancer Program, Marshall County Health Department, Pennyrite District Health

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## Officials weigh suggestions to streamline 911 system

By TOM BERRY  
 Staff Writer

Murray-Calloway County emergency management officials have taken the first step of a possible difficult process of consolidating city and county 911 emergency operations centers in an effort to maximize efficiency in the event of a natural or man-made crisis.

During a meeting with Calloway County Sheriff Larry Roberts, DES Rescue Squad Chief Ronnie Burkeen, Rick Harris, supervisor of Murray Police telecommunications; Murray Fire Chief Michael Skinner, 911 Coordinator Ed Pavlick and other emergency services officials at Murray State University's Industry and Technology Building Tuesday afternoon, Emergency Management Director Jeff Steen pointed out the need to place operators from both stations in the same room and route all 911 emergency calls originating in Calloway County to one location.

“Let me just say that we have an eclectic 911 system and it needs to be streamlined.”

— Jeff Steen

Murray-Calloway County  
 Emergency Management Director

Currently all 911 calls originating within Murray's city limits from land-line phones goes directly to the Murray Police Department EOC; however all calls from county residents — as well as any cell phone calls from any point in the county — goes to the Kentucky State Police. The calls are then transferred by KSP dispatch to the Calloway County Sheriff's Department. If the calls are of a medical nature, they are then transferred from local law enforcement to Murray-Calloway County Hospital emergency medical services.

Citing suggestions from the federal and state offices of Homeland Security, Steen pointed out the need to consolidate and organize emergency communications to one point and localize the services as much as possible.

“Let me just say that we have an eclectic 911 system and it needs to be streamlined,” Steen said.

If the proposal is approved by Murray City Council and Calloway County Fiscal Court, as well as state and federal agencies involved, Calloway County 911 dispatch will be moved to the Murray Police Department facility on Poplar Street, according to Sheriff-elect Bill Marcum, who will play a leading role in the consolidation effort.

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## Stumbo may send evidence to feds

By The Associated Press

State prosecutors might give federal authorities evidence collected by a special grand jury that investigated the hiring practices of Gov. Ernie Fletcher's administration, Attorney General Greg Stumbo's office said.

Deputy Attorney General Pierce Whites said prosecutors are examining evidence files “with an eye toward a possible federal referral.” Whites said a decision on whether to involve the U.S. Department of Justice

would likely be made in 90 days.

Jodi Whitaker, Fletcher's spokeswoman, did not have a comment on the matter.

The attorney general's office began investigating allegations in May 2005 that Fletcher's administration illegally rewarded political supporters with state jobs after he took office. Fletcher, who maintained the investigation was politically motivated, gave a blanket pardon in August 2005 to anyone except himself who could be charged in the probe.

A Franklin County special grand jury indicted Fletcher on misdemeanor charges that were eventually dropped in a deal with prosecutors.

The grand jury's report was released earlier this month, and found that Fletcher had approved a “widespread and coordinated plan” to skirt state hiring laws.

Stumbo said in August 2005, following the pardons, that his office would turn over evidence of federal law violations to the FBI.

<b>INDEX</b>	<b>3-DAY FORECAST</b>		
THREE SECTIONS 16 PAGES	<b>Tonight</b>	<b>Thursday</b>	<b>Friday</b>
1B Classifieds			
6A Community	50% Chance	Storms & Sleet	Partly Cloudy
4C Health		60s	30s
3C Learning		20s	20s
5A Obituaries			
1C Sports			

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# Murray State releases names of 2006 December graduates

## MSU News Bureau

Murray State University will honor its most recent graduates on Saturday, Dec. 16, at 10 a.m., inside the Regional Special Events Center. The event marks the university's ninth annual December Commencement. August 2006 graduates and December 2006 graduation candidates will be recognized at the official mid-year ceremony.

Complete and updated commencement information can be viewed online at [www.murraystate.edu](http://www.murraystate.edu). Persons seeking additional information should email questions to [graduation@murraystate.edu](mailto:graduation@murraystate.edu). Guests who may require special accommodations should contact the Office of Equal Opportunity at 809-3155, or the Regional Special Events Center at 809-5577 or TDD — 809-3361 — for more information.

Parking will be available in the Stewart Stadium parking lot, located off of Hwy. 641 and east of the Regional Special Events Center.

Shuttle buses will be available to transport guests from the parking lot to the front doors of the RSEC beginning at 8 a.m.

According to information from the registrar's office, a total of 809 students have applied for degrees at the end of the fall 2006 semester.

The following individuals from Calloway County are among the December graduation applicants:

Brenda Alexander, Master of Science; Daniel Arnett, Bachelor of Science; Tonya Austin, Bachelor of Science in Nursing; Matthew Barnes, Bachelor of Science in Business; Frances Bowling, Bachelor of Science; Donald Bridgeman Jr., Master of Arts; William Burnett Jr., Bachelor of Science in Nursing; Mark Chamberlain, Bachelor of Science in Business; Eric Chavis, Bachelor of Science; Marianna Chrysioliou, Master of Arts in Education; Sean Clemson, Bachelor of Science; Scott Cockrum, Master of Arts; Brent Cole, Bachelor of Science; Melissa Cooper, Associate of Arts; Tiffany Cooper, Bachelor of Science in Agriculture; Gary Crass, Bachelor of Science; Misty Darnell, Master of Business Administration; Jennifer Davenport, Bachelor of Arts;

Robert Davis, Bachelor of Science; Kelly Dunnagan, Bachelor of Arts; Melissa Engleman, Master of Arts in Education; Alicia Erwin, Bachelor of Science in Nursing; Ryan Fox, Master of Science; Amberly Futrell, Bachelor of Science in Business; Ashley Futrell, Bachelor of Science; Joseph Gagel, Bachelor of Science in Business; James Garrison, Bachelor of Science; Lillian Gierhart, Master of Science in Nursing; Jennifer Gilbert, Bachelor of Science; Mary Gossum, Bachelor of Science; Troy Greene, Bachelor of Science; James Hall, Master of Science; Martez Hammonds, Master of Science; Megan Haverstock, Bachelor of Science; Jeffery Hayes, Bachelor of Science in Business; Aymee Herndon, Master of Arts in Education; Elizabeth Hodge, Bachelor of Arts; Vivian Hudspeth, Master of Science; Ashley Hulse, Bachelor of Science; Ashley Iglesias, Bachelor of Science; Jon Iglesias, Bachelor of Science; Craig Jacobs, Master of Business Administration; Barbie Jenkins, Bachelor of Science in Nursing; Michael Jones, Master of Science; Pamela Jones, Bachelor of Independent Studies; Vickie Jost, Master of Science; Shih Lin Kao, Master of Arts in Education; Joetta Kelly, Master of Arts in Education; Rebekah Kent, Master of Business

Administration; Samantha Kessler, Bachelor of Independent Studies; Britney Killough, Bachelor of Science; Kylee Kingsley, Bachelor of Social Work; Cheryl Langford, Bachelor of Science in Business; Daniel Lavit, Specialist in Education; Stacey Lee, Bachelor of Arts; Jaime Loftus, Bachelor of Science; Heather Macha, Bachelor of Science in Business; David Mangum, Master of Arts; Gary Mathis, Bachelor of Science in Agriculture; Manuel Matos, Master of Science; Alisha McClure, Master of Arts in Education; Venishia McGregor, Bachelor of Independent Studies; Shelley McKeel, Master of Business Administration; Christine McKnight, Bachelor of Independent Studies; Chadwick McLaren, Bachelor of Music; Rebecca McLaren, Bachelor of Science in Business; Leslie McManus, Master of Music Education; Gladys Metcalf, Bachelor of Social Work; Betty Mollaun, Master of Science; Christina Morgan, Bachelor of Social Work; Keith Morgan, Master of Science; Timothy Morningstar, Bachelor of Science; Janessa Morton, Bachelor of Science; Nancy Nerney, Master of Science; Brent Norsworthy, Bachelor of Science; Stephen O'Neal, Master of Music Education; Michael Ohstrom, Master of Arts in Education; Tyler Owen, Bachelor of Science in

Agriculture; Christopher Pafford, Bachelor of Science; Misty Paul, Bachelor of Arts; Megan Raspberry, Bachelor of Science; Ashley Reid, Bachelor of Science; Lisa Ripley, Master of Arts; Jennifer Rister, Bachelor of Science in Agriculture; Phillip Rogers, Associate of Science; Sheila Rogers, Bachelor of Independent Studies; Jonella Ross, Bachelor of Science; Tressa Ross, Master of Science; Wyndell Sanders, Master of Business Administration; Steven Saunders, Bachelor of Science; Regina Slaughter, Bachelor of Independent Studies; Eugene Smith, Master of Science; Stephanie Spann, Bachelor of Science in Agriculture; Heather Sullivan, Bachelor of Social Work; Chelsea Thompson, Bachelor of Arts; David Timmons, Bachelor of Science; Eury Tynes, Bachelor of Science in Business; Justin Wallace, Bachelor of Science; Nissa Wallace, Bachelor of Science; Ben Watkins, Bachelor of Science in Agriculture; Yuliya West, Bachelor of Arts; Carley Williams, Bachelor of Science in Business; Hugh Williams, Master of Arts; Lauren Wilson, Master of Science; William Wilson, Bachelor of Science; Samantha Wood, Master of Public Administration.



TOM BERRY/Ledger & Times

**WITH HIS NOSE SO BRIGHT:** Rudolph the Red-Nosed Reindeer and his fellows take off for an around-the-world trip from Santa's workshop as part of a Christmas light display at the home of John and Barbara Paschall of Hazel. "You have to see it live to appreciate it," Paschall says of his 45,000 light display that is computerized to dance to the tune of 11 classic Christmas songs.

## Mediation ...

### From Front

remained the same.

Dennison filed the lawsuit in February 2005 — five months after Alexander transferred him from the AD post to a newly created fund-raising job.

## Tobacco ...

### From Front

Department and Four Rivers Behavioral Health Department.

Cody said that tobacco use is the leading preventable cause of death in the United States.

Danielle Joiner, 16, a junior from Livingston County High School, said students spent the day learning about tobacco use and its effects on everyone, including secondhand smoke.

"We looked at information regarding the number of people who experience tobacco-related illnesses," she said. "We want to glean information for the conference that we can take back to our schools and use to help others."

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## 911 ...

### From Front

However a major hurdle to consolidating the services is a 15-year-old, five-county agreement signed by Calloway County Fiscal Court in the early 1990s to route all county 911 services through the Kentucky State Police as part of an effort to cut costs. There is a possibility that KSP would not want to lose revenue from the current agreement and the two EOC operations would remain administratively separated.

Pavlick said the agreement would likely prohibit organizing emergency dispatch operations under one administration. But despite the possible roadblock, Pavlick said the agreement would likely have no effect on locating both dispatch centers in the same building.

"We have got to realize that the key word there is 'dispatch,' not '911,' because a majority of calls will not be 911," he said pointing out a problem in the misuse of 911 services by the public that is one of the major reasons for the consolidation proposal.

Harris said getting both centers located in the same place at the same time would still be a significant step forward. "If we get the dispatchers in the same room, at least the right hand will know what the left hand is doing."

One problem currently faced by both 911 emergency operations centers is the volume of calls that are not emergencies. According to Harris and Roberts, calls to both dispatch offices more often are residents seeking weather reports before and during a storm, reporting situations and crimes that are not of an emergency nature, and other types that often interfere with emergency dispatch operations.

Some members of the committee suggested a public 911 emergency education program that, hopefully, would help alleviate the problem.

"We have five phones in there and it's not unusual for all

five of them to be ringing at the same time," Roberts said. "People are just not aware of the volume of calls that come into the sheriff's office (emergency dispatch) that are not emergencies."

Harris agreed. "Lord help you when a storm comes up," he said.

Steen will soon write letters to both Calloway County Fiscal Court and Murray City Council detailing the need for consolidation and seeking support from both entities in the effort as well as notifying the Kentucky State Police and other emergency operations services involved.

In other business, Steen said the county failed to receive a grant that would have paid for the installation of a Reverse 911 telecommunications system. Reverse 911 is a computer-guided telephone calling system that would alert city or county residents living in a specific area threatened by a tornado or other crisis automatically.

Residents living only in the affected area would receive a phone call warning them of the danger and encouraging them to seek shelter or take other action immediately.

Steen said an initial application for the funding was denied, but that he will try again.

"If the opportunity presents itself we will reapply for it," he said.

Steen also noted that all Murray-Calloway County emergency services agencies have completed required federal training that will allow the county to apply for federal money that can be used for upgrades to law enforcement, fire and rescue emergency, medical relief and emergency medical services.

"Our agencies have complied with emergency management systems training requirements," he said. "That involves training all emergency responders in the county to cooperate with all emergency protocols. So to qualify for funds, all of our guys need this training and we have finished both courses this year, the 100 and 200 courses."

## PoliceLog

**Murray State University Police Department**  
• A MSU parking decal was reported stolen at 11:48 a.m. Monday. A report was taken for theft by unlawful taking less than \$300.

— Information is obtained from reports, logs and citations from various agencies.

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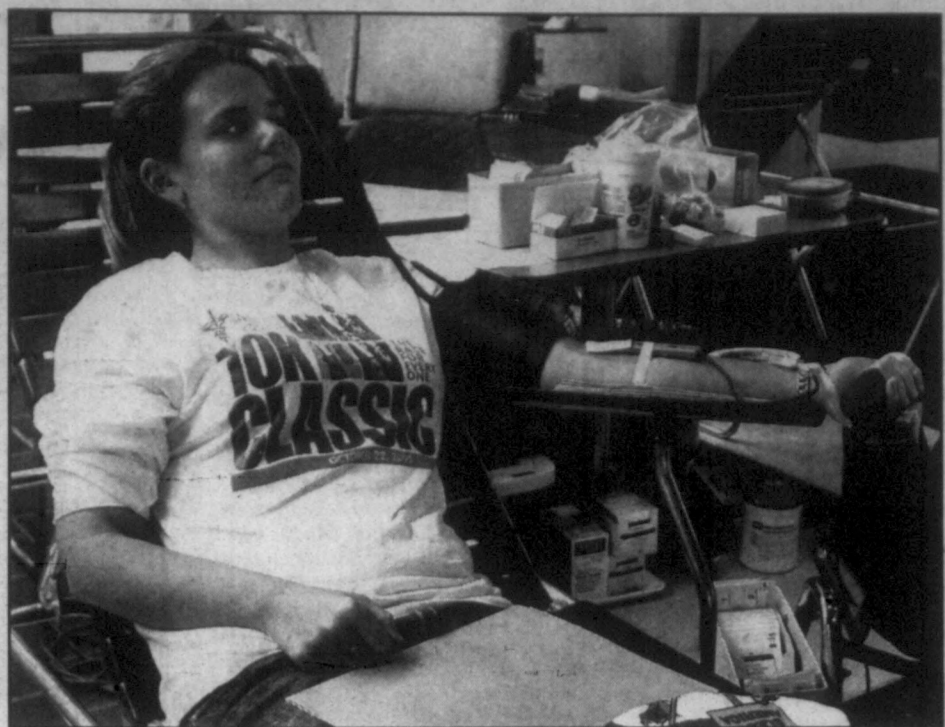
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GREG TRAVIS/Ledger & Times

**THE GIFT OF LIFE:** Christi Drane, a Murray State University freshman, accounting major from Hardinsburg, participates in an American Red Cross Blood Drive Tuesday at the MSU Curris Center. According to Carolyn Ewing, charge nurse at the site, the Red Cross had a goal of 80 productive units per day for the two-day drive, which continues today on the second floor of the center.

## MSU Red Cross Club selling pins for measles initiative project Thursday, Friday

Special to the Ledger

The Red Cross Club at Murray State University will be set up at Wal-Mart on Thursday and Friday selling Measles Initiative pins. The pins will also be available at Dicken's Square on Friday from 5 to 8 p.m.

The pins, designed specifically for the national Measles Initiative, are white ribbons with red dots and a red cross. The cost of the pins is a minimum \$1 donation and all money raised will be sent to the Measles Initiative project.

The Measles Initiative is a program that was set-up in 2001 by organizations such as the American Red Cross, the Centers for Disease Control and the World Health Organization. The goal of the initiative is to

reduce the number of global measles deaths by 90 percent by the year 2010. As of 2004, the global measles deaths had dropped by 48 percent. More than 213 million children, mostly in third world countries, have been vaccinated. The Measles Initiative has been called one of the most successful public health campaigns in recent years.

Measles is one of the most contagious diseases known. It is spread through the air and it attacks skin surfaces such as eyes, nose and lungs. Measles also attacks the immune system, which causes children to die from complications due to measles such as diarrhea, pneumonia and blindness. Many children who do not die from measles are left with disabilities

such as blindness and brain damage for the rest of their lives.

Around 15 volunteers from the Red Cross Club helped with this project. Some of the volunteers worked at the booth collecting donations and handing out information sheets. Others made baked goods to sell at the booth.

The goal of the Red Cross Club is to sell 100 pins at \$1. This will allow 100 children to be inoculated.

Please call Red Cross Club President Krystal Zsido at 618-218-5081 for more information or e-mail the club at redcross.club@murraystate.edu. You can also call Red Cross intern John Green at 970-0584 or e-mail him at john.green@murraystate.edu.

## First Baptist choir to perform songs of season Sunday

By TOM BERRY  
Staff Writer

First Baptist Church of Murray invites the community to join them for "The Murray Christmas Festival 2006."

Mike Crook, associate pastor for music and worship, said the 65-member Christmas Choir is scheduled to perform two presentations at 5 p.m. and at 7 p.m. on Sunday.

"Everyone involved in our music ministry is really looking forward to sharing the joy of the Christmas season once again this year. Our hope is that our message in song will lead the audience to focus on the real reason for the season — our eternal hope and salvation, Jesus Christ," Crook said.

The choir also features handbells and orchestra as well as the children's choirs that will combine to present a seasonal mix of choral selections, solos, and orchestral numbers. Tickets to the concert are free and available at First Baptist Church, 203 S. Fourth St. Reserve tickets can be obtained by calling the

church office at 753-1854.

Distribution of "The Glory of Christmas," the choir's second professionally produced 10-song CD project, is set to begin this week at the church just in time for the holidays. The disc was produced by Word Music, the country's leading Christian music label, and Christian Copyright Alliance of Franklin, Tenn., and is billed as a seasonal musical compilation of rock, folk, ballad and traditional Christmas music.

The songs were recorded in FBC's sanctuary over two four-hour nights in mid-October following almost four months of planning.

"This promises to be the featured event of the Christmas season and will feature songs from the newly recorded First Baptist Sanctuary Choir CD "The Glory of Christmas," Crook said in a news release.

The disc is available for a suggested donation of \$12 each; \$10 each for multiple orders. The project was made possible by a generous monetary gift from a church family. Proceeds from the sale of the CDs will go toward future music ministry endeavors.

"We are just thrilled with the results of the project," Crook said. "As we found with our initial CD recording entitled 'Come and Worship,' we never know how a group this large is going to sound when the microphones and music are finally turned on for the recording process. Our producer/engineer, Marc Lacuesta, simply did a magnificent job in motivating our choir and mixing the final tracks."

Crook said that the enjoyment and pride that comes with recording the songs is only a small part of what the FBC

Music Ministry hopes to accomplish with this effort.

"Everyone involved with making this Christmas CD a reality hopes that the songs we recorded will touch the lives of many people, both in and outside of our community for years to come," he said. "I've seen it before through other choir recording projects and major presentations I've been involved with. These songs will be heard by countless people we will never ever know and the messages in the songs will minister in ways we'll never hear about. That's the real blessing for everyone involved and everyone it will touch."

For more information about the CD or about First Baptist Church of Murray, contact Crook at the church office telephone or e-mail him at mike.crook@fbcmurray.org.

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## Idol finalist to replace Jewell in GAC concert

Staff Report

American Idol finalist Bucky Covington has been added to the GAC Country Music Christmas Tour. Covington will take the place of Nashville Star winner Buddy Jewell.

Jewell was forced to cancel his participation in the tour, due to a fall from a ladder which will require Jewell to undergo surgery.

"I'm thrilled to be performing with such great country artists, but the best part about the tour is being able to perform in the different cities and seeing all of the excited fans," stated Covington.

Covington will join Deana Carter, Julie Roberts, Blue County and Steve Azar when they sing Christmas classics and their well-known hits Sunday at Lovett Auditorium.

American Idol Season 5 finalist Covington started signing at 18 and has been part of bands, both country and rock, with his twin brother, Rocky.

## Town Crier

NOTICE

■ A special-called meeting of Calloway County Fiscal Court has been scheduled for 3 today in the conference room at the Calloway County Courthouse. On the agenda for the meeting is considerations of county employee health insurance proposals.

■ There will be an informational meeting for parents of the Calloway County School District on Wednesday at 5 p.m. in the board office meeting room. All parents are invited to review the Title 1 Parent Involvement Policy.

■ The Housing Authority of Murray has developed an agency plan in compliance with the Quality Housing and Work Responsibility Act of 1998 and is available for review at 716 Nash Dr., through Jan. 16 from 7:30 a.m.-4 p.m. Monday through Friday. A public hearing is planned for Jan. 16 at noon at the Authority's office.

■ To report a Town Crier item, call 753-1916.

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PUBLISHED WEEKLY @  
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# FORUM

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## 'Duncan stumbles, Belmont wins'

We are entering into the last few weeks of the Fall semester at Murray State University. It seems that after the Thanksgiving break, the semester is all but over. Yet, this is the make or break period for some students.

Just before Thanksgiving, I graded and handed back examinations. Many students did very well; they nailed the multiple choice and "short answer" questions, and they produced well-organized and well-written essays on the writing portion of the examination. Other students did not fare so well. They stumbled over the objective questions, and neglecting to prepare properly, some fell flat on their face on the essay. What do you do when you stumble and fall? How can a student respond to failure? How can a teacher or anyone else respond to failure?



**Home and Away**  
By James Duane Bolin  
Ledger & Times  
Columnist

When I was an undergraduate student at Belmont University, I attended almost all the home baseball games. Every year little Belmont played Vanderbilt, an SEC power. Now I am relying on my memory here, but I think it was my senior year when Belmont played Vandy on our home field, at that time tucked in a corner of our campus. The mighty Commodores included on their team roster Rick Duncan, an All-American right fielder.

Somehow, Belmont had managed to keep the game close and into the last inning trailed only 2-1. In the bottom of the ninth, Belmont managed to get two base runners on, but with two outs it seemed that an upset was a longshot. That's when a Belmont batter sent a pop fly to right field toward the usually reliable Rick Duncan. On that day, however, Duncan stepped into a hole in our less-than-manicured outfield, and what had appeared to be a harmless pop-up rolled to the fence. Two runs scored and Belmont won, 3-2, in the bottom of the ninth. On the sports page of the next day's Nashville *Tennessean*, the headline read, "Duncan Stumbles, Belmont Wins."

From time to time, a few friends and I would make our way to the Vanderbilt campus to attend Fellowship of Christian Athletes meetings. When we drove the few blocks to Vanderbilt the next evening, we walked across campus and entered a meeting room to find at the head of a table the president of Vandy's FCA chapter, Rick Duncan. We walked into the room and I remember that I had thrown on a Belmont sweatshirt. Our presence didn't seem to faze Duncan, however. He simply welcomed everyone, uttered a short prayer, and opened a Bible to begin the session.

I don't think I will forget the text he chose for the Bible study that evening. He turned to *Isaiah*, the 40th chapter, verse 21, and began to read in a quiet, firm voice:

"Do you not know?

Have you not heard?

The Lord is the everlasting God,  
the Creator of the ends of the earth.

He will not grow tired or weary,  
and his understanding no one can fathom.

He gives strength to the weary,  
and increases the power of the weak.

(Here Rick Duncan paused dramatically)  
Even youths grow tired and weary,  
and young men stumble and fall;

But those who hope in the Lord  
will renew their strength.

They will soar on wings like eagles;  
they will run and not grow weary,  
they will walk and not be faint."

I don't know what happened to Rick Duncan, although it seems I remember that he was drafted by the Minnesota Twins. I do know that Duncan made quite an impression on me that evening. And his grace, even at a time when he had stumbled and fallen, continues to give me inspiration and hope.



## Some Things Never Change

The French journalist and novelist Alphonse Karr is credited with saying, "The more things change, the more they remain the same." Though Karr



**Cal's Thoughts**  
By Cal Thomas  
Syndicated  
Columnist

lived in the 19th century, his insight could well apply to the United States Congress in the 20th and 21st centuries, especially when it comes to spending, the last truly bipartisan and unchanging indulgence of both parties.

Following the election that will put them in the majority come January, Democratic leaders announced that they had taken the pledge. Things would be different, they said. Democrats would be far more ethical than Republicans. In his response to President Bush's radio address last Saturday, soon-to-be House Majority Leader Steny Hoyer of Maryland said, "we will - and we must - change the way things are done in Washington." If that sort of talk sounds familiar, it should. It is what Republicans said prior to, and after, the 1994 election.

It all sounds so noble, even righteous, but the results are the same: Members of Congress don't change Washington; Washington changes them.

Even before the Democrats become the majority party in Congress, there are signs that little of importance will change. New York Times reporter David Kirkpatrick recently wrote a front-page

story in which he quotes Sen. Daniel Inouye (D-HI) on "earmark reform." Inouye said, "I don't see any monumental changes." Inouye will take the gavel from the current chairman of the defense appropriations subcommittee, Sen. Ted Stevens (R-AK). The two have what Kirkpatrick calls an "unusual bipartisan camaraderie while divvying up projects."

They are not alone. Sen. Patty Murray (D-WA) indicates she, too, will jump on the gravy train because "what is good for the goose is good for the gander." Nice. So much for Democrats' commitment to reform. Apparently, the only "reform" will be to use their majority status to funnel more of our tax dollars to the pet projects of Democrats.

Democratic leaders have promised to require that earmarks bear the name of the member who proposes them. Rep. Jeff Flake (R-AZ), who has been tireless in his, so far, futile attempts to reform the earmark system, told the Times, "Transparency would be enough if we had any shame, if you were embarrassed to get an earmark for the National Wild Turkey Federation." He was referring to a \$234,000 earmark in a recent agricultural spending bill. But, said Flake, "Republicans and Democrats have shown that is no longer any embarrassment."

Tom Schatz, president of the watchdog group, Citizens Against Government Waste, has noted, "There are three parties in Washington: Democrats, Republicans and appropriators." The surest sign of eternal life in Washington is a government program. Recall "the bridge to

nowhere." Congress last year earmarked \$230 million to build a bridge that would connect Gravina Island, Alaska (population 50) to the town of Ketchikan. After a public outcry and a temper tantrum by Sen. Ted Stevens, Congress removed the earmark instructions and allowed Alaska authorities to spend the money as they wish.

A lousy idea, however, does not mean loss of an appropriation. Outgoing Alaska Governor Frank Murkowski (R) is still trying to keep the project alive. According to the Associated Press, "the lame duck governor hopes to award a \$30 million contract for roadwork leading to the proposed bridge by Dec. 1, three days before he leaves office." Incoming Republican Governor-elect Sarah Paulin (R) "supports construction of the bridge" but has neither commented on the current governor's actions nor explained how she plans to cover the cost.

It's difficult to take either party seriously when it repeatedly promises reform, but does little or nothing. In an interview with the Honolulu Advertiser the day following the election, Sen. Inouye said he had "a chat with Senator Stevens before the election. We pledged to each other that no matter what happens, we will continue with our tested system of bipartisanship, and we've been doing this for the past 25 years, and it's worked."

It's worked for them, perhaps, but it hasn't worked for those who pay for the pork. Nothing changes and nothing will change unless there are more and frequent outcries by outraged taxpayers.

## Why I'm thankful

This is a time for giving thanks, and among the many things for which I am thankful is the fact that I am not George W. Bush.

Think about it -- in the sixth year of his presidency he is besieged on all sides, not only by his foes, but by his friends and supporters as well.

On the one side are those demanding that the president adopt some kind of face-saving solution that will allow him to withdraw from Iraq without admitting the United States has lost yet another war -- the solution once recommended by former Vermont Sen. George Aiken, who advised that we declare victory in Vietnam and get out.

Among those advocating this kind of sleight of hand are members of George Herbert Walker Bush's administration, perhaps even former Secretary of State James Baker. Baker co-chairs the widely touted Iraq Study Group, which has leaked its recommendations for coping with the war by calling for negotiations with Syria and Iran.

On the other side are the hawks who want not only to remain in Iraq, but have advanced the rather peculiar idea that the ultimate aim in

any conflict is to win it. They insist that anything less than total victory over the insurgency would result in unthinkable consequences for the United States, the Middle East and the West.

In the middle are the great masses of American people who told exit pollsters they weren't against the war, only against how it was being conducted.

Then there is the Congress of the United States, fated to fall into the hands of the liberal-controlled Democratic Party whose leadership is deeply enamored of the idea of cutting and running -- a concept they disguise by calling the pullout of the U.S. from Iraq "redeployment."

To complicate matters, however, powerful Democrats such as Hillary Clinton more or less support the idea of remaining in Iraq until the Iraqi forces can handle the insurgency on their own.

The president's dilemma

arises from his conviction that a pullout before Iraq has been enabled to fight their war on the insurgency would lead to a conflagration that would engulf the entire Middle East, disrupt the supply of the oil that keeps our economic engine running, create a national base for the Jihad that would enable the radical Islamic movement (probably armed with nukes to bring the Jihad to our shores), and eventually drive the West out of the entire area.

Yet the pressure on the president to find a solution that will allow us to leave Iraq, even if it's with our tail between our legs, is growing more and more intense.

Added to the dilemma is the president's knowledge that negotiations with Syria and Iraq can have only one result -- withdrawal disguised as recognition that Iraq is a regional problem meant to be solved by regional interests -- in this case, Iran.

The president knows full well that the only negotiating point is surrender to Iran, whose 1979 constitution declares the aim of the Jihad is world conquest by the Islamic revolution which it leads. To Iran, Iraq is the high ground they seek to

take in their war against the West.

Should the president continue to stress his role as Commander in Chief, he will find himself facing an obstructive Congress that will use every device available to them, perhaps even to the extent of withdrawing funding for the military.

Given the facts of the matter, should the president cave in to the peace-at-any-price crowd the deaths of almost 3,000 American fighting men and women -- and the billions of dollars it has cost -- will have been shamefully wasted.

On the other hand, should he stick to his guns, he will find himself the most embattled President since Abraham Lincoln. Lincoln couldn't find generals who could go out and win the War between the States, had to deal with an obstructive Congress and its Committee on the Conduct of the War, and even fought dissent by members of his own cabinet, one of whom referred to Lincoln as "the original ape."

That's why I'm thankful that I'm not George W. Bush.



**Making Sense**  
By Michael Reagan  
Syndicated  
Columnist

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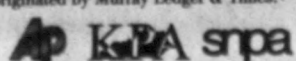
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**Obituaries**

**Billy Joe Young**

Billy Joe Young, Venice, Fla., died Thursday, Nov. 23, 2006, at the home of his sister and brother-in-law, Nancy and Bryan LeSieur, in Cape Coral, Fla. His death followed a short illness.



Young

Born in 1932, in Paducah, Ky., he was the son of the late Rev. J. Frank Young and Ruth Pauline Young. He was raised in both Paducah and Benton.

After a short career in the minor leagues with the Union City Greyhounds in affiliation with the Washington Senators, Young received his master's degree from Murray State University.

He began his 35-year teaching and coaching career at Shawneetown High School in Illinois in 1958. He then moved to Garden City, Mich., in 1961 where he coached both boys basketball and baseball at Garden City High School (East). Basketball teams coached by Young reached the Class A Quarterfinals in 1968 and 1972 and his career record as a basketball coach was 247-154. He was named the Detroit Area Coach of the Year for two consecutive years in 1967 and 1968. An American history buff, he translated his interest into teaching social studies with an emphasis in World War II and Civil War studies. He spent the last 11 years of his life in retirement in Venice.

Survivors, other than his sister and brother-in-law, include his wife, Mrs. Mollye Young, to whom he had been married for 52 years; two sons, Ted Young, Greensboro, N.C., and Billy Joe Young Jr. and wife, Natalie Douglas, New York City, N.Y.; one granddaughter, Casey, Greensboro; several nieces, nephews and cousins. A memorial service will be held later at Farley Funeral Home, Venice. Expressions of sympathy may be made to Metro Basketball Association, 411 N. Military, Dearborn, MI 48124 (www.metrobasketball.org) or Hope Hospice, 9470 HealthPark Circle, Ft. Myers, FL 33908 (www.hopehospice.org).

**Ms. Pauline (Sister) Rowland**

The funeral for Ms. Pauline (Sister) Rowland will be today (Wednesday) at 2 p.m. in the chapel of Bym Funeral Home, Mayfield. Rev. Tony Steele and Rev. Chad Lamb will officiate. Nephews will serve as pallbearers. Burial will follow in the Maplewood Cemetery.

Visitation is now at the funeral home. Ms. Rowland, 89, Mayfield, died Monday, Nov. 27, 2006, at 12:30 a.m. at Heritage Manor Healthcare Center.

A retired employee of Pet Milk Company, she was a former employee of Curlee Clothing Company and Hawkins Furniture. She was a member of Sharon Baptist Church and had served as organist for 53 years.

Preceding her in death were three sisters, Clara Martin, Helen Jarrell and Mary McElrath and three brothers, Paul, Euin and Leon Rowland. She was the daughter of the late D.O. Rowland and Annie Lee Geurin Rowland.

Survivors include one brother, Edward L. Rowland, Mayfield, and several nieces and nephews.

**Kentucky picked as site of new Guard unit responding to national, world crises**

LOUISVILLE, Ky. (AP) — Kentucky is getting the nation's first quick-response air support unit made up entirely of Air National Guardsmen.

Described as an "air base in a box," the unit can carry on its planes all the equipment needed to swiftly set up an air field at the site of a disaster or remote war zone. The new 123rd Contingency Response Group will mirror Air Force quick-deployment units, but the 144-member unit is the first of its kind operated by the Air National Guard, military officials said.

"In many instances the 123rd will be the first to lead emergency response efforts," Gov. Ernie Fletcher said at an announcement of the new unit Tuesday at the Air National Guard's headquarters in Louisville. "In many instances you'll be called upon to make decisions that will save and protect lives."

Kentucky's adjutant general, Maj. Gen. Donald Storm, said the unit could be called on to support the war on terror or domestic crises, like the natural disaster brought on by Hurricane Katrina last year.

"Kentucky will be the first responder within 400 miles of the commonwealth, providing emergency support to the East Coast and Gulf Coast within two hours of the call," Storm said.

The new unit will use existing forces at the Louisville base, and officials said it should be operational by summer, said Col. Mark Kraus, commander of the 123rd Airlift Wing, who will



Gov. Ernie Fletcher announces the formation of the Air National Guard's 123rd Contingency Response Group Tuesday at the Kentucky Air National Guard Base in Louisville, Ky. This is the nation's first quick-response air support unit made up entirely of Air National Guardsmen.

oversee the new unit.

Existing Air Force quick-response units at Travis Air Force Base in California and McGuire Air Force Base in New Jersey will respond in other regions of the country, Kraus said.

The new unit, which will include 22 full-time positions, will be able to land in an area, open a runway, provide security, housing and supplies.

Officials said the military would save \$33 million in recruiting and new construction costs by using existing manpow-

er and facilities at the Louisville headquarters. Kentucky's Air Guard has about 1,200 members, with more than 40 currently deployed overseas.

Storm said members of the new unit would undergo additional training and Kentucky's Air Guard would receive a multimillion-dollar equipment package necessary for the rapid setups.

Storm said that equipment, including vehicles like road graders and bulldozers, would fill all eight of the C-130 cargo planes stationed at the Air Guard

base in Louisville.

"You can imagine all the things you would have to have to be able to put on a C-130, deploy overseas or somewhere here in the continental United States and literally open an airfield," Storm said. "This thing is just huge."

Since the first Gulf War, the Air Force has set up 40 air bases around the world from scratch, said the Air National Guard's deputy director, Maj. Gen. Charles Ickes, who attended Tuesday's announcement.

**Fighting shuts down Baqouba as Iraqi leader meets with Bush**

BAGHDAD, Iraq (AP) — Fierce fighting between coalition forces and insurgents shut down the city of Baqouba, which has been roiled by violence in recent days, killing scores of militants and civilians.

Suspected insurgents attacked the police headquarters in downtown Baqouba, sparking a clash with police that left five of the attackers dead, police said on condition of anonymity, as they regularly do to protect themselves.

Coalition forces backed by U.S. aircraft also killed eight al-Qaida in Iraq insurgents during a raid near the city that also left two Iraqi women dead, the U.S. military said.

The early morning attack was aimed at detaining Iraqis who were running a known cell of insurgents, the U.S. command said. The soldiers called in air support after coming under heavy fire from rifles and



machine guns, the command said.

Prime Minister Nouri al-Maliki arrived today in Jordan, meanwhile, for a meeting with President Bush aimed at halting escalating sectarian violence and paving the way for a reduction of U.S. troops. Some of his key Shiite backers — politicians loyal to the anti-American Shiite cleric Muqtada al-Sadr — said they would carry out their threat to suspend their cooperation with Parliament because of the summit.

The political bloc whose members are known as Sadrist is a mainstay of support for al-Maliki.

"We are sticking to our position. ... The boycott is still valid," Fali Hassan, a Sadrist legislator, said in an interview with The Associated Press. "Bush is a criminal who killed a lot of Iraqis and we do not want him to interfere in Iraq's affairs. The Iraqi government should negotiate with the U.N. Security Council, not with the leader of the country that is occupying Iraq."

In Baqouba, capital of Diyala province about 35 miles north-east of Baghdad, the university, public schools and many stores remained closed, and the city's

streets were mostly empty, except for a few people who dashed out to small fruit or vegetable stalls to stock up on food.

In a city with a crumbling infrastructure, few residents had electricity and most only received limited water supplies. Many Shiites and Sunnis have fled neighborhoods where they live in a minority, seeking refuge with relatives in nearby provinces or, if they have the money, in neighboring Jordan and Syria.

Widespread fighting has raged in the area for several days. On Tuesday, Diyala police said they found 11 bullet-riddled bodies around Baqouba. Gunfire crackled for most of the morning around Baghdad's Green Zone,

the site of U.S. and Iraqi government offices. A roadside bomb exploded Wednesday morning near a police patrol in a commercial center of the capital, killing three civilians and wounding 11 Iraqis, including two policemen and three children, said police Lt. Bilal Ali Majid.

In all, 13 insurgents, six policemen, and six civilians had been killed in fighting across Iraq by mid-afternoon, police and U.S. officials said. The mangled bodies of six civilians who had been kidnapped and tortured also were found, police said. The U.S. military announced the deaths of two more American soldiers.

A U.S. Army soldier died

from wounds suffered in fighting in Anbar province, the large region of desert and isolated towns west of Baghdad, the command said. A roadside bomb the day before killed another Army soldier and wounded another in Salahuddin province.

That raised to at least 2,883 the number of U.S. service members who have died since the Iraq war began in March 2003, according to an Associated Press count.

In other fighting, insurgents killed four policemen and wounded four others in a carefully coordinated attack on a police station in Samarra northwest of Baghdad, using a suicide car bomb and rocket-propelled grenades.

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# COMMUNITY

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## Holiday Open House planned by the Murray Woman's Club Sunday

For many years, the Murray Woman's Club has helped open the holiday season in Murray with a program of festive holiday music presented by members of the community. This year the club will have its annual Holiday Open House and Concert on Sunday at 2 p.m.

The Music Department Chorus from the Murray Woman's Club will perform the following numbers:

"Away In a Manger", arr. by G.J.J.; "O Holy Night", arr. by Camp Kirkland and Tom Fetteke; "Sing a Song of Merry Christmas", ed. and arr. by Walter Ehret; "Celebrate This Day Together", arr. by Patrick M. Liebergen; "Candlelight Carol", by John Rutter; and "Fruitcake", by Philip Hagemann and Penny Leka.

The Chorus is directed by Kathy Mowery and accompanied by Oneida White.

The program will also include musical selections performed by the choirs from Murray High School and Calloway County High School.

MHS Choir, under the direction of Diane Roelandt and accompaniment of Eleanor Mills, will perform the following:

"We Wish You a Merry Christmas", arr. by John Rutter; "While Shepherds Watched Their Sheep", arr. by Hugo



Photo provided

Pictured are members of the Music Chorus of the Music Department of the Murray Woman's Club with Kathy Mowery as director rehearsing for the annual holiday open house on Sunday at 2 p.m. at the club house.

Jungst; "On Christmas Night", arr. by Morten Livaas; and "I'll Be Home for Christmas", arr. by Roger Emerson.

The Combined Choirs from CCHS will be directed by Mark Dycus and will present the following:

"Carol of the Beils", arr. by P. Wilhousky; "I Wonder as I Wander", by Michael Bedford;

"Resonet in Laudibus", by John Leavitt; "The First Noel/Pachelbel's Cannon", arr. by M. Clawson; and "Hope for Resolution", arr. by Caldwell and Ivory

Pre-program music will be by Donnie Hendrix, pianist.

Gale Vinson, vice president of the club, invites the entire community to attend this fes-

tive open House to kickoff the holiday season at 704 Vine St., Murray.

Refreshments will be served following the performances with the Theta Department as chair, assisted by the other nine departments of the club. Decorators for the club house were the Kappa and Alpha Departments.

## Murray Art Guild plans special event on Sunday



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

Murray Art Guild invites the community to the opening of its annual Members Exhibit and reception on Sunday from 2 to 4 p.m. at its new location at 500 N. Fourth St., Murray.

Featured will be 2 and 3 dimensional artwork by Guild members, titled "MAG Minis." Those attending will be given materials to create a "mini" of their own.

The exhibit will remain on display during regular hours of 10 a.m. to 3 p.m. Tuesday, Wednesday and Friday. For more information call 753-4059.

## 'The Nutcracker' on Friday

The Jackson Purchase Dance Company will present "The Nutcracker" on Friday at 7:30 p.m. at the Murray State University Lovett auditorium. Admission is \$8 for adults and \$6 for students under 16. No reservations are needed. Doors will open at 7 p.m.

## Hazel open house scheduled

Christmas open house will be held in the business of the city of Hazel on Saturday and Sunday.

## Poinsettias here Thursday

The poinsettias sold by Calloway County Homemakers will be here Thursday and will be delivered or picked up from 2 p.m. until they are all delivered. The location will be at the First United Methodist Church Family Life Center, Murray.

## Men of Purity Weekend planned

Men of Purity Weekend will be Saturday from 10:30 a.m. to 3:30 p.m. at Hope Harbor Church, Ky. 94 East, Murray. Mike Johnston and Justin Caraballo will be the speakers for the weekend, sponsored by Pure Life Ministries of Dry Ridge. The public is invited. For information call 759-3591.

## Tucker book singing planned

A reception for Dr. Kenneth Tucker, retired MSU professor of English, will be Thursday from 4 to 6 p.m. at the Murray State Faculty Club. He will sign copies of his new book, "Grave and Kentucky Colonel," and the public is invited.

## Share The Hope needs items

Share The Hope is collecting items to take to Wolfe County in the rural mountain area of Eastern Kentucky on Dec. 1. Items need to be boxed and labeled and the most urgent needs are new and good used toys, personal hygiene items, underwear, cleaning supplies and food. The drop off point is Stall #87 on the eastside at the rear of G & W Warehouse, Ky. 94 East. The deadline for drop off is today at 6 p.m. For information call 753-1001 or 1731-247-5187.

## Hanging of the Green planned

The annual Hanging of the Green will be Tuesday at 6:30 p.m. in the Curris Center of Murray State University. This event centers around the lighting of the Christmas trees in the Curris Center. Any organization is invited to have a table during the event for publicity and giveaways. Organizations may not sell anything. There will be a tree decorating contest and any organization is invited to bring a 2-4 foot Christmas tree with you to decorate at your table. The deadline for participation is Friday. If you would like to participate, call 270-498-2246 or e-mail bekah.carmichael@gmail.com.

## Thursday TOPS Club will meet

Thursday TOPS (take off pounds sensibly) Club will meet Thursday at 5:15 p.m. in the annex of Calloway Public Library. The meeting is open to the public. For information call Marge Andrews at 753-7732.

## Lighthouse Clothes Closet open

Clothes Closet at Lighthouse Missionary Baptist Church is open every Thursday from 9 a.m. to 1 p.m. For more information call 437-4588.

## Blood drive is today

Calloway County Red Cross Chapter will sponsor a blood drive today from 10 a.m. to 3 p.m. at Murray State University Curris Center.

## Blood drive is today

Murray-Calloway County Hospital Blood Bank will have a blood drive today from 5:30 to 8:30 p.m. at Poplar Spring Baptist Church.

## Narcotics Anonymous will meet

Narcotics Anonymous will meet each Tuesday and Thursday at 8 p.m. at 1628 West Main St., Murray, next to St. John's Episcopal Church. For information call 753-8419 or 1-877-447-2004.

## Health Express lists stops

Health Express of Murray-Calloway County Hospital will offer lipid profiles as well as blood pressure, blood sugar, vision/glaucoma and osteoporosis and pulse checks on Thursday from 8:30 to 11:30 a.m. and 12:30 to 3 p.m. at First United Methodist Church, Murray.

## Need Line lists special needs for clients

Need Line has issued a list of items needed to fill the baskets for clients. They are stuffing mix, macaroni and cheese, soup, corn, green beans, carrots, flour, cornmeal, canned meat and salmon for pantry; eggs for cooler/freezer; dish liquid, bath tissue and bleach for personal hygiene and cleaning supplies; also large brown paper bags. Sign-up for Christmas food baskets should be made as soon as possible. For information call 753-6333.

## FUN & FASHION

By D.K. Kelley



Coco Chanel is credited with creating the "little black dress" in 1926. Now it is a staple in everyone's closet. We all need a little black dress that we can always count on for a special occasion. Pick one for your body type and you know you look terrific.

Pear shapes look best with open neckline like a square cut or boat neck because it draws attention to your collar bone and away from your lower half.

If you're thick in the middle a non-clingy knit fabric that is ruched and crisscross in the front will camouflage the tummy.

For smaller chests a silky tie-back halter type is best.

For a sexy cleavage a jeweled V-neck will show off your curves.

The empire waist and A-line shape slim and flatter just about any body type.

This year the newest look is to pair your dress with opaque or textured tights or black hose.

Depending on the occasion what you wear with your dress can make it dressy or more casual.

From desk to dinner add a pretty satin jacket, a long belted cardigan will work for a more casual affair. A cashmere wrap and lots of bangles are fun and funky.

Don't forget your chains. Chain details are showing up everywhere from handbags to bracelets and bold necklaces.

Big gold chains are being seen in fine jewelry as well as costume.

We have some really stunning jewelry in now. Perfect for all the girls on your list.

Our knit scarves and hats, and leather gloves also make great gifts.

We have just received lots of new Brighton, from jewelry to key fobs, to clocks and bathroom accessories. They have some new looks in their leather goods too. Checkbook covers, eyeglass holders, watches and the bracelets with your birthstone on them are really cute.

We will be open for an "After Hours Open House" Wednesday, December 13th from 4-7 p.m. for your shopping convenience. We'll have lots of specials going on and refreshments. Register for door prizes and gift certificates to be given away. We'll also have free gift wrapping.

Congratulations to Alison Marshall who won the jewelry last Friday.

Quote of the Week: "The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart." Helen Keller

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

P.S. Lots of new cookbooks are in great gifts.

**D.K. KELLEY**  
"The Something For Everyone Store"  
305 South 12th  
Murray, KY • 753-7441

## Health Express announces stops

The Murray-Calloway County Hospital Health Express will be offering lipid profiles as well as blood pressure, blood sugar, vision/glaucoma and osteoporosis during its stops in December.

The screenings are free to the communities visited by Health Express and are offered to detect disease in its earliest stages when there are often no symptoms of disease.

Under most circumstances, cholesterol and triglyceride levels should be checked every five years. A cholesterol and triglyceride screening is free to every Health Express patron once every five years. More frequent testing requires a doc-

tor's written prescription and costs \$15.

Annual screenings are recommended for diabetes patients. The cholesterol (HDL/LDL) and triglyceride screening requires a food fast (water only) for 12 to 14 hours before.

During the month of December, the Health Express will make stops to the following locations:

Monday, Dec. 4, from 8:30 to 11:30 a.m. and 12:30 to 3 p.m. at Save-A-Lot in Murray

Tuesday, Dec. 5, from 9 to 11 a.m. at Wingo Town Square and 12:30 to 2:30 p.m. at Burtons Gas Station at Lynnville

Friday, Dec. 8, from 8:30 to 11:30 a.m. and 12:30 to 3

p.m. at Lowe's in Murray

Monday, Dec. 11, from 8:30 to 11:30 a.m. and 12:30 to 3 p.m. at Wal-Mart in Murray

Tuesday, Dec. 12, from 8:30 to 11:30 a.m. and 12:30 to 3 p.m. at Hamlin One-Stop

Thursday, Dec. 14, from 8:30 to 11:30 a.m. and 12:30 to 3 p.m. at First United Methodist Church in Murray

Monday, Dec. 18, from 8:30 to 11:30 a.m. at Weak's Community Center in Murray

Wednesday, Dec. 20, from 8:30 to 11:30 a.m. 12:30 to 3 p.m. at Storey's Food Giant in Murray

Friday, Dec. 22, from 8:30

■ See Page 7A

## CCRTA hears Wright speak at meeting

Becky Wright was the guest speaker at the recent meeting of the Calloway County Retired Teachers Association.

Wright's topic was "Foods That Heal."

The CCRTA will have its

annual catered Christmas luncheon on Monday at 11:30 a.m. in the lower level of the Murray Woman's Club house.

Presenting the program will be the Music Chorus of the Music Department of the Mur-

ray Woman's Club with Kathy Mowery as director.

Bill Call, president, urges all eligible retirees to attend. Reservations for the luncheon are required.



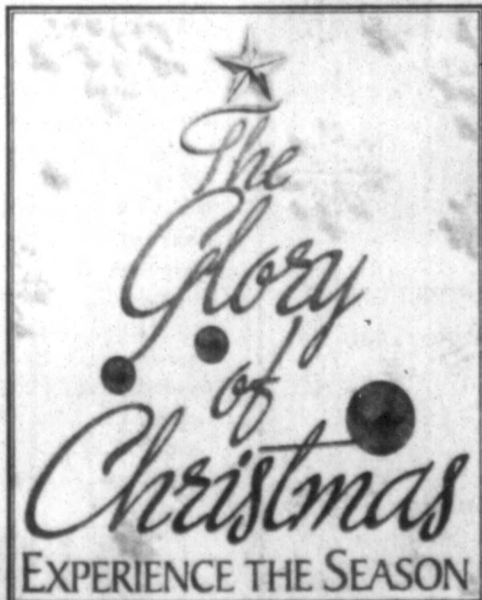
Becky Wright

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First Baptist Church, Murray, KY

presents

## The Murray Christmas Festival



Sunday, December 3, 2006

5:00 PM and 7:00 PM

For free ticket information, please call the church office at 753-1854.

ON SALE NOW! **Country Christmas**

DECEMBER 3  
7:30pm  
LOVETT AUDITORIUM

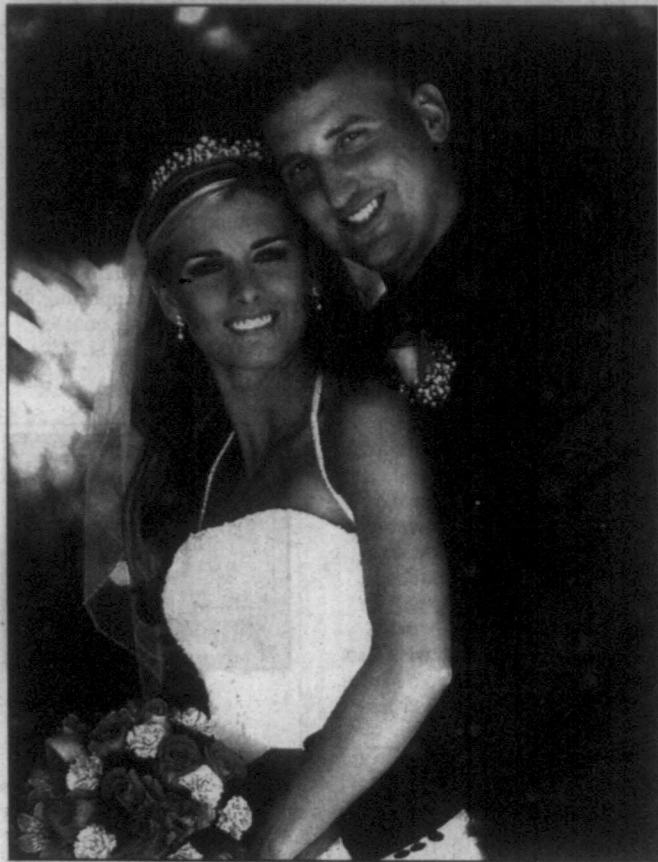
Julie Roberts  
Steve Azar  
Deana Carter  
Blue County  
Buddy Jewell

Tickets Available At:  
MSU TICKET OFFICE  
TICKETMASTER 877-894-4474  
TICKETMASTER.COM



Wedding

Engagements



**Mr. and Mrs. Brian Ramsey**

Michelle Elaine Young and Brian Michael Ramsey were married Saturday, June 3, 2006, at Leilanne's Wedding Garden and Chapel, Paducah. Rev. Allan Miller officiated.

The bride is the daughter of Kenneth and Kelly Mott of Murray and Richard Young of Draffenville.

The groom is the son of David and Colleen Ramsey of Mayfield.

Whittany Chapman of Murray was maid of honor. Bridesmaids were Destiny Sewell, Calvert City, Brittany Chapman and Katie Ross, both of Murray, and Mary Katherine Heisel, Fulton.

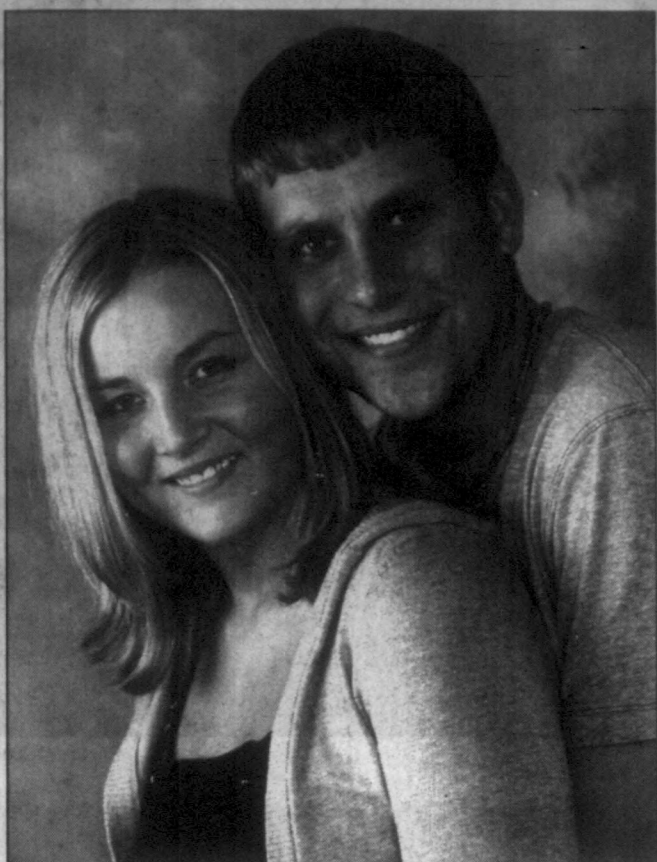
Chad Kemper of Eddyville was best man. Groomsmen were Josh Jenkins and Richie Kemp, both of Graves County, Chuk Skaggs, Kevil, and Shane Day, Knoxville. Ushers were Dustin Bryant, Draffenville, and Cullen Hulsey, Dallas.

A reception followed at Madison Hall. Meaghan Murdock of Murray attended the guest register.

The bride is a graduate of Calloway County High School and is pursuing an associate degree in nursing from West Kentucky Community & Technical College. She is employed by Western Baptist Hospital, Paducah.

The groom is a graduate of Graves County High School and Murray State University. He is a teacher and assistant football coach at Paducah Tilghman High School.

The couple is residing in Paducah.



**Coombs and Congdon**

Jeff and Gina Gream of Mayfield and Paul Coombs of Huntsville, Ala., announce the engagement and approaching marriage of their daughter, Heather Nichole Coombs, to Kyle Ray Congdon, son of Randy and Darla Congdon of Hopkinsville.

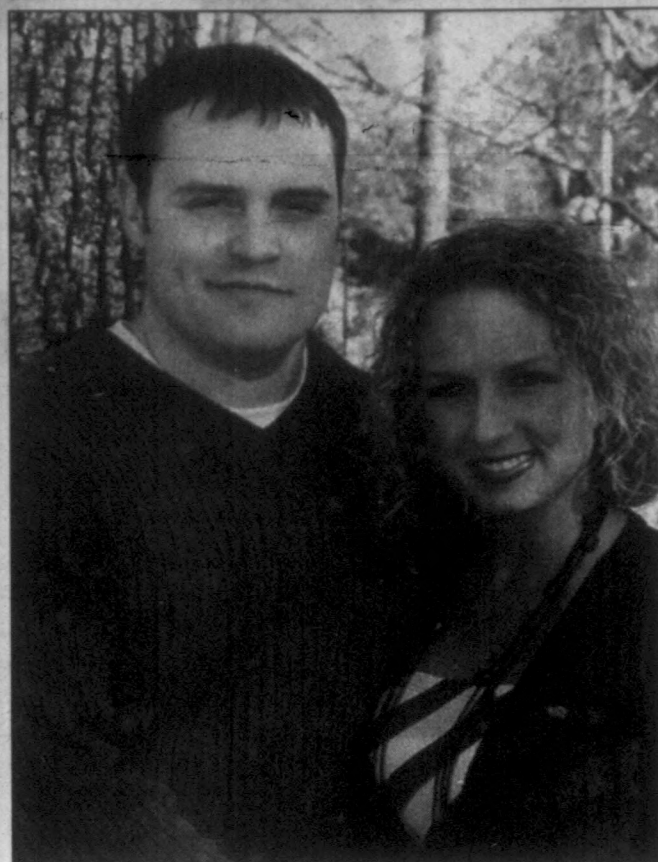
Miss Coombs is the granddaughter of Ellen Jones and the late Walter Jones of Murray, Jerry and Joyce Gream of Mayfield, and Helen Coombs and the late Floyd Coombs of Owensboro. She is the great-granddaughter of Thelma Schwarm of Murray.

Mr. Congdon is the grandson of the late Dorothy and Bates Payne of Pembroke and Harvey Congdon and the late June Congdon of Hopkinsville.

The bride-elect is a 2003 graduate of Murray High School and attended Murray State University. She is currently attending Madisonville Community College and is employed by Jennie Stuart Medical Center.

The groom-elect is a 2000 graduate of Henderson County High School and attended Murray State University. He is a member of Alpha Tau Omega fraternity and is employed by The Links at Novadell Golf Course.

The wedding will be Wednesday, Dec. 13, 2006, at 4 p.m. Sandals Resort, Negril, Jamaica.



**Bearden and Bucy**

James and Sheila Bearden of Nashville, Tenn., and Kenneth and Barbara Bucy of Calloway County, Oak Grove Community, announce the engagement of their children, Amy Nicole Bearden and Brad Michael Bucy.

The bride-elect is the granddaughter of Bill and Laverne Bearden and Everette and Bonnie Spalding of Nashville.

The groom-elect is the grandson of Margaret Rose and the late Roy Rose of Kirksey and the late Woodrow and Iva Bucy of Murray.

Miss Bearden is a graduate of Middle Tennessee State University and is employed by MAPCO Express, Inc. of Nashville.

Mr. Bucy is a graduate of Murray State University and is employed by Modus Link, also of Nashville.

A March wedding is being planned in Nashville.

**MSU marketing, PR office receives seven honors**

Murray State University's marketing and public relations office won seven marketing honors in a recent international competition. The annual MarCom Creative Awards event, headquartered in Arlington, Tex., recognizes the best communications produced by marketing and communication professionals throughout the world.

John McDonald, director of marketing and public relations, won three awards for Murray, including a platinum award and two gold awards. Sherry McClain, News Bureau manager, won a platinum award and a gold award. Ava Watkins, a writer in the News Bureau, won a gold award and an honorable mention.

According to the MarCom officials, "Entries were judged by media professionals who look for companies and individuals whose talent exceeds a high standard of excellence and whose work serves as a

benchmark for the industry."

There were over 5,000 entries in the competition. Entries included works from businesses, advertising agencies, government, free-lance professionals and colleges from throughout the United States and several foreign countries.

"The competition does not focus on written explanations or lengthy questionnaires and entry forms to attempt to measure success," wrote a MarCom editor. "Contest materials are reviewed by judges as is. Entries must stand on their own merits." Judges looked for simplicity, creativity and overall communications impact, according to contest officials.

Murray State University's marketing and public relations office has now won 114 professional awards since the unit was created in 1992. It is part of MSU's Institutional Advancement area, Jim Carter, vice president.

**Auditions scheduled for play at Playhouse in the Park**

Playhouse in the Park announces auditions for David Wasserman's "One Flew Over the Cuckoo's Nest" on Tuesday, Dec. 5, and Thursday, Dec. 7, from 6:30 to 9 p.m. both nights. Based on the novel by Ken Kesey, the book was later adapted into an Academy Award winning film.

"One Flew Over the Cuckoo's Nest" tells the story of Randal McMurphy, a man whose lust for life has run him afoul of the law. In an attempt to get off the prison work farm, McMurphy has himself committed to a psychiatric ward where he comes up against Nurse Ratched, a cold, domineering woman bent on maintaining control over the ward. Tensions build until the final, fatal conflict between Nurse Ratched and McMurphy that leaves the audience stunned.

Show dates are Feb. 15-18 and 22-25. Rehearsal begins in early January. The cast consists of four women ages 25-40, and 12 men ages 18-60. Auditions will consist of group

readings so please be at the theatre no later than 7 p.m.

For more information contact the playhouse at 759-1752 or playhouse@murray-ky.net

**Murray's Source For The Most Up-To-Date Home Fashions**

Drapery • Specialty Rods • Custom Bedding  
Upholstery • Design Service Available  
• New Fall Fabric Books

*Need Interiors* Sewing by Steven

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To place an ad call 753-1916

**Stops ...**

**From Page 6A**

to 11:30 a.m. and 12:30 to 3 p.m. at Wal-Mart in Paris, Tenn.

Additionally, MCCH Health Express will have the following stop offering the following screenings:

Tuesday, Dec. 19, from 8 a.m. to noon and 12:30 to 3 p.m. will be Free Vision/Glaucoma, Osteo and Blood Pressure Screenings at the Center for Health & Wellness in Murray.

Also available at these screenings is an Occult Blood Screening Kit. The cost is \$4 and this screening detects blood in the stool. For more information on the December Health Express schedule or about the screenings offered, call 762-1348.

information on the December Health Express schedule or about the screenings offered, call 762-1348.

*Merry Christmas & Happy New Year*

1 to r: June Jones, Freda Steely, Beverly Evans, Sharon Kelso, Angie Lacewell

Receive a **FREE** lotion with purchase of pedicure or manicure gift certificate

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ALL HAIR PRODUCTS from 1.00 to 12.00 thru Dec.

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**MURRAY Main Street** presents *Main Street Merriment on Dickens' Square* **December 1, 2006**

**Children's Parade of Lights - 5 pm**

**DICKENS' SQUARE** Court Square will be closed off for an evening of shopping and entertainment

**SANTA ON THE SQUARE**

**TREE LIGHTING** After the parade Court House Lawn At 5th & Maple Streets

**ARTISTS AND CRAFTERS**

**Homemade Soups and Baked Goods Ornament and Gingerbread Decorating Story Telling and Christmas Caroling Cozy Critters' Petting Zoo and Pony Rides Shopping, Music and More!**

(PARK IN CHURCH PARKING LOTS)

**SANTA CLAUS IS COMING DOWNTOWN!**

Friday, Dec. 1 - 5:30-8:30 pm  
Saturday, Dec. 2 - 11 am-Noon  
Saturday, Dec. 2 - 1:30-3:30 pm  
Saturday, Dec. 9 - 12:30-3:30 pm  
Saturday, Dec. 16 - 1-4 pm  
Saturday, Dec. 23 - 1-4 pm

~ Sponsors ~

MURRAY KENLAKE FOODS Pella KOPPERUD 753-1222 M S Murray Yours, Mine, & Ours Kelso's Mules





Photo provided

should be placed in Santa's mailbox by 3:30 p.m. on Saturday to be entered in a drawing for Chamber Checks.

Along the sidewalks, hot drinks and refreshments will be available and carolers and actors dressed in Dickens' period clothing will be wandering among the street activities throughout the night.

Story telling will be taking place in the courthouse corridor. A petting zoo and pony rides will be set up for the night. Little ones can enjoy ornament and gingerbread cookie decorating indoors and purchase their tickets for the Murray Woman's Club annual Breakfast with Santa.

The historic post office will be open with art sales and exhibits compliments of the Murray Art Guild. Downtown churches will each have soup and baked goods to purchase. A holiday atmosphere will be complete, as Santa sits in his red house waiting for wish lists and visits, while Kelso's Mules give wagon rides around the square.

**Christmas Future...**

Murray Main Street is happy to bring back the Christmas nostalgia of yesteryear with this event. Throughout the year, Main Street promotes the downtown area and businesses with numerous activities. Ideas are even surfacing about renovating second stories of buildings to serve as apartments.

If you have interest in the renovation of historical buildings, recruiting a variety of businesses to the Main Street area or ideas on supporting the existing storefronts, contact Murray Main Street at 759-9474.



Nov. 29  
26 shopping  
days to Christmas

**MURRAY MAIN STREET**



*It's Downtown Time!*

**Christmas Past...**

Christmas shopping was simple downtown. All the stores were in neat rows where Western Auto and other toy stores on the square, during the 1940s, proudly displayed their toys and dolls in elaborate window showcases.

"Window shopping" was true to its name then. While music was piped from the Bank of Murray throughout the court square, a family could travel this one area and complete their shopping lists. Toys were "unplugged." No special cords or computer chips or controllers. Just batteries.

No one stood in lines for days to purchase the latest technology. They only stood in line to pay.

Murray's Varsity Theater, once located where Twin Lakes Office Products store is now, was a favorite spot for area children growing up around downtown. In lieu of the regular 12-cent movie admission, Kay Ray of Murray remembers every Christmas eve, the Varsity would offer a free children's movie. It was jam packed with excited children while parents enjoyed last minute shopping for toys marked down to half price around the square.

During this season, the city police would rope off Seventh Street to Olive, during a good snow, so the neighborhood boys and girls could enjoy sledding the hill. A bonfire was built to warm hot dogs and marshmallows, not to mention frosty hands and faces.

**Christmas Present...**

But with as many things that have changed over the years, many things have stayed the same. Downtown Murray's shops are still in neat rows and still offer beautiful items in elaborate window displays. The wonder of the season is always evident this time of the year, especially in the stores on Main Street.

On Friday, you and your family are invited to step back into time and remember

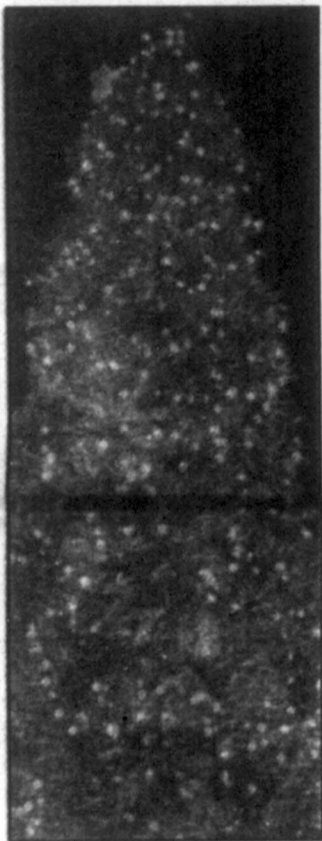


Photo provided

Christmases past in the downtown area during Main Street Merriment on Dickens' Square.

This special event, organized by Murray Main Street, turns the downtown area into an old English village, decorated in holiday greenery and lights, complete with a grand tree on the southwest side of the courthouse lawn.

A Children's Parade of Lights will kick off Main Street Merriment at 5 p.m. Children of all ages are invited to parade from 6th & Main Streets to the courthouse, dressed in holiday clothing and decorated with festive lights or glow sticks. When the parade reaches the courthouse, the giant Christmas tree will be lit and activities will continue around the square until 8:30 p.m.

Stores will open late during Main Street Merriment for holiday shopping. Patrons can pick up punch cards at participating businesses. Completed cards



Photo provided

cingular's  
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of the year



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FREE**  
WHEN YOU  
BUY ONE FOR  
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after \$50 mail-in rebate debit card with 10¢/line "package purchase" and 2-year service agreement per phone.

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FROM SAMSUNG**  
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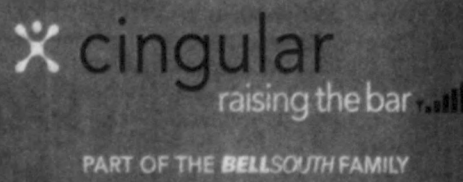


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**Additional Locations**  
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**Wal-Mart**  
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†Open Sunday

\*Cingular also imposes monthly a Regulatory Cost Recovery Charge of up to \$1.25 to help defray costs incurred in complying with State and Federal telecom regulation, State and Federal Universal Service charges, and surcharges for customer-based and revenue-based state and local assessments on Cingular. These are not taxes or government-required charges.

Coverage is not available in all areas. Limited-time offer. Other conditions and restrictions apply. See contract and rate plan brochure for details. Subscriber must live and have a mailing address within Cingular's owned network coverage area. Up to \$36 activation fee applies. Equipment price and availability may vary by market and may not be available from independent retailers. Early Termination Fee: None if cancelled in the first 30 days, thereafter \$175. Some agents impose additional fees. Unlimited voice services: Unlimited voice services are provided solely for live dialing between two individuals. Offnet Usage: If your minutes of use (including unlimited services) on other carriers' networks ("offnet usage") during any two consecutive months exceed your offnet usage allowance, Cingular may at its option terminate your service, deny your continued use of other carriers' coverage, or change your plan to one imposing usage charges for offnet usage. Your offnet usage allowance is equal to the lesser of 750 minutes or 40% of the Anytime minutes included with your plan. Rebate Debit Card: Price before mail-in rebate debit cards and Media package purchases is \$99.99 for first Samsung c417 and \$69.99 for each additional Samsung c417 up to three phones. Price before mail-in rebate debit card and minimum \$19.99 unlimited Media Net plan purchase is \$199.99 for Cingular SYNC from Samsung. Price before mail-in rebate debit card, minimum \$19.99 unlimited data package purchase, and \$39.99 voice plan is \$299.99 for Samsung BlackJack. Allow 10-12 weeks for rebate debit card. Rebate debit card not available at all locations. Must be customer for 30 consecutive days. Must be postmarked by 2/5/07. \*Minimum \$9.99 Media package purchase required. Sales tax calculated based on price of unactivated equipment. Dropped calls claim based on nationwide experience among national carriers. BellSouth and the BellSouth logo are registered trademarks of BellSouth Intellectual Property Corporation. All rights reserved. ©2006 Cingular Wireless. All rights reserved.



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LINE ADS

\$8.25 First Day - 20 words or less  
Over 20 words \$1.10 each  
Additional Consecutive Days \$1.10 per word per day.  
\$3.35 extra for Shopper (Mon. Classifieds go into Shopping Guide)  
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The publisher maintains the right to reject or edit any submitted matter.

PLACE YOUR LINE AD AND IT WILL APPEAR ON THE WEBSITE AT NO EXTRA CHARGE.

**ADJUSTMENTS**  
Advertisers are requested to check the first insertion of their ads for any error. Murray Ledger & Times will be responsible for only one incorrect insertion. Any error should be reported immediately so corrections can be made.

**DEADLINES**


Monday	Fri. 11 a.m.
Shopping Guide	Fri. 11 a.m.
Tuesday	Mon. 1 p.m.
Wednesday	Mon. 5 p.m.
Thursday	Wed. 1 p.m.
Friday	Thur. 11 a.m.
Saturday	Thur. 1 p.m.

**Murray Ledger & Times Fair Housing Act Notice**  
All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or intention to make any such preferences, limitations or discrimination.

State laws forbid discrimination in the sale, rental or advertising of real estate based on factors in addition to those protected under federal law.

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020 Notice	195 Heavy Equipment	435 Lake Property
025 Personal	200 Sports Equipment	440 Lots For Sale
030 Financial	210 Firewood	445 Lots For Rent
040 Roommate Wanted	220 Musical	450 Farms For Sale
050 Lost And Found	250 Mobile Home Lots For Sale	455 Acreage
060 Help Wanted	270 Mobile Homes For Sale	460 Homes For Sale
070 Position Wanted	280 Mobile Homes For Rent	470 Motorcycles & ATV's
080 Domestic & Childcare	285 Mobile Home Lots For Rent	480 Auto Parts
090 Business Opportunity	300 Business Rentals	485 Sport Utility Vehicles
100 Electronics	320 Apartments For Rent	490 Used Cars
110 Computers	330 Rooms For Rent	495 Vans
120 Appliances	340 Houses For Rent	500 Used Trucks
130 Appliance Parts	360 Storage Rentals	510 Campers
140 Want To Buy	370 Commercial Property	520 Boats & Motors
150 Articles For Sale	380 Pets & Supplies	530 Services Offered
155 Appliances	390 Livestock & Supplies	560 Free Columns
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165 Antiques	425 Land For Rent or Lease	
180 Lawn & Garden		

**To Place Your Ad Call the Classified Department at 753-1916 ask for Jill Stephens or Julie Brown or stop by our office at 1001 Whitnell Ave. — Office Hours: Monday-Friday 7:30 a.m.-5 p.m. • Fax: 753-1927**

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WASTE oil wanted: Drum exchange. Miller D. Farms LLC (270)436-2215

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Steepleton pool table. Mint. Light and extras. Unusual bumper table with slate. 270-527-8186

**SUNVISION** tanning bed, 28LX, rarely used, \$1,400 OBO. 762-1999 or 227-6444

**WHITE** bunk bed with futon base, 3 years old. \$200.00 or best offer. Call (270)492-8893

**LARGE SELECTION USED APPLIANCES**  
WARD-ELKINS  
On the Square - Murray (270) 753-1713

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Great Green Sofa, very comfortable, practically brand new, only \$75.00. Green & White overstuffed chair w/ottoman, only \$50.00. For more info. Call (815)520-5885

**CINDERELLA** prom dresses. 1 size 4 yellow, 1 size 8 blue. \$150 each. 270-492-8614

**FOR sale** limited number of copies of Calloway County Pictorial History and Calloway County Family History books. Excellent Christmas gifts. Call 759-4938 or 753-2350.

**GORGEOUS** antiques for Christmas. Owner 270-227-7913

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

**GOOD** used refrigerators, electric ranges, gas heaters, air conditioners, baseboard heaters. Used carpeting. 753-4109

**STOREWIDE SALE + BACKROOM BARGAINS**  
RILEY'S USED FURNITURE  
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4 mobile home lots on resort. 24/7 access to boat ramp. Water, electricity, sewage available. \$8,400 each or 4 for \$29,000 or rent \$175 per month each. Will consider trade for gold or silver or ? 227-0406

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1990 Southern living 16x80, excellent condition, located E-15, Coach Estates. \$13,500. 437-4435

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EXCELLENT rental property or starter home. 2BR with fenced in 1/2 acre shaded lot. \$10,900. 753-6012

**SHARP 3** Bedroom, 2 Bath with island in kitchen, deluxe appliance package only \$39,995!! Land available!! 731-584-4926

**Mobile Homes For Rent**  
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**BEAUTIFUL 3BR 2BA** around the corner from Kentucky Lake. Deposit required, \$700 a month. Utilities and satellite furnished. 270-362-2705

**Mobile Home Lots For Rent**  
\$110 per month. Newer homes only. 492-8488

**Houses For Rent**  
2BR house, lease & deposit required. 270-753-4109

2BR lake front property with deep water dock. \$700/month. 759-9046, 436-5258

**Storage Rentals**  
A&F Warehousing Near MSU \$20-50. 753-7668

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Special \$100 Deposit 1BR \$325 2BR \$375 Call Today! 753-8668.

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LIVE Oak Apts. Newly Remodeled  
1BR \$290.00  
2BR \$340.00  
3BR \$425.00  
\$100 deposit special for qualified applicants.  
Office hours 8-2 Mon-Fri  
Call today for appointment 753-8221

**Now Leasing**  
1, 2 & 3 bedroom Apts. We accept Section 8 vouchers.  
Apply at Mur-Cal Apts. 902 Northwood Dr Monday, Wednesday, Friday. Phone 759-4984. Equal Housing Opportunity  
TDD #1-800-648-6056

**SOUTHWOOD CONDOMINIUMS.** All appliances included. Call 767-9948

VERY attractive 2BR 1BA. Carpet, storage. Recently renovated. New appliances. Side by side fridge, dw, wd included. Must see. Call 753-3018

**Mobile Homes For Rent**  
2BR house, lease & deposit required. 270-753-4109

2BR lake front property with deep water dock. \$700/month. 759-9046, 436-5258

**Storage Rentals**  
A&F Warehousing Near MSU \$20-50. 753-7668

**HUGE YARD SALE!**  
ADPI Suite. From 16th and Main, take 16th South, left on Poplar, right on Brentwood Sat., Dec. 2nd 7AM-11AM  
couches, chairs, curtains, tables and accessories

**Yard Sale**  
5-15 acre home building sites, 8 minutes West of Murray 293-5215 or 435-4738

**Real Estate**  
DUPLICATE on Hillwood Dr. \$98,000. 270-366-1045

**WE BUY HOUSES Any Location, Any Condition Cash or Terms Call 761-HOME (4663)**  
Haley Professional Appraising "for what it's worth" (270)759-4218

NEWLY remodeled duplex for sale. 902 Southwood Drive. Call 753-7618

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•All Size Units Available  
•Now Have Climate Control  
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**Real Estate**  
All Real Estate advertised in the newspaper is subject to the Federal Fair Housing Act of 1968, as amended, which makes it illegal to advertise any preference, limitation, or discrimination based on race, color, religion, sex, or national origin, or an intention to make any such preference, limitation, or discrimination. This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis.

**Real Estate**  
4 BR, 2.5 Bath  
1553 Oxford Dr  
293-4183 759-1506

FSBO: 1626 Farmer Ave. 3 bedrooms 1 full bathroom, central heat/air, kitchen appliances included. By appointment only (270)293-2512

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We will buy your house or take over your payments. Call 761-4558, ask for Kristin.

**Motorcycles & ATV's**  
2005 Yamaha TTR125 LE, \$1,800. 753-6725

**Sport Utility Vehicles**  
'95 Nissan Pathfinder. White, 4WD. 270-252-0660, 270-293-7491

1993 Nissan Pathfinder. 4WD, V6, new transmission, needs head replaced, \$1,200 OBO. 270-293-8750

'92 Toyota 4-Runner. 181,000 miles, \$2,300 OBO. 753-0789, leave message.

**Used Cars**  
2005 Toyota Camry LE, 4 cyl, 31K mi., automatic, 4-dr, silver, pwr doors/locks, 100K powertrain warranty, \$16,000. 227-2822

'04 Toyota Camry SE. Local, one owner, 20K miles, garaged, non-smoker, immaculate, \$16,500. 270-435-4714

1999 Mercury Sable. V6, air, power windows, leather seats, new tires, 99,000 miles. Excellent condition. \$3,800. 226-9317

1998 Toyota Camry. Black with tan cloth interior, 69,xxx miles, spoiler, alloy wheels, 4 cylinder, Michelin tires. Very clean, sharp car and lady driven. Call (270)753-5606 days, after 5PM call (270)767-9083

**Homes For Sale**  
155 Seth Lane  
Completely Remodeled! 4BR, 2.5BA. 2000+ Sq. Ft. Manufactured Home on 1 acre lot, large deck. Priced to sell at \$75,000. See listing AWM2105 at www.owners.com. Call for appointment - 761-HOME

3BR brick home, stock barn, tobacco barn, 3-6 acres in South Graves County. 270-382-2398

**Commercial Prop. For Rent**  
707 South 12th Street. South Center. 1,200 sq.ft., 710 sq.ft. 753-1252, 753-0606

OFFICE or retail space available. 700 to 1,400 sq.ft. 400 N. 4th St. Call Shroat Developer 753-3018

OFFICE or retail space available. Prime location. 753-2905, 293-1480

**Real Estate**  
3BR brick home, stock barn, tobacco barn, 3-6 acres in South Graves County. 270-382-2398

**Real Estate**  
1 to 300 acres. West Calloway. 489-2116, leave message.

2 story house, constructed in 2003, 3 bedrooms, 2.5 baths on fenced 1.4 acres with pond and pole barn. Call 435-4748.

AKC Lab pups. Choc. & blk. Ready by Dec. 17th. \$200. 753-6725

AKC Shih-Tzu. Unique colors. \$300 males, \$350 females. 731-642-5151, 731-336-1494

DOG Obedience. 436-2858.

REAL good Boston Terrier available for stud service. Likes all people and animals, except pigs. James Sills 227-2162

SHIH-TZU puppies. AKC or CKC, males and females, 1st shots & wormed. \$250-\$350. 270-251-0310

**Real Estate**  
30 Acres in Henry County, TN. Call (731)782-3330 nights or (270)978-0139 days

35 Acres w/ 1/2 mile of rd front, on the corner of Hwy 80 & 1346. 8.7 miles from 641 & 4 miles from Kenlake. Call 753-1323 ext. 120 for details.

**Real Estate**  
40 Acres, well, pond, 7-acres woods, CRP program, 1-yr. left. Approx. 33 tentable 753-4487 293-4772

5-15 acre home building sites, 8 minutes West of Murray 293-5215 or 435-4738

**Real Estate**  
DUPLICATE on Hillwood Dr. \$98,000. 270-366-1045

**Real Estate**  
151 Orion Court  
FSBO, 3BR, 2BA, 2400 Sq.Ft.  
With 5.5 acres, just off Hwy 80  
Jacuzzi tub. Many recent upgrades  
Attached garage, central hvac.  
Beautiful sunroom, deck, basement  
Won't last! \$199,000  
See listing AWM3005 at www.owners.com  
Call for appointment - 761-HOME

**Used Trucks**  
2001 Toyota Tacoma, double cab, topper, new tires, white, bed liner, 74,000 miles. \$14,500. Call 293-2064

1989 Ford F150, 4.9 Liter, 6-cylinder, 2WD, 5-speed, dual tanks, XLT Lariat, white exterior/red interior, AC/PS/Tilt/Cruise, bed liner. \$2,850. (270)762-9959

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2001 Toyota Tacoma, double cab, topper, new tires, white, bed liner, 74,000 miles. \$14,500. Call 293-2064

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2001 Toyota Tacoma, double cab, topper, new tires, white, bed liner, 74,000 miles. \$14,500. Call 293-2064

**Used Trucks**  
2001 Toyota Tacoma, double cab, topper, new tires, white, bed liner, 74,000 miles. \$14,500. Call 293-2064

2001 Mustang Convertible. V-6, loaded with leather and CD player, 34,500 miles, transferrable extended warranty good until 4/12/2008 and 40K more miles, garage kept under custom cover. White with tan top and interior. Excellent condition. NADA - \$12,525. Motivated seller. 436-5185

1989 Commander Cobra V-6 175HP Combination fish/ski, two depth finders, fully documented, good mechanical condition. SAP \$3,900. Can be seen at Darnell's Marine or call 436-5185.



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ABSOLUTE AUCTION

Thursday, November 30TH - 1:00 PM
Western Dark Fired Tobacco Growers' Association
206 Maple Street, Murray, Kentucky
4,048 Square Foot Executive Office Complex



Many Possibilities On Office Design!
Use As 2 - 3 - 4 Or Even 5 Separate Offices
Nice Restrooms For Each Office

Cherry Street Side Is Presently Rented On A Month To Month Basis At \$760.00 Per Month

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Western Dark Fired Tobacco Growers Association
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ABSOLUTE AUCTION

Thursday, November 30TH - 1:00 PM
Murray Warehousing Corporation
Poplar & Elm Streets, Murray, KY
55,599 Square Feet
In Three Fantastic Commercial Warehouses



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Two Are Heated With Sprinkler Systems
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Painting, siding, roofs, decks. 293-5438

Horoscope

by Jacqueline Bigar

HAPPY BIRTHDAY for Thursday, Nov. 30, 2006:
You create much more happiness for yourself and others this year. You are certainly ready to make some important choices in your life.

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

ARIES (March 21-April 19)
You are full of energy. Your imagination surges with the aid of a friend or someone who really cares and has insight.

TAURUS (April 20-May 20)
Knowing when to pull back could make a big difference in how you handle a very personal matter.

GEMINI (May 21-June 20)
Aim for more of what you want. Because you are willing to allow others to run with the ball, you make allies.

CANCER (June 21-July 22)
Sometimes too much is going on for your own good. Do understand what you need to do in order to loosen up and smile.

LEO (July 23-Aug. 22)
You might be a little out of kilter, especially as others are somewhat evasive and touchy. Work with differences, and creativity will flourish.

VIRGO (Aug. 23-Sept. 22)
Work with a partner directly. You might feel much better after you team up. You might find it interesting to see how different the two of you are.

LIBRA (Sept. 23-Oct. 22)
You might be best off nodding your head and not fighting to have the last word. Knowing when to move or try a different approach could make a big difference.

SCORPIO (Oct. 23-Nov. 21)
Get as much done as possible. Listen to what goes on behind the scenes. You will find that many people want your attention.

SAGITTARIUS (Nov. 22-Dec. 21)
Trust in your abilities more than others right now. You know when to land and where to head. Your intuition helps you understand what you are hearing.

CAPRICORN (Dec. 22-Jan. 19)
You don't need to veer from an established course. You might feel a bit out of kilter or like you cannot get a situation to conform to what you need.

AQUARIUS (Jan. 20-Feb. 18)
Express your imagination and ability to see personal matters differently. You might want to consider options that you previously said no to.

PISCES (Feb. 19-March 20)
You might want to try something quite different from the past. Curb indulging, fully understanding which way to go.

TV Listings Thursday, November 30, 2006

THURSDAY MORNING
Table with columns for time slots (5:00, 6:30, 7:00, etc.) and rows for various TV channels (WKRN-ABC, WSL-ABC, etc.) listing programs like News, Good Morning America, and The View.

THURSDAY AFTERNOON

Table with columns for time slots (12:00, 12:30, 1:00, etc.) and rows for various TV channels (WKRN-ABC, WSL-ABC, etc.) listing programs like All My Children, General Hospital, and Judge Judy.

THURSDAY EVENING

Table with columns for time slots (7:00, 7:30, 8:00, etc.) and rows for various TV channels (WKRN-ABC, WSL-ABC, etc.) listing programs like Ugly Betty, Grey's Anatomy, and Men in Trees.



LookingBack

**10 years ago**  
Published is a picture of Karen Garland finishing some of the paperwork as she monitors the panels in the control room of the new Calloway County Detention Center, located off N. Fourth Street. The state-of-the-art facility began accepting prisoners from other jails after having passed the final state inspection. The photo was by Staff Photographer Bernard Kane.

Mr. and Mrs. Hafton Garner and Mr. and Mrs. J.P. Parker celebrated their 50th wedding anniversaries on Nov. 28.

Births reported include a girl to Rebecca and Steven Morefield, Nov. 21.

**20 years ago**  
Murray High School seniors named to the National Honor Society were Kelly Bolls, Laura Greer, Shannon Wells, Melissa Gray, Amy Long, Marla Ford, Lee Holcomb, Ricky Jobs, Hugh Houston, Elizabeth Oakley, Kathy Friebl, Becky Wolf, Dustin Ellington, Ken Mikulcik, Ken Hainsworth, Bill Maddox, Mark West and Ben Yoo.

Oleta Burkeen, associate professor in the department of nursing at Murray State University, has been selected as the Kentucky recipient of a 1986 American Journal of Nursing Writing Award.

Births reported include a girl to Kye-ock and Kwang Ho Yoo, Nov. 24.

Mr. and Mrs. Wilie Osbron were married for 50 years Nov. 14.

**30 years ago**  
Ice covered most of the city streets in Murray on Nov. 28 and forced the closing of Calloway County Schools. Murray City Schools started operation one hour late.

Published are pictures of construction of a bridge over Clarks River on the Cecil Holland Road.

Mrs. W.J. Pitman and Mrs. Edward M. Nunnelee presented a

program on "Educational Fund and Continuing Education" at a meeting of Chapter M of P.E.O. held at the home of Mrs. John Quertemus.

Murray State University Racers lost 105-76 to Louisiana State University at New Orleans in a basketball game. Woolard was high scorer for Murray.

**40 years ago**  
A high price of \$68.63 per hundred weight was reported in the opening sale of burley tobacco.

Murray Mayor Holmes Ellis named Guy Spann as a member of the Murray Board of Zoning Adjustments to take the place of R.B. Parker who has been a member since the board was organized April 14, 1959.

"Jack Bailey, Otho Burton and John C. Steele got three coons while hunting on Nov. 24," from the column, "Fins 'N Feathers," by Ed and Lee Smith.

Students from Emma Sue Hutson's speech class at Murray State University will present a program at a Story Hour to be held at Murray-Calloway County Public Library.

**50 years ago**  
Recent births reported at Murray Hospital include a boy to Mr. and Mrs. Max Crouch and a girl to Mr. and Mrs. Joe Richard Nance.

In high school basketball games, New Concord Redbirds won 53-43 over Heath Pirates with High scores being Billy Buchanan for Redbirds and Jett for Pirates; Almo Warriors won 76-53 over Hazel Lions with high scorers being Bob Pritchett for Warriors and Hampton for Lions; Benton Indians won 98-65 over Lynn Grove Wildcats with high scorers being Stone for Benton and McNeely for Lynn Grove; Murray Training Colts won 71-52 over Farmington with high scorers being Rogers for Colts and Andrus for Farmington.

Businesswoman asks if deals and drinking go hand in hand

**DEAR ABBY:** I am a well-educated, confident, attractive woman in my mid-30s. My job is in business development. My question is, Do I need to be a social drinker in order to be successful? A male friend of mine often harps on how I



Dear Abby  
By Abigail Van Buren

make the other drinkers uncomfortable, and how people stay out late, drinking and discussing business deals until 3 or 4 in the morning. He says I must learn to have a drink or two -- otherwise I won't be successful in getting any deals.

I never criticize others who drink, and I quietly order fruit juice when others are drinking. No one beside this friend even notices it. But he often says loudly to the server that they should find some juice for me since I don't drink. I have tried to learn to drink, but frankly, I don't enjoy it.

Also, I have seen my friend and some of the other men indulge in somewhat loose behavior as they keep having more drinks. I think I'd be wise to refrain from drinking. My friend says because I am originally from another country, that I am "different." His remarks are wearing me down, as he recently has started accusing

me of not being good company.

Please tell me your thoughts on this. He is my best friend, but also has a temper. -- **DESPERATELY NEEDING ADVICE IN MANHATTAN**  
**DEAR DESPERATE:** For a "best friend," this man is behaving peculiarly. "Best friends" do not announce during a business dinner that a colleague is "different." He appears to be someone who has a drinking problem, and is trying to coerce you into doing something that makes you uncomfortable so your sobriety won't make him feel guilty.

When someone accuses you of not being good company because you don't drink, it means he's looking for a drinking buddy. This man has more problems than you're equipped to deal with, and he won't help you advance your career. My advice is to distance yourself from him.

**DEAR ABBY:** My mother passed away four months ago. The night she died, a sibling of mine took her purse home and brought it back the next day with the checkbook and credit cards gone. I asked about them and was told they "took care of them."

Last week, I received a copy of mother's credit card statement in the mail. It had more than \$2,500 in charges after she passed away. I know who did the charging, but I don't know how to approach that person. It was a sibling of mine. Please advise me, as the estate is now in probate. -- **MOTHERLESS IN MISSOURI**

**DEAR MOTHERLESS:** Please accept my sympathy for the loss of your mother, as well as the loss of your illusions about your sibling. I see no reason for you to confront the person who did the stealing, but you should definitely report it to the attorney who is handling your mother's probate.

**DEAR ABBY:** I am 35 years old and have been divorced for four years. Hypothetically speaking, if I decide to never remarry or if I remarry 20 years from now, what is my marital status between now and that time?

I consider myself single, not divorced. If I'm still single at the age of 55 -- or 80, for that matter -- I'd hate to refer to myself as "divorced," giving people the idea that I was divorced recently. -- **IN A QUANDARY**

**DEAR IN A QUANDARY:** You may consider yourself single and not divorced, but if you were married and divorced four years ago, you're divorced. If you're still single at 55 -- or 80, for that matter -- tell the questioner you were "married at one time but it was many years ago." That way you won't have to mention the word "divorce," and the person will get the correct message.

Straight to the heart of the matter

**DEAR DR. GOTT:** This is regarding your answer to a reader's question about whether or not a doctor is acting unprofessionally by feeling her breast during a heart exam. A woman's breast has nothing to do with the heart.



Dr. Gott  
By Dr. Peter Gott

The heart is below the breasts! If a doctor can't get a good hearing, then there are three other places to listen for it. They are all below the breast, and the doctor has no right to touch a woman's breasts; they have nothing to do with hearing the heart. If doctors loosen the bra and/or cups, the breast in any way, then they aren't doing their job! The doctor is definitely acting unprofessional! If a doctor ever did it to me, I'd crush his onions.

**DEAR READER:** Onions are the last things I want crushed, so let me respond to your issues by asking the obvious question: How would you crush his onions? This option, I might add, is not just a kitchen issue. Are there other options?

When examining the heart, a cardiologist routinely checks out the valvular areas: the upper right chest, the lower right, the upper left and the lower left.

Ordinarily, the areas of the examined heart are at or near the breastbone. However, on special occasions, in heavy-

breasted women, the cardiac exam will exceed the standard perimeters. It would not be unusual for a reputable specialist to listen to heart sounds behind the breasts' borders. Your statement about "touching a woman's breasts" is absolutely incorrect.

Hold on. Before you label me a sexist pig, let me remind you that inappropriate tactile experiences are distinctly abnormal and unusual. Doctors just don't do this kind of thing, especially when a doctor's specialty is so closely tied to gender. What about OB/Gyn specialists, surgeons and so forth? Is your anger also directed toward them? If not, why not?

I do not subscribe to the concept that everything in the medical field has the potential to reflect female concerns. Let's get beyond that. Nudity and other issues have long been on the forefront of women's concerns. To my knowledge, they have been addressed adequately.

In short, if you need a cardiac exam, don't be shocked if the physician listens to your heart and lungs by cupping or lifting your breast. If you feel uncomfortable about this, mention it to the physician and request a female monitor to be present during the exam. If you are absolutely undone by the possibility of a cardiac exam that could involve your breasts, ask for a referral to a woman cardiologist.

To give you related information, I am sending you a copy of my Health Report "Coronary Artery Disease."

ContractBridge

Sheer Artistry

North dealer.  
North-South vulnerable.  
**NORTH**  
♦ K 8 7  
♥ A 9 6  
♦ A 8 3  
♣ Q J 9 4  
**WEST**  
♦ 6 3 2  
♥ 8 5 4  
♦ 7 4 2  
♣ A K 8 3  
**EAST**  
♦ Q J 10 4  
♥ K 2  
♦ 9 6  
♣ 10 7 6 5 2  
**SOUTH**  
♦ A 9 5  
♥ Q J 10 7 3  
♦ K Q J 10 5  
♣ —

The bidding:  
North East South West  
1 ♠ Pass 1 ♥ Pass  
1 NT Pass 3 ♦ Pass  
4 ♥ Pass 6 ♣  
Opening lead — king of clubs.

**Luck evens out in the long run,** so if you want to be a winner at bridge, you have to play better than those you play with.

**Let's say you're in six hearts** and West leads the king of clubs, which you ruff. You play the queen of trumps and finesse, but East wins with the king and returns the queen

of spades. **It looks as though** you must lose a spade trick and go down one, but if you put your gray cells to work, a way to avoid the spade loser emerges.

**Accordingly,** you win East's spade return with dummy's king, ruff a club with the ten, re-enter dummy with a low trump to the nine and ruff another club with the jack.

**This runs you out of trumps** in your hand, since you've ruffed clubs three times and led trumps twice, but that's precisely what you've been trying to do.

**You now enter dummy** with a diamond and draw West's last trump with the ace, discarding a spade from your hand. Your K-Q-J-10 of diamonds and ace of spades then win the last five tricks, and the slam is home as your spade loser vanishes into thin air.

**To come to 12 tricks,** you scored five trump tricks instead of only the four you seemed to have after the trump finesse failed. It might seem odd that to make the slam you must discard your spade loser on one of dummy's trumps, but that is the way things usually go in dummy reversal hands.

Tomorrow: A problem of logistics.  
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TodayInHistory

**By The Associated Press**  
Today is Wednesday, Nov. 29, the 333rd day of 2006. There are 32 days left in the year.

**Today's Highlight in History:**  
On Nov. 29, 1963, President Johnson named a commission headed by Earl Warren to investigate the assassination of President Kennedy.

On this date:  
In 1530, Cardinal Thomas Wolsey, one-time adviser to England's King Henry VIII, died.

In 1864, a Colorado militia killed at least 150 peaceful Cheyenne Indians in the Sand Creek Massacre.

In 1924, Italian composer Giacomo Puccini died in Brussels, Belgium, before he could complete his opera "Turandot." (It was finished by Franco Alfano.)

In 1929, Navy Lt. Cmdr. Richard E. Byrd radioed that he and co-pilot Bert Balchen had made the first airplane flight over the South Pole.

In 1947, the U.N. General Assembly passed a resolution calling for the partitioning of Palestine between Arabs and Jews.

In 1961, Enos the chimp was launched from Cape Canaveral, Fla., aboard the Mercury-Atlas 5 spacecraft, which orbited earth twice before returning.

In 1964, the U.S. Roman Catholic Church instituted sweeping changes in the liturgy, including the use of English instead of Latin.

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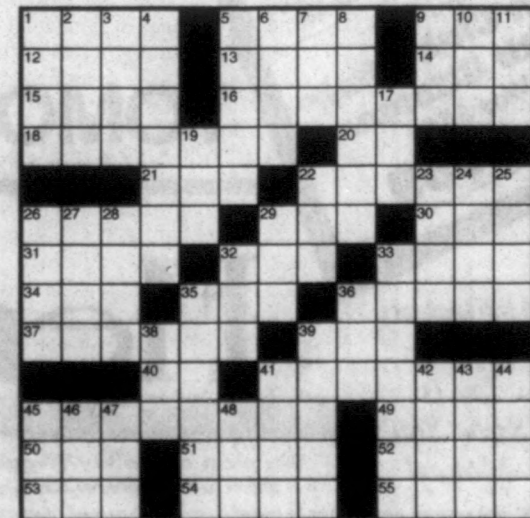
Crosswords

- ACROSS**
- 1 Karate studio
  - 5 Tramp along
  - 9 Explode
  - 12 Cousteau's middle name
  - 13 "Stormy Weather" singer
  - 14 Have a mortgage
  - 15 Twig shelter
  - 16 Taking for granted
  - 18 Competitor
  - 20 Exist
  - 21 Annoy
  - 22 Signal fire
  - 25 Inky
  - 29 Crumple
  - 30 Vigoda or Fortas
  - 31 Ugh!
  - 32 PC memory unit
  - 33 La - tar pits
  - 34 Night before
  - 35 Total failure
- DOWN**
- 1 Unit of force
  - 2 Pie baker
  - 3 Oup!
  - 4 Largest bird
  - 5 Piece of lumber
  - 6 For fear that
  - 7 Switch positions
  - 8 Smeared
  - 9 Luau fare
  - 10 Play for
  - 11 Golf gadget
  - 17 Drop -- line
  - 19 Hot Springs st.
  - 22 Vacuum part
  - 23 John Dickson
  - 24 Not defy
  - 25 "Hud" Oscar winner Patricia
  - 26 Farewells
  - 27 Assessment
  - 28 Sailed through
  - 29 Wk. day
  - 32 Very, in Veracruz
  - 33 Single (2 wds.)
  - 35 Keep safe
  - 36 PC key
  - 38 Kabuki alternative
  - 39 Uses a paper towel
  - 41 -- lang syne
  - 42 Catch a wave
  - 43 Earthenware jar
  - 44 Lois Lane portrayer -- Neill
  - 45 Filly's mother
  - 46 DDE
  - 47 Met a poker bet
  - 48 Day, to Jose

Answer to Previous Puzzle

TIP AFOUL HOC  
ERR CURSE BAH  
LEA ISEE VOTE  
MIDIS CA  
PG NIL OBLIGE  
ALI CLASSICAL  
NAGS ANT DEMO  
DROMEDARY SUP  
AERATE AAH TE  
RA ACMES  
RAFT SHIM APT  
III AMAZE CAR  
ALE TUBER SHY

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FLAMES 74, RACERS 68

## Racers wilt away in Windy City

MSU CAN'T CAPTIALIZE ON 13-POINT LEAD DOWN THE STRETCH IN CHICAGO

Staff Report

CHICAGO, Ill. — The growing pains continued for the Murray State Racers on Tuesday night.

Up by as many as 13 points, the youthful Racers (2-5) wilted down the stretch as homestanding Illinois-Chicago rallied for a 74-68 victory over MSU in front of 3,976 at the UIC Pavilion.

"We definitely let it slip away from us," said Murray head coach Billy Kennedy during a post-game interview on the Racer Radio Network. "We are so inexperienced,

and our listening skills are just not what they need to be in a tough game on the road."

Coming off a big victory over Eastern Illinois in their Ohio Valley Conference opener last Saturday, the Racers appeared to have momentum on their side last night as they shot 50 percent from the floor in building a commanding 34-21 lead with 2:40 to go in the first half.

Senior forward Shawn Witherspoon led the charge with his best effort of the season, scoring 17 points on 5-of-7 shooting — including a 4-of-5 effort from 3-point

range — in the opening 20 minutes.

Meanwhile, the Flames (3-4) suffered through a miserable shooting performance before halftime, knocking down just 6-of-23 attempts for 26.1 percent, to trail 38-27 heading into the break, courtesy of a Witherspoon 3-pointer with 10 seconds remaining.

Senior center Rob Kennedy upped the MSU edge to 13 with a jumper to open the second-half scoring. Despite letting the lead dwindle to just five with 16:31

■ See RACERS, 2C

Ill.-Chicago 74, Racers 68  
MURRAY ST. (2-5)  
D.Thomas 2-5 0-0 5, Witherspoon 6-10 3-4 19, Kennedy 3-4 0-0 6, Horton 4-10 3-3 11, Holloway 1-7 0-0 3, Carter 1-11 4-4 7, Parker 3-6 1-1 7, Paul 1-1 0-0 3, Williams 1-1 3-4 5, Easley 1-2 0-0 2.  
Totals 23-57 14-16 68.  
ILL.-CHICAGO (3-4)  
Stefanov 1-5 5-7 7, Jeffers 5-8 6-12 16, Vandermeer 5-8 1-2 11, White 1-6 3-4 5, Stewart 3-8 4-4 12, Gray 2-5 4-4 10, Bush 4-7 2-2 12, Zoric 0-0 1-2 1, Dailley 0-1 0-0 0, Bond 0-1 0-0 0. Totals 21-49 28-37 74.  
Halftime — Murray St. 38-27. 3-Point Goals — Murray St. 8-20 (Witherspoon 4-6, Paul 1-1, D.Thomas 1-2, Carter 1-4, Holloway 1-5, Horton 0-2), Ill.-Chicago 6-21 (Gray 2-4, Bush 2-5, Stewart 2-6, Bond 0-1, Stefanov 0-2, White 0-3). Fouled Out — Horton. Rebounds — Murray St. 38 (Witherspoon 9), Ill.-Chicago 31 (Jeffers 9). Assists — Murray St. 14 (Horton 5), Ill.-Chicago 14 (Stefanov 5). Total Fouls — Murray St. 28, Ill.-Chicago 16. A — 3,976.

PREP BASKETBALL ROUNDUP

## Calloway pulls rug out from under Lone Oak

### LAKERS, LADY LAKERS PULL OFF SWEEP OF FLASH

Staff Report

LONE OAK, Ky. — The Calloway County girls' basketball team improved to 2-0 Tuesday night after pulling past the Lady Flash 68-47 at Lone Oak.



Starks

Meagan Starks' game-high 18 points, helped start a 20-0 run in the second half, when the 5-foot-6 junior guard had four consecutive baskets en route to the victory.

After finishing Monday night one-point shy of a double-double, Rachel Adams tacked on 17 points and 17 rebounds as Calloway had four players reach double figures. Kayla Cunningham added 14 points and seven rebounds, while Beth Ross finished with 11 points.

Samantha Butts dropped in four, while Brittany Fox and Karra Jones each finished with two points.

After leading by two (31-29) at halftime, Calloway limited Lone Oak (0-1) to just four third-quarter points while closing out the quarter leading 55-33.

The Lady Lakers also controlled the glass against the Lady Flash, outrebounding their opponent 46-28.

Next up for Calloway will be the Honeywell Tournament in Metropolis, Ill., at Massac County High School. The Lady Lakers' first game will be Monday night against Herrin, Ill., at 8 p.m.

LAKERS 78, FLASH 56

Wes Adams led all Calloway players with a game-high 24 points and 12 rebounds as the Lakers eased by Lone Oak for their first victory of the season.



Adams

Tuesday's game marked the fifth straight season-opener for the two schools, with Calloway winning four out of the last five. The last time the Lakers lost to Lone Oak was a 49-41 defeat in 2003-04.

Wes Perry followed Adams' lead with 13 points of his own, and Josh Miller tossed in 11 to finish in double figures, as well.

Eric Berberich added seven, while Landon Lockhart — playing in his first game back at Calloway since transferring to Marshall County almost two years ago — finished with six points. George Garner finished with four, while Jake Tindell and Luke Anderson each had three points. Tyrell Willis, Derek Solomon and Jamey Gream all finished with two points.

After taking an 18-14 first-quarter lead, Calloway sprinted out to a 39-26 lead at halftime — thanks in part to ball control and sharp shooting displayed by the Lakers.

Calloway does not play again until Saturday, when they host University School from Nashville, Tenn., at 6:30 p.m. at Jeffrey Gymnasium.

KENTUCKY 77, CHARLESTON 61

## CHARLESTON CHEWED



Kentucky's Perry Stevenson drives under College of Charleston defender Philip McCandies during the first half in Lexington Tuesday night.

TIGERS 59, BOMBERS 18

## Puttin' a Hurtin' on Ballard Memorial

SOPHOMORE HURT LEADS TIGERS

Staff Report

LA CENTER, Ky. — Cole Hurt and Chess Volp each finished in double figures for Murray High, as the Tigers bombed Ballard Memorial 59-18 Tuesday night.

Hurt, a 6-foot-2 sophomore forward, finished with a team-high 14 points for the Tigers (1-0), while Volp, a 6-foot-4 junior forward, added 11 against a Bomber (0-1) team that seems to still be in the rebuilding stages after Rob Anderson took over a year ago.

Adding to the totals for Murray were Joey Moehler's eight points and Blake McCuiston's seven. Kenneth Trice and Brett Gibson each tacked on six points, while Casey Parker-Bell notched four and David Kuykendall dumped in three.

The Tigers opened the game with a 16-4 lead and never looked back, taking a commanding 33-8 lead at halftime. Murray closed out the third quarter leading 48-10.

The Bombers were limited to 11 shots in the first half. "We played hard, and I was really pleased with our intensity," said Tiger coach David Fields. "I was pleased with the fact that we got after them and didn't let up, even though it could have been easy to do."

Murray will host Lone Oak Friday in a boys-girls double-header, beginning at 6 p.m.

## UK HAS LITTLE PROBLEM WITH COUGARS AFTER RETURNING FROM MAUI

LXINGTON, Ky. (AP) — Banished to the bench for the first time and coming off a week where defense was the focus, Perry Stevenson turned in his best offensive performance of his young Kentucky career.

The freshman forward had a career-high 14 points, connecting on all seven of his shots from the field, and Kentucky tuned up for its trip to North Carolina with a 77-61 victory over College of Charleston Tuesday night.

"Perry is going to give you what he gives you," coach Tubby Smith said of his shot-blocking specialist. "Obviously he wants to start, but I think he realizes, 'Hey,

I've got a role to play.' It's a team effort. Whether he comes off the bench or not, I don't think it matters to him."

Smith attributed Stevenson's struggles last week at the Maui Invitational to games in three straight days against upper-echelon opponents. Kentucky lost two of those, against now-No. 1 UCLA and No. 14 Memphis, and faces another tough test Saturday when the No. 7 Tar Heels host the Wildcats in the battle of the two winningest teams in history.

Although Sheray Thomas started over Stevenson in Kentucky's first lineup change of the season, Stevenson made his presence felt soon.

His dunk pulled the Wildcats to within three points midway through the first half and began a 17-0 run that buried the Cougars (3-3).

Seconds later, Stevenson showed off a new signature move — an under-the-basket hook flip that gave the Wildcats their first

lead at 12-11. He did it again the next time down, drawing the foul — albeit missing the free throw — in the process.

"He's able to get use of his size when he jumps up that high," center Jared Carter said of Stevenson. "He's underweight for a post player, but that will come."

The Wildcats, who concentrated on defense in practice, paid the price offensively early. They missed their first nine shots and didn't hit a field goal until more than six minutes had passed.

The poor shooting sparked angry looks followed by massive substitutions from Smith. He briefly yanked all five starters and replaced them with four freshmen and senior center Lukasz Obrzut.

"Whether he's yelling or whatever it is, he always finds a way to get our attention," Crawford said of Smith.

College of Charleston also didn't get a single first-half free-throw attempt because Kentucky stayed out of foul trouble, com-

SATURDAY

Kentucky vs. No. 7 North Carolina When: 11 a.m. TV: CBS-12 Records: North Carolina 4-1; Kentucky 4-2

mitting only three in the half and none in the first 16 minutes. The Wildcats led 27-15 at halftime.

"I wanted to come in here and play a competitive game," Charleston coach Bobby Cremins said. "That was our goal, and I don't think we accomplished that."

Charleston's star guard, Dontaye Draper, had only two points in the first half but found his shot in the second, leading the Cougars with 15 points. By then it was too late.

Joe Crawford's 3-pointer with 10 minutes left stretched Kentucky's lead to 20 points and extended the Wildcats' streak to 616 games with a long-range bucket. Only UNLV and Vanderbilt have longer streaks. Crawford finished with 15 points.



CINCINNATI 74, MURRAY STATE 57

# Boarded Down

## LADY BEARCATS KILL MSU ON REBOUNDS IN SECOND HALF TUESDAY

By MSU Media Relations

CINCINNATI, Ohio — The Murray State Lady Racers visited Big East Conference opponent Cincinnati on Tuesday night.



Scott

Despite hanging with the host Bearcats through the first 20 minutes, Murray State was out-rebounded 29-8 in the second half in a 74-57 loss to UC.

The Lady Racers (2-3) stayed with the home-standing Bearcats early on, using a tenacious defense to convert offensive opportunities. Cincinnati (5-0) led 11-4 with 14:16 left in the first half, but a 3-pointer from senior Erica Gordian and a put-back by senior Joi Scott narrowed the gap to 11-9 with 12:20 left in the period.

The Bearcats got out to as much as a six-point lead, 18-12, with 8:11 left in the first half, but the Lady Racers responded. A trey from sophomore Amber Guffey pulled MSU back to within 22-20 with 4:15 remaining.

The teams exchanged baskets, and a 3-pointer from sophomore Paige Guffey gave Murray State its first lead of the game, 25-

24, with 2:46 remaining in the period. UC's Shelly Bellman hit a triple to give the Bearcats a 27-25 lead, but junior Alaina Lee hit a jumper with 15 seconds left to knot the game at 27-27. UC's Treasure Humphries hit a layup with three seconds left to give the Bearcats a 29-27 halftime advantage.

Gordian and Amber Guffey led the Lady Racers' balanced scoring at the half with six points each. Paige Guffey had five points, and Lee and freshman Jenny Petrie had four points apiece. Cincinnati was led by Bellman at intermission with 11 points, while Humphries had six.

Gordian grabbed a team-high four rebounds in the first half, and Bellman had nine for Cincinnati. UC out-rebounded MSU 21-19 in the first 20 minutes.

Murray State grabbed seven first-half steals to Cincinnati's three. The first-half turnovers were almost even, as MSU had 12 and UC 11.

The Lady Racers held the Bearcats to 36.7-percent shooting (11-for-30) in the first half, while hitting at a 37.9-percent pace (11-for-29).

In the second half, Scott hit a bucket to tie the game at 29-29 with 19:26 left in regulation, and MSU re-tied the game 32-32

with 16:27 left. But Cincinnati got a basket from Emy Ogide and a three from Angel Morgan to push out to a 37-32 lead with 15:45 remaining.

Leading 54-47, Cincinnati used an 8-0 run to push out to a 62-47 lead with 4:39 left in regulation en route to the 74-57 decision. "We made some poor decisions passing-wise," said MSU head coach Joi Felton. "We didn't execute well off the boards, with our blocking out, and we had worked on that all week, so that made it extra-hard to see. We didn't take care of the ball, and we didn't box them off the boards. We have Lipscomb at home and our OVC opener coming up, so we have to get better in a hurry."

Lee and Paige Guffey led Murray State with 11 points apiece, while Amber Guffey chipped in nine. Lee also had a team-high six rebounds, while Amber Guffey had four assists and junior Shaleea Petty had a game-high three steals.

Morgan led Cincinnati with 18 points. Humphries added 15 points, nine rebounds and seven assists, while Bellman had 13 points, 13 rebounds and seven assists. Jill Stephens chipped in 10 points for UC.

MSU returns home to take on Lipscomb on Monday at 5:15 p.m. at the RSEC.

### RACER FOOTBALL

# Butler named to Valley's All-Newcomer Team

## FRESHMAN FINISHED WITH 69 TACKLES, INCLUDING 9.5 FOR LOSS

By MSU Media Relations

Murray State freshman Tamar Butler earned a spot on the 2006 Ohio Valley Conference All-Newcomer Team, the league announced Tuesday.

Butler, a linebacker from Murfreesboro, Tenn., was one of 13 players from across the conference selected to the all-newcomer squad.

"We're very pleased that Tamar was recognized for the contributions he made to our team this season," said Murray State head coach Matt Griffin. "Tamar was asked to make the adjustment from high school player to collegiate starter, and he did a tremendous job making that transition."

Butler started every game this season for the Racers, finishing with 69 tackles, including 9.5 tackles for a loss, one sack, one interception, three pass break-ups, one fumble recovery and four forced fumbles. He led the team in tackles for a loss and was fourth in total tackles.

Butler tied for fifth in NCAA Division I-AA with an average of 0.36 forced fumbles per game.

In the final game of his first collegiate season, Butler registered a season-best 12 tackles against No. 12 Tennessee-Martin. Of his 12 stops, nine were of the solo variety. He recorded eight tackles on two occasions — against Indiana State on Sept. 16 and against No. 6 Illinois State on Sept. 23.

Butler and fellow freshman Taylor Lanigan are the only two players on the team that have recorded a sack, an interception and a fumble recovery. In addition to the all-newcomer team, the OVC also announced its all-conference teams and its award winners, as voted on by the league's coaches and sports information directors.

Eastern Illinois tailback Vincent Webb and UT Martin tailback Don Chapman were selected as OVC Co-Offensive Player of the Year. EIU's Donald Thomas was tabbed as the OVC Defensive Player of the Year, while OVC Freshman of the Year honors went to Tennessee Tech quarterback Lee Sweeney.

Eastern Illinois had a conference-high seven players selected to the 2006 All-OVC first team, while UT Martin and Tennessee State followed with five and four honorees, respectively.



Butler

### AROUND THE STATE

# Hot shooting helps Colonels

## 13 3-POINTERS ENOUGH FOR ECU TO GET PAST JMU

HARRISONBURG, Va. (AP) — Julian Mascoll and Mike Rose each had 16 points and Eastern Kentucky sank 13 3-pointers in a 70-66 win over James Madison Tuesday night.

All of Adam Leonard's 12 points came from 3-pointers in the first half, when nine of the Colonels' 13 field goals were from beyond the arc.

Joe Posey tried to use the

Colonels' tricks against them in the second half. He went 5-for-10 from 3-point range, including back-to-back 3s that brought James Madison (2-3) to within 12 with 15:17 remaining and a 3-pointer that made it 62-54 with 2:51 left. The Dukes were down by eight with 19 seconds left, and Kyle Swanston and Posey hit back-to-back 3-pointers, but it wasn't enough.

Posey finished with 17 points, Terrance Carter had 14 and Juwann James added 11.

James Madison had a slight rebound advantage, pulling down 29 boards to the Colonels' 25, but scored twice as many second-chance points, 18-9. The Dukes also outscored Eastern Kentucky (5-1) 32-20 in the paint.

# Evans leads WKU to win over Birmingham

BOWLING GREEN, Ky.

(AP) — Freshman Jeremy Evans shot 8-of-8 from the field and 2-of-2 from the line and Western Kentucky went 14-of-14 on free throws as the Hilltoppers beat Alabama-Birmingham 69-54 Tuesday night.

The game was tied 28-28 at halftime, and Alabama-Birmingham (3-3) took a 35-34 lead early in the second half before Matt Mareska's basket with 14:32 to play ignited a 13-

2 run that put Western (6-1) in control the rest of the way.

Courtney Lee added 13 points and Tyrone Brazelton 12 for the Hilltoppers, who bounced back from a 101-68 loss to defending national champion and No. 1-ranked Florida last Friday night in Las Vegas.

Paul Delaney led Alabama-Birmingham with 15 points in the game, while Jeremy Mayfield came off the Blazers' bench to score 10 points.

### COLLEGE BASKETBALL ROUNDUP

## Bruins blast Long Beach State

LOS ANGELES (AP) — Newly anointed as the nation's No. 1 team, UCLA played the first half against Long Beach State like it hadn't heard the news.

Fresh off winning the Maui Invitational last week and still drained from traveling all day Friday, the Bruins found themselves in a two-point game late in the first half Tuesday night.

Eventually, they got it together in their first game at No. 1 since 1995 behind Josh Shipp's career-high 24 points and 20 from Arron Afflalo that finished off an 88-58 victory.

"We came out as if that team wasn't going to come after us," Afflalo said. "There's been a lot of hoopla about our ranking. At half-time, we said we don't want to discuss that anymore."

Coach Ben Howland found plenty to rant about, especially the Bruins' lethargic effort. "I talked to them nicely and asked them to play harder," Howland said.

The Bruins responded after halftime by scoring on their first eight possessions in a 15-0 run that gave them a 56-35 lead and the rout was on.

UCLA improved to 5-0 for the first time since the 1995 national championship team started the same way.

In other Top 25 games on Tuesday night, it was: No. 4 Florida 83, Southern 27; No. 5 Kansas 83, Dartmouth 32; No. 6 Alabama 75, Louisiana-Monroe 61; No. 11 Duke 54, Indiana 51; No. 12 Wisconsin 81, Florida State 66; No. 16 Arizona 89, UNLV 75; No. 21 Georgia Tech 77, Penn State 73; and No. 23 Maryland 72, Illinois 66.

Freshman Russell Westbrook added a career-high 11 points and Darren Collison had 10 and a career-high nine of UCLA's 15 steals.

The Bruins hit 13 3-pointers, led by Shipp's career-high six and Westbrook's 3-of-3 from long-range.

Sterling Byrd led Long Beach State (2-3) with 15 points and a career-high 16 rebounds.

"They came out and busted us," he said.

But not before the 49ers kept it close in the first half by controlling the boards, 25-14, shooting 47 percent from the floor and outscoring UCLA 20-8 in the paint.

UCLA led 41-36 at the break after blowing most of a 14-point lead, built on the strength of eight 3-pointers, including four by Shipp. After he hit back-to-back long-range baskets with 5 minutes remaining, the 49ers outscored the Bruins 16-7 to end the half.

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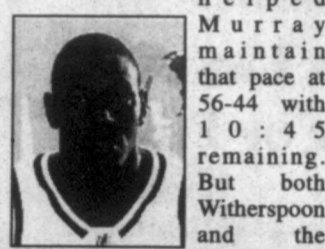
NATIONAL SPORTS SCOREBOARD	
<p><b>Tuesday's scores</b> By The Associated Press</p> <p><b>PREP BASKETBALL</b> <b>BOYS BASKETBALL</b></p> <p>Lou. Collegiate 38, Lou. Southern 49 Calloway Co. 78, Lone Oak 56 Clinton Co. 54, Pulaski Co. 43 Cov. Catholic 66, Lex. Paul Dunbar 58 Cumberland Co. 64, Edmonson Co. 58 Gallatin Co. 105, Trimble Co. 59 Holmes 73, Pendleton Co. 42 Lloyd Memorial 69, Ludlow 47 Mason Co. 102, St. Patrick 38 Oneida Baptist 83, Piarist 60 Pineville 70, Williamsburg 33 West Jessamine 68, Rockcastle Co. 45</p> <p><b>GIRLS BASKETBALL</b></p> <p>Barbourville 59, Everts 28 Bardtown 55, Spencer Co. 26</p>	<p>Casey Co. 65, Pulaski Southwestern 46 Central Hardin 91, Lou. Fairdale 86 Green Co. 59, Campbellsville 37 Lou. Atherton 61, Lou. Western 34 Lou. Central 75, Lou. Portland Christian 10 Lou. Iroquois 86, Lou. Seneca 29 Lou. Jeffersonstown 37, South Oldham 36 Lou. Pleasure Ridge Park 63, Beth Haven 7 Monticello 60, Williamsburg 57 North Bullitt 75, Lou. Valley 23 Paducah Tighman 62, Caldwell Co. 49 Prestonburg 66, East Ridge 47 Red Bird 53, Oneida Baptist 28 Russell 63, Ashland Blazer 47 Taylor Co. 39, Washington Co. 33 Todd Co. Central 78, Fort Campbell 43</p>

### Racers

From Page 1B

Despite letting the lead dwindle to just five with 16:31 left, the Racers regained momentum to push their advantage back to double digits.

A Witherspoon jumper helped Murray maintain that pace at 56-44 with 10:45 remaining. But both Witherspoon and the Racers went cold from that point, as UIC ripped off an 18-7 run over the next eight minutes to slice the MSU lead to only one (63-62) on a free throw by Othys Jeffers.



Witherspoon

Jeffers proved to be a thorn in the Racers' side all night long, scoring half of his team-high 16 points in the final 20 minutes.

The Flames, who were dreadful offensively in the first half, picked things up in the second half to shoot at 57.7 percent (15-of-26).

A 3-pointer by Robert Bush with 2:11 to go completed the comeback, as UIC went ahead for good at 65-63.

Trailing by as many as six, the Racers would pull to within three (71-68) on a trey by guard Bruce Carter with just 19 seconds remaining. But that's as close as MSU would come, as junior guard Karl White knocked down 3-of-4 free throw attempts for three of his five points in the final 16 seconds to secure the UIC victory.

Murray took the opposite rout from the Flames offensively in the second half, shooting just 31 percent (9-of-29) from the field to finish at 40.4 percent (23-of-57) for the game. The Racers hit just 8-of-20 attempts from 3-point range.

After lighting up the scoreboard in the first half, Witherspoon attempted only three shots — hitting just one — in final 20 minutes.

Jeffers paced the field for the Flames, who placed four other players in double figures. Bush and Stewart Spencer had 12 apiece, while Scott VanderMeer tossed in 11 and T.J. Gray 10. UIC finished 21-of-49 from the floor, including 6-of-21 from behind the 3-point arc.

The Racers return to the court on Friday, when they travel to Knoxville, Tenn., to take on Tennessee in a 6 p.m. CST contest at Thompson-Boling Arena on the UT campus.

Witherspoon finished with a game-high 19 points, while Horton followed with 11. No other Racer reached double figures.

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### MIDDLE SCHOOL ROUNDUP

# A Perfect 10

## CCMS GIRLS RUN RECORD TO 10-0

Staff Report  
The Calloway County Middle School seventh grade girls' basketball team ran its record to 10-0 with a pair of recent victories.

The Lady Lakers claimed a 36-8 triumph over South Marshall on Nov. 14 before earning a 25-11 win over North Marshall on Nov. 21.

Against South Marshall, Calloway opened a 9-5 lead by the end of the first quarter and never trailed, leading 26-7 entering the final period before closing out the 28-point win.

Cheyenne Maddox paced the Lady Laker effort with 14 points, while Alyssa Cunningham tossed in eight. Lauren Benson and Taylor Futrell had six apiece, and Ashley Gullixson added two.

In the victory over North Marshall, CCMS built a 15-9 lead by the intermission and held its opposition to only two points in the second half.

Cunningham was the top scorer for Calloway with 10.

Futrell followed with seven, Karlee Wilson had four and Abby Futrell and Neely Gallimore had two each.

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ESPN — Ohio St. at North Carolina 8:30 p.m.  
ESPN2 — Clemson at Minnesota 9:30 p.m.  
FSN — Kansas St. at California  
NHL HOCKEY  
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VERSUS — San Jose at Minnesota



# LEARNING

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**TIGER TALES:** Murray Elementary School celebrated the publication of its annual Tiger Tales book Monday with a school assembly recognizing everyone involved with the project. The book, which is a collection of student prose, poetry and art, was dedicated to the more than 200 school volunteers, commented Janet Caldwell, MES principal. The winner of this year's cover design was Carter Reid, a second grade student at Murray Elementary School. Pictured above, from left, are: MES teacher Chuck Blanchard; Reid; MES teacher Shannon Chiles; and Caldwell. Blanchard and Chiles introduced Reid as this year's cover design winner. They are standing with a copy of Reid's artwork. The winner of the back cover art design was Kennedy Baker.

GREG TRAVIS/Ledger & Times

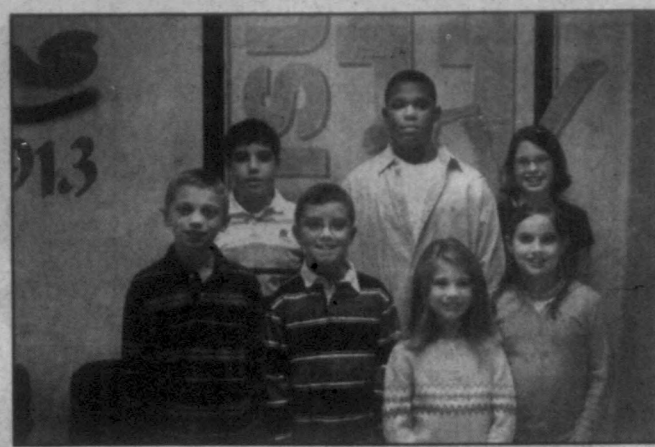


Photo provided  
Pictured are, front row from left, Nicholas Alexander, Will Adams, Rachel McDonald and Olivia Floyd. Back row, from left, are Hugh Paschall, JaMal Felton and Alex Bloodworth.

## Students help with Rotary Club auction

Murray Middle School students recently participated in the Rotary Telethon at Murray State University. Darius Nabavi, Rob DeBoer, Chad Thompson and Landon Russell worked with Jared Rosa, Sherry Purdom and Jeremy McKeel to learn more about the technology aspect of putting together a live TV show. Rachel McDonald, fourth grade student, appeared on the live telethon to talk about the transition from Murray Elementary to Murray Middle School and other activities fourth grade students might enjoy.

Will Adams, Olivia Floyd and Nicholas Alexander, fifth grade students, talked about their experiences with Odyssey of the

Mind. Sixth grade student, Hugh Paschall, gave ideas on what it is like to transfer from another school. He also talked about the student council and Y Club. Jamal Felton, seventh grade, let everyone know about KUNA and various sports in which students may participate.

The last speaker for the evening was Alex Bloodworth. She talked about band, student council, the dance team and other activities she'd participated in during her five years at Murray Middle. Lou Carter, principal, appeared on the set with several students who had been chosen as "courage students" for the month of October.



Photo provided

**A WEEK OF CELEBRATION:** Southwest Elementary School recently celebrated Children's Book Week along with National Teddy Bear Day. Approximately 200 children in the school brought in their favorite teddy bears or stuffed animals to read with during the week. The teddy bears were placed on top of the library shelves and visited during story time. It was great fun for all and it really brightened up the library shelves. Catherine Bright, library media specialist and school technology coordinator, shared the history of the teddy bear with the students as well as stories from famous bears in literature, such as "Goldilocks and the Three Bears," "Paddington Bear," the "Berenstain Bears" and "Corduroy." Every day children wore different items of clothing to celebrate Children's Book Week.



Photo provided

**SAVING THE DAY:** "Turkey Saves the Day" was recently performed by fourth grade students under the direction of Donna Keller, librarian, at Murray Middle School. The play takes place on a farm and a pig lets it slip that the turkey is being fattened to be sold for Thanksgiving Day. The turkey decides to try and change Mrs. Muffett (Sloane Wright) and Mr. Muffett's (Isaac Hansen) mind by letting them know how valuable she is to them when she scares off a wolf (Nathan Smith) in the night. Students learned about props and costumes, as well as voice projection and how to work together. Family and friends were invited to the play which will be aired during the holiday season on channel 13. Pictured, from left, are: Dalton Rohrs; Sloane Wright; Courtney Bonn; Gabby Shultz; Blaine Becker; Isaac Hansen; Nathan Smith; and Donna Keller.



Photo provided

**TOP NORTH STUDENTS:** North Calloway Elementary PTA annual fundraiser winners have been announced. Mrs. Gore's first grade class was named the Top Selling Homeroom. Each student in the class received a free Play Game card. The Top Salesman for each grade received a \$25 gift card and were: Kindergarten, Ashley Harpole; 1st grade, Jake Schroeder; 2nd grade, Arion Galbreath; 3rd grade, Jacob Ramsey; 4th grade, Mallory Duncan; and 5th grade, Katie Sevilla. Amanda Harpole, a kindergarten student in Mrs. Crouch's class, was the Top Salesman for the entire school. She received \$100 cash.

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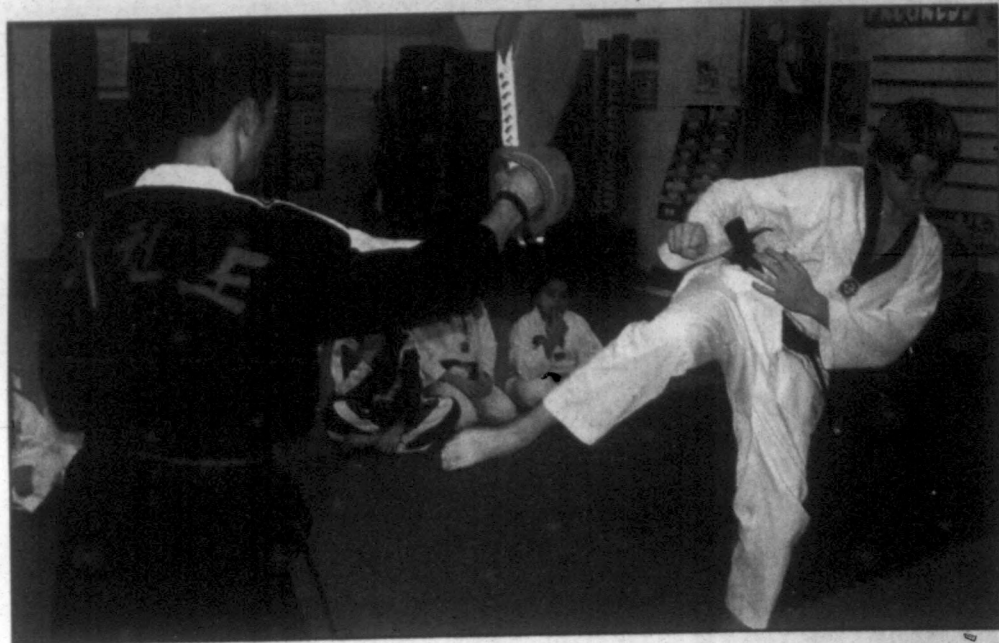
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TOM BERRY/Ledger &amp; Times

Tae Kwon Do black belt Ian Holmes, right, fires a kick at a focusing glove worn by instructor Tung Dinh, left, during class. Holmes says his martial arts training is keeping him in excellent shape and helping him to combat his diabetic condition.

## Black belt keeps kicking away despite diabetes

By TOM BERRY  
Staff Writer

Living with diabetes doesn't mean you have to miss out on the joys or even some of the challenges in life.

Just ask Ian Holmes, a black belt in Tae-Kwon-Do, who says his condition is no reason he can't keep punching and kicking his way to better health and enjoyment of all the things a 13-year-old has to look forward to.

Holmes, an eight-grader at Murray Middle School and a student at Martial Arts America, was diagnosed with diabetes about 14 months ago. He doesn't minimize the affect diabetes has had on his life, but he's not going to let it keep him from doing what he loves to do.

He's been practicing martial arts for five years and plans to keep on striving to better himself physically and mentally through the martial arts.

"It can be a hindrance sometimes, but if you keep on top of it, it doesn't affect you that much," he said, pointing out that his love for the art and the challenges it creates has motivated him to overcome and keep moving forward.

"The exercise can also help keep me in good shape and that helps keep my blood sugar regulated," he said.

November is National Diabetes Month. The condition, the nation's No. 5 killer, affects the body's ability to produce or respond properly to insulin, a hormone that allows blood glucose to enter the cells of the body for use as energy.

Nearly 21 million youngsters and adults in the U.S. have diabetes. There is no cure.

Dieting and exercise may not cure diabetes, but it does boost overall physical health. Holmes says his doctor is aware of his strenuous martial arts activity and encourages it.

"He thinks that getting the exercise is really good for me. He likes it," he said.

Last year, Holmes said he could tell something was wrong when he became mentally and physically lethargic at times for apparently no reason.

"You don't really feel sick, but you feel incredibly tired," he said. "All I really wanted to do was lay in bed and sleep. I couldn't talk. I tried going to school the day before I was diagnosed and my teachers said I needed to go home because I was so bad."



Ian Holmes, 13, demonstrates one of his Tae Kwon Do black belt forms during class at Martial Arts America recently while younger students look on. Holmes was diagnosed with diabetes a little more than a year ago, but says he's going to keep on punching — and kicking.

He is now taking insulin and watching his diet. That, along with staying physically active and keeping an eye on his blood sugar, enables him to continue to live a normal life.

Holmes said he would recommend participation in any exercise program, particularly martial arts, to anyone whether they were affected by diabetes

or not because it's a good way to keep healthy while learning to help yourself and others.

"I would recommend it to anybody, especially with diabetes, because it will help keep them in shape," he said. "It will help keep your blood sugar just great and it will be great for them."



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AUTO - HOME - LIFE INSURANCE

## Implant may block strokes

WASHINGTON (AP) — At least 120,000 Americans a year suffer strokes because of a common irregular heartbeat — one that's on the rise, hard to treat and can shoot deadly blood clots straight to the brain.

Now doctors are experimenting with a new way to prevent those brain attacks: a tiny device that seals off a little section of the jiggling heart where the clots form.

If it works — and a major study is under way — the Watchman device might provide long-needed protection for thousands of people with atrial fibrillation, whose main hope now is a problematic blood-thinning drug that too many can't tolerate.

"I don't think I'm biased, but it could potentially revolutionize a-fib, which is a ton of people," says Dr. Steven Almany, vice chief of cardiology at William Beaumont Hospital in Royal Oak, Mich. He has implanted the Watchman into more than a dozen patients so far.

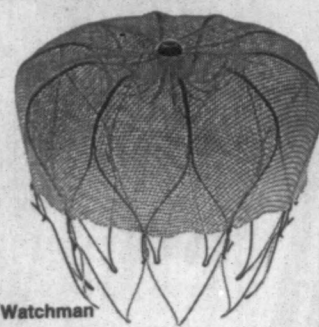
About 2.8 million Americans have atrial fibrillation, the most common type of irregular heartbeat. It is most common among the elderly, and cases are increasing as the population grows.

A-fib occurs when the heart's top chambers, called the atria, get out of sync with the bottom chambers' pumping. The atria speed up, sometimes so fast that they quiver like a bag of worms. Blood pools inside a pocket of the heart, allowing clots to form.

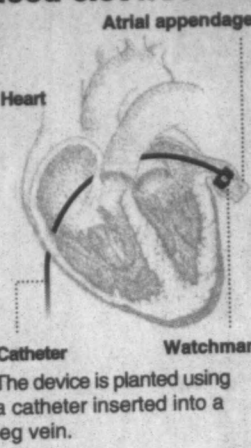
About 20 percent of the nation's strokes are blamed on the condition, and they tend to be particularly severe. About a third of the victims die, and another third are significantly disabled, Almany says.

### Stroke blocker keeps blood clot-free

The Watchman is a device that keeps blood clots that form in the left atrial appendage from entering the blood stream and causing fatal strokes.



SOURCE: Atritech



The device is planted using a catheter inserted into a leg vein.

The blood thinner warfarin, also called Coumadin, lowers the stroke risk dramatically. But it's very difficult to use — it can't be taken together with dozens of other medicines, and requires dietary restrictions and regular blood testing. In addition, side effects include serious, even life-threatening, bleeding.

By some estimates, almost half the people who should take the drug can't or won't, and "there are lots of people out there on Coumadin who want off," says Dr. William Gray, a cardiologist studying the Watchman at New York's Columbia University Medical Center. "This provides the opportunity, hopefully, to get them off the drug."

In atrial fibrillation, 90 percent of stroke-causing blood clots collect inside a jalapeno pepper-shaped flap of tissue that hangs off the edge of the left atrium. Some call it the heart's belly button, a leftover from fetal development that the body no longer needs.

The Watchman physically seals off that flap, depriving clots of their staging area. The question is whether that really will stop strokes. To find out, doctors are recruiting hundreds of patients around the country to get either the experimental device or the usual Coumadin.

How does the Watchman work?

Doctors thread the mesh-covered metal brace through a leg vein up to the heart, and wedge it into the opening of the troublesome flap. Tiny hooks hold it in place until heart tissue grows over it to form a permanent seal. Forty-five days after implantation, Watchman recipients have a tube put down their throats for a special heart scan to tell if the flap really is closed off. If so, they quit Coumadin.

Of the roughly 250 patients enrolled so far, 97 percent of Watchman recipients have quit the drug, Almany says. They still must be tracked for at least two years, to see how many have a stroke.

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