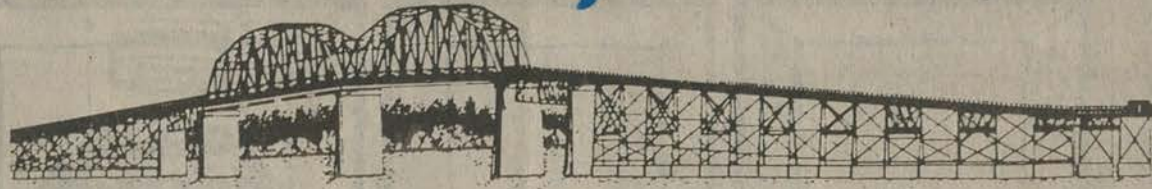


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VOL. 109/NO. 31

WEDNESDAY, AUGUST 8, 1990, CADIZ, KY.

2 SECTIONS/26 PAGES 35c

Lawsuits cite Cadiz lawyer

CADIZ, KY -- Three lawsuits are on file in Christian Circuit Court charging Attorney Tim Futrell with malpractice in handling earlier legal actions.

One of the suits was filed by a Trigg County woman.

The suits, all filed since June 28, name Tim Futrell as the defendant. Futrell maintains law offices in Cadiz and Hopkinsville.

The three suits contain allegations concerning Futrell's alleged failure to turn over to the plaintiffs all of the money due to them from settlements in their earlier cases.

The plaintiffs in the suits (which represent only one side of the controversies) are Rhonda A. Fuller of Trigg County, George W. and Brenda L. Bailey of Hopkinsville, and Michael P. and Paulette I. Cochran of Pelham, Ga.

Fuller, the plaintiff from Trigg County, has filed a claim with the Legal Negligence Arbitration Panel of the Kentucky Bar Association.

Simons, Cranor plead 'not guilty' to charges

CADIZ, KY -- Jed Lee Simons and Marvin Lee Cranor entered not guilty pleas before Circuit Judge Willard Paxton Thursday morning, Aug. 2.

With lawyers by their sides, Simons and Cranor, both of whom were arrested in the largest drug bust in western Kentucky history, plead not guilty to charges related to the drug bust and their arrests.

Paxton then set Thursday, Jan. 17, 1991, as the trial date for the two men.

Futrell has filed a motion to dismiss that suit. The lawyer has also filed a counterclaim seeking money that he alleges Fuller owes him in fees.

Fuller noted in her suit, filed by Hopkinsville attorney John J. Chewning, that she hired Futrell in July of 1987 to represent her in a suit to be filed in Trigg Circuit Court regarding a June 29, 1987, wreck.

Court records show that the terms of a contingency fee arrangement were that Futrell was to get 33 1/3 percent of any money recovered if the case went to trial and 25 percent of any sum recovered from a settlement.

A lawsuit was filed in October 1987 and for the next 18 months there was little done in the case, according to the suit. However, a year earlier, Richard M. Joiner, the attorney representing the defendants in the action, made a settlement offer of \$9,500. Ms. Fuller said she told Futrell to settle for \$9,500, but he refused, saying he could get a much

Please See **LAWYER**, Page A-9

Simons faces felony charges of trafficking in cocaine, conspiracy to traffic in cocaine and two counts of wanton endangerment. He is also charged with three misdemeanors -- failing to stop a motor vehicle, carrying a concealed deadly weapon and possession of drug paraphernalia.

Cranor is charged with conspiracy to traffic in cocaine and possession of marijuana, under 8 ounces.



CAMPING OUT: Marcella Brandon, left, and Andrea Radford donned towels and smiles Monday during the first day of camp for the Trigg County High School band. The band and the football team, who are also started camp at the high school Monday, are preparing for their fall seasons.

School board plans to set utility tax

By David Blackburn
Staff Reporter

CADIZ, KY -- The Trigg County Board of Education is looking to impose a 2.5 percent utility gross receipts tax in order to comply with the new education reform bill (HB 940) passed by the recent General Assembly.

In a 4-1 decision, the board voted Monday, Aug. 6, in its regular meeting to declare its intention to levy the tax. The board also voted to set 6 p.m. on Monday, Aug. 20, as the time and date for a public hearing to listen to complaints or to answer questions about the proposed tax.

The lone dissenting vote came from board member Euen Compton who said he was "doing what my constituents want. I haven't had a single call for it."

In fact, Compton added, two people called him to suggest imposing an income tax. "I think it's a very lucrative thought to have a county-wide income tax," he said. "I'll pay mine."

The board voted to declare its intention to set a tax rate no higher than what was needed in order to meet the required equivalent of a 30 cents per \$100 assessed value property tax. Also, in order to participate in the state's Schools Facility Construction Program, the school board had to add on 5 cents more, creating a 35-cent minimum.

The proposed tax would give Trigg County a 36.2-cent rate and would generate about \$246,000 in revenue.

Please See **TAX**, Page A-9

Trigg County Schools open Thursday, August 16

CADIZ, KY -- Local students will register and attend a full day of classes on Thursday, August 16, the first day of the 1990-91 school year.

Courses get underway for grades 1 through 12 with the only exception being for Kindergarten students who will register and return home with their parents. Kindergarten students will report for their first full day of school on Friday, August 17.

The beginning of school for teachers starts a few days earlier with in-service on Tuesday, August 14. The opening day without students will be August 15.

KINDERGARTEN AND FIRST GRADE

Parents who have a student entering Kindergarten for the first time and have not notified the school, should call the elementary school prior to the opening day of school.

Children must be five years old by Oct. 1, 1990, to be eligible to enter Kindergarten. (Children must be six years old by the same date to enter first grade.) Items required for Kindergarten enrollment include an immunization certificate, social security number, a medical examination, a tuberculin test and a copy of the child's birth certificate.

Kindergarten will have all-

day sessions with the exception of students who prefer to come a half day. If a student attends all day there will be a fee of \$1 per day for the expense of the teacher which is not paid by the state. Questions about the Kindergarten program can be answered by Dr. Martha Davis, elementary principal.

The elementary school will be open Wednesday, August 15 at 7 p.m. for students to find

out their homeroom teachers. Ben Helen Burkeen will also have test results for grades K-5.

STUDENTS ENTERING FOR THE FIRST TIME

All students who are entering Trigg County Schools for the first time must have proof of immunization. New students will not be allowed to enroll without it. This applies to Kindergarten and all other students entering the schools

for the first time.

All new students must have completed a form showing they have had a medical examination no longer than six months prior to the opening of school or no later than one month after school begins. If the health exam records are not completed by a month after school opens, the student will not be permitted to attend school until the record is

Please See **SCHOOL**, Page A-4

Officials work six wrecks in 48 hours

CADIZ, KY -- The Trigg County Sheriff's Department worked six traffic accidents in less than 48 hours, including four in one day, over the weekend.

The first happened Friday afternoon, Aug. 3, when Janay McGill, 18, of Cerulean lost control of a 1988 Corsica she was driving.

McGill, who was going south on KY 525 about 10 miles

south of Cadiz, dropped off the shoulder, lost control, crossed back over the highway and over turned. No injuries were reported, but McGill's car was totaled.

On Aug. 4, Henry Ladd, 46, of Cadiz hit a pool of water with his 1984 Ford Ranger pickup, lost control and hit embankment about a mile east of Cadiz on US 68. His wife Martha, who was a pas-

senger in the vehicle, was treated at the Trigg County Hospital for a cut above her eye.

Less than 30 minutes and 100 feet later, as traffic was stopped on US 68 while officials worked the Ladd accident, a three-car mishap occurred.

The sheriff's department said John Patterson, 51, Please See **WRECKS**, Page A-9

BLWD dedicates plant Aug. 11

The Barkley Lake Water District will dedicate a newly expanded water treatment plant at 10 a.m., Saturday, August 11, at Canton.

Former Governor Edward T. "Ned" Breathitt will be the dedication speaker. County Judge/Executive Zelner

Cossey and Barkley Lake Water District Chairman James Guess said Breathitt, whose home is near the treatment plant, was supportive of the Water District during his administration as governor.

Following the dedication of the expanded plant an open

house, complete with tours of the entire facility, will be held at 3 p.m.

The Barkley Lake Water District Commissioners and staff invite their friends and customers to the dedication and tour of the facility.

Please See **PLANT**, Page A-9



FOR 35 YEARS OF SERVICE: Charles Myers, associate office coordinator for the Louisville Division of the U.S. Postal Service, presented Janette Maveety McCain with a pen Tuesday, July 31, for her 35 years as postmaster of the Cerulean Post Office. Not shown is Susie Peay who will be the officer in charge of the post office until a new postmaster is appointed.

Opinion

Vacation relief from deadlines

Vacation was a blessed relief from the deadlines and hurried pace of the newspaper business.

Last week I gave up my computer and writing chores to "wander Indiana." The days swiftly went by and in no time I found myself in front of the computer again. I felt like I had taken one of those "quantum leaps."

It's good to be back.

Rose Traugher gave me a call Monday to let me know about "a beautiful sight" to behold in Trigg County.

She said that Ray Wilson had planted acres and acres of sunflowers for birds and deer to enjoy. I hope to pay Mr.



My Column
By Janet F. James

Wilson a visit this week.

Here's something new in the shopping world: self-serve checkout.

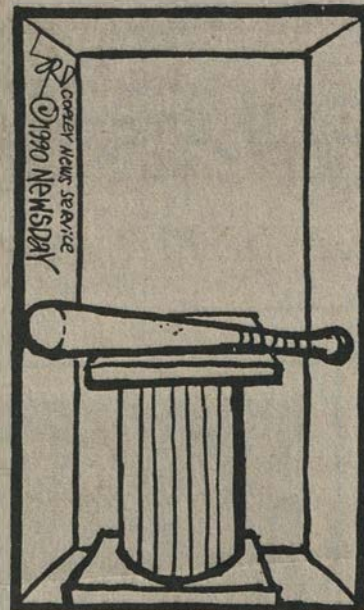
Shoppers will soon be acting as cashiers and baggers when they go to the grocery store. A Florida-based company is marketing a self-serve checkout lane called Check-robot for supermarkets.

The company spokesman Scott Sloan said customers will check themselves out by running goodies across a laser bar code scanner. They will then responsible for bagging groceries and taking the receipt to a human cashier to pay for them.

Honesty is built into the \$33,000 system -- if you scan a can of Spam and then put a case of soft drinks on the conveyor belt special sensors will know and the belt will stop.

The automated lanes are still in the experimental stages, but they soon will join ATMs and self-service gas stations. It sounds faster, but what happens when you have coupons?

NEW EXHIBIT IN THE BASEBALL HALL OF FAME...



BABE RUTH'S BAT



TY COBB'S SHOES



PETE ROSE'S UNIFORM

Just The Other Day

By Billy Rawls

A new TV show, *Northern Exposure*, reminded me of the happen-stance of my life. Like the Doctor, who inadvertently found himself in the wilds of Alaska, I too have experienced an uncharted life. Perhaps my rambling was the result of me'an Charlie Hooks always looking for something that was different from the norm.

Me'an Charlie played over a radius of miles around Cadiz that assured us that we could be back home for the next meal. We often explored the realm of nature as we assumed the roles of adventurers and pioneers, such as: Lief Ericson, "Dan'l" Boone, or those who assaulted Mt. Everest to get to the roof of the world.

In my adolescence, I was privileged to live for about three months (over a period of three years) in the authentic setting of my great-great-etc. McConnell grand-parents. From a log cabin of Kentucky settler vintage, I roamed, alone, the tangled woods and worn-out fields (near Cobb, Ky.) that belonged to my great-aunts, Fannie McConnell and Belle Pollard.

Here I took time to commune with: noisy red-headed woodpeckers; black snakes that guarded my aunt's corn-crib from gnawing vermin; and even squadrons of buzzards that taxied into flight from their meal of carrion. Never did I get lonely or tire of discoveries.

Then, one day I became a man with responsibilities for myself and others. I built war planes for freedom. I became a warrior. I worked on an ornate home in the sky for Formosa's Generalissimo, Chiang Kai-shek.

I cleaned Pennsylvania Railroad freight cars to haul things to the world. I helped put roofs over people's heads; made things from sheet metal; cleaned out furnaces; made stoves; sold groceries; AND worked for a newspaper. What a mix-up!

One evening, when I was a young father, I became depressed at the uncertainty of providing -- scantily -- for my family and longed for the days when the U.S. Army took care of me on the grounds that I would abide by the commands of my superiors. I went into a small patch of woods behind the house where we lived and built a fire to gaze into as my gun section used to do in days of combat.

My young wife Charline gave me time to think before coming to join me, and she assured me that everything would be all right. And, sure enough, it was.

I gave up the idea of homesteading in Alaska on the G.I. Bill as Charline said that Baltimore was far enough from home unless they moved Cadiz up there. I conceded that I had all of the Northern Exposure I cared for with the waist deep snow in the Battle of the Bulge.

We never know what life's ebb and flow will bring to us. But, whatever we do, others are: behind us; with us; or depending upon us if we blaze trails in the wilderness or fly to the moon.

There is a copper cross finial atop a church spire in Baltimore, Md. that I helped fashion and install. When the sun shines on its gold-leaf finish, all (who look) can see that they are never alone regardless of the dark places of life.

Do you remember: Pell Mitchell, Ira Bridges, Sr., John Kirby, Henry Wilkerson and/or John 3:16?



Left to right: "Auntie Turner and Aunt Fannie" kept watch over me -- even when I didn't know they were looking.

Venable visits 'Corn Belt' states



Voice of Venable
By Keith S. Venable

Imagine a corn field so big that we traveled through it for three days and did not get out. Such is the amount of corn we saw in Illinois, Iowa and Wisconsin. There were vast fields of soybeans as well.

This points to the fact that our acreage in Kentucky is so small that a drought here has little effect on the market.

Rain had been abundant so the corn was lush and green. It was later than our crop as some fields were just beginning to tassel.

Many Iowa farm houses were two-story white frame structures with the barn close by. Little land was devoted to the farmstead.

We spend one night in Waterloo, Iowa, home of the giant John Deere farm implement company. John Deere pays

such high wages that other companies have a hard time getting started.

Expo II, the World's Fair of John Deere tractors, had just been held. It attracted 200,000 farmers to see the 500 old two-cylinder John Deeres on display.

The most beautiful farm country we saw was in southern Wisconsin. The rolling hills were covered with green strips of corn and beans, and yellow strips of wheat stubble. All were planted on the con-

tour with sod waterways to carry the runoff.

Farm homes and farmsteads were neat and attractive. Tall silos added their charm. There was a busy windmill.

Remember how Hitler grabbed one little country after another? Now Iraq is doing the same. I wonder if the world is willing to bear the pain of stopping it.

Conrad Martin, Trigg farm boy, now ag scientist, has moved from producing steak to growing orange juice. Once he managed a big cattle feed lot in West Texas; now he runs an orange grove in Florida.

If you want to get in the orange business, Conrad told me a hundred acres of orange

trees will run about \$2 million.

"Ah! I see buried treasure," said the fortune teller. "I know," said Bert. "It's probably my wife's first husband."

Water lines will be coming to Linton, James Guess, Chairman of the Barkley Lake Water District, told me. Thus a dream of Madge Fleming will be reached. She has worked for years to get water to Linton.

Trigg County Homemakers suggest you can give these gifts all year: praise for a job well done; a smile and a laugh to bring cheer to someone; a simple "Thank you"; and politeness and graciousness.

Letters

Morris 'clears confusion' about showboat

Dear Editor:

I would like to address some of the confusion that surrounds the development of The Popularity Showboat into a regional attraction for the lakes area. The following are some of the most confusing points:

1. What exactly are we trying to create?
2. How are we going to create for the region an attraction on the level of Bardstown's Stephen Foster Story?
3. Why are we disputing the statements that we are starting our own business?

We are trying to create for and with the region a musical attraction on the level of the Stephen Foster Story of Bardstown.

To create such an attraction, we have studied how Bardstown did it. They formed a non-profit association that was comprised of area industries and individuals.

Their association was then in the position to negotiate with the Department of Parks. Together, the two developed an attraction for Bardstown centered around Stephen Foster.

We are patterning ourselves after their success; however, we have chosen to celebrate our rich river heritage. Currently, we are forming our own non-profit association that will then be in the position to deal with the Department of Parks.

We cannot expect state government to develop such an attraction for the region, but we do expect them to work with the association.

Why do we dispute that we are starting our own business? That, too, is simple. We are founding a non-profit association that will launch and then sustain The Popularity Showboat.

Yes, we expect to be em-

ployed by the association in the beginning; however, we will consider ourselves successful only after we develop an association that not only launches the show into an attraction larger than Bardstown's, but one that is not centered around one or two key people.

In other words, we will create an attraction that does not need creators to sustain it, but one that can be sustained by a

good "sustainer."

We are hosting a meeting on August 16, 1990, at 7 p.m. at the Marshall County Chamber of Commerce, where we will define our position and next several moves. You may reserve a prospectus by calling 1-800-877-2453.

Allen Morris
#301 College Court
Murray, Ky. 42071
(502) 762-4441

Writer concerned about 'anti-liquor' lobby

To the Editor:

Almost every day the populace is reminded in several ways that tobacco is a menace to society. We continually hear, read or see the tobacco farmer and manufacturer as evils for mankind to combat. It seems that tobacco smoking destroys more humans than wars, diseases or pestilence.

Now, the Tobacco Regulation Act of our U.S.D.A., passed in 1990, is threatening the tobacco farmer with the possible elimination of federal price supports and quotas for tobacco. The anti-smoking sentiment is having its effect.

This is a prime example of the power of one political lobby against another. Why don't we have an anti-liquor effort as effective as the anti-smoking effort?

The Kentucky legislature and the national Congress are very slow and reluctant to establish laws that really control the drunk driver, the alcoholic abuser of wife and children or the harm of people on the streets.

How many auto accidents and pedestrian injuries are caused by smoking drivers? Was Kentucky's famous slaughter case of 27 people in a school bus caused by a smoker or an alcoholic drunk driver? Did anyone check Mahoney

for his nicotine content?

Of course tobacco smoking damages the human body. It is addictive; so is alcohol. We clamor for "No Smoking" areas in establishments, especially restaurants. However, it is usually some alcohol drinker who comes in with a loud and foul mouth to demonstrate his social graces.

Not long ago my wife and I were on a commercial aircraft, in the "No Smoking" area, and a "social drinker" next to her spilled his glass of whiskey in her lap.

How did alcohol and drugs become such a social and acceptable habit? Anyone vaguely familiar with Biblical teachings knows that the

God of heaven and earth warns against strong drinks as well as other things that harm the body created by God.

We get all bent out of shape about tobacco smoke and the scourge of alcohol becomes more publicly and socially acceptable. Why? Try and combat the powerful liquor lobby in Kentucky and Washington and you'll learn why.

I'm just sorry so many hard-working tobacco farmers have to be the ones to suffer while the liquor producers and retailers get filthy-rich.

Respectfully,
Wayne M. Williams
307 N. 12th Street
Murray, Ky.
(502) 753-4720

A.C.T.S. seeks community's help

Dear Editor:

The Active Caring Trigg Samaritans are in need of the community's help. Most of you are aware of the work we have done in the past 10 years.

We do not have the money or food to do the job that needs to be done for our fellow Trigg Countians who find themselves in need of food, medicine, a bed to sleep on, a

way to the doctor, etc.

The needs are here among us every day and when Jesus said, "Feed my sheep," that puts each of us on a spot. He wasn't referring to a four-legged animal and grain.

I collect Piggly Wiggly labels for A.C.T.S. that are worth 2 cents each. Why? Every item has "distributed by Piggly Wiggly" on it. It only

takes a second to rip it off.

We are having a rummage sale Aug. 3-11 (see ad) to raise some money plus we are needing space. Send us a donation no matter how small to P.O. Box 1213 and "Help us Help Others."

Thank You!
Linda Caldwell
34 Cunningham
Cadiz, KY 42211

The Cadiz Record
William H. Rawls Jr.....Circulation Manager
Janet Freeman James.....Editor
Jan Cave.....Advertising Director

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News and display advertising deadlines each Monday, 4:30 p.m. Classified display ads and reader ads deadline each Friday at 4 p.m. Advertising rates available upon request.

Located on Nunn Blvd. Office open daily 8 a.m. to 4:30 p.m.; closed Saturday, Sunday and holidays.

P'Pool elected RC&D chairman

Kelly P'Pool of Trigg County was recently elected Chairman of the Pennyrile Resource Conservation and Development (RC&D) Council Inc.

P'Pool, a magistrate, represents the Trigg County Fiscal Court on the Council. As chairman he will be responsible for providing the leadership to implement the Council's goals of improving rural fire protection, flood control, improved land drainage, erosion control in urban areas and increased forest management and utilization.

The Council has on-going projects in each of the nine Pennyrile counties ranging



Kelly P'Pool

from the clearing and snagging of Tradewater River in Caldwell, Crittenden and Hopkins counties to the in-

stallation of dry hydrants in the Pennyrile and Purchase counties.

P'Pool has been a member of the Council since 1984, serving in various capacities, including the position of secretary/treasurer for the past four years.

P'Pool and his wife Peggy have three children: Pam P'Pool Bush, 22; Ken, 20; and Kristi, 18.

Other newly elected members of the Pennyrile RC&D Council are: Van Knight, 1st vice-chairman (Caldwell); Allen Franks, 2nd vice-chairman (Todd); Tim Davis, secretary (Hopkins); and Ping Brooks, treasurer (Christian).



NEW OFFICERS: The Pennyrile Area Development District board of Directors recently elected new officers for the coming year. Elected were (from left) Lyon Co. Judge/Executive Terry McKinney, treasurer; Muhlenberg Co. representative Neville Rust, vice chairman; Trigg Co. Judge/Executive Zelner Cossey, chairman; and (not pictured) Caldwell Co. representative John Williams, secretary. Shown administering the oath of office is Livingston Co. Judge/Executive Ralph Smith.

Fund drive set for Trigg Co. Girl Scouts

The dates have been set for a Sustaining Membership Enrollment Fund Drive for Trigg County Girl Scouts.

August 13-31 workers will be contacting local businesses for donations to Trigg County Girl Scouts. The chairmen for Trigg County are Sherry Allen and Stephanie Perry, both employees of Trigg

County Farmers Bank.

The workers who will be collecting money are Mary Ann Sutherland, Tom Martin, Wanda DeName and Lee Whipple. This year's goal is \$1,700.

Beth Washer, Field Executive for Trigg County Girl Scouts, reports that there are 113 Trigg County Girl Scouts

and 45 adult volunteers.

The money collected will be used for recruiting leaders, providing training for leaders, purchasing resource books for troops, monthly newsletters and recruiting girls. Information about Girl Scouts can be obtained by calling Washer at (615) 647-3951.

Commodities distribution on August 14th

Pennyrile Allied Community Announces that the U.S.D.A. surplus commodity foods will be distributed August 14, at the old senior citizen's kitchen. Hours for distribution will be from 8 a.m. until 4 p.m.

Commodities distributed will be peanut butter and beans and honey. Amounts allocated vary according to household size. Foods and amounts may be adjusted depending upon availability.

Misrepresentation of need, sale, or exchange of U.S.D.A.

commodities is prohibited and could result in a fine, imprisonment or both. U.S.D.A.'s emergency food assistance program is available to all eligible area residents regardless of race, color, na-

tional origin, age, sex, or handicap.

The next commodity distribution will be held in November at another location. More information will be given at a later date.

Pupils assigned to classes

Trigg County Elementary School will be open Wednesday, Aug. 15, from 7 p.m. to 8 p.m. for students to find out who their teachers will be for this school year.

Mrs. Ben Helen Burkeen will have last year's test results, in the cafeteria, at this time for parents who would like to get them.

Trigg County Farmers Bank Announces a new service

Golden Youth



The GOLDEN YOUTH certificate offers the "small" savers an opportunity to invest at the highest possible interest rates and save for your college education, a new car, financial security or whatever your dreams might include. You will enjoy the convenience of adding to your certificate at anytime.

We hope you'll become a member of GOLDEN YOUTH. Becoming a member is easy. Stop by any of our convenient locations. For more information, call Trigg County Farmers Bank, 522-6021.



Trigg County Farmers Bank

1890 "Oldest Bank with the Newest Ideas" 1990

MEMBER FDIC



How To Have Fun On 60¢ A Day!

THAT'S RIGHT - On July 4th my fiance and I decided we would do some suburban exploring on two Yamaha Razz Scooters. We rode all day ending up at the park for a picnic. It was getting late considering all the places we had been, and I thought we should gas up because the ride home was still 10 miles. So we rolled into the gas station and after topping both gas tanks we looked at the meter and it showed a grand total of 60¢. We looked at each other and laughed.

So Much Fun - - - So Little Money
Yamaha Razz Scooters

\$49 DOWN!

\$49 A MONTH!



To Qualified Buyers
Red, Black, Pink, Green only
AT

Town & Country Yamaha

Hwy 94E • Murray, KY
753-8078

Hopkinsville Community College now offering 10 classes in Cadiz!

BE 283	86	PRINCIPLES OF MANAGEMENT	6:00- 8:30	M	3
BIO 110	86	INTRODUCTION HUMAN BIOLOGY/HEALTH	6:00- 8:30	W	3
CIS 100	86	INTRODUCTION TO COMPUTER APPLICATIONS	6:00- 8:30	M	3
EDP 202	86	HUMAN DEVELOPMENT & LEARNING	6:00- 8:30	M	3
ENG 102	86	WRITING II	6:00- 8:30	T	3
HIS 109	86	HISTORY OF US SINCE 1865	6:00- 8:30	R	3
MA 108	86	INTERMEDIATE ALGEBRA	6:00- 8:30	R	3
MAH 107	86	ELEMENTARY ALGEBRA	6:00- 8:30	T	3
PS 101	86	AMERICAN GOVERNMENT	6:00- 8:30	T	3
PY 185	86	HUMAN POTENTIAL	6:00- 8:30	W	3

Register Tuesday, August 14, 6 p.m. Trigg County High School

Classes begin Wednesday, August 22



Learning Together --
Growing Together

An Equal Opportunity Institution

SCHOOL

Continued from Page A-1

A state law passed by the 1986 General Assembly requires that upon enrollment of a student for the first time in any Kentucky school, if a certified copy of the student's birth certificate or other reliable proof of identity and age is not provided within 30 days the school will notify the person enrolling the student that they have 10 days to comply with the law or the case will be referred to the Kentucky State Police and local law enforcement officials for a missing person investigation.

All students entering a public school in Kentucky for the first time shall have proof of having been tested for tuberculosis by tuberculin skin test prior to entering school. A child who has not been tested prior to entering may attend school for 30 days. Further attendance is conditional on proof of tuberculosis test.

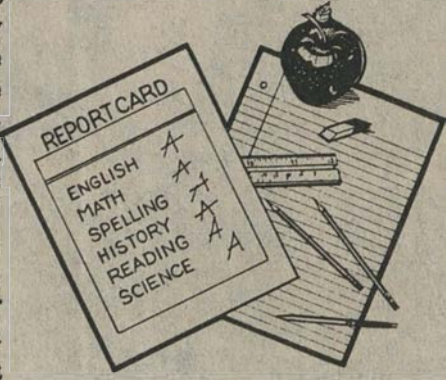
CAFETERIA PRICES
Student lunches will not be increased this year. Paid student lunches will be 75 cents in Kindergarten through 5th grade and 85 cents in grades six through 12.

Reduced price lunches will be 40 cents. Adult lunches will be \$1.10. Paid breakfast will be 50 cents for students and 60 cents for adults. Reduced price breakfast will be 30 cents. Extra milk is 15 cents a container. Free meals will be provided to those students who qualify. Breakfast will be served every morning from 7:30 a.m. to 8 a.m.

SCHOOL FEES

A school fee program will be utilized to provide necessary classroom materials and supplies. A general fee will not be charged in grades K-12. A fee schedule for individual classes in grades 6 through 12 will be administered.

Students can receive a copy of individual fees from the schools.



TRIGG COUNTY BOARD OF EDUCATION/ CENTRAL OFFICE

The Trigg County Board of Education chairman is Jimmie J. Carr. Vice chairman is Paul Stallons with Michael Allen, Elizabeth Anderson and Euen Compton as members.

Justin D. Minnehan, superintendent, will lead the administrative team for the Trigg County Schools. He will be assisted in this task of coordinating the school program by Jim Wallace, assistant superintendent in charge of buildings and grounds and transportation; August Pisa, director of pupil personnel and federal programs coordinator; Mary Ann Fourqurean, general supervisor; and Manthus McAtee, school food service

director. At the central office is Lucy Helen Miller, office manager; Peggy Hendricks, treasurer-bookkeeper; Linda Fowler, assistant treasurer/bookkeeper; and Jan Oakley, receptionist/secretary/bookkeeper.

SCHOOL CAFETERIA

The food service program will be directed by Manthus McAtee. Betty Mae Lancaster is the secretary/bookkeeper. Other staff members are: Nora Bell, Myria Dean Bush, Lou Ellen Cain, Glenda Calhoun, Blanch Carney, Kathy Hyde, Vonda Neebles, Margie Nelums, Mary Phillips, Betty Stewart, Bobbie Jean Thomas, Lorene Thomas, Mary Thomas, Polly Thomas, Gordon Bacon and Larry Shemwell.

TRIGG CO. HIGH SCHOOL

The Trigg County High School administrative staff includes Jim Edwards, principal; Clayton Burgess, assistant principal; and Marie Baker, counselor.

High School librarian is Elizabeth Taylor. Teachers are: Carol Alexander, Alan Baker, Kathy Birdsong, Shelton Bowen, Joyce Bozarth, Sue Brown, Susan Bryant, Donna Carter, Judith Childress, Kathy Cummins, Dean Duncan, Andrea Dunn, Joyce Gibbs and Becky Ginn.

Daniel Hale, Dixie Jones, Connie Kennedy, Donna Kranz, James Ladd, Rick Larson, Nancy McKinney, Lockie Maxberry, Wanda Meadows, Jackie Oakley, Kathy Payton, Buddy Perry,

George Radford, Debbie Roberts, Robbie Shelby, Terry Shelton, Jessica Siegmund, Brenda Southwick, Brenda Thomasson, Audrey White, Glynn Whobrey, Jane Ellen Wilson and Teresa Wilson.

TRIGG MIDDLE SCHOOL

Danny Maxberry, principal, heads the administrative team of the middle school. Jill Stembridge is the librarian with Carole Holcomb as the counselor.

Teachers are: Barbara Anderson, Susie Ashby, Marie Birdsong, Martha Bowen, Deborah Bridges, Mitchell Bryant, Patty Caldwell, Judith Childress, Jackie Clark, Patty Curling, Vernon Hendricks, Tom McKinney, John Mull, Bruce Perkins, Glen Ringstaff, Gary Siegmund, Annette Skinner, Mary Ann Sutherland, Kerry Sweno, Angela Thomas, Kathy Tuck, Elsie Tyler, Amy Underhill, Teresa Walker, Pat Whobrey, Mike Wright and Kay Wyatt.

On Thursday, Aug. 9, at 6:30 p.m., there will be an orientation for incoming 6th graders in the Little Theater. At this time, these students will be able to receive their schedules and have a chance to meet their teachers.

TRIGG ELEMENTARY

Trigg County Elementary School is headed by Dr. Martha Davis, principal. Ben Helen Burkeen serves as director of student services. Melissa Sledd is the librarian.

Teachers are Kim Allen, Connie Baker, Karen Baker,

LaNell Bell, Tammy Bennett, Sue Boone, Martha Bowen, Mary Bridges, Linda Burgess, Annalu Cameron, Joy Champion, Diane Chesnut, Neal Cummins, Vickie Darnell, Kathy Eagleson, Malcolm Eagleson, Shirley Ezell, Geneva Guinn, JoAnn Harvey, Gary Hawks, Gary Hedges, Vickie Hendricks and June Kennedy.

Linda Kimbro, Lisa Lancaster, Mary Lander, Carolyn Lawrence, Margo Leneave, Margaret Maddox, Carol Martin, Gail McKillip, Janice Merrick, Regina Mitchell, Judy Mull, Penny Oakley, Anne Pisa, Linda Rhudy, Charlene Sheehan, Patty Shelton, Karen Simmons, Mary Skaggs, Ann Taylor, Margaret Thomas, Nancy Thompson and Penny Wallace.

SECRETARIES AND AIDES

Trigg County High School's secretary/bookkeeper is Faye Stevens with Shirley Carr as secretary/receptionist. The high school aides are Susan Kyler, Agnes Radford, Kay Robinson, Faye Sutley, Junia Thomas and Eleanor Woods.

Trigg County Middle School's secretary/bookkeeper is Dianne Ford. The middle school aides are Vickie Lane, Dorothy Sivills, Junia Thomas and Susan Kyler.

Trigg County Elementary School's secretary/bookkeeper is Carolyn Rogers with Sherry Morris as the secretary/receptionist. The elementary school aides are Karen Adams, LaDonna

Anderson, Gloria Cansler, Jeannie Cossey, Edna Hargrove, Joan Heckman, Sybil Long, Kay Prince, Kathy Proffitt, Mahala Smith and Joan Wiist.

Serving all three schools as alternative classroom supervisor is Ed McGill and as migrant program aide is Betty Fitzwater.

MAINTENANCE STAFF

Employees in maintenance operation services are Ricky Rhudy, plant engineer; Linzie Proffitt and Bobby Taylor, maintenance helpers; and Jimmie Jones, groundskeeper.

CUSTODIANS

Employees in custodial capacities are as follows: William Wharton, foreman; Chuck Robinson, high school and middle school building supervisor; and Herbert Earl Gray, elementary school building supervisor. Other custodians include: Anderson Civils, Jimmie Crenshaw, David Gray, Nathaniel Jackson, Martha Kirby, Betty A. Lancaster, James Lancaster, Flora Nance, Lucille Noel, Gayle Oliver and Linda Taylor.

BUS DRIVERS/ROUTES

There are 20 buses in the Trigg County fleet. These buses will be serviced by Bob Cannon, garage foreman, and David Lancaster, mechanic helper.

Please See SCHOOL, Page A-5

Volunteer.



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Ghost (PG-13)	1:30 3:30 7:10 9:30
Arachnophobia (PG-13)	1:30 3:25 7:05 9:05
Duck Tails (G) Starts August 3	1:30 3:10 7:00 only
Days of Thunder (PG-13)	9:00 only
Teenage Mutant Ninja Turtles (PG)	1:30 3:15 only
Presumed Innocent (R)	7:00 9:20 only

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1008 Chestnut • 753-3314
Open 11am to 10pm

Your Horoscope
by Charles King Cooper

ARIES (March 21 to April 19) Social opportunities multiply, but business and friendship do not mix favorably. Weekend travel will prove beneficial. Expect some favorable financial or career developments now. Tension with a close tie will be alleviated by week's end. Compromise.

TAURUS (April 20 to May 20) Travel should be a lot of fun now, but watch dietary indiscretions. A loved one showers attention on you. Enjoy yourself. You'll receive a valuable work lead. Investment lurches are on the money. The temptation to overextend credit must be checked.

GEMINI (May 21 to June 20) You'll have a wonderful time with a romantic interest, but a relative will feel left out if not included in your plans. Excitement about a work project keeps you busy now, but don't push beyond your limits. Luck is with you in domestic affairs.

CANCER (June 21 to July 22) Save time for hobbies and recreational pursuits. A local visit has romantic overtones. Take no risks with money today. Slight tension exists with a family member. You'll find something that delights you if shopping now. Financial gain is likely.

LEO (July 23 to August 22) You'll receive happy news, but don't gossip. A short trip or a cultural activity will bring you much pleasure. You'll be pleased about financial developments, but you shouldn't lend money to a friend. Save for a rainy day.

VIRGO (August 23 to September 22) Put career concerns aside and enjoy happy times with friends. You may be invited to a gala event. By all means accept! You won't take kindly to interruptions. Enthusiasm about a career development keeps you happily engaged making further plans.

LIBRA (September 23 to October 22) Money is a touchy topic with a friend. It's best to keep your good fortune to yourself, as others will be envious. Trust your intuition on the job. A slight difference with a loved one will be overcome. Don't mix business and social life.

Your Horoscope
by Charles King Cooper

SCORPIO (October 23 to November 21) A revised career plan is for the better. Be careful of detail now. Your glib tongue could offend someone now. Children could get on your nerves. Find some time for peace and quiet. You are busy entertaining guests from out of town.

SAGITTARIUS (November 22 to December 21) Nagging will result if you keep putting off a task. Later, join loved ones in a recreational pursuit. It will be difficult to concentrate on work until you rectify a difference with a close tie. Pick up the phone and say you're sorry.

CAPRICORN (December 22 to January 19) Don't spoil a good time by arguing about costs. Children respond to gentleness. Put the finishing touches on a creative project. Be less critical of a family member. Evenings favor the enjoyment of hobbies and romance, but watch indiscreet actions.

AQUARIUS (January 20 to February 18) Watch your tongue. Misunderstandings could occur with others. Domestic interests are highlighted. Spend more time with family. You may feel a friend is inconsiderate. Avoid money disputes now. Evening hours are the best for socializing.

PISCES (February 18 to March 20) You'll have the chance to meet some interesting but unusual acquaintances. Avoid quibbling with relatives about trifles. It's not a good time to seek advice, especially about creative work. You'll savor privacy now. Don't abuse credit.

Weekly Horoscope Sponsored By:
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P205/75R-14 W/L Tires
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Auxiliary Lighting

Stock # T177 & T178

*Includes Rebate, Excludes Tax, License, Title.

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SCHOOL

Continued from Page A-4
Each bus driver, telephone number, route and bus number are listed respectively:

Debbie Morris, 522-6916, New Hope - Maggie - Donaldson Creek - Old Dover Road - Pleasant Hill - South Road, Bus #4.

Mark Harris, 522-6448, South Road - 139 South - Cross Roads - Oakland - Jefferson Street - McUpton (2nd trip a.m.), Bus #5.

Edith Litchfield, 522-3950, (Adams Mill Road - KY 276 - KY 274, first trip a.m. and second trip p.m.) (Cunningham - Nunn Blvd. - Anna, second trip a.m. and first p.m.), Bus #6.

Leon Williamson, 522-8137, Hwy. 68 East - Sam Downs Road - Woodlawn - Allen Subdivision - Clarksdale, Bus #7.

Zepha Mitchell, 522-6387, (Riley Hollow Road - Whitecrest - Russell Hill, first trip a.m. and first trip p.m.); (Lincoln Street - Barkley Manor Apts., second trip a.m.), Hall Road, Bus #9.

Helen Young, 271-2087, Delmont - Tuggle Road - KY 164 E. - Roaring Spring - 139 South, Bus #12.

Suzanne Freeland, 522-3806, Jackson Bridge Road - Siloam - Hurricane - Woodlawn Hills, Bus #13.

Audrey P'Pool, 924-5388, Lower Donaldson - U.S. 68 W. - Shotgun Hollow - Ross - Lock "E" - Canton, Bus #14.

Sharon Oliver, 522-3389, Buffalo - KY 126 - Cerulean - Mize Road - KY 128 - U.S. 68, Bus #15.

Edmond Vaughn, 522-7700, (Rocky Ridge, Dunkerson, Gracey, first trip a.m. and second trip p.m.) McUpton first trip p.m., Bus #16.

Linda Ouimette, 522-7813, Maple Grove - Linton, Bus #17.

James Luttrull, 522-7917, U.S. 68 E. - Cool Spring Cave - KY 272 - Tanyard, Bus #18.

Jimmie Jones, 522-3965, Stewart Cemetery Road - Montgomery Road, South of U.S. 68 - U.S. 68 E. - Glendale Street - Stallons Subdivision, Bus #19.

Bob Ouimette, 522-7813, Mershons Bridge - Rockcastle, Bus #20.

Pearl Newcomb, 924-9969, Blue Springs Road - Canton, Bus #21.

David Lancaster, 522-3826, Depot - Kreative Kampus Daycare, Bus #24.

Gordon Bacon, 522-3600,

Caledonia - KY 287 - KY 1253, Bus # 25.

Charlotte Williamson, 522-8137, West Ricky Ridge - Wallonia, Powerline - Midway Street, Bus # 27.

Troy Stewart and Hal Shipley will also be driving buses for Trigg County this year.

Bus routes not assigned to drivers as of press deadline are:

Bus #3, North 139 - Blue Springs - Caldwell - KY 276.

Bus #8, Cobb - KY 126 - Cerulean - KY 124 - McCain Road - KY 624.

Bus #23 (West Cadiz - KY

272 - Old Dover Road - Oak Grove - Wallace Ave. - first trip a.m. and second trip p.m.); (Lincoln Street - Barkley Manor Apts. first trip p.m.).

SCHOOL TELEPHONES

The telephone numbers within the schools are as follows: Trigg County Board of Education, 522-6075; Trigg County High School, 522-6071; Trigg County Middle School, 522-6073; Trigg County Elementary School, 522-6074; and Trigg County Cafeteria, 522-3248.

Youth soccer program set to begin fall season

The Trigg County youth soccer program will begin its fall season of play in September.

Four age groups will make up this year's teams: under 8, under 10, under 12, and under 14. If enough players sign up there will be more than one team in each age group.

Boys and girls wanting to register can pick up forms at the elementary and middle school offices after the beginning of school. Any adults interested in participating as coaches, assistant coaches or as referees, should call Skip

Howe at 522-7861 or John Ruffi at 924-5875.

Soccer is a growing sport in Trigg County with over 70 children participating last season. The support of adults and the local community is important in keeping this youth activity going. Some business have already shown support by making donations of material to build bleachers for the soccer field -- Bailey's Farm Lumber Supply, Discount Building Supply, Four-shue Building Supply and Haydon Building Materials.

Community Calendar

TOPS: The daytime chapter meets every Thursday at 10 a.m. at Cadiz Baptist Church or call leader, Darlene Sherbit at 522-6027.

Tuesday, August 21

Trigg County Band Boosters: The Trigg County Band Boosters monthly meeting, which is normally scheduled for the second Tuesday of each month, has been re-scheduled for the third Tuesday, August 21, at 7 p.m., in the Band Room. The change has been made to accommodate members who plan to attend the annual bus driver refresher on August 13 and 14.

Remember Jewelers Wholesale for all your jewelry needs, and where Quality and Price go hand and hand!

Free ring cleaning and inspection

Jewelers Wholesale



106 E. Main, Princeton, Ky.
365-7413
Closed on Wednesday



After Hours

\$ \$ \$ \$ \$

Yard Sale

Saturday, August 11
7:00-5:00

Witty Residence
Hwy. 274 North

Yard Sale

Friday & Saturday
August 10 & 11
7:00 - ?

412 Hillview Dr.
Stallons Sub-division
Jimmy Jones

5 Family Yard Sale

Aug. 10-11

Brick House across
from Kingdom Hall

Yard Sale

Sat. Aug. 11
8:00-4:00

Clothes, shoes, misc.

Charles Freeman home
1750 New Hope Rd.

Yard Sale

Saturday, Aug. 11th
7:00-12:00

2085 South Road
Lots of Household
items. Cheap!!

HUGE YARD SALE

ANTIQUES,
FURNITURE,
JUNK!

Hoosier Cabinet,
Library Table,
Living Room
Furniture,
Jenny Lind Bed,
Chairs, Kerosene
Heaters, Lots of Misc.

Turn at Hamtown on
274. Follow signs.
2 1/2 miles to
sale sight.

Saturday only!
6:30 to noon.

Yard Sale

Thur. - Fri., Aug. 9 - 10
8:00 - ?

173 Cunningham Ave.

Pie safe, dishes,
depression glass,
jewelry, whips,
walking canes,
clothes, tins,
lamps, misc.

Have you seen this dog?



Lost in Mershons
Bridge area, approxi-
mately 3 weeks ago.

Male, white, recently
trimmed, part Poodle/
Spitz.

Call Greg or
Connie Oakley
522-8870

Yard Sale

Thurs., Fri., Sat.

Hardware, posts and
miscellaneous
lumber.

8x10 building

13 1/2' boat and
trailer \$150.00.

Trailer with covered
box for luggage and
camping equipment
\$95.00.

127 Noel Drive

Large Yard Sale Several Families

Fri. 10th 8-5
Sat. 11th 8 till ?

Thousands of real
nice items!

Come to Kamptown
(4 miles off 68 on
Hwy. 174)

See you there!

Tag Sale/ Moving Sale

Now through Friday
7 a.m. til ?

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W.J. and Elizabeth
Broadbent Residence
(off Hwy. 272 East of
Hwy. 139 S)

Riding mower,
furniture,
garden tools,
miscellaneous.

FOR RENT!

2 bedroom,
1 1/2 bath -
Blue Springs Est.
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\$250.00 + deposit
Immediate possession

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Bill Crabtree,
Sales Agent
522-8191

Yard Sale

August 9th
7:30-5:00

Household items,
clothes, furniture,
T.V., gas grill

Hwy. 68 E.
(across from Industrial Park)

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Driveways - Parking Lots
Free Estimates
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(502) 388-2535

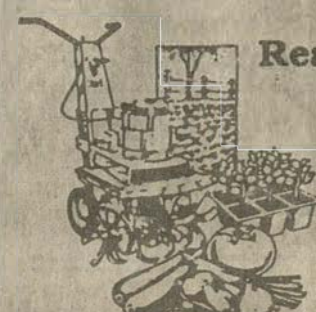
Wanted

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Need quality country items.
Call Ann at Ann's Pumpkin Patch
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*Cauliflower
*Broccoli

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Wolf Tanning beds. Commercial - home units from \$199.00. Lamps-lotions-accessories. Monthly payments low as \$18.00. Call today free color catalog 1-800-228-6292.

WOLFF Sunbeds; Commercial, home. Factory direct. Lowest prices. Immediate delivery. 1-800-223-6743.

For Sale

XR-60 Yazoo Right Angle Drive mower. 17 horse Wisconsin Engine 100% reconditioned \$3,800.00. Call Frankfort between 8-5 (502) 227-2760 after 5:30 call (502) 227-8015.

Post-Frame Buildings. 30'x40'x9' erected \$5,195, plus freight. Other sizes available. Blitz Builders 1-800-428-4009 KY-OH, 1-800-792-3498 IN, 1-800-628-1324 TN.

1979 Cadillac Fleetwood Limo, in condition. Looks like a brand new one. 21 inches of stretch, new 501 commercial service motor, new 400 turbo transmission, wet bar, good money maker. Price \$10,500 or best offer. Call Frankfort (502) 227-8015 after 6 p.m.

Spas, Spas, Spas. Factory direct. Save 100 \$3. Dupont acrylic and Jacuzzi jets. Quality guaranteed. Delivered. Call 205-486-7919 Southland Spa, P.O. Box 638, Haleyville, AL 35565.

New outboard motors and trolling motors 1989 and 1990 models. Below most dealers invoices. 100% financing available. Marine Sales toll free 1-800-544-2850 5 days 8am-5pm est.

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Truck Drivers. Top pay and benefits. B.O.B. Poole Truck Line. Company paid physical/drug screen. Training is available. 1-800-553-9443, 8-5 est. Dept. X-48.

Truck Drivers. Poole Truck Line needs experienced drivers and graduates of approved training schools. If you have no experience, we can help arrange for training. Must be 21, with a good driving record and work history. Company paid physical/drug screen. EOE. Call 1-800-553-9443, 8-5 CST, Dept. Y-22.

Drivers. Come for the money, stay for the stability. J.B. Hunt, one of America's largest and most successful transportation companies, pays its drivers some of the best salaries in the business. Call 1-800-643-3331 today. EOE. Subject to drug screen.

Truck driver trainees needed now. No experience necessary, minimum 21 years of age. Decent driving record. Interviews by phone. Call Commercial Driver. 1-800-248-7364.

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OTR Drivers. 12 months experience, 23 years of age, drug testing required. Hornady Truck Line. Start 23-26c/mile, tarp/vacation pay, safety bonus, spouse passenger program. 1-800-648-9664.

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A wonderful family experience. Australian, European, Scandinavian, Yugoslavian high school exchange students arriving in August. Become a host family/American Intercultural Student Exchange. Call 1-800-SIBLING.

Unclaimed property. Millions waiting. For Kentucky list (names and amounts) send \$25.00 to P.O. Box 1113, London, Kentucky 40743-3 week delivery.

Paying too much for health insurance? The National Business Association has low group rates for everyone. Call (24 hrs.) for free recorded message. 1-800-869-4944.

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Society

Holloway, Gurley wed July 29

Catherine Samantha Holloway, Cadiz, Ky., and Donald Leon Gurley, Ft. Campbell, Ky., were married at 3 p.m., July 29, 1990, at Rocky Ridge Baptist Church in Montgomery, Ky.

The bride is the daughter of Kenneth and Barbara Holloway of the Adams Mill Rd., Cadiz.

The groom is the son of Patsy Gurley of Punta Gorda, Fla., and Mr. and Mrs. Donald Gurley of Oroville, Calif.

The Rev. Terry Mitcheson officiated the double-ring ceremony.

Decorations included a 15-branch candelabra with greenery. A large bow was in the center with a 15-branch spiral candelabra on each side. There were two fern stands one either side of the altar holding ferns tied with pink bows and two ferns sitting on the floor. Large pink bows marked the family pews.

Nuptial music was provided by Tammy DeHart, sister-in-law of the bride. She played the piano and sang "Wind Beneath My Wings." Other selections included "You Needed Me," "Theme from Ice Castles," "Always," "Bridal Chorus," and the traditional "Wedding March."

The bride, given in marriage by her father, wore a gown of bridal satin with a sweetheart neckline. The Elizabethtown sleeves were accented with pearls, sequins and overlaid covered buttons which fastened the sleeves. Tiny pearls outlined the basque waist which dropped to

the skirt featuring appliques of pearls and sequins. The gown swept to a chapel-length train. A large bow accented with pearls and sequins enhanced the back of the gown. Here veil was hand-fashioned by the bride's mother. It was attached to a pill box and featured many layers of Tulle. A pouf crown of many tiny pearls accented each fold for a crown look. Baby's breath, miniature lily of the valley and pearls were attached to fall down onto the shoulder.

She carried a bouquet of a pink and white rose cascade featuring lace, ribbon pearls, white wedding flowers and baby's breath.

The bride chose her sister, Tracey Gresham of Cerulean, Ky., to be her matron of honor. Kelli Watts of Canton, Ky., served as bridesmaid. The flower girl was Ashley DeHart, niece of the bride.

The attendants wore knee-length pink, satin off-the-shoulder gowns. Each carried long-stem pink roses with baby's breath and pink and iridescent ribbon streamers. The flower girl carried a basket of pink and white roses with streamers.

The groom chose Jay Noland of Oklahoma City, Okla., to be his best man. Groomsman was Norman DeHart, brother of the bride. Trevic McAtee, nephew of the groom, was ringbearer.

Serving as ushers were Mark Holloway, uncle of the bride of Dawson Springs, Ky., and David DeHart, brother of the bride.

The reception was catered by Lucille Holloway of Princeton, Ky., and was held at the Cadiz Restaurant following the ceremony. The three-tiered wedding cake featured a fountain and two side cakes with a staircase of miniature wedding party. The bride's bouquet served as a decoration for the table. The groom's table was catered by Theresa Mitchell, sister of the bride of Cadiz, and featured sandwiches, relish and vegetable trays, chips and dips. The groom's cake was chocolate with miniature soldiers and tanks. Serving at the reception were Melissa Ramey, Angela Holt, Missy Adams and Judy Mitchell, all of Cadiz. Theresa Mitchell and Lucille Holloway also assisted.

Out-of-town guests included Patsy Gurley of Punta Gorda, Fla.; Tom and Dorene Trevic and Dakota McAtee of Punta

Gorda, Fla.; Donald and Mariruth Gurley, Oroville, Calif.; Joan Davenport of Lake Station, Ind.; and Gail Davenport of Henderson, Ky.

Birdseed bags were distributed by Curtis Gresham and Danielle DeHart, niece and nephew of the bride. The rehearsal dinner was catered by Steve and Theresa Mitchell at the home of the bride. The dinner was hosted by Mr. and Mrs. Don Gurley, father of the groom.

The bride is a senior at Trigg County High School and is employed at Trigg County Health Department.

The groom is a 1987 graduate of Las Plumas High School of Oroville, Calif., and is employed by the United States Army, Ft. Campbell, Ky.

After a wedding trip to Florida, the couple will reside in Cadiz, Ky.



Mr., Mrs. Donald Leon Gurley

Johnson pastor of East Cadiz Baptist

Bro. Mark Johnson is the new pastor at East Cadiz Baptist Church.

July 15, 1990, marked the arrival of Johnson, his wife Karen and their two children, Sarah and Stephen to the church from Locust Grove Baptist Church, where Bro. Johnson served as pastor.

Bro. Johnson, 31, graduated from Southern Baptist Theological Seminary in Louisville, Ky., in 1985 with a Master of Divinity Degree. His undergraduate work was



Bro., Mrs. Mark Johnson

done near his home in southern Illinois.

He graduated from Rend Lake Jr. College with an Associates Degree in science and received his Bachelor of Arts Degree from Southern Illinois University in Carbondale, Ill. He has received certification as a Teacher/Trainer for Evangelism Explosion, MasterLife, DiscipleYouth, PrayerLife, and is currently working on his diploma in Biblical Counseling.

The emphasis of Bro. Johnson's ministry is two-fold. The first priority is that of evangelistic outreach to the lost. The second is a teaching/preaching ministry designed to equip the saints to do the work of the church, based on the Bible and its applications to daily living.

The public is welcome to come and meet the new pastor at East Cadiz Baptist Church, 3rd Street and Glendale Avenue.

Winslow

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1989 Dodge Like New, One Owner 8,995.00	1987 Buick Century Low Miles, Needs Home 7,995.00	1987 Dodge Aries White, 4 Dr., Sharp 6,995.00

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Jennifer Holland marries Gregory Nix June 16

Jennifer Lee Holland became the bride of Gregory Ray Nix in a candlelight ceremony June 16, 1990 in Knoxville, Tenn., at Berrean Bible Church.

The bride is the daughter of Dr. and Mrs. Frank R. Holland, Knoxville, Tenn., formally of Cadiz. The groom is the son of Mr. and Mrs. Gail Link from Houston, Texas.

Pastor/Teacher John Stone officiated the ceremony.

Nuptial music was presented by Mike and Kaye Simmons, soloists, Knoxville.

Congregational singing selection were "Oh How He Loves You and Me," "I Love You Lord," "Open Our Eyes," and "In Moments Like These." Music during the wedding included "This is the Day," "Household of Faith," "Flesh of My Flesh," and "The Lord Bless You and Keep You." The couple exited the church on "Joyful, Joyful, We Adore Thee."

Decorations included candelabras flanked by fresh

greenery. Fresh ferns adorned the front of the church. Family pews were designated by ivory bows. Ivory bows and fresh ivy accented the church windows.

The bride, given in marriage by her parents, entered the church to the anthem "To God Be the Glory." She wore a candlelight delustré satin gown by Jessica McClintock. The jewel neckline was adorned with heavily beaded venise lace appliques. The bodice was accented with seed pearls and iridescent sequins. Long sleeves with open appliques at the shoulders tapered to delicate lace cuffs. The full skirt was accented at the waist with a bow in back which flowed into detachable train. Her tiara headpiece of candlelight illusion was accented with pearls, iridescent sequins and lace.

She carried a cascading bouquet of fresh ivory sweetheart roses, pearl sprays, baby's breath and lace accented with satin streamers.

The bride chose Valerie

McMichael, Orlando, Fla., as her matron of honor. Bridesmaids were Rae Jean Rechenback and Teresa Ruth both of Knoxville, Tenn.

The attendants wore tea length dresses of delicate floral polished cotton. The v-shaped necklines were enhanced in princess styled bodices. The dropped point waist line topped the skirt and the dresses were accented with pink bows. They carried fresh bouquets similar to the brides.

The groom chose Chuck Nail, Knoxville, to be his best man. Groomsmen were Bruce Helms and Mike Cooper, both of Knoxville.

The reception, hosted by the brides parents, was held in the church fellowship hall. Garlands of fresh ivy and ivory bows decorated the lattice work in the fellowship hall. Assisting at the reception were Patti Green, Anita Lujan, and Janelle Estes, all of Knoxville.

The three-tier spice cake was separated by white columns and topped with fresh

roses, carnations and pearl sprays. A ribbon of ivory colored frosting circled the cake and garlands of flowers accented each tier. Fresh flowers were used on the brides table and gift table.

Assisting at the guest register was Cindy Holland, sister-in-law of the bride and Erin Holland, niece of the bride, both of Knoxville.

After a wedding trip to Yellowstone and The Grand Teton National Parks, the couple is residing in Knoxville.

The groom is a 1979 graduate of Georgia Tech with a bachelor degree in Electrical Engineering. He is a sales representative for CSR Electronics in Atlanta, GA and is stationed in Knoxville.

The bride is a 1986 graduate of East Tennessee State University with a bachelor degree in nursing. She is an RN recruiter at St. Mary's Medical Center in Knoxville.



Mr., Mrs. Gregory Ray Nix

Dental care among children, teens reduces tooth loss

Dental care for school-age children and adolescents has become a primary concern in our health conscious society. Great advances in professional dental care and increased awareness on the need for good home dental care have reduced tooth loss significantly over the past twenty years.

According to studies by the World Health Organization, the overall prevalence of dental decay or dental caries in the United States has declined. In fact, the rate of caries has decreased three-to-five percent per year over the

Brush Up on Dental Hygiene

By Dr. Dawn Rose



past 15 years. The use of fluoride in community water supplies, pediatric fluoride supplements, and use of fluoride containing dentifrices have contributed to this decline. However, dental caries continue to be a major disease and occupies a major portion of dental practice.

Dental caries frequently begins in childhood and has lifelong consequences. Dental plaque is considered to be a main cause of decay. This disease is largely preventable by a comprehensive preventive program that includes regular dental visits and daily home removal of plaque.

For any oral hygiene program to be successful, the child patient and parent must

be motivated to perform effective plaque removal thoroughly and regularly. The most common means of removing plaque is by brushing. Each child should have a toothbrush of the size and shape suited to the child's age. A soft bristled brush with round polished ends does the most effective job of plaque removal without damage to teeth and gums. Parental supervision of brushing helps

increase both compliance and performance in children. A fluoride containing toothpaste is very effective in controlling tooth decay. Toothpastes with the American Dental Association seal of approval meet the requirements for effective use of fluoride.

Another very effective means of plaque removal between teeth used in conjunction with brushing is dental floss. Dental floss

comes in waxed and unwaxed forms and various colors and flavors. Proper flossing removes plaque in places where toothbrushing alone cannot reach.

Parents perform a vital role in dental care for children. Parental involvement increases effectiveness and provides a role model for children that promotes the development of good oral hygiene.

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Home canning economical, safe way to preserve food

Home canning is an economical and, if recommended procedures are followed, safe way to preserve fruits, vegetables and meats, according to a University of Kentucky food and nutrition specialist.



Homemaker Tips

By Elaine Clift
UK College of
Agriculture Co.
Extension Agent

Canning homegrown fruits and vegetables can save up to half the cost of buying commercially canned foods, excluding the value of the time you spend canning. The savings are greater for people on a reduced-sugar or sodium diet because commercial diet foods are even more expensive.

The following practices have been recommended to maintain the quality and safety of home canned foods: start with fresh, wholesome foods; choose an appropriate canner for the type food being canned; be sure jar lids are sealed; and store canned goods properly.

Microorganisms that can reduce quality or cause food spoilage live and multiply quickly on the surface of fresh food and on the inside of bruised, insect damaged and diseased food. Therefore, it is important to can produce and meats at the peak of freshness and quality. Cut small diseased lesions or spots out of off and discard diseased or moldy food.

For optimum quality, can most vegetables within six to 12 hours after harvest. Fruits like peaches, pears and plums need to ripen several days between harvest and canning. If you must delay canning other fresh produce, keep it in a shady, cool place.

Home-slaughtered red meats and poultry should be chilled and canned immediately. Put fish and seafood on ice, refrigerate immediately, and can within two days.

Selection of the correct canner for the food being processed is necessary to maintain quality. The acidity of foods being canned dictates whether a boiling water or pressure canner should be used to prevent growth of botulism bacteria in heat-processed, home-canned foods.

Low-acid foods (red meats, seafood, poultry, milk and fresh vegetables, except for most tomatoes) do not contain enough acidity to prevent growth of botulism bacteria. Acid foods contain enough

acidity to block bacteria growth or destroy bacteria rapidly when heated. Acid foods include fruits, pickles, jams, jellies, marmalades, fruit butters and sauerkraut.

Pressure canning is the only recommended canning method for meat, poultry, seafood and most vegetables. Using boiling water canner for these foods poses a risk of botulism poisoning. Although pressure canners can be used to process acid foods, boiling water canners are recommended because they are faster.

Low-acid foods, tomatoes and tomato products should be boiled for 13 minutes after the jars are opened to destroy the toxin that causes food poisoning. Jars of canned foods must be sealed properly to maintain quality and prevent growth of bacteria that cause food poisoning.

Cool jars at room tempera-

ture for 12 to 24 hours; then remove the screw bands and test the lid to be sure it is properly sealed. If the lid did not seal, the jar may be resealed (reprocess within 24 hours using the same processing time), frozen (adjust headspace to 1 1/2 inches before freezing), or eaten (refrigerate unsealed jar and consume within several days).

Proper storage helps maintain quality and prevent spoilage. Label and date the jars; then store them in a clean, cool, dark, dry place. Do not store jars at temperatures above 95 degrees. Storing jars at 50 to 70 degrees will extend food quality. Although accidental freezing usually will not cause spoilage, freezing and thawing may soften food. If jars must be stored where they might freeze, wrap them in

newspapers, put them in heavy carton and cover the cartons with newspapers and blankets.

Have a great time canning

and freezing this summer, and if you have any questions or need any help please call your Trigg County Extension Office at 522-3269.

Camp Meeting set Aug. 13-17

A Camp Meeting is set for Aug. 13-17 on the Bush Road, Cadiz, Ky.

Services begin at 7:30 p.m. nightly. Features speakers will be the Rev. J.W. Hunt from Panama City, Fla., and

the Rev. J.L. McGarry from Elsinoire, Missouri.

Special singing has been planned for each service. For more information about the tent meetings call William Perry at (502) 522-8032.

Births

Steven McGraw Reddick

Dennis and Debbie Reddick, and Heather, of Cadiz, announce the birth of a son and brother, Steven McGraw, July 20, 1990, at Jennie Stuart Medical Center.

He weighed 7 pounds, 6 ounces and was 20 inches

long. Maternal grandparents are Mr. and Mrs. Raymond Yancey of Cadiz and the late Dale C. Wyatt.

Paternal grandparents are Johnny and Doris Reddick of Cadiz.

Jordan Leigh Latham

Jim, Jill and J.W. Latham, of Hopkinsville, are proud to announce the birth of a daughter and sister, Jordan Leigh, July 19, 1990.

Grandparents are Earl and Mary Ann Thomas of Cadiz;

Barbara Latham of Hopkinsville, and James Latham of Clarksville, Tenn.

Great-grandparents are Dixie Latham, Sevierville, Tenn., and Anna Williams, Nashville, Tenn.

Shelly Pisa earns place on college dean's lists

DANVILLE, KY - Shelly Pisa, of Cadiz, has been named to the dean's list at Centre College. Centre publishes two dean's lists per school year, one for the fall term and one for the winter and spring terms combined. Dean's list students have a grade-point-average of 3.60 for the period covered.

Pisa, daughter of August and Margaret Pisa of Tanyard Road South, is a 1987 graduate of Trigg County High School. She is a member of Chi Omega sorority and worked as a volunteer tutor.

Founded in 1819, Centre is among the oldest liberal arts colleges in the country.

Dr. Hughes IU graduate

Dr. Randal K. Hughes, son of Edgar Eugene and Geneva Hughes of 306 E. Missouri, recently graduated with highest honors of distinction from Indiana University School of Medicine.

Hughes graduated in 1982 from North High School, and in 1986 from the University of Southern Indiana. He is a member of Alpha Omega Al-

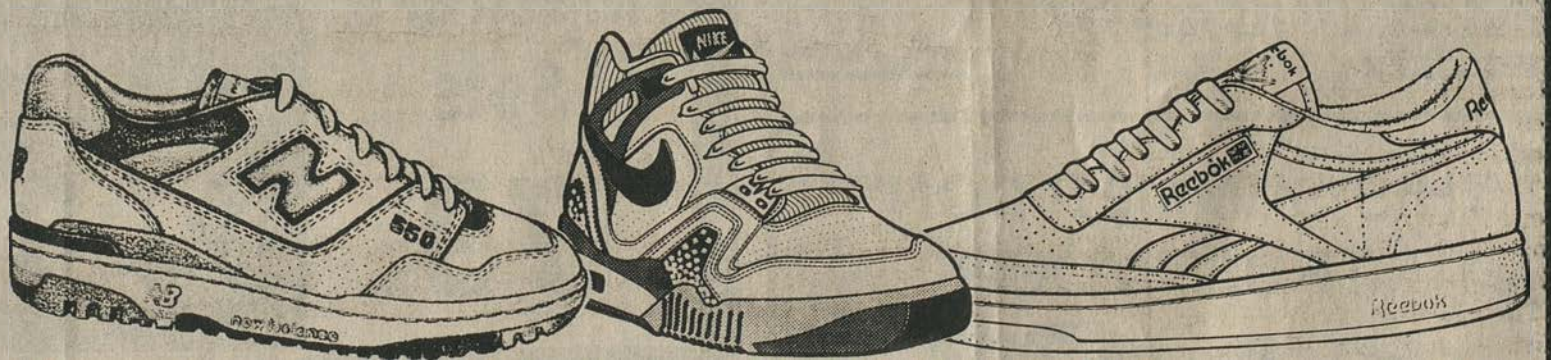
pha honor medical society, and is currently in the ophthalmology residency program at IU Medical Center in Indianapolis.

His parents are former Trigg Countians. He is also the grandson of the late J.Z. Hughes of Cadiz and Mr. Rena Hughes, now of Evansville.

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1-800-432-9346

LAWYER

Continued from Page A-1

larger settlement or verdict.

In 1989 the case went to trial. However, Joiner had written to Futrell about a week before offering a settlement of \$12,500, according to the suit. Fuller claims that Futrell did not disclose that settlement offer prior to or during the trial. She contends that it was not until several months later that she learned about the offer.

Fuller won her suit in Trigg Circuit Court, receiving damages amounting to only \$1,200, much less than the \$12,500 offered.

In her suit against Futrell, Fuller seeks damages including \$2,156 in what are termed "unnecessary fees and costs" incurred after Futrell was directed to settle the claim, plus the \$12,500 which Futrell allegedly did not disclose to her.

Fuller has also filed a petition and agreement to arbitrate claims of legal negligence with the Kentucky Bar Association, but had not received notice from Futrell or the chairman of the association indicating whether the attorney had agreed to arbitrate.

The two other suits, filed by the Baileys and the Cochran's, contain similar allegations.

Both involve car accidents in which Futrell was hired to represent them. The Baileys were represented by Futrell in a lawsuit against two other people and an insurance company in which Futrell was to receive a third of damages collected from the suit.

The suit was settled on Aug. 2, 1989, when the insurance company gave Futrell \$25,000 as payment to the clients and the attorney.

The Bailey's suit claims that Futrell gave them a check for \$10,000 and told them that was the full settlement of the case and that he took a fee of \$3,334. Then in May of this year, Futrell delivered a check for \$4,600 to the Baileys and indicated that the case had been reopened. He took a fee of \$1,533.

This resulted in Bailey becoming suspicious, as indicated in the suit. He called the insurance company and discovered the settlement was for \$25,000. The Bailey's are

seeking compensatory damages totaling \$10,000 and punitive damages for \$500,000.

In the Cochran's case, Futrell had the same fee and told them their suit was settled on Aug. 2, 1989. Futrell allegedly said that the settlement was for \$5,000 and he took \$1,666 from that amount. In May of this year, Futrell delivered a check for \$500 to the Cochran's and allegedly said that the amount repre-

sented additional fees for reopening the case.

Cochran became suspicious, called the insurance company and learned that the settlement check was for \$10,000, not \$5,000, according to the suit.

The Cochran's seek \$7,000 in compensatory damages and \$50,000 in punitive damages.

Lawrence F. Smith of Radcliff, Ky., filed the actions on behalf of the Cochran's and the Baileys.

TAX

Continued from Page A-1

Trigg County is currently paying a 28.2-cent rate, but since the county's property assessment is considered to be 2.5 cents below the state average, the current rate is equivalent to only 25.7 cents per \$100 assessed value.

Minnehan said the choice came down to either imposing a utility tax or increasing the general property tax which is currently at 16.8 cents.

"Those were the only two options the board was looking at," he said, adding that it did not want to raise the motor vehicle tax or impose an income tax.

A utility tax, which will affect cable, water, gas, electricity and telephone sub-

scribers, "is the fairest and most equitable tax because it focuses exclusively on the amount of energy consumed and is payable on a monthly basis," Minnehan said.

The board declined to act on Minnehan's recommendation of a 3 percent utility tax which, he said, would be a difference of about \$49,000 in revenue and would provide a buffer between the minimum 35-cent rate and the 36.2-cent proposed rate.

Any new laws, he said, "are followed by additional program expectations which are not reflected in the original law, and, historically, funding does not immediately follow."

Clarification

A story published in the 8/1/90 issue of *The Cadiz Record* reported that Cerulean Postmaster Janette Maveety McCain's first husband, killed in an auto accident in 1971, was Gilmar Bridges. It should have read Gilmar Burgess.

PLANT

Continued from Page A-1

All obligation to local banks have been paid. As of this date 3,000 homes and a number of businesses and industries benefit from Barkley Lake Water. Every community in Trigg County -- Caledonia, Linton, Roaring Springs, Hawkeye Corner, Maggie, East Golden Pond, Donaldson, Canton, Rockcastle, Blackhawk, Wallonia, Rocky Ridge, Cerulean, Montgomery West and part of Pee Dee -- are served by Barkley Lake Water.

The commissioners are Boyd Champion, James Guess and Terry McNichols. The attorney is H.B. Quinn.

The Barkley Lake Water District staff includes: Kenneth Harper, superintendent; Hollis Littlejohn, Mike Jones, Billy McNichols, Faye Anderson, Clara Lawrence and Phillip Manning.

The Barkley Lake Water District has not failed to meet any bond and interest payments.

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WRECKS

Continued from Page A-1

Clarksville, Tenn., driving a 1989 Isuzu west on US 68, rear-ended George Copeland, 35, Bowling Green, who was stopped in traffic in a 1980 Chevrolet pickup.

The impact pushed Copeland's truck into a 1987 Subaru being driven by Joy Bullock, 24, of Crofton. No injuries were reported.

Sheriff's officials worked an accident at noon Aug. 4. According to Sheriff Randy Clark, Roderick Jordan, 21, of Fort Campbell, Tenn., said a car who passed his 1988 Ford Escort cut back too quick, forcing him off the side of the road.

Jordan lost control of the car and hit a guard rail. A passenger, Darin Cathey, 22, of Fort Campbell, Ky., complained of possible head and face injuries. Cathey was taken by ambulance to Trigg

County Hospital.

Also, a two-car accident occurred at 1:05 on Saturday when Jeffrey Taylor, 28, of Cadiz tried to pass Gary Swensk, 41, of Cocoa, Fla.

As Taylor, who was going east on KY 164 in a 1980 International Scout, tried to pass, Swensk tried to turn left. The two vehicles collided, causing moderate damage to both. No injuries were reported.

The sixth accident injured 16-year-old Margaret A. McGraw of Cadiz when she lost control of a 1983 Toyota pickup truck she was driving on KY 139 south on Sunday morning, Aug. 5.

McGraw lost control of her truck on a curve about five miles south of Cadiz, veered left, hit an earth embankment, overturned, came back on KY 139 and skidded on about 100 feet on the hood.

McGraw was taken to Trigg

County Hospital complaining of possible neck injuries. The Trigg County Rescue Squad assisted the sheriff's department in working the accident.

The sheriff's also made three arrests over the past week. They include:

* Thomas Cottrell Curlin III of Cadiz who was arrested Aug. 1 and charged with non-payment of fines in Caldwell County, theft by deception in Christian County and a military charge (absence without leave), which was issued by the Kentucky National Guard.

* Ricky Wayne Utley of Hopkinsville who was arrested July 31 on a bench warrant and is charged with failure to appear on charges of no license and no insurance.

* Darren W. McGregor of Cadiz who was arrested Aug. 4 and charged with alcohol intoxication.

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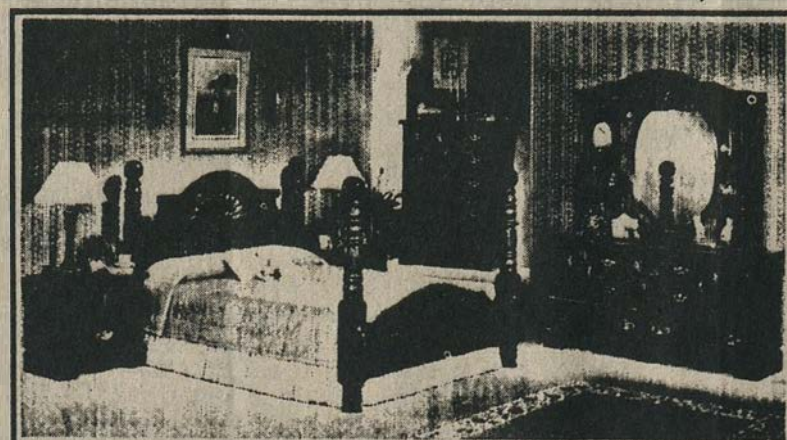


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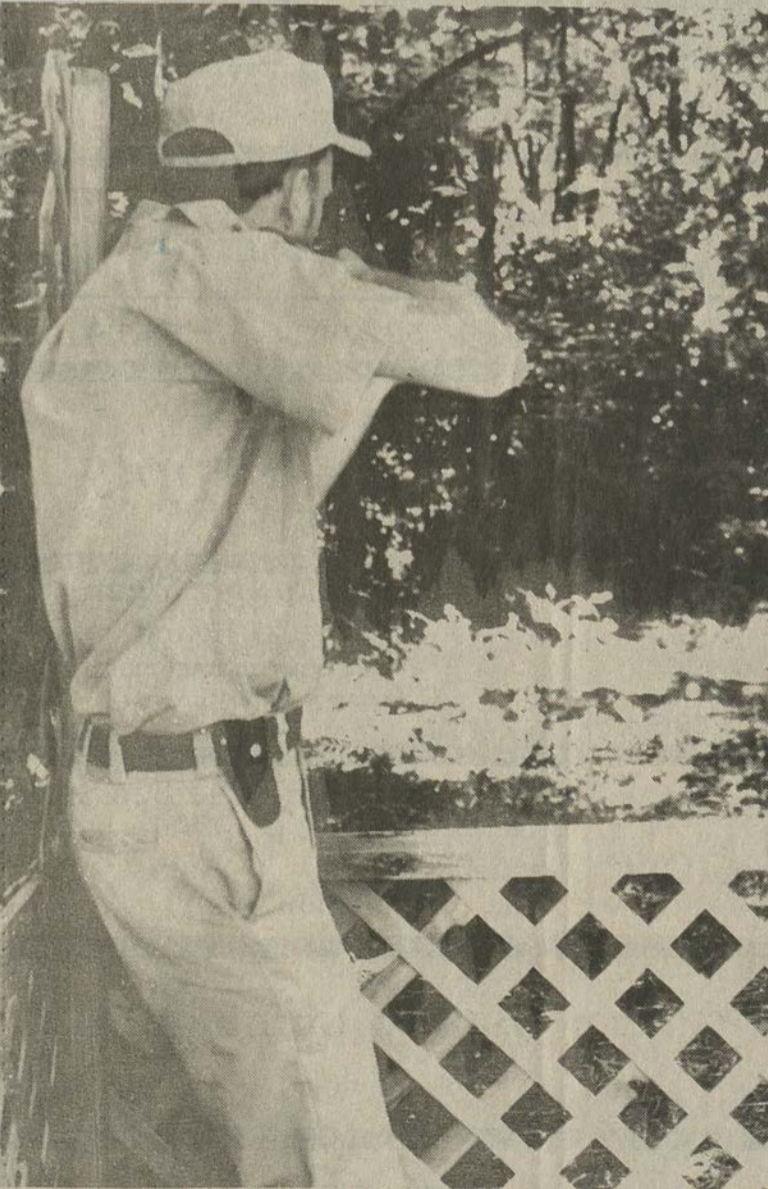
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DUCK HUNTING: Fred Kane, a 1st Lieutenant at Fort Campbell, tried his hand at the Decoying Duck station July 28.



SHOOTING THE BREEZE: John L. Street Jr. (left) and Bill Harralson shared a laugh as they waited their turn to shoot at the Springing Teal station. At right is Dean DeBow, the 1987, 1988 and 1990 state trap high-overall champion.



RABBIT ON THE RUN: Daniel Hale took aim at a "rabbit" clay (far right) while at the Fur and Feather station. As soon as a shooter fires at the "rabbit," a clay simulating the flight of a quail is released going from the shooter's left to right.



VIP'S WELCOME: (Top) Some of the shooters at the state's newest sporting clay shooting range reached for water during a hot July 28 afternoon when the Bush family invited local and area VIPs to try out the course. Others reached for a gun to try out one of the course's six stations. Kenneth Bush (right), co-owner of the Bush Road Sporting Clays Inc., holds the two clay targets used on the range. The target at left is flat and is used on the Fur and Feather station to simulate a rabbit; the target at right is used on all the stations to simulate different types of birds in flight.



Bush family hopes European tradition turns hunters into

Sharp Shooters

By David Blackburn
Staff Reporter

Pull!

That command, followed by the sound of a shotgun going bang, will be heard a lot this fall if the Bush family has its way.

Kenneth and Bess Bush, along with their twins sons, Bob and Bill, have opened Bush Road Sporting Clays Inc., which is only the third clay target shooting range in the state, about five miles north of Cadiz on Highway 139. The other ranges are in Bowling Green and Morganfield.

Anyone old enough to handle a gun safely can practice their shooting at one of six stations set up on about 50 acres of land the Bushes own just a mile off Highway 159.

Those who don't own a gun can rent one -- both 12- and 20-gauge, single- or double-barrel shotguns are available -- or, if a shooter brings his or her own gun, shells are for sale. The Bushes also have ear plugs for sale for those who might decide to shoot at 100 targets instead of just 50 and don't want their ears to ring.

"We think a lot of people will want to come in before dove season and sharpen their skills. It's awfully good practice," Bob said Friday, Aug. 3, the day of the range's official opening. No sooner had he spoken, a group of four from Murray paid to shoot 50 targets.

"We'll be open all year if there's enough people wanting to shoot," Bob's father Kenneth said. Bill added that, during winter months, shooters will be allowed on the range by appointment only.

Shooters walk along a circuit that has half a dozen two-box stations set up to simulate field conditions hunters face when going after doves, quail, pheasant, rabbits, ducks and teal.

Specially designed traps toss out clays that fly out from a shooter's feet on the Flushing Pheasant station. That's followed by the Mexican Quail station where two people can shoot at two of four clays thrown by a pair of traps or one person can take aim at just two clays.

The third station, Fur and Feathers, allows a shooter to aim up on his or her rabbit-hunting skills. A special trap is set up across the ground from left to right of the shooter on command. When the gun goes off, a second clay imitating a flushed quail takes off.

Decoying Ducks allows a shooter, standing in a box designed like a duck blind, to shoot a pair of floating clays that drop onto a pond. The last station, Springing Teal, sends a pair of clays straight up, then falling away from the shooter.

Every three or four weeks, the boxes and traps will be moved for variety and to make some of the stations a little more difficult.

The traps and the course was designed Robert Jernigan, a professional sporting clay shooter from Georgia who has competed in shooting tournaments in England.

Sporting clays has been popular for years over in Europe, the Bush brothers say, where it is considered a sport for the more affluent. Like polo. Bob said shooting sporting clays is just as popular in Europe as shooting golf. "They say there's one of these (ranges) for every golf course in Europe."

It is something of a hunter's version of golf. "Only there's no par," Kenneth Bush said with a chuckle.

Business hours, prices

Bush Road Sporting Clays Inc. are open on Fridays from 1 p.m. to dusk; Saturdays from 8 a.m. to dusk; and on Sundays from 1 p.m. to dusk.

During the week, the range is open by appointment only for parties of four or more.

The first 50 targets cost \$15; the second 50 are \$10. Shotgun rentals are from \$3 to \$5 depending on the gun and whether it is a single- or double-barrel. For more information, call (502) 522-6193.

After the Murray shooters finished at the first station, Bill yelled to Bob, who was leading the shooters, "Have you got any perfect scores yet?"

Bill and his father, knowing the answer, laughed because, since 1928, less than 12 perfect scores (100 out of 100) have been recorded in the United States.

The Bushes say the sport is just now catching on in the States. Both the Bowling Green and the Morganfield course have opened within the last year.

Bill and Bob first got the idea to open the course after they shot at the course in Bowling Green in April. "We had such a good time we started investigating and doing research on it," Bob said.

Work began in June and was done late in July. Local members of the media were invited out to try their hands at the range on July 25, then local and area businessmen, politicians and other notables were invited to the range July 28.

One of the shooters present July 28 was Edward Taylor of Cadiz who said he liked the course. "It looks like it's a pretty good place to shoot."

Think Gun Safety.

White signs with that reminder are on every box at every station. Safety is a crucial priority at the course.

Shooters are allowed to load and shoot their guns only when they are in the boxes. Otherwise, the action on the guns must be off at all times.

Two shells are allowed in the guns at a time. All other shooters must be behind an occupied box. Shooters may pick up only their own shells; other shells belong to the range.

And no alcoholic beverages are allowed on the range. At any time. No exceptions. "We're real strict about that," Bob said.

"If we see anybody out here that doesn't handle a gun very well we'll ask them to leave," Bill said. "But that's a very small problem."

What may be a big problem is being able to keep up with the demand of shooters, especially on the weekends, when hunting season starts in the next month or two.

None of the Bushes know exactly what the demand will be like, but they do have plans. If there is a heavy demand, a concession area may be built. The family already has plans to put a trap up on a 10- to 15-foot-high tower to simulate a variety of game birds.

And, Bill said, they have been talking with members of Ducks Unlimited about having a shooting tournament some time this fall.

Of course, those ideas, like the course, are just in the planning stages.

"We're just crawling right now," Bill said. "We gotta crawl before we can walk."

Church Page

Darrell Simon named new minister for Church of Christ

Evangelist Darrell Simon is the new minister for the Cadiz Church of Christ. He began his position as pulpit minister on Aug. 5 after moving here from Falls of Rough, Ky., where he had been working with the Yeaman Church of Christ.

Brother Simon has been a minister for over 11 years, serving congregations in Kentucky, Tennessee, Alabama and Mississippi. He has spoken over the radio, both in Kentucky and Alabama, and has written newspaper articles and for such periodicals as *The Magnolia Messenger*, *The World Evangelist* and *In Word and Doctrine*.

He has had experience working with the inmates of a

maximum security prison as well as serving as Camp Director for Western Kentucky Youth Camps.

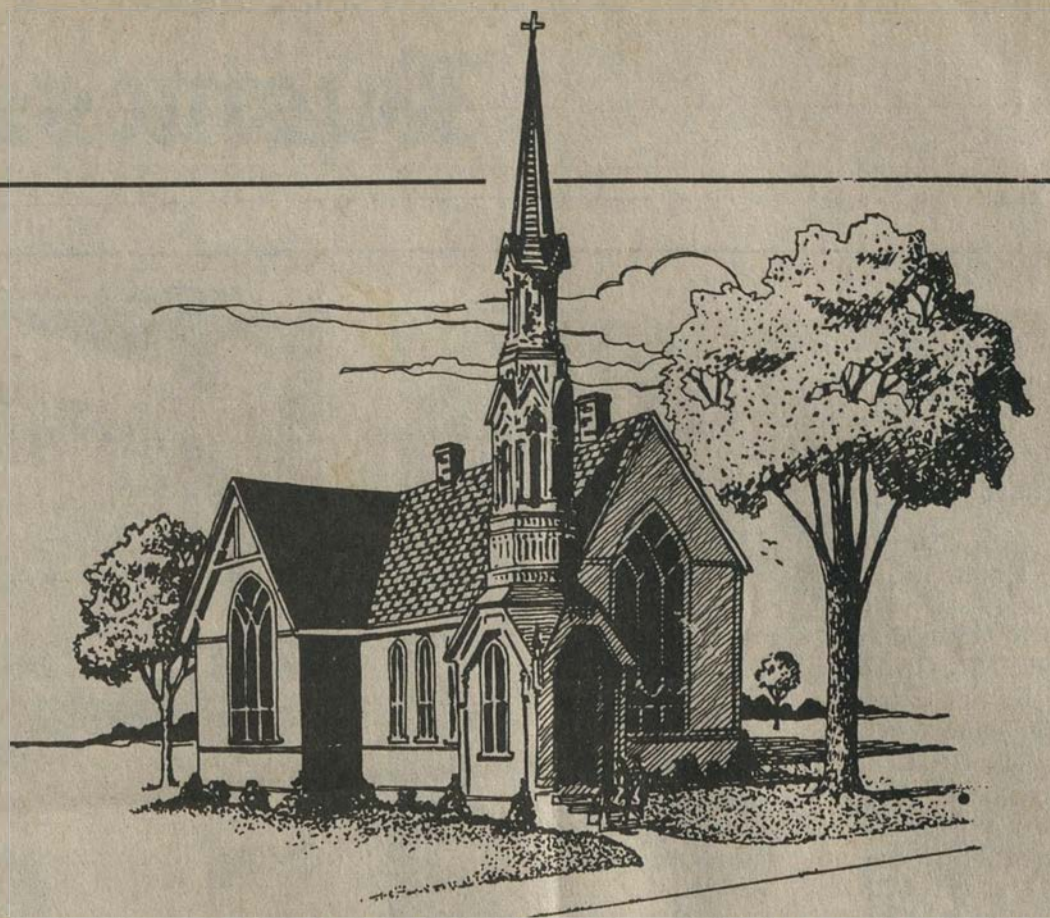
Simon is also a charter member of the American Association of Christian Counselors and also is a member of the American Association of Family Counselors.

He received his education from David Lipscomb University in Nashville, Tenn., from 1975 to 1977 and graduated in 1980 from International Bible College in Florence, Ala. He has a Master of Arts degree from American Christian School of Religion in West Monroe, La.

Simon is married to Elizabeth (Libby) and they have three children: Craig, 7; Alicia, 5; and Kara, 9 months.



Darrell Simon



Articles published free on the Church Page

BAPTIST CHURCHES

Bible Baptist
Morning Service: 11 a.m.
Evening Service: 6:30 p.m.

Bloomfield Missionary Baptist
Morning Service: 11 a.m.
Evening Service: 6 p.m.
(BTU)

Buffalo Lick Baptist
Morning Service: 11 a.m.
Evening Service: 7:30 p.m.

Cadiz Baptist
Morning Service: 10:45 a.m.
Evening Service: 6 p.m.

Caldwell Blue Spring Baptist
Morning Service: 11 a.m.
Evening Service: 6:30 p.m.

Calvary Missionary Baptist
Morning Service: 11 a.m.
Evening: 6:30 p.m.

Canton Baptist
Morning Service: 11 a.m.
Evening Service: 6 p.m.

Cerulean Baptist
Morning Service: 11 a.m.
Evening Service: 7 p.m.

Delmont Baptist
Morning Service: 11 a.m.
Evening Service: 6 p.m.

Donaldson Creek Baptist
Morning Service: 11 a.m.
Evening Service: 7 p.m.

East Cadiz Baptist
Morning Service: 10:30 a.m.
Evening Service: 7 p.m.

Hilltop Freewill Baptist
Evening Service: 11 a.m.
(2nd & 4th Sundays)

Hurricane Baptist
Morning Service: 11 a.m.
Evening Service: 7 p.m.

Liberty Point Baptist
Morning Service: 11 a.m.
Evening Service: 7 p.m.

Locust Grove Baptist
Morning Service: 11 a.m.
Evening Service: 6:30 p.m.

Maple Grove Baptist
Morning Service: 11 a.m.
Evening Service: 6:30 p.m.

Montgomery Elizabeth Baptist
Morning Service: 11 a.m.

Mt. Pleasant Baptist
Morning Service: 10:45 a.m.
Evening Service: 7 p.m.

New Hope Baptist
Morning Service: 11 a.m.
Evening: 7 p.m.

New Jerusalem Baptist
Morning Service: 11 a.m.
Evening: 6 p.m.

Oak Grove Baptist
Morning Service: 11 a.m.
Evening Service: 7 p.m.

Rock Front Baptist
Morning Service: 11 a.m.
Evening Service: 6:30 p.m.

Rocky Ridge Baptist
Morning Service: 11 a.m.
Evening Service: 6 p.m.

Second Baptist
Morning Service: 10:45 a.m.
Evening Service: 7 p.m.

South Road Missionary Baptist
Morning Service: 11 a.m.
Evening Service: 6 p.m.

South Union Baptist
Morning Service: 11 a.m.
Evening Service: 7 p.m.

Trigg County Baptist
Morning Service: 10:30 a.m.
Evening Service: 6:45 p.m.

Wallonia Baptist
Morning Service: 11 a.m.
Evening Service: 7 p.m.

METHODIST CHURCHES

Bethel United Methodist
Morning Service: 11:15 a.m.

Bethesda Methodist
Morning Service: 9 a.m.

Cadiz United Methodist
Morning Service: 8:30 and 11 a.m.

Cerulean Methodist
Morning Service: 10 a.m.

Dyer's Chapel United Methodist
Morning Service: 9 a.m.
(1st & 3rd Sundays)

Linton United Methodist
Morning Service: 9 a.m.

Mt. Zion United Methodist
Morning Service: 11 a.m.

Oakland United Methodist
Morning Service: 10 a.m.

Rockcastle United Methodist
Morning Service: 10 a.m.

Siloam United Methodist
Morning Services: 11 a.m.
(1st & 3rd Sundays)
9 a.m. (2nd & 4th Sundays)

Tobaccoport United Methodist
Evening Services: 6 p.m.

CHRISTIAN CHURCHES

Cadiz Christian
Morning Services: 11 a.m.

Roaring Springs Christian
Morning Service: 11 a.m.

Wallonia Christian
Morning Services: 11 a.m.
Evening Service: 6 p.m.

CHURCHES OF CHRIST

Cadiz Church Of Christ
Morning Service: 9:30 a.m.
Evening Service: 6 p.m.

Joiner's Chapel Church of Christ
Morning Service: 11 a.m.
Evening Service: 6 p.m.

PENTECOSTAL

Cadiz Pentecostal
Morning Service: 11 a.m.
Evening Service: 6 p.m.

New Pleasant Hill Pentecostal
Morning Service: 11 a.m.
Evening Service: 7 p.m.

Maranatha Church of God
Morning Service: 11 a.m.
Evening Service: 6 p.m.

CHURCH OF GOD IN CHRIST

Miracle Revival Center Church of God In Christ
Morning Service: 12 p.m.
Evening Service: 7:30 p.m.

The Church Of God In Christ
Morning Service: 11 a.m.

OTHERS

Cadiz Presbyterian Chapel
Morning Service: 8:30 a.m.

Logos Christian Fellowship
Morning Service: 10:45 a.m.
Evening Service: 6 p.m.

St. Stephens Catholic
Morning Service: 8:30 & 11 a.m.
Evening Service: 7 p.m.
(Thurs. & Sat.)

The Church Of God
Morning Service: 11 a.m.
Evening Services: 6 p.m.

Christian Fellowship Church Of Cadiz
Morning Service: 11 a.m.
Evening Service: 6 p.m.

BIBLE MESSAGE SEARCH

from Jim Phillips

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WIN
A
BIBLE

WIN
A
BIBLE

NROUGHLYOM
ATNISFRDEE
WWWBNOSIRP
HEDREAMSOR
ILPENSNTOO
MVTTIMARSV
OESHMTEEEE
NRORAFHSID
EIMEFSESPL
YOUNGESTSF

12 WORDS CONCERNING JOSEPH'S BROTHERS' BUYING CORN.
(GEN. 42:1-28)

HIDDEN MESSAGE _____

1. Words are spelled forward, backward, horizontally, vertically, and diagonally, as well as up and down.
2. All words are in a straight line, although the same letters may be used in more than one word.
3. When all words are found, there will be a HIDDEN MESSAGE spelled out by the remaining letters.

RULES: Complete the above word search puzzle and mail it to:

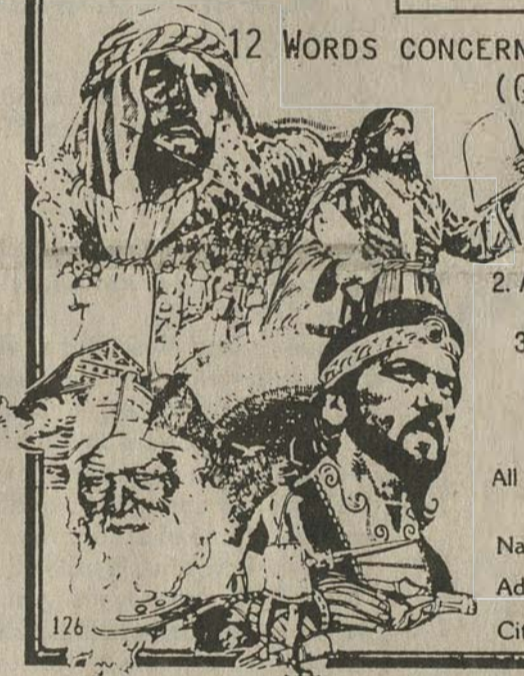
The Cadiz Record

All correct entries will be placed in one box. A winner will be drawn each month.

Name..... Phone.....

Address.....

City..... State..... Zip.....



To Place Your Ad On The Church Page
Call 522-6605

<p>CLYDE HITE Lubricants & Fasteners Lubricants & Industrial Parts 7450 Hopkinsville Road, Highway 68 West of Gracey 42211</p>	<p>TriggCounty Farmers Bank FDIC 522-6021 Since 1890</p>
<p>Liberty Point Baptist Church Old Dover Road 522-3958 Pastor-Wayne Glass Everyone Welcome!</p>	<p>Trigg Supply 330 E. Main St., Cadiz 522-8551</p>
<p>Bank of Cadiz & Trust Co. 24-Hour Teller Machine Main St. 522-6066 Cadiz, KY</p>	<p>Robert's Car Wash *Open 24 Hours* Under new management Ronnie & Karen Birdsong Hwy. 68 East Cadiz, Ky.</p>
<p>Place your ad here</p>	<p>Economy Cee Bee Stores Downtown & East Main</p>
<p>Southern States Hopkinsville Cooperative Cadiz Branch Rt. 1 Hwy. 68 E 522-3416</p>	<p>Bailey Lumber Co. 522-6222 Cerulean Rd</p>
<p>Place your ad here</p>	<p>Goodwin Funeral Home</p>
<p>Piggly Wiggly 6 a.m. to 10 p.m. Hwy. 68 E. Store Hours 7 days a week 522-3767 Cadiz, KY For Tremendous Savings</p>	<p>Worship at the Church of your choice</p>

The Golden (P)Age

New hotel, airline discounts available for seniors

By Leonard J. Hansen

When the open road beckons this summer and fall, your mature age may be an advantage. Significant discount savings can be yours for traveling now and more often.

Here is a quick digest of senior discounts and how to get information about them:

HILTON SENIOR HHONORS PROGRAM
Hilton Hotels has expanded its Senior HHonors program to be one of the best in the country for people age 60-plus.

For \$25 per year membership, Hilton offers discounts of 25 to 50 percent in hotel restaurants. For a \$50 annual membership, the program extends the room discounts to include 70 Hilton hotels in 32 countries. A lifetime membership is available for \$150 and includes the worldwide discount program.

Hilton's Senior HHonors program also includes for its members: pre-registration, special check-in desk, late check-out privileges, daily newspapers and free use of health and recreational facilities, where available.

Members also participate in a merchandise and travel awards program for frequent use of Hilton hotels.

According to program manager Alison Kal, "We did extensive research into the benefits that mature adult travelers really wanted from a hotel and designed a simple program with the largest discounts possible. We listened and learned and, I hope, responded to the advantage of mature travelers and our Hilton properties."

Information and membership applications are available by calling (214) 239-0551, Ext. 901, or by writing to Alison Kal, Hilton Senior HHonors, P.O. Box 5567, Beverly Hills, CA 90209.

MORE HOTEL DISCOUNTS

Mainly for Seniors

Vagabond Inns in the West offer its discount program for adults 55 and over an average of 10 percent discount off single-room rates, plus the 10th night cost-free. Membership is yours for the asking. Telephone number for information is (619) 455-1800.

Other motel chain senior discounts are available from: Days Inn, 50-plus, (800) 325-2525; Super 8 Motels, 55-plus, (605) 225-1291; Comfort Inns, 60-plus, (800) 228-5150; Econo Lodge, 55-plus, (704) 554-0088; Hampton Inns, 50-plus, (901) 758-3100; La Quinta Motels, 55-plus, (512) 366-6095; and Red Roof Inns, 60-plus, (800) 843-7663.

Hotel chains offering mature adult discounts include: Sheraton, 60-plus, (512) 834-2426; Ramada, 60-plus, (602) 389-5509; and Howard Johnson's, 60-plus, (405) 841-1400.

SAVING IN THE AIR

Airline concepts for senior discounts at age 62 and over have been expanded this year. The programs now offer a pre-purchase of four or eight flight coupons in a range of \$75 to \$105 per coupon, each valid for a one-way flight or segment.

The concept will be particularly valuable to mature adults who fly from airports that do not have high competing traffic and therefore have higher airfares.

For many of the airline coupon programs, coast-to-coast round-trip flights may cost under \$200, where the full-rate coach ticket may be priced at more than \$1,000. In each program, reservations must be made at least 14 days in advance of travel, and there may be penalties or charges for changes in

itineraries.

The following is a list of airline and coupon prices for four and eight flight coupons, and notes on the specific program:

* Northwest (\$384-640): Includes the 50 states plus Canada. Days of travel are limited to Tuesday, Wednesday, Thursday and Saturday.

* Delta (\$420-704): Includes all 50 states plus San Juan and Puerto Rico. Travel may be taken any day, subject to seat availability.

* America West (\$348-598): Includes all America West flight cities, but two coupons are required for each direction for flights into or out of Boston, Baltimore, Honolulu, New York, Newark and Washington, D.C. Valid travel times are from Monday noon through Thursday noon and all day Saturday.

* American Airlines (\$420-704): Includes the continental United States on one coupon each direction and two coupons each direction on flights to and from Hawaii

and Puerto Rico. Travel may be taken on any day of the week (except to or from San Juan), subject to availability.

* United Airlines (\$384-640): Each coupon is valid for one-way travel up to 2,000 miles, so a cross-country trip will take two coupons each way. Between the coasts and Midwest or South -- trips under 2,000 miles each way -- the savings may be most significant. Travel is valid for Tuesday, Wednesday, Thursday and Saturday.

* USAir (\$420-704): Valid anywhere the airline flies within the United States, with no restrictions on days. For this program, information and purchase, you must deal directly with the airline through its local ticket offices.

Each of the airlines also offers a percentage discount for senior citizen travelers when buying tickets at published fares.

Information on the new airline coupon pre-purchase programs (except for USAir) is available from profes-

sional travel agents and/or from the respective airline ticket offices.

There are restrictions and "capacity ratings" (the specific number of discounted tickets that may be used on specific flights) in each of the programs, so ask for explanations and read the small print in the brochures.

For people age 62 and over, the new coupon programs may provide super savings in the sky, most anywhere you want to travel in the United States.

Several other airlines are offering varied programs for mature travelers:

* TWA offers a four-coupon pack at \$379 which adds more flight discounts after the coupons are used. The airline continues, in modified version, its "Senior Take-Off Pass" for \$1,827.50, allowing some European and Caribbean travel and a limited number of flights around the nation over a 12-month period.

* Southwest Airlines offers 65-plus travelers a limited

number of discount-priced Senior Fare seats on each flight.

* Continental allows people 62-plus to fly anywhere the airline serves in the contiguous 48 states (plus Vancouver, British Columbia; the Virgin Islands; St. Thomas; and St. Croix in the weeks of the

coach of \$1,999 for first class. Or fly nationally or internationally for \$2,999 coach or \$4,999 for first class for most of the year.

There are many restrictions and some black-out times, such as holiday periods, but if you want to be on the go actively, this may prove to be the right bargain.

The gray in your hair may prove to be to your advantage in travel on land and in the air. Say "discount" with a smile and with more money in your pocket.

Send your questions for reply in this column to **Mainly for Seniors**, Copley News Service, P.O. Box 190, San Diego, CA 92112-1090.

What's Cooking at the Kitchen?

The following is the menu provided by the Senior Citizens Kitchen for the coming week. Reservations must be made one day in advance for each meal. Please phone 522-8341 by 2 p.m. for reservations.

Monday, August 13- Dried Beans with Ham, Mixed Greens & Egg Half, Beets, Cornbread, Pudding.

Tuesday, August 14- Cheeseburger, Cabbage, Carrots, Choice of Cake.

Wednesday, August 15- Chicken & Dumplings, Broccoli, Corn, Lemon

Pudding.

Thursday, August 16- Beef-A-Roni, Cole Slaw, Black-Eyed Peas, Roll, Oatmeal Cookie.

Friday, August 17- Baked Ham, Mixed Greens, Pinto Beans, Cornbread, Baked Apples.

Special Note: A hot lunch meal is provided to the elderly 60 years of age and above at Senior Citizens Centers Monday through Friday from 11 a.m. to 12 noon. Please make your reservation the day before between the hours of 8 a.m. and 2 p.m.

New definition of senior citizen causes confusion

Even though the term "senior citizen" now means a person 60 years of age or older, Kentucky resident sportsmen must purchase hunting and fishing licenses until age 65.

The sport license requirement is not affected by the new senior citizen definition.

KRS 150 specifically states that residents over age 65 may hunt or fish without a license.

Lowering the senior citizen age from 65 to 60 simply allows younger seniors to qualify for discounts offered by retailers in a voluntary program set up by the legislature.

Attention Senior Citizens

Do you know that when you buy a new subscription to The Cadiz Record, not only do you receive a 10% discount, but subscribe before the Ham Festival and you will also have a duck racing in the "Record River Race" for a chance to win a "Free Florida Trip"!

FREE Hearing Tests Set This Week

At Thrif-T Drug Store In Cadiz For Senior Citizens and anyone else who has trouble hearing or speaking clearly

Anyone who has trouble hearing or understanding speech clearly is welcome to have a hearing test with modern electronic equipment. Even people now wearing a hearing aid or those who may have been told nothing could be done for them should have a hearing test to find out if they are one of the many a hearing aid will help.

The hearing test will be given by a factory-trained specialist at The Thrif-T Drug Store this Friday, August 10th from 9:00 a.m. to 12:00 noon.

COUPON

5% Discount
7% for Senior Citizens on any Beltone Aid

Expires: 8-31-90

UMWA Insurance Accepted

Beltone 50 years
CELEBRATING THE SOUNDS OF LIFE

Sponsored by Beltone Hearing Aid Service
116 E. 14th Street
Hopkinsville, KY 42240
Phone: 886-0244

Dr. Brazil's office will be closed August 8-15, 1990

PHOTO BARGAIN

\$1.00 OFF

the regular price of develop & print roll orders for all 110, 126, 135 & Disc.

Expires 8-31-90

110, 126, 135 & Disc C-41 Process Only

THRIF-T DRUG
Hospital Street
Cadiz, KY 42211



SEE YOUR PHOTO DEPT FOR DETAILS

COUPON MUST ACCOMPANY ORDER

Hurricane Baptist Church

4177 Hurricane Rd.
Cadiz, Kentucky 42211
(502) 522-8777

Schedule of Services:

Sunday:
Sunday School 10:00 a.m.
Morning Worship 11:00 a.m.
Discipleship Training 6:00 p.m.
Evening Service 7:00 p.m.

Wednesday:
Prayer Service 7:00 p.m.



Rev. Gary R. Pate, Pastor



Weekly Health Tip

From Rick Clement
"We care about your health"
522-3211

STRONG BONES

For those who have a calcium deficiency, or wish to fend off osteoporosis, a controlled study showed that calcium absorption was greater from calcium citrate supplements than from calcium carbonate. People with a history of kidney stones can safely take calcium citrate, as it actually inhibits the formation of calcium stones, states Dr. Charles Pak, kidney stone expert, U of Texas, Dallas.

Save-On Drugs

Located beside the hospital
Monday - Friday 8:30-6 p.m.
Saturday 8:30-4:30 p.m.

Come in and check our prescription low-price guarantee!

Foods

Spicy recipes make meals hotter, more tempting

By Karen Cure,
James Tissot
and Jorge Arango

If you want to serve me something special for my birthday, make it plain grilled chicken, corn on the cob from the farm stand down the road and possibly tomatoes picked within the quarter hour, with basil and chives snipped on the top.

I say only "possibly" because my New York state garden simply doesn't produce Indiana tomatoes -- the ones I grew up with and still think are the best on earth. For dessert, give me homemade vanilla ice cream with plenty of egg yolks and angel food cake without frosting -- and why not, with all those over egg whites.

My husband is somewhat less enthusiastic. When he asks for a special meal and I serve him this best of all possible dinners, I get a withering reaction that suggests more persuasively than words that I had better get some new ideas.

It's not the vanilla ice cream that bothers him or the plain cake, and he likes corn on the cob well enough. He didn't grow up in Indiana, so New York tomatoes are all the same to him.

It's just that we have this meal all the time -- through most of the summer and well into fall, when almost everyone else in the food-loving world has moved on to slow-cooked stews with sage and root vegetables.

It has occurred to me to try something different. The snag is this: For a long time, no recipes ever sufficiently tempted me.

But things are changing, as

you will see in the recipes that follow. Cajun barbecue sauce with bay leaf, bacon, orange juice and thyme is hotly seductive in a way I never imagined.

And the Marinade for Tikka, generously spiced with coriander -- whose pungency hits me close to the spot that Indiana tomatoes do -- makes aphrodisia of the old dieter's standby, skinless chicken breasts.

CAJUN BARBECUE (For Meat or Chicken)

- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1/2 teaspoon dried leaf thyme
- 1 1/2 teaspoons freshly ground black pepper
- 1/4 teaspoon ground white pepper
- 1/4 teaspoon cayenne pepper
- 1/2 pound bacon, minced
- 1/2 cup chopped onions
- 2 cups chicken stock
- 1 1/2 cups bottled chili sauce
- 3/4 cup honey
- 5 tablespoons orange juice
- 2 tablespoons fresh lemon juice

- Rind of 14 lemon
- 2 teaspoons minced garlic
- 1/2 teaspoon Tabasco
- 1 bay leaf

Yields about five cups, enough for two racks of ribs (6 to 7 pounds), one, 6-pound chicken or two, 3-pound cut-up chickens.

Mix all seasonings in small bowl and set aside. In heavy 9-inch skillet, cook bacon over high heat until crisp. Add onions, stir and cover. Lower heat to medium and cook, stirring occasionally, for about eight minutes or until onions brown. If they cook too quickly, lower heat. Add reserved seasonings, stir,



HOT STUFF: When sizzling temperatures make appetites flag, try heating up interest with spicy barbecue sauces. Today's recipes may change the way people think about summer eating.

cook one minute longer over medium heat.

Add remaining ingredients. Stir well, cook 20 to 25 minutes, then remove bay leaf and lemon rind. Transfer mixture to food processor and blend until smooth. It can be used immediately or refrigerated for up to one week.

Cook meat or chicken as usual. Begin brushing on sauce last 1/2 hour of cooking; baste every five minutes until done.

APRICOT-RED PEPPER GLAZE (For Chicken and Pork Chops)

- 3 ounces dried apricots (12 to 15), minced
- 1/2 cup brandy
- 1/4 cup minced onion
- 1 tablespoon butter
- 1/2 medium-size red sweet pepper, diced fine

1 (12-ounce) jar no-sugar apricot spread or apricot preserves

Pinch cayenne pepper

Yields about two cups, enough for one, 3 1/2 -pound chicken or four pounds pork chops.

In shallow bowl, cover apricots with 1/4 cup brandy. Let

stand at least two hours. (Brandy flavor intensifies over time.)

An hour before grilling, simmer remaining 1/4 cup brandy and onions in heavy skillet over low heat until all but one tablespoon of liquid has evaporated. Add butter and finely diced red pepper; stir until butter has melted and pepper begins to soften (about two minutes). Add cayenne and apricot spread or preserves (the latter makes a sweeter glaze). Simmer 10 minutes longer, stirring occasionally.

Remove from heat, transfer to bowl; set aside. Just before using, drain brandied minced apricots and fold into sauce.

Grill meat or chicken as usual, brushing on sauce 1/2 hour before done.

MARINADE FOR TIKKA (For Lamb or Chicken Kebabs)

- 2 tablespoons sesame oil
- 1 cup plain yogurt
- Juice of 1/2 lemon
- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 3 teaspoons ground coriander
- 1 teaspoon ground turmeric
- 1 teaspoon ground chili powder
- 1 teaspoon ground ginger
- 1 teaspoon salt

Yields about three cups, enough for four to five chicken kebabs or four pounds lamb kebabs.

Blend sesame oil and yogurt in food processor or mixer. Add lemon juice and blend. Then add remaining ingredients and puree until smooth -- about one minute.

This can be done a day before adding marinade to meat or chicken.

Put meat or chicken in shallow dish. Pour on marinade and toss to coat. Arrange kebabs in single layer. Do not crowd. Cover tightly and refrigerate 24 to 48 hours; the longer time will intensify flavor.

Soak wooden skewers in water an hour or more to prevent burning. Skewer meat, reserve remaining marinade; broil or grill over low coals as usual, basting every five minutes with reserved marinade until done.

GREEN MARINADE, SAUCE (For Shrimp or Fish Steaks)

- 1 cup firmly packed parsley leaves (about one large bunch)
- 2 cloves garlic, chopped
- 2 tablespoons chopped onion
- 3 tablespoons olive oil
- 1/4 cup white wine
- 1/4 cup clam juice

Yields about two cups, enough for three to four pounds fish steaks or four to five pounds shrimp.

A day before marinade is needed, finely chop parsley in blender or food processor. Add garlic and onion and blend to paste. With machine still running, add oil, then white wine, then clam juice. Process until mixture is liquid and bright green. (For more intense garlic flavor, make and refrigerate marinade two days before using.)

Pour marinade over shrimp or fish and refrigerate for about an hour.

Transfer seafood to grill, reserve remaining marinade. Cook as usual, basting with reserved marinade every five minutes until done.

Southern States



32 MORE ITEMS
AVAILABLE - CALL
YOUR LOCAL STORE
FOR DETAILS

Purchasing your frozen foods from Southern States is the smart way to shop. From fruits and berries to heat 'n serve potatoes and fries, dessert and breakfast items, garden vegetables, juice concentrates and specialty items, you'll get high-quality, tasty frozen foods.

Plus, the convenience of buying in bulk means less trips to the grocery store--and more free

time for you. Even better, ordering from our frozen food sale is simple--just select the items you want, place your order by phone or at your local Southern States store and pick it up on the date specified below.

So, stop by your nearby Southern States store today and pick up a frozen food flyer outlining 59 items to choose from.

Order by **AUGUST 25**

Qty.	SKU #	Description	Wt.	Unit Price	Case Price	Total
New						
	008	Deluxe Berry Mix, IQF • Blackberries, Blueberries, Red Raspberries and Strawberries	5 lbs.	2.20/lb.	10.99	
	300	Pops-Rite Microwave Popcorn • Butter Flavored	36/3.5 oz.	.42/pkg	14.99	
	336	Original Recipe Buffalo Style Chicken Wings • Fully Cooked	5 lbs.	2.80/pkg	13.99	
	344	Giorgio Breaded Pizza Cheese Stix • Micro or Oven	2/2 lbs.	3.65/lb.	14.59	
	624	Penobscot Baked Stuffed Potatoes—Variety Pack • 20/5 oz. Cheddar Cheese Flavor • 20/5 oz. Sour Cream & Chives Flavor	40/5 oz.	.40/each	15.99	
Vegetables						
	416	Broccoli Cuts, IQF	12/2 lbs.	1.00/lb.	23.99	
	590	Vegetable Variety Pack—Three 2-lb. packages each of: whole kernel corn, garden peas, cut green beans, baby whole carrots	12/2 lbs.	1.07/lb.	25.59	
Heat 'n Serve						
	627	McCain's Crinkle Cut French Fries	12/2 lbs.	.71/lb.	16.99	
	632	Penobscot Seasoned Breaded Potato Wedges	12/24 oz.	.94/lb.	16.99	
Dessert & Breakfast						
	703	Awrey's Assorted Individually Wrapped Danish—Strawberry, Apple and Cheese	24/2 1/4 oz.	.50/each	11.99	
	724	Old Fashioned Chocolate Chip Cookie Dough	3/2 lbs.	2.17/lb.	12.99	

Pick up on **SEPTEMBER 11/12**

Qty.	SKU #	Description	Wt.	Unit Price	Case Price	Total
Price Busters						
	023	Dark Sweet Cherries, IQF	5 lbs.	1.50/lb.	7.49	
	341	Bakers Best Dutch Twist Soft Pretzels	50/2.5 oz.	.17/ea	8.49	
	424	Silver Treat White Corn	12/2 lbs.	1.98/lb.	23.49	
Fruits, Berries & Juice Concentrates						
	011	Marion Blackberries, IQF	5 lbs.	2.20/lb.	10.99	
	014	Cultivated Blueberries, Free Flowing	10 lbs.	1.63/lb.	16.29	
	101	Big Valley Mixed Fruit, IQF • Peaches, Cantaloupe, Honeydew Melon, Red Grapes	2/5 lbs.	1.48/lb.	14.79	
	144	Red Raspberries, IQF	5 lbs.	2.50/lb.	12.49	
	204	Welch's Apple/Orange/Pineapple Juice Concentrate	12/12 oz.	1.21/can	14.49	
	272	Sunbrite Orange Juice Concentrate	24/12 oz.	1.25/can	29.99	
	277	Sunbrite Fruit Punch Concentrate	24/12 oz.	.71/can	16.99	
Specialty						
	325	Little Charlies Pizza Supreme	24/6 oz.	1.00/each	23.89	
	327	Little Charlies Cheese Pizza	24/5 1/2 oz.	.92/each	21.99	
	332	Taco Boat Mexican Pizza	24/5.52 oz.	1.00/each	23.69	
	343	Giorgio Breaded Mozzarella Cheese Stix • Micro or Oven	2.2 lbs.	3.50/lb.	13.99	
Total Units				Total		

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In the event of causes beyond our control, quantities and prices are subject to change.

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Name -----
Address -----

Phone Number -----
Do you subscribe to The Cadiz Record
yes ----- no -----

Use one or more of the 3 options above and see your Duck race on Saturday, Oct. 13, during the Trigg County Country Ham Festival activities, the weighted ducks will be released in Little River (West Cadiz Park) and the first three ducks to cross the Finish Line will be declared the winners. (In the event of a tie, a drawing will be held to determine the winners.)



For more information
on how to enter, Contact
The Cadiz Record
at 522-6605.





Ky. part of James' legend

According to his granddaughter, "he carried a Bible in his pocket and was unsurpassed in prayer." Was her ancestor a traveling preacher? Perhaps the rest of her description offers a better clue: "He wore a brace of six-shooters in his belt -- no one ever beat him on the draw." Who was her Bible-toting, gunslinging grandfather? The infamous Jesse James.

After joining William Quantrill's rebel band during the war, the James brothers turned to crime. They made their Kentucky debut at the Southern Deposit Bank in Russellville, then called Nimrod Long and Company. Striking while Nimrod Long was working alone, the James gang escaped with \$17,000.

The irony of this robbery? Nimrod Long, the bank president, had financed the education of the boys' father, Robert James, at Georgetown College.

Jesse even robbed one of his lady friends and her father on a stage coach near Cave City. He made sure she got her money and jewelry back, but he kept her father's pocket watch -- he was wearing it years later when he was killed.

The Jesse James Museum at Guntown Mountain Amusement Park commemorates Jesse's visits to the area.

The James brothers often came to Kentucky to hide out, and many places in Kentucky are associated with the outlaws.

The Nelson County Historical Society Museum in Bardstown has the hat Jesse lost in Quantrill's last skirmish. The Talboot Tavern in Bardstown often welcomed Jesse. He was a rambunctious guest, though. Bullet holes from target practice can still be seen in the painted wall murals upstairs.

Woodford County has the Offut-Cole Tavern where the boys' mother, Zerelda Cole, lived. The Historical Society Museum there also has extensive information on the James family.

Of course many people claim kinship to the outlaws. One undisputed claim is that of the Samuels family, who own Maker's Mark Distillery. There you can see Frank's gun and Jesse's photo from 1864, the year he joined Quantrill's guerilla band.

For more information about Jesse James call the Woodford County Tourism Commission at (502) 873-5122, the Bardstown-Nelson County Tourist and Convention Center Commission at (502) 348-4877, or the Russellville-Logan County Chamber of Commerce at (502) 726-2206.



WHERE THE DEER AND THE ANTELOPE PLAY...: There may not be any antelopes, but deer abound in TVA's Land Between the Lakes (LBL). Deer, buffalo and bald eagles, as well as dozens of types of fish, can be found in LBL.

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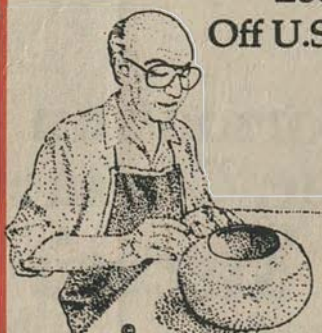
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Sports

Genesis Express hosts Central Park Shoot-out

Fort Campbell team beats four Cadiz squads to win first outdoor tourney

By David Blackburn
Sports Reporter

CADIZ, KY -- Of the five teams in Genesis Express' first-ever double-elimination Central Park Shootout, four were from Cadiz.

But the fifth team -- The Simpsonites from Fort Campbell -- took first-place honors.

The outdoor basketball tournament, held July 27-29 at the Cadiz Central Park, was a "great success," Express member George Radford said.

"We feel like that was a

real good beginning," he said. "I think the people enjoyed it, and they're looking forward to us having another one this fall."

Games were played on the park's two blacktop courts complete with referees, a timer (the 10-man teams played two 20-minute halves with running time) and four timeouts.

Radford said over 250 people on July 27 and almost 200 on July 28 turned out to watch the Simpsonites beat the Fantastic Ones, Frozen Yogurt, Babbage and Bad Boyz to win the tour-

nement.

Radford said the fund-raising tournament brought in about \$600 which will be used for the youth, elderly and needy in Trigg County.

Even though the games started after 5 p.m. each night, the weather was still warm, but it didn't bother the players.

"We had plenty of ice and water on hand," he said.

Radford noted that Genesis Express wanted to thank Dairy Queen, who donated cups for the tournament, and Cee Bee, who donated the ice.



AT THE LINE: Referees and free throws were included in the first-ever Genesis Express Central Park Shoot-out. The tournament, held July 27-29, raised about \$600. Express member George Radford said the group is planning to have another tournament this fall.



HERE COMES THE JUDGE: Pete Harry, the judge of the Trigg County Riding Club's July 28 horse show, looked over a couple of contestants in the Western division of the Best Boy or Girl Rider (12-under) competition.

Trigg Riding Club's horse show attracts 185 entries

CADIZ, KY -- Though attendance was not quite 206 like last month's show, the Trigg County Riding Club's monthly horse show had a field of 185 entries at the Recreation Complex.

"There was a lot of people there," Pam Perry, secretary/treasurer of the club, said

of the July 28 show.

Two of the classes -- the Plantation Saddle and Country Pleasure -- drew 23 and 20 riders, respectively.

The next show is scheduled Please see SHOW, Page B-9

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Season tickets for football go on sale August 9 at high school

Season tickets for reserve seats at the Wildcats' home football games will go on sale Aug. 9 at the Trigg County High School.

Previous season reserve seat ticket holders will have first choice for the seats they had last year. Those seats will be held until Wednesday, Aug. 29, at which time they will be declared open.

The price for the six home games will be \$18 per reserve seat.

Jeremy Quinn receives honors at Rick Pitino basketball camp

Jeremy Quinn of Trigg County was named Outstanding Player at Rick Pitino's Basketball Camp held July 9-13 at the University of Kentucky.



Jeremy Quinn

on the Trigg County squad, also attended the Cage Scope High Potential Camp July 22-26 at Bellarmine College in Louisville.

At the Pitino camp, Quinn was given the Best Rebounding Award and was named the One-on-One Champion.

While at the Cage Scope camp, he played against some of the top basketball players in

the state and regional area, including Murray High's Willis Chaney, Caverna's Jason Woodward and Eric Jackson of Milwaukee, Mo.

The Cage Scope camp is a type of "blue-chip" camp, Wildcat coach George Radford said, where college scouts and coaches watch the players in action. The campers are also ranked on a nationally known rating system.

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TOURNEY CHAMPS: Bond Trucking won the tournament at the end of the Bambine season. Front row from left are Justin Hite, Justin Gray, Lamar Radford, Kevin Marlowe, Jason Hite and Lucas Chesnut; (second row) Jeremy Taylor, Brad Oakley, Scott Skinner, Patrick Perry and Brad Taylor; (third row) Ralph Gray, David Hite, Troy Rush, Johnston Boyd, Seth Butts, Dale Garner and Wayne Taylor.

State early duck season to start week late; wood duck season Sept. 12-16

Kentucky's early duck hunters will go afield about a week later than usual this year. Wood duck season is Sept. 12-16.

In the past, September duck hunting was scheduled to coincide with the peak of teal migration; however, since teal numbers have declined, this species can no longer be taken during the early season. The later opening of the wood duck season should help protect blue-winged teals from accidental harvest.

The date change also gives young wood ducks more time to move away from nesting areas and allows late nesting hens to complete wing molt.

Shooting hours, bag and possession limits are the same as last year. Shooting hours are from sunrise to

sunset. Hunters may harvest two woodies per day and the possession limit is four.

League Scores

- PEE WEE (4-6 years old)**
Thursday, July 24
 Triggers 23, Bears 3 (7-8 years old)
Friday, July 20
 Ky. Machine 13, Giants 8
 Tigers 16, Cubs 13
Monday, July 23
 Tigers 21, Braves 11
 Ky. Machine 24, Cubs 10 (8-11 years old)
Tuesday, July 24
 Angels 18, Lady Cats 4

Tark said NCAA wouldn't hit big boys

People and things. "MAKES ME WONDER" DEPT.

Las Vegas Attorney Steve Stein says he has been contacted by UNLV basketball players about initiating a lawsuit to try and overturn the NCAA's ruling last week that UNLV will not be allowed to participate in the NCAA Tournament next spring.

With all the legal issues in the world, is this all a lawyer has to do? Someone should remind Stein it took UNLV Coach Jerry Tarkanian 13 years to get a ruling on his case against the NCAA.

Hypothetically, that would make Stacy Augmon and Larry Johnson approximately 35 years old and about five years past their NBA careers by the time a final verdict was rendered. Of course, that would help make Stein rich and get him what he seems to want most -- publicity.

NCAA CRACKDOWN ON BIG BOYS?

Two years ago Jerry Tarkanian was chortling about Kentucky's problems and spouting that "the NCAA won't go after any of the big schools."

In the last three years the NCAA has hammered SMU, Oklahoma, Oklahoma St., North Carolina St., Kansas, Kentucky and, last week, Nevada-Las Vegas. Hot on the griddle: Missouri, Illinois, Florida and UNLV.

Now Tarkanian is screaming foul. Does anyone else adore the expression "What goes around, comes around"?



Sports In Kentucky
By Bob Watkins

BIG FALL DEPT.

Is Pat Dye building himself up for a big fall? Apparently Auburn's football coach is feeling pretty secure these days. Last week he criticized a proposed reform package that would eliminate athletic dormitories (recruiting tools) and put a cap on time a student-athlete can spend on his/her sport.

"I hope and pray that these guys (college presidents) who are making the decisions are smarter than I am and are doing what's best for the game. But I don't see it that way."

COMMENT: It seems safe to bet that "these guys" have a better view than Pat Dye of where college athletics fits into the grand scheme of things.

RICK PITINO

I visited with UK basketball coach Rick Pitino last month. Here is a portion of that interview. The entire interview, along with a companion story on Bernadette Locke, appears in the August issue of *Sports 24 Magazine*.

Q: The media and Rick Pitino. Is the honeymoon over?

PITINO: "I think the honeymoon, if you have a good marriage, lasts the entire marriage. I think that's what

it is if you have a good marriage -- a honeymoon.

"I really mean this, I really like the media in Kentucky because I think you work hard and are responsible people and you love basketball. I think the Kentucky media wants us to win. Some people will say that's hometown stuff. But it doesn't have to be."

"Be critical, be objective, rip me when I deserve it. Hey, I don't mind being knocked, that's part of the game. I'm going to deserve to be knocked."

"The way I look at it is like a fast break -- if you can make 70 percent of your fast breaks successful, then the percentages are in your favor and that's what I'm trying to do with the media."

NOTE: Pitino has had run-ins with the *Lexington Herald-Leader* and staff writer Jerry Tipton. But a UK official and Herald-Leader executive sports editor Gene Abell says all problems there have been resolved.

Q: How do you handle getting upset or angry with the media?

PITINO: "What I do is I don't pick up too many local newspapers anymore. I don't do that. The newspaper in this town is a quality one, but I don't subscribe to it. I don't think they do a great job, but I don't agree with certain philosophies there."

"My job is to always be positive. I'm paid to be positive. If I show any dent in my armor about being negative, then my players are going to see that, the fans are going to see that."

You can't allow that to happen. If you constantly pick up on little digs all the time, digs at what you're doing, how you're running your office, the way you run this, the way you run that, then you're going to get cynical, negative and you simply can't do that."

Q: Your first season at Kentucky as it relates to the one to come. Can you duplicate last year's experience?

PITINO: (Smiling) "It's only going to get better and better. Last year we were not a typical fast break or pressing team the way you need to be. But we won 14. Legitimately we thought 10. If we could win 10 it would be great, but we got 14, so now you can't say 12 or 14 for this year. You can't do that and say you've progressed. So our goal is 16."

"But the thing is, we're going to get better with each year as the talent improves. But the really gratifying thing about last year was seeing all those people have such a great time and that's what this is about. There had been such pessimism and dejection, and yet a great deal of hope. Last year was just a terrific experience."

Q: Recruiting. On schedule? Ahead of schedule?

PITINO: "The only place I think we're ahead is image. We've changed the image that we were going to be down and it's going to take a long time before Kentucky gets back. We've changed that."

"But nationally everybody thinks we're coming back faster. Whether that happens. Please see BOYS, Page B-9"

Sports Trivia

Football season is just around the corner. High school, college and professional players are already preparing for another fall of catches, punts and passes.

Q: In what year was the first legal forward pass made in a football game?

A: 1906. On Sept. 5 of that year, Bradbury Robinson of St. Louis University threw a pass to Jack Schneider in a game against Carroll College.

FRANKFORT, KY -- The first phase of squirrel season in Kentucky will open Saturday, Aug. 18, in the Western Zone. Opening day in the Eastern Zone is September 1.

Hunters should find good squirrel populations across the state, with the largest increases in the eastern third of the state.

Squirrel populations are directly related to how much food is available from year to year. Years when more food is present result in healthier

squirrels and higher reproduction.

The amount of mast has improved each year since 1985, with the highest food availability during this period recorded in 1989. All mast crops (hickory, walnut, oak, etc.) in eastern Kentucky produced well in 1989.

This season, Estill, Lee, Powell and Rockcastle coun-

ties have been included in the Eastern Zone for squirrel hunting.

The Eastern Zone is comprised of 29 counties: Bell, Breathitt, Clay, Clinton, Elliott, Estill, Floyd, Harlan, Jackson, Johnson, Knott, Knox, Laurel, Lawrence, Lee, Leslie, Letcher, Magoffin, Martin, McCreary, Owsley, Perry, Pike, Powell, Pulaski,

Rockcastle, Russell, Wayne and Whitley. All other counties are in the Western Zone.

The complete 1990 squirrel season dates are: Eastern Zone -- Sept. 1 to Nov. 9;

Western Zone -- Aug. 18 to Oct. 31; and statewide -- Nov. 20 to Dec. 31. The daily limit on squirrels is six, and the possession limit is 12.

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155 acres with a nice 3 bedroom dwelling, in 7 tracts. The house will be open for inspection Friday, August 3 from 5 to 7 and Saturday, August 11 from 5 to 7.

- Tract #1 contains 2 1/2 acres
- Tract #2 contains 4.82 acres
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- Tract #6 contains 6.70 acres
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Located 4.5 miles Southeast of Cadiz on KY 272 and Glenwood Mill Road 16 miles West of Hopkinsville, Ky. on KY 272.

Farm is divided by KY 272 and Glenwood Mill Road and bordered by Little River on three sides.

- Property will first be offered as a whole - 150.73 acres. It will then be offered in four individual tracts with no combinations. Price increase must be at least one thousand dollars by tracts to void sale as a whole.
- Tract sizes: #1 90.79 acres
#2 24.73 acres
#3 34.53 acres
#4 0.68 acres

Crop bases 1990: Corn 10 acres; 72 crop and pasture acres; burley tobacco 1403 lbs.

Crop bases will be pro-rated by ASCS office between Tract #1 and #2 if sold in tracts.

Sold subject to all recorded easements and restrictions.

Terms: 15% down day of Auction, balance with deed in no more than 45 days.

Possession: Tract #1 subject to tenant's crop harvest and with deed; Tracts #2, #3, & #4 immediate possession upon delivery of deed.

Auctioneer's Note: Tract #1 contains prime Little River bottom land, gently rolling pasture lands and timber. Tract #2 is rolling pasture and timber land with long highway frontage on KY 272. Tract #3 is all timberland that has not been harvested in several years. Tract #4 is a small triangular lot.

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By August 9th

Bus Available to State Fair
Thursday, August 23rd
Call Farm Bureau Now
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SHOW

Continued from Page B-7
for Saturday, Aug. 25, at 7 p.m.

Winners from the July 28 show were:

- * **Lead line -- (English)** Brittny Hale, 1st; Crystal Felker, 2nd; Jesse Cherry, 3rd. **(Western)** Graham Coffield, 1st; Leslie Hyde, 2nd; Jeffery Hyde, 3rd.
- * **Halter -- (English)** Lisa Champion, 1st; Kevin Marlar, 2nd; Jerry Nabors, 3rd. **(Arabian)** Cyndi Mize, 1st; C.A. Jarrett, 2nd; Bobby Epps, 3rd.

- * **Best Boy or Girl Rider (12-under) -- (English)** B.J. Goodwin, 1st; Toby Nolan, 2nd; Travis Craft, 3rd. **(Western)** Brandy Harless, 1st; Emily Champion, 2nd; Amy Woods, 3rd.
- * **Two-year-old Fox Trot --** Nick King, 1st; Molly Pettit, 2nd; Raymond Giannini, 3rd.
- * **Best Boy or Girl Rider (18-16) -- (English)** Bambi Waters,

1st; Andy Simpson, 2nd; Karen Hancock, 3rd. **(Western)** Joan Vanlue, 1st; Megan Pettit, 2nd.

- * **Western Pleasure -- (Western)** Tina Davis, 1st; Jane Wallace, 2nd; Debbie Huddleston, 3rd. **(Arabian)** C.A. Jarrett, 1st; Bobby Epps, 2nd.
- * **Plantation Saddle --** Arlene Bowman, 1st; Wesley Pryor, 2nd; Terry Fitzhugh, 3rd.

- * **Best Pony (56 inches or under) --** Dixie Dancer (Emily Champion), 1st; Yankee Doodle (Amanda Swaner), 2nd; Sunshine Gleam (B.J. Goodwin), 3rd.

- * **Five-gaited Pleasure --** Charlie Brashears, 1st; Lisa Champion, 2nd.

- * **Fox Trot Open --** David Hyde, 1st; Molly Pettit, 2nd; Betty Suggs, 3rd.

- * **Best Lady Rider (17-over) --** Candy Purdy, 1st; Betty Suggs, 2nd; Sharon Grimes, 3rd.

- * **Racking class --** Tammy

Dickerson, 1st; Arlene Bowman, 2nd; Sue Rowlett, 3rd.

- * **Walking Class --** Mary Kay Clift, 1st; Judy Simpson, 2nd; Richard Burchett, 3rd.

- * **Three-gaited Pleasure --** Lisa Champion, 1st; Charlie Brashears, 2nd; Jessica Ray, 3rd.

- * **Ladies Western Pleasure --** Tina Davis, 1st; Jane Wallace, 2nd; Molly Pettit, 3rd.

- * **Style Rack --** Terry Fitzhugh, 1st; D.R. Thomason, 2nd; Peggy Gardner, 3rd.

- * **Country Pleasure --** Betty Suggs, 1st; Wesley Pryor, 2nd; Charles Suggs, 3rd.

- * **Three-gaited Open --** Lisa Champion, 1st; Jerry Dublin, 2nd; Jessica Ray, 3rd.

- * **Fox Trot Open --** Herbert Braboy, 1st; Molly Pettit, 2nd; John Hancock, 3rd.

- * **Best Man Rider --** Jerry Nabors, 1st; Jim Salyers, 2nd; Leroy Angel, 3rd.

- * **Five-gaited Open --** Jerry Dublin, 1st; Lisa Champion, 2nd.



SETTING THE PACE: Trigg County senior citizens attending the Pacesetters Health Festival were, front row from left, Jack Lacy, Ed Perkins, Jesse Darnall and Eleanor Darnall; (second row) Paul Gardner, Annia Sholar, Augusta Grubbs, Louise Perkins, Lena Proffitt, Lillian Dawson, Marie Robb, Dot Coker and Senior Citizens' Kitchen Coordinator Carolyn Bland; (third row) Tishie Ingram, Robert Ingram, Levi Baker, Lottie Lacy and Glenn Robb. (Not shown are Charlie Turner, Ann Turner, Mae Rogers, Jane D'Archangel, Agnes Street and Trim Major.)

BOYS

Continued from Page B-8
remains to be seen."

UK's coach has set as one of his program's four goals for the coming season to be "in" with the premier high school prospects in the country. UK has four scholarships to give.

"We would like to be in with three of the top 50 players in the country. I think we can do that. Heading into the summer, the evaluation period, we feel very comfortable with that..."

"The fourth player we would like will be a sleeper type, someone we see a lot of potential in."

"We want someone who everybody doesn't know about, but who we think has great potential."

LOUIE DAMPIER

A member of the famed Rupp's Runts, some big changes have come to Louie Dampier, who, at 45, is still

revered as one of the most popular players in University of Kentucky basketball history as well as the ABA Kentucky Colonels.

* Next month Louie will be inducted into the Kentucky Athletic Hall of Fame along with old teammate Dan Issel and others.

* Last month Dampier became a grandfather thanks to son Nick and his wife who live in Louisville. And his daughter Danielle graduated from UK in June.

Dampier and his wife Judy run five to seven miles a day. "I only play softball now and then only once a week," he says. "I really enjoy gardening. I guess you could say that's my hobby."

Louie usually has some interesting views.

* On college roommate Pat Riley. "He may get back in coaching someday. At the

college level? I don't know. He's awfully acclimated to the L.A. and New York scene."

* On Rupp's Runts. "Unfortunately, we'll always be remembered for the game we lost to Texas Western."

* On Freedom Hall. "I loved playing there. For a shooter the background was perfect with the dark seats and with all the lights above you."

Louie Dampier. A grandfather?

And so it goes.

Correction

It was incorrectly reported in the July 25 *Cadiz Record* that the Bears beat the Red Hots 23-9. It was the Triggers who beat the Red Hots. The *Record* regrets the error.

Trigg seniors attend health festival

FRANKFORT, KY -- A group of Trigg County senior citizens helped kick off the recent Bluegrass State Games.

Twenty-seven local seniors participated in different events Friday, July 27, in the "Pacesetters Health Festival." The kick-off was held on the eve of the games, which are the state's largest amateur sporting event.

Melissa Lawrence, one of the Pacesetters coordinators, said about 3,000 seniors from the state's 15 area development districts went to Frankfort for the festival. Some of the activities at the festival were a dance clinic, a breakfast, music provided by roving musicians and a historic walking tour of downtown Frankfort.

There was also a health fair, Lawrence said.

"The whole idea behind the Pacesetters was a health pro-

motion," she said.

Each area development district submitted health-conscious recipes to the health festival. Lawrence said all the recipes were published in a booklet, which is now going through its second printing. In that book will be the name

of Martha Smith of Trigg County. Smith's recipe for "Cherry Winks" won her second place in the state in a cookie contest.

Another Trigg County winner was Marie Robb, who won a tote bag as a door prize.

Over 15,000 attend annual Bluegrass State Games

LEXINGTON, KY -- Over 15,500 Kentuckians participated in the sixth annual Bluegrass State Games held July 27-29.

Athletes ranging in age from 3 to 88 won 2,892 medals in this year's games. Fayette Countians won the most medals (502) with Jefferson County placing second with 392.

The majority of this

year's participants were between the ages of 6 and 12. The most popular individual competition was in track and field with over 600 athletes, followed by tennis with about 450 participants.

Softball was the favorite team event, drawing over 4,000 participants. Soccer was second with about 3,000 participants.

Employee Of The Month August 1990 Michael L. Allen



Mike was employed by Trigg County Farmers Bank on August 21, 1989 as Plant Engineer. Having worked in building construction previously, Mike has done many "jobs" for the Bank and has never refused to tackle anything. He also works as courier serving the East and West Branches and the Main Office.

Mike is married to Cindy Allen who is employed at The Cadiz Record and they have two daughters, Jessica and Chelsey. They reside on the Hurricane Road in Trigg County.

Mike is a member of the Liberty Point Baptist Church where he serves as deacon and is a member of the choir. He is also a board member of the Trigg County Board of Education.



Trigg County Farmers Bank

1890 "Oldest Bank with the Newest Ideas" 1990

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Compact 9 point, 15" crosscut saw. Teeth designed for faster cutting. 11-2458 15-334

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1.39
74-9044 Fine 9001
74-9051 Med. 9002
74-9069 Coarse 9003

WD-40 6 Oz. WD-40 Protector
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Stops squeaks, loosens rusted parts and protects metal from rust and corrosion. 19-8937 4006

Thompson's Gal. Water Seal
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Prevents moisture damage even under severe weather conditions. Colorless, paintable. 37-0221 101-01

MONTHLY SUPER BUYS
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Solid state. 5 year limited warranty. Test button. Low battery chirp sound. Battery included. 87-2192 8021 0905
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1.49 3 Oz.
20-8892 08739

Rubbermaid 32 Gal. Trash Container
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Brooks Heavy Duty Staple Gun
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All steel construction, chrome finish. All purpose staple gun, jam proof mechanism. 59-4515 1-50

Fourshee Building Supply

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Cadiz, KY

Agriculture

Using flowers as food 'in vogue,' brightens dishes

By Patrick Denton

One of the strongest self-sowers in my garden is borage. Early every spring one of the vegetable plots comes alive with its hairy, gray-green foliage -- a reminder of the year I let the plot grow wild with borage and poppies.

The strong young plants always remind me of a big outdoor barbecue party I went to several years ago. Everybody brought some food to the party and one woman, an ardent gardener, arrived with a huge bowl of mixed salad greens. I watched her in the kitchen as she tossed the salad with a sour cream and chive dressing. Then she turned the homegrown salad, already a gourmet's delight, into a visual masterpiece by strewn over its surface a handful of bright sky-blue borage flowers.

Using flowers as food is very much in vogue these days, and just about every home garden will house flowers that are edible. But before you begin munching and sampling your way through the flower garden, take note of two major cautions.

First, be sure you have correctly identified the plant. Some flowers are toxic.

And second, don't use any flowers from an area in the garden that has been treated with a pesticide.

A further precaution I would strongly urge you to observe is to avoid the use of roadside or florist's flowers in the kitchen.

Cucumber-flavored borage flowers can be candied like violets and used in this form to decorate cakes and other desserts. The leaves, cut across to release the juice from the veins, impart a cool, cucumberlike flavor to lemonade and other summer drinks.

Chive blossoms, used when the tender buds first open, are elegant scattered on salads, sprinkled with grated cheese into the center of an omelet, or floated in bowls of soup.

Some people prefer to break the young chive blossoms into individual florets for eating. Fully developed chive blossoms infused in plain white vinegar produce a beautifully rosy herb vinegar with a mild onion flavor.

Sweet violets, as their name implies, have a sweet floral taste and fragrance. They are wonderful in salads, floated in soups, candied, and used to garnish desserts. Violets gently heated in honey produce a uniquely flavored, floral-scented honey.

Pansies, larger and more colorful than the sweet violets to which they are related, bring splashes of vibrant color to salads. And like the violets, pansy petals are beautiful garnishes for dessert.

Nasturtium blossoms add warm color and a peppery watercresslike flavor to salads and sandwiches, and the young leaves, also edible, have a similar taste. Nasturtium flowers can be stuffed with a cream cheese and herb mixture to serve as an hors d'oeuvre.

Try placing rinsed nasturtium flowers on a scant 1/2-inch layer of a flavored (lime or lemon is nice) gelatin mixture set firm. Then pour the rest of the gelatin mixture, or jellied salad, over the flowers in the mold. When the whole dish has set, the top of

the unmolded salad will be beautifully decorative. Add more fresh blossoms, and leaves, to garnish the dish.

Daylily petals are used in salads and as garnishes, but the blossoms are most popularly stuffed, dredged in flour and dipped in egg, and fried in oil. The flower buds can also be coated and fried.

Daylily varieties differ in taste. To be sure of a pleasant floral flavor, taste-test the blossoms first.

Squash blossoms are delicious also when dipped in batter and fried.

Last summer a neighbor who is also a keen flower grower brought me a jar of fuchsia jelly, as delicately delicious as it was beautiful. Fuchsia blossoms have a lemony taste, and are very exotic used as a garnish.

Calendula, or pot marigold, is a traditional food flower used to color and flavor soups and stews -- meals cooked in a pot. Discard the flower centers and use the petals only. The orange, yellow or apricot petals are lovely for topping a salad, and they combine nicely with the blue of borage petals.

Edible flowers



Nasturtium

- Borage flowers can be candied and used to decorate desserts. Borage leaves, cut across to release juice from veins, impart cucumberlike flavor to summer drinks.
- Chive blossoms, used when buds first open, can be scattered on salads, sprinkled with grated cheese into an omelet or floated in bowls of soup.
- Sweet violets are wonderful in salads, floated in soups, candied and used to garnish desserts. For floral-scented honey, gently heat violets in honey.
- Nasturtium blossoms add peppery flavor to salads and sandwiches; can be stuffed with cream cheese and herb mixture for hors d'oeuvres.

EDIBLE FLOWERS

Leneave chosen for leadership program; army worms marching

JOHN LENEAVE -- LEADERSHIP PROGRAM SELECTEE

UK and the Phillip Morris cooperation have worked together for the past three years to provide a top quality Leadership Development Program. Being selected for the program is not an easy task. John Leneave, local Farm Bureau president, church leader, Extension Co-operator and community leader has been one of the 20



Agriculture Notes
By John Fourqurean
Fourqurean Extension Agent for Agriculture

farm leaders over the state of Kentucky selected to participate.

Leneave was among more than 150 nominees from Ex-

tension nominations over Kentucky. To be eligible he had to commit to three years of program and training as well as to be supported and have a commitment from his family as they too will be involved in the program.

PEST ALERT

Soybean Producers need to watch fields for infection of Fall Army Worm. August usually signals movement of the worms from corn to beans.

Fall Army worm problems have been worse on corn than usual due to a lot of fields being planted later than usual this year.

ROSE BLACK SPOT

Several people have called about disease on roses. Black spot is most common and serious. Kentucky's climate is ideal for it. Symptoms are nearly circular black spots on upper leaf surface. Yellow Halo's may form around the

spots. Defoliation may occur after leaves are completely covered.

Control recommendations are to practice proper sanitation of the fungus over winters on infected plant material. Plant in area with good air circulation and plant far enough apart for good circulation. Don't wet leaves when watering. Spray with fungicide at 7-12 day intervals, all season until fall and use the one containing chlo-

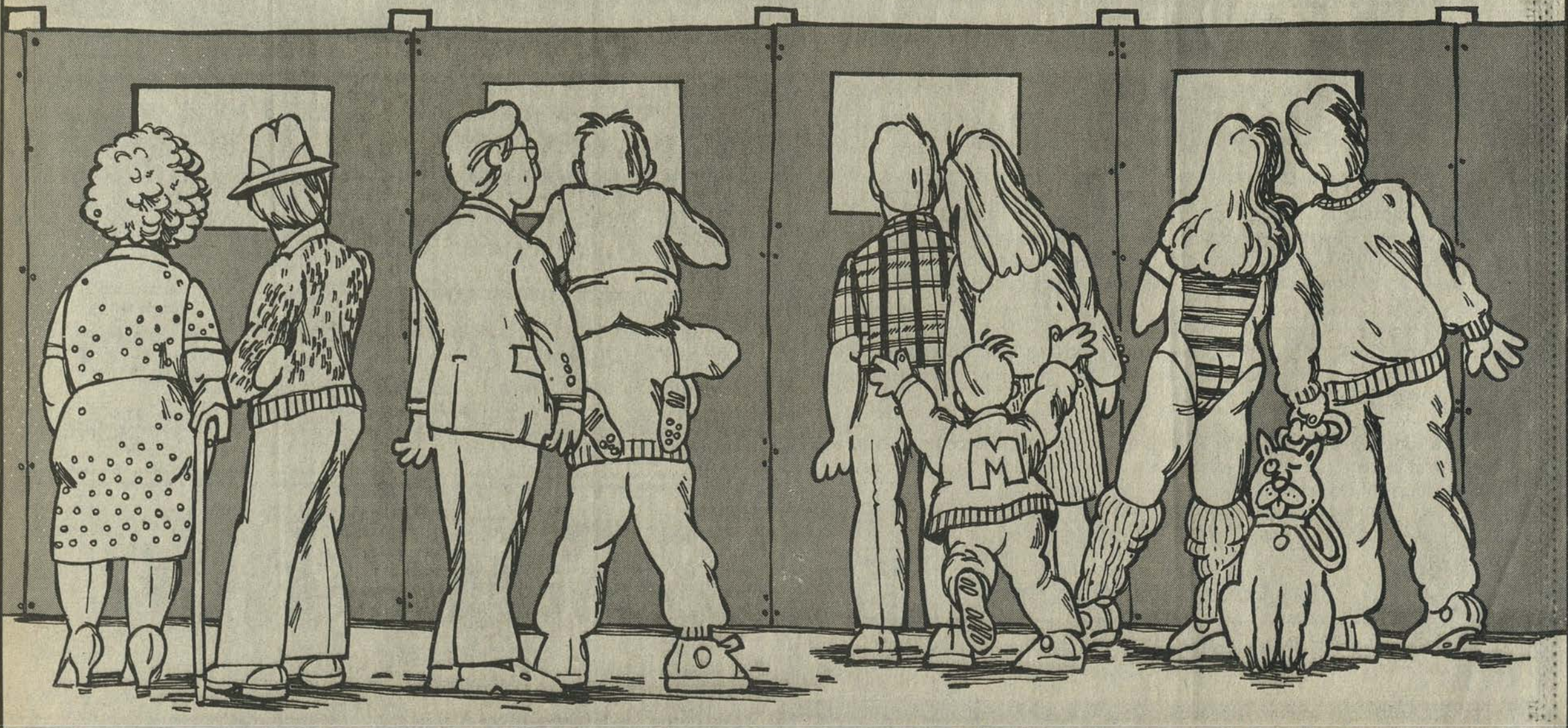
rathalonil plus benomyl, fenarimol or triforine.

CONTROLLING LAWN WHITE GRUBS

Now is the time to apply control for white grubs in your lawn. There has been an abundant supply of June Beetles, May Beetles, etc., to supply eggs for larva development. Call or stop by the Extension Office for details on controls. Presence of grubs seems to be related to mole problems.

SNEAK PREVIEW

Watch for the new TV listing section in next week's issue of **The Cadiz Record!**



It's on the record

The following fines do not include the \$42.50 or \$47.50 court costs as assessed by the state.

District Court Recorded July 26, 1990

Cheryl Oliver, Cadiz, Ky., Theft by deception under \$100-2 counts, Continued to 8-16-90-summions issued.

James Wilson Hollan, Mayfield, Ky., Flagrant Non-support, Continued to 7-31-90.

Timothy Leon Cannon, Cadiz, Ky., Operating on suspended or revoked operator's license, Arraigned, Plea of not guilty, Continued to 8-9-90 to see attorney.

Tim Cannon, Cadiz, Ky., No insurance, No registration plates, Resisting order to stop, Reckless driving, Inadequate muffler on motor vehicle, Driving DUI on suspended license, Continued to 8-9-90 to see attorney.

Michael Howard Thompson, Hopkinsville, Ky., DUI-1st, Arraigned, Plea of guilty, Fine \$200, 1 day in County Jail (credit), 8 hours community service.

Dwight Lee Hunter, Gracey, Ky., No insurance, Continued to 8-16-90 to get insurance.

Roger John Cothran, Cadiz, Ky., License to be in possession, DUI-3rd, Continued to 8-9-90.

Malcolm R. Wynn, Cadiz, Ky., Driving on suspended operator's license, Arraigned, Amended to KRS 186.620, Plea of guilty, Fine \$25.

Corinne Y. Atwell, Cadiz, Ky., Theft by deception under \$100, Continued to 7-31-90.

Richard K. Bridges, Cadiz, Ky., DUI-2nd, Previously arraigned, Plea of guilty, 7 days in County Jail, \$350 fine; Possession of marijuana, Sentenced to 30 days in County Jail.

Corinne Y. Atwell, Cadiz, Ky., Theft by deception under \$100, Continued to 7-31-90.

Corinne Y. Atwell, Cadiz, Ky., Theft by deception under

\$100, Continued to 7-31-90.

Brian P. Oliver, Cadiz, Ky., Possession of Alcoholic beverage by a minor, Arraigned, Plea of guilty, \$25.

Frances Margaret Littenstein, Memphis, Tn., A.I., Continued to 8-16-90 for appearance.

Ricky Wayne Utley, Hopkinsville, Ky., No operator's license, No insurance card, Criminal Summons, Issue Bench Warrant, May post \$500 cash bond.

Carl Keith Bingham, Cadiz, Ky., Driving DUI on suspended operator license-1st offense, Amended to KRS 186.620, Plea of guilty, \$100-2 months to pay.

Phillip Edward Edmondson, Gracey, Ky., Overweight on tandem axle, Arraigned, Plea of guilty, \$500, 1/2 suspended.

District Court Recorded on July 31, 1990

Mitzi T. Jones, Cadiz, Ky., Speeding, Dismissed by court.

Jack Hopson Bridges, Canton, Ky., DUI-2nd, Continued to jury trial to 8-21-90.

Christopher W. Harris, Hopkinsville, Ky., DUI-1st, Continued to 8-7-90 to appear.

William E. Hunter, Cadiz, Ky., Habitual violator, Issue Criminal Summons-8-7-90.

Frank R. Hendrix, Cadiz, Ky., DUI-1st, Guilty plea, \$200, Revoke license for 6 months.

Frank R. Hendrix, Cadiz, Ky., Assault in 4th degree, Deferred prosecution for 6 months.

Earl William Bitz, III, Ft. Campbell, Ky., DUI, Operating on suspended license, Continued to 8-14-90 to employ attorney and get license.

Linda Lou Brown, Cadiz, Ky., Wanton endangerment in 2nd degree, Deferred prosecution completed-dismissed.

Warren Dexter Holloway, Cadiz, Ky., Non-support, Continued to pay \$50 per month on delinquent child support.

Bobby Joe Latham, Cadiz, Ky., Criminal trespass in 3rd degree, Carrying a concealed weapon, DUI-1st, Continued to 8-7-90.

Bruce Allen Hundley, Hopkinsville, Ky., DUI, Possession of marijuana with intent, Continued to 8-7-90.

William R. Cotton, Dawson Springs, Ky., DUI-2nd, No insurance, Leaving the scene of accident, Continued to 8-7-90.

William R. Cotton, Dawson Springs, Ky., Unauthorized use of a motor vehicle, Theft by unlawful taking under \$100, Continued to 8-7-90 for notice to appear.

William R. Cotton, Dawson Springs, Ky., DUI, Continued to 8-7-90 for notice to appear.

Charles Edward Allen, Jr., Cadiz, Ky., Resisting order to stop motor vehicle, Set for 8-28-90 for disposition.

Beverly Anderson, Cadiz, Ky., Fishing without a license, Issue bench warrant, Bond \$82.50.

Tony D. Anderson, Cadiz, Ky., Fishing without a license, Issue bench warrant, Bond \$82.50.

Debra L. Goldsberry, Newburg, In., Fishing without a license, Guilty plea, \$15.

Helanda Radford, Cadiz, Ky., Assault in 4th degree, Theft by deception, Arraigned, Continued to 8-28-90.

Sharon M. Harper, Cadiz, Ky., Menacing, Arraigned, Continued to 8-21-90 to employ attorney.

Ronald Gayle Calhoun, Cadiz, Ky., Assault in 4th degree, Guilty plea, 10 days in County Jail; Terroristic threatening, Guilty plea, 10 days in County Jail; A.I., Guilty plea, \$25.

James Wilson Hollan, Mayfield, Ky., Flagrant Non-Support, Defendant paid \$1000 on delinquent child support, Continued to make monthly child support payments.

Brett R. Bugaj, Cadz, Ky.,

Theft by failure to make required disposition over \$100, Continued to 8-7-90 for notice to Defendant and complainant witness.

Columbus McGee, Cadiz, Ky., Defendant failed to pay fine and costs, Issue bench warrant, Bond \$427.50 cash.

Norris Radford, Murray, Ky., Defendant failed to pay fine and costs, Issue bench warrant, Bond \$718.50 cash.

Paxton Smith, Cadiz, Ky., Motion to Quash, Continued to pay \$25/ w/c.

Joe L. Bingham, Cadiz, Ky., Driving DUI on suspended license-1st offense, Continued to get license.

Joe L. Bingham, Cadiz, Ky., DUI-2nd, Amended to reckless driving on motion of C/W at request of arresting officer, Guilty plea, \$100; Disorderly conduct, Resisting arrest, Dismissed at request of arresting officer.

Joe L. Bingham, Cadiz, Ky., Terroristic threatening,

Dismissed at the request of arresting officer.

Sharon Gardner, DUI-1st, No insurance, Arrested for failure to pay fine and cost, Appointed Public Defender, Paid in full.

Corinne Atwell, Cadiz, Ky., Theft by deception, Pay \$25 a week.

Corinne Atwell, Cadiz, Ky., Theft by deception, Pay \$25 a week.

Corinne Atwell, Cadiz, Ky., Theft by deception, Guilty plea, \$25, restitution paid.

Edward M. Shelton, Cadiz, Ky., Terroristic threatening, Defendant now in Jail in Christian County-revocation hearing 8-7-90 at 10:30.

Jan Annette Zajac, St. Louis, MO, Speeding, Guilty plea, \$46.

District Court Recorded August 1, 1990

Brent E. Bauman, Hopkinsville, Ky., Pulling skier without observer, \$15.

Gale S. Fish, Cerulean, Ky.,

Fishing without a license, \$15.

R.C. Gray, Cadiz, Ky., A.I., \$25.

Daniel R. Gray, Cadiz, Ky., Speeding, \$19.

Phillip Garnett, Hopkinsville, Ky., Reckless operation of boat.

John W. Grace, Dexter, Ky., No registration plate, \$15; No fire extinguisher, \$15.

Tim Henson, Hopkinsville, Ky., Pulling skier without observer, \$15.

Michael L. Knott, St. Louis, MO, Speeding, \$26.

DeAnn L. Kenehan, Hopkinsville, Ky., Speeding, \$15.

Dean Edward Knight, Clarksville, Tn., Operating jet ski without PFD, \$10.

Shirley Renee McElya, Murray, Ky., Speeding, \$19.

Paul Cardell Parker III, St. Bethlehem, Tn., Speeding, \$30.

Donald K. Thomson, Arlington Heights, Ill., Reckless operation of a boat.

Teens should know about FICA taxes

"If you are a teenager starting one of your first summer jobs, you need to know about paying Social Security taxes," Gene Smith, Social Security Representative in Hopkinsville, Kentucky, said.

Almost all employment in the United States is covered under Social Security. This means that part of the earnings from work must be paid into the Social Security system as FICA taxes to finance Social Security benefits for people currently receiving retirement, disability and survivors benefits. In return, each worker earns protection under the Social Security system for his or her own future benefits.

"FICA taxes this year cost you 7.51 percent," Smith said. Your employer pays an additional 7.51 percent for you.

"Usually an employer takes care of withholding taxes from each employee's paycheck, but work paid in cash requires an employee to take a more active part," Smith said.


Cash tips of \$20 or more in a month are subject to Social Security tax. You must report the amount of tips you earn in writing to your employer at the end of each month.

Household work paid in cash is often not reported correctly to Social Security. Household work includes babysitting, lawn mowing, and other chores. Teenagers should be aware that, if they are paid \$50 or more by one

employer in a calendar quarter, this work is covered by Social Security. FICA taxes must be deducted from the wages paid and reported by the householder.

You can get additional information about paying FICA taxes by call the Internal Revenue Services's toll-free phone number, 1-800-424-1040.

"Questions about Social Security programs can be answered by calling 886-5181 or 1-800-234-5772," Smith said. The Hopkinsville, Social Security office is located at 2100 Fort Campbell Boulevard. The office is open from 8:30 a.m. until 3:30 p.m.



DON'T BE CAUGHT NAPPING AWAY

Subscribe Today

Arbor Day Foundation to give new members free blue spruce trees

Ten free Colorado blue spruce trees will be given to each person who joins the National Arbor Day Foundation during August 1990.

The free trees are part of the non-profit Foundation's Trees for America campaign.

"Colorado blue spruces were selected for this campaign because of their many uses in the home landscape," John Rosenow, the Foundation's executive director, said. "They lend beauty to their surroundings with their silver blue-green color and compact conical shape. They can be used as individual or-

naments, an energy-saving windbreak, a privacy screen or as living Christmas trees."

The trees will be shipped postpaid at the right time for planting in September or October with enclosed planting instructions. The six- to 12-inch trees are guaranteed to grow, or they will be replaced free of charge.

To become a member of the Foundation and to receive the free trees, send a \$10 membership contribution to Ten Blue Spruces, National Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, by Aug. 31.

Kenlake's Hot August Blues & BBQ Festival



Junior Wells

Metropolitan Blues AllStars Band

The Unknown Blues Band

The Blackbirds

The Get Nakid Blues Review

Sunday, August 26, 1990 1-8 pm

Kenlake State Resort Park Amphitheatre

Advance Ticket Sales 800-325-0143, 502-474-2211

Adults \$8
Kids \$4
At Gate, \$10, \$6



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- 2. For Sale
- 3. Appliances
- 6. Trucks
- 8. Boats
- 9. Pets
- 10. Mobile Homes

ADMINISTRATOR'S NOTICE

The undersigned qualified as Administrator of the Estate of CLIFTON CHOATE of Cerulean, KY 42215 on July 24, 1990. Claims must be proved according to Kentucky Revised Statutes and filed within a reasonable time and before the expiration of six months from the date of appointment (KRS 395.190) with the Administrator or his attorney, H.B. Quinn, WOODALL & QUINN, P.O. Box 186, Cadiz, KY 42211.

William W. Futrell, Jr.
 100 Caledonia Rd.
 Cadiz, KY 42211

ADMINISTRATRIX'S NOTICE

The undersigned qualified as Administratrix of the Estate of ROSS MOSES BLANE of P.O. Box 572, Wood Ave., Cadiz, KY 42211 on July 24, 1990. Claims must be proved according to Kentucky Revised Statutes and filed within a reasonable time and before the expiration of six months from the date of appointment (KRS 395.190) with the Administratrix or her attorney, Kenneth H. Kennedy, P.O. Box 167, 49 Main St., Cadiz, KY 42211.

2. For Sale

1988, 32' camper fully self-contained, excellent condition, only been used once, financial problems. MUST SELL. 247-1749 or 623-8772.

DANCE SHOES FOR SALE: Tap and Ballet. Various sizes. Call Cindy at 522-6605, M-F 8:00-4:30; 522-6217, after 6:00 p.m.

AIRSTREAM travel trailers. 34ft. side bath, 31 ft. rear bath, will sell either. Also used bicycle rack, car top carriers, moped carrier, front bumper type, awning center rafter, trailer hitches, sway controls, and other used RV stuff. Charles Cochran, 753-0114.

TRAILER HITCHES All styles. Installation available. Call Stewart's Truck Equipment. Hopkinsville. (502) 886-1103.

Ember hearth wood burning stove with triple wall pipe and four speed force fan. Satellite and equipment. 395-7290.

FOR SALE - Rabbits, Breeding Stock and Fryers. 1928 Riley Hollow Road. Call 522-6554.

FOR SALE - Kirby Vacuum Cleaner with attachments and shampooer. King size waterbed. Call 522-8707 after 3:30.

FOR SALE: 977 K Cat track loader, open R.O. P.S. GP bucket, very good undercarriage, excellent condition. 365-5491.

FOR SALE: Gigantic Truck Load Clearance Sale - All Snapper, Toro, Wheel Horse riding mowers, Garden Tractors, Push Mowers, Gas Powered Trimmers. Drastic Price Reductions! You won't find a better deal. Look at this - a 1990 Snapper 8 H.P. rear engine rider, 30" cut, electric start, list \$1,731 - our price \$1,361. How about this - a Toro 21CC gas powered trimmer, ball bearing constructed engine, automatic bump head, list \$189.95, sale \$149.00. WHAT A DEAL!!! Folks, if you are considering buying a new mower or trimmer, you owe it to yourself to come buy today! Full warranties apply. All products backed by our parts and service departments. Princeton Lawn & Garden Supply, 201 West Green Street, 365-9360.

FOR SALE: Locksmith business. Equipment and inventory, Established 15 years and still growing. Good potential. Owner wanting to retire. Contact Charlie Parent, Route 2, Box 122, Princeton, KY 42445, 502-365-6636. SERIOUS INQUIRES ONLY.

FOR SALE: Over the rail custom liner for long bed pickup. Slightly used. Call 235-5963.

FOR SALE: Forty-one acres of wooded hills. Location: Donaldson Creek, in Trigg County. Contact (502) 522-6692, after 5:00 p.m.

FOR SALE: 1976 30ft. COBRA travel trailer, self-contained, like new, \$6100. 753-1951 or 753-4937.

FOR SALE: 15ft upright freezer. \$100.00; also, 2 wheel tilt trailer \$125.00. Call 522-8734 afternoons or evenings.

FOR SALE: 7-piece CD-700 drums Zildjian cymbals. Complete set Ready-to-play. \$500 Firm. Call 522-3392 or 522-7035.

FOR SALE: Mini hot rod and 1976 Triumph TR7 both in very good condition. Call 522-3607, after 4:00 p.m.

FOR SALE: 1988 Dodge Aries. Perfect condition. \$6500.00. Also, 1981 Honda motorcycle \$1100.00. Call 522-6814.

FOR SALE: 1985 KX-125 Dirt bike. New overhaul. Super fast. \$500.00 Firm. Call 522-3392 or 522-7035.

FOR SALE: 1983-28 ft. pontoon with 70 H.P. Evinrude motor. Call 924-5213.

FOR SALE: 1988 Chevy Truck, short bed fleet side, 350 EFI, Automatic with O/D, 13,000 miles, custom package and stripes, light/dark bucket console, radar detector, CB built in, AM/FM tape, will consider trade for older truck. 522-7638.

FOR SALE: Two twin beds and chest, recliner, upright piano, used rocker, used refrigerator and mini-trampoline. Call 522-3805.

GETTING MARRIED? Short of cash? FOR SALE - White wedding gown and veil. Worn once, cleaned and ready-to-wear. Size 8. Excellent condition. Priced to sell. Call 924-5349.

KAWASAKI Jet Ski and trailer, excellent condition. 362-8258.

TRAILER FOR SALE - Utility trailer 6 x 12 ft. Metal frame with wooden bottom and sides. 1 year old. \$550. 388-2852.

WURLITZER Spinnet Piano, like new. Need someone to take over low monthly payments. Call 522-3215, work and home 522-3315 Peggy Marlowe.

800 FORD Tractor, 5 speed, live clutch, good shape. \$2,800. Call 475-4403.

C & C Fence
 Commercial & Residential Chain link, wood & farm fence
 Call 365-0078 For Information

GUARANTEED USED Appliances, clean and affordable. Hoback's Used Appliances, Mayfield, KY 247-0334.

4. Furniture

FOR SALE: 3 piece bedroom suite \$75.00. Call 522-8586.

5. Automobiles

FOR SALE - 1989 Dodge Dynasty 41,000 miles. Maroon. Power windows, cruise and tilt. \$9500.00. Call 924-5008, after 6 rings leave message.

RESTORED 1955 Chevrolet Belair, 2 door post. Price \$6500 FIRM. Call 435-4336.

ATTENTION: GOVERNMENT SEIZED VEHICLES from \$100. Fords, Mercedes, Corvettes, Chevys. Surplus Buyers Guide. (1) 602-838-8885, Ext. A-2334.

1985 Plymouth Reliant, good condition, automatic, 4-door, air, \$600 less than loan value. 527-7803.

78 OLDS - Cutlass. 76000 miles, new black paint and red interior. V-6, automatic transmission, power steering, good tires. \$1950. 235-5221.

For all your new or used car needs, see LANCE STALLONS, at Little River Ford-Toyota-Jeep Eagle, Hopkinsville. 886-8131.

ONE OWNER - FORD TEMPO 2.0 European diesel, 5 speed overdrive, over 50 miles per gallon. Good condition. Call 885-4513.

FOR SALE: 1976 Olds 88. \$675.00 Call 522-8955, after 4:30 p.m.

FOR SALE: 1985 Dodge Diplomat, 1 owner. A/C, AM/FM Stereo, Tilt, Rear Window Defroster. Silver w/silver cloth interior. 95,000 highway miles. \$2500.00. Call 554-5951.

FOR SALE: 83 Dodge Conversion Van - raised roof - custom paint - A/C, PB, PS, cruise, tilt - 4 captains seats, converta couch, table, AM/FM stereo, blinds, roof rack, tv antenna, ladder, rear tire carrier - good comfortable transportation at a good price. Call Mike Brock 522-3287 8-5 M-F.

6. Trucks

1974 Dodge 1-ton 9ft. steel flat bed. Call 753-7161.

Woods Drug Store, Inc.
 Trusses Fitted Spring Elastic
 808 S. Main
 Hopkinsville, KY
 885-5541

1979 Chevrolet Conversion Van. 350 engine, high mileage. Call 898-3007, Paducah.

1985 DODGE 1 ton pickup, 3604-speed, no dents, no rust, runs good. \$2800. FIRM 753-7161.

1988 Chevy Suburban 1/2 ton Silverado. Towing package, fully loaded with bucket seats. 502-354-6568 or 354-8833 evenings.

4 Wheel Drive 78 Chevy Blazer. 350/4 speed, power steering/brakes, air, good condition. \$2,000 firm. 424-8196.

83 Full Sized-Blazer, red and white, 305 V-8, Cruise. AM/FM cassette. \$6,200. Call 424-8098.

FOR SALE - 1975 Chevy pickup one owner with camper. \$975.00 Call 522-8955, after 4:30 p.m.

FOR SALE: 1981 Datsun 4 x 4. Camouflage paint. Runs great. \$1200.00 Firm. Call 522-3392 or 522-7035.

FOR SALE: 1970 Ford LWB 4-speed, 302. Truck \$500. Phone 522-7507.

7. Motorcycles

1984 Yamaha gold and pearl Ventura Royal. Low miles. New tires. Perfect condition. All the buttons. Call 885-3088.

GREAT SHAPE 1978 Suzuki GS1000, \$1,050; 1979 Honda CBX 6 cylinder, red, \$1,800. Larry Combs, 886-8068.

8. Boats

15ft. Aluminum Starcraft. 1965 Evinrude 25 H.P. Electric start. 2 fuel tanks, 2 anchors, 2 batteries, trolling motor, bilge pump, trailer. \$1,200.00. 924-5531 after 6:00 p.m.

1976 Mark Twain 18 1/2', I/O, V-8, V-hull. 527-8506.

1977 TIARA 2000, 20ft. with cutty cabin, 198 H.P. Mer-Cruiser I/O motor. 753-5203 or 753-9665.

1987 90 H.P. T.N.T. Mariner on 1980 15ft. Bomber and classic drive on trailer, \$5200. 753-1951 or 753-4937.

1988 Monterrey 19ft. run-about, 155 I/O, cuddy, potty, very sharp. Call 753-3682 or 759-4884.

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1989 Stratos 201 Pro, 150 Evinrude, Fully equipped. Ready to go fishing! 753-8856.

26ft. Cabin Cruiser, Skiff Craft, fly bridge. Full galley - AC/DC refrigerator, alcohol and electric stove. Toilet with Macerator. Dock power. 885-3088.

32ft. PONTOON boat custom made seats, newly redone. Burgundy, gray and white, Chrysler engine. \$6500 OBO. 812-853-9193.

39ft. HOUSEBOAT - living room, galley/kitchen, bedroom and bath. Air condition. 140 H.P. In/Outboard. Sleeps 6, excellent condition. Priced to sell \$14,500.00. Moored at Cypress Springs Resort, Slip number C-8. 753-6487 or 753-2183.

FIBERGLASS 16ft. Boat with 50 H.P. Mercury motor and trailer. 886-8690.

FOR SALE: 12 ft. Aluminum Jon boat with 3 H.P. gas motor. \$475.00. Call 522-6457.

FOR SALE: Bomber bass boat with trailer, 55 H.P. Johnson motor. New tarp, trolling motor 2 new batteries, depth finder, hand motor left, 2 gas tanks, live well. \$1200.00. Call 522-8609.

FOR SALE: 16ft. 1977 Mark Twain ski boat, walk-thru windshield, in-board, 4 cylinder motor. Complete with life jackets and skis. Nice boat, \$3,500. Phone days 8 to 5, 365-9974.

9. Pets

AKC Pekingese, Poodles, Chihuahua, Chinese Pugs, Tiny Toy Peek-A-Poos. Paper trained. Call after 5:00 p.m. Call 522-7631.

AKC PUPPIES - Yorkies, Dachshund, other breeds. Close to Clarksville. (615) 746-5355.

AKC Registered blond Cocker Spaniel puppies. 3 months old. \$75. Call 522-3740.

AKC Siberian Huskies, Alaskan Malamute, black/white, red/white, shots and wormed \$100 - \$155. Call (901) 986-5320.

AMERICAN ESKIMO pups. Registered, \$65. Call 753-9979.

POODLE PUPPIES - Chocolate, Apricot, females, AKC. Paradise Kennels, 753-4106.

ATTN HUNTERS: AKC Registered yellow labs. Champion bloodlines. \$125.00. (502) 388-2223.

FOR SALE: Cocker Spaniel puppies, 8 weeks old. Ready to wean. \$50.00. Call 388-7553.

HOPKINSVILLE KENNELS - Boarding, grooming and pet supplies. Dog obedience and counseling. Skyline Drive. 886-5621.

Labrador Retrievers, 6 weeks old, field trail and hunting stock. \$125 each. Central City 754-1254.

MINIATURE African pig pigs. Resemble farm pigs, air shipment. POSH PIGS, 217-593-6398.

10. Mobile Homes

1985 Mobile home, like new, with refrigerator, stove, deck, underpinning, blocks and tie downs. \$9,500.00. Call 522-8955, after 4:30 p.m.

1988 Repo - Single wide with air. A deal at only \$500 down and as low as \$175 monthly at Universal Housing in Clarksville (615) 648-9705.

1990 14 Wide with appliances, delivery, setup... Only \$10,900 or as low as \$578 down and \$163 monthly at Universal Housing in Clarksville (615) 648-9705.

NEW FLOORPLAN! 1,190 Square Feet Single wide. Largest home available! 3 or 4 bedroom's. See at Universal Housing in Clarksville. (615) 648-9705.

TRAILERS For Rent - 2 Bedrooms, \$150.00 month, deposit required. 4 1/2 miles North of Cadiz on Highway 139. Call 522-8765. Lynn Waller Realtor®

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2. Like to work for a 58-year-old company?
3. Like to have some established accounts and sell within a 30 mile radius of your home?
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Call:
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 ask for Ronnie Taylor
 Agency Assistant V.P.

Must have A&H and Life license.

1990 16 wide 2 bedroom or 3 bedroom. Too many extra to list! Only \$15,995 or as low as \$190 monthly at Universal Housing in Clarksville. (615) 648-9705.

1990 1600 Square Foot Double wide with separate den, fireplace, patio door, round tub, much more! Reduced \$2,000 at Universal Housing in Clarksville (615) 648-9705.

MOBILE HOME FOR SALE: 1985 Buckaneer, 14' x 72', 2 bedroom, 2 full baths, stove, full carpet, no furniture, front and back porch. Very good condition. Must be moved. Call for appointment 522-7745.

Universal Housing in Clarksville is your wholesale mobile home outlet. Lowest prices on single and sectional homes. Open: Mon - Sat 8am - 6pm and Sunday 1pm - 6pm.

11. Real Estate

ATTRACTIVE Lakeview home. 2 bedroom, 1 bath, electric wall heat. Priced at \$25,000. Call Trudy Littlejohn, Century 21, Thomas Real Estate. 522-6041.

BEAUTIFUL, building sites 1 mile from lake front 25+ wooded acres. Located on Highland Road, near Anderson Shores. 753-5203 or 758-9665.

FARMS - We specialize in the sale of farms and rural property. Call us for FREE consultation on the sale of your real estate. McBrayer Real Estate (502) 924-1197.

FOR SALE: Large Lake front lot, city water, cable TV, well restricted. 388-7421 or 388-7777.

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COZY HIDEAWAY!
 12X36 mobile home with sunporch and 2 car garage. This property includes 5 lots and is priced to sell at \$20,000.00. For more information call Betty Ricks at CENTURY 21 Thomas Real Estate at 522-6041 or 522-8304.

Check this spot each week for Betty's New Listings!!

Classified Directory To Easy Buying or Selling

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Job Available

PENNYRILE ALLIED COMMUNITY SERVICE, Inc. is taking application for an Adult Day Care Coordinator in Trigg County. Individual will be responsible for the overall operation of the Adult Day Care Center located in the Trigg County Senior Citizens Center building. Salary: \$5 per hour plus full fringe program. Applications can be picked up at the Trigg County Senior Citizens Center 8:00 a.m. to 4:00 p.m. All applications must be returned to Ms. Judy Peterson, Aging Director, PACS, 708 So. Liberty Street, Hopkinsville, Ky. by 12 Noon, August 15, 1990. PACS is an equal opportunity employer.

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 365-2500

PUBLIC NOTICE INVITATION TO BID

Pennyrile Allied Community Services is seeking proposals for the audit of Agency Funds and Programs for the fiscal year ending June 30, 1991. Proposals must be received by 4:00 p.m. on August 22, 1990. If your firm is interested in submitting a proposal, please contact John Tedder, PACS Executive Director at 708 South Liberty Street, Hopkinsville, KY or call 886-6341 for a proposal packet.

To Place A Classified Ad, Call
The Cadiz Record
 Classified Department
 522-6605

Classified

The Cadiz Record
 Office Hours
 Monday through Friday
 8:00 a.m. to 4:30 p.m.

11. Real Estate

FOR SALE: 3-Bedroom Brick house with bath and 1/2 Porch/Patios. 1800 square feet, 3 car detached garage. 5 acres of beautiful landscaped land. South of Cadiz. Call Robin Ray Realty at 885-3999 or after 5:00 p.m. 885-0120.

HOUSE \$1.00. NO mortgage to worry about, or even a single monthly payment. Full price one dollar. Little know program, get the facts. Amazing recorded message reveals details. Call anytime 1-900-456-4567.

KENTUCKY LAKE property for sale. Mobile home with large den over basement, including 24 x 20 garage, AC, furnished, on 4 lots near Murray, Kentucky and LBL. Price \$11,000. Also 5 lots for \$800. Call 618-797-0721.

12. For Rent

FOR RENT: 2 bedroom apartment, in town. \$235. month plus deposit. Call Dell Freeman. Broker Bill Crabtree Sales Agent. 522-3101 or 522-8191.

FOR RENT: 2 bedroom - 2 bath house living room, dining room, kitchen, utility room, Carport, Built-in back porch. Call 813-475-7182.

Now accepting applications for 1 bedroom and 3 bedroom apartments. Section 8 assisted. Equal Opportunity Housing. Barkley Manor Apartments. 522-3969.

Now taking applications for 1 and 2 bedroom apartments. Eastgate Apartments, 522-8888. Equal Housing Opportunity.

FOR RENT: Now accepting applications for beautifully decorated new 2 bedroom duplex. Near school and walking trail. Private utility rooms and patios. All natural gas. Fully equipped kitchens including dishwasher. No pets. Security deposit required. 522-7650.

MOBILE HOME FOR RENT. Call 522-7841. Uzzle's Trailer Court.

2 and 3 bedroom furnished mobile home. 7 miles from Hoover. Nice yard, quiet place. References and deposit required. NO PETS. Call 235-5325.

Why buy mulch when you can make your own? Rent a Chipper/Shredder from Trigg Supply. Cuts up to 3" limbs, leaves, etc. \$5.00 per hour rental. Call 522-8551.

13. Wanted

WANTED TO RENT: House with option to buy in Barkley Lake, Rockcastle area. Call 522-7846, anytime.

WANTED: Baby-sitting in my home, in town. Call 522-3192.

WANTED: Closed garage for storing old car - preferable in the Rockcastle area. 522-7638.

13. Wanted

WANTED: Lot set-up for trailer Hook-up, in Trigg County. Rent or purchase. All offers considered. Call 235-5317.

14. Help Wanted

"ATTENTION: EASY WORK! EXCELLENT PAY! Assemble products at home. Details. (1)602-838-8885 Ext. W-2334, 6am-11pm, 7 days."

FULL-TIME and Part-time jobs available. Apply at Pro-Tek Security, 205 East 14th Street, Hopkinsville.

HOSPITAL JOBS- Start \$6.80/hr., your area. No experience necessary. For more information call 1-900-990-9399. Ext 914. 8:00 a.m. - 8:00 p.m., 7 days. \$12.00 phone fee.

POSTAL JOBS! Start at 11.77/hr. for exam and application information. Call 1-800-876-2454 Ext. 2924 9 A.M. to 9 P.M. 7 days.

15. Opportunities

****POSTAL JOBS**** Start \$11.77/Hr. For exam and application info. Call 1-800-876-2454, Ext 2924. 9a.m. to 9p.m. 7 days.

OUTSIDE WOOD- Burning furnace: For forced air or hot water systems. Dealerships available. Aqua-Therm, Brocton, Minnesota 56316. 1-800-325-2760.

16. Services

ATTENTION: For all your decorating and painting needs inside or out. Carpentry and general home maintenance. Free estimates and references available. Call Markham Painting and Decorating. 365-5977.

B & M SLAUGHTERHOUSE Custom processing. Beef, Pork, Sheep, Goats and Deer. Bill and Margaret Meador. 522-7623 or 522-7870. Cadiz, KY.

BOAT-AUTO BODY REPAIR- Fiberglass-gel-coat-metal flake. Allen Body Shop, 207 Dawson Road, Princeton, KY. 365-5035

BUILDING CONTRACTORS- New homes, Home improvements, Siding, Garages, Decks, Remodeling, plumbing and wiring. Borders and Farwell, Days 265-2870 or 265-2432, evening 265-2829.

BUSY BEE UPHOLSTERY SHOP- Custom upholstery for cars, boats and furniture. Free estimates. Pick up and delivery available. Friendship Church Road, Eddyville. 388-7388.

GLASS Replacement for home, auto, and business. Repair storm windows and screens. Repair corners and latches, replace glass in patio doors, repair rollers, also mirrors, and glass table tops cut to size. Mirror frames and picture frames. M&G Complete Glass, Dixieland Center. 7653-0180.

16. Services

CAMP SEPTIC Tank cleaning. 753-9224.

CARPET OUTLET- We stock carpet, vinyl and area rugs. Wallpaper. New and used furniture and accessories. Located in Uncle Jeff's Shopping Center. 753-2600, Murray.

CASEY'S PAINTING SERVICE: Painting in and out. Paperhanging, woodfinishing, drywall repair, small carpentry work. Expert workmanship. 25 years experience. Reasonable rates. Every customer satisfied. 388-2274.

CONCRETE WORK Hayes Construction Co. Residential and commercial. Also wood decks, additions, painting. (502) 821-0754.

DISCOUNT ROOFING- Quality roofing for less. Call 886-3825 or 885-4280.

ELECTRICAL AND COOLING SERVICE. Minor plumbing and high pressure spray cleaning. Call Marvin Helm at 522-3229 after 5:00 p.m.

FAYE'S CAKES - Planning a wedding, receptions, shower, teas. CALL for an estimate. Phone 522-3759.

For all your excavating needs call **CADIZ EXCAVATING**, 522-3317, 1-900-225-2403 or 522-6940. Terry Braboy, Manager.

FOR ALL YOUR CARPENTRY WORK. Large or small. Call Johnny Ahart, 522-6395 or Gayle Grant, 522-6839.

FOR ALL YOUR LAWN Mower, Trimmer, Tiller, Chain Saw Repairs, Call LEO'S REPAIR SERVICE, 924-5809. 64 Sands Barkley Drive.

G.W. CONSTRUCTION- Gerald Walters, roofing, painting, vinyl siding, all kinds of remodeling. Phone 1-489-2267.

J & C DOOR COMPANY. Sales Installation Garage doors - openers, storm doors - windows. Residential. Free estimates. 886-4635/886-3132.

LAKE BARKLEY CONTINUOUS GUTTERING. Aluminum or vinyl siding and cornice. 24 Cunningham Avenue, Cadiz, KY 522-6788. What toothpaste did young Grace Kelly advertise on TV in the 1950's?

LANCASTER REPAIR- SMALL engine repair. All types of lawn and garden equipment. Call 522-3826.

LAWN TAMERS UNLIMITED- For all your lawn grooming and landscaping needs. Fall fertilization and reseeded to prepare your lawn for the winter. 886-0448.

MARSHALL'S Professional Carpet Cleaners- Business and Residential cleaning. Post fire work. Insurance work. Emergency water removal. Call (502) 388-9936.

16. Services

HEALTH INSURANCE. 90% coverage with limitations. In and outpatient benefits. Most pre-existing conditions covered if you qualify. Call Globe Life and Accident. 502-897-1671 or 1-800-448-5708.

Heaton Mobile Home Movers. Licensed and insured. 365-6900 days, 365-9637 nights, Princeton, KY.

HORSE SHOEOING - breaking and training. J Bar D Farms, Hopkinsville. Joe Wright, Jr. 886-5665.

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MOBILE EXTERIOR CLEANING- houses, brick, aluminum and wood siding and more. Mobile homes, roof tops, paint removal, concrete floors and walls. Steam clean engines. Call Wade White at Super Clean, 388-9719, FREE ESTIMATES.

NEED A LAND SURVEYOR OR ENGINEER? Registered professional surveyor, highway engineer, lots, acreage, subdivisions, construction staking. For all your surveying needs contact James T. Boren, 522-7955.

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ROBERT VANDIVER SEPTIC TANK CLEANING SERVICE. Prompt, efficient, and reliable service. Reasonable rates, no extra charge for Sundays or Holidays. Call Collect. Phone (502) 886-4114.

Roofing, Carpentry and home improvements. 345-2784.

ROOFING, plumbing, tree removal, driveway sealing. Call 436-5895, 753-7036.

SADDLE AND HARNESS REPAIR: The Saddle Shop, 62 East. Sandy Boaz, Owner. New and Used saddles at wholesale price. We welcome trade-ins. Phone 365-0193 or 365-7899.

VICKI'S machine quilting. Reasonable rates. Quilts available for sale. Call 435-4571.

WANTED!! Your home to wallpaper! Call for more information and estimate, 522-6578.

16. Services

Septic Cleaning Service. Septic tanks, grease traps, efficient, reliable, reasonable rates. No extra charge for Sundays and Holidays. HUBERT LONG, 140 Simpson, Hopkinsville, KY 885-9076 or 886-9960.

SEPTIC TANKS: Call B & R Sewer for all your septic tank and sewer cleaning. Electric sewer machine. 365-5283, anytime.

SON-SHINE CLEANERS- Christian couple would like to clean homes or offices. Satisfaction Guaranteed. Free Estimates. Call Gracey 235-5707.

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17. Miscellaneous

COMMODORE 64 128 computer with printer, 1541 disk drive. Several programs and games has monitor. \$700. Princeton 365-7864.

17. Miscellaneous

AFFORDABLE Major Medical Insurance. 80% - 20% coverage. (Example: Family of 5 - husband 29, wife 28 and 3 children is \$124.97 per month). Need affordable medical insurance. Call 365-3341.

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ESTATE & TAG SALES- JEAN W. CROFT-365-2745 OR 365-9099. If you should need to dispose of a number of items for any reason, call the above to coordinate your sale.

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I BUY ANYTHING OLD, Jean W. Croft, 365-2745 or 365-9099. Old furniture, one piece or house full; quality quilts; old jewelry (gold and costume); old quality china; old glassware; vintage clothing and etc. Top dollar paid.

VISA/MASTERCARD Easy, fast! No deposit. No credit check. Also \$5000 Gold Card Guaranteed! Cash advances! Free info! 1 (800) 234-6741, anytime.

17. Miscellaneous

KNOCKUM HILL Bar-B-Que. Fridays and Saturdays. Eat in, Carry out. Catering. We do it the old-fashioned way. 271-2957, Herndon, KY.

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STRIPPING, REFINISHING and REPAIRS of your furniture. One piece or house full. Call 365-2745 or 365-9099.

THE ARMORY GUN SHOP, 209 North Harrison Street, Princeton, KY, 365-7460. Wholesale prices on guns and ammo. Complete line of black powder guns and accessories. Lay-A-Way and financing available. Saturday 12N-7p.m., M-F 10a.m. - 4p.m.

WOLFF TANNING SYSTEM- August Special. Unlimited tanning \$30.00. Call June at Ragamuffin Fashions, 522-6595.

18. Livestock

BEEFALO- freezer meat for low fat and low cholesterol. Also, bulls and heifers for calving ease and fast growth. Call 885-2774.

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Sandy's Weekly Hot Spot



494 Horseshoe Drive Cumberland Shores - waterfront mobile home, 2 bedroom, 1 1/2 bath, 24x11 den with fireplace, complete with private dock, only \$67,500. Call Sandy Thomas at CENTURY 21 Thomas Real Estate at 522-6041 or 522-3065 for appointment.

For Sale By Owner



This 2 bedroom, 1 bath, with central gas heat & air, is located on a quiet street in town on 1 1/2 lots, also a 2 car detached garage, \$30,000. Call Russell or Susan Kyler at 522-3475.

Financial Focus

Good retirement planning

How well you plan for retirement today determines how you'll enjoy it when the time comes. Unfortunately, although 43 percent of those surveyed in a recent Gallup Poll were concerned about outliving their retirement funds, only 25 percent were doing anything about it.

The fact is that Social Security is not enough to see most people through their golden years. According to 1989 figures from the Social Security Administration, the maximum individual benefit is currently only \$11,040 per year. The average annual benefit is only \$6,588. Neither of these really allow one to live in luxury -- particularly when you consider that, according to estimates, you'll need to retain roughly 75 percent of your current income to maintain your present standard of living at retirement.

To reasonably estimate the monthly income you'll need at retirement, it's important to consider inflation. To do this, refer to the accompanying chart and locate the inflation factor that corresponds to our age or years to retirement. Then, calculate 75 percent of your current monthly income (monthly income times .75). Multiply the resulting number by the appropriate inflation factor. The answer is the estimated monthly retirement income you'll need to maintain your current standard of living if you retire at age 65 and inflation averages 5 percent.

For example, assume you are 55 years old, have a current monthly income of \$5,000 and plan to retire in 2000. Seventy-five percent of your current income is \$3,750. Multiplied by your inflation factor, 1.63, you would need \$6,112.50 per month at retirement.

The next step is to see whether the estimated required retirement income meets your projected retirement income. Your local Social Security office can provide a reasonably accurate estimate of your future benefits. Add to that any company pension benefits, IRAs,



Gary R. Harris

annuities and other income-producing investments.

Just as you projected inflation into your income needs, you should also project a reasonable growth rate into the retirement funds expected form any investments held. This rate, of course, depends on the type of investments you own and their historic rate of return.

Next, combine your estimated monthly investment income with any other income you have, and the result will be a reasonable picture of the income you can expect at retirement.

If that amount falls short of your expectations, now is the time to begin setting aside funds to meet those needs.

Here are several suggestions to help make your older years golden years.

- * Start early.
- * Contribute the maximum allowable amount to tax-sheltered plans.

- * Have retirement plan contributions deducted from your pay and invested directly.

- * Increase your investments when possible.

- * Roll over lump-sum distributions.

- * Fully utilize IRA, SEP or Keogh plans if you are eligible.

- * Diversify your portfolio.
- * Get professional assistance.

No one can guarantee the future, but good planning can eliminate a lot of disappointments.

Eating raw, mishandled, undercooked eggs may cause food poisoning

Public health officials are alerting Kentuckians that food poisoning may result from eating raw, undercooked and mishandled eggs.

State Department for Health Services officials recommend that eggs be completely cooked before consumption and that they be properly refrigerated and handled before cooking to help prevent cases of Salmonella enteritidis, an illness characterized by diarrhea, vomiting and fever.

Andrew Pelletier, M.D., a state epidemiologist, says that the intensity of the food poisoning can range from mild to severe.

"The illness can cause death in very young children who can dehydrate easily and in the elderly who have other health problems," he said. "Those people who have immune system problems are also at risk for serious complications."

"In most people, though, the illness usually lasts four to seven days, and they recover without antibiotic treatment," he said. "Some people have to be hospitalized."

Pelletier says that eggs that carry the Salmonella bacteria are usually perfectly normal-looking eggs. Both brown and white eggs have been associated with cases of Salmonella enteritidis.

Kentuckians should adhere to the following guidelines to help prevent egg-associated cases of food poisoning, Pelletier said.

- * Thoroughly cook eggs before eating. Let the egg yolk cook to a thickened state -- make sure it is not runny.

- * Store eggs under refrigeration at all times.

- * Don't use cracked eggs.

- * Eat eggs promptly after cooking. Do not hold eggs warm for more than two hours.

- * Promptly refrigerate unused or leftover egg-containing foods.

- * Avoid eating raw eggs. This includes foods such as traditional recipes for homemade ice cream or egg nog. If these are made from an adequately cooked stirred custard, they should be safe. Commercially manufactured ice cream and egg nog are made with pasteurized eggs and are safe.

- * At a restaurant, find out whether the cook uses pooled eggs or pasteurized egg products to make scrambled eggs, egg-based sauces, omelets and sandwiches.

Pelletier said that a single egg containing Salmonella can contaminate a large bowl of eggs, which is why it's important to ask if restaurants "pool" eggs before cooking.

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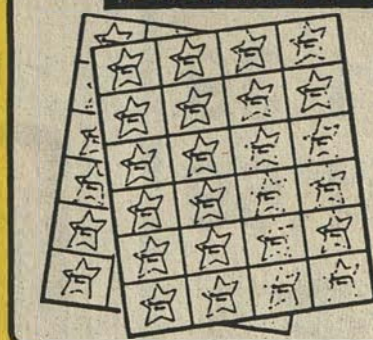
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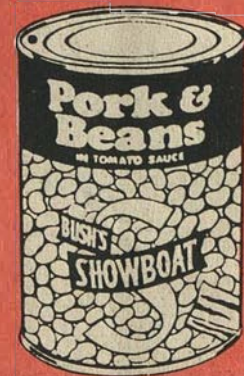


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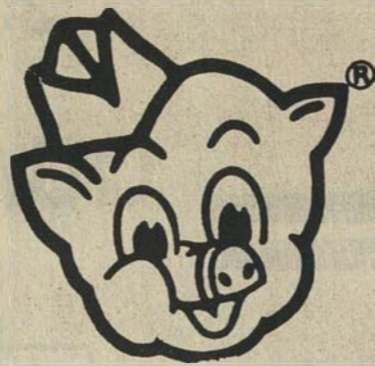
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P.O. Box 7751
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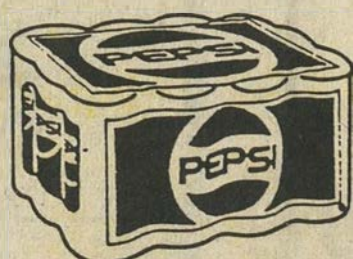
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12 Pack Cans

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24 Pack Cans

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10-9

87A

Back to School!



The Cadiz Record Supplement
August 8, 1990

Parents can ease first-day-of-school fears

No matter what your age, chances are your memories of starting a new school -- whether preschool, high school or college -- are as vivid as the colors of autumn leaves.

Perhaps you were afraid of the unknown: new friends, teachers, challenges.

Now you're a parent, and the cycle begins again this fall with your own kids. The trauma, however, needn't be repeated. There's much you can do to help ease your children's back-to-school experience -- even if you work full time.

ARE THEY READY?

If your child is younger than 3, he or she might be better off at home or in a day-care setting rather than the more structured environment of preschool. Two-year-

olds normally aren't toilet trained, get tired easily, tend to have separation anxiety and are selfish about toys.

But 3-year-olds are more social and adaptable. Many benefit from the preschool experience by gaining greater self-reliance, better language skills and improved motor abilities.

Nearly all enjoy making friends and playing with toys different from those at home.

SET, GO!

As you prepare your children for nursery care or preschool, teach them about separation: You always come back! Play peek-a-boo with infants; use sitters from time to time.

Give your child solid information about school so that it is no longer unknown

Pre-planning, information can help make starting school less frightening

and frightening. Walk or drive by the school. On a weekend morning, let your child help pack a lunch to eat later, as he will at school.

Let your child help pick out equipment -- a lunch box, backpack, pencil case. If he has a say in the items, chances are he'll be more excited about using them.

Have him select new clothes "just for school" or "just for day care" -- as well as a favorite toy or blanket to take along.

If possible, arrange for your child to see the classroom before the first day. Many schools have a set visiting hour or day when children come and

your child doesn't want to leave.

Be firm. Going to school isn't a matter for discussion; it's a matter of fact.

And it can actually be something to look forward to -- especially if your kids make friends beforehand.

Canvas your immediate neighborhood (or your apartment building) to see if there are other kids who will be in your children's classes. Meet the parents, then invite the children to your home for a simple lunch, perhaps followed by games or a video.

Another way to make friends and meet classmates is through extracurricular activities: soccer, T-ball, ballet class, gymnastics, roller skating and more.

Ask your child's school for recommendations and check with your local fitness center, YMCA or community recreation center.

IF YOU WORK
Explain to your child that going to school means he is going to "work," too, just like you do. And just like you, he's expected to be clean, neatly dressed and on time. When you're leaving for work in the morning, point out that this is the same time your child will be going to school.

If you have made arrangements for your children to stay with a baby sitter or go to day care after school, be sure they understand what is expected of them.

You might want to warn your boss that your child is starting school in case you need time off the first

Please see FEARS, P. 5

Obesity means nutritious meals needed

By Linda Susan Dudley and Alison Ashton

All parents, especially working parents, sing the lament of getting their kids to eat the right foods. How do you turn a child away from temptation when time is short?

It has never been more important to police your child's eating habits. The truth is, kids are heavier and less fit than they were a generation ago.

For starters, before you dismiss breakfast, lunch or snacks as not all that important -- that children can make up for bad food at some other meal -- consider these statistics on children released by Health Management Resources:

The incidence of

obesity among 6- to 11-year-olds has increased a whopping 54 percent since 1960. Another recent study shows that as many as 40 percent of children in the 5- to 8-year-old range are obese. This compares to an increase in obesity for adults of 15 percent since 1960.

Following a healthy diet yourself will set a good example for kids. It also helps to involve them in shopping for and preparing foods.

BREAKFAST BLUES

According to psychologist Keith Connors of George Washington University Medical School, kids really are less alert when they skip breakfast.

Yet, seeing that youngsters have a nutritious start to the day is not an easy task,

especially for working parents.

One key coping strategy: Prepare as much as possible the night before. Set the breakfast table and get a head start on lunch making.

If everyone has time to sit down to breakfast as a family, great. Otherwise, take a tip from the fast food places all kids and teens adore and offer mobile breakfast foods, such as hard-boiled eggs, fruit, scrambled eggs in pita bread or bran muffins.

Fruit chunks in a plastic bag and a mini-carton of yogurt also can provide go-power for the day, whether eaten at the table or on the run.

For breakfast drinks, start with orange juice but offer variety with pineapple, pink grapefruit

and exotic fruit-drink blends.

Also think creatively to tempt a child's palate first thing in the morning. Non-traditional a.m. foods, such as pizza or soup, also jump start a sleepy kid.

LUNCH-BOX LORE

How do you keep Jenny from trading all her healthy carrot sticks for a couple of potato chips? Or Bobby from swapping his applesauce for a cookie?

When it comes to lunches, ask your children what they want. This doesn't mean filling a brown bag with candy and cookies as if every day were Halloween. But while your concept of a healthful lunch may appeal to another adult, it may not be appetizing to your

Please see MEALS, P. 8



KID CUISINE: Creative lunch items can satisfy a parent's demands for nutrition and a child's discriminating palate.

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Hobbies, jobs begin after school day ends

By Sharon Williams

School is out, but that mid-afternoon bell is more like an alarm clock than a 5 p.m. whistle for schoolchildren of the '90s.

Sure, classes are over. But for many, the day is just beginning.

Hundreds of choices line the pathway from homeroom to bedroom each day.

And while these after-school activities often have little to do with the three R's, experts say they provide an education in their own right. Through them, a child can become well-rounded, gain new friends, be exposed to new things and develop self-esteem.

Wondering what activities are right for your child? Even if you have always

dreamed of parenting a violin prodigy, experts suggest parents steer their children toward activities related to their budding interests.

By finding out what they like to do in school, what they like to do when they are out, what they would like to become better at and what they would like to learn that they don't already know, parents can get a clearer picture of what their children want.

Moms and dads can then edit the "wish-lists" in terms of the family budget and schedule to come up with the most feasible possibilities.

So what's going on after school? Following is a rundown of some of the most popular pastimes and pursuits:

AFTER-SCHOOL PROGRAMS



AFTERNOON EXTRAS: Fun after-school activities can range anywhere from volunteer efforts to more traditional favorites, such as music lessons.

A good after-school program is much more than just some-

thing that fills the hours when a child is free, but his parents

are not.

Whether it's housed in a school, church or even a private home, an after-school program can offer a variety of activities such as art and dance classes, crafts, sports activities and games that are guaranteed to keep kids occupied, happy and even productive.

When searching for such a program, experts suggest parents look for teachers who love to work with their child's particular age group. The setting isn't nearly as important as the structure: An after-school program should not be a continuation of school nor a schedule-less situation, but rather, a place for a child to pursue something new and different.

OLDER FRIENDS

Children can spend

time with an elderly best friend through a variety of programs that benefit both the older and younger generations.

For latchkey children, special phone services in many areas connect them with senior citizens who can fill the all-alone hours with stories, instructions and sound words of advice.

Another option lies in Foster Grandparenting programs offered in many communities. Kids keep company with an elderly companion after school a day or two a week, perhaps spending time at a zoo, playground, museum or baking chocolate chip cookies in a cozy kitchen.

PET PURSUITS

No, the afternoon hasn't gone to the dogs just because your

Please see ENDS, P. 9

After school, kids learn to help out

By Pamela Redmond Satran

As soon as she was capable of asking, my daughter began wanting to help with chores around the house. "Can I help cook?" Usually, our answer was too difficult, too messy, too dangerous for her to do.

And then one day it hit us: We were idiots. If our child wanted to help, why not let her? Of course, we wouldn't allow her to light the charcoal grill or use the power saw, but certainly there were many things she could do that posed no harm to her and offered real help to us.

Here, a list of things you might want to consider allowing your child to help with. Most of these tasks can be handled by children age 5 or 6; some can be attempted by younger children.

LAUNDRY

If you place a laundry basket in your children's rooms, they can separate their own dirty clothes from those that are still clean. Children also can be adept at sorting clothes for the washer, at taking items out of the dryer and at fold-

ing at least their own clothes.

Most kids (like most adults) hate to put clean clothes away; you can aid in that task by organizing your child's drawers so all the T-shirts go in one place, all the jeans in another place, etc.

GROCERY SHOPPING

For a long time, I was in sole charge of my child's eating habits, deciding which foods she would eat for breakfast, lunch and dinner, shopping for and preparing those foods. There was only one problem with this technique: My child often would not eat what I had chosen for her.

My eventual solution: My child decides, helps write the shopping list by telling me which foods she wants and needs and, once in the store, she gathers her own food herself. At home she often prepares her own lunch, her own snacks. Occasionally I have to steer her away from a junk-food-heavy menu, but not as often as you might think.

Please see HELP, P. 10

FEARS

Continued from P. 2

week. Some schools request that a parent be available, in the classroom or at home, during this adjustment period.

THE BIG 'K'

According to "Working Mother" magazine, "the best-prepared children are those who are eager to learn and have fun in kindergarten. Parents can foster this attitude by helping the children develop three skills: listening, questioning and try-

ing."

To develop listening skills, ask your child to sit quietly during a story. Give her simple directions with several steps. ("First, please brush your hair. Then put your shoes on.")

Stimulate problem-solving by asking her, "What do you think will happen next?" while you're reading a story.

Praise your child for trying difficult tasks such as painting, solving puzzles and cutting with scissors.



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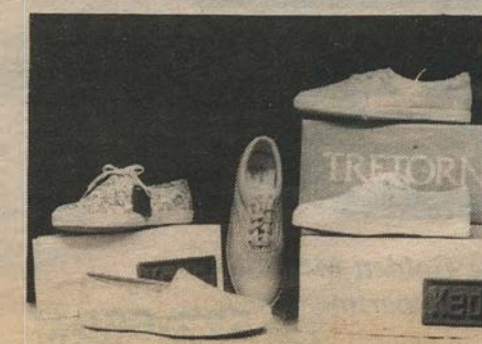


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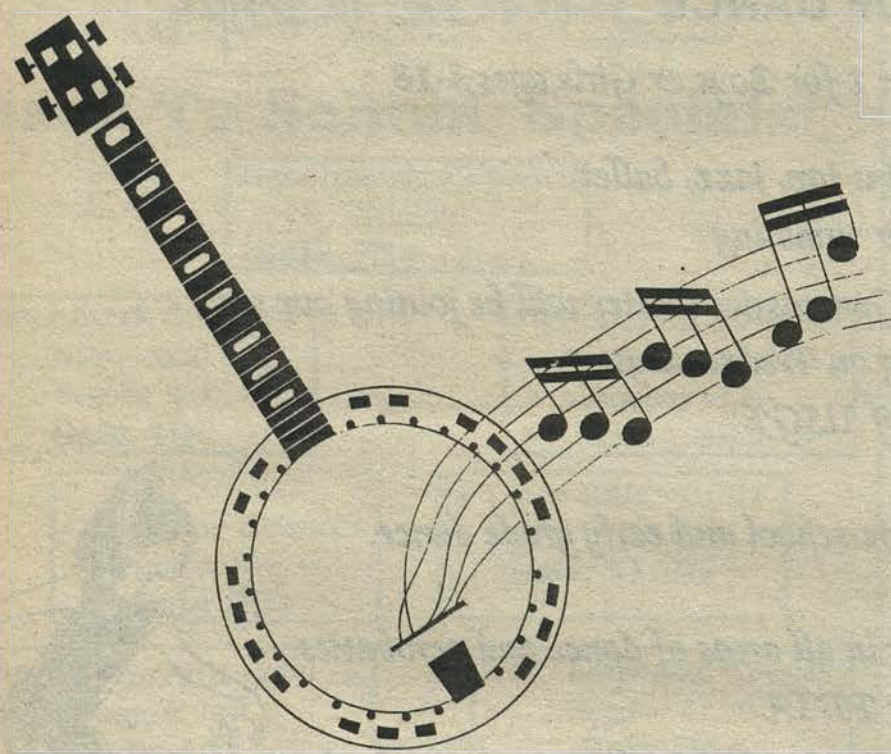
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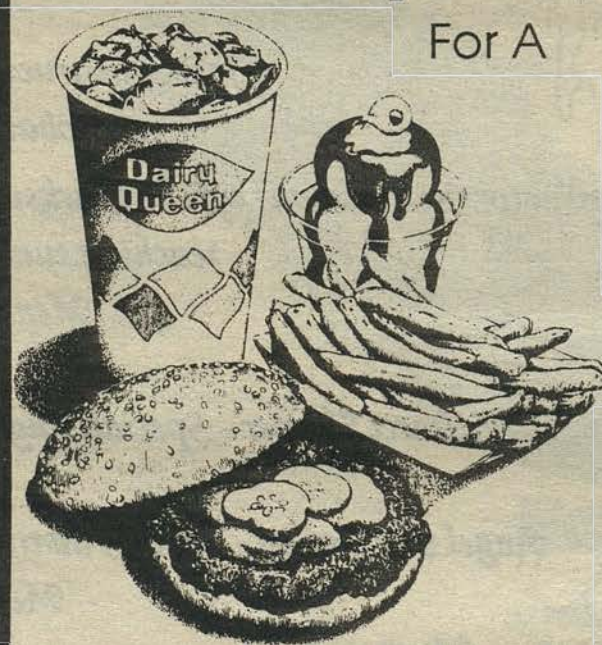
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1990s mark schools' return to teaching basics

By Lisa Castiglione

In the 1960s, the race for space spawned an increase in homework demands as U.S. educators felt that American students were lagging behind Soviet children.

Homework took a back seat to concerns over physical and mental health in the '70s and the workload was decreased. The '80s trend toward conservatism brought fears of whether American children were as culturally literate as their overseas counterparts.

Today, schools are getting back to the basics. But the one thing that hasn't changed is the battle over getting homework done. Children dread hours of pencil pushing at the kitchen table; parents dislike arguments over the subject

and the frustrations they bring.

Child experts are recognizing that parents' participation in their child's education, from understanding homework to communicating with teachers, is important to his success in school.

THE VALUE OF HOMEWORK

Homework is valuable to your child because it teaches decision making, exercises judgment, improves reading skills and encourages self-discipline and responsibility.

The work is most useful to the student when it supplements classroom activity. But it can only help if the student does his homework promptly and the teacher reviews and returns it promptly.

In addition, the best

homework assignments consider the individual, honor learning and development styles, connect family and community, teach accuracy, precision and perseverance, teach thinking skills, show context, give feedback other than grades and involve all of the senses.

A PARENT'S ROLE

Beside the benefits of encouraging self-discipline and responsibility, homework provides an opportunity for parents to keep in touch with their children.

Just reminding your child each night to do her homework is often not enough -- for you or her. She may need help in organizing her assignments. But don't fall into the trap that some parents do and end doing the work yourself in an



LEARNING EXCELLENCE: Innovative teaching methods help children learn faster and more efficiently. Here, a teacher coaches a pupil through the Writing to Read program, which allows students to learn at their own pace.

effort to just get it over with.

Child magazine suggests several success strategies for parents and children at homework time:

- * Provide a well-lit study area. A desk or

table in a quiet place, supplied with a dictionary, pencils and paper, is conducive to studying.

- * Develop a regular study routine. Homework right after school

is best for some children, others may need a snack and play time before tackling books. Whatever the schedule, enforce it.

- * Help -- if your child asks you.

- * Be positive and success-oriented.

Parents need to teach 'touchy' topics

By Sharon Williams

When it comes to touchy, controversial topics, some schools do, and some schools don't.

So, it's up to the parents to assess the social, moral and ethical education their children are getting, and improvise if necessary.

Happily, the resources are plentiful. Task forces, community programs, books, videos and seminars and literature offered through hospitals and public health clinics can provide the information parents and students need to get the facts straight on the following topics:

- * **Sex education:** Studies show that sex education in schools isn't getting the message across, since the rate of teen-age pregnancies is at an all-time high. And, when

it comes to sexually transmitted diseases, even some adults are still confused.

Thus, experts say today's discussions on sexual education should go beyond conception and birth to include sexually transmitted diseases, the dangers of unprotected sex and the virtues of abstinence.

- * **Drug abuse:** Kids can't say no to drugs if they're uninformed, many experts contend. To help parents, there now are comprehensive prevention, intervention and treatment guides and programs for preschoolers through teen-agers.

- * **Sex education:** Studies show that sex education in schools isn't getting the message across, since the rate of teen-age pregnancies is at an all-time high. And, when

- * **Prejudice and discrimination:**

Children ages of 2 and 5 are aware of gender, race ethnicity and disabilities, and what they learn during the early years will largely influence their attitudes. Thus, parents must

be prepared to deal with their child's curiosity with specific, objective, age-appropriate information, and can strive to see that schools do the same by promoting parent-teacher study

groups and workshops designed to help children grow up without prejudice.

Guides such as Louise Derman-Sparks' "Anti-Bias Curriculum: Tools for Empowering Young

Children" (National Association for the Education of Young Children, Washington, D.C.) can help prepare both parents and educators for those tough questions ahead.

Volunteering provides valuable 'pay'

By Sharon Williams

The best job your child ever holds may not pay a dime.

But the experience he or she gets while volunteering will likely prove invaluable. Through community service, children and teens can develop positive feelings about themselves, a sense of belonging and a connection to the world beyond school, friends and family.

Home, religious, civic and youth orga-

nizations and schools can provide community service opportunities, and books such as "What Would You Do Without You?" (Betterway Publications) are loaded with ideas. Some possibilities include:

- * **Tutoring:** Many students are having a ball tutoring youngsters. While helping their small students with subjects such as math, reading, English and special projects, the young teach-

ers learn patience, how to work with children and to have more respect for full-time teachers.

- * **Museum guides:** By taking tickets, directing tours and helping with maintenance tasks, young volunteers serve vital roles in museums large and small around the country. Besides the valuable experience they receive working with the public, these guides become virtual experts

on the treasures their museums hold.

- * **Nursing home volunteering:** Nursing homes, long-term medical-care facilities and senior citizen housing projects in nearly every community welcome visits by young volunteers. Individuals or groups giving of their time might be asked to coordinate special projects such as card games or sing-alongs, or to perform special presentations.

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Gail Oliver

MEALS

Continued from P. 3
child. It is possible to reach a happy medium.

Here's how to lunches compare:

Higher fat lunch box: Bologna sandwich with mayonnaise, 410 calories; 1-ounce bag of potato chips, 150; 3-ounce package of cookies, 375; whole milk, 160. **Total: 1,095 calories.**

Lower fat lunch box: Bologna sandwich with mustard, 325 calories; 3 cups air-popped popcorn, 75; 5 ounces of grapes, 100; non-fat milk, 80. **Total: 580 calories.**

Other ideas include substituting unsweetened banana chips for corn or potato chips, or mix banana chips, raisins, popcorn and a few pretzel sticks in a plastic bag.

Hide vegetables by adding finely chopped or grated celery, carrots or green pepper to tuna or chicken salad. Stuff celery sticks with peanut butter or low-fat cream cheese.

Use different breads, such as pita pockets, bagels, English muffins, rice cakes or rye.

Consider sandwich alternatives, such as a thermos filled with pasta salad, baked beans, hot soup or chili.

Remember that many children prefer fruit that is cut up to a whole piece. Also avoid packing huge lunches for small children. Too much food can be intimidating for them, so start with half a sandwich and some fruit.

Don't forget that what contains the lunch is as important as the lunch itself. Sending a junior high schooler his lunch in a Dick Tracy lunch box would be a devastating lunchroom faux pas. Older kids usually prefer an understated brown paper sack or low-key Tupperware

containers to the loud lunch boxes little kids love.

But there is a cache in cartoon-motif lunch boxes for younger kids, and most parents end up buying a new one every year. Top motifs this year are Dick Tracey and Teenage Mutant Ninja Turtles.

SNACK TIME

Even if they have eaten an energizing breakfast and a tasty, nutritious lunch, most

kids need something to tide them over until dinnertime. Again, parents need to provide nutritious alternatives to junk food treats.

Snacks rich in carbohydrates and fiber provide a perfect energy-boost in the afternoon. Try popcorn, low-fat oatmeal cookies, peanut butter on rice cakes, frozen fruit bars or muffins. Other alternatives include frozen yogurt, sherbet or ice milk instead of ice cream.

Kids can make lunch

By Rena Coyle

Get your kids involved by having them make lunch or prepare snacks a couple of times a week. When they make the lunch, they will be even more likely to eat what is in the bag.

TUNA-STUFFED SEA SHELLS

1 (6 1/2-ounce) can water-packed tuna
2 tablespoons low-fat plain yogurt
2 tablespoons mayonnaise

1/2 teaspoon dried tarragon leaves
1/4 cup grated cheddar cheese
4 jumbo pasta shells, cooked

Yields 4 servings.
Preparation time: 20 minutes.

Place drained tuna in mixing bowl. Add yogurt, mayonnaise, tarragon and cheddar cheese to tuna. Mix well.

Spoon tuna mixture into shells. Grated apple, shredded carrots or zucchini may be added to tuna mixture as well.

SNACKIN' FRUIT AND DIP

1/2 ripe banana
1/2 cup vanilla yogurt

1 tablespoon peanut butter

1 tablespoon orange juice

1 medium apple or pear

Yields 3/4 cup.
Preparation time: 10 minutes.

Peel banana and place in bowl. Mash with back of spoon.

Add yogurt and peanut butter. Blend until smooth. Add orange juice and blend. Transfer mixture into small container.

Cut apple or pear into slices and dip banana mixture.

TURKEY POCKETS

1 medium carrot
2 tablespoons low-fat plain yogurt

1 tablespoon mayonnaise
1/4 tablespoon cumin powder
2 (4-inch) pita pockets

4 ounces sliced turkey breast
1/2 cup alfalfa sprouts or 4 lettuce leaves

Yields 2 sandwiches.

Preparation time: 10 minutes.
Grate carrot into mixing bowl. Add yogurt, mayonnaise and cumin and blend.

Put turkey into pitas and add carrot mixture. Top with sprouts or lettuce.

Today's children known for being remarkably chic



STYLISH KIDS: High-top sneakers, cotton twill trousers and turtle-neck sweaters are just a few of the many fashion staples kids will be wearing to school this fall.

By Tershia d'Elgin
Kids funneling into a school yard display a remarkable, if sometimes unnerving, chic. They're a

varied lot, each type with its own dress code, hairdos and mannerisms. Don't try to delude your children into be-

lieving that clothes are incidental. Any memory of your own upbringing should remind you that being

Please see CHIC, P. 10

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ENDS

Continued from P. 4
youngster has spent the last two hours fawning over Fido or the fish.

Besides becoming instant best friends that give unconditional love, pets help children become sensitive to the needs of others and introduce them to a daily routine of responsibility.

After school, kids can be involved in feeding, brushing, cleaning and even training their furry, feathered or finned friends. They'll learn something with every lick and splash.

CLUB COMPANIONS

Your little student can learn everything from how to tie a square knot to how to raise a baby pig under the watchful eye of a competent, experienced leader through service clubs and organizations such as

Girl and Boy Scouts, 4-H and Big Brothers/Big Sisters.

No matter what the activity or subject for the day, the big benefit of such clubs is that they emphasize structured activities based on group cooperation rather than competition - a rarity for youngsters who are constantly encouraged to make the grade.

BACKYARD ADVENTURE

A magical world filled with fitness and fun lies in your own back yard when it's furnished with play equipment.

Good play equipment allows your child to practice gross motor skills such as climbing and jumping, not to mention the workout his imagination will get dreaming up games and pretend situations. With

"Children who learn new skills or exercise creativity...gain self-confidence..."

sturdy, safe swing set/climbing gym combos, recess can go on all afternoon.

LESSON PLUS

The course listing of after-school lessons available for children could rival that of a major university: tap, acting, ballet, computer, acrobatics, art, languages, gymnastics, karate, jazz, swimming, guitar, piano, photography, cooking, etiquette, tennis and golf, just to name a few.

So go ahead. Let them shuffle, stroke or swing the afternoon away. Sure, you might find you have prodigious talent on your hands. But experts say that the opportunity

you're giving your child is reason enough for enrollment; she'll learn about her world and her own abilities by dabbling in a number of different areas.

Lessons in dancing, singing and instruments are especially valuable because children tend to love music from infancy. Musical activities can provide them with important experiences that help develop physical coordination, timing, memory, visual, aural and language skills and personal and social awareness.

To keep informed about the offerings in your area, check your child's school, the

community center, the local Y and the public library. You can find private instructors through referrals or the yellow pages.

And, keeping in mind that your child is likely to flirt and flee some learning situations, look for ways to cut costs, such as renting rather than buying an instrument, until you're sure he is serious.

HOBBIES

If your child is at home for the afternoon, help her replace television and computer video games with her very own hobby.

Children who learn new skills or exercise creativity will gain self-confidence during their hours alone, the experts say. So encourage pastimes such as gardening, sewing, cake decorating, collecting and

crafts that are as educational as they are entertaining.

Valuable how-tos and myriad possibilities are available in books such as "The Kidfun Activity Book" by Sharla Feldscher (Harper & Row).

On The Cover

Dr. Martha Davis, principal of the Trigg County Elementary School, greets beginning kindergarten students Bridget Bridges (left) and Chelsey Rae Allen.

Bridget, the daughter of David and Leslie Bridges, and Chelsey Rae, the daughter of Mike and Cindy Allen, have brand-new clothes and backpacks -- even shiny new apples -- for the first day of school.

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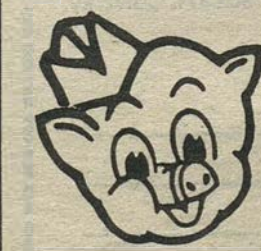
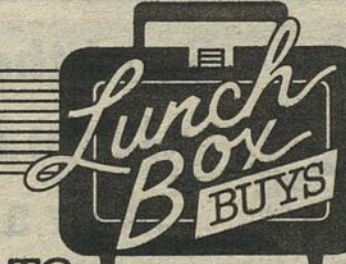
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CHIC

Continued from P. 8
accepted counts enormously.

From kindergarten through high school, the basic fashion types are six in number. And boundaries between school and play clothes are fading. Chances are your child will treat his or her clothing type as a virtual uniform.

SMALL TYKES

An expensive pair of athletic shoes, preferably Nike Airs, is your child's key to sports stardom.

Cool kids this season will be dipping into ever-more-colorful comfy coordinates, the hippest being screamingly bright Aussi prints with surf/skateboard overtones. Dinosaurs, bugs and pop-eyed sharks litter the smaller people's prints. Older children's patterns are more abstract or

fetish-oriented.

"Iced brights" is the latest color buzzword. Cooler weather brings on printed leggings in an ever-wider array for the chicks. Guys will move into sweats and an assortment of voluminous splashy print pants.

Andirondack coats with drawstrings and other wilderness-derived jackets cover the look.

Boys wear baseball hats, backward. Girls have plucky little hair or bangs and pony-tails.

While it makes education seem like a less serious business, wardrobes in this category are by far the most reasonably priced and practical.

ROCKERS

Rockers are shaggy-haired black-be-decked teen devils. They slink around in tight denim, black T-shirts, colossal belts

and clunky iron accessories.

Old tennis shoes complete the look. New clothing for this category is a special challenge since it must be made to look slept in. For special occasions Rockers wear leather.

MODS

Mods are the exotic underbelly of teen life. Their magenta or blue dyed hair, alabaster skin, extreme makeup (even on the guys) and blackened eyes combine to leave the singular impression that they know something you don't. The good news is they can be completely and happily outfitted at resale shops.

Old rayon and polyester dresses with weird bodices and swooshy skirts for the girls are worn with non-matching tights in rich colors. Boys

are in big trousers, retro shirts and suit jackets with rolled-up sleeves. Pointy-toe shoes, preferably festooned, are the most desirable.

PREPS

Every parent's ideal pupil, these kids take pride in their appearance. They like the classics that can be worn for more than one season.

Spawned of L.L.Bean/J. Crew persuasions, Preps wear corduroy trousers or pleated skirts, crisp shirts or relaxed turtle-necks and deep earth-tone sweaters or sweater vests. They're shod in moccasins, penny loafers or very clean canvas tennies.

Ralph Lauren and Laura Ashley provide their benchmark. Polo shirts for the guys, lace collars for the girls.

HELP

Continued from P. 5

The worst thing that can happen by allowing your children to do their own grocery shopping? Maybe buying an unripe plum, an overpriced brand of juice. What's best: Because they're in charge, your children will be guaranteed better eaters, with no prodding from you.

CLEANING

In my experience, kids take a perverse interest in cleaning things adults hate to clean. Like bathtubs. Like cabinets. They seem to especially like to clean things that can be cleaned with a spray bottle and a wad of paper towels.

If your child is too young to be trusted with a cleaning solution, fill a spray bottle with water and turn him loose on a tile surface. Older children, though, will

wash anything from a staircase to a sink competently and with pleasure as long as you don't mind if they use a whole roll of paper towels.

SOCIAL DIRECTING

I know a woman who works as a financial planner, runs a huge house and has three - count 'em, three - children under age 7. How does she do it? Her 4-year-old son, for instance, fills the backyard swimming pool with water, while the 7-year-old helps the toddler into her bathing suit.

And when they have a party, the oldest child not only picks out the invitations, but writes them. Most kids capable of writing and dialing the phone love jobs like this and are certainly able to arrange their own play dates and write their own thank-you notes.

Physical, mental development equally important

By Alison Ashton

Your child's physical development is as important as his mental development. In fact, many educators believe there is a crucial link between physical activity and scholastic achievement. Moreover, children with better motor skills gain more social acceptance from their peers.

A recent University of Quebec Department of Health Science study, reported in *American Health* magazine, demonstrates the dramatic difference physical activity can make in a child's academic development.

One group of schoolchildren participated in one 40-minute physical education program a week; another group devoted an hour a day

to physical education. The group that had P.E. every day rated better academically -- despite the time it took from their studies.

Ideally, your child's physical activities will lay the groundwork for lifelong exercise habits. And parents who are active themselves set a good example for their children.

Encourage your child's natural urge to move around. Let his interest be the guide. If he wants to join you for a jog around the neighborhood, encourage him, but don't be disappointed if his attention wanes quickly. Young children, especially, thrive on variety.

Also consider what skills an activity will develop. Soccer and karate develop coordination. So do hockey

and tennis. Swimming is good for flexibility.

COACHING KUDOS

The competitive spirit is a good thing -- if it's handled right. Most educators say a child shouldn't participate in competitive sports until she is 8; others recommend waiting until 10 or 11.

Team sports, such as softball, hockey, basketball and soccer require a child to interact with team members. This is good for kids who are outgoing or for a child who needs the security a team provides.

Kids who prefer individual sports, such as tennis, golf, running or swimming, also can compete on school or community teams and will still derive social benefits.

PARENTAL PRESURES

The road to athletic



ATHLETIC ACHIEVERS: Children's physical activity can affect their academic development, and can set a guideline for lifelong exercise.


stardom is littered with pushy stage parents and burned-out young athletes. You have seen parents screaming at young players at the Little League diamond or giving a poor-performing child the cold shoulder at junior tennis tournaments.

Eric Margenau,

Ph.D. and author of "Sports Without Pressure" (Gardner Press Inc.), treats stage parents and their athletic offspring all the time as executive director of The Center for Sports Psychology in New York. Problems often stem from parents foisting personal ambitions on their

talented children and on children trying to live up their parents' often unrealistic expectations.

"The most important thing a parent can give a child is absolute approval, the recognition by the parent that whatever the child does is great," says Margenau.



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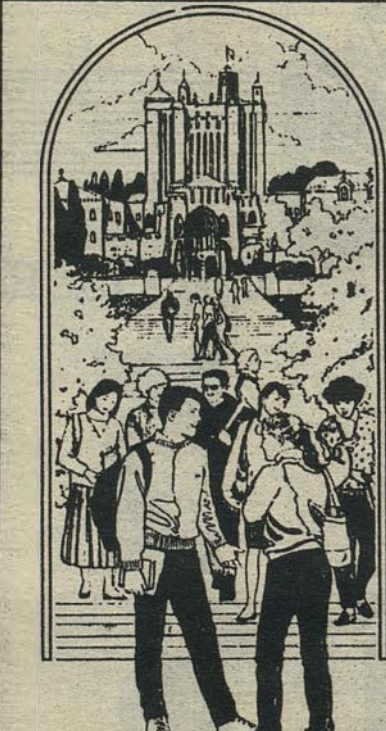
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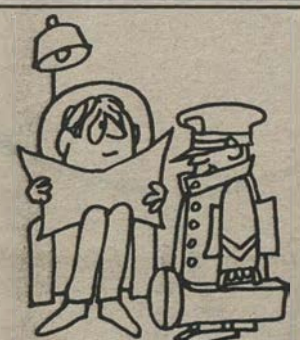
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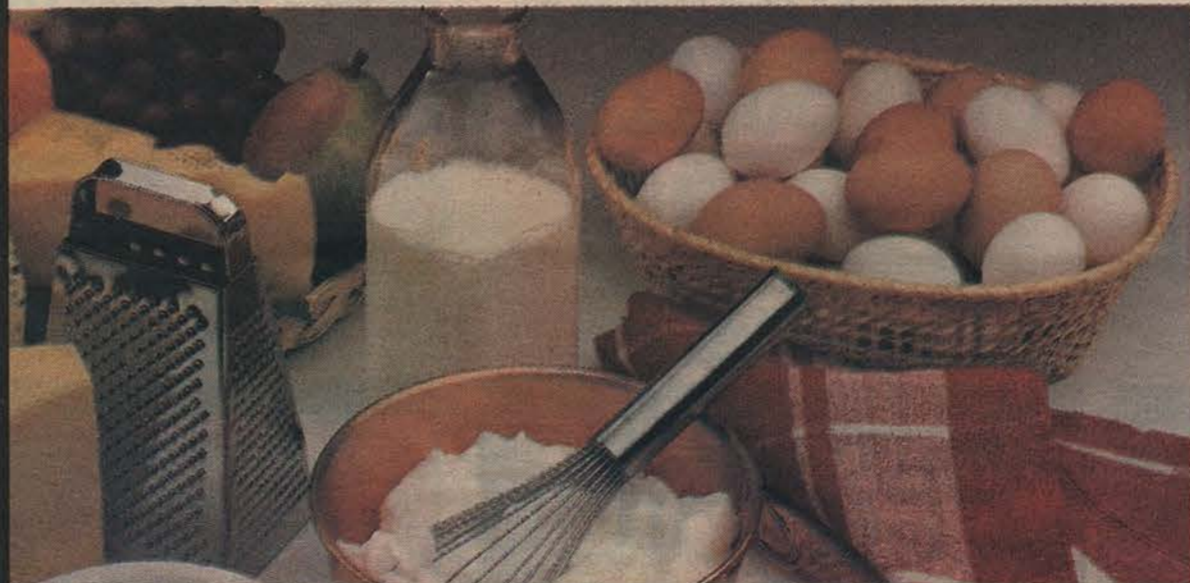
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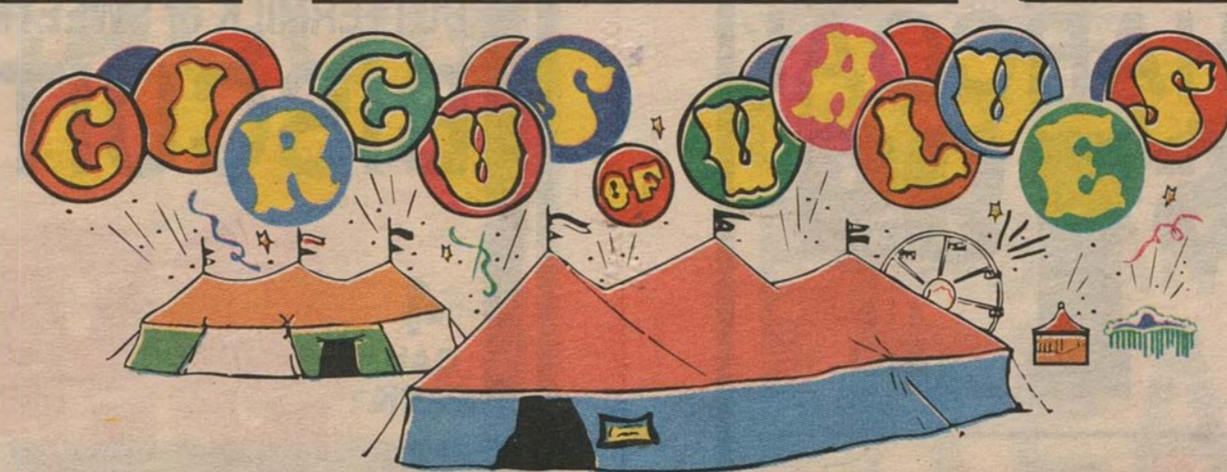
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