

SPORTS



Raceland's potent offense erupted for 28 points in the first quarter as the Rams went on to win over Nicholas County 56-6. - Carol Bond Photo

Jackets fall at Raceland, 56-6

By Hank Bond
RACELAND - Home standing Raceland scored on its first four possessions to take a 28-0 lead at the end of the first quarter, and rolled to a 56-6 win over Nicholas County, Friday night.
 Raceland, coming off a heart-breaking 14-44 loss to Paintsville, showed no let-down in rolling to the win.
 Nicholas' first possession lasted only three plays, and in the punt a 25-yard return put the ball on the Bluejackets' 40-yard line.
 It took the Rams five plays, including a 24-yard dash by Matt Bostic to set up a two-yard scoring plunge by Scott Speaks for Raceland's first

Nicholas Co. Box Score VS Raceland

Running - 184 yds	Comelys 0/0
Player	25/105
J. Johnson	5/18
C. Mathes	8/8
P. Brown	4/53
Passing - 33 yards	1/0
Player	1/0
Brown	1/0
Forsh	0/0
Receptions - 34	1/0
Player	12
Workman	17
Mathes	2
D. Brown	2
P. Brown	2
Gaounce	1

Alabama tops Cats

By Mike Embury
 with 10 seconds left as a 17-17 tie.
LEXINGTON, Ky. (AP) - Alabama rallied from a 17-17 tie to defeat Kentucky 21-17 in nationally televised Southeastern Conference football Saturday.

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MSU falls to Samford

MOREHEAD, Ky. (AP) - Senior wide receiver Tim Richardson caught seven passes for 156 yards, including the game-winning 5-yard TD pass, to lead Samford to an 18-17 victory over Morehead State on Saturday.
 Samford, 3-2, was down 17-12 with 3:55 remaining in the game when Richardson snatched the winning pass from sophomore quarterback Ted Darby at the 48 mark.
 The pass capped an 11-play, 60-yard drive that was highlighted by two other Darby-Richardson connections, one for 32 yards and another for 20.

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Eye Openers
 By Dr. Robert F. Pretzsch, Ophthalmologist

Jerame Williams, playing his first complete game since injuring his knee in Morehead's season-opener, scored a 1-yard TD in the first quarter.
 Morehead, 1-4, then scored on a 3-yard touchdown pass from Chris Swartz to Kenny White with 3:06 left in second quarter.
 Steve Tow added a field goal with 25 remaining in the period to put the Eagles up 17-14 at halftime.
 Sharty Smith caught an 11-yard pass from Darby for Samford's only other touchdown, with 4:02 left in the first quarter.
 Samford's Scott Engel kicked field goals of 25 and 29 yards.
 Morehead, which had only 150 total rushing yards coming into the game, got almost that much from Williams, who rushed for 136 yards on 24 carries.
 Samford Morehead St. Samford 18-17
 Morehead State - 17 10 0 17
 MCR Williams 7 (Two kick) 15
 SAM Smith 11 pass from Darby
 (Two kick) 15
 MCR White 3 pass from Swartz
 (Two kick) 15
 MCR Tow 31
 SAM Tow 29
 SAM Tow 29
 SAM Richardson 5 pass from Darby

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 Checking the health of your eyes should be an integral part of any examination. People over 50 are more prone to developing cataracts (clouding of the lenses of the eye) and glaucoma (an increase of fluid pressure in the eye). Both conditions are correctable, but correction is most effective when the conditions are detected and treated promptly.
 Sometimes, as we grow older, we need more light to see efficiently. You will notice that change yourself, but tell your optometrist about it at your next examination.
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4-H important for life skills development

4-H is Extension's dynamic, informal, educational program for today's young people. The program combines the cooperative efforts of youth, volunteer leaders, State Land Grant Universities, federal-State-local governments, and the U.S. Department of Agriculture.
 The mission of the Cooperative Extension Service in conducting 4-H programs to assist youth in acquiring knowledge, developing life skills, and forming attitudes that will enable them to become self directing, productive, and contributing members of society.
 4-H's goal is to create a learning environment for youth that is stimulating to the development of life skills in: Competency - developing skills and knowledge Coping - dealing with stress
 Contributory - learning to help others.
 4-H Programs are conducted in 3,150 counties of the United States, District of Columbia, Puerto Rico, Virgin Islands, Guam, American Samoa, and Micronesia.
 4-H Alumni (enrolled participants in 4-H since its beginning) now total about 45 million.
 4-H type programs are truly international with some 62 countries having similar programs which enroll approximately 6 million youth.



Future 4-H'er "This horse isn't big enough" said Katie Spickler as she sat on Miss Dahlia at the 4-H Fair Horse Show in July. - Joe Foster Photo

4-H center in Washington epitome of comfort

Opened in 1959 and continuously expanded and modernized through the generous support of corporate, foundation and individual donors, the National 4-H Center is now one of the most modern, comfortable and efficient residential-training facilities in the Washington, DC area.
 The Center is located in a quiet, campus-like setting in Maryland on the outskirts of the nation's capital.

It offers excellent year-round meeting accommodations complemented by the area's numerous resources and learning opportunities. The more than 35,000 youth and adults who stay at the Center each year represent a broad range of interests.
 Professional associations, government agencies, churches, schools, youth groups and community organizations all use the Center in addition to Extension 4-H groups.
 Handicapped guests appreciate the lowered curbs, special parking, automatic doors, ramps, elevators and specially designed guestroom.
 The Center offers economical lodging for 630 guests, plus 30 conference rooms which range in seating capacity from 25 to 650. The excellent dining facilities are capable of handling lavish buffets, banquets or receptions in addition to serving cafeteria style meals daily.
 For more information book using the National 4-H Center for an upcoming meeting, contact the Reservations and Services office, national 4-H Center, 7100 Connecticut Avenue, Chevy Chase, Maryland 20815, telephone (301) 961-9806.

School 4-H Club programs for the 1988-89 year:
 October - Staying Home
 Latch Key
 November - Speeches - how to give a good speech
 January - A pet needs more than love
 February - Citizenship
 March - Just say no to drugs
 April - 4-H camp promotion
 May - Project Day
 Green and White Tractor Safety

Triplets born in Nicholas County barn
 By Phyllis Burkett
 On The Carlisle Mercury that Phyllis and Bobby Burke were very surprised to discover their Holstein cow, Brenda, had triplet calves.
 In their careers as dairy farmers, the Burkes have never even produced twins, Phyllis Burke said.
 Dr. George Hirschbach of the UK Agriculture Department said twins result in 1.9% of 100 births, and the chance of triplets is even smaller.
 He said how the cow has three calves goes back to high school biology. The cow either produced three eggs and all three were fertilized, which is unlikely, or she had two eggs and one of the two eggs to make twins and all three were able to develop into full term calves.
 According to the Guinness Book of World Records, the world's record is for a cow in the U.S.S.R. that had seven calves. In 1964, a dairy cow in England had five.
 Brenda has produced two bulls and a heifer, Phyllis Burke said. And all are doing well.

"4-H IS STILL SOMETHING TO SING ABOUT."
 "4-H really did good things for me. It taught me 180's that helped me gain a sense of responsibility. And it was fun to sing in the 4-H Show the Day Festival. Getting on stage and singing before groups of people is really fun."
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