

## Fear, disabilities don't have to keep seniors at home

FRANKFORT — Fear for their personal safety often affects the quality of life for older Kentuckians, Jack Williams, director of the division of aging services in the Kentucky Department for Social Services, said.

The elderly, who often live alone and have limited physical strength, face special risks because of their vulnerability.

"They risk becoming seriously injured or ill and unable to seek help, and they also risk falling victim to crime," Williams said. "But there are precautions DSS urges older citizens to take to assure their safety and give them peace of mind."

Frequent crimes against the elderly include purse snatching and theft of checks and cash from the mail. In addition to home repair scams and other types of fraud.

Safety at home begins with secure locks on all doors and windows and bright lights in doorways, garages and other areas where a criminal can hide.

Shrubs near doors and windows and lower branches of large trees near the house should be kept trimmed so they don't provide cover for a burglar.

Many local law enforcement agencies will provide a review of home security and recommend any needed improvements.

Williams also advises homeowners should be at least six inches high and made of reflective material that is clearly visible night and day so the home can be found quickly in an emergency.

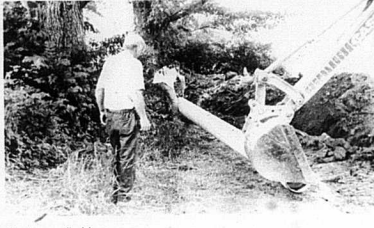
To prevent loss of funds through mail thefts, retirees should have Social Security and pension checks automatically deposited in their bank accounts. Away from home, cash and credit

cards are safer in an inside pocket. Try to avoid carrying a purse, Williams said, and never carry large amounts of cash. Ask a bank officer for advice when a large sum of money must be withdrawn to make a purchase or pay a bill.

To guard against home repair scams, always get several estimates and compare prices and terms. Be wary of anyone who offers an unusually low price on home repairs or improvements.

Before authorizing any work, ask friends for recommendations or ask the firm for references.

Arrange to pay for the work in three installments — one at the beginning of the job, one when the work nears completion, and one after the job is



Gayle can dig it! Public Utilities Director, Gayle Vanlandingham, and city employees, Tommy Crawford and Jeff Jefferson (not shown) take advantage of the dry weather to work on construction the line that will supply water to the city's residents while the lower lake is in the dredging process.

## University holding Appalachian Celebration

MOREHEAD — If learning to play "old time" music is among your goals, chances are you will want to attend the Dulcimer Camp in the Mountains June 23-29 as part of Morehead State University's Appalachian Celebration.

Reservations are being accepted now for instruction in beginning, intermediate and advanced classes for adults in lap and hammered dulcimer and beginning guitar.

For those 6-15, MSU also is offering a children's dulcimer day camp. Youngsters may learn dulcimer techniques and have fun experiences at the same time. Instruction runs 1-3 p.m. June 24-29 in Breckinridge Hall. The cost is \$30 per person.

In addition to playing, beginning dulcimer musicians have the option of purchasing or making a new instrument during the week. Carl Ramsey of Grayson, who can make your old dulcimer look like new, will be available to help.

Those serving as instructors for the camp include: "Sweetwater, masters of the mountain dulcimer. Its members include Shelly Stevens, dulcimer, stand up bass and guitar who recently authored a book entitled "O'Carolan Harp/Tunes for the Mountain Dulcimer"; Cindy Funk, autoharp, concertina, lap dulcimer, penny whistle and bodhran, and Shari Wolfe, guitar and lap dulcimer.

The group, based in Springfield, Ohio, has been together for 11 years and produced seven albums.

\*Milly Frisbert of Louisville, lap dulcimer and penny whistle, a member of the Louisville Dulcimer Society and the Central Ohio Dulcimer Society.

\*Ann MacFie of Stanton, mountain dulcimer and guitar. A songwriter and balladeer, MacFie has performed for the Kentucky Music Week, North Carolina 45-manous Dulcimer program, and in Great Britain, Ireland and Denmark.

Debbie Kopp of Middletown, Ohio, lap dulcimer. A founding member of the Old Time Music Group, Kopp has been playing for more than 20 years before audiences and for therapy for disabled patients.

\*Steve Rigby of Morehead, beginning guitar. A music teacher in Rowan County, Rigby also is proficient on the lap dulcimer and stand up bass.

## Regional writers to appear at MSU

MOREHEAD — Several Appalachian writers will appear at a book signing Thursday, June 27, at Morehead State University's Appalachian Celebration.

Some of the authors also will be reading from their works or presenting programs at other times.

On hand for the book signing, which will run 3-5 p.m. in the Laughlin Health Building, will be:

\*Marie Bradley of Louisville, author of "More Than Anything Else," a fictionalized account of the childhood of Booker T. Washington. She will give a reading at 2:30 p.m.

\*James Goode of Anderson County, poet, essayist, photographer and Appalachian scholar, has written about the Appalachian region since the 1960s. Goode has authored four books of poetry and one technical book on coal mining, produced and directed two documentary films, published more than 500 poems in national and international magazines and written more than 100 columns for a variety of newspapers including the New York Times and the Lexington Herald Leader.

He will be signing "Up from the Mines" and will present a program on Friday, June 28.

\*Chris Halbrook of Pippa Passes, author of a book of short stories published this year, will read from his work "Hell and Ohm."

\*Florence Castle Ison of Benham, author of "Coney Girl," is a novel based on personal experience. It features a coal miner's daughter who fulfills her dream of achieving an education by attending school at the Cane Creek Community Center, the forerunner of Alice Lloyd College.

Kentucky's poet laureate James Still will serve as a writer-in-residence during a portion of the Celebration.

Additional information is available by calling 1-606-783-2077 or 1-606-783-3122.

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Coming in to home Little League teams, Mariners and Indians met for baseball action on Monday evening at the West End Park in Carlisle. The Mariners defeated the Indians by a score of 21 to four. In the final inning, the Indians, which is a new team this year, made a valiant effort to come back by scoring three of their four runs.

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