School

Nicholas County Menus

Week of September 18 - September 22, 2000

Elementary School

Breakfast

Monday, September 18- scrambled eggs, cereal, cinnamon toast, jelly, juice, milk.

Tuesday, September 19- french toast sticks/syrup, cereal/cinnamon toast, jelly, juice, milk.

Wednesday, September 20-sausage/biscuits, cereal/biscuits, toast, juice, milk.

Thursday, September 21- bacon/cheese biscuit, cereal, jelly, juice, milk.

Friday, September 22-hot pockets, cereal, toast, jelly, juice, milk.

Lunch

Monday, September 18- sloppy jo on bun, mashed potatoes, tossed salad, applesauce, milk.

Tuesday, September 19- hamburger helper, slice bread, carrots, oranges, milk.

Wednesday, September 20-pizza, tossed salad, apple, milk.

Thursday, September 21- fish nuggets, pinto beans, mexican corn bread, peach halves, milk.

Friday, September 22- sub sandwich on hot dog bun, onion rings, carrot/celery sticks, pineapple tidbits, milk.

High School

Breakfast

Monday, September 18- scrambled eggs, bacon and toast, pop tart, milk, juice.

Tuesday, September 19- breakfast pizza or pop tart, milk, juice.

Wednesday, September 20-gravy and biscuit, pop tart, milk, juice.

Thursday, September 21- bacon, egg and cheese on bun, pop tart, milk, juice.

Friday, September 22- sausage an d biscuit, pop tart, milk, juice.

Lunch

Monday, September 18- chicken pattie on bun, scalloped potatoes, green beans, fruit, milk, tea, lemonade.

Tuesday, September 19- grilled ham and cheese sandwich, tater bites, pinto beans, fruit, milk, tea, lemonade.

Wednesday, September 20- potato bar, chili/cheese/onions/chives, sour cream/salsa/bacon bits, olives/chips/pickle spears, fruit, milk, tea, lemonade.

Thursday, September 21- sloppy joe on bun, tater wedges, tossed salad, fruit, milk, tea, lemonade.

Friday, September 22- hamburger on bun,frenchfries, lettuce/tomato/onion/pickle, fruit, milk, tea, lemonade.

Drive Safely!

New programs provide money for college students

With the advent of the new school year, thousands of high school seniors are now starting to focus on researching, visiting and applying to their favorite colleges. At the same time, advises the U.S. Department of Education, it is essential, that families and students also now begin the process of applying for financial aid.

The good news is that due to the robust economy and new initiatives being introduced by President Clinton, there is now more money available than ever before. Financial aid experts agree, however, that the sooner families begin their search for sources that can help them, the greater are their chances of receiving financial aid.

Currently there are over 400,000 independent and private scholarship and grant sources available to students some of which pay 100% of a student's tuition.

More than 80% of these scholarships do not depend on family need or exceptional grades but are awarded based on factors such as student's interests, hobbies, academic focus, age, heritage, religion or parent's work or military experience.

According the *Wall Street Journal*, students "can increase their chances of receiving financial aid simply by understanding how the process works." It is important for students who want to enter college in the fall of 2001 to start gathering information now to identify the sources that can help them.

The financial aid process can be somewhat confusing especially for those going through it for the first time. But students who learn the basics and the inside workings of the system are much more successful in securing scholarship and other financial aid to help pay for tuition, room and board, text books, and other costs.

Now, through the resources at the National Academic Funding Advisory (NAFA), an updated publication for 2001-2002 is available to help students understand the financial aid process, show them the essential *Steps to Success* in receiving scholarship aid, and identify sources that can help them receive funding.

For information on how to receive scholarship money for college, trade school or graduate school send $2 to cover handling to NAFA, 188 Summer Street, Scholarship Dept. E1, Portsmouth, NH 03801.

Local angus breeder recognized for owning bulls in evaluation

Eaglestone Farm in Carlisle, Kentucky owns three bulls listed in the 2000 Fall Sire Evaluation Report published by the American Angus Association headquartered in St. Joseph, Missouri. Issued in both the spring and fall, the new report features the latest performance information available on more than 5,903 sires.

"The American Angus Association has the most complete and comprehensive beef cattle database in the world," says John Crouch, American Angus Association director of performance programs.

"Of the sites listed in the main report 74 percent have expected progeny differences (EPD's) for carcass traits, which should assist cattlemen in choosing genetics that will produce a more consistent, higher quality beef product." EPD's are generated from performance date submitted by breeders through the Angus Herd Improvement Records (AHIR) program.

Traits in which EPD's are available include birth weight, milk, yearling weight and height, mature daughter weight and height, and scrotal circumference, as well as carcass traits including carcass weights, marbling, rib eye area, external fat thickness and percent retail product.

The analysis for the sire evaluation report is conducted at Iowa State University.

Do you want to change your life?

The Nicholas County Adult Education Program classes are held on Monday and Tuesday from 10:00 a.m. until 8:00 p.m. in the Community Action Center.

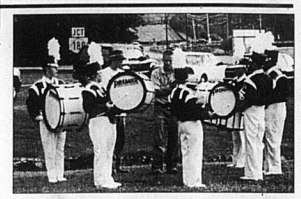
To enroll in classes in Nicholas County, please call 859-289-7172.

BAND from front

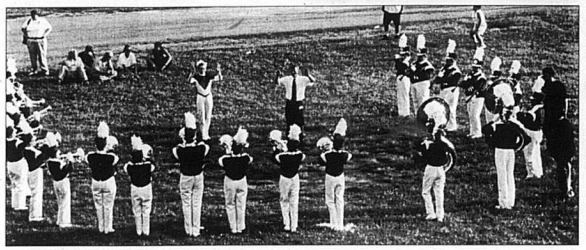
County survived without any illnesses, band director Eric Hale commented, "We are a little more conditioned."

There were sixteen bands in the competition. The Nicholas County Band came in first place in Class AA and best overall colorguard.

Field commander Holly Bussell led the band to the overall grand championship. The band qualified for state.



Members of the award-winning Nicholas County High School band practice prior to Boyd County competition.
Photos courtesy of Greenup County News-Times.



New Surgeon Adds "State-of-the-Heart" Capability

Dr. David Collins is pleased to announce his new practice with **Leonard Lapkin, M.D.**, and **Laura Reed, M.D.**, at **Eastern Kentucky Cardiothoracic Surgery, PSC.**

Specializing in surgery of the heart, lungs and major blood vessels, Dr. Collins performs a wide variety of surgical procedures, including:

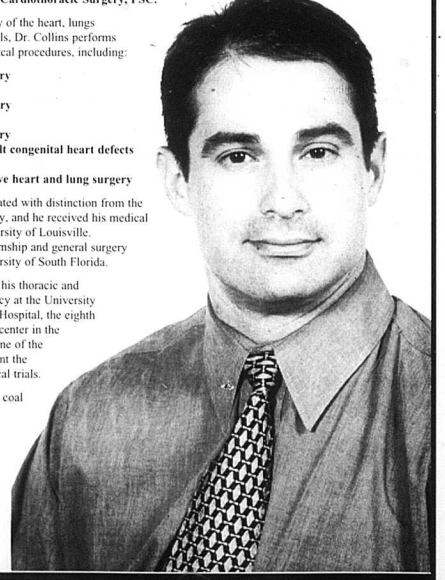
- **open-heart surgery**
- **thoracoscopy**
- **pulmonary surgery**
- **aortic surgery**
- **esophageal surgery**
- **the repair of adult congenital heart defects**
- **heart laser**
- **minimally invasive heart and lung surgery**

Dr. Collins was graduated with distinction from the University of Kentucky, and he received his medical degree from the University of Louisville. He performed his internship and general surgery residency at the University of South Florida.

Dr. Collins completed his thoracic and cardiovascular residency at the University of Louisville / Jewish Hospital, the eighth largest heart and lung center in the United States. He is one of the first surgeons to implant the artificial heart in clinical trials.

Born and reared in the coal fields of Southeastern Kentucky, Dr. Collins is one of five fifth-generation brothers from the coal-mining town of Lackey.

Dr. Collins is Board Certified by the American Board of Surgery.



Eastern Kentucky Cardiothoracic Surgery PSC

David Collins, M.D.
Eastern Kentucky Cardiothoracic Surgery, PSC
2301 Lexington Ave.
Suite 125
Ashland, Ky. 41101
(606) 324-9918

'Bobby & Loretta, worlds apart...'

From the Sidelines

Denver Brown
Sports Writer

Over the weekend, vastly different experiences happened to a pair of American Icons.

As a sportswriter and country music fan, it was an emotional weekend. I had to sift through my feelings of Bobby Knight's ousting from Indiana University — but I got to turn up the volume and listen with a smile to Loretta Lynn's newest release.

Both Knight and Lynn had achieved superstardom in their respected arenas years ago. Surpassing their contemporaries in both ability and longevity to a point where peering down on the rest must have been lonely — and obviously costly in Knight's case.

After IU had suffered through "too much" incidents involving the volatile coach earlier this year, the school's administration levied the "Zero Tolerance" policy. Less than four months later, Knight was packing his red and white bags and dusting off the resume, something he hadn't done for nearly 30 years.

I'm a little disappointed in the Hoosier hysteria and hoopla surrounding the final few years of Knight's tenure. But I'm a lot disappointed in The General. Even if this most recent (and final) straw that sent the camel to the floor was legit, the coach's behavior was ridiculous — especially if he I knew he was under the moral and ethical microscope!!

Personally, I believe it was a set up from the start. The college freshman son of an outspoken Bloomington radio personality, and adamant Knight foe, happens to be in the Hoosier basketball building and just happens to use disrespectful manners in addressing a human time-bomb in a red sweater?

The only thing that smelled more fishy than the sting was Knight's explosive reaction. Yelling, maybe even cussing the ingrate, I could have dismissed. Grabbing the teen by the arm got Knight out of the frying pan and into the fire. But he knew all this and still he couldn't prevail. Maybe he didn't want to.

Oh well. Sad end to what has been chronicled as one of the great stories in the history of sports — not every athlete wins his final game and not every coach gets to say when he (or she) is done with the whistle.

But on a more harmonious note, the Coal Miner's Daughter is back!!

I guess I'd rather meet Loretta (listening to her music and interviews for so many years, I feel I'm on a first-name basis) than anyone else. Her off-the-cuff attitude and down-home demeanor have made her *the* undisputable lady legend of country music.

Nearly 20 years since her last charted solo single, Lynn is back with a new album titled "Still Woman Enough!" Remember the old standard she barked at a jezebelin' lady trying to take what was Loretta's in "You Aint Woman Enough"? That's country gold!

She sounds great (and she's almost 70!) and her songs on the new cut are toe-tappin', eye-waterin' sing-alongs. Her tribute to late husband Doolittle "Mooney" Lynn, *"I can't hear the music anymore"*, will leave goosebumps on your arms and an ache in your heart — it's powerful.

Patsy's gone. So is Tammy. Kitty doesn't do much anymore and Dolly is into wigs, movies and amusement parks. But here's Loretta, in the studio cutting a record, as they say in the music business.

Doing what she has done for nearly 40 years. She sings from her heart about men, women, relationships and life. I like her and I'm glad she's back on the charts.

To all of you glamour wannabe queens of Country Music, Shania, Lee Ann, Faith and the rest, make your videos and earn your millions, but when Ms. Lynn walks by you in one of her sweeping ball gowns at an industry function or awards show, tip your hat, get on your knees,thank and praise the woman who didn't just open the door for your success, she threw it off its' hinges!! You go, Loretta!

Like I said, two *very* different happenings to *very* different people!

See you at the game (and at Renfro Valley later this fall if I can get tickets for one of two Loretta Lynn shows!).

'JACKETS from front

Last season's shutout win over the Panthers in Carlisle, helped Nicholas County roll through the fall and take the District Championship. In Friday's loss, the 'Jackets struggled on both sides of the ball.

"My hat's off to them," Letcher said of the Panthers' effort. "They hit us hard, as hard as anyone since I've been here at Nicholas County.

The Panthers made it clear from the onset they were going to play BIG in their matchup with the undefeated 'Jackets. After Nicholas County's Josh Fryman booted the kickoff that sailed into the Fleming County endzone, the hosts took over first and 10 from their own 20-yard-line. On the first play, Panther quarterback Jared Wagner connected with one of his receivers for an 11-yard gain.

On the second play, the Panthers scratched out a 26-yard gain on the ground. Back-to-back first downs on the opening two plays — things didn't get much better for Letcher & Co.

On that opening drive, the hosts had third and 10 but Wagner was stuffed by Nicholas County's Dustin Hill and Dustin Stoddard at the line of scrimmage, setting up fourth and as double-digits.

Instead of a punt, a completion to wide receiver Brad Price gave the Panthers their third first down of the first few minutes of the game.

The visiting 'Jackets managed to keep Wagner and the Panther offense out of the endzone (on this drive) when Ryan Hunter made the tackle on fourth and five from the five at 9:03 in the opening period. After that opening drive scare, the 'Jackets looked to rip away the momentum and start grinding out yards of their own when Darrin Harrington galloped for six yards.

But two more plays and nothing to show forced Fryman to punt with his backside awful close to his own endzone. Fleming County's Derrick Salyer covered the kick and then reversed his return for a 45-yard touchdown run. With the kick, it was 7-0 Panthers at 7:09.

Fryman intercepted Wagner as the Fleming quarterback was in the grasp of a slew of 'Jackets and heading to the turf. The Nicholas County offense picked up three first downs (a 12-yard grab by Hill, Seth Saunders catches Fryman's throw 20 yards up the sidelines and then is given 15 more on the Panthers' cheap shot, Richard Reid goes over Corbin Marshall and Salyer for nine) to end the first quarter.

Looking for paydirt from 10 yards out, Fryman gets locked up by the Panther defense and is intercepted by Stewart Jones. The Fleming County junior defensive back then hustled 90 yards for the score and the 13-0 lead.

"It was a break down on our part," Letcher said. "We just didn't do what we're supposed to do — if we got out of position or missed a block, they turned it into a big play."

The 'Jackets managed to get on the board before the break. On third and eight from the 47-yard-line, Hill took the screen pass from Fryman and pounded through the Panther defense and into the endzone. Fryman's kick made it 13-7 with 7:31 to play in the opening half — now sweat, yet!

Too many unanswered points in the third and fourth quarters sent the 'Jackets out of Flemingsburg with their first loss of the season. But Letcher said the loss can be a lesson.

"It was a good learning experience for our kids," the coach said. "We broke down the films and those mistakes are things that we can correct, improve on.

"Not knowing what to correct will come back to bite you," Letcher said.

The 'Jackets face Ludlow on the road tomorrow and then host Fairview next Friday, Sept. 22. The Nicholas' County freshmen hosted Rowan County Wednesday night in Carlisle — look for a game recap and photos in next week's edition of ***The Carlisle Mercury***.

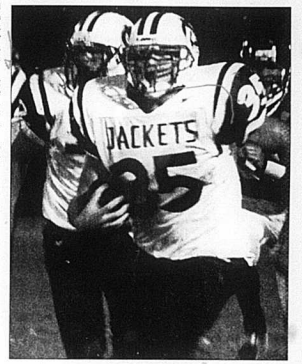
Denver Brown photo

'Big, blue fans!!'

Nicholas County football fans (and Nicholas County High School students) Shane Smith, Danielle Snapp and B.J. Tincher watch the 'Jackets take the field at Fleming County last Friday night. Head Coach Greg Letcher and his 'Jackets hit the road again this week for a clash with Ludlow.

Denver Brown photo

The Nicholas County football captains; Jacob Broderick (68), Dustin Hill (35), Josh Fryman (15) and Ryan Hunter (45) meet at midfield with the Fleming County Panthers prior to Friday night's kickoff.



Senior running back Dustin Hill, 35, carries the pigskin against Fleming County.

Photo courtesy of **Memories & More**

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Alabama's Gulf Coast – One of the many things that makes
Alabama

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