Racing Reporter A whilaing Waitrip gets Talladega victory By Gerald Hodges! Top-10 Craftsman Truck series points leaders after 20 of 25 taces 1. But after they throwed that cau tion the car started coming around. I word 2566. 6. Hamilton-2856. 7. got just enough memeratum going Crawford-2815. 8. Edwards-2683.9.

Talladega victory
By Gerald Hodgest
the Racing Reporter
Michael Waltrip emerged victorious over his teammate. Dafe
Earnhard F. in a furious four-lap
shociout in Sunday's Winston Cup
180 of the 188 lap race from Rurt
Hosen. Sol. 182 Dale Earnhardt:
Ir. who was running second at the
time, attempted to block Polesitter
Elliott Sadler.
Sadler swerved left to avoid
Earnhardt Ir. and brushed the fender
of Kurt Busch. 80. 97. Sadler's No.
38 M&M's Ford went airborne, and
then rolled over five times before
coming to rest on the infield apron
on its wheels.

its wheels.

Sadler pulled himself from his
n up race car, but was airlifted to
hospital as a precautionary mea-

NASCAR displayed the red flag the race would not end under yel-

so the race would not end under yel-low.

• When green flag racing resumed, there were only four laps left at the 2.66-mile track.

The top-five leaders were water, Earnhand Ir., Ward Burton, Warten, Earnhand Ir., Ward Burton, Royan Newman.

Waltrip got a good Jump-on the start and pulled away. On the next lap, Gordon passed Burton for the third spot, and closed in on Earnhardt Ir., a red No 8, who began to block him.

Ir. s red No 8, who began to block him. As the cars took the white flags, signifying one lap, it was Walling Harmon of the cars took the white flags, signifying one lap, it was Walling Harmon of the Constitution of the Constit

race.
"I didn,t like the car all day. And
I told them so. I guess you could say
I was whining. In the back it was no
good, but when we got to the front, if

was all right. After it crossed the fin-ish line it was a great car."
Waltrip's teammate Dale Earnhardt Finished second.
"He had a great car," said Earnhardt Er "Mikey (Waltrip was my toughest competitor, because he knows all my tricks, It just didn's work out today, and we wound up-second.

second.

"Cars were buntping into every-body. Some could handle them and some couldn't. I think I had some-thing to do with Sadler crashing."

Point's leader Matt Kenseth had his first DNF of the season. His points lead is now 354 points over

Point's leader Matt. Kenseth had:
his first DNF of the season. His
points Jead is now 354 points over
Kevin Harvick.
Finishing o'rder: 1. Michael
Mairing, 2.Dale Earnhard H., 3. Tony
Stewart, 4. Ryan Newman, 5. Jeff
Gordon, 6. Kurt Busch, 7. Aevin
Harvick, 8. Ricky Craven, 9. Rusty
Harvick, 8. Ricky Craven, 9. Rusty
Mallace, 10. Mike Wallace, 11
Bobby Laboute, 12. Robby Gordon,
13. Bill Elliont, 14. Ward Burton, 15
Bill Elliont, 14. Ward Burton, 15
Bill Elliont, 14. Ward Burton, 15
Dale Jarrett, 20. Kenny Wallace, 10
Nark Martin, 24. Grig Biffle, 25
Joe Nemochek, 26. Jason Keller, 27
Mike Skinner, 28. Christian
Fittipaldi, 29. Jason Jarrett, 30. Elliott
Mike Skinner, 28. Christian
Fittipaldi, 29. Jason Jarrett, 30. Elliott
Johnson, 35, David Gireen, 6. Ricky
Rudd, 37. Casey Mears, 38. Jerenty
Mayfield, 39. Sterling Martin, 40.
Buckshot Jones, 41. Johny Bengon,
42. Jimmy Spence, 43. Larry Foyt
Top-10 points leaders after 20
Top-10 points leaders after 20
Tarrett, 371, Larnhardt F., 3441,
4. Johnson, 3751, 5. Newman, 3738,
4. Johnson, 3751, 5. Newman, 3738,
4. Johnson, 3751, 5. Newman, 3746, 10. T. Labonte, 3928
Kerry Earnhardt wins at Mjobile
Meanwhile down in Mobile, Als-

Kerry Earnhardt wins at Mobile Meanwhile down in Mobile, Ala-bama, Kerry Earnhardt won an exhi-bition race over

bition noe over several other Wig-ston Cup drivers.
Earnhard oversame a had start in the second segment of the Driver of Rock race Thursday night as Mobile International Speedway to beat in the second segment of the Driver of Michael Waltrip finished two more car lengths further back in third-place.
"On that second start I had some junk on my tires on the restart," and Earnhardt. "I thought I had a flat there

gor just enough momentum going into turn three to catch and then pass Kenny before we got to the finish." Flagman Jimmy Spencer threw the yellow flag on lap three of the 10-lap second segment for what he said was debris on the front straighthaway. But after careful inspection by MIS safety crews, no debris was formed.

MIS safety. crews, no debris was found.

Kenny Wallace won the first 10-jay race, followed by Waltrip, and then Earnhardt. Spencer, who had been, slated to race, had problems with the seat in the car he was assigned, so he went to his back, which was a motorcycle.

The MIS race director promptly disqualified him.

After the disqualification. Spencer climbed into the flagman's tower and served as fagman for the race.

The field was inverted for the second race which meant Earnhard was the leaster. He lost the lead in turn two Waltrip. Earnhardt then almost to Waltrip. Earnhardt then a lamost to Waltrip. Earnhardt then a lamost to Waltrip. Earnhardt then a lamost to Waltrip.

the leader. He lost the lead in rurn two to Waltrip. Earnhardt then almost slipped off the back straightaway. Wallace began to gain on Waltrip, and soon, they were racing side-by-side around the track. During lap three, Wallace got un-

During lap three, Wallace got un-Wallrip for the lead.

At the end of lap three was when encer showed the yellow flag. This noched the cars up and Earnhards, no had apparently been able to ran his tires by this time, was able keep up with the other two driv-, and had just enough speed for the

Racing Jevia Question: Who is the crew chief on Jimmie Johnson's No. 48 Lowe's Chevrolet? — Last Week's Question: How many points does a driver earn for leading, a Winston Cip or Busch series race? Answer: A driver receives five points, for leading at least one lap. The driver that leads the most laps receives 10-ceives.

Gerald Hodges the Racing Re-porter is a syndicated NASCAR col-umnist. If you have a racing question that you would like answered send it to The Racing Reporter, P.O. Box 160711: Mobile, AL, 36616, or e-

win. "It's going to be a long ritle back for those other two guys listening to young Earnhards," said Spencer. "To me, he drove a stnart race and just beat their pasts off." Neither Wallace nor Waltsip seemed to be too upset that they had jost the race. "Heck, I had a lot of fam," said wallace. "I thought it was a great race. To lose by just a few feet is like a win to me."

By: Dr. Roy Don Whitehead

Do You Want to Live Longer?

Do You Want to Live Longer?

I heartily recommend to you a new book, Emotional Lóngevity. What Really Determines How Long Tyo, Live by Norman B. Anderson: Especially if you are work in the filed freeth of the health early, his book is for you. Dr. Anderson was the associate director of the National Institutes of Health before accepting a teaching, position at Harvard University. The NIH, the medical research arm of the federal government, is made up or twenty-seven institutes that conduct research into all minner of diseases. In his book Dr. Anderson has gathered information from the latest medical research. Here are some of his conclusions.

medical research. Here are some or his conclusions.

1. Optimists live longer than pes-simists. As with all of his conclu-sions, Dr. Anderson cites relearch studies to support this claim. How you perceive both the past and the future affects longevity. If you tend to blame yourself for past mistakes or if you see the future as dark and bleak, your chances of living longer decrease.

2. People with multiple social ites live longer than loners. The fre-genery of contact that you have with family and friends affects how long you live. A study using mice found that when a certain hormone was de-pleted, the mice sought contact with others. That contact with other mice then increased the amount of that hormone that was present.

3. People who go to church live, longer. This may be for a multitude of reasons but one reason is that these people have a way to understand life is tragedies that helps them to cope. They may believe it was God's will that a certain event happened or they may explain it in some other way. The important fact, as far as longevity is concerned, is that they find an explanation: that satisfies them.

them.

4. People with more education and or higher income live longer. Many studies have shown this but the most received and the studies have shown this but the studies have shown this but the studies have shown the studies better health dare, live in safer neighborhoods and (cometimes) have self-nancial stress. This does not explain why someone who makes a million dollars a year lives longer than someone who makes a half a million a year. Research into this is

Cook-2606, 10. Chaffin-2537
The Busch series had an off wer

The Busch Weekend The Win The Busch series had an off week. Weekend Racing The Winston Cup and Busch teams are at Kansas City, while the Craftsman Trucks are at South Bos-

i, VA. Saturday, Oct 4, Busch Series Mr. odCents 300, race 28 of 34, Start-time: 2 p.m. (EST): TV: NBC;

Distance: 200 laps/300 miles: Defending champion. Jeff Bustos. Ford. Saturday, Get. 4, Craftman Truck 250, race 21 of 25, Starting time: 4:30 pm. (EST); TV: Speed Channel; Defending champion: Mike Bliss; Chevrolet. Sunday, Oct. 5, Winston Cup Banquet 400, race 30 of 36, Starting time: 12:30 pm. (EST); TV: NBC; Distance: 257 laps/400 miles: Defending champion: Jeff 'Gordon, Chevrolet.' Kansas Speedway étack information: Date opened: 2001: size: 1.5 degrees, Banking on fronistretch: 10 degrees, Bankstretch: 3 degrees, Crandstand capacity: 75, 000.
Racing Tetra Question: Who is the crew chief on Jimmie Johnson 'No. 48 Lowe's Chervolet.'

Gerald Hodges/the Racing Re-rter is a syndicated NASCAR col-

It's forest fire season estry needs your help in stopping this senseless crime. Call the Target Ar-son Hotline at 1-800-27-ARSON You may qualify for a cash reward it your-information leads to an arrest

Season runs Oct. 1 thru Dec. 15th

thru Dec. 15th
It's forest fire bazard season again in Kentucky, the fall forest fire bazard season began Oct. 1 and runs
foreign Dec. 15. Suring this time is
so lilegal to burn sixything for within
land except between the lours of 6
p.m. and 6 a.m.
"This year, more than ever, citizens who live in and around our
state's woodlands should take extra
precautions to ensure their property
is safe from wildfire," said Leah
MacSwords, directy of the Kentucky
Division of Forestry. "Current budget constraints have impacted the
division's resorters, "Current
published in a previous
forestronger and
present
pr

Division of rotestry. Current suggest constraints have impacted the division's resources both in personal and equipment. We have fewer recovers a small provide the best protection and fasteur response possible with the resources we do have. "Citizens and communities can take steps now to "Firewise" their homes and communities. Firewise is a national program designed to reduce the widdfire danger to homes and communities. Some of the simple things that the Firewise Communities and communities. Some of the simple things that the Firewise Communities and communities. Some of the simple things that the Firewise Communities is a national program designed to reduce the widdfire danger to homes a local communities. The same communities was a national program designed to reduce the widdfire danger to home show that the communities of the same communities are considered to the same communities and communities and communities are considered to the same communities and communities and communities are considered to the same communities are considered to the same communities and communities are considered to the communities and communities are considered to the communities and communities and communities are considered to the communities and communities and communities are considered to the communities and communities and communities are considered to the communities are considered to the communities and communities are

all the way around your home, en-closing decks so leaves can't blow up under them and stacking firewood away from the house. For more in-formation on the Firewise Commu-nites Program, visit their web site at www.firewise.org.

www.firewise.org.
Another way citizens can reduce the wildlife threat to their homes is by reporting arsonists. Arson is the leading cause of forest fires in Kentucky. Wildland arsonists have burned nearly half a million acres of Kentucky's forests in the last four years. The Kentucky Division of For-

MARY KAY

you can please everyone

You'll be pleased to know Mary Kay offers products looks to advanced skin care product line lodovi

Tammy Taylor Independent Beauty Cons

ongoing.

5. The degree of control you have in your job affects longevity. If your boss hovers over you all the time and you have no choice about when or in what order to complete your work, you probably will not live as long, you probably will not live as long, or you probably will not live as long, at your head to be a long to the live of 606-256-8137 TamtaylorinMtVernon@marykay.com

For Rent: 7 room house, partly furnished in Red Hill Area, Call 453-4497. 5[x1p

Gigantic Yard Sale: Old McKenzie Court parking lot by Lil' Roy's Used Furniture. Lots of tools, furniture, a/c, some-thing for everyone. Thurs., Fri., & Sat., 9 to 6.

For Sale: 2 bedroom suites, \$1,200 for both. Must sell ASAP 758-9599 50x1p

* Xtreme Body LLC

watched someone die a horrible death, your health will be better if you disclose that.

7. Angry people are cutting into their life spans. This is also true of people who are depressed or suffer from anxiety.

Westgate Center Hwy. 150 - Mt. Vernon 606-256-0250

New Hours:

Monday - Friday 9 a.m. to 9 p.m. Closed Sat. & Sun.

New Gym Packages Include:

Daily Visit Treadmill Only Senior Citizens \$5.00 \$10.00 \$15.00 Single Adult Monthly Couples Plan Monthl Family Plans \$20.00 \$55.00

New Tanning Packages Include:

1	Visit		\$3.00
5	Visits	4	\$12.00
10	Visits		\$20.00
95	Vielte		\$45.00

Every Products Sold 50% off everyday! waetish Beauty \$44.99 - Sex Pot \$14.99 Australian Gold \$25.99 - Tattoo \$32.99

Gift Certificates Available

All Vitamins and Supplements: Buy One at 50% off, Get One Free!!

such as one of the little girl over and

and indictment.
Accidental fires are the second leading-cause of forest fires in Kenucky. Safety precausions should be taken and weather conditions considered before conducting any outdoor burning and remember to check with the Kentucky Division for Air quality and Division of Waste Management to make sure you are to compliance with their outdoor burning regulations.

regulations.

For more information on the for-est fire hazard season, burning laws call Kentucky Division of Forestry at 1-800-866-0555.

"Loudermilk"

(Cont. fromFront)

They found bodies of men.

"They found bodies of men, women and children, who had been murdered by Hussein's regime." Ryan said. "In my opinion he was tuthess, "he said. "In my opinion he was tuthess, "he said. "In my opinion he was the said. "In my opinion was many people were very, very happy to soe ye and, although we lost many brave men and women, I think we should be there." Ryan said.

If es spoke of one incident that a fraq told him of, in which one of Hussein's sons took a 12-year-old girl from her home and raped her.

m her home and raped her. Ryan said the man told him that

re was absolutely nothing he could and he thought his daughter would

do and he thought me unugue.

The result of the horrible incident didn't turn out the way the father had hoped. Hussein's son had the child chopped up and thrown in a river.

"We were told stories and stories

such as one of the little girl over and over by people in Iraq. 'he said. Ryan's unit was one of those which helped recutabilish the police force in Iraq and the entire Vegon's best interest at heart. Ryan also said he' thought, it would take up to sen years for the interest at heart. Ryan also said he' thought, it would take up to sen years for the colored. 'It is one going to happen overnight,' he said. 'But it is my belief that the U.S. will do everything in our power to see another country the control of the colored.' The said. 'But it is my belief that the U.S. will do everything in our power to see another country set free from a vynant and think the region will be much better off for our efforts,' he said. But it is my becifforts, 'Byan, who can be called back to receive duty for up to two years said he prays for his fellow servicemen and women and appreciated all of the love and support he has received.

"Petition" (Cont. from Front)

"Petition to Kentucky Tran "Petition to Kentacky Trans-portation Cabinet for Safety De-vices at the following locations." We, the undersigned, residents of Reckepal we, the undersigned, residents of Reckepal we will be the control of the con-trol of the control of the control of the con-trol of the control of the control of the total control of the control of the con-trol of the control of the control of the petition of the control of the control of the special control of the control of the con-trol of the control of the control of the con-trol of the control of the control of the con-trol of the control of the control of the con-trol of the control of the control of the con-trol of the control of the control of the con-trol of the control of the control of the con-trol of the control of the control of the con-trol of the control of the control of the con-trol of the control of the control of the con-trol of the control of the control of the con-trol of the control of the control of the control of the con-trol of the control of the control of the control of the con-trol of the control of the control of the control of the con-trol of the control of the control of the control of the con-trol of the control of the control of the control of the con-trol of the control of the control of the control of the con-trol of the control of the control of the control of the con-trol of the control of the control of the control of the con-trol of the control of the cont

of U.S. 150
2) Traffic Control-Signals at the intersection of Ky. 461 and Ky. 13.26 (Old Brotheast-Mt. Vermor Royal.
3) Traffic Control Signals at the intersection of Ky. 461 and U.S. 25 (Richmond Street)
4) Warning devices on Ky. 461 prior to approach to intersection with Ky. 13.26
5) Warning devices on Ky. 461 prior to approach to intersection with U.S. 25

EE HEALTH ESSENTIALS WAL

RUN AND HEALTH WALK OCTOBER 11, 2003

Place: Start & Finish Line - Rockcastle Courthouse Date & Time: Sat., October 11, 8 a.m.

Entry Fee: 512.00 (must be postmarked before October 4, 2003)

\$15.00 Late Entry Fee Parking: Free in courthouse area

Course: Marked, paved course within city limits Packets: All race numbers will be available the morning of the race starting at 7 a.m.

> Group Classifications . 14 and under 20-29 Wheelchairs 15-19 40-49

> > Awards

50-59

\$100 Cash awards to best overall male & female finishes \$100 Cash awards to best 50+ male & female finishes \$100 cash award to best wheelchair finish and 1st, 2nd, 3rd recognition in each group

199 11	Entry I	orm	-
Name			
Address			
City	-1 11 to 1	State	
Phone ()_			
Birthdate			
Age on Race	Day,		Sex,
T-Shirt, Adul	t Size Preference	(circle one) M	L XL

60+

Race Participation Agreement
I understand that my consent to these provisions is given in consideration for

Send check and this form to: Bittersweet 5K Run, PO Box 1350, Mt. Vernon, KY 40456 Race conducted by John's Running Shop Proceeds to benefit Mt. Vernon Fire Department