

# NICHOLAS COUNTY ENROLLMENT

New Modern, Multiple-Coverage Health Insurance Designed For Individuals and Families

Providing Peace of Mind Through



Reserve Life Insurance Company  
DALLAS, TEXAS

For 20 Days Only - April 5 to April 25

## county-wide enrollment

Our representatives will make a concentrated effort to show this remarkable plan to residents of Nicholas County and the city of Millersburg during the dates shown above.

Here, finally, is true, all-around health insurance protection under one policy against loss in the major areas of modern medical care from one of the nation's leading health insurance companies! You select the type and amount of coverage to fit your needs... then you may choose the specific coverages and amounts for every individual member of your family in this Reserve Life's "tailored" health insurance (Form GR-52).

**NO AGE LIMIT!** This remarkable new plan is available to individuals of all ages.

**NO WAITING PERIODS!** There are no waiting periods in this policy (except for maternity and pre-existing conditions). This policy even covers most pre-existing conditions. Of course, there is a brief waiting period for pre-existing conditions.

**COVERS MOST PRE-EXISTING CONDITIONS!** This policy even covers most pre-existing conditions. Of course, there is a brief waiting period for pre-existing conditions.

**PAYS IN ADDITION TO OTHER INSURANCE!** This unique plan pays in addition to Medicare and insurance you may have with other companies.

**NO DEDUCTIONS!** There are no deductions in this policy (except for pre-existing conditions). Covered benefits are payable with the first dollar of expense.

**GUARANTEED RENEWABLE!** This policy is guaranteed renewable on every adult member of the family and continues in force after he or she becomes eligible for Medicare or State Medical Assistance by paying an increased premium according to his attained age and class of risk. This feature also applies to a dependent child until his 20th birthday after which the prevailing adult rate must be paid for the policy to continue in force.

**TAX DEDUCTIBLE!** Under current income tax laws, premiums paid for health insurance are deductible when itemized in an individual's "long form" income tax return.

### SEE WHAT THIS FLEXIBLE, BUY-ONLY-WHAT-YOU-NEED POLICY CAN OFFER:

**Hospital Room & Board**

You select the cash benefit that suits you best for hospital room, meals and general nursing care under the provisions outlined in the policy.

**Misc. Hospital Expense**

You select the cash benefit that suits you best for such items as operating room, anesthesia, laboratory, x-ray, medicines, supplies, blood, oxygen, iron lung and other medically necessary items except room and board, under the provisions outlined in the policy.

**Surgical Fees**

You may select the schedule of cash benefits that suits you best for doctor's services at home, in his office, at the hospital or under the provisions outlined in the policy. Both doctor bills and surgical fees are not payable for the same accident or disease, of course.

**Doctor Bills**

You may select the cash benefit that suits you best for pregnancy, miscarriage or complication of pregnancy under the provisions outlined in the policy. There is a waiting period for this benefit.

**Maternity Benefits**

You may select the cash benefit that suits you best for pregnancy, miscarriage or complication of pregnancy under the provisions outlined in the policy. There is a waiting period for this benefit.

Don't gamble your family's health and savings!  
FIND OUT ABOUT THIS FLEXIBLE, MULTIPLE COVERAGE HEALTH INSURANCE THAT'S AS MODERN AS TOMORROW!

Reserve Life Insurance Company **rli**  
Home Office Dallas, Texas

**RESERVE LIFE INSURANCE COMPANY**  
P. O. Box 5067  
LEXINGTON, KY 40504

PLEASE RUSH ME COMPLETE FREE INFORMATION ON RESERVE LIFE'S COVERAGE HEALTH INSURANCE WITH NO OBLIGATION

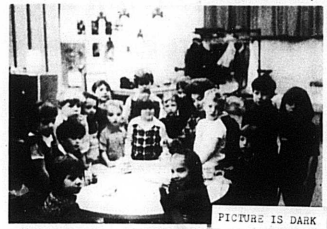
PLEASE SCHEDULE A PRIORITY APPOINTMENT FOR ME IN MY HOME ON \_\_\_\_\_

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_



### Head Start happenings

The children in Head Start have been learning about community helpers this month. To help them understand a little more about their helpers and their work the children were given a tour through the Post Office by John Anderson, Postmaster. Also they got to visit the County Fire Department and see the fire truck and equipment. One day recently they had a special



Lunch break

**NOTICE**

Notice is hereby given that the undersigned have made and filed their Final Settlement with the Judge of the Nicholas County Court and that the same will be confirmed as a matter of law unless formal exceptions are filed thereto.

Clary Fichtmaster and Sterling Blake, Co-Executors of Emmett G. Duncan estate  
Edna S. Duncan and William R. Duncan, Co-Administrators of Gano E. Duncan estate

J. Berry Burnaw, County Clerk

### SUSAN DUFF'S CALORIE COUNTDOWN

**DRESSING DOWN SALAD CALORIES**

Most calorie counters revel in crisp tasty salads, and well they should for most fresh raw vegetable salads are slimming and healthful taste treats. Before the dressing goes on, that is. True, there are some very virtuous dieters who are perfectly satisfied to pour on a little lemon juice and they are indeed fortunate since lemon juice has only about 3 calories per tablespoon. But, for many of us otherwise dedicated dieters, lemon juice just doesn't do the trick when it comes to dressing up a salad.

The commercially bottled diet salad dressings can be very tasty and often cut the calorie count by half. It would be pointless to list the amount of calories in these diet dressings here because they are invariably listed on the labels. Do check the labels, however, as some of these special dressings are made for diabetics and this means they may have eliminated sugar, but not necessarily calories.

If you really love the bottled commercially marketed salad dressings, you might find that their calorie counts are only slightly less staggering than you imagined: French dressing is lowest at 65 calories per tablespoon; blue cheese is next at 75 calories for one tablespoon; Thousand Island has 80 calories in a tablespoon; and one tablespoon of Italian dressing has about 85 calories. Even if you prepare salads for an entire family, there are ways you can measure your own salad dressing portion to keep the calories down: Mix the salad without dressing for the others and serve the salad dressing in a bowl as they often do in restaurants. Then, try to limit yourself to only one kitchen serving spoon of the dressing (this will be generally equivalent to one tablespoon).

If you're enamored of mayonnaise, remember that it contains 100 calories per tablespoon. The commercial, mayonnaise-type salad dressing can cut this count considerably, however, as one tablespoon has 65 calories. Low-calorie mayonnaise, I might mention, really is a great substitute for the real thing because it tastes pretty good and contains only 20 calories per tablespoon.

If you make your own home-cooked salad dressing, congratulations on your culinary and calorie-counting acumen. The standard recipe for homemade boiled salad dressing contains only about 20 calories per tablespoon. Despite the large quantities of sugar required in recipes for this type of dressing, they are made without oil which greatly reduces their calorie count. Look for a good recipe for this boiled type dressing.

Now speaking of oil, let's examine the possibilities for those salad lovers who like to dress their fresh greens with oil and vinegar. First of all, vinegar is so low in calories that the U.S. Department of Agriculture lists the calorie content of one tablespoon of vinegar as "trace." For our purposes, that means zero—so

far, so good for oil and vinegar fans. However, as for the oil, there are almost 200 calories in one cup (1/4 cup) to be exact and it might easily use as much as a cup of oil on a large family salad. Even if you measure an exact tablespoon of oil (that's 125 calories) and splash on a little vinegar, you've still added more calories than are in the prepared dressing. You might be wondering if different oils contain varying amounts of calories—there has been quite a brouhaha recently aroused by health food faddists as to which of the oils are healthiest. Well, all the oils (vegetable, corn, cottonseed, olive, peanut, safflower and soybean) contain exactly the same amount of calories (125 per tablespoon) and all of them have a zero carbohydrate count. Oils differ only in their fatty acid counts and, if you are concerned with this in your diet, corn and safflower oils have the lowest saturated fatty acid counts (only one gram per tablespoon of either).

As for oleic unsaturated fatty acids, safflower oil is still the champ at one gram per tablespoon and olive oil has only one gram of linoleic unsaturated fatty acids per tablespoon, which makes it the lowest in that category. Meanwhile, for the everyday calorie counter oil can be pretty lethal on your salad and you'd do best to use it very sparingly, if at all. (©1972, McNaught Syndicate, Inc.)

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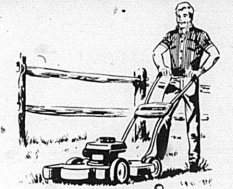
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