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K.E.A. spelling winners named

Each year the Kentucky Education Association sponsors a state-wide spelling contest which is held at the annual K.E.A. meeting. The finals will be at Louisville on April 7.

Spelling competition includes students in grades four through eight, and an opening list is given for them to study. Grade-level winners in Nicholas County were Rebecca Crawford, Emily McMillen, Mary Farah, Sonya Johnson and Mike Hookkline.

The system wide spell-off was held in the elementary school cafeteria Tuesday, Jan. 18. Judges for the final were Mrs. Robert Sparks, the Rev. Philip Hastings and the Rev. David Hancock. Coordinators for the contest were teachers Chloee Harris and Harry Spickler.

To best prepare the candidates for



Spelling contest winners
Winners of the KEA spelling contest held Jan. 18 at Nicholas County Elementary School are, from left, Rebecca Crawford, first place; Emily McMillen, second place; and Sonya Johnson, third place. — Photo submitted.

Beshear notes hypothermia dangerous condition for elderly

Winter is a time of many illnesses and injuries. Cold, icy weather can bring about heart attacks, frostbite and asthma, as well as broken bones due to falls. Staying in cold places for long periods of time can harm anyone, particularly the elderly. Even cool temperatures can trigger accidental hypothermia. Attorney General Steven L. Beshear warns consumers to be aware of this condition.

Hypothermia is a condition marked by an abnormally low internal body temperature, typically 96 degrees F or under. This usually occurs fairly quickly. Elderly persons probably account for half of all victims of accidental hypothermia. The greatest risk is to the relatively small number of aged persons whose temperature regulation is defective. Infants are also at risk as are a few adults.

Elderly persons are more susceptible to hypothermia for a number of reasons because of age: their bodies may not adjust readily to changes in temperature; they may keep their home temperature low because of inability to afford high heating bills. They may also be taking medications

that could increase the risk of hypothermia.

There are a number of ways that the elderly can protect themselves from accidental hypothermia. Heat the living and sleeping areas to at least 68 degrees F. To cut costs without reducing temperature, consider heating only one or two rooms of the house.

Dress warmly during the day, eat plenty of food and stay as active as possible. Take special care to keep warm in bed by wearing extra clothing and using several blankets. Check with your doctor concerning medication that could affect body temperature control. If living alone, have neighbors check in on you once or twice a day, particularly during severe weather.

Attorney General Beshear warns that the following should be considered possible danger signals indicating that accidental hypothermia could occur:

- A change in appearance or behavior during cold weather.
- Uncontrollable shivering; lack of coordination.
- Slow and sometimes irregular heartbeat; slurred speech; shivering.

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State seeks to retain present industrial base; is contacting 2700 plant managers via mail

Recognizing that retaining Kentucky's industrial plants is as important as attracting new ones, the state Department of Economic Development is contacting managers of all 2,700 manufacturing plants in the state to offer its services as a business troubleshooter.

The department is sending a letter to each manufacturing facility in Kentucky. In the letter, Commissioner Dale Smith urges the plant manager to contact the department about problems that might erode their financing sources. The letter will be followed up by telephone calls to ensure all plants have been contacted, he said.

financing sources and provides other similar services to existing Kentucky businesses.

"The program is part of Gov. John Y. Brown Jr.'s commitment to creating a positive climate for economic growth, Smith said. "We're aware these are times of economic hardship," he said. "Through this mailing, we want to make sure that all manufacturers in the state know we share their concerns and that we're prepared to do whatever we can to help them overcome their problems." Smith added.

The letters will be followed up by telephone calls to ensure all plants have been contacted, he said.

Food prices hit 12-month low

SOUP KITCHENS Eligible for USDA foods

New and existing soup kitchens and other charitable organizations which feed Kentucky's needy are eligible for government-donated foods, according to a U.S. Department of Agriculture official in Atlanta.

David B. Altschick, southeast regional administrator of the Food and Nutrition Service, the agency which administers the government's food distribution programs, said that eight soup kitchens are among 198 charitable feeding operations in Kentucky currently receiving free USDA-donated food.

Any public or private, nonprofit charitable institution which is licensed under 193 rules and provides meals to needy persons for onsite consumption may qualify for the USDA food, Altschick said. In addition to soup kitchens, other types of eligible institutions include group homes for the physically and mentally handicapped.

For more information about eligibility, interested organizations should contact the Division of Commodity Distribution, Kentucky Department of Agriculture, Capital Plaza Tower, Room 723, Frankfort, Ky. 40601.

Retail food prices in Kentucky hit a 12-month low during January, according to Kentucky Farm Bureau's marketbasket survey, pushed downward by drops in the cost of meat, vegetables and dairy products.

The January decline measured 1.9 percent, dropping the average cost of the 40-item marketbasket to \$27.51, compared to \$28.44 in December.

The last time the survey recorded a statewide average that low was January 1982, when the index stood at \$27.27. The average price went as high as \$31.15 in June, then fluctuated with small increases and decreases for much of the rest of the year. The January figure stands just 4 of 1 percent higher than the year-end level.

Substantial price drops were recorded by surveys this month for a number of items. "Some steaks fell 8 cents a pound, sausage came down 22 cents for a two-pound package and both American and cheddar cheese measured 15-cent declines. In addition,

VA dividends total some \$6 million in state

Almost \$6 and one-half million will be paid to 26,195 Kentucky veterans during 1983 as a result of dividends declared by the Veterans Administration on insurance policies.

Lee Canfield, regional office director of the VA in Louisville, said those veterans who opt their GI insurance in force since their discharge from military service.

The record high dividend was made possible because of lower than expected death rates among policyholders and improved interest earnings on the insurance fund's investments.

No application for the annual dividend is needed, Canfield said. Each policyholder will receive the dividend in the month of the anniversary of the individual policy.

In Kentucky 611 World War I veterans will receive \$14,000 in dividends, 29,768 World War II veterans will receive \$2,860,000; 1,233 Korean War veterans will receive \$390,000; and 1,843 veterans holding Veterans Reserve Insurance policies will receive \$154,000.

Dividends differ under each program depending on the amount of insurance.

Manpower services recruiting CETA eligible persons

The Department for Manpower Services in conjunction with the Fiberglass Education-Work Council is currently recruiting individuals for the Career Passport Program.

This program is a four-hour pre-employment program open to CETA eligible individuals 18-24 years of age. The Career Passport Program is designed to provide for young people a document which can be used for purposes of gaining employment.

Persons interested in applying for this opportunity can contact Mark Bradley at the local Department for Manpower Services office located at 289 East Main Street, Paris, phone 606-867-2877; or Cathy L. Cain, Bluegrass Education-Work Council, 795 East Main Street, Lexington; phone 606-253-3345.

East Union 194



Teacher, Miss Emma Dalley, Front row, Beshe Barr, Fannie Duncan, Madeline Rokenberger, Ella McCracken, Elzie McCord, Reynolds Barr, Russell Barr, Elgin Soper, Allin Rokenberger. — Photo submitted.

Cheese distribution

Community Action will begin distributing USDA cheese Wednesday, Jan. 26, between the hours of 8:30 a.m. and 5 p.m.

Distribution will continue until supply is exhausted. Social Security number and last month's income will be needed. Persons applying or those who cannot pick up on their own.

Cheese on Tuesday

The Nicholas County senior citizens center will be distributing cheese to persons aged 60 and over, starting Tuesday, Jan. 25, at the senior citizens center on Main Street, phone 285-2329.

ALL SHANNON COLLECTION