

Controlling high blood pressure can mean change in lifestyle



Make a prime candidate for heart disease a stroke. He weighs 250 pounds more than he should. His diet is high in salt and cholesterol. His exercise consists of some light riding and taking in the summer. The clincher is his high blood pressure, which he does not control.

Checking registrations

Goyla Kelley, left, goes over the registration list for last Friday's Blackberry 5K with Joretha Goemert, nearest camera, and Mark Morfox, president of the co-sponsoring Chamber of Commerce.

Sentenced to Read

Victim in the murder of a 14-year-old daughter, Alana Estell, She has lived here since she was in the Nicholas County schools and is 22 years old. She earned a GED and completed a year at Georgetown College. She is married to Richard Fleming.

Stock report

Table with columns: STOCKS, BOND, CATTLE RECEIPTS, HOG RECEIPTS, etc.

30 ways to lose your blubber

- 1) Eat warm water... 2) Add an extra inch or two... 3) Eat breakfast... 4) Eat lunch... 5) Eat dinner... 6) Drink water... 7) Exercise... 8) Sleep... 9) Stress... 10) Alcohol... 11) Salt... 12) Sugar... 13) Fat... 14) Fiber... 15) Protein... 16) Calcium... 17) Magnesium... 18) Zinc... 19) Selenium... 20) Omega-3 fatty acids... 21) Vitamin D... 22) Vitamin E... 23) Vitamin K... 24) Vitamin C... 25) Vitamin B1... 26) Vitamin B2... 27) Vitamin B3... 28) Vitamin B6... 29) Vitamin B12... 30) Folate...

Health Tips

from Lee Rose

Rocky Mountain Spotted Fever

In 1985, July was the peak month in appearance of Rocky Mountain spotted fever in Kentucky. A total of 16 cases were reported last year.

10-year service award

Ms. Dottie Marshall will receive a 10 year service award from Andy Dudley, president of The First National Bank.

Heat stress precautions are issued

The heat and humidity of the final days of spring may be pointing to a long, hot summer for Kentucky in 1986.

Calcium may help reduce hypertension

New data scientists have documented the effect of calcium on blood pressure.

Head alumni

William J. Phelan in Washington, D.C., is the president of the Metropolitan Washington Area Council on Education.

Eye care helpline for elderly

The Kentucky Eye Care Helpline, the medical hotline that helps provide eye care to the elderly, has received \$60,000 in new funding.

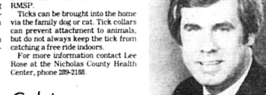
More may qualify for WIC funding

Effective July 1, more low-income Kentuckians may qualify for the Special Supplemental Food Program for Women, Infants and Children (WIC).



Board members expenses increase

New legislation which increases effective July 1 the maximum per diem and expenses for school board members will be increased from \$300 per meeting to \$400.



Shannon Home Center

Shannon Home Center, 4544 Highway 175, is a one-stop shopping center for home improvement, energy saving, and window treatments.

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Beat The Heat! with our 2 for 1 Sundae Sale

Buy 1 Sundae, Get 2nd FREE! - All Sizes. *1 Offer, good thru July 15.

Shocking advice

Checklist of electrical hazards

So, you think your home or apartment is electrically safe, but it isn't. Safety experts at the U.S. Consumer Product Safety Commission offer this quick-and-easy checklist of some major electrical hazards to look for in your home.



GET honored for KET promotion

KET was recently honored at the annual Public Broadcasting Service National Advertising Conference with a first place award for outstanding production/advertising.

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Summer blood drive

July 21

The Nicholas County Donor Group and Central Kentucky Blood Center have scheduled a summer blood drive for Monday, July 21 from 12 noon to 7 p.m. at the Methodist Church in Carlisle.

July Mobile Home Special!

YOUR CHOICE OF:

- * Microwave \$49.95
- * Washer & Dryer \$249.95
- * Color TV \$49.95

Southern States Summer Sale!

Specials now thru July 12

Advertisement for Southern States featuring various products and prices: Studded Posts (1.99, 2.99), Liquid Sevin (3.99), 5% Sevin Dust (1.69), B-66 Grease (99¢), Mason Jars (3.99), Hose Nozzle (2.99).

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