Awareness of diabetes is stressed this month

Hearts beat automatically, and lungs breathe without prompting. Because they are involuntary, we don't have to think about these and other life-sustaining body functions.

But thousands of Kentuckians must consciously do the work of their pancreas, which produces insulin. These people, one in every 15 Kentuckians, have diabetes or some form of glucose intolerance.

November is National Diabetes Month, and the Department for Health Services diabetes control program is stressing public awareness of diabetes and its accompanying complications.

"Most of the time diabetes is controllable—That's the good news," said Charles Gollmar, state diabetes program coordinator. "But it is still a very serious illness that can cause death, blindness and kidney failure and complicate hypertension and heart disease. It can't be cured."

In a healthy person, the pancreas produces insulin, which carries sugar from the bloodstream into cells to make energy to be stored for future use. In a person with diabetes, either the pancreas produces no insulin, or the body cannot effectively use the insulin it produces.

"It takes a real conscious effort to control diabetes," said Gollmar, "because a person with diabetes has to literally do the work of the pancreas. Too much or too little exercise can change the amount of insulin that is needed. So do the amount and kind of food that is eaten. Stress can throw insulin levels out of balance.

"The only way to properly manage diabetes is to stick to a meal plan, take medication when prescribed, perform daily blood testing and balance stress and exercise," Gollmar said. "The single most important aspect of managing diabetes is having the understanding and the knowledge to know what you need and what to do when there's a problem."

Education is the cornerstone of the state's diabetes control program. The program supports 18 diabetes education teams in health departments across the state, including WEDCO serving Nicholas County. The teams, a nurse and a nutritionist, conduct diabetes education workshops for health professionals.

"We know that two people in a multi-county area can't provide all of the education needed by patients, so our education efforts are aimed at health professionals, who in turn educate their patients."

However, individualized diabetes education is available at most Kentucky health departments through nurses trained by the diabetes control teams, he said. The teams are available in all 120 counties to conduct workshops and seminars for health professionals.

Live Wildcat

Colonel, a live wildcat, was adopted as the official University of Kentucky mascot in 1947.

Four charged with DUI on weekend

State police made four arrests over the weekend, all charged with driving under the influence.

Trooper Tim Thomas arrested David Burkler, 37, of Carlisle at 12:50 a.m. Nov. 2, at the eastern city limits on Ky. 32.

Thomas arrested Edwin Hamilton, 35, of Cynthiana, at 8:50 p.m. Nov. 1 in the limits of Carlisle. Hamilton was also charged with operating on a suspended drivers license.

Thomas also arrested Charles Warren, 26, of Lexington at 2:30 a.m. Nov. 1 four miles east of Carlisle on Ky. 36.

Trooper Jim Curry arrested Daryl C. Burke, 24, of Carlisle, at 10:45 a.m. Oct. 31, nine miles east of Carlisle on Ky. 32.

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Halloween TLC

Mrs. Stephanie Duncan and Mrs. Beulah Coldiron, co-directors of the Tender Loving Care Day Care Center are surrounded by their charges who are attired in Halloween outfits befitting any haint in Transylvania. Refreshments and games were enjoyed at the Center's Halloween party Friday. — Mercury photo

Meat prices pull down food index

by Gary Huddleston

With cooler weather discouraging backyard barbecuers, meat prices posted a broad decline during October, pulling Kentucky's food price index a full two percentage points below the September average.

A select group of 40 food items cost shoppers an average $60.70, according to Kentucky Farm Bureau's market-basket survey. Last month, the same selections demanded a price of $61.96.

At the meat counter, beef, pork and poultry were down an average of 3.4 per cent as the peak summertime demand period gave way to a slower consumption pace. The drop meant consumers were paying only an average of $2.09 for a pound of fresh meat, instead of the $2.16 composite figure in September.

FRUITS and vegetables were also cheaper in October, down by nearly 5 percent on the strength of major seasonal price drops for new harvest apples and potatoes. Apple prices dropped 35 percent in October, from 93 to 59 cents per pound. Idaho potatoes fell 32 cents to $2.21 for a 10-pound bag.

Dairy products posted a price increase for the month, the only one of six food groupings to do so. Higher prices for milk, cheese and ice cream led to a 2.2 percent increase for the month.

The meat-paced softening of food prices recorded in October could be the start of a longer downtrend if current farm price forecasts prove accurate. Most analysts say hog and cattle prices have stabilized, and they report signs of herd build-ups which could boost meat supplies by as early as the first of 1987.

GRAIN PRICES are currently at their lowest levels in several years, a trend that could add to the livestock production increase. Traditionally, cheaper grain and feed prices eventually translate into more meat animal production.

Morehead had the lowest local marketbasket price average in October while Jackson checked in at the high end of the scale. Overall, volunteers working through Kentucky Farm Bureau Women canvassed retail food costs in 20 Kentucky communities.

Those local averages are Morehead, $4.66; Richmond, $6.98; Salyersville, $7.84; Greenup, $8.05; Hopkinsville, $8.57; Paducah, $8.95; Scottsville, $8.96; Greensburg, $9.53; Tompkinsville, $9.72.

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Don't be a drip...conserve water!

November 1986 Nicholas County School Calendar

Clip & Save!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Star Events Region Comp. FHA 9:00 Lincoln Co.
3 Special Ed. Bowling-Frankfort "Microwave" Adult Ed.-Home Ec. Dept. 7:00 P.M. Jr. High Girls' B.B. Tournament Estill Co. Middle School 6:00	4 Academic Meet (H) 6:30 P.M. NCH vs Lewis Co.	5 Academic Meet Jr. High vs Scott Co. (A) 5:00 P.M. Project Graduation Louisville, Ky. 5-7 November 3-9 National Drug Awareness Week	6 Academic Meet NCH vs Bracken Co. (A) 6:30 P.M. School Night for Scouts NCE 7:00-9:00 P.M.	7 College Awareness Day-Maysville Comm. College NCH vs Fleming Football (H) 8:00 Home Economics Advisory Bd. 10:00 A.M. Home Ec. Dept. NCE Ends second 6 weeks	8
10 Nicholas Co. Board of Education Meeting 8:00 P.M. End 3rd Month of School "Party Idea Decoration"-Adult Ed. 7:00 P.M., Home Ec. Dept.	11 District Faculty Meeting NCH 7:45 Begin School Month 4 PTA School Community Meeting Drug & Alcohol Abuse NCE 7:00 P.M. (OPEN TO PUBLIC)	12 Flag of Progress Ceremony-Lexington Academic Meet Jr. High vs Montgomery Co. (H) 5:00 P.M. O.E.E.C. Conference - Louisville 12-14 Special Ed. Conference - Louisville 12-14	13	14 NCE Report Cards Sent Home NCE Chili Supper/Fall Festival 5:00-10:00 P.M.	15 Academic Meet (A) Jr. High vs Maysville FHA Cluster Meeting - Knoxville 14-16
17 "Holiday Decoration Make a Wreath" Adult Ed.-Home Ec. Dept. 7:00 P.M. NCE Parent Conferences 4:00-7:00 P.M.	18 In-Service-Interpreting KEST Scores 3:45-6:45 P.M., NCE Nursing Pre-Admission Conf. 4:00 Maysville Comm. College Academic Team "In the Know" - Filming-Lexington	19 Interim Reports NCH Academic Meet Jr. High vs Bourbon Co. (H) 5:00 P.M. American Education Week - November 16-22	20 NCE Picture re-take day 8:30-11:00 A.M. National Science & Math Teachers' Meeting Lexington November 20-22	21 Rotary Turkey Party NCE	22 Academic Meet (A) Jr. High vs. Maysville
24 Nicholas Co. Ed. Assoc. Meeting NCE 3:40 P.M. "Christmas Sharing" Adult Ed. - Home Ec. Dept. 7:00 P.M.	25	26 MIKADO-Lexington Opera House-Academic Team 10:00	27 HOLIDAY Schools Closed	HOLIDAY	29

★ The School Calendar will be sponsored each month by the businesses listed below.

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