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### GENERAL NEWS

#### When stress becomes evident Take a break - don't lose your cool

By HEDDOOK  
A Hearst Magazine  
When you feel pressure building up, stop the world and get off to take a stress break. There are a number of ways to handle stress, as Shirley McLaine, 55, told Ellen Byron in the current issue of *Redbook*, recommending techniques from serenity to meditation.

"I've always been an over-achiever," she said, "so much so that stress was as much a part of my life as breathing. I'd put on a stiff upper lip and think, 'I will endure this.' That only adds to stress; it doesn't reduce it."

Exercise reduces stress. She recommends Yoga and aerobics.

"Yoga is the least physical exercise I've found," she said. "Asanas are also beneficial because they give the cardiovascular system a workout without putting undue strain on the rest of the body."

Meditation is a stress reliever and Madras said people engage in "open eye meditation" more often than they realize. "When you gaze at a beautiful flower or a sunset, you're using a natural, open-eye meditation to relax," she said.

For more traditional meditation, find a quiet place, sit comfortably, close your eyes and concentrate on the inhale-exhale rhythm of your breathing.

"Rest your palms on your thighs, holding your forefinger and thumb together," she said. "This keeps the energy recycling. Focusing a chant reinforces positive thoughts. Visualization is another way to keep anxiety under control. "Every time I'm in an airplane, I visualize the plane taking off and picture it rising

above the clouds," she said. "If you're good at visualization - and committing to that visualization - it will affect your consciousness. This in turn will have a positive effect on your body because the body always follows the mind."

The most basic relaxer is to take a breather - literally. The natural in and -



breath, but draw air in gradually, allowing yourself to be fully accustomed to oxygen intake that completely fills the lungs.

Psych yourself by concentrating on breathing, saying in a couple of minutes, stop repeating the phrase but continue the calm, rhythmic breathing. Imagine you are sending your breath to tense body areas for gentle inner massage.

When yawning warns that your tired body needs more invigorating oxygen, you can re-energize yourself. Breathing with your diaphragm, stretch arms over your head. As you breathe in, imagine your breaths are flooding right up to your fingertips and down to your toes. Schedule in and gently bring your arms back down to your sides. Repeat three times. Then focus on a particularly tense area and send energy there with each breath you take.

Learning to relax requires practice. Choose an everyday activity to trigger your stress breaks - perhaps every time you have a drink of water, or look at your watch, hang up telephone, freshen your makeup, or step at a red light when driving.

You should also be aware of the habits that signal you are under stress. It's time to relax whenever you find yourself frowning your nails, twisting hair with your fingers, biting on chips or sweets, or scratching your face.

### MERCURY MEMORIES

#### 5 Years Ago

Thursday, July 12, 1989  
Pam Sparks, daughter of Dr. and Mrs. Robert Sparks is crowned the 1989 Blackberry Festival Queen during the festivities.

Two re-enactments of the Battle of Blue Licks will be staged on August 18 and 19 during a special annual anniversary celebration at Blue Licks Battlefield State Park. Harry D. Galbraith, affectionately known as "Mr. G," to many was unanimously elected the first honorary lifetime director of the Nicholas County Historical Society after submitting his resignation as a regular director.

The 1984 Olympians was a special time and very meaningful for Robert Hughes. MARRIED Cheryl Lynn Lowe and David B. Adams, June 23, 1984.

DIED Mary Logan Hatton, 39, July 8, 1984.

#### 10 Years Ago

Thursday, July 19, 1979  
James C. Lowe was re-elected a director of the Harrison ECCC at the crop's annual meeting Monday night.

Andy Dudley, president of the First National Bank of Carlisle, presents a sterling silver tray to Marge Burnaw in recognition of her 30 years service to bank. Diane Livingston was presented a silver tray for her 15 years of water, or look at

water, or look at your watch, hang up telephone, freshen your makeup, or step at a red light when driving.

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Mike Watson, a 12-year veteran of retail management has been named manager of the Carlisle Leman Brothers store.

BORN: Mindy Nicole Elington, July 6, 1979. MARRIED: Miss Jeanie Massey and Michael J. Massey, June 15, 1979.

DIED: Elva P. Deaton, 35, July 11, 1979. Steven Wayne Jolly, six month old son of John and Mona Jolly Barron.

#### 20 Years Ago

Thursday, July 10, 1969  
Louise Young, daughter of Mr. and Mrs. Nate Young, Jr., was crowned 1969 Blackberry Festival Queen.

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Raymond Jason Wesley, Jr., who came to Nicholas County in December 1948 as the four year old son of the County School Superintendent, came home again last Saturday.

DIED: Diana Sue Abner, five month daughter; Mrs. Cynthia Shewalter Conner, 60; Mrs. Arley Des Davis, 48; in Louisville; John William Rishbee, 84, Saturday, W.R. James, 72, Herdie Crockett at home.

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#### 50 Years Ago

Thursday, July 20, 1939  
The residence of John Barton near Pleasant Valley was completely destroyed by fire about noon last Wednesday. The fire is believed to have been caused by sparks from a kitchen stove falling on the roof of the house.

A commission has been formed in work plans for a bond issue to finance the construction of 16 armories in Kentucky, including one in Carlisle.

A one day free agricultural fair will be held in Carlisle this fall through October 31.

Mrs. Walter Stogdler has been appointed Tax Commissioner of Nicholas County to fill the unexpired term of the late Walter P. Hazelrigg.

BORN: To Mr. and Mrs. Wade and John P. Whitaker, July 12, 1939. DIED: H.P. Triplett, 77, Mrs. Lida Knox, 72, Friday. Mrs. R. M. Collier, 74, Henry Baker Bogges, 46, Monday night.

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### Education legislation takes priority

From Chamber of Commerce Perspective  
likely the best possible plan - and whatever the political consequences are, that will have to follow. Ruffelle said.

In his letter the chamber officials said they agreed with a plan of "re-designing the system first, doing it right, and deciding about revenues later." That is expected to be the chosen course for the commission, which is to meet for the first time on Wednesday.

Chamber officials declined to talk about potential sources of money and whether a tax increase should be broad based if the commission and General Assembly decided higher taxes were needed.

"We're more concerned that we take this opportunity to develop a good system. Then we'll start dealing with the revenue and how to raise it," said Billy Harper, chairman of the Ken Lusk Chamber and president of Harper Industries in Paducah.

A package of education initiatives enacted in a special legislative session in 1987 were largely funded through higher business taxes. Harper said he believed businessmen would be willing to pay part of another tax increase if the concept of improvement in the school system.

The president of two high-tech companies in Lexington said Kentucky faces "severe, long term economic problems" unless its education system fosters increased competitiveness. "That's the bottom business man-

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