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Nicholas County government will face large financial burden to keep the landfill operational; experts still advise closing site

By Josh Shepherd
The Carlisle Mercury Staff

CARLISLE, May 3 — In order for the Nicholas County Landfill to remain in operation after new state regulations go into effect, the county could face cost increases of between \$270-\$280,000, as estimated by GRW engineers representative Harvey Helms Helms, who appeared before the Nicholas County Fiscal Court with Don Haskell, representative for the Bluegrass Area Development District, advised the court that sweeping changes in landfill operation regulations will force many county landfills to either upgrade their quality of environmental protection or close.

Both advised closing the landfill. The most important of the new regulations passed in the last state legislative session, Helms said, demand installation of plastic liners and constant inspection of the landfills to ensure, to a much greater extent, that nothing disposed poses a threat to the general public in the way of leakage into ground water supplies and harm to the ecosystem of the land nearby. Though Helms said he could not estimate with much accuracy, given the differences of each county landfill, roughly the costs to add necessary improvements to meet environmental requirements could run to about \$250,000 per acre.

"There have been some alterations made to the regulations, but I do not foresee them cutting down much on improvement costs," Helms said.

Permit and maintenance costs could mean an additional \$20-30,000, he said.

For most, if not all, counties, he said, the cost increases mean the end of their landfills because most counties simply cannot afford the costs of maintaining these operations.

It is more cost effective for counties to begin shut down and leave waste management to the private sector, he said.

"There is no additional cost to the county to close down a landfill, but they will be required to operate them for two years after they announce closing," Helms said.

The overall effect of regional landfill systems is too early to estimate or hypothesize, but in Helms opinion, the state government will more than likely opt not to operate a landfill. Rather they would hand the bulk of operations over to private companies and oversee their adherence to state and federal regulations, he said.

"It would work much more easily on the government because there would be few voter questions which could turn the entire situation into a political hot potato. Most counties, I would assume, don't want landfills of the magnitude the state is thinking about," Helms said.

Operating an environmentally safe landfill to serve an entire region is not an off the wall idea, Helms continued, because case data and research have provided them with a better knowledge of how landfill systems react in several given environments.

"You just can't bury the trash and forget it is there. Even with a landfill closing, there will need to be a constant watch to keep serious problems from occurring," Helms said.

There will be plenty of work even for closed fills, he said, but the costs will be relatively minor compared to operating a new or improved landfill operation.

Burying, re-seeding and bringing a fill back to the land it once was will take quite some time, he said. Groundwater testing and general maintenance will be required of even old landfills, he said.

County, Guard hold discussions concerning land swap agreement

By Josh Shepherd
The Carlisle Mercury Staff

CARLISLE, April 26 — Members of the Nicholas County Fiscal Court met with representatives of the National Guard Army last Thursday to discuss a land swap to make room for the establishment of doctors' offices next to the Johnson Mothers health care facility.

Plans for the construction of a doctor's office facility were presented to the court last year by Doctor Allen Hanson, representing all doctors in the county, said pending acquisition of another doctor to serve in the Nicholas County area, the office building will centralize Nicholas County's medical facilities and provide more efficient care of County patients.

However, later in the year, plans hit a glitch when it was found the army, located next to the hospital, owned a portion of land along the hospital entrance driveway which the proposed office building would cross.

Since then, the fiscal court made arrangements to meet with army officials to work out a land swap.

Fiscal court magistrate Carl Cochran said the meeting was Continued on Page 15



National Guardsmen set up their headquarters and mess tent operations at the center of their camp in the middle of Hidden Valley near Clay City, Kentucky. Guardsmen spent the weekend at the site range, zeroing weapons and getting their shooting accuracy in shape for a meeting of the National Guard at the Western Kentucky camp. For details of the weekend, see this week's Feature at 8.

NCHS Chess team places at state

By Josh Shepherd
The Carlisle Mercury Staff

Members of the Nicholas County High School Chess Club have placed in the Kentucky Individual State Championships the weekend of April 21 at Bardonia.

The Chess team, whose members include 10th region chess champion Nathan Hunt, travelled to Bardonia to compete against the best across the state and, in the process, established themselves as contenders for the state's top chess positions.

Hunt took three of five games to place 3rd in the Junior class division in the state. He successfully defeated Simon Kenton's Rick Schledge, ranked among the top ten players in the state including Nicholas County, before being defeated. His last defeat came against the Kentucky High School State Champion, Charles Campbell of Fern Creek High School.

Shan Conyers, representing Nicholas County in the senior division, also took three of his five games for a 7th place ranking.

However, in the Freshman division, Mark Hamon won four of five games, including a defeat of the seventh top ranked player in Kentucky high school competition, Ronny Khambli, a junior from Fern Creek, to finish in second place in the 6th grade.

"Fern Creek is one of the top competitors," Hunt said. In a season full of success for the Nicholas County team, placing so high in the state competition has left all members optimistic for the 1990-91 season, Hunt said.

With the conclusion of play at Bardonia, the chess club's season has come to an end with the team finishing in first place in the quad and fifth in the state.

Chess club members Ronnie Berry, Steven Masley, and Jonathan Brunner also competed in the state competition at Bardonia.

I would like to congratulate all members of the team, but especially I would like to thank seniors Shan Conyers and Ronnie Berry for their efforts these past three years. Without them we would never have got as far as we have this year," Hunt said.

For more information about proven arthritis remedies, including a free brochure, contact the Kentucky Chapter of the Arthritis Foundation by calling 216-136 in Lexington or 1-800-623-5335 elsewhere in the state.

The Arthritis Foundation is the source of help and hope for an estimated 37 million Americans with arthritis.

The foundation supports research to find the cure and preventions of the arthritis disease and works to improve the quality of life for those affected by arthritis.

• Claims it's based on a secret formula or is available only from one source.

• For people who do not have arthritis, he says the best way to help a loved one with arthritis is to encourage the person to follow the doctor's prescribed treatment, help with any activities the person may find difficult to do, and pass along reliable information about proven treatments that include rest, exercise, medication, heat or cold therapy, and joint protection.

• Most of the time, people trying unproven remedies will mean nothing if through a family member. During May, which is National Arthritis Month, the Arthritis Foundation is trying to help people make informed choices about the arthritis remedies they may hear about," Cowan said.

Arthritis Foundation chapters nationwide have information about both proven and unproven treatments and can help to answer questions.

In general, Dr. Cowan says to suspect a treatment as an unproven remedy if it:

- Claims to cure arthritis or works for all types of arthritis.
- Uses only case histories or testimonials as proof.
- Cites only one study as proof or a study without a control group.
- Does not list contents or has no directions for proper use.
- Has no information on earnings about side effects.
- Describes itself as harmless or natural.

Health Watch - National Arthritis Month

Arthritis sufferers should beware

Unproven remedies from copper bracelets and uranium mixers to snake venom and megavitamins, are being tried at least once by most of the 37 million Americans with arthritis, according to the Arthritis Foundation. In addition, one study shows that 1 in 10 people trying an unproven remedy for arthritis report harmful side effects.

There are an estimated 50,000 people with arthritis in Kentucky alone. People with arthritis often turn to unproven remedies because they get impatient or discouraged with traditional treatment methods for arthritis.

"It often takes time for doctors to diagnose the exact form of arthritis and find a medication that works best for the person being treated."

"Meanwhile the persistent pain of arthritis is strong motivation to try anything that people think may help," said John L. Cowan, M.D., Co-Chairman of the Medical and Scientific Committee of the Arthritis Foundation's Kentucky Chapter.

Unproven arthritis remedies are treatments that have not been proven through proper research to be safe and effective.

According to Dr. Cowan, many unproven remedies for arthritis are harmless, such as mineral springs or vinegar and honey.

Others have unknown effects on the body, such as fish oil, bee venom and special diets.

Still other unproven remedies have harmful effects and should not be tried, such as snake venom, large doses of vitamins, DMSO and drugs from other countries with hidden ingredients.

In fact, a survey for the Department of Health and Human Services 1 in 10 people trying an unproven remedy for arthritis report harmful side effects.

However, the effect of any unproven remedy may be harmful if it encourages a person to slow down or stop prescribed medical treatment, possibly resulting in greater damage to joints or loss of movement.