

## Social

## Saltwell News

By Mrs. Fred Hollar

Mr. and Mrs. Bobby Brady were entertained with a lovely supper on Saturday night at the home of Mr. and Mrs. Donna Doyle honoring their 25th wedding anniversary. Most of all her family were there and enjoyed a great time of fellowship together.

Mr. and Mrs. Gary Hollar spent Saturday with Chris Hollar, Richmond and enjoyed a lunch at a restaurant there.

Mrs. Donna Flora and children were Sunday dinner guests of Mr. and Mrs. David Earleywine, Millersburg.

Bob Kenney of Covington spent Sunday with Mrs. Gladys Kenney, other visitors on Sunday were Richard Cain, Harrison County and Fred Hollar.

Mr. Fred Jones of Walton, Kentucky visited Mr. and Mrs. Paul Jones on Wednesday. Ralph Jones of Cincinnati also visited them on Thursday.

Mrs. Phyllis Brady visited with several patients at Mathews Johnson Nursing home and she also spent Sunday night with them.

Mr. Ray J. Snapp, Cincinnati was a visitor in our community and called on Mr. and Mrs. Freddie Gaudin while here.

The county wide youth as well as adults will meet at Bartlettville Methodist Church this Sunday evening, May 13, from 4 p.m. until 6 p.m. for their regular monthly meeting. They have a very good

**School Lunch Menus**  
Nicholas County Elementary School  
May 14-18  
Breakfast  
Monday, May 14-Juice, Danish, six toast, milk  
Tuesday, May 15-Appleauce, cereal, Long John, milk  
Wednesday, May 16-Juice Honey Bun, toast, milk  
Thursday, May 17-Apple sauce, sausage & biscuits, milk  
Friday, May 18-Juice, cereal, Danish, milk

Lunch  
Monday, May 14-Chicken & Dumplings, Peas & Carrots, Battered beans, bread, Oatmeal Bars, milk  
Tuesday, May 15-Sausage, cheese wedge, green beans, mashed potatoes, hot rolls, milk  
Wednesday, May 16-Hot dogs, pork & beans, french

frises, pickles, raspberry cobbler, corn on cob, lettuce wedge, May-June July Birthday Cake, milk  
Friday, May 18-Chicken nuggets, mixed vegetables, cole slaw, bread, ice cream  
Saturday, May 19-Nicholas County High School Menu

Lunch  
Monday, May 18-Chicken patties, macaroni & cheese, buttered peas, fruit  
Tuesday, May 15-Hot dog, baked beans, cole slaw, cherry pie  
Wednesday, May 16-Turkey & gravy, mashed potatoes, green beans, fruit, hot biscuits  
Thursday, May 17-Surprise Day  
Friday, May 18-Pizza, tossed salad, apple

**Kingsolver honored for 30 years**  
Dr. Wendell Kingsolver has been recognized for his 30 year membership in the American Academy of Family Practice. The Academy stated that it was "indeed grateful to him as a long time member for his role in helping establish the specialty of Family Practice, for main-

taining the high standard and principles of medicine and for his commitment to continuing comprehensive quality care for the American public."

Dr. Kingsolver is a charter member of the American Board of Family Practice.

**Stepping Out On A Saturday Night**  
**Lions Club Dance**  
Saturday, May 12  
9 p.m. - 1 a.m.  
New Carlisle Armory  
Featuring **Destiny**  
Single \$6 - Couple \$10  
Sponsored by the Nicholas County Lions Club

## Achievement Academy honors Watkins

The United States Achievement Academy announced today that Greg Watkins was named an All-American Scholar.

The USAA has established the All-American Scholar Award Program in order to offer deserved recognition to superior students who excel in the Academic disciplines. The All-American Scholar must earn a 3.3 or better grade point average. Only Scholars selected by a secondary school instructor, counselor, or other qualified person are accepted. These scholars are also eligible for other awards given by the USAA.

Greg who attends Nicholas Co. High, was nominated for this National Award by Betty Ballard.

Greg will appear in the All-American Scholar Directory.

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## Stephensons to celebrate 50

Mr. and Mrs. Warren Stephens of Lexington will celebrate their golden wedding anniversary with a reception given by their daughters on May 22, 1940.

The couple were married on May 22, 1940.

The Stephens have five daughters, twelve grandchildren and three great-grandchildren.

All friends and relatives are invited to attend. No gifts.

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## COMMUNITY

## May is High Blood Pressure Month

If you are like most people, you have your blood pressure checked each time you visit the doctor.

But, do you know what the numbers mean?

May is National High Blood Pressure Month, and it's a good time to know your numbers and reduce your risk.

Blood pressure results from the force generated by the heart, which propels blood into the arteries and through the circulatory system. High blood pressure, or hypertension, is a chronic increase in blood pressure above its normal level.

7 adults, a pressure reading of 140 over 90 or higher is considered "high," says Bill Harris, M.D., president of the American Heart Association, Kentucky Affiliate.

The two numbers recorded during a blood pressure check measure the two levels of pressure in the arteries; the upper number measures the pressure when the heart is beating (systolic pressure), and the lower number measures the pressure when the heart is resting (diastolic pressure).

"The harder it is for the blood to flow through blood vessels, the high both numbers will be," Dr. Harris says, "and the greater the strain on the heart."

According to the American Heart Association, the cause of the majority of cases of high blood pressure is unknown.

However, several factors increase the chances of a person developing high blood pressure.

Overweight people are likely to develop high blood pressure, and in some cases, losing weight can lower it.

Heavy sodium use can contribute to high blood pressure as well as heavy, regular alcohol consumption.

Women using oral contraceptives may experience elevated blood pressure, and that risk increases several times when these women smoke cigarettes or have other risk factors.

High blood pressure usually has no symptoms, but it can lead to heart disease, stroke, or kidney disease.

The American Heart Association suggests you have your blood pressure checked at least every two years, or more often if your pressure is high.

For more information on high blood pressure, contact your local American Heart Association.

The American Heart Association is the nation's largest voluntary health organization dedicated to the reduction of disability and death from heart and blood vessel disease, which annual kill almost one million Americans.

For a definition of information, contact Freddie Marshall (606) 289-7972, Bushy Branch (606) 289-2523, or Marie Holgin (606) 987-2503.

**Judge named to UK group**  
A University of Kentucky student from Nicholas County, Gretchen Judge, freshman majoring in pre-pharmacy, has been selected for membership in Collegians for Academic Excellence, a UK service organization.

CAE is a subcommittee of UK's Academic Excellence Committee - a group of faculty and administrators that coordinates events such as Stern Day and the Governors Schools Reunion days and serves to enhance UK's academic quality.

To become a member of Collegians, a student must have a B average at the time of application. Collegians' bylaws require potential members to be attended UK for at least one semester.

Collegians also assist the UK Visitors Center by serving as student guides and help recruit high school students.

**Class of 1980 Meeting May 10, 1990**  
7:00 p.m.  
At The Carlisle Depot  
Everyone is urged to attend.

**Carlisle Cleaners will be open for pick up or drop off only**  
May 17 and 18  
All cleaning for graduation must be dropped off before  
Wednesday, May 16, 1990  
Carlisle Cleaners  
115 W. Main - Carlisle, KY  
289-5224

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