

GENERAL NEWS

**Your diet may affect your cancer risk**

Can the food you eat influence your risk of getting cancer? It is estimated that 35% of all deaths from cancer could be avoided by eating the right foods. There are six guidelines that you can follow to help lower your risk for cancer.

1. Keep your weight at a healthy level. Carrying extra weight can increase your risk for cancers of the uterus, gall bladder, breast, and colon. In order to stay at a healthy weight, and eat only when you are hungry. Doing aerobic exercises every day will help control your weight, and will help you to feel better. Aerobic exercises include walking, jogging, bicycling, swimming, dancing, or using aerobic exercise tapes or classes.
2. Eat more foods that are low in fat and eat less foods that contain a large amount of fat. Foods that are high in fat can increase your risk of breast, colon, and prostate cancers. What are some of the foods that are high in fat? These foods include lunch meats, hot dogs, bacon, sausage, fried foods, whole milk and cheese, lard, butter, cream, meat sauces, and foods with margarine. Foods that are low

in fat can be substituted for some of your favorite high fat foods and are listed below. These low fat foods include baked chicken, pork chops, or fish, broiled hamburgers, low fat lunch meats and hot dogs, low fat milk, cheese, and yogurt, fat free salad dressings and mayonnaise, and lots of fresh fruits and vegetables. Vegetables and herbs can be used to help flavor foods in place of fat, sugar, and salt.

3. Eat more foods that are high in fiber, which can lower your risk of getting colon cancer. Foods that contain a large amount of fiber include whole grains, dried beans, and fresh fruits and vegetables with their skins. Substitute whole wheat bread for white bread, and eat whole grains (see fat added) and cornmeal sometimes instead of rice. Have an apple or banana for dessert instead of apple pie.
4. Don't peel your apples, tomatoes, potatoes, peaches, or cucumbers. These skins are rich in fiber and are protective against cancer.
5. Eat more foods that are rich in vitamins A and C. Vitamin A will lower your risk of cancer of the esophagus, larynx, and lung. Vitamin C may protect against cancers of the esophagus and stomach. Vitamin A is found

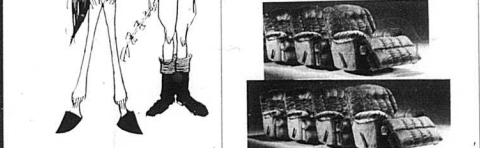
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GENERAL NEWS

**Wildlife**

Continued from Page 1 following the meeting. "It is a very popular with a lot of people," Boehinger said. "I believe that a lot of what we're saying and the reasons people are questioning practices has to do with gates where there didn't used to be and we don't know some areas are changing."

Boehinger said the department addressed the woodcutting issue before the meeting. "We have, now Walker, or others would explain further."

Walker continued during the meeting that several more barns were under consideration to be razed. Furthermore, the electrical hookup on one barn was paid for and installed by administrators of The Old North West Rendevoo. The rendevoo is a tourism group with more than 2,000 people expected to attend May 21-29. When the rendevoo is over, the group is in a signed agreement that the area would be returned to the state. It was in before rendevoo preparations began.

"Why are we getting the thing asked someone at the meeting."

"We feel the deer herd was below capacity so the gates were basically to reduce the traffic to reduce the poaching to allow the deer to come up to capacity. Initial results show it's been pretty successful," said District Biologist Steve Bonney, who lives near Morehead.

Besides the deer poaching problem, officials said there are some people who are interested in less intense activity and had written letters to the department. Continued on Page 8

**Absolute Estate Auction**  
Sat., May 7, 1994  
2:30 P.M.

In order for estimate of Value Earlywine Estate and Rev. J. Arnold Harris Estate, we will sell at Absolute Auction.

**LOCATED:** 2 miles north of Morehead, Ky. (Nicholas Co.) on U.S. 24 and Fritch Road, 4 miles off U.S. 24 on #105 to Barterville, then follow auction signs, 7 miles north of Carlsle, Ky.

**TRACT 1**  
Consisting of 57 acres (+ or -) of vacant land with 6.7 acres, cropland, balance is wooded with frontage on County Fritch Road.

**TRACT II**  
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**NOTE:** Tract I and II will be sold separately and not combined. Property is subject to all ASOS Rules and Regulations.

**TERMS:** 10% of Real Estate Purchase Price. Day of Sale. Balance due on or before June 7, 1994.

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William Walton - Attorney, Flemingsburg, Ky.  
**Chuck Marshall**  
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**CRIMINALS  
(NOT CRIME)  
MUST PAY**

**JIM LOVELL:**

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"If you'll elect me your state representative, I'll push to see that we toughen our system with these measures:

- establish guidelines to stiffen penalties for serious offenses
- provide more prison space via more private-run prisons
- treat juvenile crime as the serious threat it is
- force criminals to pay for programs and personnel to aid victims.

"Experience has shown me that Kentucky needs a tougher, more efficient way of dealing with crime. It's work hard to see that it happens."

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