

GENERAL NEWS

Nutrition plays vital role

More and more people are now starting to understand the role that nutrition plays in all walks of life, from the newborn infant to the elderly man or woman. Yet, it becomes especially important during pregnancy. Pregnancy increases the need for calories and various nutrients such as protein, iron, calcium, folic acid, vitamin A and vitamin C, to aid in the normal growth of the developing baby. If the pregnant woman is a teenager, good nutrition may become a challenge. Often teenagers develop poor eating habits such as

eating "junk" food, skipping meals and going off fat diets, which can affect body weight and the intake of important nutrients. Pregnancy creates greater nutrient needs for the teenager because of continuous growth and the babies development. A successful pregnancy is dependent on good nutritional status.

Good nutrition includes getting proper amounts of calories, protein, vitamins and minerals. Calories provide energy for the daily activities of the mother and for the growth of her baby, while protein is needed for muscle development in both. Minerals and vitamins are needed for strong bones and teeth, vision and the prevention of birth defects. All of these

NCHS graduate enlists for 3 year hitch in Army

NASHVILLE, TENNESSEE—Robert E. Hughes has enlisted for 3 years in the United States Army and will receive training as an infantryman. Hughes was assisted in choosing his enlistment option by Sergeant Vincent Gerome of the U.S. Army Recruiting Station at Hilltop Plaza Shopping Center, 774-8255, in Winchester. Hughes, the son of Mr. Jerry E. Hughes of Carlisle, KY, and Mrs. Gail Sullivan of Kingsport, Tenn., is a graduate of Nicholas County High School.

The 18-year-old has enlisted in the Army under the special Delayed Entry Program (DEP) which allows qualified applicants to delay by as much as one year, the date they must report for active duty after enlisting. Hughes will report for active duty in December.

Hughes will receive his Army basic training at Ft. Benning, GA, and will remain there for his advanced individual training. He will be able to continue his education with the \$14,400 GI Bill.

AUCTION
Saturday, November 5
10:30 a.m.

Located app. 2.5 miles from Carlisle, 4 miles off the Myers Road, at

519 Stoney Creek Road

John and Jeanette Wallace have sold their farm and authorized us to sell the following:

Farm Equipment: MF 35 tractor, Farmall A with cultivators and plow, two wagons, NH 55 hay rake, NH 67 hay baler, MF 7 sickle mower, MF 7 sickle mower (part), Deere plow, 5 Bush Hog rotary mower, 3 pt. hitch post hole digger with two augers, tobacco setter, Ford 706 scoop, Ferguson scraper blade, manure spreader, drag harrow, back sprayer, 1/2 disc harrow and pump on skids, water tanks, 3HP water pump, Century air compressor, tobacco bale boxes, iron posts, Homelite chainsaw, bench grinder, fertilizer drill, barrels, feed buckets, lots of tools, saddle, two horse blankets, hay loader, truck racks, and more.
Household: Good GE dishwasher, gas 40" Vesta range, Singler fuel oil stove, electric household water pump, fine oak treadle sewing machine, converted player piano, oak library table, oak mantel clock, four bentwood chairs, two baby beds, bedroom suite, stereo, oak pressed back rocker, flower stand, blue jars, nice old magazines, Mercury, Herakles on historic events, coolers, fans, pictures, miscellaneous glassware, fishing reels, cheese box, Children's Bemas, Lots of puzzles, books, (Zane Grey, Borden, Western), child's blackboard, two rockers (one with horse scene), metal ironing board, tin telephone, child's suitcase, two dolls, etc.
Terms: Cash or good check. Not responsible for accidents.

Mark Mattox

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nutrients can be found in a balanced diet with the Food Guide Pyramid as a guide. The base of the pyramid, the bread, cereal, rice and pasta group provide most of the daily calories with a recommended 6-11 servings a day. The next level of the pyramid are fruits and vegetables which provide calories, vitamins and minerals. The pregnant teenager should eat 6 or more servings a day of fruits and vegetables. The foods that are high in protein include the milk, cheese and yogurt group along with the meat, poultry, fish, eggs, dried beans and nut group are high in protein, iron and folic acid with a recommended 2-3 servings a day. The tip of the pyramid contains fats, oils and sweets and do not have a recommended number of servings a day. It is important to limit foods high in fat, salt and sugar in order to have a healthy weight gain. The pregnant teenager's daily diet should also include fresh fruit, raw vegetables, peanut butter and crackers, cottage cheese and yogurt.

Once the baby is born, nutrition continues to be important for the mother especially if she

decides to breastfeed. Good nutrition helps the body to cope with the stress of pregnancy and helps the mother to return to her pre-pregnancy weight. Good nutrition along with early prenatal care can pave the road to a successful pregnancy.

The Nicholas County Health Department offers family planning, prenatal nutrition, and Well Child services for pregnant women, infants and children. For further information call 289-2188.

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