

GENERAL NEWS

Nicholas County Co-Operative Extension Notes

MAXIMIZE THE EFFECTIVENESS OF BLOOD PRESSURE MEDICATION

High blood pressure affects more than 50 million American adults. Left uncontrolled, it increases the risk of serious health problems such as heart attack, stroke or kidney failure, says Melba Burch, Nicholas County Extension Agent for Home Economics. High blood pressure (hypertension) is often called the "silent killer" because most people have no symptoms. People do not realize they have high blood pressure until a serious health problem develops. Fortunately, hypertension usually can be treated successfully with medication. However, 10 to 30 percent of the people diagnosed with high blood pressure do not take medication properly. They don't take it at all, or fail to follow prescription instructions. It is extremely important to take prescription medication exactly as instructed. Be sure to discuss any changes in dosage, reaction to medication, or personal health with your physician. Also, tell your physician about side effects, cost, fear or other factors that might interfere with your successful use of the medication. Many times minor life-style changes help maximize your blood pressure medication's effectiveness. Some changes are

to reduce sodium and alcohol intake, slim down weight, and avoid other medications that interfere with the effectiveness of blood pressure medication. Excessive sodium aggravates high blood pressure. A high-sodium diet also increases potassium loss, accelerating the potassium loss that occurs with diuretics that are a part of medication treatment. Consuming more than four alcoholic beverages per day significantly increases the risk of hypertension. If not treated in time, it can become a chronic problem. Even modest alcohol intake can raise blood pressure. Excess body weight increases blood pressure and makes the heart work harder. Losing weight helps many people lower blood pressure. Regular exercise promotes weight loss. Exercise alone has been shown to lower blood pressure in some individuals. Regular use of non-steroidal medication and anti-inflammatory drugs, such as ibuprofen, causes metabolic changes that limit the effectiveness of blood pressure medication. Aspirin has similar effects. For more information on high blood pressure or any medication, contact the Extension Economics program or pamphlets, please call for contact Melba Burch at the Extension Office, 289-2112, Monday-Friday (8:00 a.m. - 4:30 p.m.).



A perfect sunny day in May was the perfect opportunity to sit outside Garrett's Restaurant at Kimball Booth's porch and talk.

Willa Kay Fryman celebrated 95th birthday on Easter Sunday

Willa Kay Fryman celebrated her 95th birthday April 15, 1995. A party was held on Easter Sunday, April 16, 1995.

Those attending were Mr. and Mrs. L.P. Dweily, Mr. and Mrs. Axel Fryman, from Hillsboro, Ohio. Mr. and Mrs. Arthur Fryman spent the week with her. All of her grandchildren

celebrated her birthday. Mr. and Mrs. William Fryman son from Carlisle, Mr. and Mrs. Audrey Wayne Fryman and family, Mr. and Mrs. Jack Fryman and family, Mr. and Mrs. Stanley Frederick, and Christy Tredey all of Carlisle attended the celebration. Lucy Fryman, daughter arranged the celebration.

City Council

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operations, like we were doing. Our auditor, the past few years kept telling us we were running a negative cash flow. He said we couldn't do that for long," Clark said.

ANTICIPATED EXPENDITURES

"It looks like better than \$100,000 carry-over from last year - the 1994 budget," Clark said re-checking the tentative city budget figures.

STREETS/ALLEYS

\$125,450 budgeted - anticipated spending \$96,954, a savings of \$28,506. Supply costs were down along with capital expenditures, fuel and labor.

POLICE

\$280,937 budgeted, estimated spending at \$255,938 with a savings of \$24,999. Supply costs, professional services, uniform costs, fuel and labor, repairs and maintenance were down.

PLANNING/ZONING

\$3,550 budgeted - estimated spending at \$1,063 for a savings of \$2,487.

FIRE

\$55,595 budgeted with estimated expenditures of \$28,877 for a savings of \$26,718. The number of fire runs and supplies were reduced as well as maintenance repairs and a lowered rate on insurance.

GAS

\$931,161 budgeted with estimated expenditures of \$738,510 for a savings of \$192,651. A mild winter lessened the need for gas purchase.

SEWER

\$412,792 budgeted with estimated spending of \$334,027 for a savings of \$78,765. Inflation work didn't cost as much as anticipated. Fewer supplies purchased, professional services were lowered, insurance pay reduced by \$10,000, maintenance and repairs were down by \$6,000. Savings also occurred when the city purchased the bid form for the sewer plant.

TRASH

\$106,288 budgeted with estimated spending of \$88,179 for a savings of \$118,109. Cardboard recycling helped lower the landfill expense.

SAVINGS

Refinancing a \$1,894,122.92 bond issue for the sewer plant and water treatment plant will save the city money over a 12 year period. This will provide the water line from Licking River to the city water plant and sewer plant improvements.

The reduction of interest on the bonds will go from 7.7 percent to 4.25 percent variable rate.

"We more or less got lucky," the mayor said. Total savings was \$53,274.72 because the state gave a lowered interest rate.

EMPLOYEES

Also crucial to saving city money is the attitude of city employees, the mayor made mention. "We have a great bunch of city employees who all do all they can to save money."

CITY

Certificate of Deposits earned the city \$6,000 more an interest this year than the year before, mainly because the city invested in CDs and kept them on long term, which grew greater interest, the mayor mentioned.

SENIORS

Nicholas County Senior Citizens Center Director Shirley Vice requested the city give \$10,000 this year toward center operations. The city agreed with a \$5,000 increase. Councilman Charlie Fay made the motion with a second by Councilman Doug Garrett.

Councilman Tommy Vaughn said he thought the center should be allotted \$10,000. Clark invited Vice back to council to ask for another \$2,000 if the center runs short before the end of the year.

WAGE INCREASE

With a 4 to 2 vote with both Garrett and Ritchie voting "No" the council approved an increase of \$500 for each council member's annual pay, making annual pay from \$2,000 to \$2,500. Clark's annual pay raises from \$3,500 to \$4,400. Councilman Vaughn brought the subject before council as a cost of living measure.

CITY LIGHT

Council voted to add a light to Locust Street near the 2nd of Carlisle sometime in July. Council members Sandra Cattrill and members Sandra Ritchie brought the issue before council.

From Lexington to Maysville, from Russellville to Mayfield, from Owensboro to Louisville...

A MISSION AT WORK DEFINING THE FUTURE OF HEALTHCARE



In communities throughout the Commonwealth of Kentucky, the Columbia mission is at work. A mission to respond to the medical needs of individuals through networks of locally-managed hospitals and healthcare facilities. A mission to focus resources for greater efficiencies and improved healthcare for every patient. A mission to apply the latest medical technologies for healing young and old alike. A mission to create for physicians the environment needed to work miracles of life.

Columbia Healthcare Network Bluegrass Regional Medical Center • Bourbon General Hospital Greenview Regional Medical Center • Lake Cumberland General Hospital Logan Memorial Hospital • Meadowview Regional Medical Center Pine Lake Medical Center • Scott General Hospital • Spring View Medical Center Audubon Regional Medical Center • Southwest Hospital Suburban Medical Center • University of Louisville Hospital

Tobacco Farmer Eck Rose Stood Alone Against the Tobacco Tax

"As Governor, I'll stand up to anyone who threatens our way of life." —Eck Rose



It's something my grandfather taught my father...and he passed it down to me. Respect. It runs deep in this soil. And through the lives of the people who work it. And to me, Kentucky - and every last family farm in it - is a place I say is worth protecting. It's a proud land where farmers are born...and not made. It's hallowed ground my father always said was filled by God.

Five generations deep

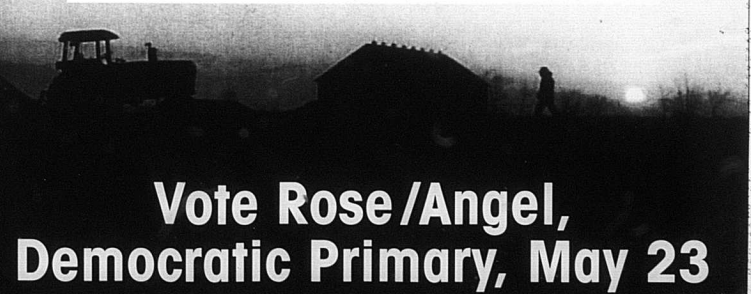
I'm Eck Rose. My family has worked Kentucky's land for five generations, but it took me years to know when to pull that leaf off the stalk. It's not something that's taught. It's something a farmer senses. He feels it. It's a process you can't rush.

That's the respect my grandfather was talking about. Respect for the land. For God. And the crops that have given my family so much. So when big-shot Washington politicians showed up on Kentucky's doorstep with the biggest tobacco tax proposal in U.S. history, well, that was something - as a farmer - I just couldn't stand for.

Stood alone

My father used to say there's 250 major decisions that go into growing every acre of tobacco. But taking on Washington and their tobacco tax wasn't a tough decision at all. It would've cost families their farms. Husbands and wives their jobs. But it would've cost Kentucky even more...our precious way of life.

So I hopped in my pick-up and drove to Frankfort and I spoke up against that tobacco tax. And we beat it. You didn't hear a word from Patton and Babbage, so I guess you could say I stood alone. And yes, I took some heat. But to me, it was worth it. Your family is worth it. And Kentucky is worth it.



Vote Rose /Angel, Democratic Primary, May 23

Fold for by Rose/Angel '95 Victoria Buster, CPA, Treasurer, PO Box 476, Frankfort, KY, 40602