Ask Sally ...

Spring Break Beauty Solutions

(NAPS)—*Whether it's off to the beach for Spring Break, or just a quick Spring getaway, beauty expert Beth Barrick-Hickey offers helpful beauty tips packed for travel.*

Barrick-Hickey

Q: I am going to a tropical island for my Spring Break. I have colored hair and will be swimming in the ocean during my vacation. What shampoo should I use that will wash out the salt, yet not strip my color?

A. Consider Artion Environmental Pool & Spa or Salon Care Anti-Chlorine Swimmers shampoo. Both will remove salt without dulling color-treated hair.

Q. My Spring Break will be spent snow skiing. What conditioner or treatment can I use that will add life to my hair when it goes limp in the mountains?

A. Use a rinse-out moisturizing treatment, such as Ion Moisturizing Treatment, once a week, and a daily leave-in treatment like Ion Anti-Frizz Leave-In to lock in moisture.

Q. I have joined a tennis team this Spring and prefer to wear my hair in a ponytail while playing. A stylist told me that constantly pulling back my hair in a ponytail could put me at risk for hair breakage and split ends. What should I use to build strength and resilience?

A. First, be sure you're using a protected hair band to help minimize hair breakage. Never use a bare rubber band. Strengthen hair by periodically using protein treatments, such as Jheri Redding Curative Strengthening Treatment, Aphogee Protein Packs, or Keragenic Revitalizing Protein Packs. These products help mend split ends and increase tensile strength of your hair.

Q. I am spending my Spring Break on a cruise ship, and am afraid my acrylic nails will turn yellow when they're exposed to sunlight. How can I prevent this?

A. Generally, nail extensions yellow in the sunlight as a result of the type of basecoat or topcoat used on the nail. The basecoat or topcoat should contain UV (Ultraviolet) inhibitor to prevent yellowing in the sunlight. Try L'Oreal Salon Professional Top Express or Ultra Set Sunscreen.

Q. I plan to be involved in several outdoor activities this Spring including hiking, canoeing and cross-country skiing. Do I need special sunscreen when I am participating in these outdoor activities?

A. Because snow, sand, water, concrete and other surfaces on which people play outdoor sports are highly reflective and intensify the sun's rays, it is particularly important to wear at least an SPF of 15. Both Zotos Unisun Facial Moisturizing Lotion and Malibu Outdoor Tanning Lotion have an SPF of 15. Additionally, if your lips are particularly sensitive to sun damage, you may want to use a sun protection product that is designed for the lips. Try One Lip Moisture.

Q. I will be outdoors this Spring working in my herb garden. Last year, my permed hair began to look parched because of the time I spent in the sun. How can I prevent this from happening again this Spring?

A. If possible, wear a hat. Also, try styling products with sunscreens, such as Aura, and conditioners formulated for permed hair, like For Perms Only Moisturizing or Regular Shampoo and For Perms Only Moisturizer, which adds moisture to the hair.

• Beth Barrick-Hickey is author of "1001 Beauty Solutions" (Sourcebooks, Inc.) and National Beauty Advisor for Sally Beauty Supply, the world's largest distributor of professional beauty products. To contact a store near you, call 1-800-ASK-SALLY.

* * *

Many things we need can wait. The child cannot. Now is the time his bones are being formed; his blood is being made; his mind is being developed. To him we cannot say tomorrow. His name is today.

—Gabriela Mistral

The legend of the Shamrock

Saint Patrick's Day is celebrated on March 17, the feast day of Saint Patrick, the patron saint of Ireland.

St. Patrick was a missionary to Ireland in the 400s and converted the Irish to Christianity. St. Patrick's Day is a national holiday in Ireland and also is celebrated outside that nation in cities with a large number of people of Irish descent.

In Ireland, St. Patrick's Day is primarily a religious holiday.

People honor St. Patrick by attending special religious services, enjoying family and community gatherings, and wearing shamrocks. According to legend, St. Patrick used a shamrock to explain the ideas of the Trinity to the Irish.

In the United States, St. Patrick's Day is primarily a secular (nonreligious) holiday. Many people wear green clothing, hold parties and march in parades.

The first St. Patrick's Day celebration in the United States was held in Boston, Mass., in 1737. Today, more than 100 cities hold parades.

The St. Patrick's Day parade in New York City is the largest.

Facts about the Shamrock: The shamrock is a small, three-leafed plant that is a national symbol of Ireland. According to legend, St. Patrick planted it in Ireland because its three small leaves represented the Holy Trinity.

Many Irish people still wear a shamrock on St. Patrick's Day. The name shamrock is anglicized from Seamrog, which mean trefoil (three-leafed).

It is given to a number of plants, but a small clover is usually considered the true shamrock.

Black medic, nonesuch, yellow trefoil and hop clover have been called shamrocks. Some authorities say wood sorrel is the true shamrock.

The leaves of a shamrock are like those of white clover.

Facts about patron saint St. Patrick: He was chiefly responsible for converting the Irish people to Christianity.

He became known as the Apostle to the Irish. His name in Latin is Patricius.

His life: Patrick was born in Britain. His father was a wealthy alderman and a Christian.

When Patrick was 16, pirates captured him during a raid and sold him as a slave in Ireland. He served as a shepherd of an Irish chieftain in Ulster.

During his captivity, Patrick dedicated himself to religion. He escaped after six years of slavery and returned to his home in Britain.

As a result of his experiences in Ireland, Patrick became driven by the idea of converting the Irish to Christianity. To prepare himself for that task, he studied in the monastery of Lerins, on an island off the southeast coast of France.

Patrick also went to Auxerre, France, and studied religion under Saint Germanus, a French bishop. Partly because Patrick's earlier education was inadequate, his religious superiors were reluctant to let him return to Ireland as a missionary.

Palladius, the first Irish missionary bishop, died in 431, however, and Pope Celestine I then sent Patrick to Ireland.

patrick began his work in northern and western Ireland, where no one had ever preached Christianity. He gained the trust and friendship of several tribal leaders and soon made many converts.

Patrick is said to have founded more than 300 churches and baptized more than 120,000 people.

He brought clergymen from England and France for his new churches. He succeeded in his mission in Ireland, even though many British clergymen opposed him and the way he organized his churches.

Patrick preached in Ireland for the rest of his life.

His writings: They serve as the most important sources of information about Patrick's life and work.

During his later years, he wrote "Confession," an account of his spiritual development, to justify his mission to Ireland. In the book, he expressed his humility and thankfulness that God called him to serve the Irish.

Patrick also wrote "Letter To Coroticus." In this letter, he criticized a raid on Ireland conducted by Coroticus, a British chieftain. Several of Patrick's converts were killed during the raid.

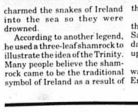
The letter also shows Patrick's resentment of the scornful attitude of British clergymen and nobility toward the Irish.

Legends about Patrick: Many stories about Patrick are based only on legend. One of the best-known tales tells how he charmed the snakes of Ireland into the sea so they were drowned.

According to another legend, he used a three-leaf shamrock to illustrate the idea of the Trinity. Many people believe the shamrock came to be the traditional symbol of Ireland as a result of this legend.

Today, Irish Catholics throughout the world celebrate Saint Patrick's Day on his feast day, March 17, which is this upcoming Sunday.

(Information for this article was taken from "The World Book Encyclopedia.")



(NAPS)—When is a salad not a salad? When it's a colorful palette of your favorite taste sensations, carefully arranged to please the eye, and served in bite-size portions to please the palate.

This quick and easy salad is packed with vitamin-rich vegetables and is low in fat. A perfect meal for those who want to get in shape or stay in shape.

The rice portion can be cooked ahead of time to speed up preparation. Cook some extra rice while you're at it, since rice can be used in many warm weather salad dishes.

Dress this crispy nutritious salad with your favorite bottled dressing.

Grilled Chicken Salad

⅓ pound boned and skinned chicken breast
½ teaspoon salt
½ teaspoon ground black pepper
1½ cups diagonally sliced zucchini
3 cups cooked rice, cooled to room temperature
1 14-ounce can artichoke hearts, drained

Season chicken with salt and black pepper. Grill or broil chicken breast. Add zucchini during last five minutes of grilling or broiling. Cover and chill chicken and zucchini; cut chicken into ½-inch cubes. Combine rice, chicken, zucchini, artichokes, snow peas and red pepper in large bowl. Blend dressing and basil in small bowl. Pour over salad; toss lightly. Serve on lettuce leaves.

Makes 4 servings

***Substitute frozen snow peas, thawed, for fresh snow peas, if desired.**

Each serving provides 416 calories, 34 g. protein, 4 g. fat, 60 g. carbohydrate, 3 g. dietary fiber, 72 mg. cholesterol and 1227 mg. sodium.

¾ cup fresh snow peas, blanched*
½ medium-size red pepper, cut into 1-inch cubes
½ cup light Italian salad dressing
1 teaspoon chopped fresh basil leaves
Lettuce leaves

Plant Of The Year

Perennial Plant Association Picks Preferred Perennial

(NAPS)—Continuing its successful promotion of outstanding perennials, the Perennial Plant Association is pleased to announce it has chosen *Penstemon digitalis* 'Husker Red' as the 1996 Perennial Plant of the Year.

Here are some facts about the popular plant most commonly referred to as "Beardtongue".

• Husker Red is a white-flowered, red-foliaged form of *P. digitalis* that was selected and introduced in 1983 by a horticulturist from the University of Nebraska.

• Penstemon is native to open woods, prairies and fields from North Dakota to Maine and is naturalized in several eastern Canadian provinces.

• This plant is a versatile garden perennial, valuable as a specimen or as a cut flower.

• When plants are well-established, height averages about 30 inches, with as many as 50 white flowers on each of 20 or more flower stalks during July and August.

And the 1996 Perennial of the Year is...the hearty and beautiful Husker Red.

• Husker Red is normally purchased as a potted plant. At planting, loosen the soil in an area 2 to 3 times the diameter of the pot. Incorporate a complete fertilizer, such as 10-6-4 or a 10-10-10, into the top 6 to 8 inches of soil at a rate of 2 to 3 pounds per 100 square feet.

• The gardener can use Husker Red in the perennial border or used as a specimen plant. It adds elegance to a summer garden and is very effective in combination with a wide variety of plants including the rich, green foliage of *Delphinium* or Veronica 'Sunny Border Blue', and the delicate pink of *Geranium* 'Biokovo'. It contrasts well with *Coreopsis* 'Moonbeam.'

The plant's most valuable asset is the rich, bronze-red foliage which provides striking contrast with the masses of white flowers.

• The best way to propagate Husker Red is either by division or from cuttings.

• The plant prefers well-drained soils that are slightly acidic.

• Plants thrive in full sun to light shade.

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From The Pulpit

By Rev. Dan Bishop, Windy Hill Baptist Church

Heaven's Grocery Store

As I was walking down life's highway a long time ago, I saw a sign that read, "Heaven's Grocery Store." As I got a little closer, the door came open wide, when I came to myself I was standing inside.

There was a host of angels. They were standing everywhere, one handed me a basket, and said, " My child shop with care, everything a christian needed was in that grocery store, and all that you couldn't carry, you could come back for."

First I got some patience, and love was in the same row. Further down was understanding, you need that everywhere you go. I got a box or two of wisdom, a pack or two of faith. I just couldn't miss the Holy Cross, for it was all over the place..

I stopped to get some strephth and courage to help me run life's race, By then my basket was getting full, but I remembered I needed to get some grace, I did nt forget salvation, for salvation is free, so I tried to get enough of that to save you and me. Then I started up to the counter to pay my grocery bill, for I thought I had everything needed to do my Master's will. As I went up the aisle, I saw prayer and I just had to put that in, for I knew when I stepped outside I would run right into sin.

Peace and joy were plentiful, they were on the last shelf. Song and praises were hanging there so I just helped myself..

Then I said to the angel, "now how much do I owe?"

He just smiled and said to me, "just take these blessings with you everywhere you go." Again I smiled and said, 'how much do I really owe?" He smiled again and said, "My child, "Jesus paid your bill long Ago."

We here at the Windy Hill Baptist Church speak on these things and much, much more.

Salvation is our biggest concern for you. Where will you spend eternity? Will it be Heaven or Hell? Good question is'nt it. Where will you spend your eternal life? Come let us show you in the Bible how you can be saved . Man cannot save you but God can and he the Lord will and want to save you today.

The Bible says to ask and you shall recieve. So until you ask you will not recieve. Come and join us at #Rt 1285 East Union Rd., one and one half mile out East Union Rd. Come to the top of the hill and the church will be on your left. Service times at4:00 p.m. each Sunday afternoon.

Rev. Dan R. Bishop Pastor and Rev. Samuel S. Campbell.

N.C.E.S. Fifth Grade Academic Team
Beginning from left to right in the front row; Roger Trussell, Kyle Harmon, Adam Hunter, Andrea Sapp, Grace Ann Kenyon and Ashley Judd. Back row; Megan Darrell, Ashley Hamilton, Brandon Hopkins, Brandon Ross and Lee Adkins

Fifth grade academic team comes home with awards

The Fifth grade academic competition was held on Saturday, March 12.

Nicholas County Elementary was the district runner-up to Bourbon County Central.

The quick recall team placed third in the district.

Individual winners from N.C.E.S. in the written competition were as follows; in Language Arts, Ashley Judd taking first and second, in Science, Brandon Ross taking first place, in Social Studies, Andrea Sapp taking fourth place in Social Studies, Megan Darrell taking second place in Math, in English composition, Ashley Hamilton with second place and Ashley Judd with fourth and finally in general knowledge, first place went to Lee Adkins, third to Brandon Ross and Megan Darrell with fourth.

On The Record

Nicholas County Circuit Court

Barbara Farrow Fryman vs. Kendall L. Fryman. Domestic, final hrg. held. Final Decree TBS.

Mary Jane Hatton vs. Rodney Hatton. Domestic, final hrg. held. Final Decree.

Tina Vaughn Hillard vs. Green A. Hillard. Domestic, final hrg held. Final decree.

Harry A. Sparks vs. Louise Skeen etal. Pretrial conference, jury trial. 3-8-96 at 9:00am.

Oliver Farrow etal vs. April Clifton et al. Pretrial conference, agreed order TBS.

Donna L. Glascock admrx. vs. Robert T. Banta. Pretrial conference, passed.

Brenda Stone extrx. bs. Christopher R. Elsass et al. Motion hour, sust. order TBS.

Allen Burke et al bs. Margaret Hovermale et al. Pretrial conference, pretrial 4-17-96 @ 10:00 am order TBS.

Darrell Myers vs. David Tipton et al. Motion hour, counsel not present, passed.

Commonwealth vs. Morris Reed, Revocation hearing, def. in compliance, to continue on probation.

Commonwealth vs. Robert Randall Russell. Pretrial conference, cult of marij; 5+ plants; subs off. Jury trial, 3-12-96 @ 9:00 am.

Commonwealth vs. Clinton Turley. Motion hour, surrendered into custody, motion to reset sentence overruled.

Sandra D. Farrow vs. Melvin Lee Farrow. Domestic, order TBS.

Jeffy Lee Jolly vs. Edna Ellen Jolly. Domestic, sust. order TBS.

Judy Kay Martin Calvert vs. Billy Burton Calvert. Domestic, order.

Marilyn Jane Stewart bs. Jimmie Neil Stewart. Domestic, agreed order TBS.

Lora Lee Cox vs. Charles Thomas Cox. Domestic, SC.

Marsha Ballard vs. Gary Ballard. Motion, order.

Joann Rucell vs. Larry White. Motion, SC TBS.

Deborah Hubbard bs. Billy Joe Hubbard. Motion, agreed order.

Kathy Gaunce vs. Robert Gaunce. Motion, agreed order.

Kevin Walker vs. Nancy Jones. Motion, agreed order.

Particia Manley vs. Wayne Jolly Jr. Motion, agreed order.

Dora Livingood bs. Edward Earlywine. Motion, agreed order.

Frank Douglas Sexton vs. Cynthia Ann Sexton. Domestic, final hrg held. Sep agr TBS. Taken under advisement. PEC W 3-9 H 3-23 to interview children at 1:00 pm.

Commonwealth vs. Walter Berry Johnson. The Grand Jury charges: that on or about the 6th day of March, 1996, and prior thereto in Nicholas County, Kentucky, the above-named defendant(s): consistently failed to provide support for his minor child which he can reasonably provide and which he knew he had a duty to provide by virtue of the Nicholas Cicuit Court. Said arrearage being in excess of $1,000.00.

Commonwealth vs. Kenneth W. Buton and Wayne Stone. The Grand Jury charges: That on or about the 17th day of December, 1995, in Nicholas County, Kentucky, the above named defendant(s): committed the crime of First Degree Burglary by unlawfully entering the residence of Larry Cooper and during the flight therefrom were armed with a deadly weapon.

COUNT II

The Grand Jury charges that on or about teh 17th day of December, 1995, in Nicholas County, Kentucky, the above named defendants committed the crime of Theft by taking property belonging to Larry Cooper Family with the intent to deprive the owners thereof, said property having a value of $300.00 or more.

Commonwealth vs. Kevin Wells. The Grand Jury charges: That on or about the 30th day of September, 1995, in Nicholas County, Kentucky, the above-named defendant(s): being eighteen (18) years of age or older, engaged in sexual intercourse with a person less than fourteen (14) years of age.

Two arrests in Millersburg

Guy Turner, Millersburg Police Chief reports the arrest of Jamie McCarty, 24, of Millersburg on a misdemeanor warrant out of Nicholas District Court for failure to appear.

A Nicholas County juvenile was arrested for driving on a suspended drivers license due to quitting school.

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