

Judge-Executive declares April 18-25 Adopt-A-Highway Spring Cleanup Week

Participants of the Adopt-A-Highway Program are required to maintain approximately 15,000 miles of various highways in Kentucky.

Nicholas County Judge-Executive Charles Smith... The Adopt-A-Highway Program is a not-for-profit organization and depends upon volunteerism to continue its tremendous success.

Citizens of Nicholas County are urged to do their part and work to keep their area of our great big world clean.



Nicholas County Judge-Executive Charles Smith and Marvin Calvert, Adopt-A-Highway Coordinator from Flemingsburg, signed the official proclamation Tuesday, April 14, to declare Adopt-A-Highway Cleanup Week.

Investment secrets revealed

Do you know when you have been scammed? The Department of Financial Institutions, the State's watchdog for securities fraud, has placed a video on investment scams in all 120 public libraries across the State.

The video "What Can Artists Do? Want You To Know?" can help you decide if an offer is legitimate or a scam. Every investor should see this movie.

Check it out today from your local library. The Department of Financial Institutions offers assistance to anyone who has a problem or complaint regarding an investment.

All written complaints are investigated. A complaint form may be downloaded from the Department's web site, www.df.state.ky.us.

The web site also has information about investing. If you are on the web, check it out.

Advertisement for Southern Photo featuring a 'THREE POSE PACKAGE' with 3-10x13, 3-8x10, 3-5x7, and 24 WALLETS. Includes a 'Special Attraction SNOW STORM IN THE GYM' for Friday, April 24, 1998, at 7:30 P.M. at Nicholas County High School Gym.

Advertisement for 'Comedy & Laughter Audience Participation For Exercise' at Nicholas County High School Gym. Tickets are \$7.00 at the door for children 5 and under, and admitted free. Contact: 1-888-234-3207.

The best time to prevent osteoporosis is now

Article courtesy of Ann Rinaldin, M.C. and Nicholas County Hospital.

Osteoporosis is an age-related problem in which bones thin, become more porous and brittle, and less able to support the body.

This condition attacks both men and women, but women tend to suffer more severely because bone loss accelerates rapidly after menopause.

Good sources of calcium come from nuts, seeds, beans and peas, fish, with bones, and green vegetables.

You also need vitamin D to absorb calcium. The best source of vitamin D is the sun, but fortified milk products offer the same benefits without the risk of skin damage.

If you suspect you are developing osteoporosis, consult your doctor. If your doctor agrees, they may have you undergo a bone density study, a brief medical procedure designed to assure bone density.

If you show symptoms, treatment is available to slow or reverse the process. By taking care of your bones, now, they will stay strong through a lifetime of health and activity.

The good news is that medical technology and research has shown that osteoporosis can be treated and even prevented by a combination of exercise and good nutrition.

Weight-bearing exercises can help prevent bone loss. Specific exercises are needed to strengthen common risk sites such as the forearm, at the wrist, the upper arm at the shoulder, the hip, and the spine.

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Proclamation is signed to declare Soil and Water Stewardship Week

By Amy Rankin, Managing Editor.

Mayor Ronnie Clark and Judge-Executive Charles Smith signed a proclamation Wednesday, April 8, to declare April 20 through May 3 Soil and Water Stewardship Week. This special week is designed to encourage the community to preserve and protect its natural resources, including soil and water and various forms of wildlife species.

Soil Stewardship Week follows both Earth Day, April 22, and Arbor Day on April 24. Although this week is set aside for the recognition of the need of protecting our Earth, everyone should note that awareness must continue all through the year.

JUDY DRIVE-IN APRIL 17, 18, 19 HELD OVER TITANIC Starring Leonardo DiCaprio • Rated: PG-13 HARD RAIN Starring Christian Slater, Morgan Freeman & Dennis Quaid • Rated: R Showtime: 8:20 pm

Inventory Reduction Sale 1998 Chevrolet 4x4 Extended Cab Pickup OVER 100 ON THE LOT! Get A 98 For \$98 OVER INVOICE NO DOWN PAYMENTS

1998 Chevy Cavalier \$2400 1998 Chevy Blazer 4WD \$4099 1998 Chevy 1/2 Ton Truck \$2994 1998 Chevy 510 Pickup \$169

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CLASSIFIEDS

Classifieds section containing various notices, legal notices, and advertisements for services such as 'Legal Notices', 'Real Estate', and 'Business Opportunities'.

Inventory Reduction Sale (continued) listing various vehicles and their prices.

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SPRING SALE

Advertisement for 'SPRING SALE' at Cherry Hill Homes, featuring modular and sectional homes. Includes contact information for sales and financing.

Advertisement for 'HUGE INVENTORY REDUCTION AUCTION' on Saturday, April 25 at 11 AM, located at Rt. 9 three miles west of Vanceburg, KY.

Advertisement for 'WILLIAMSBURG TERRACE APARTMENTS' in Paris, Kentucky, featuring rent-based income and now accepting applications for 1-2 and 3 bedroom apartments.

Advertisement for 'YOUR NEW JOB IS WAITING!' from NESCO Service Company, highlighting immediate temp-hire openings at a major Georgetown manufacturing firm.

Advertisement for 'CHERRY HILL HOMES' featuring modular and sectional homes. Includes contact information for sales and financing.