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WEDNESDAY APRIL 22

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THURSDAY APRIL 23

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FRIDAY APRIL 24

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SATURDAY APRIL 25

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SUNDAY APRIL 26

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MONDAY APRIL 27

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TUESDAY APRIL 28

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Get into shape for summer: advice on how to do it right

Each year around this time, most of us go through a rite of passage.

We look into the mirror and realize the holiday binge hasn't budged.

After a long, sadde winter, it's time to spring into action — whether you're going to play softball, jog, or just enjoy the great outdoors.

First, you've got to get into shape.

Targeted fitness levels vary from person to person.

For one individual, fitness can be the ability to do a favorite activity like gardening for another it might be stamina to complete triathlons.

Your goals depend on what you want to accomplish — do you want to get in shape for daily walking, or are you going to play tennis tennis matches?

"Half the battle is preparing yourself," said Karen Benson, physical therapist, University of Kentucky Sports Medicine Center.

"Too many times people don't take the time to precondition."

Consider your present age, health, body type and activity level.

If you haven't had a checkup in a while, see your doctor before you begin working out.

"Any type of activity is good as long as you're moving," Benson said.

"Pick something you like to do — you'll be more likely to exercise if you enjoy your activity."

Some low impact activities include walking, rowing, cycling or stair-stepping.

Running and contact sports are higher impact and require more strenuous training.

A partner can help motivate and assist you with technique training certified, UK Sports Medicine Center.

Wear suitable clothes and shoes.

You'll probably want to layer clothing in the early spring, so you don't overheat as your body warms.

"Wear leather sneakers," Jacobs recommended.

"They provide more support for your forefoot, arch and heel."

Most shoe store employees can help you find the right shoe and fit for your game plan.

Ready to get going?

"Get motivated mentally," said Jacobs.

"Start out slow. You don't want to be on the first day or you'll get discouraged."

A gradual buildup of the first, reduce muscle fatigue and will help you stay interested in your workout.

Warm up before plunging into your workout.

"About 10 minutes of easy, low leg swing, trunk rotation, and other warm-up exercises," Jacobs said.

Always stretch before and after any exercise.

If you're flexible, reduce back strain and can help tone muscles.

Once this simple rule of thumb is set, you can talk to your partner, you're at a goal level of activity.

If you can't talk, you're pushing too hard and you're not breathing properly.

Other signs of overdoing it include lightheadedness or ringing in the ears.

"Know your body," said Jacobs.

"If joint hurts, then stop. If an exercise hurts too much, stop. Lie in touch with your stomach."

Don't forget to cool down.

Stretch again — not only does it reduce the chance of injury, it's a great way to spend a few minutes winding down before hitting the shower.

If you're just slightly sore after your workout, chances are your next warm-up will help alleviate the pain.

Use ice to soothe sore muscles.

On the other hand, if you're acting all over, you may need to rethink your plan the next time.

When your chosen activity becomes easy, gradually increase the intensity of your workout.

You might spend more time exercising, increase repetitions, or even the distance you run.

Try to exercise three or four times a week, if possible.

And don't give up.

It may take two to six weeks before you see results.

"If it just doesn't happen," Jacobs said.

"Results start when you start."

Sometimes it's good to be a Quitter

There are more than 88,000 public schools in America. One out of every three of them needs extensive repair or renovation.

Parents plan for Project Grad '98

"If joint hurts, then stop. If an exercise hurts too much, stop. Lie in touch with your stomach."

Parent volunteers have begun meeting to plan this year's Nicholas County High School Project Graduation for the class of 1998.

Phyllis Gutrie, Project Grad '98 chairperson, announced that the donation drive would begin this week.

"This is a very special night for these graduating seniors, and Project Grad will help alleviate the pain."

Parents of graduating seniors at Nicholas County High School will be meeting again on Thursday, April 23, at 7:00 P.M. in the NCHS Computer Center.

All parents and friends are urged to attend.

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For more info, call Dr. Ana Rinaldini at 289-2282 or Jon Sullivan, R. T. at 289-7181

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National Weather Service recognizes volunteers on Earth Day, 1998

As we prepare to observe Earth Day 1998 on April 22, media and public attention focuses on the human impact to our planet and its fragile ecosystems.

Earth Day is also a time to think about the fragile human race. Every year hurricanes, floods, tornadoes, hail storms, lightning, bitter cold snaps, freezing rain and sleet, and snow storms impact every fact of our lives.

This is especially true in the United States, which experiences the widest and most frequent range of violent weather on the planet.

The National Weather Service would like to recognize the behind-the-scenes volunteers who we think are Earth Day heroes every day of the year.

Without them our job as weather forecasters would be much more difficult.

Mostly unknown to the general public, SKYWARN severe weather spotters around the country are integral to our warning services, often putting themselves at risk to help us ensure the public's safety.

When tornadoes roared in a community and residents' heads for shelter, SKYWARN spotters provide the weather observations around the country, whose input is vital to maintaining our database of weather information.

These dedicated individuals provide us with information on temperature, precipitation, wind speed, river levels, and other weather factors each day.

With little reward other than the satisfaction of a job well done, cooperative observers brave the weather elements to maintain on-site weather records, sometimes being back more than 100 years at specific locations.

Cooperative observers provide us with data that would be incomplete, thereby causing a negative impact on our warning and forecasts.

I hope your readers will join me in recognizing the contributions of these Everyday Earth Day heroes. They play a critical role in solving the weather forecasting puzzle.

Sincerely,
Marvin R. Maddipati
Meteorologist in Charge

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The message brought to you by Kentucky Organ Donor Affiliates. Trust For Life.