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SERVING NICHOLAS COUNTY SINCE 1867

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The Mammogram Mobile from the James Graham Brown Cancer Center at the University Hospital was providing free mammogram screening for Jockey's Sewing and Textile plants this week in Carlisle.

From paper to debit cards... The Future of Food Stamps

Kentucky's food stamp program is switching from paper to debit cards. Three women, accustomed to using food stamps, took part in a demonstration of new debit-card technology at the Brighton Park Kroger store in Frankfort. Another demonstration took place in Midway, at the Meadow Hill Farm Food Mart. The next step is a five-county pilot project to get underway in May.

The pilot project covers Anderson, Woodford, Fayette, Franklin, and Shelby counties. Starting May 1, 7400 families in those counties who receive benefits will use the cards in place of food stamps. By November, the entire state is expected to use the new system, known as electronic benefits transfer (EBT). About 165,000 Kentucky families now receive food stamps.

"There are many benefits to the EBT program," said Viola Miller, secretary of the Cabinet for Families and Children, which administers food stamps. "The Cabinet will save up to million dollars a year in reduced postage and administrative costs now spent on sending out stamps every month. Retailers will be reduced because the specially coded cards will not allow users to buy non-food items or get change. It will be less appealing because the cards require use of personal identification numbers, whereas anyone can use the coupons with no identification." Miller said retailers will realize cost saving as well, because

their paperwork will be reduced and their bank account will be credited in two business days. More than 270 grocers will participate in May pilot. Thousands of retailers statewide eventually will take part. EBT cards are coded with the user's monthly allotment, and the cardholder draws on that allot-

ment all at once or in any number of visits to the grocery store. The cards accept food items, but alcoholic beverages, tobacco and other ineligible items will be rejected. They also work already use the EBT system, and it must be in compliance by 2002.

National Library Week to be held next week

This year, National Library Week is April 11 through 17th. During this week the Nicholas County Library will offer delivery for people who are unable to come into the library. Please call 283-5555 if you have any questions.

Head Start accepting applications for fall

Community Action Council for Lexington-Fayette, Bourbon, Harrison and Nicholas Counties is now accepting applications for next fall's Head Start enrollment. Head Start, a federally funded child development program, prepares three and four year olds in low income families to be successful in school. Head Start, operated by Community Action Council, is offered at 112 Strubleway Road in Carlisle. Full day/full year child care is available. You may apply Monday through Friday from 8:30 a.m. to 4:00 p.m. with appointments available after 4:00 p.m.

To be eligible for Head Start, a child must be three or four years old before October 1, 1999. Applicants must have the following for each child: 1) official birth certificate,

2) income verification - pay stubs, letter from employer, etc., 3) Social Security cards for everyone in household, 4) immunization certificate, including the Hib vaccine, 5) a copy of child's physical exam completed within the past six months and a copy of a current dental screening from the center line. Dummy cards must also be returned if requiring public assistance.

For more information, call 606-289-1172. Community Action Council, a non-profit organization, combats poverty by providing services such as Head Start and assistance, expanding employment opportunities, improving human performance, and bettering the conditions under which people live, learn, and work.

Sandy Brothers places 2nd in State HOSA Competition

Sandy Brothers of Bourbon County placed 2nd in the State for competing in Health Occupations Students of America's Nursing Skills Competition. The Competition was held at the Executive Inn in Louisville. 400 competitors competing in 12 events.

Ma. Brothers is a nursing student at Central Kentucky Technical College in Lexington. She will graduate in May of this year. She is the member of Delta Epsilon and daughter of Dale and Allie (Casswell) Brothers of Paris.

Ma. Brothers, along with several other students from Central Kentucky Technical College will compete in June in Nashville.

Conservation Area 5 meeting held March 23

Nicholas counties Stanley Alexander, Eugene Lester, Jean Darnell, Julian and Evelyn Hammonds and Rodney Brookshire were among the attendees at the Area 5 Spring meeting of the Kentucky Association of Conservation Districts. The meeting was held Tuesday, March 23, at the Grant County Farm Bureau Building in Williamson.

Highlights of the meeting included a report of the Division of Conservation by Steve Coleman, Director. Mr. Coleman gave a report on the state coal lease program, general assembly, the importance of the agriculture water quality act. Reports were also given from the Department of Fish and Wildlife, Department of Forestry, Natural Resource Conservation Service and the Department of Agriculture. During the business session, Jonathan Smith of Pendleton County, was elected Area 5 Director and Sanford Reed of Campbell County was elected Alternate Director.

Jockey employees take part in cancer screening

By KARI JORDAN Staff Writer

Over 100 female employees over the age of 35 from Jockey's Sewing and Textile plant participated in a free mammogram screening held this week at Jockey's facilities in Carlisle. Tamey Gilkerson, RN COHN, Jockey Nurse and Health Representative arranged this event through support of Jockey and the Mobile Mammography Unit from the James Graham Brown Cancer Center at the University of Louisville. Health Representative also serves on the Nicholas County Cancer Coalition.

Jockey holds other health events such as the Health Fair held in the fall, on site flu shots, and PSA Cancer Screening for men.

The American Cancer Society "Facts and Figures" 1998 show one out of every nine women in the United States has breast cancer. Early detection and prompt treatment have increased the survival rate. The new statistic that risk for localized breast cancer has risen from 75 percent in the 1960s to 97 percent in 1997.

It must be emphasized that monthly breast self-examination, breast examination by a physician, and mammography are appropriate interventions as recommended by the American Cancer Society. are essential procedures for all women to follow. It is not to be interpreted as limited to only those women who are considered at high risk for breast cancer. As a matter of fact, an estimated 75 to 79 percent of women who are diagnosed with breast cancer are in this age group.

Additional factors which may be associated with increased breast cancer risk, according to the American Cancer Society, include pesticides and other chemical exposures, alcohol consumption, induced abortion and physical inactivity. These additional factors are currently under study.

In addition to the risk factors issued by the American Cancer Society for breast cancer, the National Cancer Institute (NCI) issued the following recommendations:

• Women in their 40's who are at average risk for breast cancer, get a screening mammogram every one to two years or their age and being female. It is known, however, that certain women are more likely than others to develop breast cancer and these women should have check-ups more frequently than the recommended average.

Breast Cancer Risk Factors according to the American Cancer Society Facts and Figures 1998 are:

• The risk of breast cancer increases with age.

• The risk is higher in women with a personal or family history of breast cancer. Many carriers of a typical hyperplasia, early menarche, late menopause, recent use of oral contraceptives, past menopausal estrogens, never having children or having first live birth at a late age and high education and socioeconomic status.

• Since most risk factors cannot be controlled, finding a breast cancer in the earliest stage, while it is still small and has not spread to the surrounding tissue, is the only way to reduce the number of deaths due to breast cancer. Finding or detecting breast cancer early also increases a woman's treatment options.

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• Mortality rates from breast cancer are declining, with the largest decrease seen in younger women, and white and African Americans. This is probably due to earlier detection and improved treatment.

• Studies conducted by the National Cancer Institute, American Cancer Society, and the American Academy of Sciences show that diets consisting of low fat and higher fiber along with daily exercise, and the absence of alcohol and smoking reduce the woman's chances of having cancer. If you do not have a doctor or need information on self-examination of your breasts, contact the following organizations: The American Cancer Society, at 1-800-227-2323; The YMC Breast Cancer Hot Line at 1-800-221-2141.

One killed, one injured in Cynthiana accident

James Lizer was pronounced dead on the scene and Tackett sustained internal injuries and was airlifted to the UK medical center where he is currently listed in serious condition. According to Trooper Graves, both subjects were not wearing safety belts.

The crash remains under investigation by Trooper Clinton Graves.

Two arrested for drunk driving

On April 4, at 1:30 p.m., Trooper Bill Hayes arrested Adam D. Anderson, 31, Carlisle, Kentucky at National Guard Armory in Carlisle. Anderson was charged with Terroristic Threats.

On April 4, at 10:30 p.m., Trooper Donna Graves arrested a 15 year old female juvenile for Assault 4th Degree. The juvenile was arrested in an alternate county with a family member and was transported to a juvenile detention center in Eastern Kentucky.

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Kari Jordan photo

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