

# 2nd Annual City-County Veterans Day Observance

## Join Us In Honoring Our Rowan County Veterans

### VETERANS DAY PARADE

Saturday, November 6, 1999

11:00 A.M.

Downtown Morehead

Featuring:

- ★ National Guard Color Guard ★ Morgan County High School Band
- ★ Elliott County High School ROTC Color Guard
- ★ Representative John Will Stacy ★ Congressman Ken Lucas
- ★ Menifee County High School Band
- ★ Judge Clyde Thomas ★ Mayor Brad Collins
- ★ East Carter High School Band ★ Elliott County High School Band
- ★ Legion of Honor ★ Shriners ★ The Patriots - Motorcycles

### VETERANS DAY CEREMONY

Thursday, November 11, 1999

1:00 P.M. - At The Rowan County Senior High School Gymnasium

Featuring: ★ The Rowan County Senior High School Chorus

★ Clayton Thomas, Lt. Col. Retired, USMC &

★ Governor Paul Patton

★ Assistant Adjutant General Bruce Pieratt

For More Information Concerning The Veterans Day Events, Contact  
The Tourism Office at 784-6221



## Funeraries

John P. Finn

John P. "Jack" Finn, 72, of Ocala, Fla., formerly of Carlisle, died Saturday, October 30, 1999 at Monroe Regional Hospital. He was a native of Cincinnati, Ohio, a retired carpet salesman, a member of the Our Lady of the Spirit Catholic Church in Ocala, a U.S. Navy veteran of World War II, and a member of the Optimist Club of Ocala. Surviving other than his wife Wilma is one son, Michael Finn of Cincinnati; three daughters, Patty Jung and Judy Honta, of Villa Hills, KY and Suzanne Finn, of Reno, Nevada; a stepson, William Topper II, of Ocala, Fla.; a stepdaughter, Erica Hart of Bellevue, Fla.; three grandsons and one great grandson. Services will be held on Thursday, November 4, at the Carlisle Cemetery with the Rev. Thomas Thel officiating. Mathers-Gaunce Funeral Home is in charge of the arrangements.

### Charles Helphensine

Charles William "Billy" Helphensine, 86, of Elizaville, died on Friday, October 22, 1999 in the emergency room of Fleming County Hospital of an apparent heart attack. He was born in Nicholas County to the late Donald and Mary Carpenter Helphensine. He is survived by his grandmother, Mary E. Helphensine, Ewing, and several aunts and uncles. Graveside services were held on Sunday, October 24, 1999, at the Mt. Taber Cemetery by Rev. Greg Grimes. Price Bros. Funeral Home in Elizaville was in charge of the arrangements.

### Shirley Herrington

Shirley Mae Herrington, 83, of Bartterville Road, widow of Willard Herrington, died Sunday, October 31, 1999 at the Nicholas County Hospital. She was born in Nicholas County to the late Everett and Margaret Lovell Thomas. Survivors include a son, James Herrington, Port Clinton, Ohio; two daughters, Patricia Graves, Carlisle and Nancy Fazell, Paris; five grandchildren and 2 great-grandchildren.

### Sidney Myers

Sidney Faith Myers, infant daughter of Todd and Melissa Henderson Myers died Thursday, October 24, 1999 at Harrison Memorial Hospital. Other survivors include a sister, Haley Myers; maternal grandparents, Ralph and Diane Howard; paternal grandparents, Stevie and Susie Myers; maternal great grandparents, Jimmy and

Shirley Henderson and Ernest and Hilda Gray; paternal great grandparents, Ernest and Kestie Myers and Lucian and Betty Workman. Services were held on Monday, November 1, 1999 in the Carlisle Cemetery. Mathers-Gaunce Funeral Home was in charge of the arrangements.

### Virginia Sosby

Virginia McKenzie Sosby, 83, of Cynthiana, formerly of Carlisle, widow of Ray McKenzie and Clay Sosby, died on Monday, November 1, 1999 at the Nicholas County Hospital. She was born in Nicholas County to the late Herbert and Zena Snapp Morris, and was a member of the Rose Hill United Methodist Church, where she had been a Sunday School teacher and superintendent, and a member of the Women's Missionary Society. Survivors include a daughter, Wayne (Jo Ann) McKenzie, Mercer Co.; a daughter,

Connie M. Clumkenbeard, Carlisle; six grandchildren, 11 great-grandchildren and three great-great grandchildren. Services were held on Thursday, November 4, 1999 at the Carlisle Cemetery. Home by Rev. James Gaunce with burial in the Bartterville Cemetery. Casket bearers were Lonnie Rice, Shirley Mae McKenzie, Clyde, Rudy and Troy Miller, and David Rowland. Honorary bearers will be Cathy Jo Aubrey, Jacqueline Hawkins, Melissa McKenzie, Kimberly Rowland and Connie Tyrer.

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## SALTWELL NEWS

By Mrs. Jeff Mattox

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## Miss Kentucky fights child abuse

Shanna Moore, Miss Kentucky 1999, is helping throughout the Commonwealth. She is the

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HELP PREVENT CHILD ABUSE  
HOTLINE  
1-800-468-8920

Carlisle Mayor Ronnie Clark and his son Jared, are shown here with Miss Kentucky and Task Force State Chairman on child abuse Peter O. Samples.

## spotlight on health

### Drinking Black Tea May Help Maintain A Healthy Heart

(NAPS)—According to an important new study recently published in the Archives of Internal Medicine, women in the Netherlands who drank only a few cups of black tea per day had a significantly reduced risk of severe atherosclerosis—a key factor contributing to coronary heart disease. The authors of the Rotterdam Study, titled "Tea Flavonoids may protect against atherosclerosis," concluded that "data provide evidence for a protective effect of tea drinking against severe atherosclerosis, especially in women." Further investigations into the mechanisms that explain the protective effect of tea flavonoids in the cardiovascular system are warranted.

In the study, drinking black tea was associated with a more than 50 percent reduction in severe atherosclerosis risk among women who drank one to two cups daily. Women who drank more than five cups of black tea daily had the lowest risk of severe atherosclerosis. The study also showed a trend toward a similar effect in men.

The Rotterdam Study refers promising new evidence for the beneficial effects of black tea

are especially exciting for women, who are frequently looking for simple, everyday steps they can take to help improve their health," said George Ross, M.D., M.P.H., R.D., nutrition director, The Cooper Clinic, and author of *The Balance Act: Nutrition and Weight Guide*. "This research is also particularly interesting for women in the United States, where coronary heart disease is the leading cause of death among women. Adding a few cups of regular or decaffeinated black tea to a balanced, diet can be an easy way to

help maintain a healthy heart." Atherosclerosis is a disease of the arteries that occurs when fatty material (plaque) accumulates under the lining of the artery wall. Over time, this build-up can restrict blood flow, resulting in serious health problems, such as coronary disease, which can cause heart attacks. In fact, one-half of all coronary heart disease deaths result from complications of atherosclerosis.

"Adding a few cups of regular or decaffeinated black tea to a balanced diet can be an easy way to help maintain a healthy heart."

Consumers and health professionals can learn more about tea's potential health benefits by calling the Lipson Tea & Health Information Center at 1-888-LIPSON (1-888-547-8668), toll-free weekdays, 8:30 a.m. to 6:00 p.m. ET, or by visiting [www.lipson.com](http://www.lipson.com).

Robertson County Health Care Facility

806-724-5020

The leader in quality care has the following opportunities available:

DIRECTOR OF NURSING  
Dedicated RN needed with a desire to initiate quality care and high standards. Leadership experience preferred. Salary based on experience (E.O.E.)

RN OR LPN  
Full-Time, 7A-7P and 7P-7A available  
Salary up to \$14.85 per hour  
Based on experience (E.O.E.)

NURSING ASSISTANT  
Full or part-time, all shifts available  
Salary up to \$6.85 per hour  
Based on experience (E.O.E.)

ALSO AVAILABLE:  
DIETARY AIDE and HOUSEKEEPER  
Part-Time  
BENEFITS INCLUDE:  
401(k) Retirement  
\$500 Sign-On Bonus For Nursing New Hires  
Paid Vacation, Holiday, Sick Days,  
Health, Dental and Life Insurance  
Attendance Bonus  
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