

Floods continued from front

A portion of Bus Clark Rd. on David Tipton's farm received damage...

As Tischer, Johnson, and Callahan traveled the area, suggestions on how to stop this type of damage...

One of the main reasons why so much damage is happening along the creek banks is that the EPA has put a halt to getting rock and gravel from the creeks and streams...

Health & Well Being Migraine Pain Goes To Touch Of Therapeutic Massage

INAPS—Migraine headaches affect over 18 million people more than men experience headaches...

In a recent federally supported medical study, regular massage therapy was associated with lower levels of pain...

Other reported results of regular therapeutic massage include lower anxiety and fewer general physical symptoms...

NICHOLAS COUNTY HIGH SCHOOL Breakfast and Lunch Menu

Table with 5 columns: Monday 2/28, Tuesday 2/29, Wednesday 3/1, Thursday 3/2, Friday 3/3. Lists breakfast and lunch items for each day.

health hints Taking Steps To A Healthy Heart

INAPS—New Year's isn't the only time to make a resolution for better health. February is Heart Month...

1. Eat a healthy diet. The American Heart Association suggests that healthy Americans use no more than 300 milligrams per day of sodium...

2. Take a multivitamin. A growing body of research shows that when taken with vitamins, overall nutrition is better...

3. Exercise. Physical activity contributes to health by reducing the heart rate, decreasing the risk for cardiovascular disease...

4. Don't smoke. Nearly one in five deaths from heart disease is caused by smoking...

Family Dollar Stores, the latest growing discount retailer in America, is opening our newest regional Distribution Center...

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ALL INFORMATION IS STRICTLY CONFIDENTIAL

Obituaries

Tonya Denise Cox

Tonya Denise Cox, age 9, of several aunts, uncles and cousins; a special friend, Katie...

Survivors are her mother and father, two brothers, David Wayne Cox, Jason Bailey, both of Carlisle...

Funeral services were held on Tuesday, February 22, 2000 at the American Baptist Church in Carlisle...

Ruby Purcell Hughes Stewart

Ruby Purcell Hughes Stewart, 86, Robertson County, died on Sunday, February 20, 2000 at the Johnson Mathers Health Care Center.

Born in Nicholas County, January 17, 1914, to the late Luzum and Anna Tom Shea Purcell, she was a homemaker...

Contributions are suggested to the Blue Licks Assembly of God members. Claude Purcell and Charles Purcell, Jr.

Active pallbearers were Sean Stewart, Jason Hughes, Greg Rose, James David Stewart, Patrick Ritchie and Tony Lee Fryman, Jr.

Charles B. Wood, 74, husband of Virginia Cluff Wood, died on January 1, 2000 at the Hospice Care Center in Clark Regional Hospital.

A native of Carlisle, he was a member of the First Methodist Church. He was a World War II veteran...

Funeral services were held on Wednesday, February 23, 2000 at the First Methodist Church in Bentley Wood, Frankfort.

IN THE SERVICE

Morehouse graduates from Ranger Training course

Army Spec. Otis K. Grassy Lick Road, Morehead, Morehouse has graduated from the Ranger Training course...

During the 61-day course, the training phases are conducted at Fort Benning...

Additional emphasis is placed on developing combat functional skills for planning and conducting ground, air, and waterborne operations...

Morehouse is an indirect fire infantryman with the 75th Ranger Regiment at Hunter Army Airfield, Minot, North Dakota.

He is the son of Otis and Rebecca Morehouse of 225

SALTWELL NEWS NEWS OF HEALTH

Kenny Ray Snapp recently underwent major surgery in Lexington.

His daughter, Alicia Snapp has also been ill. She missed several days of school the past week due to a fever. She is recovering slowly.

Amanda UK was taken by ambulance to UK Hospital in Lexington for x-rays and tests after falling from a mount the boy's elementary school game on Friday night.

Mr. and Mrs. Charles Doyle, Mr. and Mrs. Bobby Brady, Randall Ritchie, Donald Sears, Emory Richardson and Daley Kennedy were among those attending the supper and tobacco meeting at the old armory in Carlisle on Thursday night.

Mr. and Mrs. Jeff Mattox enjoyed dinner on Saturday evening at the Blue Licks State Park restaurant.

Did You Know?

INAPS—The National Education Association kicks off its third annual Road Across America Campaign March 2, which would have been Dr. Sosa's 60th birthday.

Best-selling travel author Arthur Frommer has partnered with Enterprise Rent-A-Car to give advice to inexperienced travelers—such as the woman who locked her sandwich in a hotel room safe, mistaking it for a microwave—as part of the company's new Inflight Flyer Rewards Program.

New ingredients for the Stacy Program, such as Barbie Super Stars, feature favorite songs that girls love much fun action games are— and that they're not just for boys.

Vitamins, Minerals May Make Life Easier For Women

INAPS—A new study published in the American Journal of the College of Nutrition measured the health of 80 percent of women between the ages of 18 and 49 who suffer with Premenstrual Syndrome (PMS).

For the study, entitled "The Potential for Dietary Supplements to Reduce Premenstrual Syndrome Symptoms," Adriane Beck, Ph.D., reviewed studies on the effects of dietary supplements from the vitamin, mineral and herbal categories and certain food groups.

Among the other minerals reviewed, magnesium had some positive effects on headaches and mood swings. Vitamin B6 also exhibits promise in alleviating mood and emotional and physical symptoms.

With regard to herbal supplements, Dr. Bendich found that sage use showed no strong evidence of effectiveness, however, prairie oil did show some promise.

Other herbs have not yet been tested in well-controlled trials. In addition, interactions between some herbs, such as wild yam root, and medications may cause adverse reactions.

A new emergency food product called Penzonal Roadside Rescue, enables drivers who run out of gas to travel an additional 100 miles to safety, or the nearest gas station.

The additve is available at auto parts stores. For information, call 1-800-348-6688 or visit the website at www.rescuepenzonal.com.



Women may wish to consult their doctors about supplements, like calcium, that could help alleviate PMS symptoms.

Calcium, at this point, seems to be the best choice for women suffering from PMS. Since most women do not consume nearly enough calcium-rich foods in their daily diets, Dr. Bendich recommends that they consider supplementing their diets to safely attain the recommended level of 1,200 mg with products such as Tropic or Os-Cal.

WILLIAMSBURG TERRACE APARTMENTS

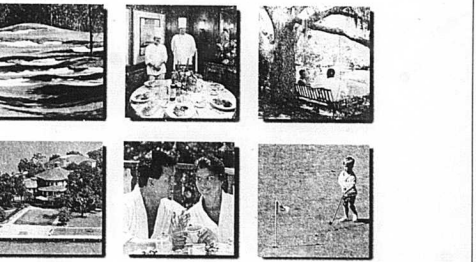
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Now you can enjoy fine dining, tennis, sailing or slipping juleps under the majestic magnolias after a round of golf on the Trail's Magnolia Grove course in nearby Mobile, or one of the resort courses at the Grand—named one the best places in the world to stay by Condé Nast magazine.

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Pictured from upper left to right: the Country Course at Magnolia Grove, each of the Grand, including under a magnolia tree. The Grand on the Bay, including for a young couple, and people sitting on the Grand putting green.