

# BANK Eating For Better Health

continued from front

The banks downtown location, continues to bring beauty to historic Carlisle. The three story building on the corner of Main Street and Locust has been the home to many other business still in operation today like Dr. Riggs and Sparks. The Chamber of Commerce and The Carlisle Mercury.

The banks downtown service and hospitality will bring the deposit bank many more prosperous years to come.

(NAPS)—If you're not most Americans, you know you should be eating a heart-healthy diet, but you're not sure where to start.

But, good news is here... health eating is within reach thanks to a new eating pattern called DASH (Dietary Approaches to Stop Hypertension), which is clinically proven to lower blood pressure. Plus, it's delicious. Americans have high blood pressure, and one-third of them don't know it. Unfortunately, it can lead to heart disease and stroke, the first and third leading causes of premature death in the U.S. Developed by the National Institutes of Health, DASH is recommended for those working to lower their blood pressure, and is also a nutritious eating plan for anyone trying to eat more healthfully.



**Nutritious almonds, packed with essential vitamins and minerals, add crunch and flavor to your heart-healthy diet.**

For people who enjoy eating nuts, DASH has welcome news. DASH recommends consuming adequate amounts of potassium and calcium and magnesium to help control and possibly prevent high blood pressure. Almonds and other nuts, seeds and legumes are good natural sources of these essential minerals. They also provide fiber and protein, are low in saturated fat and contain no cholesterol. Accordingly, eating four to five servings of these foods each week is an important part of DASH.

The best part about this eating plan is that you don't have to sacrifice! Funnel, great-tasting, flavorful, renowned chef Nora Pouillon, chef at restaurant Noma in Washington, D.C., would agree. She's created this fresh meal called topped with turkey, from juicy-sweet pears to crisp ginger spiced almonds. Chef Pouillon's DASH-friendly recipe is consistent with the Step 1 Diet from the National Cholesterol Education Program and American Heart Association, 1993) when eaten as part of a daily menu of 2,000 calories, with no more

# Pointers For Parents

## The Importance Of Dietary Calcium

Food	Serving Size	Calcium (mg)
Live & Active Culture Yogurt (plain)	One cup	450 mg
Milk (low fat)	One cup	300 mg
Swiss Cheese	One ounce	270 mg
Calcium-fortified Orange Juice	One cup	300 mg
Sardines (with bones)	3 ounces	180 mg
Broccoli, cooked	1/2 cup	35 mg

*Source: National Institutes of Health, 1993*

A diet high in calcium can help your family get the nutrients they need.

you're getting essential dietary calcium, and the good news for your family is that this solution is well within reach. In fact, it's as close as the dairy case at your local supermarket.

As a registered dietitian and mother of three, I share these concerns. Calcium is an essential part of any balanced diet and can be found in a wide variety of foods. Yet, it is too often overlooked in our daily diets.

Calcium is important in developing and maintaining strong, healthy bones. While the amount of calcium needed changes over time, calcium intake is critical for everyone from toddlers to mature adults. Calcium builds strong bones during the growing years, keeps bones strong during the middle years, and helps regulate blood pressure in women during pregnancy.

Studies show that calcium-rich foods, such as yogurt, when eaten regularly, can help reduce the risk of osteoporosis, the thinning and loss of bone mass that affects 25 million Americans as they age. In addition, research shows that calcium studies suggest that increasing calcium intake may also reduce the risk of colon cancer.

I believe the "food first" approach is the best way to ensure

## AAA

continued from front

decreases traction on ice and snow.

- Begin slowing down much sooner than usual to prevent skidding or loss of control.
- Begin slowing down much sooner than usual to prevent skidding or loss of control.

AAA BlueCross/Kentucky is a not-for-profit auto club serving 120,000 members in 64 counties of Central and Eastern Kentucky and parts of Virginia and West Virginia.

## FREE THINGS TO SEND FOR

(NAPS)—Free information about you is available from the American Ema Association toll-free at 877-657-7972 or visit the Web site at [www.ema-csm.org](http://www.ema-csm.org).

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Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof;...  
- First Amendment of the U.S. Constitution

# Opinion

The Carlisle Mercury

## Faces of The Week

THE CARLISLE MERCURY'S SPOTLIGHT ON NICHOLAS COUNTY

From The Editor

MARINA JORDAN THE CARLISLE MERCURY

## Reading can be fun!

I wish I would have read more books as a child. If I knew today, what I do I would have. Reading is one of the daily tasks that I perform more often than any other. I read other papers to and stay up to date on current events, so that in return I can be sure that The Carlisle Mercury is as up to date as any other newspaper.

If reading would have been a priority when I was a child, some of my favorite books were the Curious George series. If a book had a little bit of mystery in it, it related to the history of the world or people I would usually read it. I have tried to instill in my children the importance of reading. My oldest son is in the fifth grade and has a reading level of a sixth grader. I hardly ever see him reading anything but Sports Illustrated, or ESPN the magazine, but I know that that is better than nothing.

My four year old is completely different. He loves to sit and read, and it doesn't even really matter what the subject title may be. His own book collection consists of over 200 books. He often loans his books to the local head start program. He finds this to be rewarding when children hear special books that he has brought.

Reading, no matter what the topic may be, does everything for a person. Today I do read on a regular basis. I mainly enjoy History and Biographies.

My only thought in closing is as the new year begins, try to encourage reading in your own house. Find a subject that you like, and go to the public library and they will help you find a suitable book.

## Renew your subscription

OH SAY CAN YOU SEE...  
The Star-Spanned Banner was designated the national anthem by an Act of Congress in 1921, 117 years after it was written.



## What was your favorite book as a child, and do children today think reading is important?

<p><b>A:</b> "This is an old one, it was a Golden Book called <i>The Goat Put on His Coat</i>."</p> <p>Diane R. Allison Age 58 Bath County</p>	<p><b>A:</b> "My child's favorite book is Barney. It's very educational and keeps your entertained."</p> <p>Cybil George Age 23 Carlisle</p>	<p><b>A:</b> "A.A. Milne's Winnie the Pooh. They don't make it a priority, but they do think it's important. They just have other things to occupy their time."</p> <p>Becky Reid Age 43 Carlisle</p>	<p><b>A:</b> "My parents usually got me books that I like having to do with sports. My children are all grown out, but they really enjoyed reading as they grew up. It is very important."</p> <p>Rusty Lawrence Age 50 Carlisle</p>	<p><b>A:</b> "I really didn't have a favorite. I like all kinds of books. My four year old loves for us to read to him."</p> <p>Christy Givins Age 26 Carlisle</p>	<p><b>A:</b> "A Tale of Two Cities. Unfortunately, I do not think that children today realize the importance of reading. Reading can open a brand new world. Hopefully, with the renewed emphasis on reading in school, along with emphasis at home, reading can again become a priority."</p> <p>Dawn Curtan Letcher Age 33 Carlisle</p>
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**Next Week's Question Is:**  
Do you think today's fans get a little carried away at referees and umpires?  
To make your comment call THE CARLISLE MERCURY at 606-289-2464

## LEGISLATIVE PERSPECTIVE

A full day of committee meetings on Tuesday began a flood of activity in the House as legislators considered bills affecting the state, education and financial welfare of Kentuckians from Pikeville to Paducah and Covington to Columbia.

Governor Paul Patton released his proposal last week for the \$3.5 billion Kentucky expects to receive in payments from the national tobacco settlement -- the "Phase I" agreement -- over the next 25 years. The Governor held a press conference Jan. 14 to present a comprehensive plan for spending those monies, which includes his proposal to receive 25 percent of the funds for his early childhood development initiatives.

Earning funds for early childhood development is just part of the plan, however. The governor is advocating splitting the total of \$137.8 million in first-year funds half-and-half between a new agricultural diversification program called "Common Wealth Growth" and the current "Bucks for Brains" program, which funds research at our state universities. The money he proposes spending on early-childhood development would come from recurring (after the first year) Phase I funds. The remainder of the recurring funds would be used to establish a state pilot to finance health insurance costs of chronically and seriously ill Kentuckians, financing cancer research and further fund the Commonwealth Growth Initiative. Other proposals have also surfaced, and more are expected.

To ensure that individuals such as tobacco farmers receiving direct payments of settlement money get all that they deserve, we voted unanimously last Friday to exclude all such payments from the state income tax beginning with the 1999 tax year. The bill, now before the Senate, passed with a floor amendment that would also exclude from the state tax any severance pay received by those in such industries as cigarette manufacturing who have lost their jobs due to financial pressure placed on the tobacco companies by the national settlement.

Legislation affecting the welfare of Kentucky's children is already abundant this session. Twenty-one bills, including child welfare bills, have been reported out of the House Health and Welfare Committee since January 4. One of these was House Bill 165, legislation we passed on 7/24 vote late Friday that would allow the state to compensate grandparents or other relatives who have custody of family member's child.

Another Education bill, House Bill 76, would streamline a program for qualified military veterans who have left the service and wish to enter the teaching profession. The bill was unanimously reported out of the House Education Committee Wednesday. Under the program, veterans could obtain alternative teacher certification at the elementary, secondary and secondary vocational/institution levels after passing a written test exam as advised by the Education Professional Standards Board. They could then earn a professional teaching certificate after successful completion of a one-year teacher internship program.

Eligible veterans who want to teach but do not wish to go back to college to receive their teacher certification are expected to take advantage of the alternative certification option provided by the bill. To be eligible, a person must have an advanced degree or GPA of at least a 3.0 upon completion of a bachelor's degree in or closely related to the subject matter he or she wishes to teach, an honorable discharge after at least six years of full-time active duty and a passing score on the written test exam.

This is just a snapshot of legislative activity we have taken in committee and on the floor this week. Hundreds of bills are circulating through our committees now, and more than 1,000 are expected to be considered before we recess in mid-April for the governor's year period.

I have co-sponsored some House bills that I am excited about. A few of these are House Bill 116 (HB 11) known as Bryan's Law, HB 148 regarding assisted-living facilities, HB 12, which is a pay equity bill and HB 67, a consumer protection bill which would regulate deceptive promotional advertising of sweepstakes.

You may obtain details about bills introduced to you by logging onto the General Assembly's website, [www.lrc.state.ky.us](http://www.lrc.state.ky.us) - or by calling the Bill Status Line toll-free at 1-888-

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In accordance with our editorial page policy, all letters must include the signature and telephone number of the author.

**The Carlisle Mercury** reserves the right to reject or edit any letter deemed slanderous. Letters of otherwise objectionable letters should be no longer than 250 words, and may be edited for length or clarity.

Opinions expressed in letters and other views are those of the authors and do not necessarily reflect the views of the newspaper. Send letters to: The Editor, **The Carlisle Mercury**, 113 S. Locust Street, Carlisle, KY 40311

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