

ON THE RECORD

continued from 7

terroristic, threatening, pretrial conference November 26. William Bruce Buckler, show cause hearing, show cause order November 26. Mario I. Cardenas, preliminary hearing, burglary, preliminary hearing, reset November 26. Alice Clifton, pretrial conference, parent send child to school, pretrial conference November 26. Paco Fidero, show cause hearing, assault, show cause order November 26. Shannon W. Flannery, pretrial conference, driving, suspended license, pretrial conference December 3. Martin Guzman, arraignment, reckless driving, merged with charge 2; operating vehicle under influence alcohol/drugs, guilty plea, \$200 cost, \$250 service fee, driver license

suspended 120 days, show cause order November 19; no operators license, proof, dismissed, refuse breathalyzer/blood/urine test, merged with charge 2. Farrah L. Lawson, pretrial conference, possession of marijuana, use/possession drug paraphernalia, pretrial conference November 26. Ricky Manns, court trial, theft by unlawful taking, dismissed, show cause order December 3. Timothy H. McDaniel, pretrial conference, improper equipment, operating vehicle under influence alcohol/drugs, pretrial conference December 17. Grimes K. Mitchell, review, assault, bench warrant. Jerry Lee Prater, court trial, theft unlawful taking, guilty plea, 120 days in jail and costs, show cause order April 9. Larry Mitchell Prater, court trial, theft unlawful taking,

dismissed, show cause order December 3. Mitchell Dawayne, pretrial conference, resisting arrest, possession of marijuana, bench trial December 3. Robert We. Robinson, pretrial conference, assault, passed to November 5. Tom T. Shroat, pretrial conference, menacing, merged charge 3; terroristic threatening, guilty plea, 6 months in jail, possession of marijuana, guilty plea, \$100 cost, \$100 DARE, 30 days in jail; use/possession drug paraphernalia, merged with charge 3; carrying/concealed weapon, guilty plea, 3 months in jail; show cause order December 17. Jeremy Adam Terrell, pretrial conference, fail to illuminate head lamps, operating vehicle under influence alcohol/drugs, possession of marijuana, pretrial conference November

26. Charles Walton, pretrial conference, parent send child to school, satisfactory attendance report, filed, show cause order December 3. Gregory Lake Wheeler, pretrial conference, alcohol intoxication merged with 2, resisting arrest, guilty plea, guilty plea, \$100 cost, 30 days in jail, probated 2 years, show cause order-January 14. Gary Wayne English, preliminary hearing, eavesdropping, guilty plea, 6 months in jail, probated 2 years, show cause order February 4. Todd Gates, other hearing, leaving accident, contempt hearing November 5. Stacy R. Mastin, other hearing, contempt hearing November 5. Jeremy A. Terrell, preliminary hearing, criminal mischief, bound over grand jury. Victor W. Watkins, court trial, alcohol intoxication, disorderly conduct, assault, jury trial December 20. Kevin Trent

Wells, other hearing, to perform 90 hours community service, contempt hearing November 26. Kevin Trent, other hearing, contempt hearing reset November 26. Charles William Cooper, arraignment, speeding, paid in full. Leonard Ant Cropper, arraignment, speeding, guilty plea, \$30 cost. Paulo Ortiz Guerrero, arraignment, alcohol intoxication, guilty plea, \$25 cost, show cause

hearing November 26. Michele Darlene Harris, arraignment, speeding paid in full. Sabino Luberto, arraignment, alcohol intoxication bench warrant. Gary D. Schneider, arraignment, speeding, failure to appear. Louis Schweighardt, arraignment, speeding, failure to appear. Clarence J. Terrell, arraignment, speeding, paid in full.

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Prevent Diabetes with the ABC's

Diabetes is a big health issue in America, and it's growing at an alarming rate. The latest statistics from the Centers for Disease Control and Prevention show diabetes has increased by 49 percent in the last 10 years. The American Diabetes Association (ADA) projects that diabetes will grow 165 percent by the year 2050. In Kentucky there are approximately 290,000 adults with diabetes, one third of whom are undiagnosed. Furthermore, one in every two adult Kentuckians is at risk for developing diabetes, largely due to obesity and lack of physical activity in Kentucky's children and youth, leading to an increase in the number of young people being diagnosed with Type II diabetes, which was previously considered to be an adult disease. The Kentucky Department for Public Health has joined force with the National

Diabetes Education Program (NDEP) and the ADA to alert people that good diabetes management is more than lowering blood sugar. It is also important to control blood pressure and cholesterol in order to prevent heart disease and stroke. Most people don't know that heart attacks and strokes are the number one killers of people with diabetes. The sad fact is 75 percent of people with diabetes die from heart disease and stroke, and they often die younger. The good news is that new research shows people with diabetes can live longer and healthier lives with relatively small improvements in three critical areas. Bringing down blood sugar, blood pressure and cholesterol even modestly can help cut the risk of heart attack and stroke dramatically. November is National Diabetes Month and a good time for people with diabetes

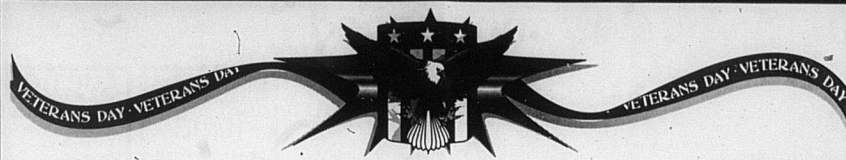
to recognize the importance of knowing their ABC's of Diabetes. These are: The AIC test, which measures blood sugar, blood pressure, and cholesterol. People with diabetes need to ask their health care team three important questions about the ABC's:

- What are my A1C, blood pressure and cholesterol numbers?
- What are my treatment goals?
- What do I need to do with diabetes and maintain my goals?

Check with a health care team. In general, the A1C should be less than 7 percent and checked at least twice a year. Blood pressure ideally should be below 130/80 and should be checked at every doctor's visit. LDL cholesterol, or the "bad cholesterol," should be below 100, and should be checked at least once a year. The same steps need to control blood sugar

work for controlling blood pressure and cholesterol: stay at a healthy weight, follow a healthy diet, get daily physical activity, and take prescribed medications.

The NDEP has developed a new brochure for people with diabetes that provides essential information and has a handy wallet card to help them track their ABC numbers. It's free, and part of a new, national public education campaign, "Be Smart About Your Heart: Control the ABC's of Diabetes." To get the new ABC's brochure and the free wallet card and to learn more about diabetes, call 1-800-438-5383, visit NDEP's web site at <http://ndep.nih.gov>, or call your local health department at 259-2188. For more information, call the Kentucky Diabetes Network at (502) 564-7596.



4th Annual Morehead-Rowan County Veterans Day Activities November 9 & 10, 2001



As a community, let's join together to honor those brave men and women who have given so much to ensure our freedom and way of life!

Community Veterans Day Program Friday, Nov. 9, 2001 1:00 PM Rowan County Senior High School



Featuring ... guest speakers and veterans Honor guards, Rowan County High School Chorus State and Local Guests

Annual Veterans Day Parade Saturday, Nov. 10, 2001 11:00 am Downtown Morehead

Featuring bands, Shriners, Veteran groups, Floats ... and More

Memorial Ceremony

Following the Parade At The Old Rowan County Courthouse

For more information concerning these activities contact the Tourism Commission at 606-784-6221

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