

Forest Service will meet on boundaries

Representatives of the U.S. Forest Service will meet with landowners on Thurs. Jan. 8, to discuss problems with boundary lines and surveying in the Daniel Boone National Forest. The meeting will be held in the community room of the Laurel County Courthouse at 1 p.m.

U.S. Forest Service officials expected to be present include Gary Coleman, staff officer for land and minerals, Shirley Black, surveyor, and John Yancey, district ranger.

The meeting is being sponsored by the Kentucky Fair Tax Coalition, a membership organization working on land, water, tax, toxics and education issues throughout the state.

According to Opsie Collett

4-H News

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particular description can fit 4-H needs. All of the following are ways in which you as a parent of a 4-H'er, or a friend, or an interested person may help:

Teach a project group in sewing, cooking or gardening

Drive a group of 4-H'ers to a 4-H event

Be a 4-H camp counselor

Help your child prepare a

of London, the meeting will provide an opportunity to landowners from Laurel, Rockcastle, Jackson, Clay, Knox, Whitley, McCreary, and surrounding counties to find out more about Forest Service

procedures and policies concerning boundary disputes and surveying techniques.

For more information about the February 8 meeting, contact Opsie Collett at 606-864-0476.

speech or demonstration

Help with the county fair. If you can help in any of these ways, please call me at 256-2403.



By: Cheryl Witt

WINTER-SPRING 1987 EXTENSION CLASS SCHEDULE

All of the following programs will be held at the Agricultural Service Center in Mt. Vernon. Please register by calling 256-2403.

New Income Tax Laws-Thursday, Jan. 8 at 7 p.m.

An update of changes in tax laws with a special section for farmers. Presented by Dwight Griffin, CPA.

Quilt Tuesday, Jan. 13 and 27 10 a.m. and 7 p.m.

Make a quilted vest: This is a good project for beginner quilters. No fee. A supply list will be sent to those who register.

Meat Casserole in the Microwave-Thursday, Jan. 22 10 a.m. and 7 p.m.

Demonstration on cooking meats and casseroles in the microwave oven.

Protein Main Dishes-Wednesday, Jan. 28 10 a.m.

Lesson on protein needs, dishes using beans, eggs and cheese as meat substitutes. This is the February club lesson.

HEALTH SEMINAR Preventive Health-February 2 7 p.m.

The program will deal with symptoms of illnesses, a wellness approach to family health, and a discussion of over-the-counter medications.

Hypertension-February 9 7 p.m.

What are the symptoms of high blood pressure, what are some preventive measures and treatments, learn how to take someone's blood pressure. Are you aware that an estimated 26 percent of all Kentuckians suffer from high blood pressure? Kentucky leads the nation in the number of deaths from cardiovascular disease linked to high blood pressure.

Diabetics-February 16 7 p.m.

If you or someone in your family has diabetes, be sure to attend. The program covers many practical guides to helping you learn to live a health life. Diabetic screening will also be done.

Wholegrain Makes a Difference-Monday, Feb. 23 at 7 p.m. and Tuesday, Feb. 24 at 10 a.m.

Food preparation techniques to use in cooking with wholegrains. How to incorporate more fiber into the diet. This is the Homemakers club lesson for March.

HERITAGE CRAFTS WORK SHOPS

Amish Quilts-Monday, March 2 at 10 a.m.

Make a wall hanging, pillow top or lap robe using amish-quilt patterns. Includes history and background study of amish culture. No fee. Bring own fabric and supplies. A list will be sent to registrants.

Folk Art Painting-Monday, March 9 at 10 a.m. and 7 p.m. Fee is \$8.00, all materials will

person's looks or de-emphasize the undesirable. A look at fashions suited to all figure types. Homemaker lesson for May. Color Workshop-Monday, April 30 at 10:30 a.m. and 7 p.m.

Find out the best colors for you to wear in clothing and make-up. Each person's personal coloring will be analyzed. Wearing the right colors can make one look better and feel better.



The oldest known ball game and team game is polo which, though of Tibetan origin, was first recorded in Persia in 525 B.C.

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NEWS OF NUTRITION

Stress Can Lead To Nutrient Deficiencies

According to recent studies reported in *Modern Nutrition News*, stress is the leading cause of nutrient deficiencies, depleting the body of many essential vitamins and minerals.

Physical and emotional stress brought on by such varied factors as overwork, anxiety and illness uses up our body's reserves of magnesium, vitamin C, the B-complex vitamins, and other vital nutrients.

The problem is compounded by the fact that these nutrients play an important role in the regulation of stress, and a nutritional imbalance may reduce ability to withstand such pressure. The ensuing vicious cycle may produce insomnia, nervous disorders, diarrhea, fatigue, and depression. In fact, recent research indicates even some forms of heart disease may be caused by a nutrient deficiency.

Clinical studies conclude people who are vulnerable to stress must take particular care to avoid certain over-the-counter and prescription drugs, as well as alcohol and tobacco.

Nutritionists believe the ideal way to combat stress-related nutritional deficiencies is with a well-balanced diet: low in fat and chole-



sterol and high in fresh fruits and vegetables, legumes, whole grains, seeds and nuts. Such a diet provides a high level of most vitamins and minerals, subsequently increasing our tolerance of stress.

According to *Modern Nutrition News*, even with a healthy diet, many people may occasionally suffer from vitamin and mineral deficiencies brought on by excess stress. To further increase tolerance of stress and benefit overall health, many nutritionists recommend regular use of dietary supplements which contain a high potency B-complex formula, 400 milligrams of magnesium, one gram each of vitamin C and calcium, and lesser amounts of iron and zinc.

For a free copy of the publication, write: *Modern Nutrition News*, Dept. #NPI, 212 Hillside Avenue, Hillside, NJ 07205.

1987

Welcoming in a brand new year! May it bring the best for you and yours!

From the Signal Staff:

Jim, Perline, Rick, Cindy, Ray, Bill, Janice, Irene, Vicki

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