


STONE HOUSE PLACE
In Bridgeport, Ohio
Affordable Housing for people 62 and older
or those who are mobility impaired

* One bedroom apartments-includes A/C, appliances, cable hook-up * the building includes-elevator, laundry, outside covered picnic area, community room, service coordinator on site * Rent subsidies available
* Electric allowance included * Small pets welcome

WE ARE ACCEPTING APPLICATIONS
at Stone House Place
54385 National Rd., Bridgeport
Please call or stop by for an application or more information
Office hours: 9 AM - 3 PM Mon - Fri
(740)633-9929
Ohio Relay 800-325-2223
sponsored by Lutheran Social Services of Central Ohio




 **Wetzel County Coalition Against Drug Abuse**

The Future of Wetzel County is up to YOU


The Wetzel County Coalition Against Drug Abuse is a diverse group committed to a better Wetzel County. We have been in existence for several years and we have had some great successes. Among our achievements involved several successful Rx Drug Take back days sponsored by the U.S. Drug Enforcement Administration. Over the past 2 years we have received unwanted medications that could otherwise be sitting readily available for children, teens, and drug abusers. In addition, we are working with Magnolia HS in support of their Drug Free Clubs of America program. Magnolia now has approx. 130 student members who have pledged not to take illegal drugs. We hope to find ways to spread this very effective program to other schools in the county. We also have a Youth Advisory Council that engages in special events and programs in the community to help promote a safer, drug-free environment. We have other programs that are being implemented, as well as some that are in need of community participation. **We cannot do this alone, we need your help!**

If you have any questions regarding the Coalition or the meeting, please contact Brandi Murray, Wetzel County Substance Abuse Prevention Program Coordinator at (304)-455-2468.

 **New Martinsville Church of God**

Clothing Closet

1st & 3rd Thursday Of Every Month
11am to 2pm

 **Insuring your life helps protect their future.**

Here's Exactly How and Why Stress Is Making You Bloating (and How to Fix It)

For the majority of last year, I was undergoing tests on my abdomen and digestive tract to figure out why I was constantly bloated — every single day. After testing my blood and my breath, eradicating all types of bloat-inducing foods from my diet (looking at you, FODMAPs and dairy), getting multiple ultrasounds, and visiting at least six doctors, I heard a voice of reason from Dr. Daniel Conlin, gastroenterologist: "It's probably stress."

Hearing from an MD that something emotional could be triggering such an intense physiological reaction was a first for me. I anticipated Dr. Conlin would point to something in my diet or discover a missing enzyme that my body inherently wasn't making or (as my mind went to the worst place) even find something in my GI tract that wasn't supposed to be there. Though methodical in his approach to eliminate all other options, he was certain it was my stress levels.

"When one is under chronic stress, cortisol and other hormones are dominant. The result of this is bloating and gastrointestinal distress."

Does that sound familiar to you? There's science behind it, too. Stress throws off your gut — or microbiome, more specifically — which can set off a domino effect in the rest of your body, and bloating is one indicator of that.

"The gut is referred to as the second brain," said Dr. Gabrielle Lyon, doctor of osteopathic medicine at Four Moons Spa in San Diego, CA, and The Ash Center For Comprehensive Medicine in Manhattan, NY. "Under times of acute or chronic stress, it can often manifest in the belly first."

She explained to POPSUGAR that "when one is under chronic stress, cortisol and other hormones are dominant." Here's how that domino effect begins to work: "Under this situation [of intense or chronic stress], the body does not see digestion as a priority;

the sympathetic system redirects blood flow away from the intestines to what the body perceives as more important needs."

So the blood goes away and madness ensues. "This redirection of blood can lead to diminished enzyme and stomach secretions, resulting in slow digestion, food breakdown, and assimilation. The result of this is bloating and gastrointestinal distress." Makes sense . . . and sounds awful.

In addition to the slowed digestion, there can also be an influx of "bad" bacteria, as was explained to me by Amie Valpone, nutritionist and founder of TheHealthyApple.com. "When our microbiome is out of balance from stress, we get an imbalance of nonbeneficial bacteria such as yeasts, parasites, and bad bacteria that take over and make us feel bloated and tired and bring along a host of unwanted symptoms that range from person to person."

Dr. Lyon gave a two-pronged approach to treating stress-induced bloating: stress management and digestive support (which is exactly what I have had to implement for myself over the past year). "For stress-management techniques, deep belly breathing can help the activate the sympathetic nervous system, also known as rest and digest," she said. And "for nutritional support, chewing food slowly and not drinking during meals will help the body process food in a more stressed state."

You can take it a step further with "a high-quality digestive enzyme," she said. It was also recommended by Dr. Conlin to try probiotics.

Take a second look at your diet, too. Dr. Lyon suggests you "eliminate processed foods and instead focus on lean protein and cooked vegetables." She also recommended spreading small meals out throughout the day and adding both ginger and fermented foods to your diet.

You can also try these natural options for chasing the wind away when you need it most.

Munch on celery: The crisp, crunchy veggie contains fiber, which can help keep things moving along in your GI system and prevent constipation to keep bloating at bay.

Stop the sparkling H2O: Even if you're sipping a calorie-free sparkler, the carbonation can trap gas in your belly, causing bloating and gas. Trading sparkling for still may be exactly what you need to deflate.

Toss pineapple in a smoothie: Pineapple's enzyme called bromelain expertly breaks down proteins, giving your GI system less work to do. Whip up this Pina Colada Green Smoothie.

Sip tea: Aim for teas containing cinnamon or ginger; the spices encourage healthy digestion.

Chew fennel: Fennel seeds are often chewed at the end of meals in India to aid digestion. (You'll often find a bowl of these near the door at an Indian restaurant.) You can also try fresh fennel.

Cut down on sugar: Too much of the sweet stuff can encourage the wrong type of bacteria growth in your GI tract, increasing gas production. Try cutting it out — or cutting back — and see if that eases your symptoms.

Walk it out: When you have gas, the last thing you might want to do is exercise, but you should get moving. Activity helps your digestive system run as it should.

Let it go: Even though gas can be embarrassing, it's best to make a visit to the bathroom. Holding it in can worsen a stomach ache.

Stretch: Lie on your back, bend your knees, and grab onto the outside of your feet. Pull your feet toward you. Called a Happy Baby pose, it encourages your GI system to take a break.

FEBRUARY GENERAL REVENUE FUND COLLECTIONS \$8 MILLION ABOVE ESTIMATE

West Virginia revenues holding at 99 percent of estimates for FY 2018 Charleston, WV - West Virginia's General Revenue Fund collections for last month of \$272.2 million were \$8 million above estimate and 8.1 percent ahead of prior year receipts. The surplus is attributable to gains in Consumer Sales and Use, Business and Occupation and Personal Income taxes.

Governor Jim Justice said he is extremely encouraged by these numbers. "The shortest month of the year has brought us a surplus," Gov. Justice said. "We remain on track to hit our revenue estimates and our state is in much better financial health because we are continuing to manage our resources in a fiscally responsible and prudent way." Cumulative year-to-date General Revenue Fund collections of more than \$2.6 billion was slightly below estimate by just \$17.5 million, but state revenues are holding at 99.3 percent of estimates for the fiscal year.

Department of Revenue Secretary Dave Hardy is pleased with what the agency is tracking. "As of last month, West Virginia was experiencing a growth rate of 4.7 percent. Last year's growth rate averaged 1.3 percent," Hardy said. "And we've still got four months to go, two of which are always strong collection months for us. We like what we are seeing."

Highlights for February include:
Personal Income Tax collections of \$86.3 million exceeded estimate by nearly \$1.6 million and prior year by 12.2 percent. Cumulative collections of nearly \$1.2 billion exceeded year-to-date estimate by \$41.9 million and prior year by 5.9 percent. Year-to-date withholding tax collections were up 5.6 percent.
Consumer Sales and Use Tax receipts of nearly \$95.6 million exceeded estimate by \$4.1 million and prior year by 2.9 percent. After adjustments for municipal sales tax collections and special revenue transfers, state sales tax revenue increased by 2.5 percent for the month. Cumulative General Revenue Fund sales tax collections were up 1.1 percent as compared with an overall net increase in state sales tax collections of 1.9 percent. "Continued growth in disposable income and increased construction activity are expected to improve collection trends for the remainder of the fiscal year," Hardy added.
Severance Tax General Revenue Fund collections of \$36.1 million exceeded estimate by roughly \$0.9 million and prior year by 25.4 percent. Year-to-date, Severance Tax collections of \$200.5 million were \$26.1 million below estimate but 24.9 percent ahead of prior year receipts.
B&O Tax collections of nearly \$13 million were \$3.4 million above estimate and 12.6 percent ahead of prior year. Year-to-date collections of \$71.5 million lagged estimate by nearly \$4.8 million but still exceeded prior year by 3.4 percent.
Corporation Net Income Tax collections of -\$0.5 million were \$0.6 million above estimate due to refund activity. Cumulative collections of \$59.6 million exceeded estimate by \$3.6 million and prior year by 4.2 percent.
State Road Fund collections of \$59.8 million lagged estimate by nearly \$0.9 million but exceeded prior year receipts by 30.4 percent. Cumulative collections of \$530.3 million exceeded estimate by \$10.2 million and prior year receipts by 16 percent.

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