GENERAL NEWS

Caution is the word for elderly during hot, humid summer weather

By Heather Mathes-Harris
Of The Carlisle Mercury Staff

CARLISLE - During this season of extreme hot and humid weather everyone needs to keep a close check on elderly friends and relatives.

"In the 14 years we have been open I have never seen a heat related ailment, but we still caution those that visit the center to stay in the cool during the heat and not to do any heavy work," Shirley Vice, director of the Nicholas County Senior Citizens' Center said.

"Everyone has been really good about taking care of themselves, not walking a lot, but they still need to be checked on during the morning and evening."

"Older adults are especially prone to heat related ailments if they do not find some way to control their immediate environment's temperature," Joyce McDonald, Emergency Medical Technician, said.

"Some symptoms of heat exhaustion are dizziness, weakness, nausea, vomiting, muscle cramps and sometimes warm and dry skin.

"Dehydration can be included in heat stroke and heat exhaustion. Everyone should try and drink plenty of liquids and get to a shady place if they are outside."

McDonald warns that anyone suffering from the aforementioned symptoms should cool off slowly.

"If you feel dizzy or faint and have cool and clammy skin or warm and dry skin after being in the heat for a long period of time you want to cool off gradually," McDonald said.

"Don't take a cold shower or bath because you have the possibly of going into shock if you cool of too fast. If you feel like you have some of these symptoms you will want to assume the shock position, that is, lie down and elevate your feet 10 to 12 inches off the ground or floor.

"Many people pass out if they are in the heat for a long period of time, so older adults living alone need to be especially watchful for symptoms of heat stroke or heat exhaustion."

McDonald said anyone in need of EMT assistance should call 289-7573.

At Johnson-Mathers Nursing Home, older adults are not in danger of heat related ailments.

"We keep the facility plenty cool enough. But most elderly are cold natured and like the temperatures a little warmer than most would usually like it," Sharon Duncan, Activities Coordinator for the facility, said.

But she added that checking on older adults in any type of weather is still important, even if they are being well taken care of in a nursing home facility.

"Handshakes, hugs, laughs and a listening ear are always welcome at the Johnson-Mathers Nursing Home. Heat Exhaustion is a definite physical danger that families need to be aware of, but even though our residents are not in that danger since they are inside the facility, they still need to be visited and checked on regularly," Duncan said.

"When anyone is out here visiting relatives and friends, if they would just stop by and acknowledge that our residents are people- it means the world to them."

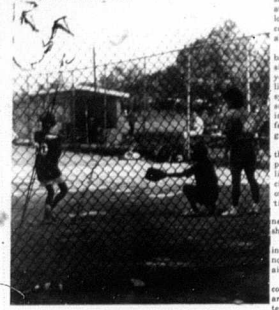
Duncan said they could always count on various groups coming to the nursing home during holidays.

"Many school groups like to come out during Christmas, bringing small gifts and singing carols, and we really appreciate them coming," Duncan said.

"We also have regular volunteers which come for singalongs every week, and some that read to residents. But more volunteer are certainly welcome."

Anyone wishing to lend a caring ear for an afternoon, help out during some special activity or some special talent they have such as dancing or singing should contact Duncan at 289-7181.

"Every older adult needs to know he or she is not forgotten, and that we care about them, no matter what the weather," Duncan concluded.



The Carlisle Mercury/Heather Mathes-Harris Photo

Nicholas County Junior High Girls' Softball are winding up their season as the first day of school approaches.

New agent assigned to county

By Heather Mathes-Harris
Of The Carlisle Mercury Staff

CARLISLE - The Nicholas County Cooperative Extension office has a new home extension agent who arrived in Carlisle in the middle of July. Melba Burch, previous 4-H extension agent in Leslie County in Kentucky for nine years, hails from Milford, Ohio.

"My parents still live in Milford, and I wanted to be closer to them," Burch said.

Burch graduated from the University of Cincinnatti and Ohio State with two undergraduate degrees in Vocational Home Economics.

She received her Masters in Agriculture Education and 4-H extension work.

"This is really a beautiful town and county, the people have been very friendly and I'm looking forward to meeting everyone," Burch said.

Burch will provide an article from the extension office in The Carlisle Mercury each week for those interested in extension news.

She can be reached at 289-2312.

Bourbon Drive-In
US 68 At Jackstown Rd.
Paris, KY
987 - 2935
At 8:45
Rookie of the Year
At 10:38
TOM HANKS MEG RYAN
SLEEPLESS IN SEATTLE PG

ATTENTION ALL BARGAIN H-U-N-T-E-R-S
YES! YES! YES!
Say Yes! and save
$1,000's
WHOLESALE PRICES
We build, we finance, we service.
SUMMER BLOWOUT-
On All New 1993, 14', 16', and 28' wides
OAKWOOD FACTORY OUTLET
Richmond, Ky.
CALL NOW!!
ASK FOR JOHN (606) 623-1121

Attend Your Local Annual Membership Meeting
National Guard Armory
Friday, August 6
Fish Fry
6:00 p.m.
Business Meeting
8:00 p.m.

The organizers of the 1993 Blackberry Festival would like to thank the following for their assistance

City of Carlisle
A-1 Sanitation
Carlisle IGA
Crockett's Shopwise
The Deposit Bank
The First National Bank
Jockey International
Garrett's Restaurant
Derby Shows
Averi McLean
Eugene Snapp
Nicholas Co. Fire Dept.
Nicholas Co. Ambulance Service
Tourism, Inc.
Carlisle Police Dept.
KY State Police,
Post #6
Nicholas Co. Fiscal Court
Kentucky Utilities
Joe Jennings
Ronnie McDonald
Dick Garrett
J.W. Ecton
Stanlet Caswell
Layne Gray
Lyle Anderson
Gary Gaunce
Ronnie Clark
Nicholas County Sheriff's Office

The American Legion Post 17 acknowledges with grateful appreciation the participation of everyone involved in making the 1993 Blackberry Festival a huge success.

The American Legion
Post 17
Carlisle, Kentucky

FEEDER CATTLE SALE
ALL BREEDS
FARMERS STOCKYARDS
Flemingsburg, Kentucky
FARMERS STOCKYARDS
SALE AT 2:00 P.M.
WE WILL RECEIVE CATTLE BEGINNING AT 7:00 A.M.
ALL CATTLE WILL BE
SOLD BY POUND
MONDAY, AUGUST 9, 1993
SELL YOUR HEIFERS, STEERS, AND BULLS WITH US
WE TREAT EVERYONE EQUAL
For Further Information
ELDEN GINN .....(513) 795 - 2479
STOCKYARDS .....(606) 845 - 2421

Carlisle Eye Care Center
Robert F. Pretzsch, O.D. Ronald S. Miranda, O.D.
Phone: 289 - 4857 Or 1-800-264-3591
Call Now For Complete Eye Health And Vision Services
(*Back To School Special - $99, Includes Frames With Scratch-Coated, Non-Bifocal Lenses)
New Office Hours!
• Tuesday 10:00 - 5:30
• Thursday 8:30 - 12:00
*Restrictions Apply *Offer Expires August 25

FOR SALE
Store equipment, including 8 foot deli case, upright coolers, and more.
Call 484 - 3990 or 484 - 2310 after 8:00 p.m.

INSPECTED
USED TIRES
$8.00 & UP
GOODYEAR
TIRE CENTER
8 Court Street
Cynthiana, KY
Phone 234 - 5140

Q: What is the Newborn Benefit?
Newborn babies of Woodmen families receive free life insurance for their first six months.

John N. Allison
6531 Moorefield Road
Carlisle, KY 40311
(606) 289 - 4226
Woodmen of the World
Life Insurance Society
Home Office: Omaha, Nebraska

Supper Is Super At Jerry's
Come Enjoy Good Food And The Best Prices In Town
Monday Special
2 - Piece Pride-Fried® Chicken
$3.39
Served With Your Choice Of Two Accompaniments A A Roll Or Cornbread
498-1940
Jerry's®
Maysville Rd.
Mt. Sterling
Only

FUND: GENERAL FUND — RECEIPTS

B. Total Revenue Receipts	$4,399,580.42
C. Total Non-Revenue Receipts	$67,789.18
D. Total Non-Revenue Receipts	$.00
E. Total Below Line Receipts	$979,293.32
TOTAL RECEIPTS FOR: GENERAL FUND	$5,428,662.92

FUND: GENERAL FUND — EXPENDITURES

CATEGORY: H. Total for Administration

A B DICK PRODUCTS	$2,294.98
AASA PUBLICATIONS SALES	$1,071.00
ADEN PUBLISHER ACCT. RECEIVAB	$119.00
BANKCARD CENTER	$10,746.86
BLUEGRASS COCA-COLA	$59.80
BOOGIE HALL	$60.16
BOYLE COUNTY BOARD OF ED.	$117.00
BRENDA GAY	$76.70
BUTTERNUT BREAD	$69.54
C. WORTH INC.	$83.00
CALIFORNIA TEXTBOOK LEAGUE	$36.00
CARLISLE DRUG	$76.91
CARLISLE IGA	$125.96
CEBERT GILBERT, JR.	$1,225.57
CHANNING L. BETE, COMPANY INC.	$45.25
CHARLES RING, SHERIFF	$19,756.99
CHILDWETH LAW OFFICE	$6,734.85
CLEM'S CUSTOM CUT CATTLE	$54.16
CROCKETT AND GAUNCE	$2,281.77
DATA RESEARCH INC	$240.00
DAVID SMOOT	$59.40
DEBORAH FRYMAN	$2.64
DOLLAR GENERAL	$21.00
DON HALL PHOTOGRAPHY	$603.50
ELECTRONIC BUSINESS MACHINES	$153.00
FAYE M. ROBINSON	$3.00
FEEDBACK PRINTING COMPANY	$1,200.00
FUTURE HOMEMAKERS OF AMERICA	$100.00
GEORGIAN STUDIOS	$65.95
HAMMOND AND STEPHENS	$92.54
HASSLOCK OFFICE SUPPLY COMPANY	$627.81
HURST OFFICE SUPPLIES	$67.10
INSTANT SIGN	$64.00
INSTITUTIONAL DISTRIBUTORS, IN	$732.81
J. W. BALLARD	$75.00
JAMES H. SMITH C.P.A.	$2,300.00
JANE BECKER	$6.10
JOHN CLERVER, JR.	$47.50
K.E.D.C.	$9,586.24
KASA	$155.00
KASS	$200.00
KENTUCKY SCHOOL BOARDS ASSOC.	$3,962.00
KERNS BAKERIES	$23.25
KREATIVE GRAFIKS INK	$1,615.35
KY. STATE TREASURER.	$4.00
TOTAL EXPENDITURES FOR: H. Total for Administration	$183,732.93

CATEGORY: I. Total for Instruction

A B DICK PRODUCTS	$705.30
AASA PUBLICATIONS SALES	$468.93
ACADEMIC THERAPY PUBLICATIONS	$67.10
ADDISON WESLEY PUBLISHING COMP	$1,[illegible]
ADVANCED SYSTEMS IN MEASUREMEN	$5,[illegible]
AMERICAN COUNCIL ON EDUCATION	$936.50

FUND: GENERAL FUND — EXPENDITURES

CATEGORY: I. Total for Instruction

AMERICAN MEDIA CORP.	$368.70
ANNE PAIRD	$15.00
APPLE COMPUTER, INC.	$4,777.50
ARBOR SCIENTIFIC	$183.44
AT AND T	$38.20
BAKER AND TAYLOR	$983.18
BARBARA KENNEY	$373.23
BASHO CLAY	$41.33
BECKLEY-CARDY	$449.70
BETTY BALLARD	$61.23
BILL GUTHRIE	$266.68
BLACK AND COMPANY	$58.33
BLUEGRASS BURLEY SYSTEMS	$141.93
BLUEGRASS OCC. THERAPY	$1,636.22
BNI EDUCATIONAL SERVICES	$700.95
BOB HACKWORTH	$110.00
BONNIE DARRELL	$212.26
BONNIE METCALFE	$628.82
BRENDA ANDERSON	$757.58
BUS AND EQUIPMENT	$326.05
C. WORTH INC.	$491.75
CALLOWAY HOUSE, INC.	$187.38
CAMBRIDGE STRATFORD,LTD	$86.94
CARLISLE DRUG	$11.59
CARLISLE IGA	$177.71
CAROLINA BIOLOGICAL SUPPLY COM	$1,039.10
CAROLINA POTTERY	$36.60
CAY CHAMNESS	$60.00
CENTER FOR APPLIED RESEARCH IN	$142.35
CENTER FOR PROFESSIONAL DEVELO	$11,227.00
CENTRAL SCHOOL NEWS DISTRIBUTI	$5,182.94
CENTRAL SCHOOL SUPPLY	$1,645.67
CHANCERY SOFTWARE	$600.00
CHARITY GRIFFITH	$211.85
CHARLENE DILLON	$50.00
CHARLES RING, SHERIFF	$40.00
CHASELLE, INC.	$53.79
CHRISTOPHER- GORDON PUBLISHERS	$30.85
CIRCULATION CENTER	$194.95
CKEC	$9,346.20
CLARUS MUSIC, LTD	$238.15
COLE FORD SALES	$1,371.00
COLLEGE BOARD PUBLICATIONS	$34.20
CONSOLIDATED MEDI A SYSTEMS	$870.00
CONTINENTAL SEWING CENTER	$1,241.90
COTTONWOOD PRESS INC	$85.00
COX HARDWOOD	$960.00
CREATIVE PUBLICATIONS	$531.36
CREATIVE TEACHING PRESS	$189.20

Nicholas County Schools Financial Statement

LEXINGTON COMPUTER STORE	$22.00
LEXINGTON HERALD-LEADER	$297.18
LEXINGTON TROPHY CO.	$201.90
LOUISE CHAMNEY	$57.40
LOUISVILLE/SOUTHEASTERN PAPER	$72.78
LYNN CARD COMPANY	$251.00
M. C. BEATY INSURANCE COMPANY	$179.34
MANAGEMENT DEVELOPMENT ASSOC.	$90.00
MONROE SYSTEM FOR BUSINESS	$1,850.63
MT. STERLING OFFICE SUPPLY	$695.71
NATIONAL CALENDAR CO.	$71.32
NATIONAL PEN CORP.	$66.80
NATIONAL SCHOOL BOARDS ASSOC.	$2,822.00
NCAE '93	$2.50
NICHOLAS COUNTY BOARD OF EDUCA	$95,356.17
NICHOLAS COUNTY ELEMENTARY	$420.92
NICHOLAS COUNTY SCHOOLS LUNCHR	$81.96
OCONNOR AND RAOUE	$472.70
OFFICE DEPOT, INC.	$2,939.64
PARENTS FOR BASKETBALL	$50.00
PEPSI-COLA BOTTLING COMPANY	$488.00
PHYLLIS RAMEY	$190.38
PITNEY BOWES	$428.00
PRECISION DATA SERVICES	$830.00
PRESENTATION SOLUTIONS, INC.	$1,131.88
PRITCHARD COMMITTEE FOR ACADEM	$33.00
REID AND VICE	$10.89
RICHARDSON, SMITH & HUGHES	$277.50
ROB LANE	$111.26
SAMMIE VICE	$66.88
SANDY CORBIN	$94.50
SERVICE MERCHANDISE CO.	$16.97
SHARI DRAKE	$468.00
SMALLS GREENHOUSE	$828.00
SOUTHERN SCHOOL SUPPLY	$175.55
STATIONERS	$48.59
THE AMERICAN SCHOOL BOARDS	$48.00
THE CARLISLE MERCURY	$2,619.63
THE CENTER FOR LEADERSHIP	$36.00
THE EXECUTIVE EDUCATOR	$39.00
THE GALT HOUSE	$1,011.64
TRACKS	$247.62
U.S. POSTMASTER	$4,000.00
VIDEO SERVICES INC.	$670.00
WAL MART OF PARIS	$592.43

LAURA THOMAS	$40.64
LAVINA MCFARLAND	$90.00
LEARNING CONNECTIONS PUBLISHER	$75.55
LEXINGTON COMPUTER STORE	$1,847.70
LEXINGTON EQUIPMENT CO	$4,236.50
LEXINGTON HERALD-LEADER	$920.36

(CONTINUED)

LIBRARY VIDEO CO.	$187.49
LIFE SKILLS EDUCATION	$95.40
LIMESTONE ACADEMIC LEAGUE	$1,000.00
LINDA HERRINGTON	$83.00
LORI GIBSON	$15.00
LOTTIE O'BANNON	$2.86
LYONS SAFETY	$46.31
MABEL TURNER	$86.40
MACMILLEN/MCGRAW HILL	$12,038.07
MARSHALL CAVENDISH CORP.	$736.58
MARTHA TAYLOR	$744.99
MARY EMMA PATTON	$45.00
MARY JO MCCORD	$1.20
MCCOLL DISTRIBUTING CO	$76.40
MCDONALD PUBLISHING CO.	$103.46
MCDOUGAL LITTELL AND COMPANY	$248.92
MCFARLAND AND COMPANY, INC	$78.35
MEAD SCHOOL	$7,756.95
MICHAEL HOLDER	$1,028.77
MIDCO	$82.75
MISTER ANDERSONS CO.	$133.40
MORENO DESIGN	$1,415.00
MT. STERLING OFFICE SUPPLY	$850.94
MUSIC EDUCATORS NATIONAL CONF.	$60.00
MUSIC IS ELEMENTARY	$341.62
NASCO	$470.84
NATIONAL COMPUTER SYSTEM	$612.84
NATIONAL COUNCIL OF TEACHERS	$97.99
NATIONAL EDUCATION ASSOCIATION	$186.94
NATIONAL GUARDIAN ALARM SERVIC	$212.12
NATIONAL SCHOOL FOAMS	$545.15
NATL COUNCIL TEACHER ENGLISH	$71.25
NEWSPAPER FORMS, INC.	$112.00
NEWSWEEK	$27.56
NICHOLAS CO BOARD OF EDUCATION	$2,297.69
NICHOLAS COUNTY BOARD	$1,296.46
NICHOLAS COUNTY BOARD OF EDUCA	$2,750,312.57
NICHOLAS COUNTY ELEMENTARY	$2,061.18
NICHOLAS COUNTY HIGH SCHOOL	$6,982.60
NICHOLAS COUNTY SCHOOLS LUNCHR	$1,988.57
NICK ERYMAN	$163.46
NIMCO	$33.00
OFFICE DEPOT, INC.	$10,763.71
OUTSOURCE GROUP OF COMPANIES	$80.00
OUR GAME PLACE	$14.97
OPTIMUM RESOURCE, INC.	$145.35
OXMOORE HOUSE	$23.00
P AND M BEAN	$28.85
PAM RANDOLPH	$251.75