

Weather

continued from front page
wet washcloths or towels to moisten the skin and cause evaporation
When temperatures get real high, fans just circulate hot air, and that speeds up the dehydration process...

People who must work outside should wear loose, cool clothing as far as individual jobs allow, take frequent breaks in a cool place, drink plenty of liquids, and avoid alcoholic beverages...
Children should take the same precautions as adults as far as out door clothing, frequent breaks and plenty of liquids.

Parents and other caretakers should also make sure children don't have access to car keys and

water

continued from front page
Sharpsburg Water Districts, North Middleton Utilities, Judy Water Association, Levee Road Water Association, Mt. Sterling Water & Sewer System, Reid Village Water Association, and Nicholas County Water District Residents of these areas are requested to be conservative in all uses of water...

Advise us in effect in 45 other countries, and residents of these counties are also asked to be judicious in their use of water...

Patton

continued from front page
Congress returns from their August recess.
Patton stressed that Kentucky's farmers need help immediately, and encouraged the USDA to do all it can to speed Congressional consideration of these important programs.

LETTERS TO THE EDITOR

Quoted from the editorial: "All Airborne Association is military service to locate veterans who served in the Airborne during their military service. We know there are over 200,000 troopers scattered across America that we need to find. We need your help..."
Therefore, for immediate publication:
Omaha, Nebraska in August - Our 55th Annual Convention will be held on August 11-14, 1999...

FREE THINGS TO SEND FOR

(NAPS) - Information on how to help build the World War II Record can be obtained by visiting its website at www.1800.com4ever.com...
For information on National Flood Insurance and the steps you can take to safeguard your family and property in the event of a hurricane...

For a prospectus and information about global financial services funds distributed by Federated Securities Corp., call 1-800-341-7400...
For information on People's Health credit cards, call 1-800-225-3272 or visit www.peoples.com...

For information on how to choose a good nursing home, contact the American Association of Homes and Services for the Aging, 201 E Street NW, Washington, D.C. 20037, call 800-675-2675 or visit our web site at www.aahs.org...

continues and reviews to review the situation in all other Kentucky counties and there are currently no funds available for weather-related disasters outside the Emergency Conservation Program, but Patton has instructed his staff to make as many applications for assistance as necessary to get Kentucky farmers the aid they desire petitions on behalf of...

LETTERS TO THE EDITOR

Division in existence. This day will honor the 11th, 13th, 17th, 101st and all special forces who served our country with their military service. We know there are over 200,000 troopers scattered across America that we need to find. We need your help...
Therefore, for immediate publication:
Omaha, Nebraska in August - Our 55th Annual Convention will be held on August 11-14, 1999...
The Carlisle Mercury, 113 S. Locust Street, Carlisle, KY 40311

James Gordon Bennett is considered the father of the present-day American newspaper. He was a reporter who founded and edited the New York Herald in 1835.

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transradial angioplasty and catheterization can mean less pain and shorter recoveries
Joyce Eisenhart is feeling good these days. A few months ago, she needed angioplasty, a procedure in which blocked arteries of the heart are opened and stent, or tiny wire cage, is often implanted to keep arteries open. For a patient, under-going cardiac catheterization or angioplasty, having the procedure through the radial artery is the wrist instead of the groin, and the patient must lie with a weight over the entry point for four to six hours or longer after the procedure to control bleeding. There is often bleeding or bruising at the entry site...

LETTERS TO THE EDITOR

Letters to the Editor are welcomed by The Carlisle Mercury. In accordance with our editorial page policy, all letters must include the address, name and telephone number of the author.
Surviving are a daughter, Carolyn (Thomas "Tali" Talbot, Paris, grandson, Thomas "Tommy" Talbot, Paris; three granddaughters, Emily Hinton Talbot, Paris, Mrs. Mark, (Jill) Claye Row, Chapel Hill, TN; and Mrs. Tom (Ann) Wain, Cheaney, Columbia, Ky; two great-grandchildren, Nathan...

Homecoming to be held at Locust Grove Baptist Church on Aug. 8th
Locust Grove Baptist Church will be holding a homecoming service on Sunday, August 8. A Potluck will be served at noon, and "God Sent" will be providing the special music beginning at 1:30pm.

Travelers can eat healthy while vacationing, says AAA
After months of dieting and exercising, you've finally reached your ideal weight. But will you return from your summer vacation looking and feeling just as good as you will if you don't? Add low-fat cottage cheese or plain yogurt for a significant calcium boost...
Don't go to a restaurant starving. When you are famished you tend to eat too much, too fast. Instead keep some fruit in your hotel room and snack prior to going to the restaurant. You'll order less and eat less.

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LETTERS TO THE EDITOR

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Healthy Seniors

Healthy Seniors
A Community Service Project of Johnson Matthers Health Care, Inc.
Presenting SAFETY AWARENESS FOR SENIORS
Tuesday, August 10th • Thursday, July 26th
2:00 pm • 7:00 pm
Nicholas County Library Basement

Attention Chronic Ingroup Nails Suffers
"Are You Constantly Digging Out Your Ingrown Nails?"
This Can Be PERMANENTLY CORRECTED!
The Procedure Is Minimally Uncomfortable, Can Be Done In-Office, And Does NOT Require Anesthesia. CALL TODAY TO DISCUSS YOUR OPTIONS.

TEACHER I (10 Month Position)
The Teacher I is the teaching team leader in the early childhood classroom. The Teacher I is responsible for the overall direction and implementation of the education program in the classroom to keep classroom compliant with state government requirements...
Closing Date: "Open Until Filled"

COMMUNITY ACTION COUNCIL
In order to improve the County's capacity to provide services to Spanish-speaking persons and the hearing impaired, a hearing preference will be granted to persons who are bilingual in English and Spanish or who can speak both languages. Applications may be obtained at an agency office or by calling Community Action Council, P.O. Box 11610, Lexington, Kentucky 40576.

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WMMU to publish book on Kentucky-Russia partnership
The five-year partnership between Baptist in Kentucky and Russia is the subject of a new book slated to hit bookshelves in September.
The Woman's Missionary Union, an auxiliary of the Southern Baptist Convention, will publish Russian Harvest by Ken Murphy, chairman of the board of the Kentucky Baptist Convention.
The book will be available through Life Day bookstores and the WMMU. The book can also be ordered through a customer service line at (800) 968-7301.