Dogs

CONTINUED FROM PAGE 1

"ABANDON": To forsake entirely, or to neglect or refuse to provide or perform the legal obligations for care and support of an animal by its owner, or his agent. Such abandonment shall constitute the relinquishment of all rights and claims by the owner to such animal.

"AT LARGE" Off the premises of the owner, and not under the control of the owner or his agent either by leash, cord, chain, or otherwise.

"OWNER" Every person having a right of property to an animal and every person who keeps or harbors an animal, has it in his care, or permits it to remain on or about the premises owned or occupied by him.

The Nicholas County Fiscal Court and The City of Carlisle have both had complaints of some type concerning dogs.

"The law is here for a reason, and its to protect citizens of Carlisle," said Mayor Ronnie Clark.

Water

CONTINUED FROM PAGE 1

water source in Northeastern Lewis County. This project is estimated to produce about 14 million gallons a month.

The water is a good spring water, which means less money has to be spent on filtering, and will allow us to receive it at a great rate," said a spokesman for the Water District at Tuesday evening Nicholas County Fiscal Court meeting.

Car backs out, hits another car

The Carlisle Police Department reported that two vehicles were involved in an accident at about 2:20 p.m. Sunday.

Police said that Sherl Dent's vehicle was heading south on North Broadway when a vehicle driven by Larry Hunt was backing out of a parking space and hit Dent's rear passenger fender.

No injuries were reported.

Cars strike each other in accident

The Carlisle Police Department reports that last Friday, two vehicles crashed into each other as they were trying to pull out onto the highway from the Foodland lot near Main Street.

Police said Ernest Watkins was pulling out as Brenda Jolley was pulling into the parking lot and the two vehicles collided.

The accident happened around 9:30 a.m. No injuries were reported.

Two cars in accident

The Carlisle Police Department reports that last Thursday, Aug. 5, two vehicles were involved in an accident on West Main Street.

Police said that Sherl Dent's vehicle was headed east and was stopped in traffic when Joshua Fryman's vehicle, which was traveling in the same direction, was unable to stop and struck the rear of Dent's vehicle.

No injuries were reported in the accident, which occurred around 4:07 p.m.

Hospice of the Bluegrass to offer a Support Group for widows/widowers

Hospice of the Bluegrass is offering a Support Group for people who have lost a Spouse. It is a six-week program that will begin on Tuesday, August 24 and will run through Tuesday, September 28. The group will meet in the Hospice of the Bluegrass Office located at 508 East Pike Street, Cynthiana, Ky 41031 at 6:00 p.m.

The support group is open to anyone in the community who has experienced the loss of a spouse within the last 2 years. There is no charge for the group.

People interested in participating in the group or who want more information can call the Hospice of the Bluegrass Office at (606) 234-6462, or 800-756-6005.

Hospice of the Bluegrass provides in-home medical care and support for terminally ill patients in 23 counties. Hospice support services extend to family members and other caregivers as well.

Breastfeeding Program Offered August 17

To promote breastfeeding in your community, the Nicholas County Public Library and the Nicholas County Health Center will provide an informal walk-in, question and answer program presented by the Wedco District Health Department's Certified Lactation Consultant. You may drop by the Library on Tuesday, August 17th from 10:00 a.m. through 12:00 noon for free literature and to speak with the Lactation Consultant.

Some frequently asked questions about breastfeeding are:

• Why should I breastfeed my baby?

Answer: Breast milk is the best suited food for all infants. It contains just the right amount of fat, sugar, water and protein for human digestion, brain development, and growth. Breast milk also gives babies antibodies against disease and decreases chances of adult onset diabetes in the infant, as well as helps stabilize blood sugar in mothers with gestational diabetes. Breastfed infants have lower rates of SIDS, hospital admissions, ear infections, diarrhea, rashes, allergies and other medical problems than bottle-fed babies. They may also have higher I.Q.'s.#

• What are the benefits of breastfeeding for mom?

Answer: Breastfeeding causes deep maternal bonding between mother and infant that is unmatched; the uterus contracts back to its pre-pregnant state faster, unwanted pounds from pregnancy are lost quicker, no bottles to prepare or buy, breast milk is always the right temperature. Recent studies show mothers who breastfed enjoy decreased risk of breast and ovarian cancer.

For more information contact Ann Mulholland, R.N.I.B.C.L.C., Wedco District Health Department at 606-234-8750.

Babies who 'eat at Mom's' are healthier

There is a designer drink that can make your baby smarter, stronger and healthier. Experts say it boosts an infant's immune system, protects against ear infections and respiratory illness, reduces the risk of SIDS (sudden infant death syndrome), and raises his or her IQ.

This product is very expensive if purchased – $20 for an 8 oz. can. But new mothers can provide it to their babies for free. What is this miracle drink? It's mother milk--specially designed for human infants.

In addition to all the health benefits for babies, nursing is good for mothers too. Breastfeeding can reduce a woman's risk of breast and ovarian cancer, protect against osteoporosis and hip fracture later in life, and help a new mother get back in shape.

With all the advantages of nursing, why do some mothers choose to bottle-feed their babies?

New mothers may not have adequate information and support from family, friends and health-care providers. To help get the word out and generate support for nursing mothers, Gov. Paul E. Patton has proclaimed August as Kentucky Breastfeeding Awareness Month.

One factor that influences new moms is that breastfeeds went "out of fashion" in the U.S. during the 1940s and has never made a complete comeback. Companies producing infant formula expanded their markets during the post-World War II baby boom. Breastfeeding halted between 1946 and 1956 in America, dropping to 25 percent at hospital discharge.

The rate of breast-fed babies increased in the 70s. But the U.S. remains a "bottle-friendly" culture. The resulting anti-nursing attitudes can prevent a new mother from choosing to breastfeed. The main barriers to nursing are: embarrassment, lack of confidence, perceived loss of freedom, and negative influence of family and friends, said Laura C. Harrod, breastfeeding promotion coordinator for Kentucky's WIC Program (the Special Supplemental Nutrition Program for Women, Infants and Children).

There are some mothers who should not breastfeed including those who are HIV positive, use illegal drugs, are undergoing certain cancer treatments, or have human T-cell leukemia virus (HTLV-1), said Ms. Harrod. But many mothers who could breastfeed their babies are discouraged by dozens of myths like:

• Breastfeeding ties a woman down. Not true. Nursing a child does not have to limit a woman's freedom. A baby can be nursed anywhere, anytime. The only stumbling block is the erroneous view that breastfeeding is "indecent" and should be confined to the home and public restrooms. A woman who leaves her baby at home can either return in tie for the next feeding or leave bottles of "pumped" breast milk with the caretakers.

• Women who work outside the home can't breastfeed. NOt true. Working mothers can continue to nurse their babies using a variety of methods, said Ms. Harrod. A mother can nurse "part-time." The baby can be bottle-fed during the day with formula or breast milk and be bradt-fed before and after work and on weekends. In fact, breastfeeding can be a great help to a working mother. A study published in the American Journal of Health Portion concluded," . . .women who breast-feed their babies are likely to be absent from work because of baby-related illnesses and less likely to have long absences when they do miss work compared with women who feed their infants formula."

• Women who breastfeed must follow a special diet. Not true. A breastfeeding mother should eat a balanced diet, but does not need to eat special foods or avoid certain foods.

There have been several efforts over the years to increase the percentage of mothers who nurse their babies but it's been an uphill struggle. In 1990, the U.S. Public Health Services established objectives for the next century entitled Healthy People 2000 National Health Objectives. The breastfeeding objective was to raise the percentage of mothers nursing their babies at the newborn stage from a 1988 baseline of 54 percent up to 75 percent and to increase duration from the 21 percent baseline at five or six months up to 50 percent. Unfortunately, the nation is far short of achieving this objective and, in act, ground was lost in the 1990s when the percentage of nursing mothers fell below the 1988 starting point.

Though the incidence and duration of breastfeeding is starting to increase again, in 1997 only 62.4 percent of women were breastfeeding at hospital discharge, and only 26 percent were still breastfeeding their babies at six months.

In Kentucky, the rate of in-hospital/newborn breastfeeding was 39.5 percent in 1988 and 44.4 percent in 1996. The percentage of Kentucky babies being nursed at six months dropped from 15.2 percent in 1988 to 12.7 percent in 1996.

The percentages of "WIC babies" being nursed increased from 19.8 percent in-hospital in 1988 to 33.5 percent in 1996. The rate also increased at the six-month stage from 6.4 percent in 1988 to 7.1 percent in 1996.

In the late 1980s, the federal WIC Program started putting more money into promoting breastfeeding. Ms. Harrod said this emphasis is responsible for the increase in breastfeeding by mothers receiving WIC. The benefits of nursing are stressed during nutrition education for WIC participants and exclusively nursing mothers are given extra nutritious food on their "food instrument."

Further information about breastfeeding may be obtained by contacting a local health department or Laura C. Harrod at the Cabinet for Health Services, 275 East Main Street, Frankfort, KY 40601, telephone, (502) 564-2339. Many health departments offer special services for nursing mothers and have breastfeeding promotion coordinators.

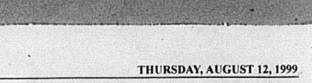
There are also sources of information online including the La Leche League of Kentucky at http://www.lalecheleague.org/Web/Kentucky.html and a Lactation Consultants Directory for Kentucky at http://www.nursingmother.com/directory/states/kentucky.html.

Web Watch

(NAPS)—For information on diabetes, testing and blood glucose levels, call 1-800-227-8862 or click on the "Diabetes Self-Care" area of www.LifeScan.com on the Web.

If you have any questions about being able to change your brand-name drug to a generic, talk to your doctor or pharmacist. You can also visit Merck-Medco's Web site at www.merck-medco.com or call 1-877-4-RXTIPS (1-877-479-8477).

Beauty doesn't have to come at such a high cost. For information on breast implants, check out the Web site at www.fda.gov.



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In accordance with our editorial page policy, all letters must include the signature, address and telephone number of the author.

The Carlisle Mercury reserves the right to reject or edit any letter deemed slanderous, libelous or otherwise objectionable. Letters should be no longer than 250 words, and may be edited for length or clarity.

Opinions expressed in letters and other voices are those of the authors and do not necessarily reflect the views of the newspaper. Send letters to: The Editor, **The Carlisle Mercury**, 113 S. Locust Street, Carlisle, KY 40311.

The Carlisle Mercury

The Carlisle Mercury
The Carlisle Mercury is published on Thursdays
News/Advertising 606-289-2464 • Fax 606-289-7900 • USPS #090-820

William McCarty, Publisher • Kari Jordan, Managing Editor/Advertising Manager • Angie Hall, Subscriptions

SUBSCRIPTION RATES:
In Nicholas, Bourbon, Harrison, Robertson, Fleming & Bath Counties* $18.00
In other KY counties* ..... $21.50 Out of KY $28.00
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People

Nicholas County Conservation Districts Scholarship Awards presented

Doug Bechanan, supervisor of the Nicholas County Conservation District Board, presented Jessica Campbell with the 1999 Nicholas County $500 Conservation Scholarship Award.

Doug Bechanan, supervisor of the Nicholas County Conservation District Board, presented Jessica Campbell with the 1999 Districts $500 Scholarship Award. Jessica will be attending Morehead State University this fall.

Jennifer Livingood was also a recipient of a $500 Scholarship Award to a high school graduate. Jennifer will be attending Maysville Community College this fall.

Jessica and Jennifer were chose by the district board from several applications taken from Nicholas County students. One scholarship was given to a student already attending college and one for a 1999 high school graduate who will be entering college.

The district board plans to continue the scholarship program next year.

Ellington family reunion

Hansen and Elizabeth Ellington hosted the annual Ellington Family reunion at their home on August 8th, 1999.

Guests that attended were: Richard and Julia Ellington, Dayton, Oh; Jim and Georgeanna Ellington, Carrollton; Garnett and Anthony Ellington, Midway; Selma, Kyle and Kara-Beth Kendall, Paris; Johnny and Marlene Fryman, Morehead; Kevin and Cyndi Giannasio, Georgetown, Amy Polk, Lexington; Ed, Hance, Annie-Beth and Nick Ellington, London; Al, Karen, Andrea and Jonathon Fryman, London; Charles Watkins, London; Barbara Sparkman, London; Ron, Karen, Ryan and Christopher Taber, Owensboro; Paul and Rose Ellington, Bourbon County; Ray and Betty Ellington, Harrison County; Hope Snapp, Edgar Boyd, Louise Sherod, Virginia Parsons, Teresa Jackson, Luann Kelly, George Shrout, Catesby and Eleanor Bramel, James McFarland, Nina, Katie and Emily Earlywine, Danny Coy, Wanda J. Shrout, Robert Shrout, Stacy and Breann Gaunce, Gayle and Jan Vanlandingham, Lavina McFarland, Kay, Bryan and Ashley Booth, B.J. Sizemore, Randy, Farrah and Hannah Zornes, Jon and Angie Shrout, David and Judy Shrout, all from Carlisle and Nicholas County.

SALTWELL NEWS

By Mrs. Jeff Mattox

Mr. Jason Kenny of Covington spent several days the past week with his grandmother, Mrs. Gladys Kenny. The two took an afternoon drive Saturday and also visited with Mr. & Mrs. Fred Hollar.

Mr. Myrrl Hollar returned home Friday night after a few days stay in Nicholas Co. Hospital. His condition is improving.

Mrs. Ragena Ford and children, Ashley, Elizabeth, & Patrick of Cynthiana visited and enjoyed dinner with Mr. & Mrs. Jeff Mattox and children on Sunday afternoon. Mrs. Ford also visited with her mother, Mrs. Jean Mattox.

Mrs. Ramona George of Carlisle spent Wednesday night and Thursday with Mr. & Mrs. Fred Hollar. Chad Ockerman spent Thursday night with Mr. & MRs. Bill George and on Friday the three visited Mrs. Ron Allison and John Lee near Sharpsburg.

Amanda Mattox was among several girls belonging to the elementary school cheerleaders who spent the afternoon Thursday swimming at Lake Carnico. The group, later that evening, traveled by boat to the home of Ms. Brittany Baird where they enjoyed a sleep over.

A Very large crowd attended the sale of Humphry Shrum on Dog Walk Rd. Saturday. The sale was large with everything selling well.

Jason Kenny, son of Bob & Aliane Kenny of Covington, & grandson of Mrs. Gladys Kenny of Headquarters, recently graduated with a masters degree in Chemical Engineering from Cal-Tech in Pasadena, Cal. He is home in Covington and is presently looking for a job.

Mrs. Phyllis Brady and Mrs. Mildred Gifford enjoyed the Camargo Church of God Camp Meeting on Tuesday with two good services and lunch there.

Mrs. Bobby Brady enjoyed the service at Mt. Carmel Christian Church, Cynthiana-Paris Pike, on Saturday night in which Cameron Mills was the preacher. A time of fellowship followed.

Mrs. Phyllis Brady visited Myrll Hollar at his home on Saturday and also Reynolds Allison at Harrison Memorial Hospital on Monday.

Mr. & MRs. Danny Cleaver and Phyllis Brady very much enjoyed the gospel sing at Locust Grove Baptist Church on Sunday featuring "God Sent."

Mynear family reunion held

The Mynear family held its 17th annual reunion at Blue Licks Battlefield State Park on Saturday, August 7, 1999.

Those attending from Nicholas County or Carlisle were: Mr. Billy Barnett, Mrs. Kay Bretz, Julie Bretz, Mr. and Mrs. David Hatton, Mrs. Mildred Gifford, Mr. and Mrs. Jim Mynear, Mrs. Gladys Ritchie, Mrs. Katherine Roundtree and Ronnie Small. Other attending were: Mr.a nd Mrs. Donald Jolly and Mrs. Ruth W. Hollar from Fleming County; Mrs. Naomi Small from Cynthiana; Mrs. Mary Speer, Mrs. Wanda Pennington, and MRs. Ruby Stevens of Bourbon County; Mr. Alvin "Mickey" Mynear and Mr. and Mrs. Charles Reed of Lexington; Mr. and Mrs. Joe Emmons and Mr. R. L. Emmons of Sadieville; Mrs. Gladie Duncan of Frankfort; Mr. Dan Curtis of florence; Mr. and Mrs. Bill Hoover of Lawrenceburg, Indiana; and Mr. and Mrs. Bob McGuire and Ire e Mynear of Montevallo, Alabama.

Reservations were made for the same shelter for August 5, 2000.

Kari Jordan photo

0-6 months girls Baby Show winners

From left are: Hannah Warner, 6 month old daughter of Mike and Susan Warner, co-winner of the Most Hair; Audri Shae Hughes, 5 week old daughter of Shane and Elizabeth Hughes, co-winner of the Most Hair; Catalena Bloomfield, 5 month old daughter of Becky Bloomfield, co-winner of the Least Hair; Tamaina Robinson, 6 month old daughter of Billy and Tammy Robinson, co-winner of the Least Hair; Twins Havanna and Breanna Bach, 5 month old daughters of Carla Bach, winners of the Chubbiest Cheeks; Shelbi Robinson, 5 month old daughter of Kirk and Angie Robinson, winner of Prettiest Eyes; McKenna Hill, 3 month old daughter of Taffonie Hill, co-winner of Biggest Smile; and Hope Honeycutt, 4 month old daughter of Allen and Carol Honeycutt, co-winner of Biggest Smile.

Marine Lance reports to duty

Marine Lance Clp. Jason W. Rogers, son of John N. and Mary L. Richie of Rout 1, Cynthiana, Ky., recently reported for duty with Marine Wing Support Squadron 372, Marine Wing Support Group 37, 3rd Marine Aircraft Wing, Marine Corps Base, Camp Pendleton, Calif.

The 1996 graduate of Harrison County High School joined the Marine Corps in May 1997.

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Maysville Community College

Fall Registration for **Maysville Community College** will be held on the Maysville Campus which is located at 1775 US 68 on:

August 17th & 20th
9:00 a.m. to 5:00 p.m.

August 18th & 19th
9:00 a.m. to 7:00 p.m.

For more information contact Maysville Community College's Office of Student Affairs at
606-759-5818

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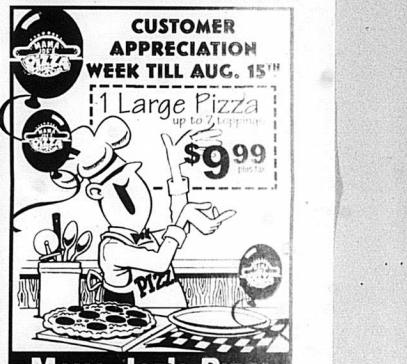
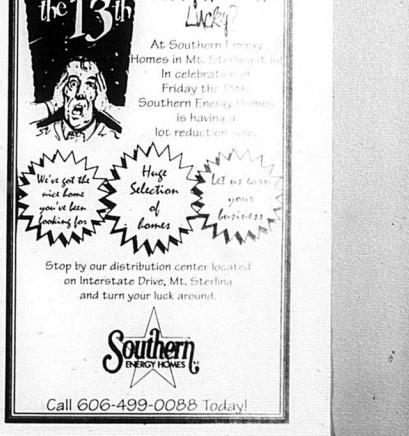
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