

SENIOR LIVING

Advanced funeral planning lifts burden from others

(MS) - People plan for many things well in advance. Finances are set aside for schooling, purchasing a home, retirement, and even vacations. Despite being a certainty, fewer people plan for their own death and funeral.

Death is not an easy subject to discuss, especially when it's your own. Few people enjoy facing their own mortality. Some avoid doing so for superstitious reasons. Others feel it's not something to consider while they're in the prime of their lives... death being a long way off. But as one knows, passing away is not something that can be scheduled.

secure lodging for out-of-town guests. Depending on the advanced planning you make and the service you use, many of these tasks can be handled without preparing to take care of the personal conditions. This makes it easier for them to cope during a time of grieving and some services can provide tax advantages you may not have been aware of.

Using a service such as this allows you to consider all the options well in advance and really give thought to how you'd like your wishes to be carried out. It also allows you to group all of your information in one place, making it very easy for relatives to carry out.

New natural secrets for women to feel younger

(MS) - Women are continually seeking ways to look and feel younger. In fact, anti-aging products are a billion-dollar industry. While age spot and wrinkle treatments do have merit, some women may fail to address the anti-aging issues within their bladder incontinence.

Women and even health professionals are not aware of how common a problem urinary incontinence can be. Women of all ages experience incontinence, ranging from slight leakage to larger accidents, due to a variety of reasons. These include side effects from medications, childbirth, surgery such as a hysterectomy, or the normal process of aging.

Research by National Family Opinion in August 2003 suggests that involuntary urine loss affects at least 16 million American women and the tone and strength of the muscle systems that control the bladder function.

It sneezes or laughs. Plus, I can get out and play tennis again. I'm full of energy and feel I am 10 years younger! Really, BetterWOMAN is worth every penny to me," says Jennifer.

Senior Citizen Driving Tips

A guide for older drivers and those who care about them

It is estimated that by the year 2020 one in five drivers will be 65 years or older. Export agents that know the warning signs of driving impairments, adjusting to physical and mental changes, and developing transportation alternatives are critical to the safety of older drivers, their passengers and others on the road.

With old age come changes that can greatly impact the ability to drive, noted Ray Palermo, director of public relations for national car insurer. Response is borne out by the fact that older drivers have higher rates of fatal crashes than any other age group except teenagers. If offered several tips for older drivers to consider:

What Else Can I Do to Manage Incontinence? In addition to supplementation, there are other lifestyle changes a woman can make to improve her urinary health and comfort.

Behavioral modifications: These may include Kegels, which are exercises designed to strengthen the pelvic floor; and other techniques such as bladder retraining, a behavioral technique that involves scheduling bathroom visits and gradually increasing the time between urination.

GENERAL NEWS

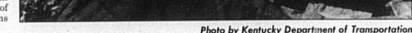
SEVERE

Continued from Page 9 Food Safety Branch. "I know when ice can be purchased in the event of a storm and power outages make sure to have a supply of bottled water stored where it will be safe from flooding."

Health officials also warn about the dangers that arise as a result of flooding. Flood waters can carry bacteria and other organisms that can be harmful to your health. It's extremely important to protect your food and water supplies from flood waters, such as:

using hot water if available. Rise, and then sanitize. Discard any food in damaged cans. Thoroughly wash metal pans, ceramic dishes and utensils (including can openers) with soap and water, using hot water if available. Rise, and then sanitize.

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Houses were turned into jumbled piles of rubble when tornadoes tore through Kentucky on April 3, 1974.

Stay alert when weather conditions appear dangerous

Staying alert and acting promptly can save lives during severe storms, says State Fire Marshal Rodney Raby. Here are tips to stay safe when storms are expected, and precautions to take in the moments and hours after a storm strikes.

If you are in a high-rise, get to the lowest level possible. Stay out of elevators during a tornado.

If you are in a car, get out of the vehicle and seek shelter in a ditch by depression and cover your head.

Use a phone only in an emergency since telephone circuits may well be overwhelmed. Don't use matches until all gas lines are checked for leaks.

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REWARD OFFERED



My name is Diesel. I am a Siberian Husky. I am 16 months old and live at 307B South Walnut Street. I have been missing since April 4, 2007. I have a red pet dog collar on. My family misses you very much and you are my friend. If you see me, please call them (Bill Moore). Phone numbers are (473) 1900 and 289-6760. Don't be afraid of me. I weigh 65 pounds but I do not bite. I am still a puppy at heart. I am also up to date on all my shots.

Nicholas County Ponytail Softball • Make-up Date for Sign-ups Sunday, April 15 - 2 p.m. East End Park Ages 9 thru 18 (before December 31st) Must be present and have birth certificate (copy) League Fee \$25 If you have two in the league it is \$40.00 League Fee due at sign ups By question please call: Philip Colton - 859-473-1107 or Jackie Brantley - 859-473-0114

NCHS 81.4 "Tailgate For Testing" Saturday, April 21, 12:00-2:00 PM Nicholas County High School We're getting ready for CATS Testing! Come out for the fun, food, & door prizes, and stay to learn more about testing! Sponsored by The Nicholas County Family Resource & Youth Services Center

Garrett's Restaurant 215 N. Broadway • Carlisle • 289-7382 Carryout Available Regular Hours: 5:00 a.m. - 2:00 p.m. Daily

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