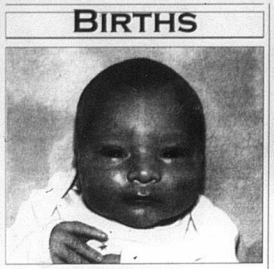
LIFESTYLE

BIRTHS



Caden Griffith Rice

Caden Griffith Rice, son of Johnya Griffith Rice and Eric Rice was born June 19,2007 at Heart of Florida Regional Medical center in Hanes City, Florida. Caden weighed 6 pounds 7 ounces.

Maternal grandparents are J.B. and Charity Griffith, Carlisle. Maternal great-grandparents are the late Robin and Delcie Griffith of Jackson.

Paternal grandparents are Robert and Krista Rice, Florida, and the late Cynthia Cox of Lexington, Paternal great-grandparents are Robert and Jackie rice of Lawrenceburg.

Caden was welcomed home by his big sister, Mckenna Charity rice, and cousins, Sidney and Saige Rice, Chad and Sarah Fugate.

Photo submitted

Packages for Iraq

Over 75 family members and friends of the soldiers arrived Nov. 17 to prepare 200 Christmas care packages to be shipped to Iraq. An assembly line was set up and ready and it took only an hour and a half to pack the boxes, Christmas wrap each box, and prepare them to be shipped. With the donations of items and monetary donations the Family Readiness Group was able to provide a nice Christmas package, a stocking, and a phone card for each soldier. It cost a little over $2,000.00 to ship 58 large boxes to Iraq. The packages are beginning to arrive in Iraq and there is one day in December, when they will all get together and they will be passed out and opened.

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Happy 6th Birthday

To our princess who turns 6 on December 6th.

We Love you very much Daddy, Mommy, Xayla, and Xandis

OBITS

Continued from Page 3

ter' Linda (Bobby) Anderson, Frankfort; three granddaughters, Alisa Smith, Valrico, Fl., Keeli (Quentine) Stone, Lexington, and Kristi Anderson, Frankfort; seven great-grandchildren; and two sisters, Geneva Kearns, Carlisle and Mary Towles, NC.

Visitation and funeral Services were held Tues., Dec. 4, 2007 at Mathers-Gaunce Funeral Home by Rev. James Gaunce with burial in Mt. Tabor Cemetery.

Casket bearers were Bobby Anderson, Wayne Berry, Dick Garrett, Warner Ramey, John Smoot and Quentine Stone.

Guestbook available at www.mathersgaunce.com

Wanda Mitchell
1941-2007

Wanda Mitchell, 66, died Dec. 2, 2007 at Johnson-Mathers Health Care after a long illness.

She was born in Fleming County Aug. 8, 1941 to the late Robert Tony and Odie Jolly Mitchell. She was a homemaker and loving mother. She was a member of the Oakland Mills United Methodist Church.

Survivors include two children, Ferlin Watkins, Carlisle, Serona Mitchell, Carlisle; four grandchildren, Lawanda Watkins Reed, Lexington, Goldie Chaney, Lexington, William (Pugsley) Chaney, Lexington and Isabella Sadler, Carlisle; three great-grandchildren, Brady Reed, Lexington, Kyle Reed, Lexington, Auston Chaney, Lexington; six sisters, Elsie Mitchell Crawford, Carlisle, Ocie Mitchell Tucker, Carlisle, Sarah Mitchell Bretz, Carlisle, Anna Pearl Mitchell Sapp, Carlisle, Helen Mitchell McVey, Carlisle and Janice Mitchell Lemons, Harrison County; two brothers, Walter Mitchell, Carlisle and Ollie Mitchell, Carlisle; two special great-great nephews, Seth and Cody Hamilton, Carlisle and many other nieces & nephews.

She was preceded in death by a son, Dennis Watkins; a daughter, Sheila Watkins; three grandchildren, Analese Finch, Mahala Finch and Dennis B. Mitchell; three sisters, Nancy B. Mitchell, Minnie Mitchell Frederick and Nora Mitchell Bromagen; two brothers, Robert Cecil Mitchell and Tilton Richard Mitchell.

Funeral services will be held at 1 p.m. Thurs., Dec. 6, 2007 at the Clark Funeral Home with the Rev. Brenda Routt officiating with burial following in the Pleasant Valley Community Cemetery. Pallbearers will be Ferlin Watkins, William Chaney, Donnie Red, Ron Sadler, Darrell McVey, Jerard McVey, Dale Gillum, Preston Hunt, Mark Hunt and Jamie Sapp.

Mills graduates from training

Army Pfc. Jarod M. Mills has graduated from basic infantry training at Fort Benning, Columbus, Ga.

During the nine weeks of training, the soldier received training in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, physical fitness, first aid, and Army history, core values and traditions.

Additional training included development of basic combat skills and battlefield operations and tactics, and experiencing use of various weapons and weapons defenses available to the infantry crewman.

He is the son of Michael Mills of Mary Lane, Carlisle, Ky., and Vicki Lamey of Greentree Court, Lexington.

Mills is a 2004 graduate of Bourbon County High School, Paris.

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The family of Gay Nell Ring would like to thank everyone for the flowers, cards, and food.

Thanks to Mathers and Gaunce and to everyone for the kindness during the loss of our mother.

Your kindness will never be forgotten.

Bobby, Paul, Johnny, Vicky, Jimmy, and Delbert

In Memory of
Gary L. Craig
7-13-1953 to 11-30-2006

Gary it will soon be a year since you left us. Not a single day goes by that you are not remembered. It feels like just yesterday that you were here with us. I write to you everyday. I still sit and wait for you to walk through the door after a hard days work, but you never do. I guess your work is over. I know you are happy where you are but it don't take the pain from our hearts of missing you.

You were a part of my life since I was eleven years old. I will never stop loving and missing you.

We love and miss you.
Gayle, Angie,
Gary Dewayne, Larry Lee
and Grandkids

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COURT NEWS

Nicholas District Court
Wednesday
October 31, 20007
Hon. Jay Delaney

Paul D. George Jr. ARR. 1. Controlled substance prescription not in orig container 1st. Bonded out.

Gary D. Joseph. ARR. 1. OBS burglary, 2nd degree, forced entry-residence. 2. Criminal trespass, 2nd degree. PD appointed waive form arr. NG plea bond amended to $5000, 10% auth. Bal 3rd party surety to Duane Joseph. No contact with James Simons family or property. PH 11/7/07 at 2 p.m.

Jaime L. McCarty. ARR. 1. Controlled substance prescription not in orig container. GP 15 days jail, 3 to serve. Bal prob one year unsup on conds 1. $100 f plus costs 2.) No sim offenses. SC 12/12/07 at 10 a.m.

Joshua E. Overstreet. ARR. 1. Fugitive from another state warrant required. Def advised of rights. Waives extradition to state of Michigan. Review 12/5/07 at 12 p.m.

Jason Leon Walters. ARR. 1. OBS Burglary-2nd degree-forced enfry-residence. 2. Criminal Trespass 2nd degree. PD appointed waive form arr. NG plea. Bond amended to 10,000 10 % authorized a.) No contact with James Simons or family. PH 11/7/07 at 2 p.m.

James N. Gallagher. ARR. 1. ATTEMPT Burglary, 2nd degree. 2. Burglary, 3rd degree. PD appointed waive form ARR. NG Plea Bond amended to 10,000, 10% auth. A.) No contact with Betty Hunt, Family or prop. OPH 11/7/07 at 2 p.m.

James W. Best. PTC 1a. Operate under/Influence Alc/Drugs..08, Aggravator 3rd. GP 180 days jail, 60 days to serve, Bal. Prob 2 yrs unsup on cond. 1. $500 f plus serv. Feed costs. 2. No sim offenses. 3. ADE school. 36 month licenses susp. Pretrial susp. Terminated to turn in plates or transfer by 11/14/07 2. Operating on Suspended/revoked operators license. GP 30 days jail, 7 to serve. Bal prob 2 years unsup on cond of no-sim offenses. 3. Possession of marijuana. GP 30 days jail prob on conds. 1. no sim offenses.

James W. Best. PTC. 1a. Operate WV under/influ Alc/drugs..08 aggravator, 2nd off. GO 60 days, 25 days to serve. Bal. Prob. 2 yrs. Unsup on cond's #350. fine plus serv. Fee and ct. costs. 2. no sim offense. 3. attend ADE school lic. Susp 18 months. To turn in plates or transfer on or before 11/14/07 2. Failure to wear seat belts. MOC merge into Count 1.

John A. Crawford. PTC. 1a. Op MV Under/Influence of Alcohol/Drugs, etc. .08, 1st off. PTC 11/14/07 at 1 p.m.

Michelle L. Glass. PTC. 1. Theft by deception including cold checks under $300. GP $10 f plus costs plus restitution of $72.71. 2. Theft by deception including cold checks under $300. GO $10 f.

Michelle L. Glass. PTC 1. Theft by deception including cold checks under $300. GP $10 f plus costs. 2. Theft by deception including cold checks under $300. GP $10 f. 3. Theft by deception including cold checks under $300. GP $10f.

Ronnie Walter Irvin. PTC. 1. Op MV Under/Influence of Alcohol/ Drugs, etc..08, 1st off. PTC. 11/28/07 at 1 p.m.

John S. Jones.PTC. Failure to wear seat belts. 2. Operating on suspended/ revoked operators license. PTC 11/28/07 at 1 p.m.

John Spencer Jones. PTC. 1. Operating on suspended/ revoked operators license. PTC 11/28/07 at 1 p.m.

Rosa Rowland. PTC. 1a. Receiving stolen property under $300. 2. Poss cont sub, 3rd degree , 1st offense, unspecified. 3. Controlled substance prescription not in orig container, 1st.

Gary L. Taulbee. PTC. 1. Improperly on the left side of road. 2. Failure to wear seat belts. 3a. Operate MV under/influ alc/drugs, .08, aggravator, 2nd off. Suppression hearing 11/28/07 at 2 p.m.

Jamie Warmouth. PTC. 1. Theft by deception including cold checks under $300. 2. Theft by deception including cold checks under $300. PTC contd to 11/28/07 at 1 p.m.

It's Flu season

The flu season is here, but it's not too late to protect yourself from it.

According to Peggy Seithers, a registered nurse who is the Health Education Director for the WEDCO District Health Department and Home Health Agency, the flu season is upon us and there have been several cases of the flu diagnosed thus far in the area.

"We haven't identified a particular strain of the flu this season," Seithers said. "We haven't classified any strain as we did in past years with the 'swine flu,' but we have identified several cases of the flu in the area and right now we're calling them type A and type B."

Seithers said initial symptoms of the two types of this year's flu strain often included aching back muscles, having a runny nose, sensitivity to bright lights and exhaustion.

"We haven't seen any diarrhea associated with this flu, but most cases of the flu we've seen this year have came on strong and been very intense for the first three days," she said. "Persons who have pulmonary problems or who are less healthy may also run the risk of developing pneumonia if they acquire the flu and don't seek treatment."

The students in the Nicholas County Schools have not been greatly impacted thus far into the school season with any flu outbreaks, according to officials.

"I've seen three students today that were complaining of muscle aches and other symptoms but it's the first time this year," said Paula Hunter who is the first aid monitor and works closely with the school system's nurse, Judy Jolly. "We gave the students Tylenol."

Seithers explained that typically there are no antibiotics specifically designed to treat the flu and recommends giving Tylenol or aspirin to those with flu-like symptoms, however elderly citizens or those who suffer from other health problems may be at risk of developing pneumonia after the flu and will be given antibiotics to prevent the symptoms from increasing and causing additional problems.

"Prevention is the best medicine," Seithers said. "If you eat right, wash you hands frequently and keep clean that will help prevent you from catching the flu."

Seithers dispelled common myths associated with the flu.

"You can't catch the flu from going outside without a coat on," she said. "The flu is an airborne germ that only lives a couple of hours without a host. Most people simply catch it from other people. If a person who has the flu covers their mouth and coughs and then opens a door, and you open the door a few moments later and touch your hand to your face, well, it's just that simple. That's why we stress washing hands as frequently as possible and cleaning commonly shared areas, like door knobs and phones."

Seithers has advice for those who are concerned.

"We strongly recommend that anyone that hasn't had a flu shot and who wants one to contact us and schedule and appointment to receive one. The cost is $23 for the flu shot, unless the individual has Medicaid and then there is no cost for the flu shot."

Those who wish to schedule a flu shot are urged to contact Seithers at 859-234-5935.

For those who have developed the flu and are otherwise healthy, Seithers has additional advice. "Stay inside, stay isolated and drink plenty of fluids."

Nicholas County Schools Menu

Menu subject to change
Fresh Fruit and Canned Fruit Available Daily

Thursday, December 6

Breakfast: Bacon and Egg on Bun
Lunch: Chicken N Dumplings, Green Beans, Biscuits, Fruit and Milk.

Friday, December 7

Breakfast: Sausage Egg on Bun
Lunch: Chicken Fajita, Corn, Cheese, Salsa, Lettuce, Fruit and Mildk.

Monday, December 10

Breakfast: French Toast
Lunch: Meatball Sub, French Fries, Cole Slaw, Fruit and Milk

Tuesday, December 11

Breakfast: Bacon Egg Cheese Bun
Lunch: Spaghetti, w/meat Sauce, Tossed Salad, Texas Toast, Fruit and Milk

Wednesday, December 12

Breakfast: Sausage Cheese Bun
Lunch: BBQ Pork Sandwiches, Baked Beans, Mac & Cheese, Fruit and Milk.

Rose Hill United Methodist Church

will be having a family day on December 9th.

A potluck lunch will be served at noon and Christmas cards will be exchanged.

At 6 p.m. the youth will have a Christmas program "The Birth of Jesus".

Refreshments will follow in the fellowship hall of the church.

Everyone is invited to come and enjoy a day of fellowship and good food.

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