

LIFESTYLE

Thoughts from ... the Pastor's Study

By Jack Hughes Robinson, Ph.D., Carlisle Presbyterian Church

"Living with a Loss"

The holiday season can be a time of joy for people. It can also be a season of stress and grief. Most of us are different because of the difference between this year and last. Our lives have changed, and in some way we have lost something important in our lives - a loved one, a job, a relationship, or others.

Yet, this holiday season need not be such a stressful time if we learn how to look at the losses we face.

Losses are a necessary part of life. The rose blossoms, the bud is lost. The plant sprouts, the seed is lost.

Loss sets the stage for further creation. All real gain involves losing something in the process.

Losses can be as obvious as the death of someone, illness, leaving a job. They

can be as subtle as in moving, changing schools, success, aging, and financial problems. Losses also exist where a person is not aware of the loss. It is as if one were to die, such as awaiting medical test, fighting a relationship, friends who are less supportive.

Yet, a process of recovery exists, but it takes time. Recovery is usually much longer than we desire or expect.

Get lots of rest. Emotional pain needs rest as much as physical pain. Sometimes, plus anger and depression, and eventually acceptance. Serious understanding comes, but not always.

A minor loss may take just a few moments. Like the loss of a phone call. First there is shock. "Oh, no, I couldn't have missed it!" Then, anger surfaces. "Why didn't I get there sooner?"

And finally, acceptance. "Well, if it was important they will call back." With major loss, it takes longer.

The church community, and the community of helping professions, can help all of us deal with loss by

reminding us of the things we can do in time of loss. A few things we can do are: follow the plan, read, and seek.

Admit you are in pain. Verbalizing your pain helps to relieve it.

You are okay. You will find the strength to endure.

Remember what the story of creation in the Bible's book of Genesis 1 says - "that life is essentially good. Loss is a reality of life, but so is joy and beauty and love and hope. May these words help those of you in pain in this holiday season, and in any season of the year."

With warmest regards, Jack

would eventually come in some manner or another.

Start life again by having a good support system, doing new things.

Invite new people and experiences into your life. Keep learning new things.

Do something good for someone else in pain.

Memories of the past will drift back in unexpected moments and in dreams. Expect this. They will pass as well as the hurt that comes with it.

Enjoy time alone. A person can be happy in solitude as well as community. Keep a healthy balance.

Remember what the story of creation in the Bible's book of Genesis 1 says - "that life is essentially good. Loss is a reality of life, but so is joy and beauty and love and hope. May these words help those of you in pain in this holiday season, and in any season of the year."

With warmest regards, Jack

Some tips for holiday mailing

Want to make sure your cards and packages arrive by December 25th? Don't disappoint that friend or family member by waiting until the last minute to send your holiday greetings. Check out our website, www.usps.com, to find the holiday mailing deadlines. While there, discover our CardStore where you can find the perfect card for any occasion or make a card with your own digital photo.

It's quick and easy to personalize and send professionally printed greeting cards and postcards from our partner sites. Turn your greeting card into a thoughtful gift by adding a gift card from a popular retailer! It's perfect for that hard-to-please someone on your gift list. You can even store your address book and send invitations and holiday cards with just a few mouse clicks. And if you tend to be forgetful, we have a birthday reminder tool for you.

NShip, now would be the perfect opportunity. You can print a label for your package, pay for the postage online and then schedule FREE carrier pickup at www.usps.com/shipup.

Yes, this holiday season you can take care of all of your holiday mailing needs from the convenience of your own home or business with usps.com.

Turn your trash into treasure. Advertise in The Carlisle Mercury Classifieds. Bring your garage sale ad to our office at 117 Locust St. Carlisle. 20 words \$6.00 - 30¢ each additional word.

Eyewear Sale 50% off (Up to \$145.00). Selected designer frames and sunglasses including: Hugo Boss, Elie, Doney, Sophie Loren, Lala Guinness, Bob Scarso, Trump, Deville, Stratos. Family Focus Eye Care. Dr. Brett A. Hines - Dr. Jeremy V. Smith. Paris Office: 2230 Bypass Rd. (859) 987-7077. Cynthiana Office: 202 W. Pleasant St. (859) 234-1424 or 1-800-264-3591. www.cynthianavisioncenter.com

Are you neglecting your Business because of paperwork? Let us help! We will do the paperwork, you run your business. We do bookkeeping, computerized payroll, payroll taxes, sales tax and audits. Please call for an appointment today! 859-289-5566. Office hours through 12-31-07 - Monday and Thursday 9-5. Other times available by appointment. Donna J. Hendrix, PSC, CPA. 101 West Main Street, Carlisle. Member KYCPA & AICPA.

Jerry's. "FALL LUNCH SPECIALS" Soup & Sandwich \$5.49. "FALL HARVEST SPECIALS" \$6.59 Turkey w/Cornbread Dressing Dinner. Roast Beef Dinner. SEASONAL PIE SELECTIONS Pumpkin • Pecan • Country. CARRY OUT AVAILABLE. 706 N. Maysville Road Mt. Sterling, KY 859-498-1940

Remember Your Recare. The importance of regular examinations. Taking good care of your teeth and gums should be a habit. We like to see most of our patients for a checkup at least once every three to six months. We refer to your checkup visit as a recare appointment. A recare dental visit can take up to an hour. Your checkup will normally include a complete cleaning, a fluoride treatment, any required radiographs and a comprehensive dental examination for cavities or other problems. If there are no problems needing treatment, we probably won't see you again until your next recare appointment! Giving your teeth regular checkups is the only way to keep them in tip-top shape. Recare visits help to catch dental problems like decay before they turn into painful cavities. Routine dental examinations can detect life-threatening diseases like oral cancer in the early stages when they are most treatable. That is why most dental insurance plans cover at least two recare appointments per year. Insurance companies know from experience that regular recare is a great long-term investment in your health. We encourage you to book your recare appointment well in advance. If you aren't sure when you're due for your next one, don't delay - give the Carlisle Office of Mortenson Family Dental a call at 289-5418. Good dental habits will help your teeth last a lifetime! Tooth Tips: Brush after every meal or at least twice a day. Use a fluoride toothpaste. Use brushes with soft nylon bristles and a flat surface. Replace your brush about every three months. Use a mouthguard if you play contact sports. Floss every day. See your dentist regularly. Everyone deserves a healthy smile. FREE Whitening! For new patients only. \$25 OFF. MORTENSON Family Dental. 117 Locust Street 289-5418 • Other Locations 244-9595

LIFESTYLE

Feeding during a drought period

UK COOPERATIVE EDUCATION SERVICE

Extension Notes

By Dr. John Johnson

The unusual weather conditions of 2007 are creating management problems for Kentucky beef producers. The late spring freeze severely damaged the first cutting of hay, reducing yield by as much as 60%.

The hot, dry weather that has followed the fall of the year has had the bull out of the cow herd for sufficient time to make culling decisions based on reproduction.

Producers are wondering how they are going to cope with both issues at the same time.

While good management decisions cannot make it rain, they can help producers hang on in the most economical manner possible.

The first step in good management is deciding if some cows should be culled.

Producers are wondering how they are going to cope with both issues at the same time.

that are open and possibly some that are very short bred. Other cows that should be considered for culling are those with physical defects such as bad feet, arthritic joints, bottle tests or a broken down udder.

You cannot afford to feed low productivity cows this winter. Any cow with a physical defect such as bad feet, arthritic joints, bottle tests or a broken down udder should be considered for culling in short feed times.

When hay or silage is not adequate for getting through winter, purchasing feeds must be considered.

Pregnancy check as soon as possible and sell all cows that are open and possibly some that are very short bred.

Other cows that should be considered for culling are those with physical defects such as bad feet, arthritic joints, bottle tests or a broken down udder.

You cannot afford to feed low productivity cows this winter. Any cow with a physical defect such as bad feet, arthritic joints, bottle tests or a broken down udder should be considered for culling in short feed times.

When hay or silage is not adequate for getting through winter, purchasing feeds must be considered.

Pregnancy check as soon as possible and sell all cows that are open and possibly some that are very short bred.

Kentucky Relay volunteers celebrate Relay reunion

More than 300 Relay For Life Leadership volunteers from across Kentucky met and reunited in Louisville in Friday and Saturday to kick-off the 2008 Relay For Life season and celebrate the success of 2007.

The American Cancer Society thanks the communities that have taken up the fight against cancer and the

volunteers who devote their time, talent and energy to their community Relay For Life events," said Ayn Corbett, American Society State Vice President of Kentucky.

"With each step, the walkers take and dollar eliminating cancer, through research, education, advocacy and service.

For more information, call your American Cancer Society at 1-800-ACS-2348 or visit the Web at www.cancer.org. The American Cancer Society is the nationwide, community-based, voluntary health organization dedicated to eliminating cancer, through research, education, advocacy and service.

INVENTORY CLEARANCE. 2008 Chevy Avalanche 4x4, 160 hp V-8, locking 2 wheel drive, #7-727 \$34,980. 2007 Chevy Silverado 2 wheel drive, #7-727 \$24,980. 2008 Buick Enclave CXL Sunroof, 19" chrome wheels, rear DVD w/Bose audio, loaded, #8-1008 \$38,995. 2007 Pontiac G6 Remote start, pwr. WL, auto, #7-1523 \$15,980. 2007 Buick Lucerne 3800 V6, quiet tuning, 4 yr. or 50k bumper to bumper, 5 yr. or 100k powertrain, #7-1019 \$21,980. 2008 Chevy Tahoe LTZ Sunroof, rear DVD, 20" wheels, fully loaded, 4x4, #8-519 \$7,000 off. 2008 Chevy Silverado 2 WD, reg. cab, work truck, 4.8L V6, Onstar, #8-541 \$18,580. 2007 Pontiac Torrent All wheel drive, remote start, power seat, #7-1511 \$22,500. 2007 Pontiac Grand Prix 3800 V6, power windows & locks, #7-1519 \$18,980. 2008 Chevy Silverado 2500HD, Duramax diesel, Allison automatic, Onstar, #8-533 \$34,980. 2007 Toyota Camry LE Pwr. WL, V6, Auto, #7-245 \$19,980. 2007 Dodge Charger Pwr. WL, V6, Auto, #7-255 \$16,980. 2007 Chevy Cobalt Auto, CD, Great on Gas!, #5971 \$10,980. 2005 Cadillac Deville Loaded, excellent condition, #7-1523 \$16,980. 2005 Ford Focus Only 13k, auto, #6178 \$9,500. 1998 Jeep Cherokee 4x4, pwr. WL, #6022 \$4,300. 2006 Nissan Maxima 3.5SL, leather, sunroof, loaded, #0713 \$20,990. 2006 Chevy Uplander Cut your fuel expense! This one is a great buy! #00331 \$14,990. 2003 Buick LeSabre Custom, pwr. WL, CD, #8958 \$10,580. 2007 Pontiac G6 GT Leather, high polished wheels, #4043 \$16,990. 2007 Saturn Aura IE This is the best Saturn yet, #6530 \$16,990. 2005 Chevy Impala Custom, pwr. WL, #5536 \$9,950. 2006 Chevy HHR Auto, pwr. windows, #4474 \$10,990. 2007 Hyundai Sonata Sunroof, V6, CD, loaded, #8284 \$14,990. Bad Credit, Slow Pay, Bankruptcy NO PROBLEM. Call the Credit Application Hotline 1-866-CAR-CREDIT. DAN CUMMINS CHEV • BUICK • PONTIAC. PARIS, KY. PARIS BY-PASS • PARIS, KY. 859-987-4345 or 1-800-467-6969 www.dancummins.com