

LIFESTYLE

Hunt receives art award

By Charles Mattox
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Junia Hunt of Carlisle was awarded the "Show Favorite" ribbon during the Courthouse Square Arts Guild Membership Show in the Neal Welcome Center this past weekend.

Hunt's oil painting "Blue Water Fall" was selected by the guests who toured the center this weekend as the one that received the most praise from all of those who viewed the impressive works of art that graced the interior of the building.

"I enjoy drawing and sketching, but I've found I can do more when I do oil paintings," Hunt said of her range of artistic expression. "My painting is from an oil painting class I took in Florida last year. I want to thank the folks that voted for my painting and I want to thank the members of the arts guild. I've been a member for about five or six years and I really enjoy it."

A total of 48 regional artists displayed 86 works of art during the show.

To learn more about the Courthouse Square Arts Guild call Guild President Larry Mitchell at 289-2185.



Photo by Charles Mattox

Courthouse Square Arts Guild President Larry Mitchell, left, joins Carol Pugh, third from left, and Louise Zachary, far right, in congratulating Junia Hunt, center, for the Show Favorite award during the members show at the Neal Welcome Center over the weekend.

QUESTIONS

Continued from Page 9

with their doctor about their history and whether they should have an MRI. They may also call the American Cancer Society for more information about screening.

9. Does mammography detect all breast cancers? While mammography detects the majority of breast cancers, they are not perfect and fail to detect about 10 to 20 percent of breast cancers.

10. Is mammography the only technology currently used to screen for breast cancer? Mammography is the standard tool for early detection. Other imaging techniques, however, are under investigation. These include magnetic resonance imaging (MRI), positron emission tomography (PET), and ultrasound. Some of the techniques are currently used to follow up on suspicious findings from a physical exam or mammogram.

11. What should women do other than get mammograms? In addition to annual mammograms, the Society recommends clinical breast exams (CBE) as part of a periodic health exam every three years for women in their 20s and 30s and every year for women age 40 and older. Additionally, women should know how their

breasts normally feel and report any breast change promptly to their health care providers. Breast self-examination (BSE) is an option for women starting in their 20s. Women at increased risk because of their family history, a genetic tendency, or certain other factors should be screened with MRI in addition to mammograms. (The number of women who fall into this category is less than 2 percent of all the women in the United States.) Women who think they are in this category should talk with their doctor about their history and whether they should have an MRI. They may also call the American Cancer Society for more information about screening (1-800-ACS-2343).

12. Are breast cancer screenings covered by insurance? Medicare provides coverage for annual screening mammography for female beneficiaries age 40 and older. Unlike other Medicare benefits, the deductible is waived for mammography. For a diagnostic mammogram, the deductible is paid by the patient, in addition to the copayment.

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14. What are the signs and symptoms of breast cancer? Breast cancer can be detected by the appearance of irregular images on mammograms. Other signs include persistent breast changes, such as a lump, thickening, swelling, dimpling, skin irritation, distortion, retraction, scaliness, ulceration,

pain and tenderness of the nipple, or spontaneous nipple discharge. During a clinical breast examination, lymph nodes under the armpit and above the collarbone may be felt for enlargement or firmness, which might indicate the spread of breast cancer.

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service. For information about breast cancer, call toll free anytime 1-800-ACS-2345 or visit www.cancer.org.

**Weston and Holden
Good Luck at State**

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Andrea and Shane

Nicholas County Schools Menu

Menu subject to change
Fresh Fruit and Canned Fruit Available Daily

Thursday, October 18
Breakfast: Biscuit and Gravy
Lunch: Chili Dogs (Etem) or Polish Sausage (HS), Sauerkraut, Baked Beans, Peppers, Onions, Cheese, Fruit and Milk

Friday, October 19
Breakfast: Ham Biscuit
Lunch: Potato Soup, Grilled Cheese, Crackers, Pickle Spears, Fruit and Milk

Monday, October 22
Breakfast: Sausage Egg Sandwich
Lunch: BLT Sandwiches, Cottage Cheese, Tater Tots, Pickle Spears, Fruit and Milk

Tuesday, October 23
Breakfast: French Toast
Lunch: Hamburgers, French Fries, Lettuce, Tomatoes, Onions, Bananas and Apples and Milk

Wednesday, October 24
Breakfast: Breakfast Pizza
Lunch: Taco Bowl or Wrap, Lettuce, Tomato, Onion, Sour Cream, Salsa, Refried Beans, Corn, Fritos and Milk

SCHOOL NEWS

NCHS band state bound

FT. WRIGHT - This past weekend the Nicholas County High School Marching Band competed against bands who qualified, as did the marching jackets, during regular season competition for KMEA Class A East Regional Competition.

The bands who received at least one proficient rating during regular season competition advanced on to last Saturday's event. The Nicholas County High School Marching Band has received a proficient rating each outing this season.

In order to move on to KMEA Class A State Semi Finals the band had to place within the top 8 in the Region.

Nicholas County placed fourth.

While many other students had a leisurely fall break, the band members were working very hard to put themselves among the elite.

"We set some personal goals this week. One goal was to be within the top 4 in order to draw from the final 4 slots available for us next weekend," said NCHS Band Director Debbie Hale.

"The competition is seeded. The four best scores would be drawing for the later spots - 9, 11, 13, and 15 (out of 16); which was what we wanted." (This rule was enforced for the first time last year and took Hale by surprise when they were forced to draw from the first four slots.)

"Our other goal was to receive a distinguished rating, which we also accomplished," exclaimed Hale.

The band had some stiff competition once again this year. The top four from the region included Beechwood (88.09), Williamstown (85.13), and Hazard (83.34) and Nicholas County (80.5).

"These are all wonderful programs and always seem to shine when they need to. Being among this mix is a great accomplishment. However, I don't believe being among it is enough for my kids right now. I think they have loftier goals set for themselves," she said.

The band will be preparing this week to go into State Semi-Finals with a vengeance.

Last year's final 4 spot was awesome but, as stated earlier, the band members have more in mind for themselves this year.

"I think they want it all this year. They want to bring Fred, the trophy (named by NC Band), home to Carlisle. They know they have the show. They know they have the talent and skill to make it happen. And I can't wait to see the performance Saturday to back that up."

After a really solid performance this week one senior said to Miss Hale "Ya know why I'm happy, Miss Hale? I know that was a really good performance, but there are still things we can do better and things we can improve on...we still have some room to grow and be even better than we are."

Hale said, "That's what it's all about; always getting better and never settling."

"Support the band in any way you can this week. Put the kids on the back, send them cards, anything you wish.

Come to Semi Finals and cheer them on! They perform Saturday afternoon at 1:15 at Butler Traditional High School. The top four scoring bands from the daytime competition will go on to perform that night. The Band plans to be one of those bands under the lights once again Saturday night at Papa John's Stadium in State Finals Class A competition.

To finish out the trip, their plans are to head home on Sunday with the Class A State Trophy in the front seat ready for a coming home party.

They'll be saying "Welcome home, Fred..." welcome home.



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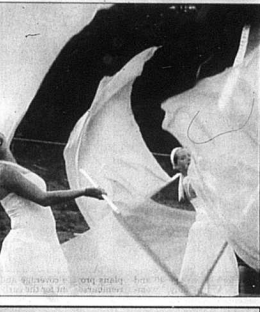
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A Conversation with

Michael L. Noble, MD

Dr. Noble recently joined the group at Bluegrass Medical Clinic in Paris. In addition, he has a clinic at the Nicholas Specialty Clinic in Carlisle on Wednesdays. Dr. Noble is a graduate of UK and the University of Louisville School of Medicine.

Why did you choose Paris, Kentucky and Bluegrass Medical Clinic?

Being from Kentucky, I was very anxious to get back and live closer to friends and family. I have lived the majority of my life in central and southeastern Kentucky, and I wanted to come back and raise my family in an environment similar to how I grew up. Bluegrass Medical Clinic gives me the opportunity to take care of my patients in a clinic setting as well as in the hospital. That's the kind of care I want to give.

Why did you choose to specialize in family medicine?

Family medicine was the one area where I could treat the whole patient, as well as the whole family. It allows me to get to know my patients face-to-face and not only become their physician, but to become, hopefully, part of their community as well. It also allows me to give something back to an area that has given me so much.

What is your approach to patient care?

I practice medicine with a patient centered approach. I trust evidence-based medicine to dictate what should and shouldn't be done and correlate that with what I believe serves the patient best. This allows me to emphasize and treat the patient, not just the disease.

Tell us a little about your life outside the office?

I am very much a family man, and I spend as much time as possible with my daughter and wife. Beyond that, I enjoy playing golf, working with computers, and watching University of Kentucky sports.

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