

LIFESTYLE

Family and Consumer Sciences Corner

Safety Tips for Halloween Trick-or-Treaters

Trick-or-treaters may be the only ones in disguise this Halloween. Potential hazards to children also might appear in disguises, or may not be apparent.

Halloween-related injuries result from treats that have been tampered with, or that pose a choking hazard. Injuries also might involve eye abrasions from sharp accessories or light blades. People have been known to slip these into candy so they will harm a child.

Many community hospitals offer free exams for Halloween candy. Check with area hospitals to see if they are offering this service on Trick-or-Treat night.

An adult also should examine any novelty items or toys received by children under three years old. Discard items that are small enough to present a choking hazard, or those with small parts or components that could separate during use and cause

interfering with vision. Instead of a mask, consider applying hypoallergenic cosmetics. Make or buy costumes bright enough to be clearly visible to motorists. For better visibility at dusk or darkness, decorate or trim costumes with reflective tape that will glow in a car's headlights. Also, choose brightly colored treat bags or sacks, or decorate these containers with reflective tape, which usually is available in hardware, bicycle and sporting goods stores.

Carrying flashlights will help children "more easily see and be seen." An adult or older, responsible parent should accompany each child, should accom-

pany younger children. Be sure your children finish trick-or-treating and return home before dark. Children should only enter homes or apartments when accompanied by an adult or responsible, older child.

Go over pedestrian safety rules before children go out trick-or-treat. Encourage children to walk on the sidewalk, rather than in the street. Also, remind them to walk, not run, from house to house and not to dash into the street from between parked cars.

To protect trick-or-treaters coming to your home, do not put candlelit jack-o'-lanterns near landings and

doorsteps where costumes could brush against the flame. Keep indoor jack-o'-lanterns, candles and other ignition sources away from curtains, decorations and other furnishings that could be ignited.

Whether for indoor or outdoor use, only use lights tested for safety by a recognized testing laboratory. Check each set of lights for broken or cracked sockets, frayed or bare wires, and loose connections. Discard damaged sets of lights. Do not overload extension cords.

For more information, contact the Nicholas County Cooperative Extension Service at 289-2312.

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Kentucky's Fall Vegetable and Fruit Crops

By Jill Hatton, ENP Program Assistant, Nicholas County Extension Office

In the fall we generally see winter squash at the farmer's market and roadside stands. However, often many of us do not what to do with this so we tend to shy away from the winter squash. This trick I will share with you some recipes you can use to try out this wonderful fall crop. The winter squash offers great nutritional value, so do not be intimidated by this crop-

try something new. Have a great week! Darker squashes are a good source of beta-carotene, Vitamin A and contain Vitamin C, the darker winter squashes also provide some B vitamins, calcium, and iron. This squash is also a good source of fiber and contains fructose, the natural sugar found in fruit that provides energy without affecting hunger levels.

Also, remember that it is not advisable to eat pumpkin or winter squash at home. The cooked product

is very dense and it is very difficult with home canned equipment to get the internal temperature of the food product to the necessary temperature to insure all bacteria have been destroyed. Pumpkin and winter squash may be successfully frozen. Should you have any questions please feel free to contact the Extension Office at 289-2312.

Autumn Squash Soup 2 tablespoons margarine 1 tablespoon flour 1 can (10 1/2 ounce) canned low-sodium chicken broth 1 cup unwetted apple juice 1 medium butternut squash, peeled, seeded, and cubed (4 cups) 1 cup half-and-half 1/2 teaspoon nutmeg 1/2 teaspoon salt 1 cup half-and-half In medium saucepan over low heat, melt margarine. Stir in flour; cook 2 to 3 minutes, stirring constantly, until smooth and bubbly. Gradually stir in chicken broth and apple juice. Cook

Community Calendar

AA meetings held Tuesday at 8 p.m., every third Tuesday of the month is at 7 p.m. in the Community Room at the Nicholas County Health Department. Veterans Photos Needed I am in need of photo copies of all veterans in my area. Need from Carlisle, Henryville, and Nicholas County by November 1. They will be on display at Susan's Flower Shop for Veterans Day. Please identify their names and who sent them. Person who Charles Davis, 472 Cane Run Road, Carlisle, KY 40311. N.C. Adult Learning Center News The Adult Learning Center offers a flexible schedule and personalized instruction to help students successfully complete their GED. The center offers students the opportunity to study at their own pace and on their own schedule. Interested persons may stop by anytime, between the hours 9 a.m. to 7:30 p.m. on Mondays and Tuesdays and 9 a.m. to 1 p.m. on Wednesdays. If you have a community announcement, please bring it to The Carlisle Mercury at 117 South Locust. You can mail it to P.O. 272, Carlisle, KY 40311. You can email it to editor@thecarlislemercury.com. You can fax it to 859-289-4999. South of the Border Squash Soup 2 tablespoons margarine 2 medium onions, chopped 1 medium carrot, chopped (about 1/2 cup) 2 cloves garlic, chopped 1 butternut squash (about 2 1/2 pounds), peeled, seeded, and cubed

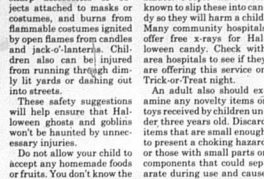


Photo by Charles Motter



Photo by Charles Motter

Remember Your Recare

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's why most dental insurance plans cover at least two dental 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!

Preparing for the future

The Nicholas County Family Resource Center sponsored a career and college fair at NCHS, Oct. 5. The event was in the gymnasium.

Real estate listings for various properties including 113 Luskman Ave., 312 Kennedy Heights, 261 Wickham Ridge Rd., 127 Henry St., and 190 Schenker St. with prices and descriptions.

Vince Wells Real Estate & Auction

Phone: (859) 289-5594, Email: vjwellsrealstate@aol.com, Mobile: 859-473-5111, Sales Associate: Casey Anderson - 473-0999

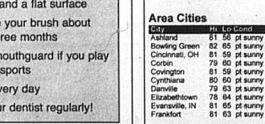
Tooth Tips

- 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!

Today's Weather

Local 5-Day Forecast table with columns for dates 10/17 to 10/21 and weather icons and descriptions.

Kentucky At A Glance



National Cities

Table showing weather forecasts for various national cities like Atlanta, Boston, Chicago, Dallas, Denver, Houston, Las Vegas, Miami, Minneapolis, New York, Phoenix, San Francisco, Seattle, St. Louis, and Washington.

Moon Phases

Table showing moon phases: New, First, Full, Last, and their corresponding dates.

Flu shots to be given

Flu shots will be given at the Nicholas County Senior Center on Mon., Oct. 22 between 9 a.m. and 12 noon. This will be sponsored by Wedco District Health Department. No appointment needed.

Stop Smoking Class

The Wedco Health Department invites you to attend a 'Copeer' Clayton Method to Stop Smoking Class. The class will be held at the Nicholas County Health Center conference room. It will start on Wed., Oct. 24 at 9 p.m. Classes are for one hour, and you can bring a brown bag meal, if you like. It will last for 8-12 weeks consecutively. There is a charge of \$5 for the book, which may be returned at the end of the class. The nicotine prevention patches will be provided for free as long as supplies last. Anyone who would like to stop smoking or anyone who wants to support their friend/family member who is trying to stop should attend. For registration or for more information, you may call Diane Dixon or Carol Cannon toll free at 1-888-664-4242 or 859-254-6665.

Auxiliary meets

The Johnson Mathers Health Care Auxiliary meets the second Tuesday of each month at 10 a.m. in the hospital dining room. Anyone interested in joining the auxiliary is welcome.

JMHC to hold annual Health Fair

Johnson Mathers Health Care, Inc. will hold its annual Health Fair on Sat., Oct. 20 7 a.m.-12 noon at the Nicholas County Hospital. Call Kay Shankland or Debby Sorrell at 859-289-7181 for information.

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Autumn Squash Soup

2 tablespoons margarine 1 medium onion, chopped 1 medium carrot, chopped (about 1/2 cup) 2 cloves garlic, chopped 1 butternut squash (about 2 1/2 pounds), peeled, seeded, and cubed

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Large advertisement for Dan Cummins Chevrolet Buick Pontiac featuring 'Chevy Truck Month' and various vehicle models like Silverado, Suburban, Trailblazer, and Cobalt with prices and features.