

NICHOLAS NEWS TRIANGLE HEADQUARTERS-SALTWELL-BARTLEVILLE

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Our communities extend sympathy to the families of Ms. Patsy Ashbury Webb of Hooktown Community... many years ago. The family of Triana Hollar Vice Horn from the Rose Hill Community who was living in Lexington; and the family of Mr. Scott Vanlandingham of Carlisle.

The 1:30 Service was given by Thunder Ridge group who always has a large crowd in the lobby. A delicious Christmas dinner was enjoyed by each resident and their family.

Get well wishes are sent to Ms. Sharon Feedback who got severe burns during Thanksgiving week while preparing green beans to take to the Carlisle Community church...

Samantha Sowell decorated a Christmas tree for the hall of her grandparents, Bill and Ramona George on Saturday night. She rode in the beautiful parade Saturday night, which was a truly snowing night for a parade.

Twelve members of the Ellsville Homemakers had a very enjoyable day on Thursday at the beautiful new home of Patsy Smoot for their December Christmas meeting.

Donnie and Melba Doyle and Brenda Molen sure enjoyed a beautiful supper for Senior Citizens held at the Elks building, Cynthia, on Wednesday night. Around 320 people were served in 23 minutes. Then games were played and door prizes given.

The Headquarters United Methodist Church, had for their Sunday service, "The Hanging of the Greens." Pastor Brenda Routt led, with giving members readings with so many friends.

Mr. and Mrs. Donnie Doyle, Mr. and Mrs. Charles Doyle and Margie Fryman enjoyed a Wedding of the World dinner held at a Lexington lodge on Nicholasville Road on Saturday. Games were played and they had exchange of ornaments.

Three Christmas parades were held on Saturday, Carlisle, Paris and Cynthia. It makes it bad when you have relatives or friends in all of them.

Thoughts from... the Pastor's Study

By Steve Smith

There are just a few short weeks till Christmas. I thought you might take a few minutes and have a little fun with a Christmas quiz. Take this and see how you do. This quiz is taken from The Ultimate Bible Fact and Quiz Book. You will find the answers on another page in the paper. Good Luck.

- 1. How many children had Mary had before she gave birth to Jesus?
2. Who said to whom, "Today in the town of David a Savior has been born to you; he is Christ the Lord"?
3. Fill in the missing words: "So they hurried off and found \_\_\_\_\_ and \_\_\_\_\_ and the \_\_\_\_\_ who was lying in a manger."
4. True or False: There were only three wise men.
5. Where were the wise men when they asked, "Where is the one who has been born here of the Jews"?
6. What were the three gifts the wise men gave to Jesus?
7. How did Joseph know that Herod was set to kill Jesus?
8. Where did Joseph, Mary and Jesus flee to as refugees?
9. After Joseph heard that Herod was dead, where did he settle down with Mary and Jesus?
10. Whose baby heaped in the womb upon a visit from Mary, the mother of Jesus?

(answers on page 15)



Photo submitted

Sparks retires
Col. (Dr.) Joe Sparks pictured on the right, officially retired after 22 years of service in the U.S. Air Force. Col. Mike Cunningham performed the ceremony on October 26th.
Col. Sparks is the son of the late Charles D. and Violet Sparks of Carlisle, Kentucky. Col. and Mrs. Sparks currently reside in Raceland, Kentucky.

CHRISTMAS OPEN HOUSE Saturday, December 13 10:00 a.m. - 5:00 p.m.

Hosted by Wanda H. Morgan
Original Art, Limited Edition Prints, Hand Painted Ornaments, Crystal, Quilts & Pillows, Many Other Items.
"The Little Shop That Has A Lot"
Refreshments served - Drawing for a Free Print
For more information (859)362-4394

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SENIOR LIVING

Long-Term Care Insurance Can Help You Savor The Comforts Of Home

(NAPSA) For most people, the comfort of home is an unparalleled feeling. So it's understandable why many people choose to stay in their own homes as long as possible, even when facing the challenges associated with aging. However, the effect of providing care for a family member can be a strain physically, emotionally and financially. In a survey of people who purchased long-term care insurance from one major insurance company, 41 percent said they did so because they didn't want to place the same burden on their own children.



You can be more comfortable as you age. Long-term care insurance can help you plan for long-term care.

With the average annual cost of nursing home care, assisted living and home health care rising, said Blackledge, the cost of just two or three years of long-term care can wipe out the average American's retirement savings. Long-term care insurance protects your assets so you don't have to watch your life savings whittled away by the cost of your care. Blackledge said, "And long-term care insurance has evolved over the past few years to be more affordable than ever."

Experts advise selecting a company that is experienced in long-term care insurance and financially sound to ensure it will be around to provide you with coverage far into the future. Information on long-term care insurance is available at www.mutualofomaha.com. Or, if you prefer to talk to a local agent, copies of referrals who can provide direct assistance for your questions about long-term care insurance. Joyce at Shelter Insurance can be reached at 859-289-2500. Jimmie Gates works with several nationwide providers and can be reached at 606-693-2104.

Winter Safety for Seniors

Whether you're a fan of winter or more of a hot fan in the summer sun type, once the cold weather hits you're often at the mercy of the elements. Slip, rick roads, driveways full of snow and wind can be dangerous for any of us, but even more so for seniors. Older adults who don't travel to warmer climates since the temperature drops can find winter a formidable foe. Seniors on the cusp of another harsh winter should consider the following safety tips to make it through the season in one piece.
\* Understand hypothermia and frostbite: Hypothermia is a condition in which a person's body temperature is abnormally low, typically at a dangerous level. Symptoms of hypothermia might be misdiagnosed as normal side effects of a cold winter. However, hypothermia can be fatal. Symptoms of hypothermia include:
- excessive shivering
- loss of energy
- feelings of confusion and sleepiness
- cold skin that is ashy or pale
- slowed breathing



Seniors can still enjoy all the winter season has to offer, but should take some precautionary measures to prevent accident or injury.

Reduced heat rate. Frostbite is somewhat easier to detect, but can lead to loss of limbs in some cases. Frostbite is characterized by skin damage that can go all the way to the bone, typically affecting the nose, ears, cheeks, fingers, or toes. To protect against frostbite, cover up all parts of the body when leaving the house and immediately get indoors if your skin starts to redden, turn dark or even ache.
\* Hire a professional to look after your property: Each winter, seniors put themselves at great risk of injury when they attempt to shovel their own driveways and walkways. Because the strength of our bones begins to deteriorate as we age, a fall for a typical senior citizen will result in far more damage than it would for a younger person or child. Rather than risk personal injury, hire a professional to clean up your driveway and walkways should it snow. Often times, landscapers provide this service during the winter months when there's no grass to cut.
\* Modify any items needed for getting around: If you need to walk with a cane, modify the cane before the winter weather hits. A metal grip on the bottom of the cane will increase stability. In addition, if the hand grip is worn, replace it with a fresh grip to help you maintain balance should you be forced to walk on patches of ice or snow.
\* Remove your shoes when entering the home: If possible, keep a bench or chair inside the doorway you most use when entering your home. This will provide a place for you to sit down and remove your shoes when entering the home. Frequently, after a snowstorm, snow or ice will attach to shoes, only to melt once a person enters the warmer air of the house. If you keep your shoes on when coming in from the cold, this ice or snow will melt throughout your home, creating a few slippery puddles in the process. This will leave you susceptible to falls and increase your risk of injury.
\* Exercise whenever possible: Regular exercise enables muscles to stay strong while maintaining coordination and balance. Each of these things will reduce the risk of injury during the winter months, not to mention benefit your overall health in the meantime.
\* Embrace what you cannot change: If you're not a fan of winter, try to view it in a new light. Try taking up a wintertime activity such as skiing to enjoy the season.

Oral Health Maintenance Important For Patients With Osteoporosis

It has long been known that oral health and other ailments may go hand-in-hand. That is why routine oral health screenings are so important. Take for example, osteoporosis. Physicians and dentists should collaborate to improve early detection and treatment of patients who have or may develop osteoporosis, said researchers in the cover story of the May 2008 issue of The Journal of the American Dental Association.
According to the authors of the article, "Osteoporosis and Its Implications for Dental Patients," medical and dental literature indicate that osteoporosis and related factors are more common than coronary disease, stroke and breast cancer. Fractures resulting from osteoporosis can affect a patient's quality of life, as well as result in functional impairment and increased health care cost and mortality.
Their literature search also revealed that medical management of osteoporosis includes diet control, weight-bearing exercise, discontinuation of tobacco and alcohol intake, and use of medications - including selective estrogen receptor modulators, calcitonin, anabolic agents and bisphosphonates - that have been associated with the development of osteonecrosis of the jaw.
The authors determined that oral health maintenance is important in patients with osteoporosis, and that changes to bisphosphonate therapy or other medical treatment should be made only after consultation with the patient's physician. "Dentists need to understand osteoporosis, its treatments and its complications to provide adequate care," wrote the authors.
All health care professionals involved in the care of all dental patients, particularly patients who are taking oral bisphosphonates, should discuss patient care decisions with the patient's physician, the authors concluded.



Doctors and dentists should work together to identify and treat osteoporosis.

Carnico Restaurant advertisement for Saturday, Dec. 13th. D.J. and Dance 9 p.m. - 1 a.m. Music by Eddie & Melissa Hill. Specials include Wednesday Country Fried Steak, Friday Frog Legs, Thursday Meatloaf, and Saturday Pork Loin.



Advertisement for 'Your advertising dollar' featuring a map of Central Kentucky counties (Mason, Robertson, Nicholas, Fleming, Bath, Menifee) and contact information for Melissa at 859-289-6425.

Advertisement for Soper's Family Drug, 'THE ONLY PHARMACY YOUR FAMILY WILL EVER NEED'. Located at 102 South Broadway, Carlisle, KY. Phone: 859-289-8501.