

COMMUNITY FOCUS

Rotary Club celebrates Christmas with children

By Stephen Scaif Staff Writer

Several young students from Nicholas County Elementary School joined the Rotary Club in their room at Garrett's restaurant...

...is real." One youngster challenged him right back: "Well, Santa Claus is real."



Photo by Stephen Scaif

Honoring grandparents

Students in the fifth grade at Nicholas County Elementary were asked to write essays as to why their grandparents should be grandparents of the year.

The young men read their essays to the December meeting of the Retired Teachers Association of Nicholas County and Robertson County...

Winning and co-winning are just a few of the winners...

Table with columns: DECEDENT/WARD, FIDUCIARY, ATTORNEY, TITLE, APPT DATE. Lists names and addresses for various court appointments.

By personal hearing clerks the above decedents/wards are notified to file a true, properly sworn, with the respective representatives no later than six months from the date of appointment.



Photo by Stephen Scaif

Children were excited to receive Nicholas County hoodies, warm hats and gloves

Carlisle Family Dental Brandon I. Allen, D.M.D.

110 N. Locust St., Carlisle (859) 289-5418



Creating Smiles in Our Community

New Office Hours: M-Th: 9 a.m. to 5 p.m. • Fri: by appointment

CRIT LUALLAN AUDITOR OF PUBLIC ACCOUNTS

To the People of Kentucky: Honorable Steven L. Beshear, Governor...

Signature of Crit Luallen, Auditor of Public Accounts

October 15, 2008. I, the undersigned, Auditor of Public Accounts...

HEALTHY LIVING

Make A Plan To Help Take Control Of Childhood Asthma

(NAPSA)—Parents can help protect their youngsters from problems with their asthma.

For the more than 9 million children in the United States with chronic asthma, triggers such as germs, viruses, cold air and pet dander can exacerbate asthma symptoms...

an asthma symptom management plan and carefully follow it every day.

One such plan... to be completed by parents with their child's physician, can be accessed at AsthmaMatters.com.

"A child's asthma is not controlled when treated from one crisis to the next with a rescue inhaler," Dr. Nimmagadda said.

Triggers and Symptoms Pet dander from indoor animals and respiratory viruses are just a few of the triggers that make the indoors better places for children with asthma.

"Whooping and coughing aren't the only symptoms of asthma," said Dr. Sai Nimmagadda, a pediatrician at Chicago's Children's Memorial Hospital who specializes in asthma and immunology.

There are daily medications that can help prevent asthma symptoms from occurring.

Unlike rescue medications, which are used for quick relief of symptoms during an attack and should be a part of a child's asthma symptom management plan...



HEALTHY ALERT!

Healthy Mouth Leads To Healthy Body

(NAPSA)—The old adage says that a way to a person's heart is through their stomach, but researchers now believe that the way to a healthy heart might be through your teeth.

The most common cause of tooth loss is not taking good care of the mouth—brushing, flossing and regular professional cleanings.

For more information about saving your natural teeth or to find a local endodontist, visit www.rootcanalspecialists.org.

Christmas tree safety encouraged

By Charles Mattox

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Christmas can be a joyous time of the year, but officials are urging all families to exercise caution when they decorate a tree as improper care and maintenance can lead to tragedy.

According to statistics provided by Nicholas County Emergency Management Director Calvin Denton, hundreds of fires started each year around Christmas and most are caused by faulty electricity in connection with decorations.

Denton lists the following safety tips to be observed.

- 1. When you by a tree have the vendor make a fresh cut an inch from the bottom; this will help the tree take in needed water.
2. Keep your tree outside stored away from the wind and snow until ready to take inside and be sure to keep the tree in a bucket of water.
3. Make sure your decorations lights are safe. If you use outdoor lights, make sure they are made for outdoor use.
4. Don't use electrical lights on a metal tree.
5. Discard any strings of lights that are frayed or broken.
6. Unplug your tree decorations before you go to bed.
7. Don't buy a tree that is dry. You can check this to see if the tree is losing needles.
8. Make sure your tree stand hold plenty of water.
9. If your tree is wobbly, make sure you secure it so it is steady.
10. Make sure all artificial trees are fire resistant.
11. Keep your tree at least three feet away from furnaces, fires or sources of heat.
12. Try to position your tree near an electrical outlet so extension cords are not running long distances. Do not place a tree where it will block an exit.
13. Dispose of your tree after Christmas. Do not leave live trees in your house or garage, as they are easily combustible.
14. Watch children and pets closely when they are around a tree. They may tip a tree over and small ornaments and decorations are sharp and can injure children if swallowed.
Denton and all emergency respond personnel want you and your family to have a very happy and safe Christmas season.

Advertisement for Nicholas County Hospital's ER, certified in Trauma, ACLS & PALS. Includes contact information for Richard Blake, M.D., and other staff.

Advertisement for Nicholas County Hospital's ER, certified in Trauma, ACLS & PALS. Includes contact information for various specialists and services.