

Thoughts from... the Pastor's Study

By Donald Riggs
Retired Minister

Increasing in the knowledge of God.
12 - Give thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light: (Romans 8:17) - And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may also be glorified together. 13 - Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son: (Colossians 1:13-14) - In whom we have redemption through his blood, even the forgiveness of sins: (Romans 3:23-24) - For all have sinned, and come short of the glory of God: (Romans 6:23) - But now being made free from sin, and become servants to God, you have your fruit unto holiness, and the end everlasting life. 23 - For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord. (1 John 1:9) - If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

St. John 15:11 back to verse 91 - Jesus said, These things have I spoken unto you, that my joy might remain in you, and that your joy might be full. 10 - If ye keep my commandments, ye shall abide in my love; even as I have loved you, and ye shall abide in my love. 9 - As the Father hath loved me, so have I loved you; continue ye in my love. (John 15:9, 10, 13, 15, 16, 22, and 12) 1 - O give thanks unto the Lord, for he is good: for his mercy endureth forever. 2 - Let the redeemed of the Lord say so, whom he hath redeemed from the hand of the enemy. Closing with one verse of a song called Redemmed. Redemmed, how I love to proclaim it! Redemmed by the blood of the Lamb; Redemmed through His infinite mercy, His child, and forever, I am.



Photo submitted

GROUP MEETING PLACE
Front row left to right: Sue Kirby, Nancye Booth McClanahan, Sally Cox Allison, and Judy Hunter Baugh. Back row: Wisby Shearer Anderson, Susan Neal Beymer McCarty, Lorain Frey Smoot, and owner Rita Hunter Smart.

The Bennett House Bed and Breakfast is a gathering place for several ladies with Carlisle ties. Six ladies with local ties enjoyed a delicious tea at the Bennett House in Richmond Ky. The Bennett House is owned and operated by Richard and Rita Smart, formerly of Carlisle. Tea luncheons are held on the 1st Saturday of each month with 3 readings: 11 a.m., 1 p.m., and 3 p.m. Casual elegance describes the Bennett House, a charming bed and breakfast located in the National Regency District near Eastern Kentucky University.

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 help them in tip-top shape. Recare visits keep them 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!



The Staff of Mortenson Family Dental's Carlisle Office (l to r): Tom Vivian, Becky Davis, Dr. Roy Foster, Mary Boggs, Rhonda Sibert and Kaye Land. Not pictured is Dr. Gary Meeks.

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.

MORTENSON Family Dental
www.mortensonfamilydental.com

\$69 New Patient Exam!
(includes x-rays, gum healthcare, and cancer exam, unless indicated)

NOTE: Offer only to be used in conjunction with any other offers or reduced fee plans. New patients only.

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LIFESTYLE
Noble, Davidson, Jordan to speak

The Bluegrass Alliance for Women's Legacy was set for a luncheon on March 25 will be held at the Holiday-Inn Lexington-North on Tuesday. The featured speakers Justice Mary Noble, WLIX Anchor Debra Davidson and Executive Director of the Kentucky Commission on Women Eleanor Jordan.

Together the speakers form an influential line-up demonstrating the mission and goals of the Bluegrass Alliance for Women to empower women and girls. Noble, a native of Jackson, Ky., was elected to Kentucky's Supreme Court in 2006. She is one of the founders of Kentucky Drug Courts and serves as a Drug Court Judge from 1996 until 2006. Noble currently serves on the National Association of Drug Court Professionals.

Mistress of Ceremonies Davidson, originally from Philadelphia, began her career at LEX18 in 2000 and was a 2002 Emmy Nominee for Anchoring. She also received a YMCA Black Achiever Award in 2003 and was recognized in 2002 by the Kentucky Special Needs Adoption Program. Jordan, a former state representative from Louisville, was recently appointed by Gov. Steve Beshear as the Executive Director of the Commission on Women, which is dedicated to elevating the status of women and girls in the Commonwealth. Jordan has also served as an ombudsman for the Cabinet for Families and Children and as Attorney General Greg Stumbo's principal assistant.

The Legacy Award recognizes women in the Bluegrass Area who have demonstrated leadership in the lives of women and girls in their communities. Recipients of the Award demonstrate leadership ability and integrity as a role model and encourage and support women and girls to explore education and career options.

Each woman selected as her county's representative will receive the Bluegrass Alliance for Women Impact Award. The Legacy Award winner is then selected from one of these finalists.

BAW will accept nominations until February 15. For more information or to receive a nomination form, visit www.bluegrassallianceforwomen.com or call (859) 583-0778. The Legacy Award winner will be announced at the award luncheon at the Holiday Inn Lexington-North on March 25.

About Bluegrass Alliance for Women was established in 2003 to address the challenges and barriers faced by Kentucky's women as identified by the 2001 Governor's Task Force on the Economic Status of Kentucky's Women. BAW covers the 17 counties that make up the Bluegrass Area Development District: Anderson, Bourbon, Boyle, Clark, Elliott, Fayette, Franklin, Garrard, Harrison, Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott and Woodford. For more information, please visit www.bluegrassallianceforwomen.com.

NICHOLS NEWS THIS WEEK
RECORDERS: SARTWELL - BORTLEVILLE

Rev. Julian Hammonds brought the 1300 service at the Johnson Mathers Health Care on Sunday. A large group attended.

The Saltwell United Methodist Women met at the church on Sunday night with 13 women. President Joyce Smith presided over the meeting. Physio-Gaucher gave a good devotional. Sharon Feback gave an interesting program on globalization and how it is affecting us everyday. Molly Smith gave the roll call and minutes. Many visits and messages reported as always old and new business discussed. Our project for this message and color always old and new business discussed. Our project for this message and color always old and new business discussed. Our project for this message and color always old and new business discussed.

Mr. and Mrs. Charles Doyle, Mr. and Mrs. Bobby Brady and many others have visited Mr. and Mrs. David Doyle last week.

About 13 of the Ellisville Homemakers met at Tracks Restaurant on Friday and ate and discussed a few items of business then boxed 12 big boxes of cookies ready for the mail to be sent to some of our troops in Iraq.

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er's Garage on East Main Street, Carlisle.

"Kiss Them For Me," starring Cary Grant and Jane Mansfield is now showing in Cinemascope and color at the Lyric Theatre in Carlisle.

George W. "Stribby" Tinch-er has been sentenced to 20 months in the State Penitentiary for the attempted robbery of the Moorefield Bank on November 19, 1963. Tinch-er, 37, of Carlisle, was arrested by Studebaker for only \$585 at Main Street

Mercury Memories

Garage. The new Ford v-8 cylinder with 112-inch wheelbase in the Standard Coup model is only \$490 and the Two door only \$500 at Harper's Garage.

Today's Weather
Local 5-Day Forecast

Wed 2/13	Thu 2/14	Fri 2/15	Sat 2/16	Sun 2/17
28/18	43/34	45/25	36/31	39/29

\$429.00

PRESIDENT'S DAY USED VEHICLE PUSH

2006 ISCO
4wd, 21k miles, Bed cover, Custom Cloth Seats
Was \$18,995

2008 Tupelo LS
2 to choose from
Miles as low as 11k, power everything.

2007 Ford Fusion S
30k miles, all power, very nice.

2003 ISCO SS
Awd, 54k miles, leather, like new.

2007 Taurus SE
2 to choose from
All power, high mps, low payment

2002 GMC 1500
ext. 97k miles, power all, very clean.

2005 Pontiac G6
2 to choose from
all power, chrome wheels, good gas mileage

Cheaps
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\$2.39 One Size Only

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BREAKFAST SPECIAL \$4.19

Daily Lunch Special \$5.29

Today's Weather
Local 5-Day Forecast

Wed 2/13	Thu 2/14	Fri 2/15	Sat 2/16	Sun 2/17
28/18	43/34	45/25	36/31	39/29

Kentucky At A Glance

Area Cities

City	Hi	Lo	Cond.	City	Hi	Lo	Cond.	City	Hi	Lo	Cond.
Adrian	39	19	sun	Gilroy	28	24	sun	Murry	31	24	sun

National Cities

City	Hi	Lo	Cond.	City	Hi	Lo	Cond.	City	Hi	Lo	Cond.
Atlanta	41	29	rain	Los Angeles	71	49	mt sun	Phoenix	74	54	mt sun

Moon Phases

UV Index

1 Low 2 Moderate 3 Moderate 4 Moderate 5 Moderate 6 Moderate 7 Moderate 8 Moderate 9 Moderate 10 Moderate 11 Moderate 12 Extreme