

OPINION

Steve's Report

"Wisdom comes with age and experience." I can't remember when it was that I first heard this or who told me, but it seemed to make sense, so I always believed it was true. But the older I get, the more I suspect that somebody was just pulling my leg - taking advantage of my lack of knowledge to the contrary.

Or maybe everybody really does get wiser as they get older - everybody except me, that is. Maybe it's a genetic defect, or maybe it was something I did - like that time when I was about 6 and the neighbor kid dared me to lick a sock. Whatever the reason, however, I just seem to be immune to the wizing effects of age.

Last summer, when I told Cindy that I was going to train up and run one last Honolulu marathon, she didn't say anything at first. She just gave me that look. You know, the one where one eyebrow goes up and the corner of her mouth scrunches up on one side. If you're more than a couple years into your marriage, you've probably seen that look this a couple of times.

posals states "each piece of equipment would be placed on a section of track with actuators and ballast." Welding of the wheels would prevent any movement of equipment, and a fence around the perimeter of the park would help prevent vandalism and theft or any visitor intrusion.

At least one of the train engines was previously used to move cargo and passengers to and from the station. The 1923 Baldwin 2-6-2 Steam Locomotive pulled an excursion train through Carlisle from 1988 to 1995. The locomotive was used primarily by the Reader Railroad in Arkansas for the majority of her life and is one of a finding of locomotive engines that are vanishing across the country.

The "Switcher" engines are also of an increasingly diminishing style and type seen across the nation. The passenger car in Carlisle is the only one in Mayville and later modified as a staff car by the Kentucky Central Railway and used during excursion runs between Mayville and Paris.

706 N. Mayville St. Sterling, KY  
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Easter Photos Available March 19  
Hope to See you All There!

Due to bad weather The Studio has rescheduled Easter Portraits  
March 15 10 am.-4 pm.  
March 16 Noon-5 pm.  
Live Bunnies in 2 Scenes  
Package A 1-8x10 2-8x10's 2-5x7's 24-Wallets 16-Calendar \$48  
Package B 2-8x10's 2-5x7's 24-Wallets 2-Calendar \$66  
Package C 2-8x10's 1-10x13 2-8x10's 4-Calendar 1-50/60 Piece Throw \$155  
24-Wallets

went pretty good. I kept the work on a list, however. I used to and didn't push myself quite as hard as normal. Some mornings my knee would still bother me a little when I first started running, but by the time I got warmed up, the knee was usually feeling a lot better.

I have to admit that the marathon was pretty uncomfortable, though. My leg started bothering me like my broken knee again. But that was six years ago and had healed up quite nicely since then. I spent the next five minutes convincing her that I knew what I was doing and that everything would be fine. She still wasn't buying it so I promised her that if my knee ever started bothering me, I would give up trying to run another marathon.

Clindy just gave me that look again and shook her head. She didn't say anything out loud but I know what she meant: "One of these days you're going to realize that you're not a young kid anymore. I just hope you have a knee left by the time you figure out what to do." The training actually

Two months later when my knee was still bothering me, I finally went in to have it checked out. It turns out that I broke my knee back in 2001 and the doctor told me my running days were over. I probably should have listened. Imagine that! He's got at least 10 years of college, a couple years of residency, and a few years of experience, and I still thought I knew better.

There are over 180 chapters of the National Railway Historical Society in the US, Great Britain and Canada. The proposal was approved at the motion of Continuum Doug Garrett and seconded by Councilman Eugene Hall, and came to fruition through the efforts of Wesley E. Roge, president of the Kentucky Central Chapter of the National Railway Historical Society.

To join this group of dedicated preservationists you are encouraged to contact Ross at 859-293-0807. The group meets monthly in locations that rotate between Paris, Mayville and the Blue Lick Battlefield State Resort Park.

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PRESENTS CARL STOREY & THE HOMESTEAD JAMBOREE BAND  
COUNTRY MUSIC SHOW  
Special Guest Appearances  
Sheila Noel from Junction City  
Bronson Bush and Kyle McGlothen  
Saturday, March 15, 2008  
7-10 p.m. doors open at 6 p.m.  
Bowling Alley/Restaurant/Dance Floor  
Come early and Eat at the Twin Pin Lanes Restaurant - Featuring JamboREE Specials  
SHOW TICKETS \$12.00 DOOR PRIZES  
AGE 6 AND UNDER FREE WITH ACCOMPANIED BY AN ADULT  
Come enjoy the show and please support our sponsors!  
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For information or to reserve seats, call (606) 845-0907 or (606) 748-1292

TWIN PIN LANES  
2008 BATTLE OF BLUEGRASS BAND TALENT COMPETITION  
ENTRY FORM  
TO ENTER THE 2007 BATTLE OF THE BLUEGRASS BANDS TALENT COMPETITION YOU MUST COMPLETE THIS FORM AND SUBMIT IT ALONG WITH YOUR \$40.00 ENTRY FEE TO:  
TWIN PIN LANES  
SPECIAL EVENTS-BATTLE OF BLUEGRASS BANDS  
150 FOSTER STREET - FLEMINGSBURG, KY 41041  
FOR INFO CALL  
TWIN PINS 606-845-0407 OR  
CARL STOREY 606-748-1292  
You will be performing 1 to 2 songs at the judging elimination on April 19th, 2008 in the Banquet Hall at 7:00 p.m. We will choose the Top 3 groups who will go to the Final Judging on May 10th at the Homestead Jamboree Show at Twin Pin Lanes in Flemingsburg, KY.  
Top Three Winners Will Receive  
\$1,000 First Prize • \$300.00 Second Prize • \$200.00 Third Prize  
The following have read the rules & by signature verify that they have read and accept the terms. NO REFUND on entry fees. (Parent or guardian signature required for minors)  
Band Name \_\_\_\_\_  
Contact Person: \_\_\_\_\_  
Street or Route \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

additional injury on purpose to increase blood flow which will promote healing. I guess that makes sense. But I don't have a very successful track record when it comes to second-guessing doctors, so this time I'll probably do whatever they recommend.

I've really got to acknowledge Cindy's great restraint in watching this whole ordeal. She has remained concerned and supportive. Not once has she said, "Hey, honey? You remember back before the marathon when I asked you if it was really such a great idea with your knee and all?" You remember that question? OK, just checking...

She could have glared and rubbed my nose in it, saying, "See? I told you so!" But she didn't do it. Not once.  
So getting back to that saying about gaining wisdom with age and experience - I suppose becoming wiser doesn't mean you get any smarter or that you can make better decisions for yourself. It just means you've finally learned to start listening to your wife - and everybody else who knows better than you. And it's realizing how long that piece of reality really is.  
Have my age and experience made me any wiser? I'd better go check with my wife.

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IN THE KITCHEN

Living Well With Parkinson's Disease

Managing exercise, diet and medication for an active life

It is estimated 1 million Americans live with Parkinson's disease (PD) - an age-related degenerative neurological disorder. Many struggle with tremors, stiffness, slowness of movement and impaired balance. According to the National Parkinson Foundation, although the average age of onset is 60, it is estimated that five to 10 percent of all persons with PD are diagnosed prior to age 40. The cause of PD is unknown, and there is presently no cure; however there are treatment options to help manage the symptoms.

Exercise Regularly  
People with PD are at an increased risk for malnutrition. Yet, with attention to diet, people with PD can feel better, ward off nutritional-related disease and prevent hospitalization.

Find the Right Treatment for You  
Medical research has provided us with numerous medications which, when used alone, or more often in proper combination, can provide significant relief of the symptoms of Parkinson's disease. Intelligent use of these medications can enhance a patient's quality of life.

Make Time for Rest  
Sleep plays a vital role in maintaining mental health and performance for all human beings. It is especially important for individuals with PD, who require significant levels of energy to function at their greatest ability.

Art for a Cause  
Elena Turo was only in her mid-20s when she began experiencing disturbing symptoms, such as loss of balance and tremors. By 27, she was diagnosed with young-onset Parkinson's. For the next 17 years, Turo fought a losing battle with the disease as it slowly stole her most basic capabilities, like walking, dressing and feeding herself.

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Increased PD incidence shown in Hispanics  
A study published in the American Journal of Epidemiology in 2003 examined how Parkinson's disease (PD) varies by age, gender and race ethnicity. Like previous studies, it found that the rate of PD rises sharply as Americans age. However, the study also revealed that PD incidence was the highest among both Hispanic men and women of all the groups studied.

Hacia adelante!  
"Unfortunately, there are not a lot of resources for Spanish-speaking patients dealing with Parkinson's disease," Rodriguez says. "Some Parkinson's advocacy groups and companies, such as Teva Neuroscience, Inc., currently are launching Hispanic initiatives designed to educate and increase awareness about PD through the development of Spanish language resources."

Information available in Spanish:  
National Library of Medicine online  
www.nlm.nih.gov/medlineplus/spanish/parkinsonsdisease.html  
National Parkinson Foundation  
www.parkinson.org/forum/

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