

LIFESTYLE

Thoughts from... the Pastor's Study

By Jack Robinson
Carlisle Presbyterian Church
Look up to God, and your face will shine. (Psalm 34)
This is the message God gives to us in the Scriptures...

truth, then we will share it with others. Our heads hang low now because we see the pain of daily living, and the reality that is God. Wrapped up in our own painful reality, we do not remember the advice to look up to God...

Video Shack Trivia
Win a FREE Night's Rental at Video Shack
What was the first film adaptation of the book I Am Legend.
To win: Be the first person to bring this ad into Video Shack with the correct answer and you will win a FREE night's rental!

girl talk
bone density screening
The little old lady hunched over, suffering from osteoporosis. We shudder and vow to faithfully start taking these calcium supplements we purchased, but never used.
In the United States, osteoporosis affects thousands of women and can trigger the start of bone fractures and necessary pain...

And this is her story.
An avid runner and mother of three, Bonnie's story is one of the will to bounce back. After years of competing in marathons and triathlons in her daily job, her right knee started to protest. Our medical staff at Harrison Memorial Hospital decided it was time for a knee replacement.
Bonnie made it through the surgery fine. Her physical rehab program was when the real work began. Determined as she is, Bonnie followed the treatment outlined for her by our Physical Rehabilitation staff day by day...

Tell us your story.
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NICHOLAS NEWS THENSE
HEADQUARTERS-SALTWELL-BARTLEVILLE

By Ramona Hollar George
859-289-1180
randg@bellsouth.net
Mr. & Mrs. Charles Doyle
dined at Cracker Barrel the same day with family and friends. Mr. Kennedy was another birthday party the same day with family and friends. Mr. Kennedy was a faithful member of the Headquarters Methodist Church's most of his life. This writer didn't get there but I did sing Happy Birthday for him on the phone.

My community extends sympathy to the families of Christine Morris and Arnold O'Bannon. Sharon Feeback gave announcements. Several touching songs were sung including our U.M.W. Belonging Song. Two good readings came with our program. One was "When I Am a Christian." And one was "What Is a United Methodist Woman?" Super followed the wonderful meeting.

COURT NEWS

H.C. District Court
Hon. Robert Meginnis
March 3, 2008
Washington Mutual Bank vs. Lemmie E. Stitt, SR.
View count to: 4/708 9:00 a.m. due to illness of defendant.
Order TBS.
Branch Banking and Trust Company vs. William A. James, MR.
St. Louis District Court.
Bobby House Jr. vs. Todd Alanne.
PT. Motion to vacate.
Order TBS. Order on appeal.
Fee TBS. Jury Trial. 4/29/08 at 9:00 a.m.
PT. 4/21/08 at 9:00 a.m.
Alespe vs. Burkhardt. Bench trial re damages. 4/7/08 at 9:00 a.m.
Order TBS.

WATER QUALITY REPORT
JANUARY - DECEMBER 2007
P08101068
The City of Carlisle tests surface water from the Licking River. An analysis of the water quality by contamination indicates that...
Special Provisions
Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some infants and young children, and the elderly are particularly at risk from infections. These people should advise about drinking water from their health care providers. EPA/CDC for Disease Control (CDC) publishes an appropriate means to learn the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Water Drinking Water Hotline (800-426-4791).

Maximum Contaminant Level (MCL) - the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best technology available.
Maximum Contaminant Level Goal (MCLG) - the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
Maximum Residual Disinfectant Level Goal (MRDLG) - the highest level of disinfectant allowed in drinking water. This is a contaminant because residual disinfectant is necessary for control of microbial contaminants.
Below Detection Level (BDL) - laboratory analysis indicates that the contaminant is not present.
Not Applicable (N/A) - does not apply.
Parts per billion (ppb) or micrograms per liter (µg/L) - one part per billion corresponds to one minute in two years or a single penny in \$10,000.
Parts per million (ppm) or milligrams per liter (mg/L) - one part per million corresponds to one minute in 200,000 years or a single penny in \$10,000,000.
Parts per quadrillion (ppq) - one part per quadrillion corresponds to one minute in 2,000,000,000 years or a single penny in \$10,000,000,000.
Micrograms per liter (µg/L) - a measure of the purity of water.
Milligrams per liter (mg/L) - measure of radon activity by the body.
Million fibers per liter (MFL) - a measure of the presence of asbestos fibers that are larger than 10 micrometers.
Nephelometric Turbidity Unit (NTU) - a measure of the clarity of water. Turbidity is monitored because it is a good indicator of the effectiveness of the filtration system.
Violations & Exemptions (V&E) - State or EPA permission not to meet an MCL or treatment technique under certain conditions.
Action Level (AL) - the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system shall follow.
Treatment technique (TT) - a required process intended to reduce the level of a contaminant in drinking water.

Questions? System Manager: CCR Contact:
859-289-3715 859-289-3715
107 E. Chestnut Street, Suite 401,
7:00 P.M.
107 E. Chestnut Street, Suite 401,
Carlisle, KY 40301
Web: www.ci.carlisle.ky.us

Spanish (Español) Esta información importante sobre la calidad del agua debe ser incluida en el agua. Traducción a habla con alguien que lo entienda bien.
The data presented in this report are from most recent testing done in accordance with administrative regulations in 401 KAR Chapter 8A. Authorized and approved by EPA, the State has reduced monitoring requirements for certain contaminants to less than once per year because the concentration of these contaminants are not expected to change significantly from year to year. Some of the data in this report, therefore, may be more than one year old. Unless otherwise noted, the report is the highest level tested.

Table with columns: Contaminant, MCL, MCLG, Report Level, Range of Detection, Date of Sample, Violation, Likely Source of Contamination.
Turbidity (NTU) TT 0.50 98 N Soil runoff
Total Coliform Bacteria (TCB) 0 0.000 N/A 4 per month N Naturally present in the environment
Inorganic Compounds
Barium (B) 2 2 0.013 0.113 0/13 Mar 07 N Drilling wastes, metal
Nitrate (N) 10 10 0.472 0.472 0/12 Mar 07 N Runoff from fertilizer use. Leaching from septic tanks.
Copper (Cu) AL= 1.3 0.160 0.064 0.380 Aug 07 N Contamination of household plumbing systems
Lead (L) AL= 0.015 0.000 0.000 0.002/0.025 Aug 07 N Contamination of household plumbing systems
Fluoride (F) 4 4 1.10 0.95 0.13 June 07 N Water additive which promotes strong teeth

FISH FOR POND STOCKING
Delivery will be Thursday, May 15 at Carlisle Southern States from 12:00 - 1:00 p.m.
To place an order call 859-289-7166 or call 1-800-247-2615.
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(859) 467-6969

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IMPORTANT INFORMATION ABOUT YOUR DRINKING WATER
Carlisle Water Department has levels of Total Organic Carbon above Drinking Water Standards
Our water system recently violated a drinking water standard. Although this is not an emergency, as our customers, you have a right to know what happened, what you should do, and what we are doing to correct the situation.
We routinely monitor for the presence of drinking water contaminants. Testing results are reported on the April 2007 report. Our current system exceeds the standard of maximum contaminant level for Total Organic Carbon. The standard for Total Organic Carbon is 5.0. The average level for Total Organic Carbon was 8.9.

What Should I do?
If you do not need to use an alternative (i.e. bottled) water supply. However, if you have specific health concerns, consult your doctor.
What Does This Mean?
This is not an immediate risk. If it had been, you would have been notified immediately. Total organic carbon (TOC) has no health effects. However, total organic carbon provides a medium for the formation of disinfection byproducts. These byproducts include trihalomethanes (THM) and haloacetic acids (HAA). Drinking water containing these byproducts in excess of the MCL may lead to adverse health effects, but only kidney problems, or nervous system effects, and may lead to an increased risk of getting cancer.
What happened? What is being done?
We are working with the Division of Water to Evaluate the water supply and retesting options to correct the problem. We expect this to be completed in 2008.

For more information, please contact Tom Vise, Water Works HS, Carlisle, KY 40311, phone (859) 289-3710.
The sources of drinking water, both tap water and bottled water, naturally contain and can have various minerals and other substances in them. Some of these substances, such as calcium and magnesium, are beneficial to health. However, they also can contribute to hardness of water and scaling or clogging of pipes.
Contaminants that may be present in source water include:
1. Inorganic substances, such as nitrates and nitrites, that can be naturally occurring or result from urban, agricultural, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.
2. Pesticides and herbicides, which come from a variety of sources such as agricultural, urban stormwater runoff, and residential uses.
3. Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and production, and which can also come from gas stations, used oil and oil products, and household products.
4. Radionuclide contaminants, which can be naturally occurring or be the result of oil and gas production and mining activities.
5. To that that there is a safe drinking water, U.S. EPA practices require certain level of the amount of certain contaminants in water provided by public water systems.
6. FDA regulates certain levels for contaminants in bottled water that provide the same protection for public health.
7. Drinking water, including bottled water, may occasionally be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects may be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline (800-426-4791).