

High School Football

Nicholas nearly pulls off upset win over Bath

Nicholas County finished Friday night's game versus Bath County with more total yards than the Wildcats. The Jackets prevailed in several categories. Nicholas County owned a lead for more than half of the game and heading into the fourth quarter. Visiting Bath County, however, lived up to the fourth quarter and battled back to beat the rival Jackets 30-14.

The two lineups high school gridiron rivals battled to the end as Nicholas County held the advantage on the scoreboard most of the way — other than a first quarter — until the final period.

In total offense, Nicholas County outgained Bath County 297-201.

Nicholas County played much better than the final score would indicate, owning the first three quarters-plus of the regular season finale. "I thought we had it," said Nicholas County coach Robert Hopkins. "We were right there. We out played them for 3 1/2 quarters." Nicholas County led Bath County 14-6 going into the fourth quarter. Bath County's team headed into the Class 2A playoffs as a number two seed out of its district, scored 24 unanswered points to end the game in the second half.

The Jackets never trailed until the fourth quarter. Junior quarterback Josh Terry passed for one touchdown and ran for two more to lead Bath County (25).

Terry provided a five-yard



Photo by Charles Mattox
Jacob Fredericks off the ball from a Bath player Friday night during a crucial first-half play.

run and then a two-point conversion run to tie the game at 14-14 early in the fourth quarter. Terry then connected with Joe Malroy on a 23-yard pass. Zak Metz found the endzone from one yard out for the final Bath County touchdown.

The Wildcats managed to convert two-point conversions to snap each of their fourth-quarter scores.

The two teams swapped touchdowns in the opening quarter. Nicholas County first found the endzone when Zack Lemons connected with Ben Layne on a 29-yard scoring pass. The game was knotted 6-6 at the end of the first quarter.

The Jackets went back out in front in the second quarter when Andy McCarty broke

free and scored on a 31-yard scamper. Lemons hooked up with Antoino Williams on the two-point conversion pass following McCarty's lengthy scoring run to give Nicholas County a 14-8 halftime lead.

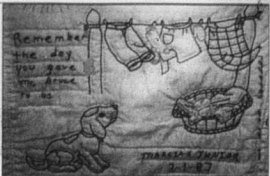
Neither team scored in the third quarter. Despite being held scoreless in the second half, Nicholas County still managed to move the football and set up offensive yardage.

Bath County was able to deliver some key defensive stops in the second half. Tyler Hunt led Nicholas County on the ground, rushing 23 times for 105 yards against the accomplished Bath County defensive unit. McCarty rushed nine times for 55 yards and one of the

two Nicholas County touchdowns. Shane Sweet rushed eight times for 37 yards and Brandon Tedder picked up 20 yards via four attempts.

Through the air, Lemons completed five-of-nine passes for 63 yards. Layne grabbed two catches for 41 yards and a score.

Defensively, Justin Little and Davey Miles recorded eight total tackles apiece for the Jackets. Little made seven solo tackles while Miles controlled 11 unsuited tackles.



QUILT DISPLAY

Quilting is a unique and treasured part of our culture and history... Whether collectively or personally, Quilts are often lovingly made and given as gifts to celebrate special occasions and this is certainly the case with the quilt now on display at Blue Licks Battlefield State Resort Park.

This "Anniversary Quilt" was one local to celebrate a very unique and special history for our own local history.

Both Linda H. George & William Douglas grew up in Carlisle, Kentucky and still reside there today. They have one daughter, Christy Smith and son-in-law, Chuck Smith. Their two grandkids are Jenci Smith & Ethan Smith. Next month they will celebrate 46 years of marriage. Please stop by the park to admire this beautiful quilt and take a peek into the warm and personal history of a local family.

Blue Licks Battlefield State Resort Park honors a difficult local quilt every month by displaying their quilt, in front of the Worthington Lodge Gift Shop.

Finding Your Prescription For Medicare Savings

(NAFSA)-Identifying the lowest-cost prescription coverage plan to meet their needs can be a challenge for many people who qualify for Medicare prescription drug coverage.

With higher monthly premiums for prescription drug plans in 2009, now is a good time for people with Medicare to review their options to prepare for the open enrollment period.

Lastly, you should determine how convenient it will be to get the prescription drugs you need. Does the plan you're in work with your doctor and the pharmacy of your choice?

"Choosing a Medicare Part D plan can be overwhelming, and we're here to help," said CVS Pharmacist Jeremy Shaw.

To help, CVS pharmacists have been specially trained to assist seniors in finding the plan that best suits their needs. The Medicare Part D Calculator offers easy access to your own Part D plan comparison at www.cvs.com/medicare.

This tool provides a clear picture of which of your medications will be covered by different Medicare Part D plans available in a region. It also compares total annual costs associated with each plan.

SENIOR LIVING

(MS) - Despite first being described more than 100 years ago, Alzheimer's disease remains a mystery for many reasons. Much of that mystery surrounds the causes of Alzheimer's, which are still unknown.

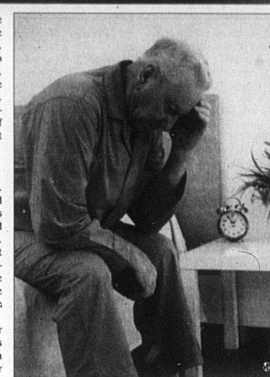
Named for German physician Alois Alzheimer, Alzheimer's disease was first described in 1906. While much has been studied since then, the precise cause, and a subsequent cure, is still difficult to pinpoint. However, since Dr. Alzheimer first described the disease more than a century ago, much has been learned about it, and families would be wise to ascertain as much as possible about this disease.

What Are the Risk Factors? Chances are, before Dr. Alzheimer first described the disease, Alzheimer's was likely just considered a normal part of aging. While age is the greatest risk factor (most individuals with the disease are over the age of 65), there are other considerable risk factors as well.

Family history: Over the years, research has indicated that those with a parent, brother or sister with Alzheimer's are at a greater risk for the disease than those without a family history. What's more, the risk further increases as heart disease, high blood pressure, stroke, and diabetes can have adverse effects on brain health as well. That, in turn, can increase a person's risk for Alzheimer's disease.

Unhealthy lifestyle: How healthily a person ages can also play a role in increasing or decreasing the risk factor for Alzheimer's disease. The Alzheimer's organization advocates protecting your head by buckling your seat belt, wearing a helmet when riding a bicycle or motorcycle, and particularly for the elderly, fall-proofing a home.

Connection of the head and the heart: Research has also begun to show the relationship between heart ailments and Alzheimer's disease. Because the heart is responsible for pumping blood to the brain



each heartbeat pumps roughly 20 to 25 percent of your blood to your head, ailments such as heart disease, high blood pressure, stroke, and diabetes can have adverse effects on brain health as well. That, in turn, can increase a person's risk for Alzheimer's disease.



Photo by Charles Mattox
Ben Lene caught a pass in the first quarter over a Bath defender to put Nicholas on the scoreboard.

Having an event? Get the word out!

Contact Melissa at the Carlisle Mercury 288-4425

Ben Lene caught a pass in the first quarter over a Bath defender to put Nicholas on the scoreboard.

Nicholas County Schools Menu

Menu subject to change
Fresh Fruit and Condensed Fruit Available Daily

Thursday, November 13
Breakfast: Sausage & Egg on Bun
Lunch: Hamburgers, French Fries, Lettuce, Tomatoes, Onions, Pickles, Fruit/Milk

Friday, November 14
Breakfast: Biscuit & Gravy
Lunch: Spaghetti, Tossed Salad, Corn of the Cob, Bread, fruit, milk

Saturday, November 17
Lunch: Johnny Rib or BBQ Pork on bun, Cole Slaw, Mac n Cheese, Fruit, Milk

Tuesday, November 18
Lunch: Cooks Choice

Wednesday, November 19
Breakfast: Muffin, Danish
Lunch: Sandwich Day, Chips, Lettuce, Tomatoes, Onions, Pork & Beans, Cheese, Pickles, Fruit

Sing for Chelsea!

Sunday, Nov. 16th
4:00 p.m.

Gospel Sing & Chili Supper

Doxology
Assembly of God Praise Band
Mike King
Carlisle Christian Church
Praise & Worship Team

AR Reading and Math Family Night
Place: Nicholas County Elementary School
Time: 5:30-7:00
(Registration at 5:15)
Registration will be set up in the main hallway.

Public Auction

Saturday, November 15, 9:30 a.m.
1689 Peasticks Rd., Owingsville

Consignment Auction

Directions: From I-64, exit 123, take US 60 West to Peasticks Rd., Approx. 1.6 Miles to Sale Site on Right.

Items of Interest Are As Follows:

New black leather recliner and wing back chair, new Cherry dining room set with 8 chairs, new student bed with chest, dresser, numerous new and used framed prints, 2 gun cabinets, antique drop-leaf table-Oak plain Oak table, computer desk, 4 white kitchen chairs, 7 Hard Rock Maple Chairs, large dark wood table, 4 chest of drawers, bed with storage underneath, Amara microwave, Radar range, white computer desk, hand tools, glassware, lamps, horse tack, painted hand saws, 2 Coke tables with 8 chairs, black/glass table with chairs, wood cabinet, new wash stand, coffee table with end tables, 2 Hard Rock Maple end tables, 2 Baker's Racks, bathroom shelves, baby gate, shadow box, 2010 John Deere tractor, Air Jack, Engine Hoist, truck tires (11-22.5 and 11-24.5)

For more information contact Phillip Copher

Items for Consignment Arriving Every Day!

Announcement Day of Sale takes precedence over all printed matter!

Auctioneer
Phillip Copher
Ph: 606-676-6100
859-398-0409

Attention Parents and Students:
We are putting a new spin on an old favorite. On November 20, 2008 from 5:30-7:00, we will be hosting the first AR Reading and Math Family Night. Those who join us for this celebration of reading and math will be able to explore exciting math computer programs, learn fun strategies to improve reading skills, and enjoy refreshments and Thanksgiving crafts!

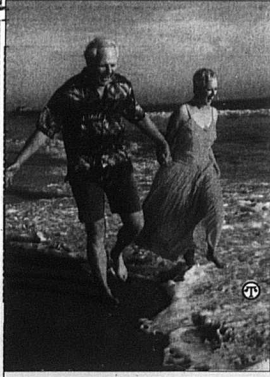
Please come by and take part in this event where parents and children can share in the wonders of Learning.

SUDOKU

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4								
7				8	6			
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Last Week's Solution

5	9	4	1	7	2	8	6	3
7	3	1	4	6	8	2	9	5
8	6	2	3	9	5	1	4	7
2	1	7	8	3	9	4	5	6
6	5	9	2	4	1	7	3	8
3	4	8	6	5	7	9	1	2
1	7	6	5	2	4	3	8	9
9	8	5	7	1	3	6	2	4
4	2	3	9	8	6	5	7	1



HEALTH AWARENESS

Make No Bones About It

(NAFSA)-What you don't know about osteoporosis could hurt you.

That's because osteoporosis is a disease that makes bones fragile and more likely to break. It is a serious health threat to both women and men. And because early bone loss often has no symptoms, people may not realize they have osteoporosis until they've suffered a fracture. While low bone mass and osteoporosis are a potential danger to 44 million Americans, there are things patients can do to protect their bones.

The American College of Physicians (ACP)'s professional organization comprised of more than 126,000 internal medicine physicians and medical students-developed two guidelines on osteoporosis. One guideline addresses diagnosis and the other addresses management of osteoporosis. The guidelines were recently published in the medical journal Annals of Internal Medicine.

Know Your Risk
Older men and women-especially those 65 or older-should have a DXA (dual-energy X-ray absorptiometry) scan to measure bone density. They should also be assessed for risk factors including:

- Low body weight or weight loss in recent years
- Physical inactivity
- Fractures without substantial trauma
- Family history of osteoporosis
- Smoking
- Long-term use of certain drugs, such as corticosteroids or drugs that are used to treat certain types of cancer
- Having a low calcium or vitamin D intake
- Excessive alcohol consumption.

Talk to Your Doctor About Treatment
According to the most recent ACP guideline, physicians should offer treatment to men and women who have been diagnosed with osteoporosis or had a previous fracture not caused by significant trauma. The guideline also recommends that doctors consider drug treatment to prevent fracture for those who are at risk of developing osteoporosis.

There is reliable information that bisphosphonates (the most commonly prescribed medications for osteoporosis) are reasonable options for beginning drug treatment, as some of them decrease the risk of spinal, non-spinal and hip fractures. However, the choice of drug treatment should be based on the risks, benefits and adverse effects of various medications.

What Are the Warning Signs?
While there are warning signs indicative of Alzheimer's, just because a person exhibits the following signs does not mean that person has Alzheimer's. Some might just be a part of aging. However, to be on the safe side, it's best for anyone exhibiting the following signs to consult their physician.

- Memory loss
- Problems with language
- Difficulty performing familiar tasks
- Disorientation, notably forgetting where they are or how they got there
- Poor or decreased judgment
- Rapid mood swings or changes in behavior
- Noticeable changes in personality
- Loss of initiative

To learn more about Alzheimer's disease, visit the Alzheimer's Association Web site at www.alz.org.

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