

GUARD

Continued From Page 1
photos of White and Phillips etched in glass on a bronze plaque, embedded on the face of the granite.

Staff Sgt. White was an excellent soldier and a dear friend who had been in the unit with us for nine years...

Capl. Steve Mattingly, the commander of Battery B praised the dedication of both soldiers and also spoke at the dedication ceremony...

Stone benches face the granite monument, which has

photos of White and Phillips etched in glass on a bronze plaque, embedded on the face of the granite.

On a windy day you can hear the American flag as it flaps in the wind 50 yards away at the entrance of the army as traffic drives lazily by along Concrete Road...

These are the finest soldiers in the Army," he said while praising the efforts of all of the soldiers and expressing his remorse over the loss of White and Phillips during a Freedom Salute when the unit was welcomed home after their service in the War on Terrorism.

The monument was purchased and erected through fund-raising activities of the unit's Family Readiness Group, an organization of soldiers' family members who worked closely with military officials in a support capacity

during the unit's deployment. Alicia Hughes, wife of SFC Bob Hughes, of B Battery, is the president of the unit's Family Readiness Group.

"I would like to take this time to thank those who made this memorial possible," she said. "Eugene Silbert and Brett Construction Company, Bobby Snapp and the Carlisle Cemetery, County Concrete from Flemingsburg, Heronymous Landscaping, and all of the Family Readiness Group members who assisted."

"While most of you were still doing convoy security missions in Iraq, the Family Readiness Group made it our mission to be able to raise enough money to have a permanent memorial placed here at the Carlisle Armory to honor the ultimate sacrifice of Delmar and Suzanne and also the sacrifices of each B BTRY soldier."

"The scrimmage was what I expected. We've got three kids that just came in from football and one who just got eligible. They haven't learned our system. It's going to take some time to get everyone together."

Kyle Campbell and D.R. Purvis

Jackets set to face Bath County in final pre-season scrimmage

The Nicholas County High School boys' basketball team opened the pre-season Friday night with Jacket Madness.

"Jacket Madness went here at the Carlisle Armory to honor the ultimate sacrifice of Delmar and Suzanne and also the sacrifices of each B BTRY soldier."

Hammonds Golden Wedding Anniversary

Julian C. and Mary Evelyn Hammonds will celebrate their 50th wedding anniversary on Saturday December 13, 2008 at the Carlisle United Methodist Church annex from 2:00-4:00 p.m.

The reception will be hosted by their children, grand children, and ladies of the Carlisle United Methodist Church.

They will renew their vows at 3:00 p.m. in the church sanctuary.

They were married at the Carlisle United Methodist Church on December 13, 1958 by the Rev. Gwinn Blerley.



Julian C. and Mary Evelyn Hammonds

See BOY'S Page 8

See BOY'S Page 8

Keegan Rose Is 5 years old!

Advertisement for Dan Cummins, a car dealer, featuring a photo of Keegan Rose and text about a special gift.

Thank You! I would like to express my thanks for your support during this year's election season. I look forward to serving this term on the City Council of Carlisle and representing your interests.

Thank You To all the staff at Johnson Mathews Nursing Home, I want to express my grateful appreciation for the loving care you gave my mom during her stay there at the nursing home.

Carhartt Days Sale advertisement featuring various Carhartt clothing items like bibs, jackets, and shirts with prices and descriptions.

Town Hall Event Youth Tobacco Use in Nicholas County. Keynote speaker is Dr. Richard R. Clayton, co-developer of the Cooper/Clayton Method to Stop Smoking. FREE pasta dinner and door prizes to be given away.

Simple Ways to Get Healthier

(MS) - Optimal health is the goal for most people, but even the biggest of improverment lies in what we eat. Diet and exercise go hand in hand, so even if you spend ample time at the gym, you might not be as healthy as you think if you're not combining those workouts with a proper diet.

Replace sugary drinks like soda with daily glasses of water is an easy way to have a positive impact on your diet.

Bring your lunch to work. Many people are fond of going out to lunch every day at work. Unfortunately, lunch is when many people eat packaged or processed foods, such as those sold at fast food restaurants.

Reduce portions. Even if what you eat is healthy, how much you eat might not be. Consider a dish of whole-wheat pasta. That can make for a healthy dinner.

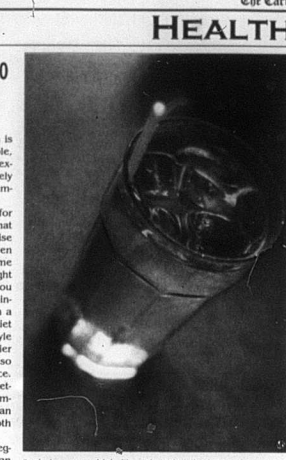
Energy Boosts During Busy Months

(NAPSA)-Fall and winter months are often the busiest of the year, filled with all types of activities. With kids back at school, the holiday shopping season here and the myriad of errands that occur in an average day, people are always on the lookout for new ways to keep organized and energized.

Use an electronic calendar or a day planner to note upcoming events.

Create simple, easy-to-use checklists when shopping, doing chores or maintaining kids' schedules.

Remember what a difference breakfast can make each day. Well-balanced, start-up meals can impact energy levels and



Just because you're trying to eat healthier and possibly shed some extra pounds doesn't mean you have to live like a monk. If there's one special treat you especially like, such as an ice cream sundae or a hamburger, don't be afraid to indulge every so often.

It's not just what you eat, but what you drink as well. Dieting isn't just about food but beverages as well. Sugary drinks, such as sodas, coffees with cream and sugar, and some mixed alcoholic beverages, can have a negative impact on your every day diet.

It's not just what you eat, but what you drink as well. Dieting isn't just about food but beverages as well. Sugary drinks, such as sodas, coffees with cream and sugar, and some mixed alcoholic beverages, can have a negative impact on your every day diet.

Cleaning Wounds Can Help Prevent Infection

(NAPSA)-There's good news for those concerned about the threat posed by infections caused by common bacteria. There are simple precautions such as washing hands that can help reduce that risk.

Infections caused by bacteria that are resistant to antibiotics have emerged as one of the major challenges in health care. One of the most serious of these is a dangerous type of staph infection called MRSA (or methicillin-resistant staphylococcus aureus), which is increasingly affecting otherwise healthy adults and children.

The number of "community associated" MRSA infections is growing. According to the Centers for Disease Control and Prevention (CDC), an estimated 94,360 people developed a serious MRSA infection in 2005.

The CDC notes that certain conditions increase the risk of transmitting staph infections to family members and other contacts, referred to as the

Simple precautions such as cleaning wounds as soon as possible can help reduce the threat of MRSA.

Advertisement for Johnson Mathews Health Care, Inc., listing services like 2322 Concrete Rd., Carlisle, KY 40311, and contact information for Richard Blakey, M.D. and Gary Eberle, M.D.

HEALTHY LIVING

HEALTH AWARENESS

LeAnn Rimes Urges Psoriasis Sufferers To Stop Hiding And Start Living

(NAPSA)-LeAnn Rimes, psoriasis sufferer and Grammy Award-winning performing artist, remembers that, at one point, she had psoriasis scales on about 80 percent of her body-pretty much everywhere except her hands, face and feet.

Nearly seven million Americans suffer from psoriasis-yet the public is often unaware that psoriasis is a chronic immune disorder that affects the skin and can present physical, emotional or social challenges.

LeAnn Rimes is working closely with the American Academy of Dermatology and the National Psoriasis Foundation on "Stop Hiding from Psoriasis" campaign, please visit www.StopHiding.org.



For years, my self-esteem suffered because of my psoriasis. I lost confidence in how I looked and I felt ashamed. Today, I have a new outlook. I no longer let psoriasis define who I am or how I feel about myself. I am now able to lead a more confident, fulfilling and healthy life." -LeAnn Rimes

Health Bulletin

Cleaning Wounds Can Help Prevent Infection. (NAPSA)-There's good news for those concerned about the threat posed by infections caused by common bacteria.

Infections caused by bacteria that are resistant to antibiotics have emerged as one of the major challenges in health care. One of the most serious of these is a dangerous type of staph infection called MRSA (or methicillin-resistant staphylococcus aureus), which is increasingly affecting otherwise healthy adults and children.

The number of "community associated" MRSA infections is growing. According to the Centers for Disease Control and Prevention (CDC), an estimated 94,360 people developed a serious MRSA infection in 2005.

The CDC notes that certain conditions increase the risk of transmitting staph infections to family members and other contacts, referred to as the

Simple precautions such as cleaning wounds as soon as possible can help reduce the threat of MRSA.

limit the spread of infection in their household. Povidone-iodine, for example, is the active ingredient in Beta-Dine Solution and Skin Cleanser and was used to decontaminate the Apollo lunar module after Neil Armstrong's moon walk. It's used to reduce bacteria on the skin that potentially can cause skin infections.

To learn more about BetaDine(r) antiseptic products, go to www.betaDine.com or ask your local pharmacist.

When seconds count... Nicholas County Hospital's ER is ready! Certified in Trauma, ACLS & PALS. SPECIALTY SERVICES: JOHN TUTTLE, M.D. (Urology), RICHARD BLAKEY, M.D. (Cardiovascular), GARY EBERLE, M.D. (Cardiovascular), THOMAS BURDET (Trauma), RICHARD BLAKEY, M.D. (Neurology), REBECCA RAAS, M.D. (Pediatrics), PAUL LITERS, M.D. (Oncology), PAMELA CORN, M.D. (Oncology).