

# COMMUNITY FOCUS

## Museum and genealogical library opens

By Charles Mattox  
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The Nicholas County Historical Society's Museum and Genealogical Library is now open.

The newest section of the Neal Building was opened following a reception dinner Friday night.

Michelle McDonald, Nicholas County Historical Society President, welcomed everyone to the dinner, including members of the Conley family, the Scholz family and Neal Building docents.

A plaque will be displayed in the new wing of the Neal Building honoring the memory of Joan Weissinger Conley founding member, President and guiding spirit of Nicholas County Historical Society.

The plaque reads "Dedicated to the memory of Joan Weissinger Conley founding member, President and guiding spirit of Nicholas County Historical Society."

Nicholas County Historical Society and served more than any other individual as the society's president.

Conley also served as editor for the much-sought-after book titled "History of Nicholas County," which is now in its third printing.

The genealogical library has been significantly enhanced due to the efforts of Nancy Wright Scholz and a similar plaque will be displayed honoring her.

In memory of Nancy Wright Scholz, avid genealogist and gentle woman. Family members and friends also made the plaque available.

massive collection of priceless information. Over one dozen Scholz family members were present, some coming from as far away as Illinois, and they received a thunderous applause when asked to stand at the reception dinner.

Card Walker Garvin was also honored during the dinner. Garvin also served as President of the society and provided vision which helped lead to the society's success.

Bob Garvin, Card's husband, spoke at the reception, her name will serve as a guiding influence for current and future fund raising efforts for the society and upkeep of the Neal Building.

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her name would be furthering this effort. Over one dozen Scholz family members were present, some coming from as far away as Illinois, and they received a thunderous applause when asked to stand at the reception dinner.

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or than a doll suitcase we had an Allied van. But we never looked back. You are great people; I cherish your friendship and thanks for honoring Carl in this way."

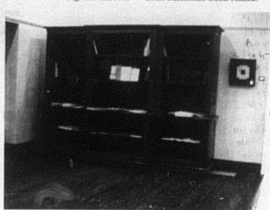


Photo by Charles Mattox  
A specially constructed bookcase will hold a portion of the genealogical collection graciously donated by members of the Scholz family. The material was collected after years of research by Nancy Wright Scholz, who loved her many visits to Carlisle while researching her family and relations in these areas.

Public Notice  
Special meeting of a proposed ordinance amend the Nicholas County Budget for fiscal year 2008-2009, to include unappropriated revenues from additional County Road Ad. Truck Sales and ADAP Money, increase expenditures in the area of General, Road, and ROBE Funds, will be held on October 21, 2008 at 4:30 p.m. at the Nicholas County Courthouse. A copy of the proposed ordinance with full text is available for public inspection at the Nicholas County Courthouse during normal business hours.

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Auction Estate Sale  
Fri. October 10th 4:30pm. and Sat. October 11th 9:30am.  
Fred & Lela Holtz Estate - 130 Salford Rd. - Carlisle, Nicholas County  
(Sale Site located behind Salford United Methodist Church)

Happy Birthday, Daddy  
Never late, always on time. Buy Daddy Wayne wants to stay 59.

Happy Birthday on October 6th  
Daddy, you are now the BOOG BOO

Israel Stacy, Mark Adams, Tracy Brown, Gerald Browning

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# SENIOR LIVING

## Eye on Health

Free Eye Exams for Qualifying Seniors

(NAPSA) A new national health campaign is working to remind the senior community about the value of eyeight.

The three-month promotional campaign runs May 31 through September 1 and encourages people to call the EyeCare America Senior EyeCare Program.

Are U.S. citizens or legal residents? Are age 65 and older? Have not seen an ophthalmologist in three or more years? Do not belong to an HMO or the VA.

To supplement its award-winning referral program, EyeCare America has recently created a new Web site specifically designed to assist online users in learning more about vision-limiting diseases such as cataracts, glaucoma and macular degeneration.

The site, eyecareamerica.org, contains up-to-date clinical information about eye diseases that is reviewed by certified ophthalmologists, with links to current treatments and even an interactive tour of the eye's anatomy.

Other easy-to-use functions include online tools such as a vision simulator, which allows users to see how vision would be affected from common eye diseases, and information created by the American Academy of Ophthalmology, which will provide visitors with a complete interactive eye exam.

"I'm happy that I can do my part in helping older Americans get the eye care they need," adds White. "I only hope that seniors across the country will pick up the phone and take advantage of EyeCare America's free eye exams. It's a call that can save their sight."



Betty White urges Seniors to take advantage of free eye exams.

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EyeCare America, a public service program of the Foundation of the American Academy of Ophthalmology, operates one of the largest programs of its kind in American medicine. All eligible callers receive a referral to one of 7,000 volunteer ophthalmologists.

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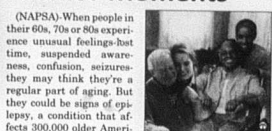
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## HEALTH AWARENESS A Common Cause of "Senior Moments"



It's important for seniors to know the signs of epilepsy.

Her doctor assumed she needed to move to a nursing home. But her first suggestion a second opinion from Dr. Leppik, who, after running tests and examining her medications, devised a regimen to help Fisher treat her epilepsy.

"She had come into the hospital in a wheelchair, confused and bound for the nursing home, but left under her own power," says Dr. Leppik.

Recognizing Symptoms  
Seizures among seniors are often subtle symptoms of epilepsy, but are often described as "going to a different place" or "thoughts skipping."

It's a truth that JoAnne Fisher knows all too well. She had never experienced seizures in her life when, at 76, she started blacking out, turning rigid and ex-

Comparing notes with relatives to see if they have observed the same kinds of inconsistencies.

"People might think, 'Mom is tired, she's having a senior moment,'" says Dr. Leppik. "Sometimes that's how symptoms of epilepsy are dismissed. That's why it's important to watch for signs."

For more information, visit [www.epilepsyfoundation.org](http://www.epilepsyfoundation.org).

## Senior Health Tip

These days, there are many tips available that can help Senior Citizens remain healthier, and improve their quality of life.

Remember, that aging takes its toll on the body's immune system that can turn a relatively common bout of the flu into a life-threatening condition.

So if you are feeling under-the-weather, you may want to consider delaying your visit to Mamaw and Papaw's until you are feeling a little better.

A little consideration goes a long way towards helping seniors live longer, healthier lives.

## Fighting the Flu

### Tips for Staying Healthy During Flu Season

(NAPSA) Each year, as many as 20 percent of Americans get the flu. Because the flu is contagious, prevention is the best medicine, and a few simple steps can help keep families healthy this winter.

Are there any other ways to protect yourself and my family against the flu?

Along with the flu shot, avoiding the spread of germs is very important. Wash your hands frequently, avoid contact with people affected with cold and flu, and use a germ-killing disinfectant to clean surfaces.

How do I know which medication to choose? When faced with cold or flu, medication should be selected carefully. Patients should first consult their physician or pharmacist to discuss their specific symptoms and review any existing health conditions and other medications they are currently taking.

Avoid medicines that treat symptoms you're not experiencing. Analgesics relieve aches and pains and reduce fever. Antihistamines help a runny nose and watery eyes and prevent postnasal drip. Cough suppress-

ants quiet a cough and are advised for dry coughs when you aren't producing mucus. Decongestants reduce congestion in the nose and sinuses. Expectorants thin mucus so it can be coughed up more easily.

Are there any medications I should avoid? If you take prescription medications, check with a pharmacist or physician to determine if there are any over-the-counter medications that should be avoided. Some medications may weaken or strengthen a prescription drug's effectiveness or can cause dangerous interactions.

Where can I get a flu shot? If you missed the Nicholas County Health Fair, on October 4, you can still make an appointment at Nicholas County Health Dept. (859) 289-2188. The cost of shots is covered by Medicare/Medicaid. If you do not have coverage, the cost is \$23.

Who should get a flu shot? The Centers for Disease Control recommends a yearly flu vaccination, especially for people age 65 and older, those with chronic disease such as di-

## SUDOKU

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## Last Week's Solution

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

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