

OPINION

Steve's Report

Saturday Morning



Steve's Report
By Steve Scaif

Saturday mornings are glorious. Even when we have to get up early to get Max off to a marching band competition or to drive Sarah to work, there is still something relaxing about Saturdays. It seems like each of the past few Saturdays, I have found myself walking out the door just as the first light is appearing over the horizon. So much for a day off...

I really don't mind, though. There is something peaceful about the pre-dawn darkness. About the only movement is the gathering of faithful as they congregate for their traditional Saturday morning breakfast at Garrett's. But even the stirring of those early-birds seems about right. It's something about clinging to traditions, holding fast to the old ways, reminding me of why I fell in love with Carlisle.

I want to stop and join the crowd—order up a big plate of biscuits and gravy—but I have to get Sarah to work on time and then head over to our property where I will spend a good part of the day stringing the electrical wiring. When I arrive at the house, however, it's still too dark to work. So I climb the stairs to the upper floor and make my way out onto the balcony where I watch the sun come up silently over the crest of trees.

I remember how earlier in the week, a few people had asked me if I missed the Army yet, or wondered why I would choose Nicholas County over a chance to live in Hawaii. I hear those questions echo in my mind as the mist-covered ridges slowly take shape in the morning twilight, and I am overcome by the beauty. "If they only knew," I think.

This past Saturday provided us with a rare opportunity. Max didn't have marching band competition because of fall break and Sarah had the day off work, as well. I needed to finish the wiring at the house, but couldn't pass up the chance to spend the day with my family.

I posted everyone out of bed before sunrise so we could be on the road before 6:30. We drove up to Columbus, Indiana to visit with my Uncle Dick, whom I hadn't seen since before Cindy and I were married. Afterwards, I took the family hiking around Brown County state park, which is famous for its fall colors. It was a perfect day. We couldn't have asked for better weather—clear, sunny skies and comfortable temperatures. Cindy had packed a lunch so we picnicked beside Ogle Lake before leaving the park and driving through Nashville to see all the shops I loved to visit as a child. Then we stopped in Gosport so we could show the kids a horse-drawn sorghum press and let them see how they hollered the juice until it thickened into dark, thick molasses.

We got back on the highway fairly early in the afternoon. It was only about 6:30 p.m. when we came up on the islands, where Highway 68 branches off towards Mayeville. I realized I probably had enough time to finish up most of the wiring at the house in a couple of hours if I just kept going—not stopping to drop the family off in town first. So I dragged them along with me, expecting to hear some kind of protest from the kids, but to my surprise, they remained silent, seeming not to mind.

I set to work, Cindy lending a hand where she could. Max found some good light and read a few chapters in his book. Sarah found a nice spot on the front porch and sat in the moonlight, singing softly.

As I finish my work and clean up, I begin to realize the significance—the magic of the day; something that hasn't occurred to me until it whispers to me from the peaceful darkness of the Kentucky countryside.

Columbus, Indiana is where Manaw had lived—where my own father had grown up. I used to love our visits there as a kid, getting together with my cousins and playing "Kick-the-can" all day and "Ghost-in-the-graveyard" when it finally got dark on the islands. I treasure my memories of our trips to Brown County state park, of the shops in Nashville and the sorghum mills in Gosport.

I realize my day has been an opportunity to re-connect to my past and to pass along some of my fondest memories to my children—to allow them, "This is who we are. This is where we come from."

Jesus is encouraging believers across our country to take up His great commission to reach out to the lost and the hurting people in our land, so that they too can be saved and healed. When people are healed and/or brought into salvation, then God is uplifted—He is exalted.

He must INCREASE and me, myself, and I must decrease so the Father, the Son, the Holy Spirit will reign.

Keep up the Good Work, John Smith and Phillip Mattz.
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Now, as I stand gazing up into the night sky, I feel God's presence. It seems as if each star represents another blessing in my life—so many that I can never count them all. I am surrounded by a loving family and by the beauty of God's creations; I feel overwhelmed by His goodness and His loving-kindness.

Steve recently retired from the Army and joined us on the staff at The Carlisle Mercury. You can reach him at steve@the-carlislemercury.com

LETTER TO THE EDITOR

I read this week's (Oct 8) Carlisle Mercury and was blessed by the article "The Pastor's Study" by John C. Curtis. This article is the most encouraging article that I have read in any newspaper. Rev. Curtis encouraged me and lifted me up. The Holy Spirit was leading Rev. Curtis to encourage churches in the Central Kentucky area and to tear down our doctrinal walls which separate us from doing the will of our heavenly Father and to be a "door of the Word".

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PARADE

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material from the Iraq War will be on display all day at the Neal Building along Main Street with that section of Carlisle being blocked off all day from Elm to Locust Street.

Suzie's Flower Shop, located just across the street from the Neal building will also have a patriotic display of photographs of county veterans and all veterans of -Nicholas County who have not yet submitted a photo to the business are encouraged to do so.

Dorsey Watkins, American Legion Adjutant and Trustee for the Carlisle Veterans for the Carlisle Veterans of Foreign Wars, has been working closely with Bill Garvin and others to plan the parade and other features of the patriotic activities that will conclude at 5 p.m.

"We'll have a nice parade through town beginning at 10 p.m., with members of the NCHS Band, area veterans and lots of other features," said Watkins. "Members of the local National Guard unit will have a color guard and honor guard to provide a 21-gun salute at the cemetery and they will also have a display at the Neal Building."

Watkins encourages all Nicholas Countians to show their support for past and present veterans by attending and/or participating in the parade, and he encourages local businesses and homes in Carlisle and across the county to adorn their dwellings with patriotic displays, photographs and American symbols, in support of area veterans.

More details of the parade and celebration will appear in The Carlisle Mercury as the event nears.

Weight Watchers losses amount to big gains for the community

By Stephen Scaif
steve@the-carlislemercury.com

Weight Watchers kicked off a nation-wide campaign in September to help fight obesity.

According to Weight Watchers, "Hunger and obesity are growing problems, both here in America and across the globe. In fact, in 2007, there were 892 million underfed people in the world, according to Bread for the World, and 1.6 billion overweight people in the world, according to the World Health Organization."

In light of this, Weight Watchers will kick off Lose For Good™, the first-ever campaign to help get the world in balance by offering our Members an opportunity to help others while helping themselves achieve a healthier lifestyle. From September 7 through October 18, for every pound our members lose, Weight Watchers will donate the equivalent of 1 pound of food, up to one million dollars, to one of two leading hunger relief organizations.



Photo submitted by Kathy Fahren

Display of the food collected by Weight Watchers of Carlisle as part of their 6-week campaign. The food will be donated to the on-going Community Action Council food drive.

"We have partnered with Share our Strength, the leading organization working to make sure no kid in America grows up hungry, and Action Against Hunger, which helps people in troubled parts of the world, to ensure our mission gets accomplished. While we know this is not going to fully alleviate world hunger, we feel this unique initiative can help bring hope and joy to some of those people in need. In addition to the national campaign, Weight Watchers of Carlisle, who meet weekly at the Railroad Depot, decided to turn the project into immediate assistance for the community. During the six-week campaign, an average of 27 members lost a total of 162.9 pounds and were challenged to donate the equivalent weight in food. Demonstrating the kind of generosity found so abundantly in Nicholas County, the members contributed 180.8 pounds of food which will be donated to the Community Action Council.

Which trick or treat is the best? Halloween costume in Nicholas County? We are sponsoring a costume contest at the Carlisle Mercury. Submit photos of your child or grandchild in costume with a \$5 entry fee. All photos will be published on the Oct. 27 issue. Readers will then have an opportunity to vote for their favorite child in a costume contest for each vote. Note: as many times as possible. Winner to be announced and awarded a prize on Nov. 5. Entries should be submitted and contact information.

I would like to thank all my friends and family for the prayers, visits, cards, phone calls and food provided during my recent heart surgery. Thanks to all the doctors, nurses, therapists, and staff at St. Joseph's Hospital, Johnson Matthers Health Care and Home Health for the special care provided during my surgery and recovery. Special thanks to Doug Fryman, Eddie Waggoner and Tip Fryman for transporting me to doctors appointments and to the hospital. Your kindness is greatly appreciated. Lowell "Tom" Fryman

Thank You

Thanks to all who supported the NCMS Cheerleaders by coming out for our fish fry on September 23rd.

A special thanks to Dick Garrett for cooking and to all who helped him with our fish fry.

NCMS Cheerleaders

WANTED

Farmer of the Month

Do you know a farmer who deserves some recognition?

Let us know!

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I would like to take the time to thank everyone who participated in my fund raiser, who would like to especially thank Ruby J. Howard who put on the benefit for me.

Thanks to every business who donated items for the silent auction. Everyone has done so much for me and I want to thank them.

Nothing will be forgotten.

Thank You,
John Jones

Look Who Celebrated Her 5th Birthday with "Hannah Montana"

Little Miss Nicole

She's a big girl now, enjoying school & sports

Love,
Your Family

On Nov. 2nd
Jerrih Christian Warmouth turns 4!

Going to the park and night by Daddy's side. On down at Papa's Chee-cher's fun on his knees for a while.

Beautiful, but mischievous she really isn't one. Her big blue eyes and her hair.

Getting her hair bigger and shorter in the color New on N/A. And this little cousin!

Our angel is turning 4
We love you!
Love,
Mommy & Daddy

Happy 2nd Birthday
To my Big Sissy Haley Carson

Love,
Dad, Mom, William & Emily

Happy 1st Birthday, Elizabeth!

THE LITTLE DOODLEBUG TURNS 1 ON OCT 15TH. SHE CELEBRATED HER BIRTHDAY WITH FRIENDS AND FAMILY ON SUNDAY, OCT. 5TH AT BLUE DISCS STATE PARK.

We Love You So Much!

Mommy & Daddy

HAPPY 2ND BIRTHDAY
Haley Bell Carson

We Love You!

Marnaw & Pappaw Flora
Marnaw & Pappaw Carson

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When a "gut feeling" turns into something more.

Dr. Antonia Bosch, Luis Peña and Patrick Mosler have gotten used to uncomfortable conversations with patients over the years. It's not the topic that's uncomfortable, but rather the symptoms their patients are feeling. Bloating, frequent abdominal pain, diarrhea or constipation — they've discussed them all.

As UK HealthCare physicians who specialize in internal medicine and gastroenterology, they've partnered with Harrison Memorial Hospital to bring two weekly Digestive Health Clinics right to Carlisle. And their mission is to effectively treat disorders of the digestive system and those diseases which affect the digestive system, allowing patients to feel better and regain a higher quality of life.

And should colon cancer be the diagnosis, our partnership with UK's Markey Cancer Center puts you in the hands of the region's top oncologists.

Too many of us live day to day with discomfort from bloating and abdominal pain, thinking it's simply a result of poor diet or exercise. Drs. Bosch, Peña and Mosler can uncover more serious issues. Through the use of abdominal x-rays, blood and stool samples, endoscopies, and colonoscopies, they're able to detect the real culprit.

If you have stomach or digestion problems that have become an everyday occurrence, it's time to call us at 859-235-3600.

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