

SENIOR LIVING



Generations Prepared CPR for Everyone

Approximately 310,000 Americans die every year due to coronary heart disease, most often attributed to a sudden cardiac arrest suffered outside the hospital setting or in the emergency department. Nearly 80 percent of these arrests occur at home, so after you call 911, you need to provide life-saving care to a family member or friend while waiting for help. This critical, life-saving skill, cardiopulmonary resuscitation (CPR) — is one that the American Heart Association wants many more Americans to be ready to perform when necessary.

- Although it may not be something we want to think about, sobering statistics compel us to act.
Effective bystander CPR provided immediately after sudden cardiac arrest can double a victim's chance of survival.
Infant CPR can be effective for infants who suffer cardiac arrest or whose airways become blocked by food or other objects.
Approximately 94 percent of sudden cardiac arrest victims die before reaching the hospital.
Deaths from sudden cardiac arrest is not preventable. If more people knew CPR, more lives could be saved.

Special Care for Infants

Grandparents, parents and others who care for children need to know how to perform the relatively simple skills of infant CPR and relief from choking, which can make a life or death difference for infants.
The risk of choking for infants, whose airways can become blocked by food or other objects, is a critical concern for caregivers like grandparents and others. According to the Home Safety Council:
Unintentional choking and suffocation are the leading cause of all injury deaths for infants under one and the eighth leading cause of injury deaths for all ages.
More than 36,000 obstructed airway injuries result in emergency room visits.
Sixty percent of nonfatal choking episodes treated in emergency departments are associated with food items.
24 percent with nonfood objects including coins.
Candy is associated with 19 percent of choking-related emergency room visits by children under age 15. 65 percent are from hard candy, and 12.5 percent are from other specified types such as chocolates and gummy candies.
Because the home is the most likely place for an infant to choke or to suffer cardiac arrest, parents and caretakers are among the most important people to be trained in infant CPR and the relief of choking," said Monica Kleinman, MD, Children's Hospital Boston.



Infant CPR Anytime: Precious Life-Saving at Home

New parents, expectant parents, grandparents and siblings now have a simple, convenient way to learn to perform infant CPR and to relieve choking in less than 25 minutes — the Infant CPR Anytime Personal Learning Program.
The American Heart Association developed guidelines that were used as the basis of the infant kit.
This new training program can be used to learn skills that could help save the life of an infant (new-born to 12 months).
The kit includes a one-of-a-kind infant CPR manikin, a training DVD and two quick-reference skills reminders.
The Mini baby manikin is an inflatable version of a traditional infant CPR manikin. An instructional DVD walks users through each step of the training, from inflating the manikin, doing chest compressions and rescue breathing, to how to relieve choking in an infant.
Because the training materials are contained in an in-home kit, Infant CPR Anytime allows all family members to learn and brush up on skills periodically. "Although it's a skill no one wants to use, the more family members that know infant CPR the better," said Monica Kleinman, MD, Children's Hospital Boston. "This enables people to learn infant CPR who otherwise would not have that opportunity."

CPR: All in the Family

Making CPR training a whole family affair just makes good sense. With so many grandparents actively involved in the care of their infant grandchildren, it's important for them to be current on infant CPR training. Maintaining adult CPR skills are just as critical — to help each other or other family members or friends who experience sudden cardiac arrest.
Infant CPR Anytime is an important and convenient way for all caretakers like grandparents to gain the peace of mind of knowing they're prepared to help the infants who are part of their lives," said Kleinman.
CPR training should be at the top of every family's "must do" list. Performing effective CPR immediately after someone suffers cardiac arrest or choking saves lives.
Infant CPR Anytime and the Family & Friends CPR Anytime kits can be purchased by visiting www.ahapersonaltime.org or calling 1-877-AHA-4CPR.

Help Yourself Help Loved Ones

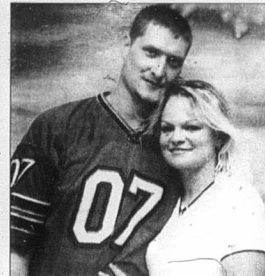
Recognizing that far too many Americans are not prepared to do CPR when it's needed, the American Heart Association created a simple, accessible way for people to learn CPR at home in less than 25 minutes.
The Family & Friends CPR Anytime kit includes everything needed for self-directed CPR training — a manikin, DVD and resource booklet.
The CPR home training can be used in the convenience of the living room.
A single kit allows the whole family — parents, grandparents, siblings and other relatives or friends — to learn life-saving CPR.
"There are many excuses for not taking a life-saving CPR course. People don't have enough time, they're afraid of embarrassing themselves in the classroom, or they don't think they'll ever have to provide CPR," said Robert E. O'Connor, MD, chairman, Emergency Cardiovascular Care committee for the American Heart Association. "Family & Friends CPR Anytime removes traditional training obstacles by providing a brief and convenient way to learn CPR. With CPR Anytime, millions more people trained can result in thousands more lives saved."
Being prepared to act quickly when a family member — adult, child or infant — suffers from sudden cardiac arrest can make the difference between life and death.

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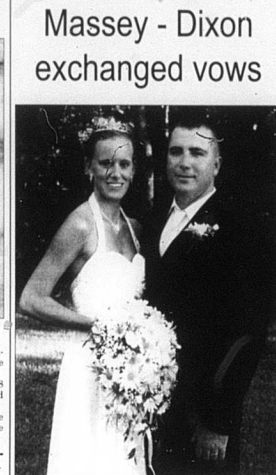
GENERAL NEWS

Engagements Beatty - Lutes to wed



Tony Ray Lutes and Angelique Raya Beatty
Tristan, Alyssa, and Andrew Watkins would like to announce the engagement of their mother, Angelique Raya Beatty to Tony Ray Lutes.
The wedding will take place Sunday, September 14, 2008 at 5:00 p.m. at the Ishmael Chapel Church. All family and friends are invited to attend.
Angel is the daughter of Laura and the late Jimmy Boone both of Carlisle. Tony is the son of Charles Pat and Elaine Payne Lutes also of Carlisle.

Weddings Massey - Dixon exchanged vows



Whitney Massey and Jason Kent Dixon
Whitney Massey, daughter of Harold "Red" and Renee Massey and Jason Kent Dixon son of Kathy Boone and the late Donnie Dixon were married July 12, 2008 at their home on Headquarters Road. They had an outdoor ceremony with Gary Stith officiating. Matron of Honor was Sarah Massey, Sister-in-law of the bride. Best man was Timmy Dixon brother of the groom. Flower girls was Ariel Dixon niece of the groom, ring bearer was Austin Cox cousin of the bride. The reception followed with family and friends. The couple is graduates of Nicholas County High School and both are employed at Joy Manufacturing in Millsburg, TN. They honeymooned at Myrtle Beach, S.C. and Gatlinburg, TN.

Hamilton-Staggs to wed



Mallory Blair Hamilton and Stephen Tyler Staggs
Buddy and Nancy Hamilton of the Berlin Community would like to announce the engagement and upcoming marriage of their daughter, Mallory Blair Hamilton, to Stephen Tyler Staggs, son of Gary and Marcella Staggs, of Mt. Olivet. Mallory is the granddaughter of Dorothy Galloway and the late Vern Galloway, and the late Stella and Buck Wagner, and the late Linuel and Ethel Staggs. Stephen is the minister at Mt. Olivet Christian Church, and Mallory is a Customer Care specialist for Ty's Toy Box in Florence. The wedding will take place on Saturday, September 13, 2008 at 5:30 p.m., at Asbury Meadows on Asbury Road in Bracken County. After a honeymoon in Las Vegas, the couple will reside in Mt. Olivet.

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FAMILY FOCUS EYECARE

N.C.H.S. Football Alumni held golf scramble

The Carlisle and Nicholas County Football Alumni Association hosted a golf scramble on Saturday, August 16, at Carano Golf Course. Over 40 former players participated in the scramble and remained on hand for dinner that evening. The winning team was composed of Josh Fryman, Robert Hopkins, Larry Jolly, and Darren Robinson. Contests for Longest Drive (Josh Fryman), Longest Putt (Josh Fryman), and Closest to the Pin (Mike Johnson) were held during the course of the scramble. All who participated enjoyed the event and expressed interest in continuing the efforts of the alumni association. If any former players of Carlisle High or Nicholas County High are interested in joining the association, you may contact Weston Smoot at 859-719-0350.



Some of the participants in the golf scramble held on August 16th.

American Legion FISH & FRY
Saturday, Sept. 20 — 6 p.m.
Members and their guests Covered dishes welcome
102 Spring Street

NCMS CHEERLEADERS will be hosting a Fish Fry
WHEN: Thursday, Sept. 18, 2008
WHERE: Nicholas County High School Football Field Parking Lot
TIME: Serving begins at 5:15 p.m.
After your meal, stay and support your 7th and 8th Grade Bluejacket Football Teams.
Games start at 6:00 p.m. and 7:30 p.m.
The meal will be \$6.00 a plate and will include Fish, Hushpuppies, Cole Slaw, and Baked Beans.
The meal will be prepared by Dick Garret.
All Proceeds benefit the NCMS Cheerleaders

Nicholas County Schools Menu
Menu subject to change
Fresh Fruit and Canned Fruit Available Daily
Thursday, September 11
Breakfast: Bacon/Egg on Bun
Lunch: Turkey Sandwich, Lettuce, Tomato, Pickles, Onions, Fruit, Milk
Friday, September 12
Breakfast: Sausage/Cheese on Bun
Lunch: Potato Bar, Chili, Grilled Cheese, Chips, Salsa, Bacon Bits, Pickles, Pasta Salad, Fruit, Milk
Monday, September 15
Breakfast: Sausage, Egg & Toast
Lunch: Fish Sandwich, Mac n Cheese, Baked Beans, Fruit, Milk
Tuesday, September 16
Breakfast: Bacon/Cheese Biscuit
Lunch: Chicken Fajita, Corn, Lettuce, Tomato, Onions, Fruit, Milk
Wednesday, September 17
Breakfast: Sausage/Egg on Bun
Lunch: Tacos, Lettuce, Tomatoes, Refried Beans, Salsa, Sour Cream, Fruit, Milk

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