

LIFESTYLE

Author Silas House at Artcroft Sunday

By Charles Mattox News Editor charles@thecarlislemercury.com

National best-selling novelist, and Laurel County native, Silas House, will be among the list of star-studded performers who will be attending the KPTC fundraising event at Artcroft this Sunday.

House will be appearing and performing with the acoustic group Public Outcry during the event.

"Mr. House is a very generous man," said KPTC Information Officer Jerry Hardt. "Members of the group Public Outcry are each talented musicians in their own right."

House, who is also a musical journalist and environmental activist, is perhaps the best known member of the group and is himself best known for his poignant novels, which reflect his individual perspective on the Kentucky coal country heritage.

He received national acclaim for his first novel "Clay's Quilt," which was published in 2001 and tells a gripping story of Clay Sizemore, a young man who searches for his own identity and information about his mother, who was slain when he was only three years-old. Clay's search for that information and his identity is enhanced by his relationships with a colorful group of family members and friends. The Kroyon captures the essence and tragic intensity of much of Appalachian.

In 2003 House published "A Parchment of Leaves" and the next year published "The Coal Tattoo," which is a prequel to "Clay's Quilt."

"The Hurting Part," House's newest book, will be available at bookstores in 2009. Public Outcry is a group of Kentucky writers and musicians including House, Jason Howard, Jessie Lynne Keltner, Kate Larken, George Ellis Lyon and Anne Shelby. Other artists and individuals perform with the group on occasion. The group is committed to the threat posed by mountaintop removal coal mining to the land, water, forests, and people of Appalachia.

Another well-known author scheduled to appear at the Artcroft event is local novelist Ed McClanahan. McClanahan's most loved works is his novel "The Natural Man," written in 1983. The work quickly gained national prominence and continues to inspire readers. McClanahan had the following to say about the host city and his local roots on his website, EdMcClanahan.com. "Artoft, owned and operated by Robert and Maureen Barker, and located in rural Nicholas County in northeastern Kentucky, is a retreat for working writers and artists from Kentucky and from around the world. Open since 1990, Artoft offers pleasant studio space and comfortable living quarters in a quiet, secluded setting, an ideal environment for creative work and reflection. My own two hometowns, Brooksville (where I lived until I was 16) and Maysville (where I went to high school) are both within

about 25 miles of Artoft.

I am sponsoring a Residency Fellowship in Writing at Artoft.

Author Mary Ann Taylor-Hall will also be present Sunday. Taylor-Hall's short fiction has appeared in The Sewanee Review, The Colorado Quarterly, The Kroyon Review, The Paris Review, The Florida Review, Ploughshares, The Chattanooga Review, and Shenandoah. Her work has won a PEN/Syndicated Fiction Award and has been anthologized in Best American Short Stories. She has received grants from the National Endowment for the Arts and the Kentucky Arts Council. Her first novel, "Come and Go, Molly Snow," was published in 1996. Taylor-Hall's Sunday's event is open to the public and will be a casual affair that will highlight other Kentucky artists and those who are striving to make Kentucky a better place to live.

Some members of the NCHS graduating class of 1966, had a birthday party. They party was at the Carlisle Depot on Saturday September 13, 2008 from 4:30 p.m. to 9:00 p.m. The party was to celebrate the 60th birthday of everyone in the class, either already past or in the future.

Those attending were: Martha Lyons Silbert, Eugene Silbert, Joyce Berry Towles, John Smith, Penny Brookshire Lemons, Gayle (Sherry) Stapp, Kay Shankland, Sally Cox Allison, Nancy Booth McClanahan, Judy Clinkenshard Hardin, Thomas Harbin, Elizabeth Clay Bradburn, John (Phyllis) Cleaver, Teresa Ellington Jackson, G.B. Feaback, John (Jana) Gasswill, Allen Ray (Vicki) Sparks, and Martha George Leonard (Emery Field). Everyone had a great time. We want to wish everyone in the Class of 1966 who couldn't attend Happy Birthday and Hope to see you next time.

Book Signing at Blue Licks

Author Philip W. Hoffman will visit Blue Licks Battlefield State Resort Park Sept. 18 to sign copies of his newly released book "Simon Girty Turncoat Hero The Most Hated Man on the Early American Frontier."

Hoffman will only be at the park for a brief visit and park officials recommend interested individuals who wish to discuss the book with Hoffman and those wishing to have copies signed by the author be in the lobby of the Worthington Center at 11 a.m. Simon Girty was a complex individual who was adopted into Native American culture as a teenager and led Native American and British forces against Kentuckians and ask for the Revolutionary War.

He is perhaps best known for the role of leader of Native American forces at the Battle of Blue Licks, which was fought on property now located inside the park

Class of "66" Birthday Party

Some members of the NCHS graduating class of 1966, had a birthday party. They party was at the Carlisle Depot on Saturday September 13, 2008 from 4:30 p.m. to 9:00 p.m. The party was to celebrate the 60th birthday of everyone in the class, either already past or in the future.

Those attending were: Martha Lyons Silbert, Eugene Silbert, Joyce Berry Towles, John Smith, Penny Brookshire Lemons, Gayle (Sherry) Stapp, Kay Shankland, Sally Cox Allison, Nancy Booth McClanahan, Judy Clinkenshard Hardin, Thomas Harbin, Elizabeth Clay Bradburn, John (Phyllis) Cleaver, Teresa Ellington Jackson, G.B. Feaback, John (Jana) Gasswill, Allen Ray (Vicki) Sparks, and Martha George Leonard (Emery Field).

Everyone had a great time. We want to wish everyone in the Class of 1966 who couldn't attend Happy Birthday and Hope to see you next time.

GO HAWG WILD AT Jerry's 706 Maysville Rd Mt. Sterling, KY 40353 (859) 498-1940

Pork Tenderloin Sandwich Pulled Pork Bar-B-Q Sandwich 1/2 Slab of Bar-B-Q Pork Ribs 6 oz. Pork Chop Dinner Whole Slab of Bar-B-Q Pork Ribs Roast Pork Dinner with Cornbread Dressing

Nicholas County Fair Board presents WOOD FATHERS' NIGHT September 20th, 2008 Carlisle, KY West End Park Tech. Starts at 6:30 Racing Starts at 8:00 All classes 90% payback 4&6 Cylinder Street Stock County Only Superstock Pro Street Info. Call Eli Johnson 859-289-8410, 859-473-2211 Admission is only \$7.00 Tech. Decision is final Concession Available

Carlisle Family Dental Brandon I. Allen, D.M.D. (859) 289-5418 Creating Smiles in Our Community New Office Hours: M-Th: 9 a.m. to 5 p.m. • Fri: 9 a.m. to 1 p.m.

Ohio Valley Endocrinology welcomes Rae Jean Jesse, ARNP to our staff Specializing in the treatment of Diabetes, Thyroid, Endocrine and Metabolic Disorders and Osteoporosis Now scheduling appointments at our main office located at 991 Medical Park Drive, Suite 207, Maysville

Eye on Health

A Healthy Eye Is A Beautiful Eye

(NAPSA) To ensure your eyes remain healthy and beautiful, you may need to look more closely at the value of an annual exam.

Regular eye exams are not just about obtaining optimal vision through the right eyeglass or contact prescription but can also help detect early warning signs of disease that can affect your eye health and general health.

Since an eye examination can help detect many health problems, eye care practitioners often work in conjunction with internists and general practitioners to help empower individuals on their health and wellness journey.

Many doctors offer new technology, such as digital retinal eye scans, that are quick and comfortable and produce a computerized picture of blood vessels in action.

This new technology effectively provides information on eye health and certain systemic health conditions, such as diabetes and glaucoma.

With more than 50 million "prediabetics," 65 million hypertensives and 5 to 10 million Americans with high pressure in the eyes, a regular eye exam is important for your eye and overall health.

Taking the following steps, according to the experts at LensCrafters, can help keep your eye healthy:

1. Begin a regular routine of eye exams with a LensCrafter in most states. Optometrists or ophthalmologists once a year or as often

as the doctor recommends. 2. During the exam, talk about what the doctor is doing during the various procedures and ask for a health and wellness summary.

3. Ask the doctor how soon the next exam should be scheduled. The advice will vary depending on several factors, such as the patient's history of health and disease, age, and use of contact lenses or other corrective lenses.

4. Make sure you explore all your options. Ask your doctor about new technologies that can help you see better. For example, Advanced View Progressive (AVP) lenses available at LensCrafters are one of the latest technologies in multifocal eyeglass lenses.

5. Like other regular health exams, set up your appointment before you leave the doctor's office and ask if they can send you your appointment reminder.

6. Finally, remind your friends and family members. Make sure they also know about the importance of regular eye exams.

For more information, or to schedule an eye exam appointment with the Independent Doctor of Optometry at or next to your LensCrafter, visit www.lenscrafters.com.

\*Eye exams available by the Independent Doctors of Optometry at or next to your LensCrafter. Doctors in some states are employed by LensCrafters.

HEALTHY LIVING

The Graying of America and the Increased Risk for Heart Valve Disease

(NAPSA) In 2011, the first of America's baby boomers will turn 65 and by 2050, more than 71.5 million individuals more than 1 in 6 of us will be "senior citizens."



As the American population ages, the national risk for heart valve disease is expected to increase - leading to greater incidence of valve replacement, an increased use of anticoagulants, and an increased need for monitoring that therapy.

Heart Valve Disease

One condition that is expected to become more prevalent in an older population is heart valve disease (HVD), in which one or more of the four heart valves doesn't work properly. One can be born with the condition (congenital) or develop it later in life (acquired). It is not known what causes congenital HVD. Heart conditions, age-related changes, rheumatism such as plastic, carbon or metal, they're designed to last for years. However, blood tends to adhere to mechanical valves and can create blood clots, which can enter the bloodstream and cause stroke, heart attack or other major organ damage. Therefore, individuals with mechanical heart valves must take "blood thinner" medications more appropriately known as "anticoagulants" for the rest of their lives.

Monitoring Medication

Patients taking warfarin must have their blood tested regularly (at least once a month) to determine how quickly the blood clots. This test is expressed as the International Normalized Ratio (INR). If the blood clots too slowly or too rapidly, the patient is at risk. That is why it is important for patients to monitor their INR often.

Anticoagulation testing can be simple and fast, with results in just minutes rather than days. A handheld anticoagulation monitor is used with a small drop of blood from a fingertick. Such testing takes less time and is typically preferred to the venous blood draws and longer turnaround times associated with laboratory testing.

At-Home Testing

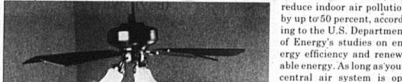
Patients with mechanical heart valves may, with their doctor's approval, opt to take their INR measurements at home with a handheld monitor. Such "self-testers" must first learn how to conduct the tests from a certified health educator. Centers for Medicare & Medicaid Services (CMS), the federal agency that oversees healthcare reimbursement, has approved coverage of charges for anticoagulation monitoring via at-home testing since such testing became available.

To find out more about potential coverage for at-home testing through CMS or private insurance, request a PST patient information kit or call 1-899-776-7616.

Does Your Home Make the Grade?

Improve Your Home's Indoor Air Quality And Overall Clean Factor

(NAPSA) Here's the inside scoop on indoor air quality. It's a hot topic these days because the levels of air pollutants indoors can be higher than outdoors. You can improve your indoor air by following a few tips.



Clean Underfoot

Avoid carpeting that absorbs much of the roughly three pounds of dirt, dust and allergens the average family tracks into its home each week. Instead, select hard floor surfaces such as hardwood, tile or laminate flooring that don't hold in allergens and can be cleaned easily and often with either a vacuum or mop.

Keep Furniture and Windows Dust-Free

Dust and dirt may not always be visible on furniture, but they're there. Leather and vinyl furniture is easier to clean than upholstered fabrics because it can be wiped of dust and dirt with a damp cloth. If you do have upholstered furniture, consider slipcovers that can be machine washed or dry-cleaned several times a year and be sure cushions are removable for cleaning.

Reduce indoor air pollution by up to 50 percent, according to the U.S. Department of Energy's studies on energy efficiency and renewable energy. As long as your central air system is operating, all of your home's air will circulate through this filter, but don't forget to clean or change the filter as frequently to keep it effective.

Have the Right Tools Use a vacuum with a sealed HEPA filtration system to keep 99.97 percent of dust, dirt and allergens locked inside and out of the home, such as the Eureka(r) Capture(tm) vacuum. To add an allergist recommendation to your vacuum, use Arm & Hammer(r) premium vacuum bags, which reduce allergy triggers in the home by retaining up to 100 percent of dust mite debris, household fibers and grass and ragweed pollens, plus particles 15 times smaller than the diameter of a human hair. These bags also use the power of baking soda to eliminate odors and keep air smelling fresh.

several times a year in the bathtub or outdoors with a garden hose and vacuum between deep-cleanings. Wood blinds and shutters as well as vinyl styles are easier to clean than most fabric styles.

Filter the Air HEPA air filters can be several times a year in the bathtub or outdoors with a garden hose and vacuum between deep-cleanings. Wood blinds and shutters as well as vinyl styles are easier to clean than most fabric styles.

For more great suggestions on how to improve indoor air quality, ask our tips from an allergist on reducing allergens in the home, visit www.GoodCleanAir.net.

When seconds count... Nicholas County Hospital's ER is ready! Certified in Trauma, ACLS & PALS SPECIALTY SERVICES RICHARD BLAKE, M.D. CARDIOVASCULAR THURSDAYS 289-7181 GAY EARLE, M.D. CARDIOLOGY MONDAYS 289-7181 JOHN TUTTLE, M.D. UROLOGY THURSDAYS 859-263-1300 ROSINA RYAN, M.D. NEUROLOGY WEDNESDAYS 859-287-0302 PERRY LAURE, M.D. PEDIATRY 289-7181 PAMELA COMBS, M.D. CARDIOLOGY WEDNESDAYS 859-287-0302