

# Mercury Memories

**Five Years Ago**  
17 Jan 2003

Licking River Valley RC&D donated funds for the construction of the shelter at Vanlandingham Park.

**24 Jan 2003**

An 8 inch water line broke on Walnut St, taking workers 16 hours to repair. City lost an estimated 500,000 gallons.

**10 Years Ago**  
22 Jan 1999

Bonds were sold on January 12 for the renovation and expansion project at NCHS. Phase 1 was construction of the new three-story, six-classroom addition. Phase 2 was the installation of a heating/cooling system. Phase 3 was asbestos abatement and renovation of several classrooms and corridors.

**50 Years Ago**  
22 Jan 1959

Jefferson County Judge/Executive Mitch McConnell announced his candidacy for the U.S. Senate seat.

**In Memory of**  
**Lena Christine Garrett**  
Born - Jan. 4, 1920  
Died - Jan 19, 2005

Four years ago today, God called you home. We feel so all alone, But no more sorrow, suffering in pain. We know our loss, was God's gain.

We love you,  
The Children

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2322 Concrete Rd.  
Carlisle, KY 40311  
289-7181  
Visiting hours  
11 a.m. - 8:30 p.m.

# OBITUARIES

**Lucy Terrell Stigall**  
Lucy Terrell Stigall, 74, of Florence, KY died at her residence on Saturday, January 10, 2009. Born in Nicholas County, she was the daughter of the late Sam and Elsie Stigall. She was a graduate of Carlisle High School and Northern KY University, with a major in History. She was an X-ray technician at the TB Hospital in Paris, KY and the University of Kentucky Medical Center in Lexington, KY. She was a member of Lakeland Christian Church in Lakeland, KY. She is survived by her sisters Katherine B. Prust of Oxford, IL and Sue Terrell Bell of Paris, KY; two stepdaughters, Karen Shirley and Kim Keown of Lexington. She was preceded in death by her parents; husband, Paul Bedford Stigall; brother, Roger Alan Terrell and Frank Terrell; sisters Della Mae Krause and Ann Elizabeth Wilson. Services were held Tuesday, Jan. 13, at Stith Funeral Home in Florence, KY with burial following in Forest Lawn Memorial Park in Erlanger, KY. Memorial contributions are suggested to American Cancer Society, 297 Butterfield Pike, Fort Mitchell, KY 41017.

**Jewell Merrill**  
1915-2009

Jewell Merrill 93, died Wednesday, Jan. 14, 2009 after a brief illness. She was born in Fleming County on June 26, 1915 to the late Tom and Eva Workman Fields. She was a member of the Mt. Olivet Baptist Church. She was retired from the Nicholas County School System and a farmer. She is survived by her granddaughters, Veronica (Donnie) Clark her great grandchildren, David Clark, Donna Carson; great-grandchildren, Dylan Carson, Taylor Tobin, one brother, Carlos (Phyllis) Fields; and a host of nieces and nephews. She was preceded in death by her husband, Emmett Earl Merrill; her sister, Lucille Markwell, Frances Road, Christine Fields, Mary Fields, and a special friend, Albert Vice. Funeral services were held at 2:00 pm Monday, Jan. 19, 2009 at the Clark Funeral Home with Rev. James Gaunce officiating. Burial followed in the Carlisle Cemetery. Pallbearers were, Owens Ockerman, Leslie Clark, Robert Harmon, Robert Carson, Darrell Marshall, and Cliff Vice. Clark Funeral Home in charge of arrangements.

**The Carlisle Mercury**  
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Contact Melissa Mitchell  
859-473-2719 or 859-289-6425  
e-mail: Melissa@thecarlislemercury.com

**Happy 4<sup>th</sup> Birthday**  
Happy Birthday, Meghan Love, Daddy

**WANTED**  
Farmer of the Month  
Do you know a farmer who deserves some recognition?  
Let us know!  
The Carlisle Mercury  
289-6425  
or e-mail  
melissa@thecarlislemercury.com

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Under Apr 12 & Screen - \$5.50  
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**Let's Go to the Movies**

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110, 430, 720, 950

**MY BLOODY VALENTINE**  
115, 440, 730, 955

**UNDERWORLD 3: THE RISE OF THE LYCANS**  
125, 405, 710, 945

**HOTEL FOR DOGS**  
100, 425, 705, 925

**PAUL BLART: MALL COP**  
120, 410, 725, 935

**THE UNBORN**  
140, 435, 735, 1000

**BRIDE WARS**  
135, 420, 700, 930

**GRAN TORINO**  
130, 415, 715, 945

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# HEALTHY LIVING

## Playing your way to fitness

(NAPS)-It seems video gamers are becoming less like couch potatoes and more like jumping beans.

The latest wave in video games uses a motion-based controller that players operate by moving their arms and body, rather than by simply pressing a few buttons. The result is a set of new games that engage players on a number of levels-and that present both a physical and mental challenge.

For instance, "Active Life: Outdoor Challenge" for Nintendo Wii features more than 15 different outdoor-themed games that require players to move every part of their body. It comes with a game mat that the player stands on and uses in unusual ways to control while playing.

One of the games is a hurdling race in which the player runs in place on the mat, and actually jumps in the air to make the on-screen character jump over the oncoming hurdles. It's a deceptively vigorous experience that could leave even the most dedicated fitness enthusiasts with a quaken pulse.

Plus, there's enough room on the game mat for two family members to play-side by side, which makes for a wonderfully competitive atmosphere. In fact, many of the 15 games can be played by two people and come in competitive and cooperative varieties, each focusing on a different task.

For example, one game has two players hurtling through an underground track on a mine cart. One player pumps the controller up and down to get the moving, while both players shift their balance to the left or right to make it through tight turns. At the end, the players receive a number of scores and ratings, including one that tracks the duo's teamwork.

Nintendo has also released a game for the Wii, called "Wii Fit" that uses a balance board and different exercises from four training modes.

- Yoga
- Balance games
- Strength training
- Aerobics

Yoga works with certain poses that tone muscles and improve posture.

Balance games - a series of games, such as heading a soccer ball, ski slalom, ski jump, and table tilt, that help you

develop your sense of balance.

Strength training - uses leg extensions, torso twists, push-ups, planks and other exercises to build and tone your muscles.

Aerobics - this mode can simulate using a Hula Hoop, coach you through a step aerobic workout, or even take you on a jog around an island.

The balance board can measure your weight, but is much more than a scale. It can read your real-life movements and bring them to life on the screen, so you can snowboard down a mountain or walk on a tightrope.

"The game" begins with a "Body Test" - a series of short and simple activities that help gauge your body's current level of performance.

The balance board also measures your center of balance. Body Mass Index (BMI), and body con-



You can find video games that get the whole family moving.

control to establish your "Wii Fit Age" that you can improve as you progress through the workouts. And you can even protect your measurements with a PIN to keep your information private.

"Active Life: Outdoor Challenge" retails for \$59.99. "Wii Fit" is available for \$89.99.

## Pocket video game helps stop smoking

(NAPS)-Of the more than 1 billion people who smoke worldwide, half say they intend to quit smoking in the next six months. They have good reason. Quitting smoking makes a difference right away you can taste and smell food better. Your breath smells better. Your cough goes away...

Quitting smoking cuts the risk of lung cancer, heart disease, stroke and respiratory illnesses.

Ex-smokers have better health than current smokers, fewer days of illness and less bronchitis and pneumonia than current smokers.

Quitting smoking also saves money. If you're a pack-a-day smoker who pays between four and five dollars a pack, you can save more than \$1,500 a year.

To help you succeed, here are some tips:

1. First, set a date for quitting. If possible, have a friend quit smoking with you.
2. When you want a cigarette, wait a few minutes. Try to think of something to do instead of smoking, such as chewing gum or drinking a glass of water.
3. On the day you quit, get rid of all your cigarettes and put away your ashtrays.
4. Don't worry if you are a sleeper or more short-tempered than usual. These feelings will pass. Try to exercise-take walks or ride a bike.
5. Remember to eat regular meals. Feeling hungry is sometimes mistaken for the desire to smoke.
6. Finally, consider the positive things about quitting, such as how you like yourself as a nonsmoker and the health benefits for you and your family.

7. To help, you might try a stop-smoking coach.

My Stop Smoking Coach with Allen Carr is an interactive approach that helps you break your nicotine addiction and quit smoking more easily. The game, developed for Nintendo DS, gives you instant access to an expert you can put in your pocket. The game offers 15 innovative minigames to help you dispel the illusions about nicotine addiction. It also has a reward system that helps you track your progress as you move from dependence to freedom.

The game allows you to create your own personal profile and then choose your personal coach from six of Allen Carr's experts. Your coach will give you personalized advice.

Available from the company's website - www.keyoc.com - the Windows version costs only \$14.95.

You begin by entering your gender, age, and weight, and your normal activity level (Basic, Habitual or Extreme). You then set a goal for a future date.

The program includes the USDA Nutrient Data, which makes it very easy to find the proper values for the food you eat.

Diet & Exercise Assistant includes three diet plans: low calorie; low carbohydrate; and low fat. You can follow one of these or create one of your own - for example, if your doctor says you need to eat at least 30 grams of fiber each day, you can enter that value and then track your fiber intake. It can also track specific diets, such as Atkins, South Beach, Shake Up, Zone, etc.

As the name implies, Diet & Exercise Assistant does more than simply track your weight. If you have a measuring device, you can track your blood pressure. You can also

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## Computers can help improve health

One of the most popular New Year's resolutions is "I'm going to lose weight and get back into shape." But if you can't afford one of those diets where the meals are sent to your door, it can be hard to track your calories.

Keyoc's "Diet & Exercise Assistant" is an inexpensive way to accurately track your calories - and more importantly - to help make sure you are still getting the proper balance of nutrients with your meals.

Available from the company's website - www.keyoc.com - the Windows version costs only \$14.95.

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**Health Log**

Thursday January 22, 2009

Time	Activity	Calories	Protein	Carb	Fat
7:00 AM	Breakfast	250	10g	40g	10g
12:00 PM	Lunch	350	15g	50g	15g
6:00 PM	Dinner	450	20g	60g	20g
8:00 PM	Snack	150	5g	20g	5g
<b>Total</b>		<b>1200</b>	<b>50g</b>	<b>170g</b>	<b>50g</b>

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**SPECIALTY SERVICES**

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