

# HALLOWEEN IN CARLISLE 2009



## The Great American Smoke-out

November 19th, we challenge you to stop smoking for 1 day!

• 20 minutes after quitting: Your heart rate and blood pressure drops.

• 12 hours after quitting: The carbon monoxide level in your blood drops to normal.

• 2 weeks to 3 months after quitting: Your circulation improves and your lung function increases.

• 1 to 9 months after quitting: Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

• 1 year after quitting: The excess risk of coronary heart disease is half that of a smoker's.

• 5 years after quitting: Your stroke risk is reduced to that of a non-smoker. 5 to 15 years after quitting:

• 10 years after quitting: The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases.

• 15 years after quitting: The risk of coronary heart disease is that of a non-smoker's.

Research shows that smokers are most successful in kicking the habit when they have some means of support, such as:

- nicotine replacement products
- counseling
- stop-smoking groups
- telephone smoking cessation hotlines
- prescription medicine to lessen cravings
- guide books
- encouragement and support from friends and family members

For more information on how to stop smoking please contact the Buffalo Trace District Health Department @ 606-564-9447

### DEBT RELIEF

- Under the new Debt Relief Law you can:
- STOP Creditor Calls
  - STOP Repossessions
  - STOP Lawsuits
  - STOP Wage Garnishments
  - STOP Home Foreclosures
- The new law is legal and honorable means to deal with the overwhelming debt. You should not hesitate for a moment to take advantage of all these means to re-establish your life. Call now.

**HAYDEN & BUTLER**  
11 N. Sycamore St., Ellettsville, IN  
850-490-3334

is not an attorney. We are not an attorney. We are not an attorney.

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<p><b>2008 Dodge Nitro</b></p> <p>AWD, ready for winter, #476</p> <p><b>\$298<sup>99</sup></b> <b>"0"</b> down <small>payment</small></p>	<p><b>2006 Chevy Monte Carlo</b></p> <p>Super Sport, sunroof, leather, 1 owner, #474</p> <p><b>\$265<sup>17</sup></b> <b>"0"</b> down <small>payment</small></p>	<p><b>2005 Chrysler 300</b></p> <p>Touring Edition, sunroof, chrome wheels, #475</p> <p><b>\$279<sup>83</sup></b> <b>"0"</b> down <small>payment</small></p>
<p><b>04 Jeep Grand Cherokee</b></p> <p>Limited Edition, 4x4, #473</p> <p><b>\$245<sup>95</sup></b> <b>"0"</b> down <small>payment</small></p>	<p><b>1999 Jeep Wrangler</b></p> <p>4x4, auto, new top, #365a</p> <p><b>\$7,500</b> <b>\$6,900</b> <small>was now</small></p>	<p><b>2004 Cadillac Escalade</b></p> <p>ESV, AWD, Florida new car trade-in, #457</p> <p><b>\$23,500</b> <b>\$21,776</b> <small>was now</small></p>
<p><b>2000 Saturn I Wagon</b></p> <p>1 owner, 60K, very low miles, leather, sunroof, #384</p> <p><b>\$189<sup>00</sup></b> <b>"0"</b> down <small>payment</small></p>	<p><b>2001 Nissan Pathfinder</b></p> <p>Clean Carfax, leather, sunroof, #468</p> <p><b>\$9,900</b> <b>\$8,986</b> <small>was now</small></p>	<p><b>2001 Toyota 4-Runner SR5</b></p> <p>4x4, clean Carfax, winter ready, #441</p> <p><b>\$11,900</b> <b>\$9,867</b> <small>was now</small></p>
<p><b>2001 Subaru Outback</b></p> <p>AWD, LL Bean style, 1 owner, #402</p> <p><b>\$209<sup>84</sup></b> <b>"0"</b> down <small>payment</small></p>	<p><b>Manager's Special</b> <b>2007 Ford F-150</b></p> <p>Hard-to-find manual trans., local trade, 1 owner, #417a</p> <p><b>\$279<sup>77</sup></b> <b>"0"</b> down <small>payment</small></p>	<p><b>2007 Mazda CX-7</b></p> <p>1 owner, 4-cyl turbo, #415</p> <p><b>\$309<sup>27</sup></b> <b>"0"</b> down <small>payment</small></p>
<p><b>2002 Toyota Tundra</b></p> <p>All access cab, limited edition, #425</p> <p><b>\$259<sup>74</sup></b> <b>"0"</b> down <small>payment</small></p>	<p><b>2001 VW Passat Wagon</b></p> <p>Low mileage, V6, leather, sunroof, #470</p> <p><b>\$169<sup>87</sup></b> <b>"0"</b> down <small>payment</small></p>	

**Bad things happen to good people. We can help re-establish your credit. Come in and find out how!**

# Our Musical Magicians

*The Newspaper Group*  
Publishers of

- The Carlisle Mercury
- The Bath County News Outlook
- The Fleming County News
- The Robertson County News
- The Menifee County News

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