

MERCURY TRIANGLE HEADQUARTERS-SALTWELL-BARTERVILLE

Fourteen members and one child attended the Ellenville... Homecoming meeting on Thursday at the Floral Hall Building at West End Park. Phyllis Brady gave the devotional on "Completes Joy" from "The Quilt of Life"...

at the month for the White Elephant Sale and it was hilarious fun. Kathleen and I then John Snagy was the auctioneer. The lesson for this month was about the family and friends...

at the Beech Orchard Festival. Diana Phillips had her tent of crafts there. Mr. and Mrs. Chris Morgan and children of Headquarterers spent a day this weekend at the zoo for the 11th birthday of Asha.

Arthur and Faye food writer, Sharon Buzzard attended the visitation and funeral of David Conley held at the Robertson County High School on Friday night and Saturday.

Mr. and Mrs. Charles Doyle and Mr. and Mrs. Charles Doyle attended the funeral of Lyle Fryman Tuesday night with the Relay for Life...

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Notes from the Pastor's Study

By Bro. Steve Smith My good friend Sherry Brookshire passed this thoughtful piece to me. It is a refreshing reminder of what we all too often take for granted. Enjoy!

...If you have food in the refrigerator, clothes on your back, a roof over your head, and a place to sleep, you are richer than 75% of this world. ...If you live money in the bank, in your wallet, and spare change in the world. ...If your parents are still alive and still married, you are very, very rich. ...If you wake up this morning with more health than illness, you are more blessed than

the million who will not survive this week. ...If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pang of starvation... you are ahead of 600 million people in the world. ...Being able to read the "ponderables" you are more blessed than over two billion people in the world that cannot read at all. Don't want to till Thanking God to express and give thanks to God for your abundant blessing! At the old hymn says: 'Count your many blessings, name them one by one.'

Birth



Charles Kash Pope was born on September 19, 2009 to Christy and Tim Pope. He was born at the Harrison Memorial Hospital at 12:16 p.m. He weighed seven pounds and 1/2 ounces, 20 inches long. Paternal grandparents are Charles and Carolyn Pope of Carlisle. Maternal grandparents are Bill and Mary McFarland of Cynthiana. Charles was welcomed home by his big sisters, Amanda, Lisa, Audrey and Lydia.

Carnico Restaurant off U.S. Hwy. 68 on Lake Road, Carlisle, KY • (859) 289-5400 Always Open to the public Wed. & Thurs. 5-10, Fri. & Sat. 5-1

Carnico Restaurant is proud to present Music by City Limits from 9-1 Saturday, Oct. 10th Nightly Specials & Full Service Bar

THE PRIZING HOUSE GRAND OPENING GALA CELEBRITY CHEF DINNER SATURDAY, OCTOBER 17, 7 PM. A FINE DINE-IN OR TAKE-OUT MENU WITH A FEATURING: CHEF BRIGINE NGUYEN AS SEEN ON THE FOOD NETWORK

Mt. Sterling Fun in October! Our small town is big fun in the fall! Two Sisters Pumpkin Patch is Now Open through Halloween! Pick a pumpkin and enjoy a walk through the corn maze. Petting zoo and wagon rides. Open 10am-7pm, closed on Sundays. 5000 Van Thompson Road. Phone: 859-498-5403.

Apple Butter Day at Bramble Ridge Orchard Taste the fresh apple butter, cider, donuts, apple pies and more! Saturday, Oct. 10th from 10am-4pm. 2726 Osborne Road, 2 miles past Easy Walker Park. Phone: 859-498-9123.

October Court Days The Oldest Festival in Kentucky is now a 4 day event- Oct. 16th-19th in downtown! New this year is a special concert by the Kentucky Headhunters on Saturday, Oct. 17th at 5pm. Tickets available at Old Silo Golf Course and K107-FM.

Tour the New Gateway Regional Center for the Arts Open Tues-Fri. 10am-5pm and 11:30-4:30pm on Saturdays. Take a tour of this fantastic new Arts Center with a variety of exhibits and performances. 101 East Main Street. Phone: 859-498-6264

Halloween Fun at BooFest! Fun and free event for the kids with candy, costumes and music at Easy Walker Park. Thursday, Oct. 29th. 6pm-9pm. Phone: 859-498-6728.

Boo Wop Doc Wop Show Enjoy your favorite 50's and 60's music at MCHS Arena on Halloween! Tickets available at Ruth Hunt Candy and Gateway Regional Arts Center. Only \$10.00 Adults, \$5.00 students, 8pm showtime. Affordable Fun for the Entire Family Kentucky I-64 at Exit 110 • For information visit: www.mtsterlingtourism.com

SCHOOL

Dog Gone Wild Chapter 4

The Dependable Pup Tent! If there's a perfect name for our camping home, it was a pup tent named "Woody," Dad explained. "A pup tent refers to a shelter that doesn't have floors or windows. It's like a tent we have to assemble, so let's read the directions." "Directions?" I barked. "Woody's smart. We don't need directions." "Woody, this is our home for the next several days. I think we should read the directions and get it right. A survival rule is taking the time to do it right the first time."

my camping book that snakes are more scared of people than we are than them. Besides, I can tell by looking at it that it's not venomous. It is all one color and it has a spoon shaped head, not a flat head. It shouldn't bother us, but I still have the willies! Let's quietly leave."

Thanks to directions and teamwork, we had our home. "Let's go fishing," I suggested, grabbing my pole. "Not yet, son," Dad answered. "We have to gather wood and kindling for a fire later." "With the trees around us, that shouldn't take long! Can I borrow your knife, Dad?" "We can't cut off branches of a perfectly good tree," Dad said. "It could destroy it. We also want to find wood away from the campsite so we won't use up all that's here. We need to respect the land and not use all its resources." I hadn't realized that. "Anyway, Woody, we all remember what happened the last time you borrowed a knife," Chloe said, reminding me of the silly mistake that meant a trip to the vet last month.

I said, knowing it was wrong to fib. Chloe rolled her eyes and Mom and Dad laughed. "Once our tent was ready, firewood gathered and food put away, our parents explained fire safety. "Pups, campfires are fun, but they're a big responsibility. We must keep the fire small and never leave it unattended. We also must have water with us at all times in case the fire gets out of control."

"Dad," I asked, "May Chloe and I walk down the hill and find firewood?" "Sure, but don't get out of sight and stay together. Remember," Dad instructed, "be respectful and don't bother any rocks, animals or trees. This is their natural habitat and we have to value that." Chloe and I promised to obey. As we went in search of firewood, we sang, "Do your ears hang low, do they wobble to and fro? Can you hang low, why have you stopped singing? The part where we tie our ears in a knot is my favorite part!" "Woody," Chloe whispered, "Don't move. There's a snake in front of us." I saw it! My heart began pounding out of my chest. I didn't want Chloe to know how scared I was! I was the brother, the protector. Even though I was scared, I was determined to play it cool. "Don't worry, Chloe. I'll protect you," I said, sounding cool as a cucumber. "Thanks Woody. I read in

Once we understood the rules, we gathered around the fire and sang some more camp songs. I wanted to sing every verse of "John Jacob Jingleheimer Schmidt," but my eyes were heavy. "Tomorrow's a full day, pups. You two go to bed and Dad and I will stay up for a while to make sure the fire is completely out." Mom instructed. I knew I would be asleep as soon as my head hit the pillow. Chloe and I walked in our pup tent and I pulled back my sleeping bag. "Momm! Dadaa! Help!"

NOTICE The City Office will be closed on Monday, October 12 for Columbus Day. There will be NO CITY TRASH COLLECTION on Monday, October 12. Monday's route will be picked up on Tuesday, October 13. City of Carlisle

Sandy Hamilton Advertising Representative (859) 479-2828

The Regional Classifieds Mail us at P.O. Box 272 Carlisle, KY 40311

Carlisle Clinic, PSC 107 SOUTH BROADWAY Welcoming New Patients

Barterville United Methodist Church is having a Community Pig Roast and Hay Ride Saturday, Oct. 17th

Bread of Life John 1:2 Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the Kingdom of God.

Q: What are the signs I may have Peripheral Arterial Disease, or PAD?



HEART-TO-HEART WITH CARDIOLOGIST Nezar Falluji, M.D., M.P.H.

A: Peripheral arterial disease occurs in the arteries supplying blood to the legs and sometimes the arms, kidneys and brain. The flow of blood in the artery is limited severely to the development of blockages. Symptoms include crampy leg pain (know by physicians as intermittent claudication) which occurs with exercise and, ultimately, at rest, leg ulcers or poorly healing skin wounds on the feet. Similar symptoms, although less common, occur in the arms. PAD can also be recognized by stroke-like symptoms (if it affects the brain's arteries) and impotence in men.

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