

HEALTH

Bourbon Community Hospital to hold community health fair

Bourbon Community Hospital announced plans today for their Annual Community Health Fair to be held on Saturday, the United Way of the Bluegrass. Last year the hospital raised over \$4,000 from their Health Fair Event for the United Way of the Bluegrass. The hospital will be offering discounted blood work, screenings and other tests. Flu shots will also be available this year for \$15 (we will not be offering the H1N1 vaccine, commonly known as

Complex at 8 Louisville Drive. There is no cost to participate and prizes will be awarded to the winners. Look in today's paper for your pre-registration form and more events you won't want to miss at the fair. For more information on the Health Fair or to reserve a booth, please call Diane Wagener, Director of Business Development at 858/987-1001 or e-mail her at diane.wagener@LPNT.NET.



Sweet Potatoes

James T. Howard raised some sweet potatoes that grew as a bunch instead of single. The sweet potatoes were raised in Ricky Howard's garden on Upper Jackstown Road.

Diabetes awareness picks up speed on Twitter and on the racetrack

NAPSA) - As a leading professional race car driver, Charlie Kimball continues to prove that, with proper management, diabetes does not have to be a roadblock. As he travels to events across the country, the first American open-wheeled racing driver with diabetes will update fans on the free social messaging service Twitter, providing updates (called "tweets") directly from his mobile phone about his race progress and diabetes management, representing a different direction in sharing real patient experiences. Kimball's page, called "Race with Insulin," is part of a larger initiative sponsored by Novo Nordisk, the company that makes the insulin he uses to help manage his diabetes.



"Race with Insulin" provides me the opportunity to regularly reach out to my fans with real-time updates about life as a race car driver with diabetes," says Kimball. "When I am not traveling at speeds of 160 miles per hour, I hope to reach as many people living with diabetes as possible with my own story and inspire them to take an active role in managing their health."

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-Charlie Kimball

Social networking services are now being used to promote health awareness. DeLarge, associate director of marketing at Novo Nordisk. "We hope that by providing Charlie an interactive platform to share his message, we can motivate patients and health care providers to learn more about ways to dialogue about health care." Kimball and Novo Nordisk are committed to ensuring compliance with all laws and regulations, including the PhRMA organization guidance on direct-to-consumer advertising. Throughout the season, Kimball tweets from his car about becoming a sponsor. He has had the Novo Nordisk corporate and insulin logo on his first suit and helmet since April 2009 and on the car since May 2009. "Charlie is an inspiration to anyone with diabetes," says Craig

ABSOLUTE AUCTION 59+ Bath County Farm Saturday October 10th 10:00 AM "Selling to the Highest Bidder"

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BOURBON COMMUNITY HEALTH FAIR October 31, 2009 - 8 am - 11 am

- Information Booths Free Screenings Discounted Blood Test Flu Shots Costume Contest for Kids

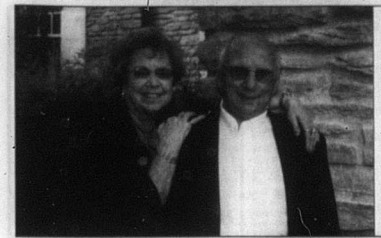
Proceeds to Benefit the United Way of the Bluegrass

For your convenience, you may PRE-REGISTER for health screening at the following locations:

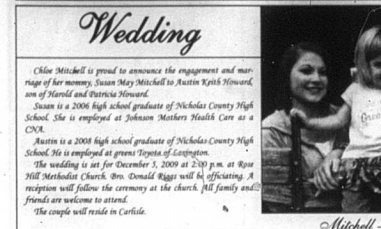
Registration form with fields for Name, Age, Sex, Date of Birth, Phone, Mailing Address, Physician, Address, and Type of Test (PSA, Blood Typing, CBC, etc.).

Please mail form and check or money order to: BOURBON COMMUNITY HOSPITAL, Health Fair Pre-Registration, ATTN: Diane 9 Louisville Drive, Paris, KY 40361

LIFESTYLE



Mr. and Mrs. Paul McCarty will celebrate their 50th wedding anniversary on October 17, 2009 with trip to Macanaw Island in the fall. The couple was married October 17, 1959 in Lexington, Ky. They have one son, Paul McCarty, Jr. and daughter in law PJ, three grandchildren and three great-grandchildren.



Chlor Mitchell is proud to announce the engagement and marriage of her niece, Susan May Mitchell to Austin Keith Howard, son of Harold and Patricia Howard. Susan is a 2006 high school graduate of Nicholas County High School. She is employed at Johnson Matthey Health Care as a CNA. Austin is a 2008 high school graduate of Nicholas County High School. He is employed at Great Topics of Lexington. The wedding is set for October 3, 2009 at 2:00 p.m. at Hope Methodist Church, Rev. Donald Rigg will officiate. A reception will follow the ceremony at the church. All family and friends are welcome to attend. The couple will reside in Carlisle.

Kym's Corner

Color me autumn! Most people tend to dread the fall of the year because they know the cold, dark days of winter will soon follow. My name. I have always looked forward to those crisp, cool autumn days and the burning colors of fall foliage. There are so many incredible reasons why I love the harvest season. For one thing, getting new school supplies was a joyous occasion for me. Even now, the thoughts of a brand-new box of crayons sounds thrilling, or a pack of lead pencils waiting to be sharpened just right. I guess you could say I was an odd child. Okay, I guess that still applies to my current personality, but I never got excited about getting new school clothes. New shoes, well, that's another story, but when the other kids were all excited about getting the latest outfit, I was planning my trip down to the notebook and paper section of Maloney's or T.G. & Y.

the used math text. I hated math and having a few answers jotted down was okay with me. Down through the years I have always looked forward to fall festivals and chili suppers and can still remember the ones I attended in grade school. And, of course, we always got excited about the Bethel Methodist Church cookout every October where we gobbled up roasted hot dogs and yummy, gooey marshmallows. Of course there's Halloween with all the cute whimsical ghost and goblin hanging around and jack-o-lanterns to greet you all around the neighborhood. My sisters and I still take our little ones to Sharpshooter for trick-or-treating. We love the nostalgic atmosphere of walking around our hometown plus it just seems more like Halloween. The fall season always puts me in a more cheerful mood.

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