LIFESTYLE

Is your family prepared for an emergency?

Fire conce a year. Replace and the state of the state of

To protect yourself, it is Make sure security gratings on windows have a fire safety-opening fea-ture so they can be easily opened from the inside.

Consider escape ladders fire. A fire spread quickly; there is no time to gather valuables or make a phone all. In just two minutes, a fire can become life threatmore than one level, and

are can secone lite tireatmore than one level, and
residence can be engulfed
an inflames.

Heat and smoke from fire
can be more dangerous than
the flamys. Inhaling the su
Teach family members per-hot air can sear your to stay low to the floor per-not fair can sear your lungs. Fire produces poi-sonous gases that make you disoriented and drowsy. In-stead of being awakened by a fire, you may fall into a (where the air is safer in a fire) when escaping from Do not let trash, such as deeper sleep. Asphyxiation old newspapers and mag-azines, accumulate. s the leading cause of fire deaths, exceeding burns by Flammable Items

Never use gasoline, benzene, naphtha, or similar flammable liquids in

The following are things doors.

you can do to protect your • Store flammable liquids self, your family, and your in approved containers property in the event of a in well-ventilated storage * Never smoke near flam-

Smoke Alarms.

Never smoke near same.

Install smoke alarms.

Properly working smoke - Discard all eags or malarms decrease your trails that have been chances of dying in a fire soaked in flammable liquids.

Since the dectrical writing and be part of your residence checked for the part of y alarms decrease your chances of dying in a fire by half. etc. The state of them of the

dence. Place them outside bedrooms on the ceiling . Insulate chimneys and or high on the wall (4 to enclosed stairs and near branches hanging above (but not in) the kitchen. Test and clean smoke

Test and clean smoke alarms once a month and replace batteries at least ternative heating sources.

er's instructions. · Store ashes in a metal con-Store ashes in a metal container outside and away from your residence.

Ask your local fire defrom your residence.

Ask your loca partment to ins residence for frapery, and flammable

* Keep a screen in front of the fireplace.

Have heating units in fire, you should spected and cleaned as might be a certified specified as the fire is extinguished. Running only wishes the fire is extinguished.

calists. Running only makes the fire burn faster.

Keep matches and lighters up high, away from children, and, if possible, check closed doors for in a locked cabinet. Never smoke in bed or them. If you are escaping when drowsy or medicated. Provide smokers with deep, sturdy ashtrays. Douse cigarette and cigar butts with water before

Inspect extension cords impair your ability to es-for frayed or exposed cape a fire (i.e., ladders wires or loose plugs. and crawling).

Make sure outlets have Crawl low under any Insulate chimneys and place spark arresters on Top The chimneys should be at least three feet high on run under rugs, were place or cellent free along the cortex of the control of the co

not run under rugs, over ceiling.
nails, or across high-traf- • Close doors behind you er than the roof. Remove To close doors behind you be close to does behind you control or outlets. If you need to plug in two or three appliances, get and around the chimney.

wiring. Other feet away from flammable . Sleep with your door

net away fried manimana be sleep with your door factors and early to the force and early to the control of the them. ate immediately. the property during your consider installing an au- of f you are a tenant, con- absence.

partment to inspect your residence for fire safety

through a closed door, u

*Check with your local fire department on the legality department on the legality built-in circuit breakers to disage favores heaters in your community. Be used to see that the properties of your community, Be used to find the properties of your community. Be used to fill the properties of your community. Be used to fill known best with the properties of the properties yourself, call 911; cool and cover burns to reduce

chance of further injury . If you must leave you ing is unsafe, ask some-

| | Real Property | Personal Property | Motor Vehicle & Watercraft |
|----------------------|------------------|----------------------|-------------------------------|
| General Fund | 12.1 | 15.2 | 15.0 |
| Fire Dist. (county) | 5.2 | | |
| Library | 5.0 | 8.69 | 2.2 |
| Board of Health | 4.0 | 4.0 | 4.0 |
| This Codinance shall | to make but to | | |



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HEART-TO-HEAR WITH CARDIOLOGI Nezar Falluji, M.D., M.P.I

I'm a 45-year-old female. Lhave experienced chest pains-lately, but thought it was acid reflux. Could it be something more?



1210 KY Highway 36E, Suite G3, Cynthiana, KY 41031 859.234.9222 • 800.956.5075

Women often miss signs of a heart attack because they don't always resemble the typica "Hollywood heart attack" of a ma clutching his chest Sixteen thousand young women in America die annually from heart disease, and another 40,000 are hospitalized.

In a recent study, 88% of women reported traditional symptoms of chest pain, yet only 42% suspected a heart attack. Many women don't seek care within the first hour. because they believe the symptoms aren't serious, will go away, or they're just too busy.

Women need to empower themselves by knowing their potential risk of heart disease, seeking early care for unclear symptoms, such as chest discomfort or shortness of breath.



LIFESTYLE



Blue Jacket Seniors

Since 1867

The Nicholas County Blue Jacket Serior Football Team members are: Front Row, L-R, Cody Barnert, Patrick Frymon, Geoffrey Culbertson, Anthony Kiskaden, Jacob Culbertson. Back Row, L-R, Roy Shrout, Zach Lemon, George Norman, Sven Hagerman, Marius Bagle, Ben Layne and Sebastian Culbertson.

Autumn clean-up This year the first day of tion of the colder w

autumn falls on Tuesday, er.
Sept. 22. Although many
Take advantage of the

people may equate the cooler weather to head spring season with clean-ing and clearing out clut. furniture or move it into ter, the same interior and storage. You will also exterior clean-up can be want to keep on top of done in autumn as well. leaves dropping from the Take the time to switch trees.

curtains and other interior decor items from cause damage to lawns, back-up and possibly walightweight materials to and leaves blocking gutters and downspouts of house.

Enjoying "The Great Outdoors" (NewaUSA) The search by city, state or experts; their moms. tiffiction is required, world has changed; Wii zip code to access out "When we go outside, Attendance at all ses-

has replaced "Wheeeeer" door adventures nation—my kids become their Tweeting is no lon- using the finding and extentive and events, the petty arguments Blackberries aren't for trails, avairies, with about whose turn it is picking on a warm sum—life preserves, regional to go first or what to do near afternoon. Kids parks, zoos and camp. noxt.

Sundour spend twice as attes. With NatureFind, but of the property of

Wildlife Pedersition's just a few clicks away. Each of the more than (NWF) recently refer a signed and re-launched spending time out 30,000 events in the online search tool, helps side easy for families, NatureFind database modern kits discover says Rebecca Garland, is accurately confirmed

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ted submit a Resume to Melissa 2. O. Box 2.72 Carlisle, Ky 4031

or 859-289-6425

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help you, ge more for your

Out There campaign, a doors as close as your added daily.

mom-led movement to fingertips."

To get started on raise happier, healthier

The benefits of green your next family out-

who want to spend more time in nature.

The next pudde-jump- or of EnviroMon.com ing excursion or fish and Portland mother of NatureFind, National ing trip with grandpa is two girls, ages 5 and 7.

and a part of NWFs Be benefits of the great out cations and events are

children with a lifelong time to children's minds door adventure, go to appreciation for nature. and bodies can be seen www.nuf.org/nature-NatureFind users can immediately by the find.

be announced.

om instruction in nunter ethics, wildlife identification, outdoor survival, first aid, firerms, bow hunting and ssion includes actual

Upon successful comoletion of the course, graduate card is issued which is valid in any has replaced "Wheeeee!" door adventures nation- my kids become their sions is required for

Blue Licks Battlefield State Resort Park

Camper Yard Sale

Oct. 9-10

Hunter Education Course

Kentucky any state, province or test. For lices A free Actuacy any state, province or test. For license re-Hunter Education country whose course quirements check the course is scheduled meets the standards Kentucky Hunting & for October 1 & 2, established by the Trapping Guide or on-2009, from 6:00 PM International Hunter line at fw.ky.gov. 2008, from 6:00 PM international Hunter line at fw.ky.gov. until 9:00 PM and Education Association For additional in-October 3, 2009 from (HEA). A bow hunter formation, please con-900 AM until 12:00 not in possession of a tact Phyllia or Butch PM at the Bland firearm, may carry a Alexander, 289-2853, Building, Bourbon hunter education or a Charles Dunn, 289-County Legion Park, bow hunter education 3020, Marie Halpin, County Legion Fark, owe munter education 3020. Marie Halpin, Legion Drive, Paris, course completion card 289-8010 or Chris Range Work will be from any state, prov. Fearns 484-1340. Held following the last ince or country. The Ifyou took the class-come session on course shall meet the comession shyvideo. October 3rd at a site to standards established CD-Rom. Workbook

e announced. by the IHEA. This or Internet, come to The course, spon certification is in ad-the classroom session, oved by the Kentucky dition to appropriate with a notarized affida-Department of Fish license and permit revit of the completion, and Wildlife Resources, quirements. Children at 9:00 AM on October the Nicholas County are not required to 3rd as the test will be Wildlife Club, and complete the course given during this ses-Bourbon and Nicholas until they turn 12 year sion with range work County 4-H Shooting old. Children must be following in the after Sports includes class- 9 years old to take the noon until complete.

Having an event? Get the word out! ange firing and an ex-Contact Melissa
to get it on the Calendar of Events







The Carlisle Herrury PLENING COUNTY NEWS

News-Outlook

