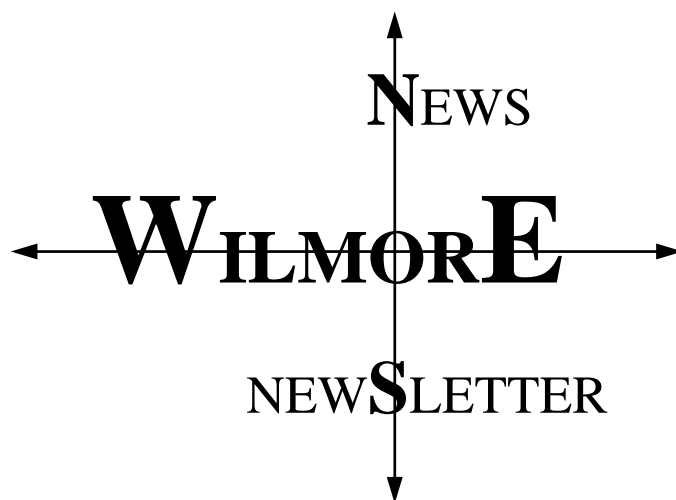


June 2007



**STONEBRIDGE SUMMER
SATURDAY NIGHT CONCERTS**

Coming to Wilmore this summer, an entire summer of free outdoor concerts, including bluegrass, jazz, big band, barber shop, etc!

The first concert will be June 2nd, 7 p.m., featuring Wes Houp displaying his talents with guitar and folk singing. Following Wes, you will be treated to the outstanding music of the Kati Penn Bluegrass Band!

Some tables and chairs will be provided but feel free to bring your own lawn chairs and blankets. Refreshments are available for purchasing at the event but picnic baskets are welcomed!

The Downtown Green is located off of East Main St.; turn by the Caboose onto Rice Street; The Green is on the right. In case of rain, the event moves to the Wilmore Elementary School.

Go to www.wilmore.org and click on *Stonebridge Concerts* for info on future performers.

Friday, June 22nd @ 7:00 pm at the Pavilion, Two Journey the Kentucky Duo will perform. Come see a blend of southern bluegrass gospel music by local talents Chad Hammond, Samatha Penland and Dena Hassle.

The flower baskets are up and growing prolifically despite the lack of rain. The annual beautification project is again under the direction and care of the Wilmore Public Works Department. The flower baskets are a warm welcome as visitors come to Wilmore. We have many events, festivals and activities scheduled this summer. Plan on attending and join in by inviting your extended families and friends. We welcome you to take part and hope that you have a safe and fun summer!

Farmers' Market held each Saturday in the City Hall parking lot. Stop by and pick up Kentucky Fresh locally grown produce. See you there!

Adventure at the Wilmore Post Office

By Deanna J. Baxter

After living in Memphis for thirty years, I recently moved back home to Kentucky. Though I never thought of Memphis as home, it defines who I am, so my first trip to the Wilmore post office was very illuminating.

Every week I mail grocery coupons to my daughter in Massachusetts, and she sends me her receipts to show how much money she has saved. It's a long-distance mother-daughter bonding thing.

Going to the post office is never a simple matter in Memphis: too many people, too many cars and too many criminals. I always had to leave early, always expected a half-hour wait and always planned on a time-consuming trip home through heavy traffic. The biggest challenge was outwitting the criminals. After having my purse stolen three times, I took a course and became certified in street savviness.

Outwitting the criminals begins when you lock your front door. Don't fumble for your car keys. Have them in your hand. Carry your wallet in your pocket, where it's not so noticeable. Look up and act like you are in command. Attitude is critical. I always wore my Memphis "don't-mess-with-me" look.

If the choice is bodily harm or valuables, throw your keys as high and as far as you can, and fall in a heap on the ground. Dead weight is hard to move. If you don't have time to do this, talk continuously. Use a scare tactic: talk about God's punishment for people who hurt and steal. If this doesn't work, get physical. Grab your attacker's thumbs and push them back as far as you can. Or push your thumbs into his eyes or his Adam's apple. I hope God feels comfortable with all this violence—I've heard that God helps those who help themselves.

For my initial trip to the Wilmore post office, I left the house looking casual but alert, with my keys in my hand. No fumbling. I locked my car securely and adjusted the mirrors to watch for anyone following me.

On my way, the only thing I saw in my rear-view mirrors was a big slow-moving tractor pulling a hay wagon. I reached the post office in less than six minutes and found more parking spaces than cars. Beginners luck, I thought. Before going in I put on my Memphis "don't-mess-with-me" look so as not to be intimidated.

There was no waiting line. I had a small adrenalin letdown. This sweet, smiling lady said, "Hi, may I help you?" Quickly adjusting my "don't-mess-with-me" look to a rubbery smile, I mumbled hello, handed

over my coupon package and paid the postage. The transaction took less than three minutes.

Turning to leave, I noticed a bowl of hard candy on the counter. "Take one," the post office lady said. I managed a stunned "thanks" and left. A candy bowl at the post office!

I sauntered to my car and got in—and forgot to lock the door. The hay wagon was just turning the corner when I looked out my rear view mirror. Munching on my hard candy, I thought, "I'll have to find a new way to face life in Wilmore, Kentucky."

Deanna J. Baxter is a member of the Wilmore Writers. Until her recent retirement she was executive administrative assistant to the president of Southwest College of Optometry in Memphis. She and her husband, Jim, recently moved into a patio home at Wesley Village.

The Wilmore Writers Group

meets in the

**Senior Community Center
at Wesley Village**

Thursdays from 1:30 to 3 pm.

**New and experienced writers from the Wilmore
Community are welcome.**

No meetings in June, July and August.

For information, call Shirley McMillan, 858-0385

You Are Invited...

**Wilmore Camp Workday,
Saturday, June 9, 9:00 A.M.**

**Needed: People to clean and repair
things for this year's camp meeting.**

**Potluck Meal at Noon in the Dining
Hall. Place settings and drinks
provided. Bring a dish to share.**

**Prayer Walk at 1:00 P.M.
All ages may participate.**

**Questions...call
Allen Holmes at 858-9530 or
Margaret Dargan at 858-3183**

Wilmore Senior Community Center

June Activities

In addition to dining and library services, plus weekly classes for the best of life's enriching activities, all area seniors are also invited to the following special events...

Friday, June 8th, 11:00 AM

Youth Choir from Morristown, TN

Come hear a sure-to-please concert of religious, patriotic and show tunes with seniors in mind presented by the Youth Choir of Morristown, TN's First United Methodist Church.

Free and open to the public.

Thursday, June 14th, 11:00 AM

Flag Day Ceremony

Wear your red, white and blue as we celebrate our nation's flag with patriotism and spirit!

Free and open to the public.

Thursday, June 21st, 3:30 PM

Jessamine County Forum: Highbridge Springs Underground Storage

Postponed from May, hear the amazing story of how this rural farm cavern and spring was sold at auction to become a national leader in bottled water and high tech. storage.

Bus tour included, so seats are limited. *Please call Alan at the number below for a free reservation.*

Wednesday – Friday, June 27-29, 3:00 PM

Super Star Chef Turns Silver

Do you like to cook, but wish you knew more about nutrition and how to stretch your food dollars? Then this class is for you! Join in this three-day hands-on adventure in learning new ways to make the best meals possible. Cooking supplies provided. *Please call Alan at the number below for free reservation.*

Thursday, June 28th, 6:00 PM

Movie Night: "Mr. Smith Goes to Washington"

Frank Capra's 1939 Academy Award-winning classic of an idealistic junior senator taking on the powers-that-be in our nation's capital. Jimmy Stewart is at his best showing how one person, with enough courage and conviction, truly can change the world. **Free and open to the public.**

Coming again in July... "AARP 55 Alive!"

Back by popular demand, for experienced drivers over 55 who want to brush up on safety tips and receive a significant discount on their auto insurance. Now forming a class for July.

Dates to be announced. \$10 registration fee. **Call Alan at number below if interested.**

For more information on all the life-enriching activities of the Wilmore Senior Community Center, please call Alan Beuscher at Wesley Village, 858-3865 ext. 238.

Keep Kids' Sports Safe

One of the best things you can do to help your child avoid lifelong weight problems is to encourage him or her to get involved in sports or other physical activities at a young age — but don't forget to talk to them about safety. Experts at the Children's Health and Research Center in Oakland say sharing the following advice with your kids can cut childhood sports-related injuries by 80 percent!

Always warm up beforehand

Do a variety of activities rather than the same movements over and over

Learn to recognize when it's time to take a break

Don't try to lift weights until after puberty, and then only with a doctor's okay and lots of supervision

Focus on fitness, not just performance

Stop at the first sign of pain rather than trying to push through it

Teach your kids to play it smart when it comes to staying active, and they'll grow up healthy and strong!

Do you have a health tip to share?
E-mail cckimdeyer@aol.com

The Word on Water

Contrary to popular belief, it's not necessary to keep track of how much water you drink each day. Instead of following the frequently recommended guideline (eight cups daily, which turns out to be an arbitrary amount), the Institute of Medicine (IOM) suggests drinking when you're thirsty. By using this gauge, studies show that most Americans do a good job of keeping themselves hydrated throughout the day — without keeping track of water consumption.

What's Behind the Big Gain?

We're in the middle of a national health epidemic: According to the latest statistics, one in three American adults are considered clinically obese! So what's behind our battle with the bulge? Experts from the Centers for Disease Control and Prevention say these four bad habits are largely to blame:

Eating out: Americans today are eating out more often than ever before. While it may save time, it's not good for the waistline. Cut fat and calories by eating more quick-to-fix meals at home. If you must eat on the run, opt for the healthy choices on the menu. **Super-sizing:** We want the best deal for our dollar, but getting oversize portions for a few cents more is no bargain. Stick to small orders, and even then be sure to watch your portion sizes — today's "small" size can exceed a single recommended serving! The same goes for eating at home, too. **Liquid sugar:** Health experts say Americans are literally drinking on the pounds. Reach for water or iced tea rather than soda or other sugary drinks. If you absolutely cannot give up soda, switch to sugar-free — but remember, even these drinks are full of artificial chemicals, so don't overdo it! **Too much TV:** Experts say our couch potato lifestyle is just as much to blame for our bulging bellies as what we eat. Instead of turning on the tube when you want to unwind, do something active! Go for a walk, head to the park, or get the family involved in a game of catch. Do anything but sit!

**The Hospice of Jessamine County
Presents**

CREATIVE COPING
*A healing program
designed for
children ages 6 to 14 who have
lost a loved one.*

Saturdays, June 9, 16, 23, 2007
from 10 a.m. to 12 noon.

At the Hospice office at 109 Shannon Parkway,
Nicholasville, KY.

Lunch will be provided.

RSVP to Judy Eldridge at 887-2696

**COME JOIN US AS WE CREATE
MEMORY RAINBOWS**

**WILMORE WOMAN'S CLUB
PRESENTS SCHOLARSHIP
TO TIFFANY BALK**

A scholarship was presented Monday night at the regular meeting of the Wilmore Woman's Club to a senior at West Jessamine High School, Tiffany Balk, of Wilmore, daughter of Mr. and Mrs. Kent Balk. She will receive it at the high school honor's assembly later this month. She plans to attend ECU and major in elementary education. Congratulations!

**The Wilmore Woman's Club
will not meet again until
Monday, October 8th.**

**Community Wide
Book Sale**

The Community Service Center of Wilmore-High Bridge will again be holding a community book sale. The sale will kick off with a children's book sale during the Festival of the Fourth activities at the Wilmore Campground. The book sale will then continue throughout the month of July. Times, and location will be announced soon. We are asking for donations of good used books of all kinds, so please scan your shelves and see what you want to part with for a good cause. Donations can be dropped off at the Center during store hours or you may call and make arrangements to drop off your books. Store hours are Tuesday and Saturday, 9 a.m. to 3 p.m. and Thursday evenings from 5-8 p.m. You may contact us at 858-2819.

Connie Sunda
Executive Director
Community Service Center of
Wilmore-High Bridge

A big thank you is extended to the local Boy Scouts and to the Wilmore Post Office for their food drive efforts.

The food pantry at the Community Service Center heavily depends on these food drives, especially during the spring months, when there are fewer donations. Since the federal commodities program has declined, we are counting on our local residents more than ever to help us sustain the amount of food needed to serve our clients.

Again, thanks to our local BOY SCOUTS, and the WILMORE POST OFFICE!

Wilmore Parks & Recreation

is currently accepting registrations for Wilmore Summer Recreation 2007, a summer day camp. There are eight one-week sessions of camp, running from June 4 – July 27, 9:00am – 4:00pm. Space is limited to 100 participants per session. You must sign up for which week(s) your child will attend.

The weekly cost is \$75 per week (\$70 each additional child). However, you may pay one lump sum of \$260 (\$240 for each additional child) and be eligible to attend all eight weeks.

Registration forms are available from Wilmore City Hall or at www.wilmore.org. Your kids will enjoy our wide range of activities, including daily swimming, arts/crafts, sports, drama, fun field trips every Friday, and so much more! If you have questions, please call the parks & rec. office at 858-9031 or email at wilmorep@earthlink.net.

Wilmore's Hometown Yard Sale Saturday, July 7th 8:00 a.m. – 2:00 p.m.

\$5.00 participant fee, which lists your household in advertising. Sign up at Wilmore City Hall. Last day to sign up is June 26th.

Can you also invite people then to come to the yard sales and support our downtown businesses and farmers' market?

R.J. Corman Annual

Festival of the Fourth Run

Saturday, June 30th

1 Mile Fun Run – 7:30am/5K Run – 8:00am

Begins and ends in front of Wilmore UMC, East Main St. Early bird registration through June 27th:

1 Mile is \$8/(\$10 day of race),

5K Run is \$10/(\$12 day of race)

Forms and course map at www.wilmore.org, Wilmore City Hall, and day of run

For more information, please contact Wilmore Parks & Recreation at 858-9031 or wilmorep@earthlink.net.

Festival of the Fourth

Wednesday, July 4th

Parade begins at 10:00am (line-up at 9:30am on West Main St. & Kinlaw Dr.) To participate in the parade, please contact Wilmore Parks & Recreation at 858-9031 or wilmorep@earthlink.net

Festival immediately follows the parade (approximately 11:00am) at Wilmore Campground

- Crafters - contact Kelley Woolums at 885-4500 in order to sign up
Free set up for crafters
- Spelling Bee
Sign up at 12:15pm in the Tabernacle, contest begins at 12:30pm
Age groups: 1st, 2nd, 3rd, 4th, & 5th grades
- Best Apple Pie Contest (adults) & Best Brownies Contest (youth under 16) – Please have entries to the dining hall at the campground between 8:00-9:30am. Judging based on taste and appearance. Entries will be consumed during the festival.
- Kids and Family Games
- Children's Book Sale – In the Tabernacle. Fundraiser for Community Service Center of Wilmore/Highbridge.
- Food & Entertainment - \$.15 hot dogs + hamburgers, drinks, etc. Featuring Jessamine Jazz Ensemble.

For more information on any of these events, please contact Wilmore Parks & Recreation at 858-9031 or wilmorep@earthlink.net.

**HIGH BRIDGE FIRE HOUSE COMMUNITY CENTER
P. O. BOX 145
WILMORE, KY 40390**

Thank you for your interest in becoming a vendor at the newly formed “*Summer Flea Market*” of the High Bridge Fire House Community Center. This will be a family-oriented market, located in the community of High Bridge, Jessamine County, just five miles outside Wilmore on High Bridge Road.

VITAL FACTS

- Dates: June 8-9; July 13-14; August 10-11; September 14-15; October 12-13
- Time: Opening at 8 a.m. for vendor set-up; closing at 6 p.m.
- Booths: All booths are located under cover and have a 6-foot table and two chairs provided. Booth location will be determined by Center but generally will be on a first-come/first serve basis. There is no storage; all items must be removed at end of sale.
- Costs: \$25 for each weekend, regardless of one or two day’s participation. Payment expected prior to event or at opening of event.
- Animals: No animals are allowed with the exception of registered seeing-eye animals.
- What we do not allow: pornographic materials, firearms, fireworks, food sales (home prepared foods, packaged foods and beverages), over the counter medications, grocery items that are out of date, knock-offs and copyright violations, and anything illegal.

Date(s) Requested: _____ Amount Enclosed: \$_____

Name: _____

Business/Organization Name: _____

Address: _____

Telephone: _____ Email: _____

Type of Merchandise Sold: _____

**Wilmore Campmeeting
June 24-29
10:30 am and 7:00 pm**

Evening Services

- Sun. **Dennis Kinlaw**
Free Methodist Gospel Quartet
- Mon. **Roy Lauter**
United Methodist Instrumentalists
- Tues. Roy Lauter
Nicholasville UM Musicians
- Wed. Roy Lauter
Wesley Village Singers
- Thurs. Roy Lauter
Matt Kinnell, Campmeeting Youth
- Fri. Roy Lauter
Jodi Brock and Barbara Smith



Please plan to linger
for fellowship and
snacks.

Youth

Leader: Missionary Paul Niswander
Speaker: Youth Director Ryan Bash
Worship Leader: Matt Sigler

Luce Center Bowling
Outdoor Games Equine Center

Worship, Teaching, and Fun!

Cost for a week at camp:
\$95 one teen
\$170 family with two teens
\$70 for each additional teen
Scholarships Available

Call 858-3511 ext. 2385



Children

Teachers: Mark and Kathy Davila,
Joyce Gillispie, Dana Baker, Lyn Searls,
Catha Huff, and Parent Volunteers

Bible Stories	Singing	Crafts
Snacks	Games	Verses
Service	Skits	Video Clips

Sunday-Friday evenings
Monday-Friday mornings



Morning Bible Studies

Insights about prayer led by
Professor Yvonne Moulton
and her sister,
Major Juanita Russell



Preservice Prayer Meetings

10:00 am & 6:30 daily
Lead by: Bob Erny, Dwight Winter, Audrey
Goodloe, Joyce Thomas, Shirley McMillian,
Katy Houp, Phyllis Corbitt,
Joyce Underwood, Harold Burgess,
Ruth Mitchell, and Jay Dargan

Come for a time of refreshing!

LETTERBOXING

Sponsored by Jessamine County
Public Library and
Nicholasville/Jessamine County
Parks and Recreation

Looking for a fun family activity this
summer
that doesn't cost a fortune?
Try Letterboxing

Letterboxing is an intriguing "treasure
hunt" style outdoor activity.

Families will visit designated areas
around Jessamine County. When you
reach a destination, follow the clues to
see if you can find the hidden letterbox.
When you find the box, make an imprint
of the letterbox's stamp on your personal
log book, and leave an imprint of your
personal stamp on the letterbox's
logbook. After you have collected
stamps from all 10 locations, bring your
journal to the library to receive the
completion stamp. People who find all of
the stamps will be entered into a drawing
for a family mystery prize basket!

Experience the thrill of the hunt, learn
about history, discover Jessamine
County, and have fun!

HIGH BRIDGE FLEA MARKET

The High Bridge Flea Market officially opens on
Friday, June 8th, 9 a.m., at the Fire House at
High Bridge. The Market will be open the second
Friday and Saturday of each month. Come and
search for that special item you've been wanting!

Vendors still needed. Any individual or
organization that is interested in having a
table/booth should call: 858-3895.

Wilmore UMC invites children ages
4-5th grade to Avalanche Ranch: A
Wild Ride Through God's Word!
At Avalanche Ranch, kids will enjoy
fun Bible learning activities, team
building games and take on a daily
challenge to let God's love grow in
their homes.

Kids will also join nearly a million
other children in North America by
taking part in a hands-on mission
project to reach orphans in Africa.
Avalanche Ranch is June 18-22 from
4:30-7:30pm. Dinner is included
every night. On Friday night all
families are invited to dinner at the
church.

For more information or
registration, please contact Kristina
White, children's pastor, at 858-3559.
Hope to see you there!

Recycle Schedule:

Pick up is on Wednesdays
Every other week

SECTION A

(Monday & Thursday)
6th & 20th

SECTION B

(Tuesday & Friday)
13th & 27th

If your business or organization would like to announce an event
or activity please E-mail Kim Deyer at cckimdeyer@aol.com or
call 858-2837. Otherwise, contact City Hall at 858-4411. All
information is needed by the **15th of the month**. Thank you!
And remember you can always say I read it in the *Wilmore
Newsletter!* For additional community news and information
please visit the Wilmore web site online at www.wilmore.org

Kim Deyer, editor