



December, 2007

Merry Christmas!

**Wilmore Police Department
Honored by Dr. Sandra Gray,
President of Asbury College**

The Wilmore Police Department and its members were honored by Dr. Sandra Gray, President of Asbury College, Dr. Charlie Fiskeaux, Vice President of Financial Affairs and Dr. Mark Troyer, Vice President of Student Affairs on November 2nd at a Police Officers Appreciation Dinner arranged by Asbury College.

Dr. Gray presented a departmental plaque to Chief Boven, which read, "Asbury College honors you and extends our appreciation for the valuable service you provide for the Citizens of Wilmore and specifically for the Asbury College Community. We salute you for your dedication, commitment, service and protection."

In addition, each officer and the administrative assistant were presented with an individual desk plaque recognizing their contribution to the Asbury Community.

Kim Deyer, Wilmore City Councilwoman and Editor of the *Wilmore Newsletter*, was on hand to take photos of the event.

Officer Kenny Hall is Retiring

Officer Kenny Hall after 20 years is retiring from the Wilmore Police Department. Kenny Hall started his service with the department as a part-time officer in August 1988. At that time Kenny's full-time job was at Pepsi in Lexington. After retiring from Pepsi a few years ago, Kenny became a full time Safety Officer with the Nicholasville Police Department. However, he remained as our retired part-time officer. Kenny will remain with the Wilmore Police Department as a Safety Officer working at special city functions, such as the Fourth of July Parade.

The City of Wilmore and the Police Department will host a retirement reception for Officer Hall on Thursday, January 10, 2008 from 6-8 PM. Those who wish to are invited to stop by the reception and offer

Congratulations to Kenny!

The Front Room

*Unique & Original gifts,
antiques and art*

Linda Goepper, Proprietor

303 East Main Street
858-9136

E-mail ~ thefrontroom303@aol.com
Website ~ thefrontroom303.com

Wilmore welcomes the Front Room!
Located to the right of the Post
Office in downtown Wilmore. Stop
in during the holidays and find
that special gift for that special
someone!

There are handcrafted items,
handmade baby items, vintage
jewelry, hand-knitted wool felted
handbags, Nature's Gift soaps
A friendly doggie named Zuzu and
much more!

Linda will also be featuring a
Book of the Month for December she
is featuring "The Most Important
Place On Earth" .

How to Make Your Bible Come Alive!

We will be offering two series in Wilmore
after Thanksgiving. Both will be held at
the Wilmore Free Methodist Church.

Here are the basics: how to Make Your
Bible Come Alive!" (We'll re-visit some
familiar Bible stories using my unorthodox
approach to make the people and places
leap off the page!) 4-week miniseries
November 29 to December 20 "Bible Alive
101: for Adult Beginners" We'll visit all
of the stories of the Bible in
chronological order (using my Bible Alive!
method). Includes cultural / historical
background / "People-magazine" type info)
12-week series; January 3 to March 20;
Thursdays 7:00 to 9:00pm at the
Wilmore Free Methodist Church.

W i l m o r e B e a u t y S h o p

112 East Main Street

Cut· Color Foiling

Perms Styling

Waxing

Nancy Lindsay ~ Specialist
(859) 221-0268

And

Kelly Mulcahy ~ Specialist

Also, shop for gift items
such as wreaths for the
holidays, mountable stars,
towels, pottery
and little gift item
stocking stuffers
for Christmas!

Located across from the
town's big Christmas tree!

Kelly Mulcahy and Nancy
Lindsay's beauty shop has been
open since last summer. They
are located in the former
Central Beauty Shop. Both were
former employees of Central
Beauty Shop at different times
and never worked together, now
they are friends and partners!

Join us weekly at 7:00 pm
on Thursday until Thu December
20th at the Wilmore Free
Methodist Church in Room 133.
During the 21 years we have
lived here I have developed a
teaching ministry called Bible
Alive!. At first, I was on the
radio (WJMM) but later
branched off into live classes
at Southland Christian Church.
My classes are not
denominationally oriented and
have been offered at a variety
of churches.

Hospice of Jessamine County

Hospice of the Bluegrass is recognized nationally for providing quality end of life care to the terminally ill and their families in our community.

Did you know that your Hospice also provides the following services?

- Support for spouses, parents, children and other family members
- Individual grief counseling
- Assistance for coping with grief during the holidays
- Daniel's Care, a special pediatric care program for children with a life-threatening illness
- Educational seminars on Advance Directives and Living Will
- Seminars and workshops for groups on topics pertaining to grief and loss
- A memorial garden open to everyone in Jessamine County as a place for remembrance and reflection

Because Hospice of the Bluegrass is a community hospice or a charity, we rely on the support of volunteers. Volunteers work directly with patients offering friendship and companionship and also provide respite for caregivers. Additional volunteer opportunities include transportation, baking/cooking, administrative assistance, and helping with special events and fundraising. Volunteers can give as little or as much time as they wish and will be provided with comprehensive training at no cost.

Please call your Jessamine County Hospice at 887-2696 if you would like more information on our services or are interested in volunteering. **Information provided on:**

- Hospice care & eligibility for adults & children
- Support services for families, spouse or children
- Grief counseling
- Coping with grief during the holidays
- Seminars on Advance Directives/Living Wills
- Seminars/workshops on grief & loss
- Volunteering opportunities

Thank you,
Hospice of the Bluegrass Jessamine County
109 Shannon Parkway

Words of Praise for Volunteers

"If you want to lift yourself up
lift up someone else."

Booker T. Washington

"Small things done with great
love, bring joy and peace."

Mother Teresa

"The highest reward for man is
not what he gets for it, but what
he becomes by it."

John Ruskin

"Having a big heart has nothing
to do with how big your bank
account is. Everyone has
something to give."

Barbara Bush

"To know even one life has
breathed easier because you
have lived ~

that is to have succeeded."

Ralph Waldo Emerson

"Volunteers are the only
beings...who reflect this nation's
compassion, unselfish, caring,
patience and just plain
loving one another."

Erma Bombeck

"I am only one, I cannot do
everything. But I will not refuse
to do the something
that I can do."

Helen Keller

"One person can make a
difference ~
and every person must try."

John F. Kennedy

The Wilmore Senior Community Center December Schedule

In addition to dining and library services, plus classes in exercise, creative writing, watercolor painting, arts & crafts and more, all area seniors are invited to take part in the following special events...

Mondays and Wednesdays, December 3rd – 12th, 1:00 - 3:00 pm **Computer Christmas Cards**

Just in time for the holidays, Senior Net of Kentucky offers personalized instruction for students interested in creating beautiful and unique greeting cards comparable to the professionals.

Printmaster software, offering unlimited design possibilities, will be used;
a color printer and card stock paper will be provided.

Registration fee: \$29.

Saturday, December 8th, 7:30 – 10:30 pm **A Christmas Ball**

Wilmore's first Christmas Ball featuring the 17- piece Big Band sounds of The MetroGnomes! Co-sponsored by The Vineyard Community Church, this event, complete with dancing, door prizes and delicious hors d'oeuvres, is for the young and young-at-heart alike.

Come early (6:30 pm) for an optional swing dance lesson.

All-inclusive tickets - \$12 each; \$20 per couple –
are available in advance at various community outlets.

Tuesday, December 18th, 3:30 pm **Community Vespers**

The Village Singers, under the direction of Dr. Virginia Brubaker, will bring the season alive with a variety of carols and holiday favorites. Be prepared to sing along!

Free and open to the public.

Thursday, December 27th, 6:00 pm **Movie Night: "Facing The Giants"**

This inspirational drama from award-winning producers Alex and Stephen Kendrick combines faith and football in the tale of high school coach Grant Taylor (Alex Kendrick) who rises above fear and failure to create a winning spirit both on the field and in life.

Perfect motivation for your New Year's resolutions!

Free and open to the public.

**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.**

Christmas Angel

*As told to Emily Fitch
by her husband, Leonard Fitch*

"Merry Christmas!" I called as I left the gas station.

The shivering stranger lay curled in a tight ball on top of the desk near the heater. At least he was safe now.

On the day before Christmas I had to make a run to the produce house in Louisville. I called my order in and asked that it be ready when the market opened at five a.m.

Heavy snow began falling at four p.m. on the twenty-third and ended around midnight with a twelve-inch accumulation. Temperature dropped. Roads froze under the white mantle, and by two a.m. they were nearly impassable.

Moon and stars shone brightly in a crystal-clear "silent night" when I left Wilmore at two-thirty and took Highway 169 through Keene.

At the junction of 169 and 33 I noticed a car's dim lights in a field, about 150 feet from the road. Down a long lane I saw a nearby house and barn.

I pulled off the road as far as I dared, set my hazard lights, and plodded through deep snow that partially covered the car's path through the field.

Knocking on the car's frosted window, I called, "Is anyone in there?" No answer.

I pried the frozen door open and found a semiconscious man slumped over the wheel.

"Come with me, sir. You'll freeze if you stay here."

"Can you help me get my car back on the road?" he pleaded. He tried to rev the engine, but it choked and died.

We stumbled across the field to my truck.

"I'm going to Louisville," I told him. "I'll drop you off at the restaurant in Versailles. You can call someone from there."

In my truck the shivering man scrunched onto the floor and huddled against the heater. I covered him with my old barn jacket.

It was past four when I pulled into the restaurant's parking lot. It should be open for breakfast. It was closed.

I roused my passenger. "Wake up, sir. Where can I take you? Who can we call?"

"C-can you t-t-take me to Shelbyville? My b-b-brother has a g-gas station. I have a k-k-key."

In Shelbyville I roused him again. "Sir, can you show me your brother's station?"

Raising his head, he peered out the window. "The n-n-next red light. The Shell station."

I helped the frozen man into the station and turned on the lights and heat. He called his brother, who said he would be there soon.

"You'll be all right now," I said as I left. "I hope you have a good Christmas."

"Buddy, I don't know who you are, but you must be an angel. I knew I was going to die out there in my car and never see Christmas."

"I ran off the road about ten o'clock last night and tried to get the people in that house to help me. I could see them watching TV, but they wouldn't come to the door. I guess they were afraid. I went back to my car and ran the motor to stay warm."

He choked. "Thank you, Mister. Thank you for being my Christmas angel."

"Merry Christmas, sir!" I called through the station door.

Emily Fitch is a Wilmore writer who finds her husband, Leonard, a rich source of real-life stories.

The Wilmore Writers
meet in the
Senior Community Center
at Wesley Village
Thursdays from 1:30 to 3:00 p.m.
except on holidays and school vacations.
The first meeting of 2008
will be January 10.
New writers are always welcome.
Come and bring a pen and writing pad.
For information, call
Shirley McMillan, 858-0385

VETERANS DAY IN WILMORE

On Saturday, November 10th Wilmore's neighboring veterans at the Thomson-Hood Veteran Center were honored with a parade through downtown Wilmore. The parade traveled up Main Street on to North Lexington Avenue to the THVC. There parade participants were greeted by residents of the THVC and other guests.

An outdoor ceremony took place in the front of the THVC. Michelle Ewing, Activities Director at the THVC, greeted guests and resident veterans. Others who took part in the outdoor ceremony included the Asbury College Brass Ensemble who played patriotic songs. The Presentation of Colors was by the 138th Field Artillery. Wayne Sparks gave the Invocation. THVC Administrator, Gilda Hill also welcomed the many guests in attendance.

Wilmore Mayor Harold Rainwater made a few comments acknowledging our veterans and thanking them. He noted that perhaps we as a community could do a better job at honoring our precious neighbors. While there were many participants in the parade, next year we need to get the word out to better involve the community as a whole.

Rebecca Hilterbran sang "America the Beautiful". The Key Note Speaker, David Worley Executive Director of OKVC, followed her.

The outdoor ceremony ended with a Twenty-One Gun Salute, followed by "Taps". Wayne Sparks gave the closing Benediction.

Thanks to the many parade participants who traveled to the THVC. The West Jessamine Marching Band and a few scout troops walked! Other participants included church groups, clubs and organizations, State Senator Tom Buford, the Wilmore City Council, Nicholasville Mayor Russ Meyer, Jessamine County Sheriff Kevin Corman, the Wilmore Police and Fire Department, members of the Jessamine Co. Fire Department, those who drove their tractors, motorcycles and everyone else we are forgetting! Thank you! Thank you!

Veterans who received awards on November 10, 2007

**Johnny Johnson
Henry Bante
Night Corman
Eulas Moore
John Markle
Donald Seger
John Speckard
AlfordSpry
James Hall**

CONGRATULATIONS!

"TOPS"

Take Off Pounds Sensibly

Powerful support for weight loss and lifelong health. A non-profit organization, we give encouragement and support, make friends and are accountable to each other.

Join us Wednesdays at 12:15 PM.

Meet at the
Wilmore Presbyterian Church
100 North Lexington Avenue
Membership Fee: \$24.00 a year
Dues: \$5.00 a month"

Stretch Safely!

You may have heard that it's good to stretch before and after your workouts, but do you know why it's so important?

Stretching helps prime your muscles for action, keeping them supple and preventing injuries! However, it is possible to stretch yourself the wrong way, say the experts at Montana State University. To avoid this, they advise the following:

- * Make sure you aren't stretching cold muscles. Get ready for the challenge with a gentle five-minute walk or jog, or even a warm bath.

- * Think slow and smooth! Aim for what is called a static stretch. Reach until you feel tension, but not pain, and hold that position for 20 seconds to one minute. Be sure to never bounce while stretching!

- * Remember to breathe deeply and naturally throughout each move. Don't hold your breath!

- * Ease into stretching, rather than trying to touch your nose to the floor the first time around. It will take time for your body to gain maximum flexibility – so don't rush it!

Exercise is Your Natural Mood Booster!

Want to reduce the anxiety, depression, and stress in your life? Get moving! One study found that just 10 minutes of moderate activity each day leads to a multitude of mental health benefits, including improved self-confidence, distraction from negative thought patterns, improved coping skills, better self-esteem, and an overall feeling of increased well-being!

It makes sense when you consider that our bodies were made to move – not sit at a desk or in front of the television for hours! So the next time you're feeling pent up or restless, why not take a short walk, deliver a message to a coworker in person instead of by email, or take the elevator instead of the stairs? You just may find your whole outlook takes on a positive and healthy new spin!

Stephen Ministry at
Asbury Theological Seminary
is hosting a Blue Christmas Service,
December 5, at 11am in Estes Chapel.
Not everyone welcomes the holidays with
joy.

For those dealing with loss, sadness,
grief, stress, loneliness, and despair,
the holidays can be a difficult time.

Blue Christmas acknowledges the pain
and sadness many people experience as
the holidays approach but also
encourages people to move toward hope.

This special service includes a time
for meditation,
worship, singing, and prayer.

In Christ,

Sherry Peyton
Stephen Ministry Coordinator
Asbury Theological Seminary
859-858-2286

Canine Fitness

Here's a great way to get
fit and have fun at the same
time – take the dog for a
walk! Experts from the
University of Missouri-
Columbia found that people
who walked with a dog on a
regular basis lost more
weight than those who walked
alone. In fact, the weight
loss added up to a whopping
14 more pounds per person
over a one-year period! And
the good news is, it didn't
seem to matter whether the
participants walked their own
dog or one they "borrowed"
for the stroll.

The experts speculate that
animal companionship helps
take the focus off exercise
itself, making the outings
more enjoyable. And the more
people liked it, the more
they walked! So start
including Fido in your
workout – you just might
find exercise is something
you both look forward to!

Merry Christmas and Happy New Year
from Mayor Harold Rainwater
and the Wilmore City Council

Leonard Fitch	Jim Brumfield
Mary Jo Morrow	Ed McKinley
Jeff Baier	Kim Deyer

May 2008 be healthy, safe and
prosperous for you and yours!

Recycle Schedule

Pick up is on Wednesdays

Every other week

SECTION A	SECTION B
(Monday & Thursday)	(Tuesday & Friday)
5 th & 19 th	12 th & 26 th

SUBWAY

Have a very blessed Christmas season from your SUBWAY STAFF!

(Please use this coupon as our gift to you!)

BUY ONE 6 INCH SUB
GET ONE FREE!
WITH PURCHASE OF
21 oz drink
PLUS a FREE COOKIE!

GOOD
December 5th
Thru
January 5th

*The Women's Club
will meet
Monday, December 10th
7:00 PM
Wilmore Community Center
at
Wesley Village
Come enjoy
Christmas music
with the Schell Family!*

If your business or organization would like to announce an event or activity please E-mail Kim Deyer at cckimdeyer@aol.com or call (859) 351-0337. 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.

Church Christmas Programs and Service Times

Perkins Chapel A.M.E.

119 Scott Street

December 9th "Birthday Bash"

A congregation celebration!

Celebrating birthdays from

January thru December

Music provided by Royal Jubilee

from Nashville

Canceled if snow.

Please call Betty Adams @ 858-

4475

for more information. Happy

Holidays!

Wilmore United Methodist Church

209 East Main Street

Children's Program ~ Sunday, Dec. 9th 10:45 am

Community Caroling ~ Wed. Dec. 12th 6:00 pm

Christmas Eve ~ Monday, Dec. 24th 8:00 pm
communion and candlelight service.

Questions please call 858-3559.

Christmas events at
Wilmore Presbyterian Church
100 N. Lexington Ave

December 9th 10:45 A.M.

Children's Christmas Pageant

December 16th 10:45 A.M. Music Sunday

December 24th 5:30 P.M.

Christmas Eve Candlelight Service

For any more information, please
contact Rev. Beth Garrod-Logsdon at
858-3074

Community Missionary Church

702 East Main Street

Sunday, Dec. 2 Caroling at 5:30 pm

Wed. Dec. 5th **WOW** @ 6:00 pm

Meal, singing and Christmas video

Mon. Dec. 24th 7:00 pm

Candlelight Service

Please phone Rev. Rich Kriesch for
additional information.

Wilmore Free Methodist Church

1200 Lexington Avenue

Sun. Dec. 2nd Hanging of the Greens 6 pm

Sun. Dec. 9th Children's Musical 6 pm

Sun. Dec. 16th Adult Music Festival
8:00 and 10:50 am

Christmas Eve

Mon. Dec. 24th 6:00 and 11:00 pm

GREAT COMMISSION FELLOWSHIP

225 South Walnut Street

Children's Christmas Pageant:

"Christmas Lights"

Sunday, December 16th

7:00PM

Sunday, December 23rd

One Service at 10AM

Christmas Eve Candlelight Service:

Monday, December 24th at 6:00PM

Sunday, December 30

One Service at 10AM

For additional information please
phone 858-8301

Cedar Top Baptist Church

117 Scott Street

Celebrate the Christmas
season with Pastor Anthony
Givens. Please call for
service times at 858-3784.