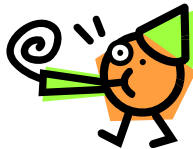


NEWS
WILMORE
NEWSLETTER

January, 2008

HAPPY NEW YEAR!



Wilmore's Old Fashioned Musical Christmas

Wilmore's Old Fashioned Musical Christmas is held annually on the first Saturday in December. The winter festival draws together many families, neighbors, friends and students to celebrate the beginning of the Christmas season. This all day long event keeps the city workers, fire and police departments and businesses owners very busy. Many thanks to those who volunteered and participated making this year's festival another great success. A special thank you to ALL the musicians who performed. Many talented musicians played and jammed together inside the local businesses. Business owners provided Christmas delights and warm hospitality.

WOFMC starts as early as 7:00 am. The Lions Club host their annual pancake breakfast at Wilmore Elementary. This year they served over 500 families and friends!

The Craft Fair at the Seminary Gym was full of hand made items for Christmas. The Rock'n Bowls made from old records were unique! Other booths had baked, canned and bottled items like barbeque sauce and jellies.

During Wilmore's Old Fashioned Musical Christmas the town is lit up with angels that line the street. Town folks usher in the celebration with Santa's visit, elves and festive hats. Spending time with friends and neighbors is a huge part of the celebration too!

The Grand Finale took place at the Wilmore United Methodist Church. Each year an all city church choir performs under the direction of Dr. Ron Holz. The church was full as community members were invited to sing some of the first Christmas carols of the season.

During the program the Mayor presents, the Betty Price Community Service Award, in memory of the late Betty Price. Several community members were acknowledged for their contribution to the City of Wilmore.

This year recipients included Judge Wm. Neal Cassity and the Jessamine Co. magistrates;
Terry Meckstroth, John Nickol, Tim Vaughan, Duane McCuddy George Dean and Bobby Day Wilson. Other recipients included Judy and Roger Woolums, Freida Lear, Russell Williams, Rachel King, Gloria Henson and Joe Gerlich.

Wilmore's Old Fashioned Musical Christmas

At the tree lighting ceremony, winners of the Best Decorated Homes were announced. It was Colleen Brandenburg who flipped the switch to turn the lights on the tree. Mayor Harold Rainwater and Fire Chief Jeff Anderson were all smiles after the Mayor introduced the arrival of the city's new fire truck to community members.

Best Decorated Homes Contest Winners

Southeast

1st 300 East Main St.
Mark & Janice Hanna
2nd 200 S. Walnut St.
Garry & Nancy Ruff

Southwest

1st 108 Pickett St.
Paul & Sue Hamann
2nd 199 W. Main St.
Steve & Suzanne
Gehring

Northeast

1st 705 Barefoot
Crawford-Hilario
2nd 632 Barefoot
(Bobby Estes)

Northwest

1st 525 Talbot Dr.
(Reg & Jo Johnson)
2nd 518 Talbot Dr.
Yusuf & Connie Herman

The Carriage Rides were provided by the Lexington Livery and were proudly sponsored by First Southern National Bank. Many thanks to our future new business in town!

The carriage rides started at Mt. Freedom Baptist Church and circled through downtown. This is a very popular activity during the afternoon festivities.

Christmas music fills the air in businesses and churches. All of the musicians volunteer. Each year the Festival Committee, chaired by Johnny Fitch, continually look for musicians who would like to play during the event. If you would like to be part of next year's festival, please contact Amy Fitch at 858-9031

DIET HELPS

Have the holiday foods that were eaten taken your body captive? Have you been surrounded in the middle by the calorie brigade? Don't give up now, you have just begun to fight! Life would be much easier if an orange, a slice of cake or a bowl of pasta salad could substitute for a meal; don't be deceived by amount or what you think is the nutrition value of that food. Each type of food has a function and a healthy body needs some of every kind at mealtime; this includes all the meals of the day! Now that you have decided to get healthy, what to eat is the question. Learning how food works in our bodies in order to learn how a variety and balance of foods are needed in planning our diets is essential for the beginning of the new year and a new you!

Foods have calories; swallowing those calories creates storage; if you do not burn them, through exercise, we will wear them. Keep a journal of what and when you eat; also how you exercise is a good way to keep track of your activity during each day. This helps to give an idea of where you are most vulnerable in both the foods and calories you eat. When and how you exercise is important also.

Eating must begin with smart choices. While shopping, read ingredient labels -check for calorie, fat and sodium content.

*Complex carbohydrates are good food choices because the body will break them down and provide fewer calories because of the fiber content, and they contain vitamins, minerals and other essential nutrients. For example: fruits, vegetables, whole grains and cereals (not the sugar coated kind!)

*Amino acids are contained in proteins, which are the essential building blocks of life, and are linked to body development and hormone production. Animal proteins tend to be high in animal fat and adults require 70 grams or less. Other foods that are high in protein are dairy products, fish, grains, legumes and meats.

*Saturated fats are found mainly in animal products and will solidify at room temperature. They can also be found in chocolate, coconut and palm oil and will increase the level of LDL (bad cholesterol). Unsaturated fats are less dangerous to our health and are soft or liquid at room temperature. They can be found in vegetable oils-safflower, sunflower, soybean, canola, corn, olive oils and fish. Watch out for trans fatty acids, this will raise your LDL and lower your HDL (good cholesterol). 5 grams of fat are equal to 45 calories or one teaspoon, your diet should contain 5 to 6 grams daily.

*Sodium has been shown to increase the risk of high blood pressure and kidney problems. Processed foods are a major source of sodium that includes canned, frozen and packaged foods. One teaspoon of salt contains 2,300 milligrams of sodium and the recommended amount is 3,000 milligrams per day for the average adult.

*Water is essential in life, drinking eight glasses of water per day (8 ounces each) will meet your body's requirement. This will help you feel full and decrease your hunger. Keep a bottle of water available and sip from it during the day; this helps to grab for water instead of food.

*Sugar is a simple carbohydrate, and has no nutritional value except to provide calories. A teaspoon of sugar has 16 calories and after a day of adding sugars to your foods, it will give a quick fix of energy for a short time, but actually depletes energy. Consuming a large amount of sugar will make you feel lethargic. Remember that moderation is the key.

"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. Betsy Nail

"You were bought at a price. Therefore honor God with your body." 1 Corinthians 6:20 NIV

You are invited to
celebrate
Kenny Hall's
20 years of service
in the City of Wilmore
Thursday, January 10th
6:00 pm
Wilmore City Hall

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!

New Wilmore Police Officer

Chief Steve Boven announces the recent police officer hired by the Wilmore Police Department. Officer Mike Bandy was commissioned as an officer with the Wilmore Police Department in June of this year.

Officer Mike Bandy retired from the University of Kentucky Police Department after 32 years. He worked extensively with the student population in conducting classes/workshops on safety, and served as the International Student Liaison for the Police Department. In addition, he worked as a field training officer for new recruits, as a detective and various other assignments. Knowing that he enjoyed working with students and his compassion for people, Chief Boven considered him a natural for selection to be our DARE officer. When Officer Bandy expressed an interest in becoming a DARE officer he was scheduled for the first DARE instructor's class.

Officer Bandy attended DARE Officers Training Class in September. He started teaching the Core curriculum, 5th grade, in October at the Wilmore Elementary School (WES).

Officer Bandy and his family have lived in and around Wilmore for the past 32 years. His children attend WES. In fact, when Officer Bandy and Chief Boven visited WES to meet the 5th grade teachers, Mrs. Beverly Jennings, retired teacher from WES and now an administrative instructional assistant, remembered having both of his children in 5th grade.

Please join us in welcoming Officer Bandy to Wilmore. Officer Bandy will be available to address groups in Wilmore on safety; whether that be elderly safety, traffic, child or any other area. If you have a request for a presentation, please call Officer Bandy or Chief Boven.

**Kentucky Chautauqua presents:
Henry Clay,
Kentucky's Great Statesman**

A Kentuckian whose political genius made him one of the greatest statesmen of the nineteenth century will live again when Kentucky Chautauqua presents George McGee in a compelling living history portrayal of Henry Clay (1777-1852).

Despite never quite achieving his dearest ambition -- the presidency -- Henry Clay made an indelible mark on the history of his country, which he served as a Senator, as Speaker of the House, and as Secretary of State. Born and educated in Virginia, Clay moved to Kentucky and set up a law practice in Lexington in 1797. Elected to the state legislature in 1803, he won a seat in the U. S. House in 1811.

For the next forty years, he was a major player on the national political scene, winning fame as the Great Compromiser. Slavery posed a large political and personal quandary for Clay. A slaveholder himself, he advocated gradual emancipation and colonization in Africa. In Congress, he opposed extension of slavery into the new western states. Clay died in Washington in 1852 and is buried in Lexington Cemetery.

Henry Clay is portrayed by George McGee of Georgetown. He is director of theater at Georgetown College and a veteran actor who has worked on the stage, in films, and on network television. He will appear "in character" and costume for this event.

This presentation will take place at noon on Tuesday, February 12, 2008, at the Cordelia Thomas Dining Hall of the Sherman Thomas Student Center at Asbury Seminary. It is free and open to the public. The program is funded in part by the Kentucky Humanities Council and the National Endowment for the Humanities, and is sponsored by the Wilmore Community Development Board.

Attendees may buy their meals through the buffet or carry lunch into the program. Parking is available near the United Methodist Church.

Activities at the Wilmore Senior Community Center

**Thursday, January 10th, 3:30 pm
"A Fireside Chat with Francis Asbury"**

Renowned preacher and dramatist, Dr. Charles D. Killian, will present "in character" the life and times of the man who inspired the name of our local college and seminary. This former professor and staff member of Lexington's First UMC has captivated audiences around the world and now pastors a church in Garner, NC. Help us welcome Chuck back home to Wilmore! Join us for the reception immediately following.

**Tuesday, January 15th, 3:30 pm
Community Vespers**

Dr. Randy and Rachel Coleman, Directors of the OMS Student Center at Asbury College, will lead in song and worship.

**Friday, January 25th, 10:30 am
Wii Bowling!**

Come learn about this craze that is sweeping our nation: "virtual video sports." You'll be amazed at how fun and easy it is to knock down pins on a video screen using a simple light-weight, hand-held device made by Nintendo. If enough seniors have interest, a Wilmore Wii Bowling League will start in February.

**Thursday, January 31st, 6:00 pm
Movie Night: "Amazing Grace"**

Based on the true story, this historical and inspirational drama tells of William Wilburforce's courageous battle against institutional slavery in 18th Century England. Asbury College students played a key role in the worldwide promotion of this award-winning film in 2006!

Free and open to the public.

Coming soon... A new Senior Net "Beyond Basics" computer class, an AARP "55 Alive" safe driving course, and a "Gen-Connect" genealogy group will all be organizing for meetings in February and beyond.

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

Little Hoboes

As preteens, Robert and his friend Paul wandered along the hills where the railroad tracks came from High Bridge to Wilmore. The cuts were deep into the limestone knobs, often as deep as the boxcars were tall. On those summer days the boys watched the trains as the locomotives labored up the steep incline, straining to keep the cars in motion.

Bob and Paul finally decided that they could jump onto the top of the boxcars about two miles down the slope and jump off again about a mile from town. And they did. But they carefully kept the secret lest their fathers get wind of the adventure and give them a severe punishment.

One day toward the end of the summer they were once again waiting for an approaching train and once again jumped onto a boxcar. As it turned out, however, the car they chose was an empty refrigerator car with the hatch covers removed. Bob landed well, but Paul jumped into an open hatch and landed on the floor of the empty car. For the next mile, Bob kept reaching as far down into the car he could, but his fingers never touched Paul's. When they arrived at the jump-off point, Bob leaped from the car, leaving his pal in the boxcar.

Frightened and concerned, but unable to fess up to his misadventure, Bob walked around town trying to decide what to do. As darkness approached, he went home and went straight to bed.

Bob's father inquired as to his whereabouts. That boy has gone to bed without his supper – something's wrong. Fetch him down here," he said.

As the story slowly unraveled, Bob received a tongue-lashing and a promise of worse to come. The depot telegrapher was summoned to the depot to alert the C&OP people to search for the boy. Paul was found near Cincinnati in tears.

The little hoboes were grounded for the rest of the summer and never repeated their joy rides.

By Gayle Lawrence

Gayle Lawrence is a member of the Wilmore Writers Group. He and his wife Carolyn are Wilmore residents who winter in Florida. Carolyn is a descendent of the Scott family who settled this part of Jessamine County, and one of the boys in this story was her father.

The Wilmore Writers are a group of amateur writers who meet on Thursday afternoons to learn from one another and hone their writing skills. Meetings are held in the Wilmore Community Senior Center at Wesley Village from 1:30 to 3:00 p.m. most Thursdays except holidays and school vacations. Their next meeting will be January 10, 2008. New writers and would-be writers are welcome!

Call 858-0385 for information.

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 Wills
- 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

Care Giver Support Group

WHAT: For ALL caregivers who are providing either direct or indirect care for a loved one or friend. Find strength, support and education in a safe setting. Guest speakers, refreshments and a time to share will be provided.

WHEN: The care giver support group is taking place every first Thursday of the month from 7:00 - 8:30 p.m. The next two meetings are January 3rd and February 7th.

WHERE: At the Wesley Village Community Center in Wilmore.

WHO: The hosts for this support group are Hospice and the Wilmore Free Methodist Church. If you have questions call the Hospice office at 887-2696.

"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

"To know even one life has
breathed easier because you
have lived ~
that is to have succeeded."
Ralph Waldo Emerson

Wilmore United Methodist Church
LIL' ANGELS CONSIGNMENT SALE
2008 SPRING/SUMMER
CHILDREN'S ITEMS

Seller &/or Worker Registration
ON-SITE at Wilmore UMC
(Back Entrance)

Come ONE of these times to pick up
Seller/worker info: (Must come in
person)

Wed., Jan. 30, 5:00pm-7:00pm
OR Sat., Jan 26 or Feb. 2,
10:00am-12:00noon

Workers and Sellers shop early!

*LIMIT 150 ITEMS PER SELLER
NUMBER*

SALE DATES:

Fri., Feb. 29, 8:30am-1:00pm;
5:00pm-8:00pm

Sat., March 1, 8:30am-12:00noon

Questions? Call Sharon @ 858-0071
(9am-8pm) or Rebecca @ 887-5550
(9am-8pm) "And whoever welcomes a
little child like this in my name
welcomes me." Matt. 18:5

La Te Da
329 East Main Street
January Special
Woodenwick Candles
22oz for the price of
the 10oz
Stop in and browse
Also now carrying
Kentucky Star Pottery
Any questions call
Carol Craig at 858-
8942

We love The Wilmore
Newsletter
and look forward to it every
month. And we were worried
that we couldn't find one at
Fitch's this month and hoped
they would still have them!
Thanks again for a great job
and a wonderful newsletter.

Kusche family
408 Kenyon Avenue

p.s.

We enjoy all the community
functions and never say
enough thanks, e.g. Old
Fashioned Musical Christmas,
the Arts and Crafts Fair,
Treats on Main and the
Stonebridge Summer
Concerts....

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.
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 wilmore.org

Kim Deyer, editor