

May, 2008

*Grand Opening
Higher Health Chiropractic, Inc.
Lori Hudson D.C.
405 N. Lexington Ave.
(Across the street from Chevron)
858-0282*

A ribbon cutting ceremony was held in front of Higher Health Chiropractic on Tuesday, April 29th Mayor Harold Rainwater along with City Councilmembers Jeff Baier and Kim Deyer, Jessamine County Chamber of Commerce representative Dexter Porter, family members, friends, co-workers and new patients ALL welcomed the new business in Wilmore! Light refreshments were served as many toured the office and new practice in town.

Business hours are:
Monday, Wednesday & Friday
8:30 AM-12:00 noon
and 2:30PM-6:00PM

Tuesday & Thursday
2:30PM-6:00PM
(other appointment times
available upon request)
*It's never too late to get on
the right track to health.*

BUSINESS NEWS IN WILMORE

The HOMEPLACE Guest House (Bed & Breakfast)

*Renovated 19th century farmhouse on
2 acres in Wilmore. Family
atmosphere with warm hospitality!*

A full country breakfast is served.

*There are two guest rooms named for
the previous owners of the house:*

*The Bob Curd Room
and the Ned Turner Room.*

For reservations

*Please contact Art & Carol Miller
206 South Lexington Ave,
858-4549*

or visit homeplaceguesthouse.com

Union Station

Texas Style Barbeque
325 East Main Street
858-0288

Opening Day May 8

Hours

Tues-Sat 11-9

Sun 11-3

Private parties, catering
and carryout available.

Please join us on May 11 for Mothers
Day and after Graduation dinner.

WELCOME TO WILMORE!

La Te Da at Jody's

*329 East Main Street
Mothers Day Special!*

Woodenwick Candles,

Stop in and find the perfect

Mother's Day gift for your mom!

*Jewelry, silk arrangements, purses
and many other gift items...*

The Front Room

303 East Main Street
will be open

Wednesday – Saturday
10:00 am – 5:00 pm

Spring & Summer

or by appointment 858-9136

Now featuring Woodstock Wind
chimes - America's favorite
Chimes. They are designed by a
musician and tuned. Great for
birthday, anniversary, wedding
and expressions of sympathy.

José's

Authentic Mexican Cuisine
~ Stop in for lunch or dinner ~
Located next to the red caboose
near the railroad crossing.

ATTIC TREASURES THRIFT SHOP

HOURS:

Tuesdays & Saturdays
9:00 am – 3:00 pm

Thursdays

5:00 – 8:00 pm

Please call

Connie Sunda

For more information
850-2819

**CAMP NELSON COMMUNITY
FLAG DAY EVENT
“STARS OF THE FLAG” RECOGNITION**

Please describe in **100** words or less why you believe your chosen individual deserves recognition as one of the community’s “50 Stars of the Flag”.

Your nomination should describe a significant patriotic contribution the individual (or a husband and wife team) has provided to his, her, or their community, state, or country.

The “50 Stars” will be recognized at a special ceremony
at Camp Nelson Heritage Park
Flag Day, June 14th, 2008 at 11am.

FESTIVAL OF THE FOURTH INFORMATION

Saturday, June 28th

R.J. Corman Annual 5K Run

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 25th: 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.

Friday, July 4th
Festival of the Fourth
Parade

begins at 10:00am (line-up at 9:30am on West College St. & Kinlaw Dr.) To participate in the parade, please contact Wilmore Parks & Recreation, see info below.

Saturday, July 5th

Wilmore’s Hometown Yard Sale

8:00am-2:00pm

\$5 participation fee to cover advertising costs. Sign up by June 19th at Wilmore City Hall. Contact Kelley Woolums at 885-4500 for more information.

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 - \$.20 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.

Wilmore Senior Community

In addition to dining and library services, plus classes in exercise, genealogy, painting, arts and crafts and more, all area seniors are invited to the following special events that are free and open to the public unless specified.

Thursday, May 1st, 1:00 pm National Day of Prayer Service

Take time to lift up our nation and world in prayer. Special message by Nicholasville UMC Pastor, Mike Snyder. Music by the Village Singers.

Friday, May 2nd, 1:30 pm The Lucy Show Comedy Hour

Relive two hilarious episodes of Lucy's later years after leaving home and joining the workforce. America's favorite redhead finds herself in hot water with her easily excitable boss, Mr. Mooney!

Tuesday, May 13th, 11:30 am WLEX Weatherman, Bill Meck

One of Lexington's best known TV personalities comes to present a lively and informative exchange entitled, *"Everything You Always Wanted to Know about the Weather but Never had the Time to Ask!"*

Tuesday, May 13th, 3:00 pm Steve Flairty "Unsung Heroes"

This popular Kentucky author will discuss his latest book featuring fascinating yet often overlooked figures in the history of our Commonwealth

Tuesday, May 20th, 3:30 pm Community Vespers

Rev. Mark Rains, son of the late Jack and Dorothy Rains, comes to speak from Hershey, PA, where he serves as Executive Director of Country Roads Ministries. Music by The Village Singers.

Wednesday, May 21st, 12:30 pm Toyota Motor Manufacturing Tour

See first-hand how some of the world's most popular and reliable cars are built right here in the Bluegrass.

Price per person for comfortable bus transportation: \$5.

This opportunity is limited to Community Center members only.

Thursday, May 29th, 6:00 pm Movie Night: "Roman Holiday"

Audrey Hepburn won an Oscar for her performance as a European princess gone AWOL in Rome with co-stars Gregory Peck and Eddie Albert. The essence of 1950's chic!

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

**Tee Off
for Village Seniors!**
Wesley Village
Senior Living Community
in Wilmore
is sponsoring their
Fourth Annual
Golf Scramble
**Friday, May 16th
at the Golf Club
of the Bluegrass.**

Lunch will be served at
11:00 am.
Tee time: 11:45 am.
\$75 per person.
Hole sponsorships
are available.
For more information,
call Jennifer Henderson at
858-3865, ext. 236.
Please make reservations
by May 7th
Thank you for helping us
fulfill our mission of
*"Celebrating Life
in Christian Love!"*

*The Wilmore
Women's Club
will meet
May 12
7:00 p.m.
at the
Wilmore Senior
Community Center
at Wesley Village.
The Scholarship
Awards will be
presented to the
high school
graduates from the
Wilmore
community.*

"TIPS FROM TOPS"

READING FOOD LABELS

Notice the serving size that is listed; some are too small, and calories are too high. Be aware that most nutrition labels are based on a 2,000 calorie diet, which does not allow for weight loss.

Talk to your doctor to obtain a daily allowance based on your weight needs; your doctor can recommend the best calorie diet for you. Read the ingredients list on the label in order of their weight but not how much of each is in the product. If the label lists beneficial nutrients, read the percentage of daily values based on a calorie diet. It is important to keep on track with the guidelines your doctor recommends for better results.

Knowing the labels nutrient claims are important; know their definitions per serving.

- Reduced calorie diet: 25% fewer calories
- Calorie free: less than 5 calories
- Low calorie: 40 or less calories
- Non fat / Fat free: 0.5 grams of fat or less
- Low fat: 3 grams of fat or less
- Reduced fat: 25% or less
- Cholesterol free: 0 miligrams
- Low cholesterol: 20 miligrams
- Reduced sugar: 25% or less
- No added sugar: no added sugars in the preparation process
- Sugar free: 0.5 grams or less
- Reduced sodium: 25% or less
- Low sodium: 40 miligrams or less
- Sodium free: 5 miligrams or less

Lastly, start a food journal. Write down what you have eaten every day to help you see where you need to change bad habits. When you rack your eating habits, you can make good choices about what you put in your mouth. Remember, you are not alone, you can do this, and exercise daily.

WE HAVE MOVED!!!

TOPS - Take Off Pounds Sensibly is a powerful support for weight loss and life long 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 meeting at the Jessamine Village Apartments Community Room, located in the office building at 315 Village Circle. Your first meeting is free! Membership fee: \$24.00 a year, \$5.00 a month.

Women's Health Day

May 12th

10:00 a.m. - 2:00 p.m.

Jessamine Career &
Technology Center

881 Wilmore Road

Nicholasville

Free screenings to include blood pressure, ekg, pulse, body fat, glucose, derma scan, bone/heel scan, hearing, vision, chiropractic screenings, massage therapy and more.

Door prizes and sack lunch too.
For more information, please contact:

Kelley R. Woolums
Office of Jessamine County
Judge/Executive
Phone 885-4500

**Wilmore Campmeeting
June 22-27, 2008**

Rev. Charles Lake, the evangelist, will be speaking each evening at 7:00 P.M. with Mr. Bob Hoffmann leading the music.

Dr. Steve Seamands, the Bible teacher, will be speaking each morning at 10:30 A.M.

Johnny Strange is the Youth Director and Youth Evangelist. The Youth Program is a full twenty-four hour program with the youth staying on the grounds from Sunday, the 22nd, to Friday evening, the 27th. He has a full staff to make this a wonderful week for teens.

Mark and Kathy Davila, Children's Ministry workers, and their team will be ministering to children during the morning sessions at 10:30 A.M. and during the evening worship services at 7:00 P.M.

You are invited to join us for prayer on these Thursdays at 7:00 A.M. at the McPheeters Prayer Chapel on the Wilmore Campground:

Spring, 2008

| <u>Date:</u> | <u>Leader</u> |
|--------------|----------------|
| May 8 | June Eisemann |
| May 22 | John Gillispie |
| June 5 | Mark Davila |
| June 12 | Dale Walker |
| June 19 | Pam Hiatt |

Please mark your calendar and plan to come Saturday, May 31, for a Workday, Pot Luck & Prayer Walk:

1. Workday beginning at 8:00 A.M.
2. Pot Luck Meal in the Wilmore Camp Dining Hall at noon and
3. A Prayer Walk at 1:00 P.M.

The public is invited to participate in all of the day's activities. Please plan to come!

Wilmore Campmeeting, E. Main St. For more information call Allen Holmes at 858-9530 or Margaret Dargan at 858-3183.

"Proclaiming the Doctrine
of Scriptural Holiness"

**Wilmore Campmeeting
June 22-27
Youth Program**

This year's youth program is shaping up to be one that will lead participants closer to God and at the same time provide a fun-filled experience. Johnny Strange, youth director at the Wilmore United Methodist Church, will be both the director and spiritual speaker at this year's camp. The theme of this year's camp is: Give to Live ... Live to Give. The youth will learn that being a Christian involves more than committing their life to Christ, but also includes Christian service to others. Service projects that share Christ's love to the Wilmore community will be a vital part of this year's camp. Campers will arrive at 4:00 p.m., Sunday, June 22, and will leave after the evening service on June 27. The cost of this year's youth camp is \$95.00 for the first young person in a family. For two in a family the cost is \$170.00, with \$70.00 for each additional child. It is extremely important for each young person to pre-register for the camp as there is limited space available. Youth may register online at www.wilmorecampmeeting.org or call Allen Holmes 858-9530 for registration forms. A special note to parents: a full line of activities are planned with responsible counselors. There will not be excessive free time this year.

Wilmore Creation Care News

Wilmore Creation Care (WCC) is still in operation. The meetings in May, on the 1st and the 15th at the Miller's, 206 South Lexington Avenue, will focus on "Gardening and Growing" (See the info below.) Please do not hesitate to come even if you think you may not know any of us. We welcome new-comers to any meeting. In the summer months we will have a flexible schedule.

Who are we? We are a fledgling organization of volunteers in Wilmore, and we will be showing our faces a bit more in the Summer. Our goals of caring for creation and of continuing recycling will be more in evidence in the Stonebridge Concerts, the July 4th picnic, and the weekend of Ichthus. WCC will be in charge of the recycling at those events and requests that you throw your cans into the clearly labeled bins.

Why recycle? One aluminum can returned for recycling saves enough energy to run a TV for three hours -- or the equivalent of a half a gallon of gasoline - (Hey! Now prices have gone up so much, maybe it is less!) But that is a lot of savings if you consider how many beverages in cans are purchased and consumed on these hot evenings.

The water bottles that are thrown into the trash will be recycled as well. Keep a lookout for bins especially labeled for plastics.

And Gardening? A local church, Great Commission Fellowship, has offered land to WCC for use as a Community Garden. How will that work? Chris Reeves is the head gardener, and the land has been plowed and will be divided up into 10 foot by 10 foot 'plots'. These garden plots (which are still under construction) are located at the church, 225 South Walnut Street in Wilmore. As a community member you may 'rent' one of the plots and garden to your heart's content. Please call Chris at 509.3928 for more information.

The View from Main Street

On May 29th, we will be welcoming some visitors to our town to experience living in a small historic downtown. On the schedule of places to visit are: Bethel Point development for a look at new downtown living space, a tour of the Potters Inn and the Rose Garden in the historic Lowry House, a visit to Rice House for the History Room and a look at the planned Downtown Green, a tour of Scott Station Inn and the newly opened Front Room Antiques.

Visitors are encouraged to have lunch at one of our Main Street restaurants before traveling to Stanford to tour some upstairs apartments that are located over the business district.

Citizens of Wilmore are invited to join the local tour that opens at 9:00 a.m. at City Hall. If you come, wear comfortable shoes for walking.

The Program to look at the attraction of living in a downtown Historic District is being encouraged in all Renaissance Cities in Kentucky by the State Heritage Council. The tours will continue through the Summer in various towns.

Praise be to God!!! We finally got our CD done!!!

In this CD, nine of the twelve songs are original. We are most grateful to the Moron Brothers for the song and music to Old Stone Church House. That is what our title and cover is all about. God is so good and was so gracious to lead us to Terry Nunley and Larry and Mary Beth Cordle, the writers of the remaining original songs. We also thank Danny White of Orbit One Productions for his time and patience in recording us. We would love to also thank David Martin of Thunder duplicating. And Terry and Diane McFarland for photos. The cost of the CD is \$12.00. If you would like to buy a CD go to: Jody's Beauty Boutique 329 East Main St. 858-3871 Or please call Danny Smith at 859-327-7698. Also, visit us at www.twojourneythekyduo.com

Thank you and God Bless...
Danny, Barbara and Jody!!!



STONEBRIDGE SUMMER SATURDAY NIGHT CONCERTS RETURN FOR 2008!

The Wilmore Community Development Board is thrilled to announce that the Stonebridge Summer Saturday Night Concert series will return this year! Enjoy small town summer living with outdoor free concerts, featuring some of the finest Central Kentucky musicians and vocalists in the area. The concerts are family oriented, free, and open to all!

Opening night will be June 7th at 7 p.m. on the Downtown Green, with big band music provided by the "Young at Heart" out of Lexington. A total of 12 concerts are scheduled for 2008, one for each Saturday evening with the exception of August 18th (High Bridge Homecoming Festival) and August 30th (J. D. Crowe Bluegrass Festival). The series will close on September 6th with our "Picnic Under The Stars", featuring the big band sounds of the "Metronomes" and a catered meal (reasonably priced).

A variety of music will be featured: big band, Dixieland, jazz, country, bluegrass, etc. A schedule of performers will be listed in the June issue of the Wilmore newsletter and on the City website (www.wilmore.org). A local food vendor will be featured at each concert, or picnic baskets are welcomed. In case of rain, the event will be moved to the gym of the Wilmore Elementary School on Camp Ground Lane (with plenty of parking at the school).

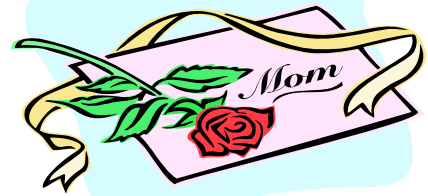
Volunteers are needed to assist in setting up for each Saturday event. Please contact Judy Woolums at rjcwoolums@aol.com or call 858-3895 if you would like to help.

This second season of outdoor concerts is made possible by the generous donation of the Stonebridge Group.

The Wilmore City Council at their April 14th meeting was presented a check of \$10,000.00 by Community Development Director Margaret Morgan on behalf of Rachel King and Gloria Henson. The City is grateful for such a kind and generous donation. Last year we were blessed with perfect weather for the Saturday night concert series and look forward to wonderful evenings under the stars again this year!

Many thanks to those who volunteer to help make this event happen in downtown Wilmore. Special thanks to the Community Development Board and members of the Development Committee who work hard with the businesses to make this and other events successful for our community to enjoy.

**May is the month
to celebrate**



***Sunday, May 18
is Mother's Day***

THE ROSE GARDEN

313 Walters Lane

**would be honored to help you
honor your mother.**

(Don't forget grandmothers too!)

*We have lovely teacup
arrangements, mixed bouquets,
tulips, roses (dozens or 1/2 dozens~
or simple bud vases with 1 to 3 of
her favorite flowers!)*

*Have something else in mind? Give
us a call at
858-9415.*

We also carry gifts, balloons,
art - including Paul Sawyer prints,
and more! Stop in soon!



**Order by May 5th
for a 10% discount**

WILMORE WELCOMES

**First Southern
National Bank**

East Main Street

**Opening Thursday, May 1st
Grand Opening Celebration**

Friday, May 30th

10:30 am - 1:30 pm

(Light refreshments will be served)

Wilmore Parks & Recreation

will begin accepting registrations for Wilmore Summer Recreation, a summer day camp. There are eight one-week sessions of camp, running from June 9 - August 1, 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 Amy Fitch at the Parks & Rec. office at 858-9031 or email at wilmorep@earthlink.net.

Wilmore Parks and Recreation Department Presents...

Summer Theatre Camp 2008

Directed by:

Sasha Weddington and Melanie
Johnson

Come and be a part of the 2008 Summer Theatre Camp! This program lets you work in several parts of the theatre and ends with YOU under the spotlight in your very own performance! You will be preparing for a final performance on Friday!

Dates: June 23rd-27th Grades 2nd-5th

July 7th-11th Grades 6th-12th

Time: 9am-3pm

Place: Doddridge-Holland Theatre
at Asbury College

Tuition: \$115.00 per week

Course material for the week will include:
Set design, costume/makeup, props/scenery,
stage combat, stage movement, acting,
voice & diction.

Wilmore Parks & Recreation will again be hosting USTA Team Tennis

this summer for both beginners and more skilled players, ages 8 through adult. This program is for persons interested in learning and competing for six weeks, beginning June 9th.

* **Youth Beginner** - Tuesdays & Thursdays
5:00-5:45pm; ages 8-11

(10 participants only,

sign up for 2 week sessions)

Cost:\$24 per player per 2 wk. session.

* **Adult Beginner** - Mondays, Tuesdays &
Thursdays 6:00-7:00pm

* **Intermediate/Advanced** - Mondays,
Tuesdays & Thursdays 7:00-8:00pm

Cost:\$69 per player per 6 wk. session.

Games and practices will be held at the
Asbury College Tennis Courts.

Registration forms are available online
at www.wilmore.org. Or contact Wilmore
Parks & Recreation at
858-9031 or wilmorep@earthlink.net.

ABOUT THE DIRECTORS

Sasha Weddington- is the drama teacher and musical director at East Jessamine Middle School. She is a graduate from Eastern Kentucky University with a BA in theatre and will finish her masters degree in teaching this summer. Sasha has previously worked for Jenny Wiley Theatre and the Mountain Arts Center in Prestonsburg, KY as the theatre education instructor for preschool through high school students.

Melanie S. Johnson- is currently the East Jessamine High School Drama Coach. She is a graduate from Valdosta State University with a BFA in Theatre with an emphasis in performance. She previously worked for the entertainment department at Walt Disney World, as a character performer and parade performer and was a Youth and Children's Director in Arlington, GA for three years.

Please go to www.wilmore.org for a registration form (Click on Parks & Recreation) or call Melanie Johnson at 757-434-0805 or email melgryzen@hotmail.com.
Class sizes are limited, so please don't delay!!!

**Earth Week and
Arbor Day Celebration
at Centennial Park**

Arbor Day celebrations took place at Centennial Park in April. Under the direction of Russell Williams two x 8' Tulip Poplar trees were planted. The Tulip Poplar is the state tree. The trees were planted in the playground area in celebration of Earth Week and Arbor Day.

Avadiah Maki, who is the granddaughter of Art and Carol Miller, read a poem about trees at the tree planting.

The park was also active as folks were out in celebration of Park Day. Groups played Frisbee golf, pick-up basketball and walked the paths that outline the park.

Everyone
is invited!

Asbury Seminary
welcomes **Dr. David DeSilva**
in a special organ recital
7:30 p.m., Tuesday, May 13
Estes Chapel,
Asbury Seminary campus



Event is free and open to the public.



ASBURY THEOLOGICAL SEMINARY
204 N. Lexington Ave. • Wilmore, KY 40390
800.2ASBURY • www.asburyseminary.edu

May Flower Sale

at the Fire Station
West Linden Street

Saturday, May 3

9:00 - 12:00

Flowers provided from
the Red Barn Nursery

The Wilmore Presbyterian Church

will be going as a Church to the Louisville Zoo as a kick-off event for our VBS on Sunday afternoon June 15th. We will begin our Rain Forest Adventure on Monday night and will finish on Friday evening. (June 16th- 20th from 6-8:30pm.) The ages are pre-school through 5th grade. VBS is for kids completing the current grades they are in and not what they will be starting in the fall. Questions? Call Dan Phelps at the church office @ 858-3074 for reservations.

STUMP REMOVAL SERVICE

Lanny Spears 873-0344
Or (859) 948-2880

Wilmore Christian Ballet

is now accepting applications for fall semester. Applications are on the outside of our studio door next to the Great Wall Chinese Restaurant.

Recycle Schedule

Pick up is on Wednesdays
Every other week

| | |
|--|--|
| SECTION A (Monday & Thursday) 7 th & 21 st | SECTION B (Tuesday & Friday) 14 th & 28 th |
|--|--|

CARDBOARD ALERT

**ALL CARDBOARD PUT OUT FOR RECYCLE
MUST BE BROKEN DOWN AND BUNDLED.
PLEASE PLACE BESIDE RECYCLE BIN.
(Includes brown corrugated cardboard boxes, food
boxes, pizza boxes etc.)**

**Thank you for your continued support of the
Wilmore Recycling Program**

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

Kim Deyer, editor