

NEWS
WILMORE
NEWSLETTER

October, 2008

**Wilmore's Newly Appointed
Assistant Fire Chief
Johnny Adams**

This past July, Wilmore's Assistant Fire Chief Jimmy Powers stepped down after 29 years of service. We honored Jimmy at the Festival of the Fourth. Following his footsteps is our newly appointed Assistant Fire Chief Johnny Adams.

Johnny Adams grew up in the Wilmore Fire Department. His dad and uncle were veteran firefighters. His mom and dad were also on the Jessamine County Rescue Squad.

When Johnny was a kid and heard the tone for a run, he would run to the door to watch family members run down the road, lights and sirens blaring. Johnny would listen to the radio traffic on the monitor. Sometimes his mom would take him to the fire so that he could see the fireman in action. At one point his family lived on the corner of West College and Bellevue. Johnny and the neighbor kids made up the Bellevue Fire and Rescue. The kids would all run up and down the street pulling his makeshift Fire truck Red Rider Wagon that his Uncle Bo built. It was equipped with a flashing light siren radio (that didn't work) and a Garden Hose on a reel for putting out those fictional Blazes.

When Johnny learned to ride a bicycle, it was like a ticket to freedom. He would try to respond to all of the fire calls that he could when he wasn't in school. His elementary school teachers would get on him when he would hear a siren and run to the window to see the fire truck go by. As he got older he would go to the calls and help out by changing out air bottles and getting the guys water. He really got the feeling of hanging out with the real fireman.

One memory that really gave him the passion for helping people is that his family's house caught fire. He was just a kid and lost nearly everything he had. It really made him have respect for people in distress, and he wanted to be able to help those people.

Johnny grew into the fire service family and became a Junior Firefighter he was able to start training with the members. His dad was a state instructor so he was able to tour around to the regional fire departments with him, see a lot of different departments and meet a lot of people. When he was a senior in high school he was able to assist the athletic trainer with sports medicine and medical calls.

His ambition turned to passion when he was a senior in high school and started training as an Explorer with the Nicholasville Fire Department.

He was then able to start experiencing more fires. The day he turned 18, he submitted his application to the Wilmore Fire Department.

Since then, he has been a loyal firefighter. In 1998 Johnny joined the Jessamine County Fire District and in 1999 began his career as a paid firefighter with the Nicholasville Fire Department. He has been a fire lieutenant since 2002. He worked his way through the ranks of the WFD. He was promoted to Lieutenant, then Captain following in the footsteps of his father, Larry Adams. Johnny Adams has waited a long time for the opportunity to be a chief officer with Wilmore's department.

At 32 years old, he is the Assistant Chief of our hometown department. He attributes this to a successful career and a growing family that supports him. Johnny has many stories and experiences to tell and hopes that he will have more to tell.

Johnny sister, Becky and niece Amanda both work for EMS. He has two brother-in-laws who are in the career and volunteer fire service with WFD. Guess you could say that Emergency Services is a family business for the Adams family! Johnny is married to Tracy and they have a daughter Amber.

**2nd Sunday,
a 21st Century parade
with a purpose!**

2nd Sunday will take place
October 12 2:00 to 4:00 pm
on Kinlaw Drive and
into the Park

At 5:00 pm a 5K race will take
place at the Park and Ichthus.

The road will be closed from the
intersection of Seamands/Brasher
and Kinlaw Drive all the way to
the Park.

Did you know Kentucky is one of the
least healthy states in our nation?
Let's do something about that and start
here in our own community! We are asking
Jessamine County Citizens to join us for
2nd Sunday! What is it? 2nd Sunday is a
21st Century parade with a purpose. A
one-mile stretch of road will be closed
in each participating community in
Kentucky so neighbors can walk, bike,
skateboard, run or even ride a horse.
Jessamine County will be celebrating 2nd
Sunday on October 12, 2:00 to 4:00 pm
with a 5K race at 5pm. This event will
take place on Kinlaw Drive in Wilmore and
you can attend the FREE activities that
include stroller races, skateboarding,
street hockey and more! Show your
commitment to better health by
participating in this first-ever event to
get Kentuckians moving in the right
direction. Organized by the Jessamine
County Cooperative Extension Service,
Asbury College, Wilmore Parks and
Recreation, Jessamine County Parks and
Recreation, Jessamine County YMCA,
Jessamine County Health Department and
the Jessamine County Fiscal Court.

For more information, call 885-4811 or
go to: www.2ndSundayKY.com

Treats On Main

**Friday
October 31st
6:00-7:30pm**

Main Street, Wilmore

Bring out the family for
another fun-filled family event
in Wilmore! Main Street in
Wilmore will be blocked off with
businesses open and distributing
candy. There will be carnival-
type games and prizes also.
Candy distribution and games
will take place from 6:00-7:30pm
and the costume contest will
take place at 7:30pm in the
Pavilion at the Downtown Green
(located behind Jessamine
Christian Healthcare).

Plan to spend your Halloween
evening having a safe, fun and
happy experience in downtown
Wilmore.

Contact Wilmore Parks &
Recreation at 858-9031 for more
information.

**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**

Wilmore Arts & Crafts
Festival

Saturday, October 4
9 a.m. to 4 p.m.

This festival has it all:
juried arts & crafts for sale,
live music, and food.

Downtown Main Street will be blocked
off and lined with booths for your
enjoyment. If it rains, the festival
will be held in the gymnasium of the
Wilmore Elementary School.

City of Wilmore Streetscape Improvement Project
Public Information Meeting Open House

Tuesday, October 28, 2008, from 4:30 p.m. to 7:30 p.m.

The location of this project is around College and Walnut Streets.
A few areas of improvements will include: the roadway entrance to
the Seminary, sidewalks, parking in the area and improvements to
water collection on city property near the mini park.

Please join us to learn about the project and tell us what you
think!

The Wilmore Senior Community Center at Wesley Village
1125 Lexington Road
Wilmore, KY 40390

On September 13th GO International celebrated their Fortieth Anniversary.
GO International was started in Wilmore in 1968. The organization has been involved
with hundreds of mission trips around the world and has helped with many humanitarian
projects that have made a better life for many people.

On behalf of Mayor Harold Rainwater and the City of Wilmore, City Councilmember
Kim Deyer read the Proclamation to the guests who attended the dinner held at
Asbury College. In honor for the missionary's many years of service
"September 13th in the year of our Lord Two Thousand and Eight" was declared,
"GO INTERNATIONAL DAY IN WILMORE, KENTUCKY".

Jessamine County Public Library

October 2008 Programs

For details or to register, call or go to the library event calendar at www.jesspublib.org
Phone: 859-885-3523
Programs may require registration

Teen Programs (grades 6-12)

Wii for Teens

Thursdays, Oct 2nd. & 9th @ 6:00pm
DIY for the Crafty Teen: Knitting 101

Thursdays, Oct 2nd. & 9th @ 7:00pm
Life 101: Acing the ACT
Thursday, Oct. 16th @ 6:00pm
Movies with Bite: Jaws
Saturday, Oct. 18th @ 1:00pm

Adult Programs (ages 18+)

HG Library: Be-Ribboned Bulletin Boards
Saturday, Oct. 11 @ 2pm

Book Lovers' Discussion Group
Monday, Oct. 20th @ 7pm

Book selection: Never Let Me Go by Kazuo Ishiguro
How-to @ Your Library (3 week segments)
Mondays, Oct. 27th, Nov. 3rd & 10th @ 6:30pm

Children's Programs

Mother Goose Storytime (ages 0-2)
Mondays & Tuesdays at 10am & 11:30am

Preschool Storytime (ages 3-5)
Tuesdays at 7pm &
Wednesdays at 10am & 11:30am

Family Storytime (ages 0-5)
Fridays at 10am & 11:30am

Family Programs

Sunday Funday (1st—5th graders & their caregivers)
Sunday, Oct. 5th @ 2pm: Gourd People
Indoor Drive-In

Sunday, Oct. 12th @ 2pm
Movie: Disney's Enchanted

Joseph Beth book sale
Thursday, October 23rd thru
Sunday, October 26th

Asbury Seminary Dining Commons open to Wilmore community

We invite you to join us for lunch or dinner at Asbury Theological Seminary. The seminary's Dining Commons is a convenient and inexpensive option open to the entire Wilmore community. Located in the Sherman Thomas Student Center, the Dining Commons serves all-you-can-eat lunch (\$5 for adults; \$2.50 for children ages 3 to 10) and dinner (\$6 for adults; \$3 for children ages 3 to 10), Monday through Friday. On Saturday, enjoy an all-you-can-eat brunch (\$6 for adults; \$3 for children ages 3 to 10).

There is something for everyone in the buffet line, where guests can choose from two vegetables and two entrées. There is also an assortment of healthy options, including fresh fruit and a soup, salad and deli bar. Or you can make your own stir-fry and enjoy a slice of gourmet pizza. On Saturdays, the stir-fry and pizza stations are replaced with a hot breakfast line with make your own waffles.

There are more than 20 beverage options, including flavored coffee and soft drinks. Dessert is also included. Choose from six flavors of ice cream and a variety of bakery selections.

Dining Commons accepts cash, checks, Discover®, MasterCard and Visa.

Lunch hours are: Monday, Wednesday and Friday, 11:30 a.m.– 1 p.m.; and Tuesday and Thursday, 11:45 a.m.-1 p.m. Dinner is 5-6 p.m., Monday through Friday. Saturday brunch is 11:30 a.m.-12:30 p.m.

To get to the seminary's Dining Commons from Lexington Avenue, turn onto East Main Street. Turn left onto Spring Street. Parking is available in Lot L, adjacent to the Sherman Thomas Student Center, and in Lot H, behind the student center.

Wilmore Senior Community Center

Thursday Afternoons, 1:30 pm
Wilmore Writers

A nurturing support group for those passionate about creative writing – beginners and pros alike!
Questions please call Shirley McMillan 858-0385.

Friday, October 3rd, 1:15 pm
Comedy Hour with Groucho Marx
From the TV series

Thursday, October 16th, 3:30 pm
Asbury College Masterworks Series
Asbury College students Flute Choir, String and
Guitar Ensembles

Friday, October 17th, 1:15 pm
2008 Olympics Opening Ceremony Video

Tuesday, October 21st, 3:30 pm
Community Vespers
Featuring Harrodsburg UMC Pastor, Ken Klemme,
and special music by Nancy and Julie McConnell.

Friday, October 24th, 1:15 pm
Stories with Claire
From Wake Forest, NC, join storyteller
extraordinaire, Claire Ramsey, in an afternoon that
will surely delight! Reception immediately follows.

Tuesday, October 28th, 1:15 pm
Strummin' Donovans
Toe-tappin' folk tunes played on mountain dulcimers,
sing-alongs and stories by this merry band of UK
Donovan Scholars.

Thursday, October 30th, 6:00 pm
Movie Night: In Harm's Way
Otto Preminger's World War II epic on how Pearl
Harbor changed military lives forever. Starring John
Wayne, Patricia Neal and Kirk Douglas.

Most programs are free and open to the public.
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.

CAREGIVERS **Support Group**

Thursday, October 2nd, 2008
7 - 8:30 p.m.

TOPIC
*"How to Deal With a Loved One Who is
Confused or Uncooperative"*

Speaker: Jo Hudson,
Alzheimer's Association

UPCOMING TOPIC
November 6th: Addressing Legal and
Financial Planning Issues (Follow-up from
the Aug. meeting)

Wilmore Senior Community Center
Wesley Village

Further Information,
please call the Hospice office

Wilmore Woman's Club
First meeting for the 52nd year
will meet Monday, October 13
at 7:00 pm
at the Wilmore Senior
Community Center
at Wesley Village

The season kicks off with Asbury College
students who will share their travels and
experiences In China filming the Beijing
Summer Olympics

You're Invited !

October 4, 2008
10am to 5pm



to a
Grand (Re) Opening
Celebration at
THE ROSE GARDEN
Flowers & Gifts
Wilmore, KY



Sam day as Wilmore's
Annual Craft Fair
in downtown Wilmore!

The Rose Garden
300 E. Main Street
the corner of
South Maple & E. Main

When you stop by to visit us
October 4, enter your name in
the drawing for a free (\$30.00)
floral arrangement.

Free balloons for
children under age 11!

Give us a call anytime at
858-9415.

Farmer's Market will run through the end of October. Winter squashes, lettuces, and sweet potatoes are coming on. Tomatoes and peppers are still plentiful, and there are many other fresh, locally grown items as well! Farmer's Market is held weekly in the City Hall parking lot from 8:00 a.m. until 12:30 p.m. or sold out.

Tim Vettters is offering pottery classes in his home on Clear Creek Road Tuesday nights at 7:00 p.m. See his website for more information www.clearcreekdesigns.net/artclasses or call 221-9024

La Te Da
329 East Main
(Located at Jody's Beauty Shop)
Fall arrangement sale
Woodenwick candles on
sale for month of October
Stop in!

Wilmore Creation Care is now an
"A Rocha Community".

Executive director, Tom Rowley, of A Rocha USA recently came to Kentucky and visited Wilmore to give the group the 'seal of approval' for inclusion into A Rocha USA. WCC is now under the umbrella of an "international conservation organization working to show God's love for all creation." (see www.arocha.org for the website and a fascinating look at this excellent work) Tom attended WCC's Kick Off Potluck dinner on Saturday September 6th, and officially welcomed WCC into the parent organization. Several A Rocha Asbury members were there too - welcome college students to the Jessamine County conservation volunteer group.

Recycle Schedule

Pick up is on Wednesdays
every other week

SECTION A	SECTION B
(Monday & Thursday)	(Tuesday & Friday)
8 th & 22 nd	1 st , 15 th & 29 th

Sticking to Success!

"Which diet works best?" is the focus of a study published in the Journal of the American Medical Association. Their answer? "The one you stick with!"

Experts followed dieters on various plans – low-carb, low-fat, and low-calorie – for a year, and found that each had a dropout rate of about 50 percent. But those who stayed the course of the diet all lost weight – ranging from four to seven pounds on average. When the plans were evaluated to see which one provided the greatest health benefits, the balanced low-calorie plan won out! This plan – like mine! – contains plenty of fresh vegetables and fruits, whole grains, and lean meats.

In short, the experts say that successful dieting isn't as much about eating a magic combination of foods, but more about staying the course. And remember that eating well is not just about weight loss, it's also about improving your health! So keep going! Your persistence will pay off in pounds lost and health benefits gained! You are creating a body that is strong and balanced.

Eat Beautifully!

You've probably heard the saying, "You are what you eat." It's true – from your hair right down to your toes! Luckily, the same foods that keep you healthy and fit also help keep you looking your best! So here are some foods to definitely include in your diet:

- * Citrus fruits help your body form collagen, which is essential to keep skin looking young and smooth!

- * Tomatoes are rich in vitamins A and C and potassium – all of which help give skin a radiant glow!

- * Garlic is reported to combat wrinkles and help restore tissue. It's like a natural anti-wrinkle cream!

- * Dairy foods – like skim milk, low-fat yogurt, and low-fat cheese – help keep your teeth strong and your smile bright!

- * Sweet potatoes are packed with vitamin A, which promotes clear, smooth skin!

So eat right and stay beautiful!

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