

**Notes to Consider...**

Woodcraft: *Fire (Lighters)*

By G.S. Morris — 01 October 2018



Good luck these days if you're compelled to canvass your child's birthday gathering looking for a cigarette lighter. There are three investment "sure things" I've missed out on in my life: bottled water; cell phones; and e-cigarettes. As well as lighting your daughter's birthday candles, the suddenly antique cigarette lighter should make its way into your pants pocket daily for the following reasons.

One, you could freeze to death. Death by hypothermia doesn't require -20 degree temperatures. A notorious training catastrophe which

happened during my military career occurred at Ft. Benning's Ranger School when multiple students died of hypothermia in weather not dipping below the 50 degrees Fahrenheit mark. Were you to find yourself in such a seemingly non-life threatening situation (soaked clothing can kill), that BIC Mini in your pocket could mean the difference between life and death.

Two, you could signal your rescue. If stranded, a dried leaf pile fire could produce the amount of white smoke necessary to alert a search helicopter to the position you're stranded at due to a shattered femur ("What could go wrong?") while deer hunting.

Finally, you could be that hero at the birthday party who could bring a smile to a young girl's face. I stopped smoking more than a decade ago. On that subject, I often think of a dear old professor of mine from Eastern who when asked by some associates who were in town for a conference, "Nancy, do you still smoke?" She replied with, "No, I've been quit for years...And God, I miss them!" I'm admittedly better off without my beloved smokes too, but that tiny little BIC lighter still deserves a place in your pants pocket.

Marking 25 years: *MSG Gary Gordon and MSG Randy Shughart, MOH 3 OCT 93, Mogadishu*

**Manchester Memorial Hospital Launches Safe Patient Lifting Initiative**

Manchester, KY: The average nurse lifts 1.8 tons per day according to the American nursing Association. With this in mind, Manchester Memorial Hospital (soon to be AdventHealth) is moving forward with a new initiative to reduce employee and patient injuries caused by manual lifting. Beginning Oct 2, 2018 the hospital's entire clinical staff will have access to five different types of mechanical lifting equipment provided by Diligent. Each is designed to provide patients with extra security and comfort while simultaneously reducing strain on clinician's muscles as they move patients with various conditions and levels of mobility.

"The decision to eliminate manual patient lifting is an example of Manchester Memorial Hospital to staying on the front edge of both patient and employee safety," said Susan Meyers, CNO (Interim) at the hospital. "By providing these tools we hope to make the daily process of moving patients, safer, easier and more comfortable for everyone involved."

For more information on Manchester Memorial Hospital, call us at 606-598-1095 or visit [www.manchestermemorial.org](http://www.manchestermemorial.org).

**Manchester Memorial Hospital Announces Opening of Oncology Clinic**

Manchester, KY – Manchester Memorial Hospital (soon to be AdventHealth Manchester) today announced plans to expand health care services by opening an Oncology Clinic located on their campus.

"Manchester Memorial Hospital is always looking for better ways to deliver high-quality healthcare across a broad spectrum, and now we have the opportunity to provide expanded oncology services to our community," said Chris Self, CEO/President of MMH. "We are confident that our new Oncology Clinic would allow us to better address the growing demand for cancer care in our area."

Heading the new practice would be Utpal K. Bhanja, MD. Dr. Bhanja is an Internist, Medical Oncologist and Hematologist, who has been in practice for more than three decades. His medical career began in 1982 when he graduated with his medical degree from the University of Calcutta, India. He is dual board certified in Hematology and Medical Oncology and provides diagnosis and treatment for a wide range of cancer related conditions and blood disorders.

Dr. Bhanja is a distinguished member of the American College of Physicians, the American Society of Clinical Oncology and the American Medical Association and has been named a "2018 Top Doctor", along with being a recipient of other professional honors and awards. His mission is to contribute continuously towards the noble cause of 'healing the human sufferings'.

The Manchester Oncology Clinic would be located at 515 Memorial Drive, Suite 1 Manchester, KY 40962. For more information on the clinic and services provided, call 606-598-4534 or visit [www.manchestermemorial.org](http://www.manchestermemorial.org).

**Public Notice**

Notice of Public Hearing regarding proposed changes and updates to the Jackson County Library Internet Safety Policy, including provision to meet the requirement of the Children's Internet Protection Act (CIPA).

Notice is hereby given that on October 9th at 4:30pm as part of the regularly scheduled meeting of the Jackson County Public Library Board of Trustees at 338 N Main St, McKee, KY,

the board will hold a public hearing in order to receive opinions regarding an updated and revised Internet Safety Policy. Upon conclusion of the hearing, the board will consider adoption of the revised policy, which would include the continuation of technology protection measures as required by the Children's Internet Protection Act.

A copy of the proposed policy is available for review in the Library office at the above address, question and comments may be directed to Ashley Wagers, Library Director.

**Inspirational Thoughts Into God's Word**

By Lynetta Hunter

A blessing is an act or statement of good will that is pronounced by something or someone. Nobody's life is neither perfectly good nor all bad, but rather mixed over time with general blessings and heartache that both occur randomly.

However, there are also occurrences that happen that are divine blessings pronounced by God Himself. They are supernatural events that happen in a moment's time and bring together a person and a plan. The idea of the plan may seem like a normal, everyday, nothing extraordinary notion, but turn out to be a plot that God structured to be a blessing that last a lifetime. One simple decision can begin a series of events that change a life forever, and everyone who's connected to the person. One thing will change in that instant but many things will change as time goes by.

Society has a way of categorizing people, there's a group of good, a crowd of bad, and then there are the rejects, those who have used up the hope and compassion of everyone they know until there's nothing left but emptiness. It is a powerful act of Gods goodness and mercy when He pulls someone out of the reject pile and pronounces a blessing on their life. In an instant, Gods plan is manifested, as He forms a strategy of combustion where His blessings never end or slow down but burn unquenchably throughout the entirety of that person's life, touching and blessing many others along the way.

**Yards to Paradise Landscaping**

Aquascapes, Pondscapes, Waterscapes:

What All Do You Call a Pond?

By Max Phelps

And whom do you call if you want one? Waterfalls, streams, ponds and pondless waterfalls are all popular waterfeatures for the homeowner who wants a relaxing waterfall, just-a-falls, or a place to enjoy fish, frogs, butterflies and birds and other wildlife. A watergarden contractor will be more useful than a general contractor, landscapers or a grass cutting business. Adding water and musical sounds to your garden with a romantic waterfall is one of the most relaxing and also organic and sustainable practices...the water recirculates as a submersible pump that economically runs for years 24/7/365 powers the backyard pond in the yard or garden. Other options are rain gardens and dry creeks; guttering can create waterfalls when it rains.

Having been a certified aquascape contractor for five years, I've gone above and beyond simple tests of competence by having dozens and dozens of happy pond, waterfall and fountain customers. No beginner can hope to equal years of experience, and when Max Phelps and Rock Castles Landscaping contract to build your dream koi, goldfish, or frog pond, you will get the owner on the job, someone raised in Somerset and graduated University of the Cumberland in Williamsburg, Kentucky. Us ponders and waterfal builders or pondbuilders are a special creative breed of landscaper. We offer most landscaping abilities, with water and stone being our primary focus, along with plantings. And, we do encourage edible landscaping such as berry bushes and fruiting trees, herbs and a few vegetables that can be incorporated into a lovely landscape.

Product names and pond and watergarden manufacturers include some of the following: Atlantic Water Gardens, Russell Watergardens, Savio, Aquascapes, Little Giant, Oase, Beckett, EasyPro, Tsurumi, Matala, Greystone Creations, Premier Ponds, Amazon, Carlisle pondliners, Anjon, Wellspring, Alpine, The Water Garden in Chattanooga, Kentucky Ponds in Lexington, Smith Turf & Irrigation in Nashville, Knoxville, Greenville and Charlotte. There are many suppliers to the pond enthusiast. I highly recommend avoiding Lowe's, Home Depot, or any high dollar pond store that will try to push what they have on you rather than trying to get the best equipment at the best price for you.

Where can you find some of our projects? Here are just a few: City Hall, London, Kentucky. Berea Cemetery, Berea, Kentucky, Crooked Creek in London, Kentucky. Forest Street in Berea, KY. Also in these towns: Somerset, West Somerset, Nancy, Columbia, Stanford, Mt. Vernon, Corbin, McKee, Harlan, Richmond, Lexington, Georgetown, Winchester, Mt. Sterling, Irvine, Danville, Campbellsville and Nicholasville. Also, we have features in Tennessee in places such as Kingston, Knoxville, Newport, Johnson City and Unicoi. We have ponds or waterfalls in places in North Carolina also. Asheville, Mars Hill, Marion, Arden, Hendersonville, Flat Rock, Tryon, Lake Lure, Morganton, Shelby, Gastonia, Lincolnton, Boone, Taylorsville and Sparta.

If we cannot do a project you want, we do have connections; we've amassed a lot of business cards and phone numbers and also gotten to know many contractors and suppliers over the years. So, the intelligent thing is to at least let us look at and estimate your proposed project. We have lower overhead and can underprice many of the bigger companies, even if we have to travel and stay in a motel to do so. Our standards and the quality of our work is not lower, it is higher than our bigger competitors.

For that small bubbling rock or urn to a small version of Cumberland Falls, give me a holler when you decide on a pond, waterfall, stream or fountain in or anywhere near Central Kentucky. You can pay more, but you are not likely to get as much value for your money as you will when you give me a call.

The author is a landscaper specializing in waterfalls. (606) 416-3911 or (859) 684-0642

Put a Smile on your Neighbors Face



**B&C Landscaping Rock, LLC**  
*Gravel-Stone-Mulch*

Office Phone  
606-877-9503

*Landscape Your Place*

28 Ready Mix Rd.  
London, KY 40741