Enjoy the Snow Don't Let It Kill You

"Don't let that innocent looking snowflake lead you astray. It can be a killer."

That warning came recently from the Kentucky Heart Association.

More insidious and more apt to be fatal, or at least harmful, are fluffy white snow blankets and drifts that fall on your walk and driveway. They are just begging to be shoveled away.

Research scientists have discovered that, without exception, any heavy snowfall is followed immediately by a flurry of heart-attack deaths due to over-exertion.

For the man over 40, the Kentucky Heart Association has this very important and timely advice:

1. If you have heart disease, don't shovel snow without your doctor's approval;

2. If you are over 40 and healthy, you may shovel, but take it easy. Snow-shoveling is strenuous exercise, and can kick back at the heart of a person who is not used to it. Cold weather by itself puts an extra strain on the heart in any case, without the exercise.

3. If you do shovel, do it an hour before or an hour after eating. This applies to most vigorous exercise. And don't smoke while you shovel. It constricts the blood vessels, as cold air itself does, and the combination can be dangerous.

4. Never shovel until you are nearly exhausted. Don't let the invigorating air or a warming shot of whisky fool you.

5. Dress warmly in loose, comfortable, heavy clothing. Keep your hands and feet dry, and muffle your ears and throat.

6. When you shovel, lift your entire body to ease the strain. Let your back and leg muscles take some of the burden off your arms.

7. If you get out of breath, rest until breathing is easy. If your chest feels tight—quit.

8. Last and probably the best word of advice is this: hire the boy next door to do the job for you.

Many Tasks Before Medicare Is Effective

Benefits under the new Health Insurance, or Medicare, plan of the social security program become effective July 1, 1966, but there is much to be done to get ready for the plan, according to Fred Smith, Field Representative of the Lexington social security office.

The main task is to get everybody on the rolls who should be. Since the Health Insurance plan will affect just about everybody who is 65 or over, the Social Security Administration has the responsibility of getting in touch with them to offer them the opportunity of enrolling. Social Security has a record of about three-fourths of the people who are over 65, and there will be no difficulty in contacting them. Also, there will be no difficulty in contacting those who are receiving benefits through the Department of Public Welfare. The real job then, according to Mr. Smith, is to contact those who are not on the social security, railroad retirement or public welfare rolls.

There are two main groups which the social security offices are attempting to reach. One group consists of those people who are past the age of 65 and are still working. Many in this category have not had occasion to file claims for social security benefits, because they have continued to work and were not entitled to benefits.

Although these people are still working and earning too much to receive monthly benefits, they should file a claim now. By doing so, they will automatically qualify for the Hospital Insurance Benefits, and will at the same time have an opportunity to sign up for the Medical Insurance benefits.

The other group that should be reached consists of those individuals who are not entitled to social security or railroad benefits, and who are not receiving benefits through the Department of Public Welfare or the Civil Service Commission. Since these people are not on any of these rolls, they will not be as easy to contact as those who are on the rolls. These individuals should, therefore, contact their social security office. If they are unable to do so, because of a physical or mental condition, then some relative or friend should do it for them.

Another Christmas

By Archie Boyd

Ted Andrews looked across the lawn. Some of the other patients were happily stringing decorations across the stately evergreen that dominated the entrance to the hospital.

It just didn't seem like Christmas. For one thing, there certainly wouldn't be any snow this far South. But, then, it hadn't seemed like Christmas for some years now. Two Christmases in far away lands, one of them in a stinking jungle and now this, flat on his back in a hospital.

"I guess those guys have some reason to be happy, at least they can walk." He was aware, and somehow ashamed, of the tinge of sarcasm in his voice.

Question

Helen Connerly didn't seem to notice. "Would you like me to wheel you around the grounds? They're doing some decorating at the other entrance, too."

Ted took the book he had been reading and covered his eyes. "No, thanks, Nursey-dear. I think I'll take myself a little nap. This warm South Carolina temperature makes a Yankee like myself somewhat lazy."

The woman smiled. "Okay, boss-man. I'll be here if you need anything."

Was it sleep, or half-sleep that enveloped him? He was never sure any more. But he was back again, the whirring sound of the

"Would you like me to wheel you around? They're decorating the other entrance, too."

copter blades ringing in his ears, and the staccato bursts of ground fire, sudden explosion, pain and the realization that he couldn't move, that the world had fallen in on top of him.

"He was just like you, Ted, exactly the same. He suffered. He wanted to suffer. He bottled himself up and shut out the world with a curtain of indifference. I suffered, because I loved him and because I could find no way to build a bridge that would reach him."

Mary, Mary, don't be contrary, forget me now. Sure you can, if you try. I'm not the same guy. He's gone. They left him in a rotting, stinking jungle, exchanged for a living corpse. Go away, Mary. Go away and stay.

"You have everything, Ted. It's yours for the asking; yours for the taking. There is a wonderful girl who loves you. There is the promise that you can walk again if you try. You have to try, Ted. No one can do it for you. Try, as others have done. Ted, get up and try!"

Awakening

He stirred. The shade had fallen to the ground and the last rays of afternoon sun greeted his opening eyes. "You have been talking to me while I slept, haven't you?"

"They can't fire me for that, can they?" Helen Connerly laughed. "I've also taken you for a ride. I want you to meet someone, near the main gate."

It was Mary, on the arm of a rugged, handsome man. He walked with a slight limp, yet straight erect and proud. So this was how it would be. She'd taken his advice, then. Good. Now a simple goodbye and she would be rid of him forever, just the way he wanted it to be.

Helen Connerly rushed forward, hugged each affectionately. "Ted, I want you to meet . . ."

"I know . . ."

"My husband, John Connerly . . ."

"Your husband!"

John Connerly let out a booming laugh. "I know you, son. And I know what you are going through. A few years ago, I lost an argument in Korea and wound up here the same as you are now. This little woman talked me back on my feet and I guess I talked myself into a lifetime contract. What do you think of that!"

Ted smiled. "I think it's time I met that lovely young lady of yours. I'd like to wish her a Merry Christmas—and promise her a Happy New Year."

Colon Christmas Cards

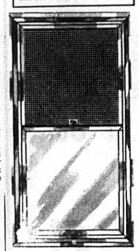
Card styles have changed, but no one has improved upon the message inscribed on what is generally conceded to be the first Christmas card. The message, "A Merry Christmas and a Happy New Year to You," has become a universal greeting.

Known as the Cole-Horsley card, the "first" card is in a private collection, the Hallmark Historical Collection, in Kansas City, Missouri. The card is named for Sir Henry Cole and John Calcott Horsley. Sir Henry, director of the Victoria and Albert Museum, commissioned Horsley, a noted London artist, to design the card, which he first appeared in print in 1843.

The card is composed of three panels. The center panel portrays a family at Christmas dinner, the other two panels illustrate the Christian virtue of feeding the hungry and clothing the needy.

Toy Craftsmen

The Japanese take the toy business very seriously and excel in the production of mechanical toys. Their future toymakers study the craft in special schools.



SANTA'S RECIPE for a MERRY CHRISTMAS

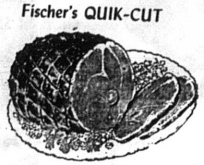
Good Friends and Good Food

TOM TURKEYS

18 to 24 lbs.

lb. 33¢

Fischer's QUIK-CUT



WHOLE lb. 89¢

Baking Hens lb. 45¢

Ky. Food Stores Bacon lb. 79¢

Edwards Sausage 2 lbs. $1.39

See our Large Selection of

Candies Fruits Nuts

Merry Christmas feastings

Tangeloes doz. 49¢

Emperor Grapes pre-packaged 10 lbs. $1.49

Tube Tomatoes 4 to tube tube 33¢

Stokely Beans CUT GREEN, SHELLIES 2 1/2 3/79¢

10 lbs. 95¢

5 lbs. 49¢

Stokely Pumpkin 303 2 for 25¢

Stokely Peaches sliced, halves 2 1/2 3 for 89¢

Folgers Coffee reg., drip, fine lb. 69¢

Nabisco Snacks your choice 39¢

Nabisco Cookie Assortment Fride or Famous 39¢

Royal Gelatin all flavors 9¢

Ky. Food Stores Ice Cream 1/2 gal. 59¢

Scotkins Dinner Napkins 2 for 49¢

Scott Place Mats 33¢

Carnation Milk tall cans 3 for 45¢

Domino Sugar Confectionery lb. 19¢

Ocean Spray whole or jelly Cranberry Sauce 25¢

Hellmann's Mayonniase qt. 59¢

Crisco shortening 3 lb. tin 79¢

Egg Nog qt. 65¢

Del Monte Catsup 14 oz. 5/$1

Del Monte Fruit Cocktail 303 4/$1

Robin Hood plain or self rising Flour 10 lbs. $1.09

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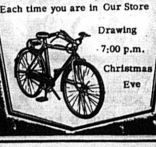

Drawing 7:00 p.m. Christmas Eve

Nora Stevenson

Continued from page 1

of the National Honor Society, historian of FHA, vice-president of Tri-Hi-Y and a member of the Speech Club. Nora also plays first clarinet in band.

"To listen to Nora's speech one would realize what it would be like to live without our democracy," stated Peggy Bretz, one of the finalists.

Eighteen other students participated in the contest. Out of these six finalists were picked. They were Carol Marshall, Penny Brookshire, Peggy Bretz, Robbie Lane, Teresa Watkins and Nora Stevenson.

Mrs. Raymond Wesley, Mrs. R. S. Wills, Jr. and Mrs. Minton Whitt were judges.

Last year's county and district winner was Carol Curtis.

Old Carols

Many of our favorite Christmas carols are centuries old. "The First Noel" was originally a medieval shepherd song. "God Rest Ye Merry Gentlemen" dates to the 16th century and "Joy To The World" was published in 1719.

LYRIC theatre

Sat., Sun., Mon.
Dec. 25,26,27
"TICKLE ME"
in color
Elvis Presley
No Sat. Matinee
Admission 25c — 75c

Coming Fri., Sat.
Dec. 31, Jan. 1
"GUNMEN OF THE RIO GRANDE"
in color
Guy Madison
Second Feature
"DEAR BRIDGET"

Coming Sun. Jan. 2
"SHENANDOAH"

SOCIETY

PERSONALS

J. A. Whaley entered the Good Samaritan hospital recently for surgery. He has returned home much improved.

Mr. and Mrs. Toby Edder will arrive this weekend to spend Christmas with their parents Mr. and Mrs. Thomas Hickman, Bourbon County and Mr. and Mrs. Warren Fisher.

Phillip and Phyllis Woodall of Fresno, Calif. arrived Tuesday to spend Christmas hilidays with their grandmother, Mrs. Vivian Scott.

Paul N. Hockett will arrive Wednesday to be with Mr. and Mrs. Warren Fisher.

Mr. and Mrs. Lyle Anderson of Summerville, S. C. will arrive Friday to spend the holidays with their parents, Mr. and Mrs. Ralph Shearer and family and Mr. and Mrs. Marion Anderson.

ATTEND SCHOOL DANCE

Miss Gayle Bradley, a student of Fugazzi Business College, was in a modeling show at the Mary Todd High School in Lexington.

Gayle wore a white, satin brocade, floor length formal. She chose blue gloves and shoes to match.

After the modeling show, Fugazzi presented a Christmas formal dance, known as "The Snowball."

Those attending from Carlisle were; Ellen Duncan, John Crouch, Ginger Hamm, Jay Mefford, and Gayle Bradley.

B SHARP CHORUS REPORT

By Mrs. Herman Vice

B Sharp Chorus Report

On the evening of Dec. 13, two car loads of women of the Chorus, the director, pianiest and our County home demonstrator, traveled across the county to Mt. Olivet to sing some Christmas music at their county wide Christmas party.

At the close of the meeting delicious refreshments consisting of fruit cake and punch were served.

Dec. 7, we were delightfully entertained at the home of Mrs. Clary Fightmaster, with Mrs. J. M. Pitman as co-hostess. After much singing we were served "Petits fours" and coffee.

CARLISLE SIXTH GRADE 4-H

By Dicna Ishmael

On Dec. 2 the Carlisle Sixth Grade held it's monthly meeting. The meeting was called to order by the president, Sandra Wilson. Interesting discussions were given "Safety Against Fire," by Debbie Vice; "Taking Down the Tree," Dana Ishmael; "Christmas Decorations" Sharon Keal; "Christmas Tree Lights," Mary Platt; "Visitors Don't Know Their Way Around," Charlotte Thornsburg.

"After Opening the Presents and Gifts" Vickie Simpson. "The Things to Make our Holiday Safer," Edith Shearl.

After the program there was a song led by Denise Wyrick, our song leader. Then we played a game led by Eddie Shearer, our gameleader.

There was no further business and the meeting was ajourned by the president, Sandra Wilson.

MEDITATION SERVICE AT CHRISTIAN CHURCH

There will be a Christmas Eve meditation service at the local Christian Church, Friday night, 7:00 - 9:00. The church will be open at the time for those who would like to enter for a period of prayer and meditation.

The public is invited.

PRESBYTERIAN CHURCH COMMUNION SERVICE

The Presbyterian Church will hold their annual Christmas Eve Communion service at 11 p.m. Friday, Dec. 24.

CHRISTMAS PROGRAM THURSDAY DEC. 23

The Carlisle Pilgrim Holiness Church Youth Society will present a Christmas program Thursday, Dec. 23 at 7:30 p.m. The play is entitled "The Spirit of Christmas". The public is invited.

Saltwell

by Mrs. Fred Hollar

Mr. and Mrs. Astor Fields of Eubanks spent one night recently with Mr. and Mrs. Vaughan Mattox and Mr. and Mrs. John Glump.

Rev. and Mrs. E. H. Gaines were Sunday dinner guests of Mrs. M. T. Kennedy and family.

Mr. and Mrs. Fred Sowell of Cincinnati spent Thursday night with Mr. and Mrs. Fred Hollar and accompanied Mike home after a weeks visit here.

The Methodist men will have their regular monthly meeting at the church on Thursday night, Dec. 23. Supper will be served at 7 o'clock. Everyone is invited.

Ragena and Jeff Mattox visited Mr. and Mrs. Homer Ward of Paris on Friday night.

Mr. and Mrs. E. V. Delaney spent Sunday with Mrs. Mattie Delaney and Mrs. Nora Burris of Covington.

Mr. and Mrs. Richard Cain and son spent Friday with Mrs. Golda Keets of Manchester, Ohio.

Jeff Mattox spent Wednesday with Mike Sowell at the home of Mr. and Mrs. Fred Hollar.

Mr. and Mrs. Freddie Gaunce visited June Jackson at Bourbon County hospital Sunday night where he underwent surgery on Friday.

Mr. and Mrs. Randall Ritchie and children attended a family Christmas dinner at the home of Mr. and Mrs. David Ritchie and family of Flemingsburg.

Mr. and Mrs. Chester Mattox and Mrs. Fred Hollar visited Mr. and Mrs. Arnold Mattox of Lexington on Wednesday night.

Mr. and Mrs. Freddie Gaunce spent Sunday with Mr. and Mrs. Ronnie Gaunce and children of near Oddville.

Mr. and Mrs. Layne Hollar and Freddie Layne were Friday supper guests of Mr. and Mrs. Fred Hollar.

Larry June Allison, student at Morehead College and Miss Linda Ritchie, student at Eastern State College are spending the Christmas holidays at their homes here.

NICHOLAS NATIVE HONORED

"A lady who has done everything in the University of Kentucky accounting office that needs to be done," was honored at a dinner Wednesday, Dec. 15 with 50 of her coworkers in attendance.

She is Mrs. Virginia Earnest who will retire Jan. 1 after 37 years of service to the University. For some years, Mrs. Earnest has been in charge of employees' insurance, and has helped scores of faculty and staff members to file hospitalization claims following bouts of illness or after undergoing surgery.

Mrs. Earnest was given an antique watch by William Wesner, on behalf of the persons attending the event in the UK Student Center. She also was presented with a Kentucky Colonel commission by Walter Hromley, supervisor of the payroll division in the UK accounting office. George Ruscheli, director of UK auxiliary enterprises, registered Mrs. Earnest as an honorary member of the UK Faculty Club, which he serves as treasurer.

A native of Nicholas County, Mrs. Earnest is a daughter of the late Mr. and Mrs. James William Harrison. She is married to Mark Earnest, a Liggett and Meyers Tobacco Co. executive. Mr. and Mrs. Earnest have one daughter, Mrs. Jack Miller, Baltimore, and three grandchildren.

ENGAGEMENT ANNOUNCED

Mr. and Mrs. Stanley Storey of Carlisle, announce the engagement of their daughter, Paula Jean, to Bobby Gene Puckett, son of Mrs. Emma Howard and Robert Puckett of Paris.

The wedding will take place June 26 at the Headquartera Methodist Church. All friends and relatives of the couple are invited to attend.

Miss Storey is now attending Nicholas County High School and will be a graduate of the 1965-66 class. Mr. Puckett is presently employed with Fuckett's Electric.

JACKETS NIP

Continued from page 1

blue and white season. The Blue Jackets jumped out to a 16 to 10 first quarter lead but saw the Bears come storming back in the second quarter to take a half-time lead of 28 to 27. The Jackets were in foul trouble the entire game as center Mike Kenny had to sit out most of the game with four personals and fouled out early in the third quarter. The Bears with the height advantage controled the boards and increased their lead to 44 to 39 at the end of the third quarter. The fourth quarter saw Nicholas County rally to tie the game at 47 to 47. It was nip and tuck the rest of the way. Senior forward, James Becraft put the Jackets on top at 50 to 59. Center John Rice of Bracken who had 26 big points hit on a layup and regained the lead of 51 to 50. This set the stage for a fielder by John Cleaver and two charity tosses by Howard McCarty, which iced the game.

Scoring: McCarty, 20, Becraft 6, Kenney 6, Abnee, J. 3, Cleaver, 17, Fryman 2, Feeback 0, Abnee, C. 0.

JACKETS BELT MODEL

The Jackets of Nicholas County won their sixth game of the season here Friday night by belting Richmond Model 68 to 53. After holding a slim 14-12 lead the blue and white picked up the scoring in the second quarter and lead at the half 35-25. With the Blue Jackets controling the boards they increased their lead to a comfortable 51 to 36 third quarter lead. The fourth quarter saw the subs finish and the final score read 68 to 53. In a balance scoring attack Junior center Mike Kenney lead with 16, followed closely by H. McCarty 15, J. Cleaver with 12 and Jerry Abnee 11.

Scoring: McCarty 15, Becraft 9, Kenney 16, Abnee, J. 11, Cleaver 12, Fryman W. 2, Feeback 3.

THE EPIHIPANY

Many times during the holiday season we hear reference to the Epiphany, yet many do not know when it occurs and how it fits into the Christmas calendar. The Epiphany is observed on January 6 and marks three events in the life of Jesus: His baptism, the visit of the Wise Men to Bethlehem, and the miracle at Cana.

The perfect gift for the Christmas Holiday...

CHRISTMAS LIST
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Everybody's favorite box of gift chocolates Only $2.15 lb.

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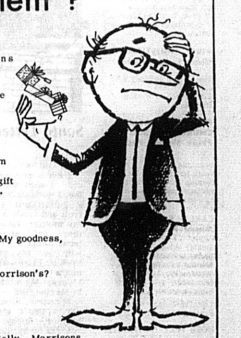
What Problem ?



Toys ? Heck - Morrisons

Variety's got lots of them for all kids. And the nice part is they are in the sensible price field.

Gifts ? Shucks - no problem at all. Morrisons got plenty of gift items for everyone on your list.

Christmas Cards ? My goodness, Haven't you see the selection at Morrison's?

Gift Wrappings ? Golly - Morrisons got enough for everybody hereabouts.

Tree Trimmings ? No worry. From the Tops for the tree to the stand that holds it - and all in between go to MORRISONS.

Next Question ?