Nursing Home News

By Virginia Smith Donovan

Always put off until tomorrow what you are going to make a mess of today.

The worship service was given by Rev. Dallas Sugg of the Baptist Church. 11 were present. The 23rd Psalm was read and Bro. Sugg talked about the three P's, Person, Provision and Promise. Rev. Sugg played the piano and sang, "His Eye is on the Sparrow".

Everyday is judgement day.--Emerson

Mrs. Ethel Booth is a new resident. I'll miss her telephone calls.

Vernie Stone is back from the hospital. Mrs. Ethel McCarty is still in the hospital.

There are two new residents in the home. They came from the Veteran's hospital in Lexington. They are World War II veterans. Edgar Yates hails from Pikeville, and William Hogland hails from Louisville.

One of the secrets of a decent marriage is to save the criticism for something that matters.--Ann Landers

The weather has been so bad, visitors can't come to see the old folks and they can't get out. Why don't you send them a card or letter? Everyone enjoys mail.

Mrs. Vada Pelfrey feels as if she has rested long enough, wants to start Crocheting.

It was nice to have a letter from Mrs. Hazel Williams Knox of Florence. She said she liked to read the news. Said Mrs. Cora Gaunce used to live next to her and married her cousin, Matt Gaunce. She mentioned Mrs. Blount in her letter. Said she knew others too. She moved from Carlisle to Florence in 1918.

Do you older folks remember when the young men had autograph books? Not long ago I fell heir to a book which belonged to my late great uncle, Albert Brooks. The price was still on it, $1. The earliest date I could find was Feb. 13, 1887. One autograph was from Jennie Miller who afterwards married my uncle's brother, Forrest Brooks. The late Mrs. Pevie Feeback wrote the following on March 17, 1887:

Dear Albert,

Remember me when you are happy. Keep for me one little spot in the depths of thin affection. Plant one sweet forget-me-not.

And this I hate--not men, nor flag nor race. But only war with its wild, grinning face.--Joseph Dana Miller, Hymn of Hate

Recently Mrs. Essie Dalzell had the following visitors: Mrs. Roy Kingesbury, Lexington; Mrs. Lillian Wright, Jenkins; and Mrs. Henry Allen of Paris.

Mrs. Lida Argo is a new resident. She came from the hospital. Her neighbor, Mrs. Rankin Byrd, comes to see her often.

Herman Conyers is now growing citrus fruit in his room. You can't keep a good man down.

Dan Burden's son, James and wife of Cincinnati came to see him and brought him a lemon supreme cake.

Word has been received of the death of Mrs. Robert Cooper of Middletown, Ohio. She was a stepdaughter of Mrs. Ellen Kenney. Lenora was eight years old when Mrs. Kenney married her father. She came to see Mrs. Kenney when she could and sent her lovely presents.

Miss Ethel Colmire's sister, Mrs. Edna Jackson and another sister, Irene of Piqua, come to see her most every day.

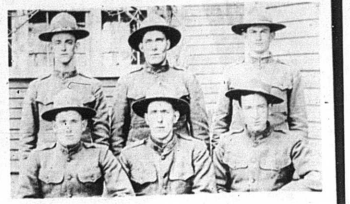
Mertie Jones spent a few days in Berea.

Mrs. Lulabell Earlywine is a new resident. She'd been in the hospital for awhile. Mrs. Earlywine lived on the Ishmael Road. She is the mother of 13 children, 12 living. She reared one grandchild also, Nellie, Clarence and Audrey came to see that she was well situated.

Getting married is easy. Staying married is more difficult. Staying happily married for a lifetime should rank among the fine arts.--Flack

Mrs. Allen, Mrs. Dalzell's daughter, received a letter from Mrs. Hattie McConnaughay who lives in a nursing home in Cincinnati. She'd be glad to hear from her friends. Her address is: Mrs. Hattie McConnaughay, Bodmann Widow's Home, 3001 Highlands, Cincinnati, Ohio.

Everyone knows what good cooks Mrs. George Dale and her mother, Mrs. Ermine Ritchie are. This story is rather personal, but think you will enjoy it. Naomi got her early training from me. We used to be neighbors. She lived where she does now and I lived a little further down on 68. She came to my house one spring day and we decided to make a gooseberry pie. We did right well except we had quite a time making a fire in the old cook stove. Made the fire with dried limbs. We couldn't get the oven hot enough, so decided that it would be fine to put one of the burning limbs inside the oven, believe this was Naomi's suggestion. We cooked the pie. When we took it out, was jet black! Don't remember who ate the most!



Those pictured in the WWI picture are left to right standing: Earlie Flora, Otha Gaunce, Ray Dalzell. Seated: Leslie Shannon, Elbra (Hutch) Gaunce, Charlie Stockdale. Camp Mead, Md. Picture property of Earlie Flora.

State police announce key shifts

FRANKFORT--Plans calling for a change in the leadership of two key state police commands have been disclosed.

The shift in commanders in the criminal investigative and field commands will become effective Feb. 15, according to Kentucky State Police Director Larry G. Boucher.

Named to replace Maj. Robert G. McKinney as commander of the investigative command was Maj. Billy L. Sherrard who is currently serving as head of the Field Command. The new field commander will be Capt. Richard L. Norsworthy, 40, an 18-year state police veteran and post commander at Henderson since 1970.

Boucher said that McKinney will be reassigned to direct the State Police Academy and Training Bureau.

Both Sherrard and McKinney came to their current assignments during a major revamping of the state police in late 1970. It was during that reorganization that the Criminal Investigative Command was created and McKinney named as its first commander.

According to Boucher, this latest move was taken to "make the most out of each officer's past training and experience".

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Do you have your high school diploma? If not, it is still possible to obtain your diploma. Register now for the adult education classes being held at the Nicholas County High School on Monday and Thursday nights at 6:00 o'clock.

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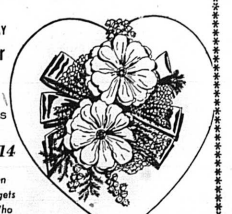

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FARM & HOME

County extension Agents Kalil J. Noffsinger, Sara Swango, Mrs. Margie Wilson

A calorie is a measure of energy contained in food. People must have calories to grow, to repair body cells, to provide body warmth, and to maintain all body processes--such as respiration, digestion, elimination and energy for work and play. Since growth stops between ages 20-25 years, one needs less calories than before. If one continues to eat the same amount of food, these extra calories end up as stored fatty tissues in the body.

If an adult is to maintain a constant normal weight the energy value (the calories) of the food one eats must balance the body's energy needs and give it the nutrients essential for good health.

Foods which contain large amounts of sugar or starch are classified as carbohydrates. Breads, cereals, cakes, cookies and some vegetables--such as corn and potatoes, lima beans--and many desserts are carbohydrates. Carbohydrates give four calories per gram. Meats, eggs, milk, poultry are good sources of protein. Protein contains four calories per gram.

Fat contains nine calories per gram--two and one-half times more than either carbohydrates or proteins. If you are gaining weight or inclined to gain weight, be especially careful in the use of butter, cream, salad dressings, fried foods, pastry or any food which includes a large amount of fat.

Even when calorie watching, one must plan low calorie meals around the basic four food groups. This insures one getting the nutrients (carbohydrates, protein, fats, minerals and vitamins) that are needed for good health. What makes the difference in weight loss or weight gain is the kind of food eaten, the amount or size of the food servings, the method of preparation and the amount of seasoning used, the extras served at each meal and snacks eaten between meals.

Obesity is a major health problem in America.

IT PAYS TO KNOW YOUR PANS AND RANGE

Though good pans are essential, knowledge about the top of the range is also important for cooking success. About 70 to 80 percent of our cooking is done on top of the range. If food always burns in a particular pan, the heat may be too high for the material the pan is made of or the pan may be dented so it heats unevenly. A pan should have a flat bottom to fit flat on the unit or burner and straight sides to conserve heat. It should have good heat conductivity. Thin pans tend to dent. And dents waste fuel. The size of the pan should be in keeping with the amount of food being cooked. To hold steam in the pan and reduce cooking time, the lids should fit closely. Handles and knobs should be heat-proof material that can be grasped without burning fingers. Handles should be firmly attached so that they cannot come loose and turn in the hand.

Most ranges have two sizes of burners. The larger units have greater heat output than the others. Larger containers of food can be heated more quickly on this unit than on the smaller ones. Pans should fit the burner as nearly as possible. Oversized utensils could damage the range surface around the unit or burner and shouldn't be used. When the pan is too large for the unit, the heat is concentrated in one small area. Temperature controlled units were developed for use with aluminum pans for best results, therefore, lower temperatures may be needed when cooking with pans made of stainless steel, pyroceram or cast iron.

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CONGRESS VOTES

William P. Curlin Jr., Sixth Congressional District, Kentucky

The week's final record vote occurred on H.R. 10086, a noncontroversial bill which increases by $26.6 million the amounts already authorized for land acquisition and development of selected units in the National Park System. Yeas 303, Nays 2, Passed, Jan. 31. Mr. Curlin did not vote.

Whether to adopt a rule (H. Res. 786) making in order consideration of S. 2010 (see below). Yeas 335, Nays 30, Rule agreed to., Feb. 1. Mr. Curlin voted yea.

Whether to pass S. 749, authorizing a U.S. payment of $100 million to the Asian Development Bank. Yeas 255, Nays 132. Passed, Feb. 1. Mr. Curlin voted yea.

S. 2010 authorizes a U.S. contribution of $960 million to the International Development Association for the purpose of making loans to developing countries. Before passage there was one record teller on an amendment which would reduce the U.S. payment to $480 million. Ayes 165, Noes 191. Amendment rejected, Feb. 1. Mr. Curlin voted no.

Whether to pass S. 2010, Yeas 208, Nays 165. Passed, Feb. 1. Mr. Curlin voted yea.

Whether to authorize the striking of Commemorative Medals for the 200th anniversary of the American Revolution (H.R. 7987). Yeas 387, Nays 1. Passed, Feb. 2. Mr. Curlin voted yea.

H.R. 11394 provides additional Federal Judges. There was one record teller vote on a proposed amendment, after which the bill was passed by a nonrecord vote. The amendment provides an additional judge for northern Indiana instead of a roving judge between the northern and southern districts of that state. Ayes 217, Noes 168. Agreed to, Feb. 2. Mr. Curlin voted aye.

H.R. 12089 establishes an Office For Drug Abuse Prevention. There was one record vote on a proposed amendment exempting the Veterans Administration from the bill's provisions. Ayes 174, Noes 196, Rejected, Feb. 3. Mr. Curlin voted aye.

Whether to pass H.R. 12089. Yeas 380, Nays 0. Passed, Feb. 3. Mr. Curlin voted yea.

William P. Curlin Jr., Sixth Congressional District, Ky.

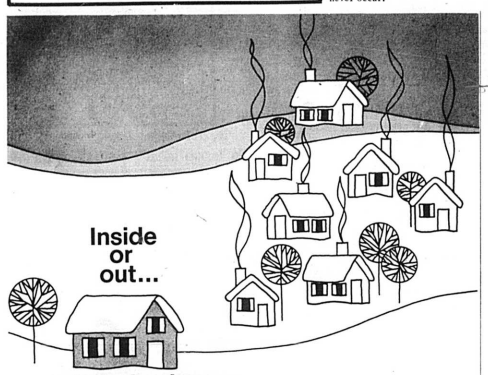
Whether to adopt a rule (H. Res. 765) making in order consideration of the conference report on the Foreign Assistance Act of 1971 (S. 2819). Yeas 246, Nays 123. Rule agreed to, Jan. 25. Mr. Curlin voted yea.

The Foreign Assistance Act authorizes $1.2 billion in economic aid and $1.5 billion in military aid in fiscal 1972, and $1.0 billion for economic help in 1973. Yeas 204, Nays 179. Conference report agreed to, Jan. 25. Mr. Curlin voted nay.

Whether to establish the Saw-tooth National Recreation and Wilderness Areas (Idaho) to be administered by the Forest Service (H.R. 6957). Mr. Curlin voted yea.

Whether to pass H.R. 8085 authorizing the President to establish maximum Age Requirements for Civil Service Jobs. Yeas 81, Nays 249. Mr. Curlin voted yea.

Procedural Highlight. . .The order of business in the House is to a large extent under the jurisdiction of its Committee on Rules. Once the Rules Committee is satisfied that a bill should be taken up, it reports a resolution (rule) for adoption by the House. If the rule is adopted, the named bill may come before the House. A rule specifies the amount of debate time, and may or may not permit the offering of floor amendments.



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News briefs

By Jim Warren

EDUCATION--State School Supt. Dr. Lyman V. Ginger said Kentucky should prepare for a complete revamping of its school tax system in the next two years. He said the change may be necessary because of recent court decisions challenging property-tax financing of public schools as being discriminatory and unconstitutional.

AID--The Appalachian Research and Defense Fund filed suit in Franklin Circuit Court demanding a change in the state's criteria for free medical help. The suit challenges two programs in the Kentucky Public Assistance Manual of Operations denying free medical aid to those working more than 30 hours per week or working more than three-quarters of the number of hours a week usually required to do the type job they have.

Continued on Page 6

NEW COACH--Roy M. Terry, 30, former standout quarterback at Western Maryland, was named head football coach at Morehead State University Thursday, Feb. 3. Terry spent four years in high school ranks and five years coaching college football, three at Louisville and two at Colorado State. Assisting Terry, is Vince Semary, who has been on the University of Louisville staff for two years.

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