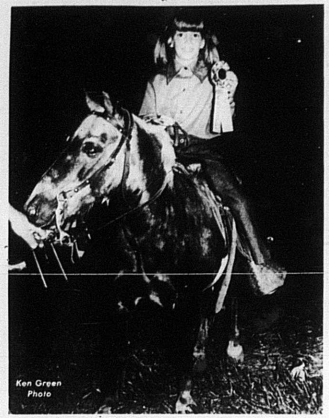

Ken Green Photo

Dusty Midnight, owned and ridden by Donna Hovermale, won first place in the Juvenile Walking Horse Class at the Fleming County Horse Show held Aug. 24 and 25. She also won Reserve Champion at LaGrange at the Oldham County Show. Trainer was R.J. Doyle. Miss Hovermale is the granddaughter of Mr. and Mrs. Walter Hovermale.

Brownie Delight, owned and ridden by Julie Hovermale, received a blue ribbon at the Madison County Fair and Horse Show. Julie is the granddaughter of Mr. and Mrs. Walter Hovermale.

Saltwell

by Mrs. Fred Hollar

Mr. and Mrs. Freddie Gaunce spent Wednesday with Mr. and Mrs. Ronnie Gaunce and family of Sunrise.

Mrs. Gladys Kenney spent the past week with Mr. and Mrs. Bob Kenney and son Greg of Covington. Mr. and Mrs. Bob Kenney accompanied Mrs. Kenney home on Saturday.

Mrs. Arnold Mattox of Lexington visited Mrs. Jim Wilson of Carlisle on Friday.

Mrs. John Glump returned to her home on Sunday after several days treatment at Nicholas County Hospital.

Mr. and Mrs. Chester Mattox visited Arnold Mattox who remains very ill at the Good Samaritan Hospital, Lexington.

Frank Sparks entered Bourbon County Hospital on Sunday morning following a heart attack at his home at Hooktown.

Bobby and Kathy Dawson spent Tuesday night with Mr. and Mrs. Dickie Grimes and children.

Mrs. Bobby Brady returned home on Tuesday after a weeks illness at Harrison Memorial Hospital. She is spending a few days recuperating at the home of her parents, Mr. and Mrs. Orville Doyle.

Mrs. Dena Green spent Friday and Saturday nights at the home of Mrs. Della Hopkins and children of Cane Run.

Mrs. H.A. Gaunce was in Lexington on Wednesday to consult with her doctor.

W.C. Mattox visited with Vaughan Mattox and John Glump on Thursday night.

Rev. and Mrs. Thomas Gaunce had as visitors on Sunday and during the week Mr. and Mrs. Jesse Fuller and daughter and grandchildren of Claysville and Ft. Thomas, Mr. and Mrs. Robert Laughlin of Lexington, Mr. and Mrs. J.K. Maffett, Rev. and Mrs. J.H. Ritchie.

Mr. and Mrs. Gary Hollar and children, Mr. and Mrs. Sterling Hollar, Mr. and Mrs. Fred Hollar, W.C. Mattox and Mrs. Gladys Kenney enjoyed a fish supper at the home of Mr. and Mrs. Jim Wilson and Mike in Carlisle on Sunday evening.

Mrs. Freddie Gaunce spent Friday with Mr. and Mrs. Wayne Gum and sons of Headquarters.

Mrs. Diane Hamilton of Lexington spent Sunday with Mr. and Mrs. Gary Hollar and family.

Tracey Hollar and Mike Sowell spent the weekend with Mr. and Mrs. Fred Hollar and W.C. Mattox.

Mrs. Jesse T. Earlywine and Mrs. Eva Lawrence visited relatives in West Virginia, Ohio and Kentucky the past weekend.

Mr. and Mrs. Billy Knippenberg entertained with a family reunion at their home on Sunday honoring the Arnold and Dennis families. Mrs. Emmett Dennis spent Monday with the Knippenbergs.

MSU to hold Horse Show

Prizes are being awarded in 26 classes at the eighth annual Morehead State University Horse Show Friday and Saturday, Sept. 7 and 8.

Sponsored by the MSU Agriculture Club, the event begins Sept. 7 at 7:30 p.m. at the MSU Farm, on Ky. 377, six miles north of Morehead.

Thirteen classes will be shown each night. A total of $2,150 in prize money will be awarded, including a $90 cash prize for the walking horse championship. Western pleasure classes have been added this year.

Admission is one dollar for adults and 50 cents for children. Proceeds from the show will go for agriculture scholarships.

All entries in Class 1, for riders under six with adults leading the ponies, will receive trophies. There is no entry fee for this class.

Jimmy Richardson of Owingsville is the ring announcer for the Class AAA event and the ringmaster is Roger L. Wilson, MSU vice president for student affairs.

Mrs. Mignon Doran, wife of the MSU president, is the organist.

For further information, contact the MSU Agriculture Club, UPO 1304, Morehead State University, Morehead, Ky. 40351.

Myers

by Mrs. Rena Crawford

Rena Crawford visited Mrs. Willie Swartz in Carlisle one day last week.

Mrs. Shirlie Flacks of Robertson county visited Mr. and Mrs. Frank Flora one day last week.

Mr. and Mrs. Meral McCarty and two children of Fairborn, Ohio visited her mother, Sunday.

Mrs. Thomas George has suffered a broken arm. We wish her a speedy recovery.

This community extends sympathy to Mrs. Dee Bowen in the loss of her sister, Miss Judy Hill.

Mr. and Mrs. Otha Deen Crawford and two children of Carlisle visited his grandmother, Mrs. Rena Crawford, Sunday afternoon.

Mrs. Clay Tryman and daughter, Debra spent a few hours with her mother, Mrs. Rena Crawford, on Sunday.

FARM & HOME

County extension agents
Estil J. Neffsinger
Sara Swango
Mrs. Margie Wilson

COMMON FOOD SAFETY QUESTIONS AND ANSWERS

Q. How long may I safely store fresh meat in the refrigerator?

A. Fresh meats can be stored at refrigerator temperature (approximately 32-40 degrees F) for a few days without losing eating quality. Bacteria that cause illness do not grow at refrigerator temperatures. Wrap meat loosely for best keeping. This allows air to circulate and dry the meat surface slightly. Bacteria will grow less quickly on a dry surface.

Q. Is botulism only caused by improperly canned vegetables?

A. The botulinus organism thrives under anaerobic (lack of air) conditions, which we normally think of as only occurring in canned foods. However, vacuum packaged meats and fresh oysters, packed into a jar, create anaerobic conditions. Because there is no air present, we do not get the usual red light signal such as molds and off odors from organisms that depend on air. The botulinus organisms will grow at refrigerator temperatures under anaerobic conditions. It takes time, probably three to four weeks. So, vacuum packaged fresh foods such as oysters and meats should be used at least within two weeks.

Q. Cooked meat balls with gravy have been in the freezer six months, but the recommended time is one month. Are they safe to eat?

A. Illness-causing organisms do not grow at freezer temperature. If the meat balls were safe to eat when put into the freezer, they are safe to eat when removed from the freezer. Short storage time is recommended for quality (flavor, texture, odor) rather than safety.

Q. I left some canned foods in our camper and they froze. Are the foods safe to eat?

A. Check the cans to make sure they have not bulged or that there is no leakage. Many times canned foods survive freezing with no damage at all except some deterioration of food texture. If the cans have become bulged, or if you see any slight trace of leakage, do not take the chance of eating the foods.

Q. Someone told me that I should wash my cutting board often. Is this really necessary?

A. Yes, it really is necessary. Cutting boards, particularly wooden ones, provide an ideal breeding ground for bacteria. They should not only be washed but also disinfected, using chlorine bleach.

Thorough washing with lots of soap and hot water will remove grease and food particles. To kill germs you must go one step further and flood the board with liberal amounts of chlorine bleach solutions. Two tablespoons of bleach per gallon of water will give a solution of adequate strength. This additional step to disinfect the board is especially important after preparing raw meat or poultry. Otherwise harmful bacteria on the board may spread to cooked meat and poultry and other foods prepared on the board.

Q. Is it true that mayonnaise is the ingredient in salads that may cause food poisoning?

A. Mayonnaise often is accused, but is really not the ingredient to blame. Mayonnaise is a very acid food. It contains vinegar, some egg and oil. Chances are that the eggs were pasteurized. Research studies have shown that mayonnaise does not support growth of bacteria.

The main problem with salads such as potato or macaroni, is that they receive a great deal of handling during preparation which makes the chances for contamination quite good. The salad ingredients (potato, macaroni, meat, etc.) provide an ideal food and moisture level for bacteria to grow. Proper refrigeration of these salads is a must. If salads and other perishable foods are to be taken on a picnic, refrigerate until cold (40 degrees F) then place in cooler for transporting. Remove from cooler only long enough to serve.

Q. I wrapped leftover meatloaf in aluminum foil and refrigerated it. When I unwrapped it three days later, the foil was pitted. Is the meat safe to eat? It looks and smells okay.

A. The small amount of aluminum dissolved in the meat is not toxic. Aluminum is toxic only when consumed in very large amounts. The dissolving of the aluminum is caused by oxidation of the aluminum that is accelerated by the slightly acid, moist and salty condition of the meat.

Church Chuckles by CARTWRIGHT

"How I know how you talked them into special rates for the clergy!"

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Harrison County Vocational School has openings for 75 Nicholas County High School students.

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Tru-Test Paints are also a decorator's delight. For example, many of those distinctive, elusive new colors you've often admired in todays decorating magazines are here now in our 1240 Custom Colors. Come in. See them. You'll love them even more in Tru-Test Sat-N-Hue Flat Latex. It's the thick, creamy wall paint that spreads on smoothly, dries uniformly. No drips or runs. One coat covers most colors. And it's super washable, too.

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Tru-Test Paints sold exclusively by True Value Hardware Dealers who own their own paint factories.

SUSAN DUFF'S

CALORIE COUNTDOWN

LOW-CAL PICKS FOR YOUR PICNIC

During this leisure season, outdoor outings are very popular and, whether you go on a full-fledged picnic or just a family drive through the country, take-along munchies are almost always necessary. Such summer eat-outs are always fun and, if you plan carefully, they needn't wreak havoc with your diet. You already know the kinds of things you should avoid, so here are some possibilities for low-calorie finger foods you can easily tuck in bag or basket.

Breadless sandwich rolls have always been a great favorite of mine and they're quite portable. You make them by rolling up your favorite sandwich meat or filling in a slice of cheese and holding it closed with a toothpick. The cheese is much more nutritiously satisfying than two slices of bread would be, and it's a lot higher in protein and food value as well. Also, of course, it's lower in calories. Provolone is the alltime best choice for dieters making sandwich rolls. Because it comes so thinly sliced, you can really save on calories by using it. One half-ounce slice of provolone has only 46 calories. Other good cheeses which have higher calorie counts but still win out over two slices of the usual bread are pasteurized processed American or Swiss slices. In packages, these slices are usually about one ounce in weight and the American has 105 calories per slice, the Swiss has 100. You can cut calories in half, of course, if you buy these, cheeses fresh and have them sliced to order extra thin. Spread a little mustard on the cheese slice, if you like (the calories in a light smear of any mustard are practically nonexistent), then add one of these low-cal fillings: a slice of bologna (80 calories); a one-ounce slice of luncheon ham (67 calories); a thin slice of lean roast beef (about 75 calories); an ounce of chicken meat (just 38 calories); or some canned devil ham (45 calories per tablespoon). Half a big dill pickle is a great filler for these sandwich rolls and will cost you only 5 calories. Roll them up neatly and secure them with a toothpick. You can pack several of them in a sandwich bag, and you can eat several of them, too, for less calories and a lot more nourishment than a regular sandwich.

For nibbling finger foods, fresh raw vegetables are great take-along snacks. There are only 20 calories in a whole carrot, for example: if you cut it in half and split the halves lengthwise, each carrot stick will have only about 5 calories. A huge celery stalk has about 5 calories in all and, at that rate, you could afford the extra calories by filling the stalk with some processed American cheese spread (22 calories per teaspoon) or even some peanut butter (46 calories per teaspoon).

There are only 30 calories in a whole raw cucumber so, cut into four spears, each one will contain only about 7½ calories. Radishes make great nibbling snacks, too, at only 5 calories each. And, hard-boiled eggs are a good high-protein picnic favorite at 80 calories each.

For a sweet finish to outdoor eating, fresh fruits are always a dieter's best friend: apples have only 70 calories each; an orange has 65; a tangerine has 40; a peach has only 35; and plums have just 25 calories each.

Fruit-flavored gelatin desserts are a fun idea for picnic desserts and they can be prepared for convenient carrying. After combining the gelatin mix with water, allow it to cool slightly then pour it into four paper cups and allow to set. Cover the tops with aluminum foil or cellophane wrap for easier packing and cool. One individual half cup serving of fruit-flavored gelatin has about 73 calories which isn't too bad for a sweet picnic treat. The low-cal mixes, once prepared, are really terrific for dieters at only 10 calories per half cup. Add a cup of sliced fresh strawberries to the mix and you can add a lot of delicious freshness at only about 14 extra calories per serving.

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Disaster bill introduced

HINDMAN, Ky.—Rep. Carl D. Perkins of Kentucky has co-sponsored a bill establishing a federal disaster insurance program to protect homeowners, small businessmen and farmers from disaster losses caused by weather.

Rep. Perkins co-sponsored the bill shortly before the Congress recessed in August.

Announcing the action from his home in Hindman, Rep. Perkins said, "If we can get this legislation through, our people would be financially protected in case of floods, mudslides, any kind of windstorm, and any similar disaster—regardless of whether it was caused by nature or caused by man."

The Eastern Kentucky Congressman said the bill includes provisions for all-risk coverage, and setting up a national disaster insurance fund to handle the costs of the program.

"We need this kind of protection in our area, and we don't have it now," Rep. Perkins said. "What we have now is a Federal Disaster Relief program, but it can only be applied on a county-by-county basis, instead of on an individual basis.

"Sometimes we have severe problems from a mudslide, or a similar disaster, that are not county-wide, and this new legislation would help in those cases," Rep. Perkins said.

"Also, some aspects of the Federal Disaster Relief program are not always funded, and help is not always as available as it should be," Rep. Perkins said.

"Under the bill I have co-sponsored," he said, "every individual who carries an insurance policy on a home, a farm, a business, or other property, would automatically receive this disaster protection, and the studies show that it could be done at a cost of about $8.50 annually to a policy giving $30,000 of relief.

Perkins said that another provision in the bill would make protection start effective June 1, 1972—a retroactive provision which would help those who suffered disasterous losses last year.

"Hearings were held on this bill in early August, and we will commence again in September," Rep. Perkins said. "We need this protection for our people, and I am going to do whatever I can to see that we pass a good bill along these lines," he said.

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Cheryl Herrin and Beverly Herrin, daughters of Mr. and Mrs. W.F. Herrin receive a $25 Savings Bond from Nate Young, president of the Deposit Bank. This award was presented to the family winning the most ribbons at the Nicholas County Youth Fair, which was held at the Carlisle Armory on Aug. 3-4.

Rachel Booth, daughter of Mr. and Mrs. Glenn Booth, received a $25 Savings Bond from Emerson Baker, vice president of the First National Bank. This award was presented to the Glenn Booth family for their winning Farm Produce Display exhibited at the Nicholas County Youth Fair. The fair was held at the Carlisle Armory on Aug. 3-4.

SUCCESS in MARRIAGE

by Professor J. KENNETH WILLIAMS

EXTRAMARITAL TEMPTATION

DEAR PROFESSOR WILLIAMS: I am an accountant in a rather large company. My wife and I are happily married with two children, both boys, ages 10 and 7. My problem is that I can't keep my eyes and mind off one of the secretaries at the office. It's purely physical but the attraction is very strong. She's single and knows I'm married, but still gives me the "come on." What does a man do in a situation like this?—B.W., Miami, Fla.

PROFESSOR WILLIAMS: Turn if off. It's not abnormal for a married man to be attracted to some females other than his wife, but, where it becomes a problem is when the attraction is pursued. Life is full of temptations, but the mature person handles them in such a way as not to interfere with his well-being.

Don't encourage her in any way. Be considerate and kind, but draw the line. If you show no special interest, in all probability she will move on elsewhere. However, if she continues to give you the come on, make it plain, in a tactful manner, that you're not interested.

IS MARRIAGE ON WAY OUT?

DEAR PROFESSOR WILLIAMS: Do you feel that marriage and family life, as we know it, is on the skids? Consider the high divorce rate, not to speak of marriages which are over for all practical purposes but the couple is remaining together for the sake of children, profession, religion, or whatever.—Mrs. B.W., Minneapolis

PROFESSOR WILLIAMS: We do have a high divorce rate. For example, in 1971, for every 100 marriages, 34 ended in divorce. Of course, this doesn't mean that the 34 couples who divorced were married in 1971, but it does give us an idea of marital instability.

However, studies indicate more than two-thirds of all women and three-fourths of all men who are divorced remarry. This means that, although the divorce rate is high, most people prefer marriage to single life and if divorced will quite likely remarry. One interesting point, second and third marriages are less stable than the first, meaning the more marriages one has, the less stable each succeeding marriage.

Marriage is one of the few relationships in which man and woman can fulfill basic emotional and physical needs to their utmost. I see no indication that this type of relationship is weakening. The fact that thy marriage, divorce, and remarriage rates are so high defends the popularity and secure existence of marriage and the family. This doesn't mean that something isn't basically wrong with the attitude of many who look at marriage as a convenient escape from his own insecurities and problems, but marriage as an institution seems to be here to stay.

Need help? Write Prof. J. Kenneth Williams, in care of this newspaper. Every question will be personally answered. Enclose a stamped, self-addressed envelope.

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Louisville, Kentucky 40202

Turner promoted at Goodwill

Richard Turner, 26, acting manager of the Cynthiana Goodwill Store since November 1972, has been promoted to store manager.

Mr. Turner has been with the store since it opened in December of 1971. He started as a sales clerk and has worked his way up through the ranks.

A native of Harrison county, Turner attended Harrison High School. From June, 1970, to October, 1971, he owned and operated his own business, The Record Shop, in Cynthiana.

Mr. and Mrs. Turner and their new son live at 200 East Pleasant Street in Cynthiana.