

Women attend bank meeting

The National Association of Bank Women held a meeting of their Central Kentucky membership June 23 at 10 a.m. They met at Lexington's Hilton Inn for Saturday afternoon work, dinner and entertainment that evening. The meeting was followed by a Sunday morning meeting. Prior to the meeting, attendees enjoyed a breakfast at the Lexington NABW Carriage Planting Seminar. A scheduled starting Friday, June 20, and ending Saturday, June 21, 1975. Attending the seminar from the Charleisle area was Dorothy S. Kimberling of the First National Bank. Those women representing their banks at the Central meeting were Marjorie M. Burraw and Dorothy S. Kimberling of the First National Bank.

Piano recital to be July 1

Mrs. J.M. Pitman will present her piano recital on Tuesday evening, July 1, at 8:00 in the Presbyterian Church. Students performing in the recital will be: Sandy Caswell, Michelle George, Tim Hall, Ann Singsler, and Kim Smith. Angie Wilson and Vickie Wick. The public is invited.

Country Club committee meets

The Carnico Country Club Activities Committee will meet at the club on Thursday night at 7:30 p.m. Mrs. Larry Allison, committee organizer, will be the guest speaker. She is going to try to cut down on newsletters as much as possible. Club members may read coming events for July in The Mercury next week.

Selected first health chairman

Dr. Kenneth Clawson, Dean for Academic Services at Eastern Kentucky University, has been selected the first chairman of the new Bluegrass Consortium for Health Education and Manpower. At Eastern for seven years, Clawson has also served as dean of EKU's Richmond Community College and as Acting Coordinator of Allied Health. The Consortium was formed to improve the delivery of health services through the utilization of health manpower through effective use of training resources within the area served, Clawson said.

Sponsored by the Bluegrass Regional Health Planning Council, the Consortium includes representatives of planning bodies and health service organizations, such as hospitals and health departments and colleges and universities. The Bluegrass region includes 17 counties: Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrard, Harrodsburg, Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott, and Woodford. EKU's Dean of Allied Health, Nursing, Dr. David S. Gale, was chosen by the consortium as chairman of the committee for coordination of clinical sites, one of several committees in the Consortium.

Thomas Hickman, of Bourbon county, who has been a patient at the Harrison Memorial Hospital has returned to his home. Mr. J. Tobitt Elder and her son, Brian Christopher, of Fort Mitchell, are guests of her parents, Mr. and Mrs. Thomas Hickman.

Rev. and Mrs. H. Dallas Saug and Alicia have returned home after attending the Southern Baptist Convention in Miami Beach, Fla., and several days vacation. They visited Disney World, Cypress Gardens and other points of interest in Central Florida.

This windowless building, which is over 130 years old, seems to stare blankly across Chestnut Street while waiting to be torn down. It is known as the John Rogers Memorial Building because it was once the home of the Reverend John Rogers, first minister of the Charleisle Christian Church. Rogers came to Charleisle in 1828 and served the church as minister from 1828 until Jan. 5, 1867, when he died of pneumonia he contracted during an evangelistic tour. The building has been used by the Charleisle Christian Church as a refuge and classrooms, and is now being torn down because it is no longer needed—King-solver photo

No longer needed

Kay's Kitchen

By Kay Fisher

- STRAWBERRY-ALMOND TOPPING: 1 pint strawberries, sliced; ¼ cup sugar; ¼ cup silver almonds, toasted; Combine ingredients; chill 8 servings.
- PEACH A LA MODE WITH CARAMEL-BUTTER SAUCE: 8 peaches, cut in half, chilled; 2½ cups vanilla ice cream; Blueberry Sauce; For each serving, place cantaloupe on chilled dessert plate; top with scoop of ice cream. Serve with BLUEBERRY SAUCE: 2 cups blueberries; ½ cup water; 1 cup sugar; 1 tablespoon cornstarch; 4 cups light cream; ¼ c. r. sugar and cornstarch; 2 teaspoons vanilla; Beat egg whites until soft peaks form. Gradually add ¼ cup sugar, beating until stiff peaks form. Beat egg yolks until thick and lemon-colored. Gradually add remaining ½ cup sugar, beating until sugar is dissolved. Fold yolks into whites; gradually add cream. Cook over medium heat, stirring constantly, until thickened (about 12 minutes). Do not boil. Add vanilla. Chill 3 egg, separated; 1 cup sugar; 1 cup light cream or half and half; 2 teaspoons vanilla; Beat egg whites until soft peaks form. Gradually add ¼ cup sugar, beating until stiff peaks form. Beat egg yolks until thick and lemon-colored. Gradually add remaining ½ cup sugar, beating until sugar is dissolved. Fold yolks into whites; gradually add cream. Cook over medium heat, stirring constantly, until thickened (about 12 minutes). Do not boil. Add vanilla. Chill
- FRENCH ICE CREAM: 3 egg, separated; 1 cup sugar; 1 cup light cream or half and half; 2 teaspoons vanilla; Beat egg whites until soft peaks form. Gradually add ¼ cup sugar, beating until stiff peaks form. Beat egg yolks until thick and lemon-colored. Gradually add remaining ½ cup sugar, beating until sugar is dissolved. Fold yolks into whites; gradually add cream. Cook over medium heat, stirring constantly, until thickened (about 12 minutes). Do not boil. Add vanilla. Chill
- STRAWBERRY-ALMOND TOPPING: 1 fresh pineapple, cubed, chilled; 2 pints strawberries in juice; Strawberry-Almond Topping; For each serving, spoon pineapple into dessert dishes; top with scoop of ice cream. Serve with CAMEL-BUTTER SAUCE: ¼ cup sugar; ¼ cup butter; 1 cup light cream or half and half; ¼ teaspoon vanilla; Combine sugar, salt, corn syrup, butter and ¼ cup light cream. Cook slowly, stirring frequently to 230 degrees F. on a candy thermometer or until a small amount dropped into cold water forms a hard ball. Gradually stir in remaining ¼ cup light cream; cook to 215 degrees F. when dropped from spoon. Remove from heat; add vanilla. Serve warm. 8 servings.
- PINEAPPLE A LA MODE WITH STRAWBERRY-ALMOND TOPPING: 1 fresh pineapple, cubed, chilled; 2 pints strawberries in juice; Strawberry-Almond Topping; For each serving, spoon pineapple into dessert dishes; top with scoop of ice cream. Serve with CAMEL-BUTTER SAUCE: ¼ cup sugar; ¼ cup butter; 1 cup light cream or half and half; ¼ teaspoon vanilla; Combine sugar, salt, corn syrup, butter and ¼ cup light cream. Cook slowly, stirring frequently to 230 degrees F. on a candy thermometer or until a small amount dropped into cold water forms a hard ball. Gradually stir in remaining ¼ cup light cream; cook to 215 degrees F. when dropped from spoon. Remove from heat; add vanilla. Serve warm. 8 servings.

thoroughly. Freeze according to freezer directions. Approximately 5 cups.

Hutchings chosen by English Union for British study

"This has tremendous long-range personal value," said Robert Vice thoughtfully. "I can tie up the loose ends of my undergraduate work. Going to Oxford will be an asset the rest of my life." Vice, who has a grade "A" in his English literature work, is one of the 20 students chosen by the English Speaking Union in Kentucky for an all-expense-paid seven weeks in England this summer. There will be one week spent in a British home followed by six weeks of study at an English University.

The UK students are among 13 students from Kentucky colleges (there were some 50 applicants) selected by the organization. "I'm a big Anglophile anyway," said Susan Watson, a 1975 graduate of the University of Kentucky and already accepted by UK's College of Law for 1976. She is another of the 20 UK students selected by the English Speaking Union in Kentucky for an all-expense-paid seven weeks in England this summer. There will be one week spent in a British home followed by six weeks of study at an English University.

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Hutchings is the son of Mr. and Mrs. John W. Hutchings, 719 Bullock Ave., Lexington. John Hutchings is a Nicholas county native, and brother of the late Dr. Stanley Hutchings. William is a graduate of Henry Clay High School and a 1972 graduate of Transylvania University, which he attended on a partial scholarship. He earned the M.A. in English from UK in 1974.

Hutchings is to study modern drama, particularly the work of contemporary British playwright David Storey. The current crop of Kentucky students brings to the number of Kentucky students who have been sent to England for study by the English Speaking Union during the last decade, or so.

A British student, Allan Richardson, is currently studying at UK, one of several English students sent to U.S. universities by the union. Vice, who lives at 590 East Reynolds Road, Lexington, is married to UK student Andrea Rabbeth of Louisville. Her brother, Steven, attends UK. His parents are Mrs. Evelyn Smith, 2207 Ardley Road, Louisville, and Bruce Vice, 423 Radcliffe Road, Lexington. Susan Watson's parents both are UK graduates; Hutchings' mother graduated from UK.

'Wilderness Road' opens fourth season June 25

"Wilderness Road," Kentucky's Civil War musical drama, is busy preparing for the opening of its fourth season of production on June 25. Playwright Paul Green's script has undergone some revisions this winter to make the play even more accurate historically. The new, revised production opened in 1972 to critical acclaim, and each ensuing season has added larger audiences and even greater response. Thirty standing ovations were awarded the cast of last year's show. "Wilderness Road" is a genuine and warm portrayal of the traditions and folklore of a definitive period of American history. But it is also a thought-provoking work of art. The audience is drawn into the experiences, the trials, conflicts, and emotional heartaches of a time which saw brother against brother and neighbor against neighbor. The central character, John Freeman, wishes to begin a school in his mountain community. He is at first welcomed by his neighbors, but as the terrifying clouds of disunion draw even nearer and the fearful leaders of varying opinions call for taking sides, John Freeman's teachings of brotherly love and pacifism find little, if any support, and the people are swept into the War. The parallels between the divided people of over a century ago and modern man are, as Green suggests, disturbingly evident.

Woven around this central story line are the lives and the traditions of the people of the mountains. Hutchings is a nephew of the late Dr. Stanley Hutchings, Charleisle.

Caswell reunion is Sunday

The Caswell family reunion will be held on Sunday, June 29, at Garrard Park in Paris. Last week's statement that the reunion would be held in the American Legion Park was incorrect.

Births

MINTON
Mr. and Mrs. Steven Glenn Minton, Lexington, announce the birth of a son born May 29, 1975 at the Good Samaritan Hospital. He weighed 8 pounds, six ounces and has been named Brian Glenn.

Material grandparents are Mr. and Mrs. Roger H. Banks, Palomar, grandparents are Mr. and Mrs. Paul Minton of Lexington.

Farm and home

County extension agents
Estil J. Noffsinger
Mrs. Margie Wilson

Swimming Tips
Every year, thousands of persons drown because they ignore rules that make swimming safe as well as pleasurable. Here are some basic safety pointers reported by the Health Insurance Institute.
Never swim alone. Even an experienced swimmer may suffer an unexpected cramp or a sudden weakness. Plunging into cold water may also contract the blood vessels of the skin, raising blood pressure temporarily. There are also eye and ear infections which may cause the swimmer to become temporarily helpless.
Don't allow small children near the water without supervision, whether or not they can swim. Make sure a child receives good swimming and life saving instructions, along with net limits on where he or she can swim and how long. Don't depend on inflatable toys or tubes for safety.
Before plunging in, always check out current swimming conditions. On the beach ask the lifeguard about surf conditions. If you're planning a dip in a pond or a lake, make sure the water has been approved for safe swimming. You can get that information from your health department.
Keep in mind that alcohol or even a heavy meal before you take that dip may make you more vulnerable to problems one you get in the water. So, no alcohol. Either wait for the effect of liquor or food to wear off, or do not swim in deep water or too far out.
Lifesaves
Is the "American Dream" dead? Hardly, not for lack of young dreamers, anyway, reports the Institute of Life Insurance. Here is what the Institute found in a

1974 survey of people between the ages of 18 and 25 when it asked them to rank items by how essential they were to have in the future:
Ownership of a home, was at the top of the list for young Americans.
Next in order of preference were a pension plan; a savings account of at least \$5,000; life insurance amounting to at least \$50,000; a college education. Rounding off the list of selections were: a new car, an air conditioner, a stereo system, a master's degree, a color set, and a dishwasher.
According to the Institute, which has been surveying young people since 1970, there is a trend toward more "conventional" lifestyle preferences. For example, in a 1974 survey, 49 per cent of young males questioned predicted that within 15 years, their lifestyle would be that of an executive or professional. Only 14 per cent predicted this lifestyle for themselves in 1970.
Are You Being Eaten By Catherine H. Force
Which concerns you most—that you are eating—or what is that's eating you? For most of us, deciding what and when to eat is an easy task, but figuring out what's bothering us and what to do about it is a real chore.
Anger and frustration are feelings common to all of us. But how we handle such feelings is an individual matter. Some persons hold their anger in and develop physical and mental symptoms such as high blood pressure, severe headaches and depression. Others express their anger in loud outbursts of rage, often against the persons and things that mean the most to them. Whatever the outlet, feelings of anger and frustration are best controlled when the individual is able to recognize the direct cause of the anger and to determine the necessary steps for working the problem out.
A recent article published in

Reader's Digest, entitled "How to Handle Your Anger" gives four tips for mastering anger. It suggests:
First recognize that anger is normal. Second, find out what you are angry about. Third, Don't let anger accumulate. Fourth, work anger out. Anger can be helpful if it is used to recycle one's feelings into worthwhile activities and better understanding of one's self as an individual. But uncontrolled anger can gradually take over and leave an individual with little happiness in his life.

NOTICE
Mrs. Shirley Dyden, manager of Green Valley Apartments, announces the apartment business office will be closed Wednesdays July through September.

TOBACCO HAIL INSURANCE
M. C. Blair Insurance Agency
Phone 289-2492

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..AND YOU CAN'T BEAT OUR PRICES EITHER!!!

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