

6



ABI participants are, seated, Bill Donovan, Lanny Hutchison and Billy House. Standing, from left, Irma Buckler, Linda Platt, Sharon Mynear, Gladys Duncan, Lee Lyons and Mary Platt.—Duncan photo

Achievement certificates given several taking A.I.B. courses

Two First National Bank of Carlisle employees and two other persons formerly of Carlisle received certificates of achievement from the Blue Grass Chapter of the American Institute of Banking at its banquet held Saturday, April 24, in Lexington. Billy C. House, assistant vice president at the local bank, received his Standard A.I.B. certificate, requiring an equivalent of 21 college credits to obtain. Lanny Hutchison, local bank cashier, received the Basic A.I.B. certificate, an equivalent of 15 hours of college work. Stanley T. Galbraith, cashier at the First National Bank of Paris, and his wife, Marilyn, Central Bank in Lexington, both received their Basic Certificates. Mrs. Gladys Duncan, Mrs. Linda Platt, and Bill Donovan, all employees of the First National Bank of Carlisle, have successfully completed the Basic A.I.B. course and will receive their certificates in the fall. Employees of the First National Bank who are presently taking A.I.B. courses are Miss Sharon Mynear, Miss Mary Platt, Mrs. Erma Buckler and Mrs. Lee Lyons. The Basic Certificate courses require five 15-week sessions to complete, and are offered at various banks in Lexington.

Band holding clean-up, fund raising project

The Nicholas County High School Band is having a combination clean-up project. They are working with the Kentucky Department of Environmental Protection to remove all junk automobiles and other vehicles from the county. They are working with the county Charles Canapp, band director said that the state may will pick up trucks, free of charge, and tow them away. After all of the cars have been stored at a central location a junk or scrap iron metal dealer will bid on them. The money will help pay for band equipment, trips and other band activities. If you have an old car or pickup truck you'd like removed from your property, contact any band member or parent of a band member or Charles Canapp so that they can bring a release form for you to sign. Release forms can also be picked up at the high school.



Paula Snapp, Ramona Huark and Rita Miller received State Homemaker Degrees in Louisville April 26-27. Change the world! Pictured is Miss Cheryl Lowe, recipient of a state FHA scholarship received at the state meeting April 26-27.—Duncan photo

Future Homemaker scholarship awarded to Miss Cheryl Lowe

Programming, Kentucky Educational Television, Lexington, was the keynote speaker at the opening session Monday afternoon. She spoke on "Communication and Learning." She mentioned the importance of families and young people. The Nicholas County Chapter was in charge of the "Thought for the Week" on Monday afternoon. Those taking part were Cheryl Lowe, Patricia Fair, Paula Snapp, Rita Miller, and Ramona Huark. Thirteen scholarships were presented to outstanding FHA members who plan to major in home economics in a Kentucky college or university. Miss Cheryl Lowe received a \$100 scholarship and will attend Eastern Kentucky University. Cheryl is the daughter of Mr. and Mrs. James Lowe. During the time Cheryl has been a member of the Nicholas County Chapter she has held various offices in the local chapter as well as regional responsibilities before being elected to state office. Each year, Future Homemakers members recognize adults who have made a contribution to their organization by conferring upon them honorary membership. The Honorable Carl D. Perkins, U.S. House of Representatives, Washington, D.C.; Hobbie Grogan, Deputy Director, Bureau of Vocational Education, Frankfort; and Mrs. Fran Mauserhauser, Home Economist, Kentucky Association of Electric Cooperatives, Louisville, were made honorary members. Three hundred and nineteen State Homemaker Degrees were presented. Receiving this degree from Nicholas County were Paula Snapp, Rita Miller, and Ramona Huark. This is the highest degree of achievement conferred by the State FHA Association. "Reach Out to Greatness," a Bicentennial Salute, was presented at the closing session. State officers elected for 1976-77 from this area were: Tracy Wilson from Harrison County was elected State FHA president. The students were accompanied by Martha Taylor and Bonnie Metcalfe, chapter advisors.



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Nursing Home to hold open house

May 11-18 has been designated as National Nursing Home Week. The American Health Care Association has adopted the theme "Years Make Us Special." Special activities have been planned throughout the week. Sunday, May 16, from 12:30 to 3:30 p.m. will be Open House, and the crowning of Mr. and Mrs. Johnson Mathers Nursing Home will be held at 2 p.m. Judge Mildred Clark will be in charge of the crowning. Rev. H. Dallas Sugg will count the votes. Employees at the Nursing Home will do the voting. Refreshments will be served from 2:30 to 3:30 p.m.

National Historic Preservation Week to be noted here May 9-15

May 9-15 is National Historic Preservation Week, and across the nation communities will sponsor special historic preservation activities and programs. Historic preservation activities in Nicholas county include the present renovation of the Nicholas County Courthouse, and County Judge Mildred Clark invites the public to tour the Courthouse, which is open from 8 a.m. until 5 p.m., Monday thru Saturday. Dr. Esler Asbury is presently restoring the old tavern on his Forest Retreat Farm, and Mr. and Mrs. John Soper have plans to restore their "Old Stone Tavern." Both of these buildings on U.S. 58 have recently been placed on the National Register of Historic Places. Tom Metcalfe has been named county chairman of Nicholas county's participation in Kentucky's Bicentennial Historic Preservation project. The state is providing up to 50 gallons of paint to each county to remodel some historic building. Present plans here are to work on the old L&N Depot Building.

1976 Little League Basketball Banquet

The Little League Basketball Banquet will be held at 7 p.m. Saturday, May 8, at the Blue Grass Industries Cafeteria. Speakers for the banquet this year will be Jack Givens and Bob Fowler from the University of Kentucky basketball team. All boys and girls who participated as players and cheerleaders and their parents are invited.

Better late than never

These Nicholas County High School athletic students are displaying trophies which were not in time for the Carlisle Rotary Club's Athletic Banquet, held April 1, at Carlisle County Club. The players were recognized at the banquet, but just last week received the trophies from Coach Billy Keen Anderson on the lowest point, counterclockwise are: Rocky Hicks, Best Free Throw Percentage; Greg Letcher, Most Assists; Joe Ruddle, Most Rebounds; Gary Gray, Best Field Goal Percentage and Most Rebounds.—Duncan photo

Masons to meet

District 30 of the Masons will meet at 8:30 p.m. tonight, Thursday, May 6 at the Nicholas County Elementary School for a potluck dinner. A business meeting will follow at 7:30 p.m. All Masons are urged to attend.

Donates prints to library

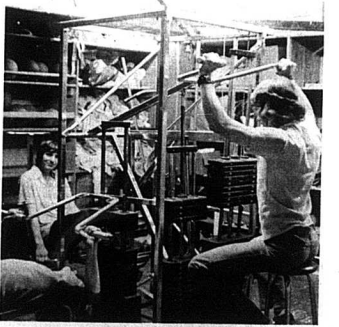
W.B. Griffin, Lexington, a 1925 graduate of Carlisle High School, has donated several art prints to the Nicholas County Library. Among these are Grandina Moses, a portfolio of eight paintings and Abrams Art Books, each with 16 full color prints. Also there are portfolios of Renoir, Utrillo and Rembrandt. Griffin, a Carlisle native, is a brother to Miss Hallye Griffin.

Earthworms, they're something special

If you are a gardener or a gourmet, this is a story for you. It's about earthworms. The United States is experiencing an earthworm explosion, the National Geographic Society says. The nation's worm-raising business is booming thanks to the widening interest in chemical-free gardening. The North American Bait Farm, Inc. of Ontario, Calif., which claims to be the country's biggest commercial worm breeder and marketer, sold 62 tons of them last year—or 248,000,000 worms. The entire industry produced an estimated 1,000,000,000 worms. Fish Hooks, Flower Beds Lots of them ended up in fish hooks, but most of the production now wiggles along under lawns and flower beds where, say their fans, the worms constantly aerate the dirt and manufacture astonishing amounts of topsoil. Some of the worms also end up in oatmeal cookies, purposely baked into place by worm-eaters who sometimes talk evangelically about the crunchiness of natural goodness, especially of red wigglers. The little girl who felt sorry for herself and proclaimed, "Nobody loves me—I'm going to go eat worms!" probably had a good, healthy idea, the way worm-eaters see it. Earthworms are about 70 percent protein, high in Vitamin D, and low in calories. Primitive peoples around the world know their food value and are big worm eaters. In Australia, earthworms may grow several feet long and as thick as a finger. When baked, supposedly they taste like pork sausage. The dietary worthiness of their produce prompted the bait-reducers of Ontario to sponsor a recipe contest. Among the 200-plus recipes: Earthworm and Pineapple Meatloaf, Worm-surgers, Ver de Terre (earthworm in French) Hors-d'oeuvres, and Stuffing Peppers Ver de Terre. The well-named Appliance Earthworm Surprise Cake won \$500. How to Cook Worms Earthworms may be tasteless, spicy, or like coconuts, dates, or almonds. The 2½-inch red worms are for cooking. They must be boiled briefly in each of four changes of water, then soaked, spread on a cookie sheet, and baked until crispy. Then they may be chopped up, pulverized with a rolling

Ugh! How do you use 'em?

pin, or left whole before adding to the cookie batter. Night crawlers, the five-inch earthworm that founded the ball-tossing fortune of many a farm boy, taste "too wormy" to eat. Earthworms that believe are eyebrow-lifting eaters. They eat the dirt they live in, or at least the edible leaf bits, insects and their eggs, and assorted soil bacteria. The worms are believed to enrich the dirt they don't digest. One analysis found these castings, as they are called, contained five times as much nitrogen, seven times as much phosphorus, 11 times as much potash, and three times as much magnesium as the rest of the dirt. A worm may produce 40,000 offspring in its 18-to-24-month life. The world almost everywhere is acquiring with them. Local students receiving degrees are Anne Lear Boothe and Mary Ann Wood, Associate of Arts; James Thomas Cleaver and Kathy Gwen Green, BS degrees in College of Applied Arts and Technology; Rodney Thomas Hutton, Bachelor of Business Administration; and Larry Paul Trussell, BS in Education.



Gets extensive use cost of about \$2400 in October 1974. It is being used more extensively this year than ever before. An estimated 100 people at the high school, including some girls, have used the equipment during this school year.—Duncan photo

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6

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