County Homemakers meet

Carlisle West

Twelve members of the Carlisle West Homemakers Club met Friday, Feb. 9, at 1:30 p.m. in the social room of the Nicholas County Public Library.

Roll call was answered with "a way we have conserved energy".

Mrs. Grimes Caywood gave "The Thought for the Day" titled "Just for Today". Mrs. Willmer Halcomb, the president, led the lesson, "Weighty Facts". A guessing game of number of calories in everyday foods in the diet added to the interest. A thank you note from Eastern State Hospital for the Christmas gifts was read, and the treasurer's report given. Committee reports for energy, landscape, cultural arts, clothing and canning, and Family Life were heard 1979-80 lessons (7 out of 17) were voted upon.

Refreshments carrying out the Valentine motif were served by the hostess Miss Edna Huddleson.

There was not a January meeting.

New members are welcome regardless of race, color, or creed.

Headquarters

The Headquarters Homemakers met Feb. 6 at 10 o'clock in the Club Room at the library. Miss Fleet Allison was hostess with Mrs. Nelson Hillock as co-hostess.

Twelve members answered the roll call with "A Valentine I Remember Most".

Mrs. Reynolds Allison presided over the business meeting.

Mrs. Naomi Dale gave the devotional.

Mrs. R. P. Alexander and Mrs. Allison read two notes from shut-ins thanking the club for Christmas fruit baskets.

Mrs. Carolyn Allen gave the thoughts on Family Life.

Mrs. Dale had the recreational period.

Valentine gifts were exchanged.

The club adjourned until March.

New members are welcome regardless of race, color, or creed.

The lesson was on "Weighty Facts". Our lunch consisted of a meat, vegetable, salad, and dessert to illustrate some things of low calorie.

After lunch, the members voted on different subjects for next year's program.

Some members displayed some crafts made during the winter.

Reports on sewing and other projects were taken.

Regional SS meeting is Feb. 20

Members of Southern States Cooperative's local board and committee members, agricultural workers and retail agency managers from Carlisle will attend a regional board meeting in Morehead, Feb. 20. The session will be held at the Holiday Inn and registration will begin at 9 a.m.

Also attending the meeting will be a number of guest young farmers from this area.

Jere L. Cannon of Flemingsburg, a member of the Southern States 15-man board of directors will preside at the meeting. Cannon represents the cooperative's members in eastern Kentucky and western portion of West Virginia. He has been a member of the board since 1975.

Those expected to attend the meeting from this area are: Bruce Barnes manager of SS Carlisle Cooperative and local board members, Samuel C. Reynolds, Kenneth Stephenson, Tommy Ockerman, Eugene Letcher, James William Platt, Reese Smoot of Carlisle and J. S. Wilson of Moorefield.

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Kay's Kitchen

— By Kay Fisher —

For the past few weeks, we have gone from cutting chuck roast to make soup meat, stew beef and a roast, to using cooked meats in casseroles, hamburger different ways, to cutting up chickens and freezing boney pieces for broth or using the meat for salads or in recipes calling for cooked chicken. That is, of course, if you added to the collection several times. All this naturally helps stretch the food budget. Now this week, after a break for Valentine's Day, it is back to economy, and recipes using no meat at all.

RICH MACARONI AND CHEESE

1 can Cream of Mushroom Soup
¼ cup milk
¼ teaspoon mustard
Generous dash of pepper
3 cups cooked macaroni
2 cups shredded cheddar cheese
1 cup canned french fried onions
Salt to taste

In 1½ quart casserole, blend soup, milk, mustard and pepper. Stir in macaroni, taste for salt and add if needed, and 1½ cups cheese. Bake 375 degrees until hot through; stir. Top with onions and remaining cheese; bake until cheese melts and casserole is piping hot.

TOMATO-LIMA SOUP

1½ cups dry lima beans
6 cups water
1 16-ounce can (2 cups) tomatoes, cut up
1 8-ounce can tomato sauce
1 cup finely chopped onion
1 cup finely chopped celery
2 bouillon cubes
1 teaspoon salt
½ teaspoon chili powder, optional
1 teaspoon Worchestershire sauce

Put beans to soak in water (the 6 cups) overnight. Next morning, do not drain beans, add remaining ingredients; bring to boiling. Reduce heat and simmer, covered, for 1½ to 2 hours or until beans are tender. For a slightly thicker soup, mash beans slightly with potato masher. Adjust seasoning.

Serve with thick slices of French bread toasted and spread with garlic butter. Add a fruit salad and assorted cheeses for a complete meal.

CHEESE LASAGNA BAKE

4 ounces lasagna noodles (6 noodles)
1 cup cream-style cottage cheese
½ of a 3-ounce package of cream cheese, softened
1 tablespoon grated parmesan cheese
¼ teaspoon garlic salt
Dash of pepper
½ teaspoon sugar
½ teaspoon dried oregano, crushed
1 8-ounce can tomato sauce
1 tablespoon grated parmesan cheese

Cook noodles according to package directions; drain. Arrange 3 noodles in bottom of 10 x 6 x 2 inch baking dish.

Combine cottage cheese; cream cheese, the first tablespoon of parmesan cheese, garlic salt, pepper; beat until blended. Spread half the cheese mixture over the noodles in dish.

Stir sugar and oregano into tomato sauce; spoon half the sauce atop cheese mixture in dish. Top with remaining noodles, cheese mixture and sauce. Sprinkle with the remaining parmesan cheese. Bake in 350 degree oven for 25 minutes, or until heated through. Makes 4 servings.

NOODLES WITH CHEESE

Egg noodles
Water
2 cups cream cottage cheese
½ cup parmesan cheese
½ cup finely sliced green onions
¼ teaspoon dried dill weed
Pepper

Cook noodles according to package directions. Add 1 tablespoon salt to noodles while cooking. In large bowl combine cottage cheese, Parmesan cheese, green onion, dill weed, pepper and ½ teaspoon salt. When noodles are done, drain. Combine cheese mixture and noodles, being careful not to mash noodles. Serve immediately on warm plates. Good served with a green vegetable, and a salad.

Births

PETTITT

Mr. and Mrs. David Gene Pettitt of Carlisle announce the birth of a boy born on Feb. 6, 1979 at the Nicholas County Hospital. He weighed eight pounds and has been named Christopher David.

DOTSON

Mr. and Mrs. Mike Dotson are the parents of a second son, Patrick Lynn, born Jan. 31, 1979 at the Good Samaritan Hospital, Lexington. He weighed six pounds and five ounces.

The maternal grandparents are Mrs. Oscar Parker of Bath County and the late Mr. Parker.

Paternal grandparents are Mr. and Mrs. Bradley Dotson of Carlisle.

WELCH

Mr. and Mrs. Wendell Welch announce the birth of their second son, Whitney Ray, born Jan. 31, 1979 at the Harrison Memorial Hospital. He weighed eight pounds.

The maternal grandparents are Mr. and Mrs. Willie Lee Tabor of Carlisle. Paternal grandparents are Henry Clay Welch of Stanton and Mrs. Dorrus West, Jr., Mt. Sterling.

Whitney Ray was welcomed home by his brother Allen.

Feeback wedding held at home

The wedding of Miss Debbie Feeback, daughter of Mrs. Frankie Feeback and Earl Feeback, and Robert C. Waits son of Mrs. Annie Lee Waits and the late Cecil Waits, was performed on Saturday night, Jan. 13.

The 6 o'clock wedding took place at the home of Mrs. Waits by Rev. Lloyd Mealer, pastor of the Indian Creek Christian Church, in the presence of each of their families.

Mrs. Debbie Kerns of Lexington served as matron of honor and Eric Barlour also of Lexington was best man.

A reception was given by the groom's mother, following the ceremony.

The couple is residing at Colville.

OES TO MEET MONDAY NIGHT

Marie Chapter 259 will hold its regular monthly meeting Monday, Feb. 19, at 7:30 p.m. at the Masonic Temple.

After the regular business meeting refreshments will be served in the dining room.

All members are urged to attend.

Miss Carla Curtsinger

Engagement

Mr. and Mrs. Robert Curtsinger announce the engagement of their daughter Carla Jean to Douglas Gene Darbro, son of Mr. and Mrs. Bob Darbro, all of Carlisle.

Miss Curtsinger, a 1978 graduate of Nicholas County High School and Central Kentucky Vocational School, is presently employed by Ramset Inc. in Paris.

Mr. Darbro, a 1975 graduate of Nicholas County High School, attended Eastern Kentucky University and Maysville Community College, is presently assistant manager at Goodyear Tire and Service Center of Carlisle.

A spring wedding is being planned.

Hospital notes

Feb. 2 to Feb. 8

ADMISSIONS: Lura Ritchie, Israel Stacy, Ben Duncan, Athylene Sosby, Jean Allison, David Woods, Geneva Fuller, Sheila Pettitt, Sherry Vice, Vernie Jolly, John Deatley, Bob Snapp, Harvey Wagoner, Anna Purcell.

DISCHARGES: Frank Flora, Lucy Jolly, Delphia Asbury, John Workman, Erva Crawford, Minnie Marr, Mary Beckett, Edgar A. Darrell, Linda Tincher, David Woods, Nancy Norton, Clarence Moss, Geneva Fuller, Athylene Sosby, Israel Stacy, Jean Allison, Sheila Pettitt and baby, Ferm Day, W. B. Bramblett, Carlisle; Johnny Jolly, Flemingsburg; Morgan Buckler, Blanche Vice, Ewing; Helen Rose Blake, Paris; June Ryan, Mt. Olivet.

SOCIETY

Mrs. Larry Berry submitted to major surgery Feb. 8 at Bourbon County Hospital in Paris. She has been released and is recuperating at the home of her mother, Mrs. Paul Ritchie, 457 Broadway.

Mr. and Mrs. Joe D. Blount of Crobin visited their parents, Mr. and Mrs. Cletus Ritchie and Mr. and Mrs. Roy Blount and Jay, Monday afternoon.

Mr. and Mrs. Jess Rawlings, Bethel, Ohio and Mr. and Mrs. S. R. Barlow, Jr., Washington, Ohio spent the weekend in Carlisle to visit their father, S. R. Barlow, who is a patient in Nicholas County Hospital. Mr. Barlow is much improved.

Mrs. Lynn Ebert of Chagrin Falls, Ohio has returned home after spending two weeks visiting her mother, Mrs. Dorsey Watkins and other relatives.

Miss Lisa Reynolds of Winchester spent the weekend with her parents, Mr. and Mrs. Sam Reynolds.

Miss Betty Caywood of Lexington spent the weekend with her mother, Mrs. Grimes Caywood.

Mrs. Charles Dixon of Ocala, Fla. who has been visiting her sister, Mrs. Anna Kerns returned to her home Monday. She was accompanied back to Florida by Mrs. Kerns, Mrs. Harold Dryden and Mrs. Nancy Markland for a 10 day visit.

Mr. and Mrs. Chester Bussell of Schiller Park, Ill. are visiting family and friends in Carlisle.

Harvey Wagoner fell on the ice last Tuesday, breaking his hip. He was taken to St. Joseph Hospital for treatment and returned to the Nicholas County Hospital, Friday where he remains a patient.

Human Resources attempts to aid in spouse abuse

Since spouse abuse was included in Kentucky's adult protection act in June 1978, the Department for Human Resources has received over 250 reports of possible incidents. According to Paula Corbett, spouse abuse specialist in the department's Bureau for Social Services, the law requires anyone, including law enforcement, medical or school personnel, suspecting a case of spouse abuse, to report the incident to the bureau.

Corbett explained that an abused wife is often in a hopeless situation in that she usually has no money, no place to go and until recently the system has encouraged her to stay in her home.

"People wonder why a woman would stay with a husband who beats her up," she said, "but all too often she's trapped." Corbett said often the wife has no means of support other than her husband's salary and she would be subject to a waiting period of up to a month before becoming eligible for an assistance program.

"If she has children, Aid to Families with Dependent Children requires that long for eligibility," she said.

She added that many women hope the problems can be worked out.

"If both partners are willing," Corbett said, "their relationship may be helped by counseling. But some counselors are reluctant to take clients who are involved in these problems," she said.

Help through Human Resources for an abuse victim is limited due to the lack of shelters for victims throughout the state. Corbett said the shelter in Louisville is always full, but assistance may come from a planned shelter in Lexington and there is interest in establishing them in other communities.

"Such shelters are needed because the husband can easily locate and harass his wife if she goes to a relative's home," Corbett said.

Department social workers will provide emergency transportation and discuss possible courses of action with the victim. However, according to Corbett, the most important thing the bureau staff can do, "is listen to her. Sometimes the social worker is the first person who believes the woman's story and takes her seriously and that's sad," he said.

While Human Resources tries to aid families in staying together, many women find divorce is their only alternative, Corbett said. She added that filing for divorce can cause a new set of problems, with lawyer's fees and waiting lists for legal aid.

"Most lawyers charge about $200 for handling a divorce case and many of these women don't have that kind of money," she said.

Corbett said the majority of abuse cases involve abused wives, although the department has received reports of husband abuse.

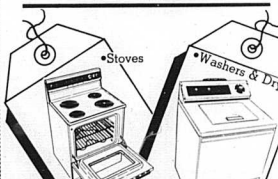
Dairy meeting to be Feb. 21

There will be a free supper meeting Wednesday, Feb. 21, at 7 p.m. at the Nicholas County Elementary School Cafeteria for all dairy farmers and their family.

The program will be on "Herd Health" and "Know Your Hauler".

Door prizes will be given.

"We cannot tell a lie!"



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Ford's Footnotes

by Senator Ed Ford

The 1979 Special Session adjourned sine die late Saturday afternoon. During this session, we took an unprecedented look into the workings of the executive branch of government and its methods of budgeting for state agencies. New guidelines have been adopted for the state's Capital Construction Fund, including an oversight committee within the General Assembly. House Bill 43, the legislation removing the five per cent sales tax from home utilities was passed and signed by the President of the Senate and the Speaker of the House. With the June billings, you will no longer pay sales tax for home heating and lighting. The tax will remain on telephone bills.

The legislation allowing state charter banks to charge the same interest rates as federally chartered banks on loans of $15,000 and under was passed by the Senate on Friday, and the House agreed to our amendment making the law effective immediately upon the signing of the governor. This change in the state's usury law will actually make money available for small loans that have not been available recently because of the inequitable interest rates.

The review of traffic fines and court costs brought about reductions in those areas. There was considerable debate about lowering the fines, because law enforcement agencies view the fines as a deterrent to violations. However, it was felt by most members that $52.50 was excessive for minor traffic violations. Several bills pertaining to county governments and their care of prisoners and maintenance of jails were approved. There was also a measure relieving counties of providing office space for certain district court offices.

The welfare fraud measure, including a section pertaining to unemployment compensation, was finally agreed upon by both chambers. The bill will increase penalities for these crimes and give the Department of Human Resources authority to investigate such crimes.

The Kentucky Horse Park Board was created and will now supervise the future development and control of the new horse park in Lexington. I did not support this legislation and attempted to delay the formation of the board until 1980. There is considerable opposition in both Scott County and north Fayette County to remove this park from our present Parks Department.

We were once again reminded the nature of legislative activity is compromise. As we near the point of agreement on measures during these last days of this session, conference committees were formed to work out compromises on the budget and the property tax relief bills that would be agreeable to the members of the House and Senate.

All through this session, we have reviewed tax relief while quizzing state government officials about the areas where the state's budget can be reduced. In the 1978 Regular Session of the General Assembly, we adopted a budget for 1978-80; and now, with the proposed reductions in state revenue, we are faced with changing the spending of state agencies.

The Senate and House disagreed about spending non-recurring money to balance the state's budget until the 1980 General Assembly convenes. Much discussion led to an agreement acceptable by both houses. The House was reluctant to accept that concept, while the Senate felt the surplus money would be sufficient to balance the budget without cutting money from all state agencies.

Resolving these differences and many others, brought us back to the Capitol on Saturday, but our attitude from opening day was one of accepting the responsibility placed upon us by the unexpected call for the Extraordinary Session. With this in mind, we have provided Kentuckians with tax relief and a balanced budget. I believe this session has been very much worthwhile for both you as a taxpayer and me as a legislator.

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Swift Premium Sliced Bologna ..... lb. $1.39
Swift Premium Wieners ..... 12 oz. pkg. 89¢
Swift Premium Canned Hams ..... 5 lbs. $9.99

Stokely ⅝ 303 can Apple Sauce 3/89¢

Van Camp 24 oz. Beef Stew 99¢

Instant Folgers 10 oz. jar. Coffee $3.69

U.S. Choice Beef Sirloin Steak ..... lb. $2.39
U.S. Choice T-Bone Steak ..... lb. $2.59
U.S. Choice Porterhouse Steak ..... lb. $2.69

Fischer Whole Pork Loins 17-20 lb. avg. ... lb. $1.19
Cagle Grade A Mixed Chicken Parts ..... lb. 59¢

Russet Potatoes ..... 15 lb. bag. $1.39

Avocados ..... 3 for $1.00
McIntosh Apples ..... 3 lb. bag 79¢
Celery ..... Large Bunch 49¢

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Sweetmilk, Buttermilk 6's Ballard Biscuits 6/99¢

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OVALTINE HOT Cocoa Mix .. 20-Oz. $1.59
KRAFT MINIATURE Marshmallows . 1-lb. Pkg. 49¢
MT. TOP Cherry Pie .. 26-Oz. $1.49
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STAR KIST In Oil & Water Tuna ..... 6½-Oz. 69¢
SMUCKERS DILL HAMBURGER Slices ..... 16-Oz. 59¢
EVERFRESH Chocolate, Jelly & Honey Buns Donuts ..... 9-Oz. 69¢
DOLE Chunk, Crushed, Sliced Pineapple .... 20-Oz. 59¢
JPAM PF ARC Golden W.K. & C.S. Corn ..... No. 303 Can 3/$1
THANK YOU CHERRY Pie Filling .... No. 2 Can 99¢
JOAN OF ARC LIGHT Red Kidney Beans .... No. 300 Can 3/89¢
HUNTS Ketchup .... 24-Oz. 59¢
JOAN OF ARC CHILI Beans ..... No. 300 Can 3/$1
HUNTS WHOLE PEELED Tomatoes .... 28-Oz. 69¢
KRAFT Mayonnaise .. ⅝-Oz. 99¢
HUNTS TOMATO Paste ..... 18-Oz. 79¢
KRAFT DELUXE Macaroni Dinner ..... 14-Oz. 79¢
HUNTS TOMATO Sauce ..... 29-Oz. 69¢

Wagner Quart Orange Drink 39¢

Ocean Spray Cocktail Quart Cranberry Juice 69¢

8 pk. 16 oz. Pepsi, Diet Pepsi, 7-Up W/Btls. $1.19

Jif Peanut Butter Smooth Crunchy 18 oz. 99¢

Smuckers 32 oz. Strawberry Jam $1.49

Prelate 16 oz. can Pink Salmon $1.49

Blue Bonnet Margarine 1 lb. pkg. 49¢

Hunts 38 oz. btl. Wesson Oil $1.59

14 oz. Showboat Spaghetti 5/$1

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