



Rainbow Play

Members of the Nicholas County Elementary Kindergarten classes presented "Rainbow Play" as part of their graduation exercises recently. Among those participating were, from left, Michael Johnson, Steven Mosley, Nathan Hunt, Collier Mathis, Kerri Beth Haysaker and Anna Koumy. — Mercury photo

Summer track program open to all children

A summer track program with emphasis on running is under way now in Nicholas County. Practice began June 11 with two-hour workouts from 9:11 a.m. Monday, Tuesday and Wednesday. Today practice is at 8 p.m. Friday is an off day and this Saturday, the 16th, marks the beginning of time trials and competition. Ben Humphrey, program coordinator, said the program was for all Nicholas County children between the ages of 10 and 15. Age eligibility will be determined by the child's age on Aug. 31, 1979. Boys and girls compete separately in three age groups: 10-11, 12-13, 14-15. Events included are the 50-yard relay for all age groups, Girls age 14-15 will have an 800-yard run and boys 14-15 will have a mile run.

Humphrey, head football and track coach at NCHS, is also asking his athletes for next year from the high school to come at the same time (schedule below) and the last hour of the workouts will spend on their respective sports, football and basketball. State competition will be held July 12 in Lexington. The teams will also have meets in Louisville as well as Lexington and Humphrey said there is a possibility of Optimist and 4H Club competition here in Carlisle. Humphrey said that competent personnel will be at all workouts to instruct in running, jumping, basketball, football and body building. The running program will continue until July 28. It will meet Monday, Tuesday and Wednesday of each week from 9-11 a.m. and Thursday evening at 8 p.m., except for June 29 and July 14, the Saturdays following the meets in Lexington. Also, there will be no workouts the week of July 24 but there will be time trials and competition that Saturday, July 7. Saturday meets will begin at 9 a.m. Any children interested in joining the program should report to the NCHS track any morning before a workout.

Sixth grade visits park
On Tuesday May 22 the sixth grade at NCHS went to the Kentucky Horse Park. They left early that morning in two buses.
First we saw a blacksmith's shop. He made a horseshoe with NCHS written on it for us to bring back.
Then we saw a shoe shop where two girls showed us how to use some of their equipment.
After that we went into a museum that had lots of pictures and facts about horses.
We also saw a film in the theater. It showed some horses running and a colt being born.
We saw many horses of different sizes. Some were 2,100 pounds and one was a 29 inch pony.
This was one part of our career education program at school this year. We learned about many different careers. Two were a ticket taker and a jockey.
Everyone said they would like to return. Julie Willis

CALF helps with bills
Anyone having problems with utility bills incurred during the months of March, April or May Community Action Lexington — Fayette County (CALF) can help it.
—you have received a shut-off notice.
—you rely solely on Supplemental Security Income (SSI) or Aid to Families with Dependent Children (AFDC).
—you meet certain income guidelines; for example, a family of four may have an annual income up to \$7,200.
CALF will accept applications through Friday, June 29. Please call 609-264-6044 if you wish to ask if you qualify. Office hours are 9:30 a.m. to 5 p.m. Monday through Friday.

Farm and Home

Nicholas County Extension Agents
Mike Phillips, Mrs. Sharon A. Wilson, Mrs. Margie Wilson

Planning your meals in advance is the first and most important step in preparing good, economical meals. This begins with a menu, food aids and a shopping list.
When you plan a meal, make the meat chosen first, since meat is the center of most meals and will determine other food choices.
After choosing recipes, check for advertised specials. You may be able to substitute a cut for the one that your recipe calls for.

Protect your investment after a trip to the market. Handle all foods with care. Place foods that need to be refrigerated, such as meat, in the coldest part of the refrigerator or in the meat compartment if your refrigerator has one.
Fresh meat prepackaged may be stored in the original wrapping for two days in the refrigerator. Fresh vegetables should be stored unwrapped in the vegetable crisper or wrapped in plastic on the lower shelf of the refrigerator.
Choosing the correct cooking method for the cut of meat prevents waste and saves money. Every cut of beef for instance can be made tender and delicious when cooked by the proper method.
Lean-ender cuts can provide delicious dinners. Some lean-tender cuts can be roasted or broiled if they have been tenderized by marinating. Some cuts, such as flank or round steak can be sliced thinly and cooked quickly.
Low heat is the secret to successful and money-saving cooking of meat. High temperatures and overcooking shrink a roast and result in the loss of natural juices. Whether you roast, braise, broil or cook in liquid, keep the temperature low to moderate, and more meat will be left at the end of the cooking period.
Meat, poultry or fish will go farther if you combine it with other foods. Make the most of flavor and nutrition by using small pieces in casseroles, salads and sandwiches. Delicious and easy-to-make casseroles can be made with dry beans, peas, macaroni products, rice or potatoes.
Other tips include mixing ground meat with breads or cereals to make loaves or patties. Meals combined with sauces can be served on bread or biscuits, rice or macaroni.
Don't forget about meaty bones which can be used in soups and stews. Meat drippings may also be used in gravies, sauces and in seasoning vegetables.

Notice

I will be out of town until Monday, June 18. Anyone wishing insurance on tobacco, please phone 289-2567 and your insurance will be put into effect.

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1971 Ford F-100, red, 6 cyl., std. trans. \$995.⁰⁰
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"Life is a jigsaw puzzle with most of the pieces missing."
Anonymous



Carlisle students honored at MMI commencement

Several Carlisle students were honored and promoted during MMI's 76th commencement exercises recently. Promoted to the freshman class was Justin Renee Ritchie. She was also honored as a member of the Honor Roll for the entire school year at the Middle School.
A special award for character and leadership, sponsored by the American Youth Foundation, was presented to Jana L. Ritchie. She also won a military award from the Association of Military Colleges and Schools of the U.S. Miss Ritchie is Cadet Second Lieutenant.
Chris Rose won a high school academic award and tied for another. Rose won the Junior English award and tied for the U.S. History award.
The graduation ceremonies also saw the graduation of MMI's first female cadet in the school's history, Juanita Margaret Tazner of Cynthiana. Miss Tazner was also class valedictorian with the highest grade point average for her four years of high school.

LERMANS FATHER'S DAY JUNE 17

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Recount

A May 29 Friday of the Hatfield and Myers precincts in the May 29 primary election failed to make a change in the result of the District Two Congressional race. The recount was requested by Vernon Craig who lost to the incumbent Andrew Bretz by seven votes. Among those present Friday were, from left, Allen K. Snow, representing Craig who could not be present; Bretz; Mrs. Stone and Nicholas County Clerk Rose Scott. — Mercury photo

Macy logs miles for Pan Am

"The airline lost my bags again," Kyle Macy said entering the University of Kentucky equipment room and speaking to UK assistant coach Dick Parsons. "Our Air Italia flight was cancelled at the last minute and we were transferred to Pan American but our bags weren't," the UK guard continued, referring to a return trip from Italy.
Macy is spending the summer prior to his senior year participating in the Pan Am Games, adding thousands of miles to those that he has already logged in international travel. Becoming a seasoned world traveler is different from the life he led while growing up in the small mid-west town of Carlisle, Indiana but is preparation for further international competition and for his adult life.
Parsons, will along with UK coach Joe B. Hall took the Wildcats to Japan in 1978, says that the travel has immeasurable educational value. "You can't put a price on that type of experience, both in basketball and in broadening the young player's horizons."
All the countries are sending more and more teams abroad to compete each year, Parsons added. "The excellent preparation for the Olympics. That's why there is additional competition like the Pan Am Games. They are preparatory for the Olympics. It keeps the level of competition improving."
In Italy, the American team competed against a national club from the team and the Italian national team. Besides Venice, the Italian team won the final game against the U.S. squad in overtime on a last second desperation shot.
Commenting on the loss, Macy said that he felt the U.S. team took the game too lightly since they had beaten the Italians handily three days in practice. The trip, however, was not solely basketball as several days of sight-seeing were included by the sponsoring organization, the Amateur Basketball Association U.S.A. Besides Venice, the players traveled by bus to Rome, Florence and Lido Beach.

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