Carlisle women model clothes

Members of the Carlisle Community Woman's Club recently modeled for the Paris Younger Women's Club. They are Sharon Hatton, Carolyn Crockett, Doris Whaley, Boogie Hall, Debbie Hughes, Sandy Hamilton, Louise Zachary and Mona Clark. The clothes were furnished by the Sugar Plum Tree and the Model Dress Shop of Paris. — Photo submitted.

Miss Nicky West of Paris is gymnastics winner

Nicky West

Nicky West is on the U.S. Gymnastics Federation Team of Cynthiana, and has won six first places, in Louisville and Ashland tournaments. She competes in all-around, doing all gymnastics offered (floor beam, bars and vault).

Her high score of 8.3 was given on her floor routine at Louisville.

In the next two coming meets in Louisville, she is looking for 28 points. If she makes it, she will be state-bound.

Nicky is a straight-A sixth grade student at Southside Middle School at Paris. She is the daughter of Mr. and Mrs. Jim West of Paris, the granddaughter of Ruby Bradley of Moorefield, niece of Mr. and Mrs. James Reid, Mr. and Mrs. Harvey Wilson and Jane Ann Bradley, of Nicholas County.

Nicky's other activities include being on the Paris High Gymnastics Team, and Speech and Drama Club. She will be representing her school through dancing in January. She has been dancing since the age of three, taking classes in tap, ballet, jazz, toe and acrobatics. She was chosen to be in an Operation Challenge class, taught by Pat Ward in the Paris schools. She is also the current (1981) county winner for conservation posters and last year's runner-up in the DAR essay contest. She received a $50 savings bond for best costume, represting an American hero.

See picture of Miss West on page 11.

Kay's Kitchen

By Kay Fisher

Believe it or not it is time to bake fruitcakes for Christmas, especially if you want to age them.

For some reason, baking fruitcakes seems to strike terror to the heart of some cooks. Actually it is one of the easiest cakes to make — time consuming, but not complicated, no folding, shaping or rolling, just mixing all ingredients.

The texture of a cake laden with fruits and nuts is not as important as it would be in a layer or sponge cake. One tricky part about fruitcake is that it has a tendency to burn, so watch carefully. If it browns too quickly, cover top with foil. Do not over-bake fruitcake, a cake tester or pick inserted in center must come out free of unbaked batter, but should be moist and sticky.

Fruitcakes are best if soaked with spirits, brandy, bourbon, rum, sherry or other sweet wines. If you do not wish to use any of these, orange juice or apple cider can be substituted.

WHISKEY CAKE

3 eggs, separated
¾ cup granulated sugar
½ cup (1 stick) butter
½ cup firmly packed dark brown sugar
1½ cups sifted unbleached flour
1 can (8 oz.) pecans, chopped (2 cups)
1 cup seedless raisins
1 teaspoon baking powder
2 teaspoons ground nutmeg
Dash salt
½ cup bourbon
Pecan halves for decoration
Candied cherries (optional)

Grease and flour a 10 by 4-inch tube pan.

Beat egg whites in small bowl with electric mixer until foamy white. Beat in ¼ cup of the granulated sugar slowly until meringue forms stiff peaks; reserve.

Beat butter, brown sugar, remaining granulated sugar and egg yolks in large bowl with electric mixer until light and fluffy.

Mix ¼ cup of the flour with pecans and raisins in small bowl, stirring until nuts and fruit are coated.

Sift remaining 1¼ cups flour with baking powder, nutmeg and salt onto wax paper. Add bourbon until well blended. Stir in pecans and raisins. Fold in reserved meringue until no streaks of white remain.

Spoon batter into prepared pan, pressing down with spoon to pack pan. Decorate with pecan halves.

Bake at 325 degrees for one hour, or until top springs back when lightly pressed with fingertip. Cool in pan on wire rack for one hour. Remove from pan; cool completely. Wrap cake with cheesecloth soaked with bourbon. Store in tightly covered container several days. Decorate with cherries, if you wish. Makes one 10-inch tube cake.

Now for a simple White Fruitcake recipe:

WHITE FRUITCAKE

1 8-oz. package cream cheese
1 cup butter (2 sticks)
1½ cups sugar
1½ teaspoons vanilla
4 eggs
2½ cups cake flour
1½ teaspoons baking powder
8 ounces candied fruit and peels
½ cup chopped pecans

In a large mixing bowl, cream together the cream cheese, butter, sugar and vanilla. Add eggs one at a time, beating well between additions. Add 2 cups of the flour and the baking powder. Mix well. Toss the remaining ¼ cup flour with the fruits and peels, then stir them, with the pecans, into the batter.

Turn batter into a well-greased 10-inch tube pan (preferably one with a removable bottom). Bake in a preheated 325-degree oven for 80 minutes. Cool about 15 minutes, then remove from pan to cool thoroughly. Sprinkle with confectioners' sugar or drizzle with a sugar glaze.

Before sprinkling with sugar or adding glaze, store as you would any fruitcake, wrapped in soaked cheesecloth, then add the sugar glaze when ready to serve.

SOCIETY

To Place Society Items, Call Mrs. Ann Shearer at 289-2464

Vice-Platt vows spoken at Church of the Nazarene

Miss Pamela Jean Vice, daughter of Mr. and Mrs. Arthur Vice Jr. of Lexington, and James William Platt, son of Mr. and Mrs. James Henry Platt of Carlisle, were married Saturday, Sept. 4, 1982 at the First Church of the Nazarene with the Rev. Riley Laymon officiating.

The maid of honor was Cathy Vice of Lexington. Bridesmaids were Sandy Vice, Vickie Vice, Becky Vice, Ann Vice, sister of the bride, all of Lexington; Kim Howard, Mt. Sterling; Mary Platt, sister of the groom, Carlisle. Flower girl was Leslie Michelle Vice, sister of the bride.

The best man was James Henry Platt, father of the groom, of Carlisle. Ushers were Tim Vice, brother of the bride; James Fitzgerald, Jim Powell, Mike Noel, Sanford Vice and Greg Noel, all of Lexington. Ring bearer was Steven Hadley Vice, brother of the bride.

A reception was held at the church.

The bride is a graduate of Bryan Station High School.

The groom is a graduate of Nicholas County High School and attended Maysville Community College. He is self-employed.

After a wedding trip to Tennessee, the couple is residing in Carlisle.

Kentucky Quilt Calendar sales are selling well

Sales of the 1983 Kentucky Quilt Calendar are going at a really brisk pace, according to Tom Nelson, branch manager in the Kentucky Department of the Arts.

"Unless they order soon, some people are going to be disappointed," he said. "The response this year has been overwhelming, and our supply is dwindling." He also noted that it's really too late for the Department to order a second printing.

Nelson explained that a lot of people are buying the colorful calendars as Christmas gifts, and this year the department offered direct mailing. "People just send us their list of names and addresses, include $7.50 for each calendar they want sent, and we do the mailing," he said.

The new edition features First Lady Phyllis George Brown and son Lincoln on the desk-style cover, and glowing four-color reproductions of 12 of the winning quilts from the Kentucky Heritage Quilt Society's 1982 contest inside.

To order 1983 calendars, send $7.50 for each calendar, with a check made out to the Kentucky Department of the Arts, to Tom Nelson, Kentucky Department of the Arts, Berry Hill, Frankfort, Ky. 40601.

Superintendents hear chairman on school districts

The state Board of Education is moving toward giving greater freedom to local school districts that provide strong education programs, according to Robert Ruberg, board chairman.

He also said the state board will take a firmer stand with districts where performance is questionable.

Ruberg's remarks came during a meeting in Louisville Oct. 21 of Kentucky's 180 school superintendents.

"I know that well-organized and smoothly functioning local boards can deal with most of the problems facing a local school system," he explained. "I believe that it is right and appropriate for most of the decision-making authority to be vested at the local level."

However, according to Ruberg, there must be a system of checks and balances, and the safeguards should be the responsibility of the state board.

Ruberg also told the superintendents that he believes the greatest threat to public schools is apathy.

"I cringe at the words 'they are doing the best that can be expected under these circumstances,' " he said. "I believe in our public school system. Our schools do a good job. But, as you know, it is not the things we do right that cause our downfall, it is our weaknesses." Ruberg had strong support for achievement tests which he called the best measure of quality instruction.

Births

TRUSSELL

Mr. and Mrs. Larry Trussell announce the birth of a son, Tuesday, Nov. 16, 1982 at Harrison Memorial Hospital, Cynthiana. He weighed eight pounds, 13 ounces, and has been named Rodney Thomas.

Paternal grandparens are Mr. and Mrs. Robert Trussell of Carlisle.

Maternal grandparents are Dennis McDonald and Helen Fryman of Carlisle.

— Personals —

Mr. and Mrs. A.B. Whaley were in Louisville Nov. 17-18 to attend the North American Livestock Exposition Maine-Anjou show and sale. They also attended the Maine-Anjou meetings of which Mr. Whaley is a director.

Mr. and Mrs. Bill Guthrie and Joshua, John Watkins, Mrs. Sue Woodall and Mrs. Robert Coatney were in Cincinnati last Saturday to attend the Treasurers from the Tower of London Exhibition at the Cincinnati Art Museum.

John Johnson of Detroit, MI arrived Saturday to spend the week with his parents, Mr. and Mrs. Tommy Johnson. Mrs. Johnson remains a patient at the Nicholas County Hospital.

Rick Mattox of Inez spent the weekend with his mother, Mrs. Carolyn Mattox.

Mr. and Mrs. C.H. Enix spent the weekend in New Tazewell, TN and attended the Enix-Ventura wedding. Miss Enix is the niece of Mr. Enix.

Miss Margaret Gibson entered the Good Samaritan Hospital last Friday. Her room number is 712.

Those from Carlisle attending the U.K.-Tennessee football game in Knoxville Saturday afternoon were Mr. and Mrs. Andy Dudley, Mr. and Mrs. Wayne Shumate and Mr. and Mrs. Joseph H. Conley.

William Workman, son of Mr. and Mrs. William Workman of Mulberry Street is a patient at the Nicholas County Hospital after receiving several cuts and bruises when he fell from a tree.

Mr. and Mrs. Conn Abnee entertained at their home in Robertson County with a surprise anniversary dinner Wednesday, Nov. 17, for his parents, Mr. and Mrs. Shy Abnee.

Mr. and Mrs. Nathan Young have returned from Ransonville, N.Y. where they were the guests of Mr. and Mrs. Norman E. Zahno and attended a reception in honor of their son, Bill Young and Mrs. Young of Houston, TX. Nina and Tom Young-Wallace of Edgartown, MD were also guests of Mr. and Mrs. Zahno.

Mrs. Laura McCay has moved from her apartment on 114 West Main to an apartment at 343 West Main.

Mr. and Mrs. Thomas McAninch of Liberty spent the weekend with her brother, Dan Rich and Mrs. Rich.

Mrs. Nancy Shaw hosts Miranda Homemakers

The Miranda Homemakers met Nov. 10, 6:30 p.m., in the old L&N Depot for a chili supper hosted by Mrs. Nancy Shaw.

The president, Mrs. Thelma Crowe, presided over the business. The devotional was given by Mrs. Walter Kendall on Thanksgiving. Roll call was answered by a Thanksgiving food.

Plans were made to remember our shut-ins at Christmas.

The lesson on stir frying was given by Mrs. James Lowe, preparing a salad for the members to sample.

The next meeting will be our annual Christmas party.

We welcome members regardless of race, color or creed.

come along on this
BLUEGRASS AREA
3-Island Tour of Hawaii
with farm and ranch visits

Estil Noffsinger, former Nicholas County Extension Agent, and his wife, Rowena, will host a 10-day tour of the Hawaiian Islands.

February 16 thru 25, 1983

"Rowena and I invite you to join us and other neighbors as we tour three glamorous islands in a deluxe, air-conditioned coach with a professional guide. We'll stay in some of the world's most luxurious, deluxe-class hotels, surrounded by incredible scenic beauty. And we'll get a close look at interesting and unusual island-style farming and ranching!"

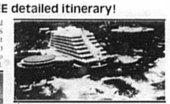
Send for your FREE detailed itinerary!

Say aloha to cosmopolitan Honolulu and the island of Oahu with Diamond Head; Pearl Harbor; the USS Arizona; Punchbowl (the extinct volcano crater that serves as the U.S. Memorial Cemetery of the Pacific) and America's only royal palace. We'll have time to see them all during three leisurely days on the island.

Relax on Waikiki Beach and enjoy this fine view of famous Diamond Head.

Our famous, deluxe-class hotel on beautiful Waikiki Beach is a resort in itself. Step out the door and you're ready for an evening stroll over still-warm sand, under waving palm trees. A full-day tour circling the island and visits to a banana farm and a dairy operation make our stay on Oahu even more special.

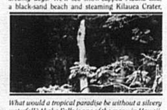
The luxuriant Garden Isle of Kauai may be Hawaii's best kept secret. Thundering waterfalls, gentle, meandering rivers, sweeping valleys and a picturesque coastline have drawn moviemakers to Kauai, but so far not many tourists have discovered its abundant charms. We'll stay for two days on the island that provided the setting for such films as "South Pacific," "King Kong" and "Islands In the Stream."



All our deluxe-class resort hotels are beautiful places ... in beautiful places.

Activities on Kauai include a cruise down the Wailua River to romantic Fern Grotto and a spectacular torch-lighting ceremony in a palm grove.

We jet to the Big Island of Hawaii for three more dreamy days. We'll see snow-capped Mauna Loa; a black-sand beach and steaming Kilauea Crater,



What would a tropical paradise be without a silvery waterfall? Akaka Falls is one of the many in Hawaii.

where the astronauts trained for moon walks, as well as visit a ranch where cattle are herded by helicopter. You'll feast your eyes on over 2,000 varieties of orchids in fabulous Nani Mau Gardens.

10 days in Paradise come to a reluctant end back in Honolulu, where we catch our overnight flight for the mainland with our newly acquired friends, suntans and fond memories to last a lifetime.

The cost of this unforgettable tour is just $1,632 from Lexington—perhaps less than you'd think possible, considering it includes deluxe-class resort hotels; a full-time tour escort; air fares between islands; transportation by deluxe, air-conditioned motorcoach; sightseeing; farm and ranch visits and much, much more.

For complete information mail coupon or call 289-5170.

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Please send me a detailed itinerary of the Hawaiian Farm Tour.

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Also send itineraries to the people listed below.

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Address ______ Address ______
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CARLISLE MERCURY

Brides-To-Be...

Wedding pictures MUST be submitted to The Carlisle Mercury within three weeks following the wedding. When calculating the weeks, be sure to note The Mercury's publication dates. Wedding pictures arriving after three weeks (publication dates) will not be used.

It is suggested that whenever possible, the picture be taken before the wedding so it will be available to run in The Mercury the week following the wedding.

Wedding and engagement pictures must be in the office by 3 P.M. on the Monday preceding publication.

There is a $5.00 handling charge for wedding and engagement pictures.

Seven risks that cause heart attacks

"Studies show that the following risk factors can be controlled to reduce heart attacks," said Dr. W.E. Davis, Wedco District Health Department's Health Officer: cigarette smoking, high blood pressure (hypertension), high intake of cholesterol and animal fat, stress tension, diabetes, lack of exercise, obesity (overweight).

A heart attack can strike anyone at any time. When it does occur, there is no time to delay, said Dr. Davis. One must be able to recognize the early warning signals of a heart attack and get medical care immediately."

Many heart attack victims hesitate to seek help. Some do not even admit that they are feeling ill. Still others ignore the symptoms, thinking that the pain will disappear.

Warning signals

The four warning signals of a heart attack are: Uncomfortable pressure, fullness, squeezing or pain in the center of the chest for more than two minutes; pain may spread to the shoulders, neck, jaws or arms; severe pain, dizziness, fainting, sweating, nausea, indigestion or shortness of breath may occur; these signals are not always present, sometimes they subside and then return, according to Dr. Davis.

Risk factors which neither you or your doctor can change include age, sex, race, heredity.

Changing your lifestyle and correcting the risk factors you can control may improve your chance of living a healthier life.

The information is brought to you courtesy of the Wedco District Health Department, American Heart Association and the Nicholas County Health Center. For information of available health services, call 289-2188.

— Consumer Alert —

Today, more than ever before, people of all ages are wearing dentures. Because more people are wearing dentures, consumers should be aware of deceptive practices involving the marketing of dentures. Attorney General Steven L. Beshear says, "Consumers from all walks of life are being mislead by deceptive dental practices. Although the elderly are the most heavily targeted group, they are not alone with denture problems."

Consumers face a wide variety of problems with dentures. Many times, consumers will find bargain prices advertised, only to discover a lot of hidden charges. Sometimes, consumers will only see a dentist on an initial visit. After the initial visit, the dentist will never seem to "be available." Consumers may even have to pay cash in advance just to see the dentist. Later, if they become dissatisfied with their dentures, they may discover that they cannot get their money back. Consumers should always be on the lookout for these types of practices.

There are several steps consumers can take to avoid being "ripped off" when buying dentures. First, always insist on seeing a licensed dentist. Do not allow a laboratory technician to make your denture impression. Laboratory technicians are not licensed to make impressions, nor do they usually have any training to do so. Second, be cautious about paying in advance. Attorney General Beshear says, "Consumers will often pay a large cash sum in advance only to later become dissatisfied with their dentures and not be able to get a refund." Beshear also added, "Be sure your dentist delivers what he advertises. If he advertises personal attention, make sure you get it. If you go back for an adjustment, make sure a licensed dentist does the adjustment. The dentist can then be sure the dentures fit properly."

The Kentucky Dental Association offers a special program to senior citizens. The program is called "Dentures Access Program" and it allows senior citizens who could not normally afford dentures to have dentures made at reduced prices. To become part of this program and receive its help or to receive further information, senior citizens should call this number toll-free 1-800-292-1855.

The Attorney General's Division of Consumer Protection provides a variety of consumer information and mediates consumer complaints. Write to them at 209 St. Clair Street, Frankfort, Ky. 40601, or call the toll-free Consumer Hotline at 1-800-432-9257.

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Western University looking for lost business alumni

Western Kentucky University is looking for 4000 lost alumni from the Bowling Green Business University.

Records from "BU" were destroyed by fire 17 years ago, and unless alumni have been in touch with their alma mater in recent years, school officials do not have current addresses.

"Because of the prestige and excellent record among graduates who have attained success in their careers, the Bowling Green Business University tradition is still strong," says John W. Sweeney, Western's development director who initiated the search for students who attended BU before its merge with Western in 1963.

"We want to inform all BU alumni that they are a viable part of Western," he says.

Also helping search for lost peers are a group of BU alumni who want to establish an endowed chair in accounting at WKU in the name of two former BU professors, James R. Meany and J.C. (Hoot) Holland.

And interested in its graduates is the University's Bowling Green College of Business Administration, whose roots are in "BU."

Anyone who knows about a lost BU alumni who may have been a student prior to 1963, is asked to contact the Office of Development, or Bowling Green College of Business Administration.

EKU registration enters computer age

No longer will students at Eastern Kentucky University face the grim prospect of long lines for regular registration or having to trudge to department offices all over campus to secure class cards as they had under the old system of pre-registration.

Under a computerized registration system which began Monday, Nov. 1, EKU's registration process is greatly simplified. What did take at least a half hour will be reduced to only 10 minutes as the university has attempted to eliminate the crowds and chaos of the former system of arena registration in Alumni Coliseum and the tiring and frustrating prospect of pre-registration.

Dr. Joseph Schwendeman, dean of undergraduate studies, says the new registration system is quite simple. "However," he adds, "there are a number of changes from the previous system, and to those students familiar with that process, these changes may be confusing the first time they register."

When the first student is routed through the new registration system about 8:10 a.m. on a Monday, he or she will no longer be required to complete the packet of registration cards. Schwendeman says the deletion of the packet from registration is one of the major changes. In its place students will receive a Demographic Data Form, containing pre-printed information on the student. "This updatable, one-page form is a welcome substitution for the old packet," said Schwendeman.

Hospital notes

ADMISSIONS: Paulette Bloomfield, Edith Bryant, Doris Sapp, William Workman, Betty Ritchie, Marion Hopkins, Paul Treadway, Robert Dampier, Ethel Hobbs, Carlisle; James Ishmael, Hillsboro; James Cadle, Indiana; Edgar Carson, Paris; Eloise Henson, Mt. Olivet; Mary Luman, Augusta; Katherine Perkins, Moorefield; Henrietta White, Maggie Bowles, Lillian Johnson, William Marcum, Sharpsburg; Artie Mastin, Robert Mann, Hobart Plummer, Mt. Olivet.

DISCHARGES: Joan Trussell, Doris Sapp, Michael Trusty, Everett Green, Marie Gaunce, Viola Brown, Stella Bloomfield, Jesse Mitchell, Minnie Smiley, Edith Bryant, Paulette Bloomfield, Everett Allison, Lillian Sexton, Carlisle; Ruth Stivers, Millersburg; William Jolly, Katherine Perkins, Moorefield; Opal James, Ewing; William Campbell, Lexington; Artie Mastin, Hobart Plummer, Robert Mann, Mt. Olivet; Lillian Johnson, Henrietta White, Sharpsburg; Judy Harp, Paris.

Open A 1983 Christmas Club

Weekly Amount	Total For 50 Weeks
$ 2.00	$ 100.00
$ 5.00	$ 250.00
$10.00	$ 500.00
$20.00	$1,000.00

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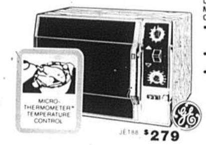

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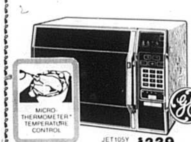

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- Temperature Cooking using the Micro-Thermometer™ Temperature Probe.
- "Microwave Guide & Cookbook" included.

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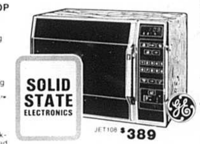

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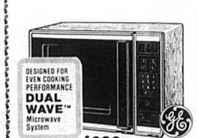

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