



Boyne Hall gets plaque

Rayne Hall of the First National Bank is shown here receiving a plaque for five years of service from President Andy Dudley. Mrs. Hall works in the installment loan department and is married to Jimmie Hall. They have two children, Tim, 11, and Janette, 14. — Mercury photo.



I knew it would happen. Everyone wants some calorie counted recipes. That is fine with me because I'm counting too. So you can try some of these recipes along with me. And while getting myself back into shape, I must also work out the food budget. It blew out of proportion during the holidays. To help both situations, we must move to some less fattening cuts of meat. Fortunately the less fattening cuts are also the least expensive. But they do require more care and time in cooking. One way to make these cuts more tender is the use of marinades. Keep in mind it is the oil you use either in the marinade or marinade that adds the calories. Here are some marinades using oil.

TENDERIZING MARINADE WASTE Any combination of slightly acid liquids can be used — tomato juice, citrus juices, 2/3 wine diluted with water. One teaspoon of commercial meat tenderizer may be stirred into the liquid. Season to taste with garlic powder, spices or herbs, which have few or no calories.

HERB VINAIGRETTE Combine 1/4 cup dry sherry, 1/4 cup soy sauce, 1/4 cup water, 1/4 teaspoon ginger, 1/4 teaspoon MSG.

ITALIAN BASTE 3 tablespoons lemon juice, 1/4 teaspoon garlic salt, 1/4 teaspoon onion, 1/4 cup water. Be sure to marinate meat 12-24 hours, especially roasts and large steaks, turning often and piercing meat with fork in several places. Baste meat with marinade while cooking.

Stuffed peppers should be a nice change from the rich foods we had during the holidays. Remember it is what you put in the peppers that will add the calories, since a pepper has only about 14 or 15 by itself. The following recipe will give you stuffed peppers at around 175-185 calories each.

STUFFED PEPPERS 4 green peppers 1/2 lb. fat trimmed beef round 2 tablespoons water or tomato juice 1 small onion, finely minced 1 rib of celery, minced 1/4 cup rice



Holiday entertaining told

Mr. and Mrs. James Howard had their Christmas dinner Monday, Dec. 27, at their home on Upper Jackson Road.

Those attending were Teresa Howe and Don Tolley; Mr. and Mrs. Robert Cooper, Shirley Poe, Mr. and Mrs. Marvin Heiland; Mrs. Larry Robb; Larry Jr., Sherri and John Lexington; Mr. and Mrs. Larry Cooper, Juan and Janice, Mr. and Mrs. Mark Prather and Rebecca, Mrs. Clopha Prather, Steve Wellington, Mrs. Martha Lyle, Crystal and Laura, Cynthia; Mr. and Mrs. Julian Hammonds, David and Carol Ann, Stanford; Mr. and Mrs. Calvin

Mr. and Mrs. Thomas George had their children home for the holidays. Mr. and Mrs. Paul Morrison and Mrs. Mr. and Mrs. Stanley Bronnagan and Missy, Mr. and Mrs. Victor Bronnagan, Nicholas and Chris, Susan, Soper of Paris; Mr. and Mrs. Robert Trammel, Mr. and Mrs. Larry Trammel, Susan, Kim and Rodney, Mrs. Joan Trammel, Tomasa, Bradley and Charlotte, Melissa, Milton, Mr. and Mrs. Merle McCarty and Wendell, Parkers, Ollie, Mr. and Mrs. Randall George and Linda Sue, Mrs. Rosemary Kinler, Rosemary and Stephanie, Tommie Collins and of Versailles, Brooke Tom Gmetnart of Grayson also visited.

Mr. and Mrs. Stanley Storey had as their guests Christmas Eve Mr. and Mrs. Donald Storey, Lee and Lisa of Georgetown, Mr. and Mrs. Coy Trapp, Maude Dana and Amy, Madeline, Miss Paula Storey, Mr. and Mrs. Gary Storey and Tammy, all of Lexington.

Miss Julie Ritchie marries at Union Baptist Church

Miss Julie Ann Ritchie, daughter of Mr. and Mrs. Harold T. Ritchie of Nicholas County, and Mark Allan Doyle, son of Mr. and Mrs. Donald Garrett, both of Harrison County, were married Friday, Nov. 28, 5:30 p.m. at Union Baptist Church, Cynthiana, with the Rev. James officiating.

Musical selections were provided by Lew Bell, vocalist, and Rhonda Moore, organist.

The bride, given in marriage by her uncle, Robert Lee Ritchie, wears a white tulle and satin dress with wide ruffled lace on the bottom of the dress. Her long veil was trimmed with lace with a crowned cap featuring seedling pearls. She carried a bouquet of peach, lilies' breath and white lace streamers.

After a short wedding trip, the couple is residing in Harrison County.

Miss Tammy Cronan weds David Hunt

Miss Tammy Cronan, daughter of Mrs. Virginia Chrona of Carlisle and David M. Hunt, son of Mr. and Mrs. Charles Hunt of Lexington, were united in marriage Tuesday, Dec. 14, 1982 at the home of the bride's mother by the Rev. Howard S. Lovingsood.

Witnesses will be Lynn Simons, Viola Humphrey and Brenda Foster, with spiritual values by Beverly Herrin.

Miss Melissa Dudley is finalist in Miss Teenworld pageant

Miss Melissa Dudley was one of the 15 finalists in the Miss Teenworld Pageant which was recently held in Orlando, Fla. The 15 finalists were from California, Georgia, Illinois, Kentucky, Ohio, Oklahoma, Oregon, South Carolina, Tennessee, Utah, Iowa, Virginia, Washington, Minnesota, Maryland and New Jersey. Miss Dudley, the Junior Executive runner-up for 1982 and received a trophy, \$500 in cash and \$200 in bonds.

Each of the 15 finalists received a rose, a symbol of love, which they presented to the person or persons who had greatly influenced their life. Melissa presented her rose to her family, Mr. and Mrs. Andy Dudley, Tom and Janice.

The pageant ended on Wednesday evening when each girl, dressed in a state costume, was introduced and made a speech about her state. This was followed by evening gown competition.

Miss Carla Lazo from Tennessee is the new 1983 Miss National Teenworld.

Personals

Mr. and Mrs. Marion Sims entertained Sunday, Dec. 5, with a dinner at their home for Mr. and Mrs. Henry Gram, Conington, Mr. Betty Wade, Latonia, Mrs. Kenneth Carlson, Hillsport, Ind., Mr. and Mrs. Marion Sims Jr., Travis and Dexter.

Mr. and Mrs. Frank Sharp and family of Frankfort entertained with a dinner on Christmas Day for her mother, Mrs. Linnie Balfour, and sisters: Mrs. Wanda Whitte and daughter, Gretchen; Mrs. Edna Hanks and Mr. Hicks of Franklin, TN; Mrs. Orla Cannon spent the Christmas Eve guests Mr. and Mrs. Jimmy Cotton and Ernie Cannon, both of Lexington and Mr. and Mrs. Jimmy Cotton, Clarksville, Tenn.

Mrs. Catherine Reid

Mrs. Catherine Reid entertained with a dinner Saturday, Jan. 1, 6 p.m., at her home on the Upper Jackson Road. Those attending were Mr. and Mrs. Owen Booth; Mr. and Mrs. Edgar Hawkins; Carlisle; Mr. and Mrs. Ward Shannon; Gretchen; Mrs. Turner Shannon, Clintontville, Ind. Paris.

Births

Mr. and Mrs. Frank G. Vice of Auburn, Ala. announce the birth of their second daughter, Wednesday, Dec. 22, 1982 at Alabama Medical Center. She weighed eight pounds 10 ounces and has been named Sarah Elizabeth.

Maternal grandparents are Mr. and Mrs. Bob Cooney, Carlisle.

Mr. and Mrs. Garrett Dew Hawkins, wife, announce the birth of a son, Saturday, Dec. 25, 1982 at the Nicholas County Hospital. He weighed six pounds five ounces and has been named Bobby Wayne.

Maternal grandparents are Mr. and Mrs. Billy Craig, Carlisle. Paternal grandparents are Susan Hawkins, Carlisle, and Lee Hawkins, Orlinda.

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 handling charge for wedding and engagement pictures.

A pretty pond

A sunny day in late December, after many cloudy and rainy days, brought out the Mercury ponds in the county near the junction of Goose Creek and Island Road. — Mercury photo.

Hospital notes

Dec. 24-30, 1982

ADMISSIONS: Marlene Snoot, Rebecca Burke, Margaret Anderson, Chad Whittaker, Connie Hawkins and baby boy, Joseph Shargard, and sister, Maria Del Ray, CA.

Williamsville of Catherine Street is a patient at the Harrison Memorial Hospital.

Mr. James Knapp, daughter of Mr. Miss Orla Cannon, is residing in Cincinnati, OH. She also visited Mr. Halbrook's brother, Clarence Halbrook and Mrs. Halbrook of Hamilton, OH.

Charles Hopkins of Boone County spent last week with his daughter, Mrs. Mary Linnie Balfour, and sister, Mrs. Delia Ray, CA.

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Headstart field trip to Lexington

On Dec. 17, 29 Nicholas County Headstart children enjoyed a field trip to Lexington. They were accompanied by five teachers and several mothers.

The first stop was to visit the Lee-Boone Nursery where the children saw the animals the manager and a walk through the beautifully decorated garden center. From there they went to the Fayette Mall for a visit with Santa. Then the group window shopped throughout the entire mall, as they knew the next stop would be McDonald's. Ralph Clark, the bus driver, assured the children he wouldn't pass by McDonald's without stopping. The McDonald's staff was waiting to greet the bus and serve each one. They returned to the center area to get the bus and serve each one and get the bus.

On Dec. 28, the two Headstart classes enjoyed a Christmas party given by the center staff and mothers. Santa made a surprise visit and gave out candy.

On Dec. 28, several parents gathered at the Headstart Center for a painting party to grow up the room.

December was a busy month at the Headstart Center.

The public is invited to visit and attend the next monthly parent meeting on Jan. 11.

Mr. and Mrs. Robert Pumpfrey of Jacksonville, Fla. spent several days last week with Mr. Robert Fisher, Dr. and Mrs. Wendell Kingsolver spent Christmas with their son, Robert Kingsolver, Mrs. Kingsolver and Ashley in Lawrence, KS.

Mrs. Kathryn Moore was the guest of her brother, Dr. William M. Clay and Mrs. Clay of their home in Jeffersonville, Ind. She also visited friends in Cincinnati during the holiday season.

Mr. and Mrs. Edgar Bask of Fresno, CA, spent last week with her sister, Mrs. Sue Woodard and Mr. and Mrs. Bill Guthrie and family.

Mrs. Wanda Whitte and daughter of Scottsburg, IN, spent the New Year holidays with her sister, Mrs. Dan Hicks and Mr. Hicks in Franklin, TN.

Mrs. Howard Evers returned home Sunday after spending the holidays in Orlinda.

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FARMERS!

If you have not applied for the Agricultural Value Exemption on your farm, you must do so by March 1, 1983 at the P.V.A. Office.

Rose Brady, P.V.A.



Ginger's School of Dance

Spring Registration Tuesday, Jan. 11, 3 to 7 p.m. at the School

By Phone Wed., Jan. 12, 9 a.m. to 4 p.m. Phone 289-5153

Ballet, Tap, Jazz, Baton Ages 4 and Up

Thank you for saying you saw your advertisement in The Carlisle Mercury

Advertisement for 'Hopskins Drug Co.' featuring a cartoon character and text: 'Have you been hit? by the flu or a nasty cold be sure that you have plenty of remedies to ease the unpleasantness of the attack. Check our large stock of nationally advertised brands. Items to help you.'

Notice New Location Opening January 6 Hall's Barber Shop Main Street (Next to Sim's Jewelry)

Jimmie Hall Ken Boone 289-2274

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Large advertisement for 'Our January Clearance is Now In Progress' by Clary, Greene, Nesbitt Co. featuring a man in a suit and text: 'ENTIRE STOCK REDUCED 30%' and 'LEVI'S \$14.99'.

Advertisement for 'Claham's' featuring a logo and text: '31 South Maysville Street Open Monday Thru Saturday 9:00 A.M. To 6:30 P.M. Mt. Sterling, Ky.'