Mr. and Mrs. George Bowles

Couple to celebrate anniversary

Mr. and Mrs. George Bowles of Carlisle will celebrate their 50th wedding anniversary Friday, Jan. 14, 7:00 p.m. in the basement of the First Baptist Church.

The couple were married by the late Rev. C.H. Caswell.

They have three children, Mrs. Ann Wigglesworth Sr. of Paris, Mrs. Nell Smoot, and Fred Bowles of Carlisle; 13 grandchildren and five great-grandchildren.

All friends and relatives are invited.

Local homemakers have meetings

Moorefield

The Moorefield Homemakers Club met Thursday, Dec. 2, at the home of Mrs. Beulah Jacobs with Cordelia Smith as co-hostess. November minutes and treasurer's reports were given and approved. Seventeen members and four guests were present. The roll call was answered with "my most memorable Christmas."

A Christmas helping hand project was discussed. It was decided that any member who wished to donate to a collection of money for Grover Snapp could do this through Sandra Durham. Others could choose some other project.

The Christmas program was led by Cordelia Smith, and the Christmas story entitled "Story of the Lost Star" was read by Charity Griffith.

The club was led in a game by Michelle Skidmore, recreation chairman. Delicious refreshments were served with the Christmas gift exchange following.

Our January meeting will be held at the home of Elizabeth Ellington with Charity Griffith as co-hostess.

Headquarters

The Headquarters Homemakers met Jan. 4, 10:30 a.m., with Mrs. Robert Feeback and Mrs. John Cleaver Sr. as hostesses.

Mrs. Taylor Snelling presided. Mrs. Reynolds Allison gave the devotional including a poem, "Holding Your Hand," and "A Resolution for the Year Ahead."

Twelve members answered the roll call by telling about the coldest day they could remember.

Several thank-you notes were read.

Mrs. Snelling urged each member of Nicholas County Homemakers to bring at least 10 recipes by March 1 for the county cookbook.

Mrs. Hazel Moore gave the Family Life lesson on "A Good Life Begins in the Home."

Mrs. John Wallace gave the health lesson on ovarian cancer.

After lunch and the show and tell period, Mrs. Hazel Moore gave the lesson on personal energy. Vitality is vibrant physical and mental health. She listed some physical practices to increase your energy such as eat a nutritious, balanced diet, exercise regularly, relax muscles you aren't using, make good posture a habit, take in full breaths of air, and avoid alcohol and other drugs. Some mental exercises to increase your energy: will power brings energy, think energy, hold your peace, listen to your intuition, think positive thoughts, forgive and forget, learn to say no, and watch your first and last thoughts of the day. Her final thought was to remember that it is your will that triggers your use of energy. Direct your energy positively and you will enjoy the harmony, strength and creativity that vitality brings. You will also bring out the best in others and see the best in the world around you.

Mrs. Reynolds Allison had charge of the recreation.

There will be an exchange of a Valentine gift at the February meeting.

— Personals —

Mr. and Mrs. C.H. Enix have returned from a week's Caribbean cruise, leaving Miami, Fl., Sunday, Jan. 2, and visiting Cozumel, Mexico; Grand Caymen and O Chorios, Jamaica.

Horace (Spud) Marshall has returned home after being a patient in the Nicholas County Hospital.

Mr. and Mrs. W.J. Clark attended the 50th wedding anniversary of Mr. and Mrs. Frank Moff, Saturday at the Lone Oak Country Club, Nicholasville.

Mrs. Catherine Reid entertained with a dinner Wednesday, Jan. 5, at her home on Upper Lick Road for Mrs. Elsie Burden, Mrs. Viola Sapp and Josie Ratliff.

Mr. and Mrs. William Power have returned from a month's vacation at Ft. Myers, Fl..

Jason Metcalfe, son of Mr. and Mrs. Tom Metcalfe, remains a patient in the intensive care unit of the Good Samaritan Hospital.

Mrs. Ronnie Letcher was transferred last Thursday from the Nicholas County Hospital to the Good Samaritan Hospital, Lexington, for tests and observation. Mr. Letcher admitted to an emergency appendectomy Friday at the Nicholas County Hospital.

Mrs. Ina Brady, Elm Street, returned home Saturday after being a patient at the Nicholas County Hospital for several weeks.

Miss Beth Blair, daughter of Mr. and Mrs. M.C. Blair, broke a bone in her right hand Saturday night while cheerleading at the Nicholas County-Mason County basketball game at Mason County.

William Lynam has been dismissed from the Harrison Memorial Hospital and is recuperating at the home of his daughter, Mrs. Charles Rose and Mr. Rose, with whom he makes his home.

Mr. and Mrs. Don Dampier and son David of Frankfort had as their guests Sunday, Dec. 26, Mr. and Mrs. Clary Fossett and Afton Rae of Florence; Mrs. Jerree Hughes, Mrs. Marie Ingles and Mr. and Mrs. Gayle Lawson of Barbourville; Mr. and Mrs. Raymond Hall, Mr. and Mrs. Jimmy Hall, Tim and Janelle and Miss Penny Baker of Carlisle.

Mrs. A.B. Crouch returned home last Wednesday after spending the holidays with her daughter, Miss Sidney Davis Crouch of Quincy, IL.

Mr. and Mrs. Joseph Branam and children of Inez, Mr. and Mrs. Stanley Litziner and children of Germantown and Mr. and Mrs. Mike Litzinger of Cynthiana were visitors Christmas Eve of Russell Herrington at the Johnson-Mathers Nursing Home. On New Years Eve Mr. and Mrs. Cecil Herrington of Blandchester, OH were visitors of Mr. Herrington.

Mr. and Mrs. Raymond Hall and Miss Penny Baker spent Christmas Eve with Mr. and Mrs. Jimmy Hall, Tim and Janelle.

Miss Isabelle Knight is recuperating at home after being a patient at the Nicholas County Hospital. Her brother, Woodson Knight, Mrs. Knight and Mr. and Mrs. Robin Knight of Louisville spent Sunday with her.

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SOCIETY

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Miss Diane Zornes weds Mr. Barbee at Cowan Church

Mr. and Mrs. Leonard Hunt announce the marriage of their daughter, Diane Zornes, to Kenneth Barbee, son of Mr. and Mrs. Herman Barbee, Saturday, Jan. 8, 1983 at the Cowan Christian Church by the Rev. John S. Chambers.

The attendants were Buddy Burke and Patty Wilcoxson.

A reception was held at the home of the bride's parents on Stoney Creek Road.

After a wedding trip to Florida they will be at home on the Carpenter Road.

Attend Curry services

Out of town friends and relatives attending the graveside services in the Carlisle Cemetery for A.W. Curry on Thursday, Jan. 6, were Mr. and Mrs. Robert Hensley, Richard Hensley, Tina, Kelley and Hannah, Timothy and Steve Hensley, all of St. Matthews; Mrs. Helen Darnell Curry and son Barry of Owensboro; O.K. Curry, Archie Howard and Mrs. Margaret Howard Daniels of Lexington; Mrs. Floyd Kerns, Flemingsburg; Mrs. Jean Pepka, St. Louis, MO; Billy Harper of Cincinnati and Mr. and Mrs. Fred Darnell of Louisville.

Karri Beth Buckner has birthday party

Karri Beth Buckner celebrated her 10th birthday with a slumber party Friday, Jan. 7, at her home on School Avenue.

Friends invited were Amy Simons, Amy Ecton, Kim Hardwick, Sara and Suzanne Cox, Nikki Smitson, Andrea Hall, Aimee Tussey, Melody McClure, all of Carlisle, and Millie Ann Bussell, Cynthiana.

Julie Caswell celebrates birthday

Julie Caswell, daughter of Mr. and Mrs. John A. Caswell, celebrated her seventh birthday with a slumber party Saturday night, Jan. 8, at her home on the Concord Road. Those attending were Jennifer Caswell, Emmie Ritchie, Nicole Smoot, Stephanie Malone, Dara McCord, Favia Pope and Beth Dunn.

On Sunday, Jan. 9, Julie's birthday, the group went to Lexington to see the movie "The Toy." Also attending the movie were her parents, Mrs. Roger Dunn and son Brian and Mr. and Mrs. Billy G. Hopkins and son Stephen.

Smoot-Purcell wedding

Miss Johnny Smoot, daughter of Mr. and Mrs. John Smoot, and Eddie Purcell, grandson of Ms. Maggie Thornsburg, all of Carlisle, were married Saturday, Jan. 8, 1983 at the First Baptist Church by Rev. Smoot, cousin of the bride.

Celina Stone was matron of honor. Bridesmaids were Della Howard, Michelle George and Karen Moreland. Stephanie Adams served as flower girl.

Steve Guy served as best man. Marion Livingood, Tony Jefferson and Kent Hopkins were the ushers. Steven Mattox was the ring bearer.

Brian Thornsburg, cousin of the groom, served at the guest book.

A reception followed in the basement of the church.

The couple is residing at Route 1, Moorefield.

Moore family reunion

Mr. and Mrs. Donald Haney, Greg and Paige entertained with a Moore family reunion at their home on Dec. 28. The children attending are pictured, standing, Mrs. Donald (Malinda Moore) Haney, E. Wayne Tapp, Mrs. Martha (Tapp) Sloan, Lexington. Seated, David Moore, Goodlettsville, Tenn., and Mrs. Ronald (Charlotte Moore) Haney, Paris. Not able to attend was Mrs. James (Geraldine Moore) Bryan, Atlanta, Ga. Others in attendance were Mrs. Tapp, Jonathan and Geneva, Ronald Haney, Chris and Lori, Emily Moore, Mr. and Mrs. John (Blanche Moore) Tapp, and Mrs. Hazel Moore. — Photo submitted.

— Hospital notes —

Dec. 31, 1982-Jan. 6, 1983

ADMISSIONS: Clayton Curtis, Isabelle Knight, Mary Hatton, Alison Knapke, Nathan Hunt, Dorcas Allison, Mabel Morris, Vicky Simpson, Lillian Letcher, Laura McCay, Hord Crouch, Margaret Anderson, John Otte, Dorothy Fryman, Joan Trussell, Pearlie Glass, Grover Livingood, Carla Sams, James Hatfield, readmitted Mary Hatton, Anna Bing, Harlan Skeen, Delphia Asbury, Carolyn Sparks, Carlisle; Thomas White, North Middletown; Vicky Jolly, Tina Buckler, Paris; Leo Saunders, Joyce King, Sharpsburg; Elizabeth Fulton and baby girl, Edna Jolly, Jusi Colemire, Jane Duncan, Ewing; Nancy Willoughby, Moorefield; Jennifer Purcell, Maysville; Harold Poe, Marshall Hitt, Mt. Olivet.

DISCHARGES: Emily Hamilton, Alison Knapke, Charles Metcalfe, Chad Whitaker, Kathy Wilson, Harlan Skeen, Dorothy Fryman, Margaret Anderson, Anna Bing, Jessie Hunt, Charles Allison, Joseph Schanding, Richard Mitchell, Joan Trussell, Brenda Medley, Mary Hatton, Olga Caswell, Elisa Smoot, Margaret Dayton, Stanley Bromagen, Pearlie Glass, Dorcas Allison, Isabelle Knight, Nathan Hunt, Clayton Curtis, Lillian Letcher, Harlan Skeen, James Hatfield, Carlisle; Thomas White, North Middletown; Letton Curtis, Maysilck; William Robinson, Moorefield; Ellen Fite, Harold Poe, Mt. Olivet; Elizabeth Fulton and baby girl, Bertie Fite, Ewing.

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Thurs.: 10:00 a.m. to 1:00 p.m. and 2:00 to 4:00 p.m.

Births

FULTON

Mr. and Mrs. Anthony Clay Fulton, Ewing, announce the birth of a daughter Jan. 3, 1983 at the Nicholas County Hospital. She weighed nine pounds eight ounces and has been named Billie Marie.

Maternal grandparent is Ms. Bobbie Sisinger, Maysville.

Paternal grandparents are Mr. and Mrs. Cecil Fulton, Flemingsburg.

MATTOX

Mr. and Mrs. Mike Mattox, Carlisle, announce the birth of a daughter, Thursday, Jan. 6, 1983 at Harrison Memorial Hospital. She weighed nine pounds four ounces and has been named Amanda Leigh.

Maternal grandparents are Mrs. Eva Massey of Millersburg and the late Harold E. Massey Sr.

Paternal grandparents are Mr. and Mrs. Reynolds Mattox, Carlisle.

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Saltwell

By Mrs. Fred Hollar

Mrs. Anna Mae Feeback and Mrs. Janice Grey and grandsons David and Christopher visited Mrs. Frankie Feeback and Earl, Jo Lynn and Amy the past Saturday.

Mr. and Mrs. Keith McCord, Chatham, spent Wednesday with Mrs. Hazel Snapp.

Congratulations to Mr. and Mrs. Mike Mattox on the arrival of a nine pound four ounce baby daughter, Amanda Leigh, born at Harrison Memorial Hospital on Thursday, Jan. 6. Mrs. Mattox and baby returned home on Saturday. Mrs. Jennings Mattox and Mrs. Eva Massie are spending time with them since their return. They have also had many visitors.

Ines Feeback and Janice Grey were supper guests of Mr. and Mrs. Rickie Feeback and Dawn Sunday night.

Mrs. Gladys Kenney, David Earlywine, E.V. Delaney and Mr. and Mrs. Fred Hollar enjoyed a time of prayer and fellowship with Mr. and Mrs. Strauder Hollar. Mr. Hollar is not so well at this writing.

Mr. and Mrs. Ott Wagoner and Rev. and Mrs. Tommy Fryman, Cynthiana, visited Mr. and Mrs. E.V. Delaney during the week.

Ronnie Hinton entered St. Joseph Hospital the past week where he underwent surgery. His condition is good and he hopes to return home early this week.

Mr. and Mrs. Norman E. Duncan and Lesley and Tracy Hollar enjoyed supper at a Lexington restaurant on Friday night, honoring Lesley's 14th birthday. Tracy also spent the night with Lesley.

Carl Whitson and Jr. Whitson, Cynthiana, visited Mr. and Mrs. Bobby Brady on Sunday night.

Mrs. DeDe Mattox spent Friday and Saturday with Mrs. Hazel Snapp. On Friday night they visited with the family of William Baugus and Denton Funeral Home, Flemingsburg. Mr. Baugus passed away suddenly at his home near there on Wednesday.

Several folks from Saltwell and Rose Hill Churches gathered at the home of Mrs. Ella Sue Mattox in Carlisle Thursday night for prayer and fellowship.

Mrs. Bobby Brady visited her cousin, Don Adams, and her uncle, Charles (Doc) Pope and Mrs. Alma Greene, all of Paris, the past week and also visited Mrs. Brenda Noles and Rev. and Mrs. Jesse Florence, Cynthiana.

Mrs. Richard Cain entered Harrison Memorial Hospital on Friday. Visitors on Sunday were Mr. and Mrs. Dickie Cain, Mr. and Mrs. Larry Woosley and children Tracy and Bobby, Mr. and Mrs. Gary Cain, David Earlywine, Mrs. Gladys Kenney and Mrs. Fred Hollar and Richard Cain.

Mr. and Mrs. Jeff Doyle visited Mr. and Mrs. Orville Doyle and Mr. and Mrs. Charles Doyle and family on Saturday.

Mr. and Mrs. Bill Bullock and family, Paris, Rev. Bruce Sheffield, Earl and Frankie Feeback were among visitors of Mr. and Mrs. Strauder Hollar during the week.

Mrs. Robert Waits and daughters Bobbie and Kellie spent Sunday with Frankie and Earl Feeback. Kellie also spent Saturday night with the Feebacks. Gladys Kenney and Mrs. Fred Hollar were Sunday afternoon visitors.

Mrs. Naomi Gaunce, Mrs. Trella Schaffter and Mrs. Hilda Poynter visited Mrs. Donald Gaunce and Greg in Lexington on Sunday afternoon.

Mr. and Mrs. E.V. Delaney visited Mr. and Mrs. James Snapp, Carlisle, on Sunday.

Mrs. Andrew Grey visited Mr. and Mrs. Lucien Grey, Paris, on Saturday afternoon. The latter Mrs. Grey had undergone eye surgery the past week but had returned home.

Hildreth Platt, Harrison County, visited Mr. and Mrs. Roy E. Snapp on Sunday night.

Mr. and Mrs. Raymond Kennedy, Mr. and Mrs. Herbert Blakeman, Penni and Dana, Lexington, were Sunday dinner guests of Martha and Daley Kennedy, honoring Penni's birthday.

Mrs. Ray Florence was in Lexington on Monday to consult with her doctor and possible eye treatments.

Swigart to speak Jan. 14

The Bluegrass Chapter of the Kentucky Society of Professional Engineers is having their Jan. 14 meeting at the Springs Motel, 2020 Harrodsburg Road in Lexington. A luncheon buffet will begin at noon followed by a program to be presented by Jackie Swigart, Secretary of the Commonwealth of Kentucky.

Secretary Swigart will discuss the opportunities and challenges which face the engineering profession through programs administered by the Department for Natural Resources and Environmental Protection.

Annual report of Judge Donald C. Wintersheimer, Kentucky Court of Appeals

As I complete my term on the Court of Appeals, I believe it is appropriate to report to the people of this appellate district the progress of the Court and my participation therein.

Since November 1978, 9,271 cases have been decided. In 1982, 1,429 opinions were written by the Court disposing of 1,607 appeals. Another 1,256 cases were decided by orders. This is an increase of 83 written opinions.

The Court currently averages 30 cases per panel, with 19 opinions being assigned per judge per month. There are 171 cases which are now fully submitted and ready for review but which have not yet been assigned. This represents slightly more than one month's case load.

All civil and criminal cases are entitled to at least one appeal. Most appeals are now heard within 7 to 9 months of their submission, as distinguished from 1 to 2 years under the old system.

Personally, I have participated on regular panels of the Court hearing oral arguments in Frankfort (26), Louisville (15), Covington (9), Owensboro (4), Prestonsburg (3), Paducah (3) Bowling Green (4), Danville (2), Pikeville (2), and London, Bardstown, Paintsville, Hawesville, Hopkinsville, Jamestown and Lexington.

I have served on panels reviewing approximately 1,734 cases and I have authored approximately 694 opinions in the past seven years. In 1982, I rendered 156 opinions, and participated in 236 cases. Both totals are the highest for any member of the Court. The panels on which I have presided have rendered opinions within 30 to 60 days of the final argument.

As you know, the Court of Appeals consists of 14 Judges and each month the Court divides itself into four independent three-judge panels. These panels do not sit permanently in any one site, but move about the Commonwealth to various locations to hear appeals at the local level.

The Court also disposed of 2,602 motions which were heard by a full panel of three judges. This is an increase of 21 percent over the previous year. Matters considered by the motion panel included interlocutory reviews, original actions, temporary injunctions and mandamus.

Correction-Employee of the Quarter

Mrs. Bayne Hall was pictured in last week's Mercury receiving a plaque from Andy Dudley, president of The First National Bank, for five years of service to the bank. The correct award was for Employee of the Quarter. We regret the error.

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Kay's Kitchen

By Kay Fisher

If you have really started on that diet, here are some recipes to help you with the calorie counting. That, and just eating less will help more than anything. Don't expect results the next day. Be patient. I have some vegetable recipes this week with the calories counted.

Did you know that a 10-ounce package of green beans had only 65 calories? So you see it is what you add to them that give the extra calories. Of course they do need some special seasoning, but stay away from butter and fat. Try some of the following seasoning.

GREEN BEANS WITH MUSHROOMS

Stir fry ½ cup fresh sliced mushrooms or drain a 2-ounce can in 1 tablespoon margarine in a nonstick skillet for a few minutes. Remove mushrooms and set aside. Cook the frozen green beans in as little water as possible until crisp tender. Add sauted mushrooms. Serves three at 43 calories per serving.

Green beans may be cooked in microwave oven. For a 10-ounce box of green beans, put beans in glass dish, with top, and microwave for 7-9 minutes. Beans are done or twice while cooking. Season to taste with seasoned salt.

STEAMED BROCCOLI

1 10-ounce package frozen broccoli spears, thawed
1 small onion, peeled and thinly sliced
½ cup chicken or beef bouillon
2 tablespoons diced pimiento
Soy sauce to taste

Cut broccoli into thirds. Combine cut broccoli, sliced onion and broth in small saucepan. Cook over low heat until broccoli is crisp tender, and broth is evaporated. Stir in pimiento and soy sauce. Serves three at 45 calories each.

ITALIAN FRIED SQUASH

1 10-ounce package frozen sliced squash
1 teaspoon olive oil
5 tablespoons water
1 very small clove of garlic, minced
¼ teaspoon oregano
Salt and pepper to taste

Allow squash to thaw just until slices can be separated (or use same amount of fresh sliced squash). Arrange slices in a single layer in a non-stick frying pan. Add remaining ingredients. Cook over low heat until water evaporates and squash slices just begin to brown in remaining oil. Three servings at 35 calories each.

BAKED VEGETABLE CASSEROLE

1 large eggplant, peeled and diced
1 9-ounce package frozen green beans
1 16-ounce can tomatoes
Salt and pepper to taste
1 teaspoon oregano
3 tablespoons extra sharp Romano cheese, grated
3 tablespoons Italian-seasoned bread crumbs

Combine vegetables in ovenproof casserole. Stir in seasonings. Sprinkle with cheese and crumbs. Bake at 375 degrees 30 to 40 minutes. Six servings under 75 calories each.

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Chocolate Chip Cookies ... dozen $1.49
Chili Dogs 2/99¢
Bucket Fried Chicken $5.49
Ripe Tomatoes 49¢ Pound
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Winesap Apples 3 lbs. 79¢
Oranges 4 for $1.19
Tangerines 10/99¢
White Potatoes 15 lbs. $1.99
Southern Yams 3 lbs. 99¢
Cello Carrots 2 lbs. 69¢
Grape Jelly 79¢
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Bold Laundry Detergent $1.99
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Ragu Spaghetti Sauce 89¢
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