SOCIETY

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

Junior Girls give gifts at Christmas

Miss Ernestine Eads, a patient of the Johnson-Mathers Nursing Home, is pictured with the Junior Girls units of the VFW Lloyd George Post No. 8666, when they took Christmas gifts to the patients Dec. 22. — Photo submitted.

Births announced

HAMM

Mr. and Mrs. Carl Thompson Hamm Jr., Route 3, announce the birth of a son Sunday, Jan. 16, 1983 at Central Baptist Hospital, Lexington. He weighed seven pounds six ounces and has been named Coleman Samuel.

Paternal grandparent is Mrs. Martha Barnett Hamm, Dayton, OH.

HOLBROOK

Mr. and Mrs. Kenneth Holbrook, Route 3, Carlisle, announce the birth of a son, Kenneth Brent, Monday, Jan. 10, 1983. He weighed seven pounds.

Maternal grandparents are Mr. and Mrs. Ronald Hinton.

Paternal grandparents are Mr. and Mrs. Lee Roy Holbrook.

Kay's Kitchen

By Kay Fisher

The low calorie recipes this week are good winter fare. They are easy to prepare, and are very tasty for a cold winter day. You will want to save these recipes and use regularly. They are too good just for dieting.

SLIM PASTA

12 ounces lean ground lamb or beef
½ cup chopped onion
1 cup elbow macaroni, cooked and drained
1 8-ounce can tomato sauce
¼ cup grated Parmesan cheese
½ teaspoon thyme, crushed
¼ teaspoon cinnamon
1½ cups skim milk
3 tablespoons all-purpose flour
2 slightly beaten eggs

Cook meat and onion until meat is browned; drain well. Stir in the cooked macaroni, tomato sauce, 2 tablespoons of the Parmesan cheese, ½ teaspoon salt, the thyme, and ¼ teaspoon cinnamon. Spread mixture into a 10x6x2 inch baking dish. In a screw-top jar shake together ½ cup of the milk, the flour, and ¼ teaspoon salt. Pour into a small saucepan, and add remaining milk. Cook and stir until mixture thickens, and continue cooking and stirring for about 2 minutes. Gradually stir half of sauce into the beaten eggs. Stir well and add remaining sauce. Stir in remaining Parmesan cheese. Pour over meat mixture in baking dish. Bake in 375 degree oven 30-35 minutes or until a knife inserted in center comes out clean. Let stand 10 minutes before serving. 217 calories per serving. Serves six.

CRUSTLESS ZUCCHINI QUICHE

2 cups coarsely shredded zucchini (2 medium)
½ cup chopped onion
4 beaten eggs
1½ cups skim milk
1 tablespoon all-purpose flour
1/8 teaspoon nutmeg
1½ cups shredded Monterey Jack cheese
1 4-ounce can sliced mushrooms, drained
1 teaspoon cornstarch
½ teaspoon dried oregano, crushed
1 8-ounce can stewed tomatoes, finely cut up.

In saucepan cook zucchini and onion in small amount of boiling salted water for five minutes, covered; drain well. Press out excess liquid. In a bowl, combine eggs, milk, flour, ¼ teaspoon salt, 1/8 teaspoon pepper and nutmeg. Stir in cheese, mushrooms and the zucchini mixture. Pour into an ungreased 10x6x2 inch baking dish. In oven place baking dish in a larger pan and pour water in pan up to one inch in depth. Bake in 325-degree oven for one hour or until a knife inserted just off center comes out clean. Let stand 10 minutes before serving.

Meanwhile, in a small saucepan, combine cornstarch, oregano and dash of salt. Stir in stewed tomatoes. Cook and stir till mixture is thickened; continue cooking about two minutes more. Spoon some of the sauce over the center of the cooked quiche. Pass remaining sauce. Makes five servings, 255 calories each.

DEVILED BEEF BURGERS

1 pound lean ground beef round
2 tablespoons prepared mustard
1 tablespoon soy sauce
2 teaspoons Worcestershire sauce
2 or 3 tablespoons white wine (or water)

Gently shape burgers into quarter pounders. Don't press or squeeze. Arrange on a broiler tray. Stir remaining ingredients together and brush over burgers. Broil 3-4 minutes. Turn, baste and continue to broil to desired doneness.

MARINATED COLD GREEN BEAN SALAD

Defrost a 16-ounce box of green beans at room temperature. Combine in a glass bowl with ½ small chopped onion, ½ diced red bell pepper, 4 sliced black or green olives, 2 tablespoons olive liquid, from jar, 1½ tablespoons vinegar.

Season to taste with garlic salt, pepper, hot pepper and oregano or mixed Italian seasonings. Cover, and chill several hours in refrigerator before serving. Serves four, 56 calories each.

This makes a nice dish served warm. You may also combine the thawed green beans with ½ cup bottled low-calorie Italian dressing, 1 tablespoon minced onion, 2 tablespoons minced pimiento. Cook and stir about five minutes. Serves three at 38 calories each.

Yes Virginia, there is a Ground Hog!

The Green Apple

ON THE SQUARE Paris, Ky.

Hours: 9:30 - 5:30 Mon. - Sat. Noon to 5:30 Sun. Phone 987-7512

Engagement announced

Mrs. Mary Ellen Young, Carlisle, announces the engagement of her daughter, Bridgette Renee, to Michael Anthony Woods, son of Mrs. Mattie Woods and John Shackel Holman, Paris.

Miss Young is a 1982 graduate of Nicholas County High School and is employed by the Nicholas County Day Care Center. She is the daughter of the late Chester Young.

Mr. Woods is a 1977 graduate of Paris High School and is employed by the Paris City Fire Department.

The wedding will be an event of Sunday, Feb. 13, 3:00 p.m., at the St. Paul United Methodist Church, Paris.

All friends and relatives are welcome to attend.

Two students on Dean's List

Fifty-one students won distinction by achieving Dean's List status at Maysville Community College during the Fall 1982 semester. To be on the Dean's List, a student must have a 3.5 average on a 4.0 scale and must carry a 12 semester hour load. Those recognized for their academic achievement from Nicholas County were Kathy D. Mathes and Peggy D. Stewart.

Mrs. Harold Letton honors Mrs. Shaw

Mrs. Harold Letton entertained at her home on the Carpenter Pike, Wednesday, Jan. 19, with a luncheon in honor of Mrs. Nancy Shaw, who was celebrating her birthday. Those attending were Mrs. Oliver Linhert, Mrs. J.S. Wilson, Mrs. Alice Clinkenbeard, Mrs. Albert Booth, Mrs. W.H. Kingsolver and Mrs. Warren Fisher.

Childbirth classes

There will be a six-weeks series of "Prepared Childbirth" classes beginning Thursday, Feb. 10.

For more information and registration, call 289-5451.

Fish and Game

The Nicholas County Youth and Game Club will have a potluck supper Friday, Jan. 28, 7:30 p.m. at the club. There will be an election of officers.

All members are urged to attend and new members are welcome.

Carter Caves event

Carter Caves State Resort Park's special weekend program Jan. 28-30 is aptly named. It's a crawlathon, which means a weekend of exploring the park's fascinating cave system.

The program starts Friday evening with an educational slide program. All day Saturday park staff members will conduct tours of varying difficulty through the caves. Music and other fun is scheduled for Saturday evening.

Further information may be obtained from the park naturalist at Carter Caves near Olive Hill at 606-286-4411.

WEDCO advocates breastfeeding

An ideal way to help assure that your baby is receiving the best possible nutrition is to breast-feed.

Breast milk contains just the right quality and quantity of nearly all the nutrients your baby needs for good growth and development during the first year of life. In addition, breast milk provides certain unique immunological benefits. Even a short period of breast-feeding in early infancy can provide important benefits.

Your decision to breast-feed means that what you eat is important, not only for yourself, but for your baby. Your diet must be adequate to help you maintain your health and enable you to produce enough breast milk for your baby.

You probably know that, while breast-feeding, you will need extra nutrition in your diet. In fact as a nursing mother, you will need 500-800 more calories daily than you needed before pregnancy. You will also need larger amounts of vitamins and some minerals, such as iron and calcium.

This increased intake helps assure not only the quality but also the quantity of your milk. Failure to eat an adequate, well-balanced diet may reduce your milk supply and cause you to feel tired and run-down.

In addition to eating the proper foods, your daily diet should also include an adequate amount of fluids. Two or three quarts of water, fruit juices, soups and other liquids are usually recommended.

Remember, good nutrition is the key to good health. Check with your physician or the Nicholas County Health Center at 289-2188 with any additional questions you may have. This information is brought to you by the WEDCO District Health Department.

Saltwell Church to have program

The Saltwell United Methodist Church will have a musical program Saturday, Jan. 29, 7:00 p.m.

Mr. and Mrs. David Conley of the Family of God singers and Morris Guy will be entertaining with Mrs. Louise Salyer, Ashland, as the pianist.

The program is being sponsored to benefit the ministerial education of the Rev. Troy Miller, a student at Asbury College, Wilmore.

The public is invited.

V.F.W. district meeting is held

The V.F.W. 10th District meeting was held Sunday, Jan. 16, at the Lexington Post #680. Those attending from Lloyd George Post #8666 were Joyce Earlywine, president, and Maynne Price, treasurer.

The next district meeting will be May 1 at Kings Barley Post #1992, Paris, with election of officers.

Jim Wiseman joins staff of Chamber

Jim Wiseman has recently been named Communications director for the Kentucky Chamber of Commerce, which is based in Frankfort.

Wiseman, 33, will be responsible for editing the chamber's newsletter and brochures, along with all other communications functions.

Wiseman, who assumed his new position on Jan. 10, replaces Charles Deaton, who resigned his position with the Kentucky Chamber to begin his new duties as Executive Director of the Paducah Area Chamber of Commerce.

Wiseman is a graduate of Vanderbilt University in Nashville. Since receiving his degree from Vanderbilt, he worked in both the manufacturing sector and journalism.

His journalism background includes positions with the Bowling Green Daily News and free-lance writing, while his manufacturing experience was gained in plant management with Hansley Industries in Paris, and Bundy Tubing in Cynthiana.

— Hospital notes —

Jan. 14-20, 1983

ADMISSIONS: Louise Poe, Odetta Miller, Glenn Stone, Henry Brankbiehl, Robert Mattox, Jasper Wills, Elsie Hunter, Regina Barnes, Catherine Tedder, Mildred Marshall, Louise Delaney, Marian Leonard, Eugene Robinson, Marian Farah, Shellie Mitchell, Diana Fugate, Jeremy Warner, Lori Bach, Connie Wills, Christopher Smoot, James Howard, Franklin Jackson, Anna Smith, Elmer Ritchie, Carlisle; Melanie Gifford, Mt. Olivet; Ruth Gaunce, Millersburg; Kim Stamper, Paris; Gladys Watkins, Rhonda McFarland, Moorefield; Brenda Terrell, Mt. Sterling; Rosemary Ishmael, Hillsboro; Irvin King, Sharpsburg.

DISCHARGES: Nannie Linville, Regina Barnes, Pauline Cartmill, Glenn Moore, Karen Earlywine and baby, Emma Hayes and baby, Clarence Scott, John Otte, Mabel Morris, Margaret Anderson, Joe Beatty Jr., Connie Cartmill, Ann Rogers, Robert Mattox, Jeremy Warner, Ella Kimes, Glenn Stone, Mary Haslett, Carlisle; Betty Adams, Georgetown; Rosemary Ishmael, Hillsboro; John Shoemaker, Ewing; Nannie Kabler, Dora Earlywine, E.B. Chandler, Roger Moore, Mt. Olivet; Gladys Watkins, Moorefield; Brenda Terrell, Mt. Sterling; Wiletta Manley, Sharpsburg; Kimberly Stamper, Paris.

— Personals —

Mrs. Paul Smith, Mrs. Lloyd Wemyss, Jennifer Alverson, Gregory Smith and Jennifer Bruechner all of Lexington, were guests of Mr. and Mrs. Youie Shaw on Sunday to celebrate Mrs. Shaw's birthday.

Ronnie Letcher is recuperating at home after submitting to an emergency appendectomy Jan. 7 at the Nicholas County Hospital.

Glenn Stone, son of Marshall Stone has been dismissed from the Nicholas County Hospital where he was a patient for several days suffering with pneumonia.

S.F.C. and Mrs. William V. Bowen and daughter Johnnie have been transferred from Ft. Stewart, Ga. to Schofield Barracks, Honolulu, Hawaii. Mrs. Bowen and Johnnie stayed with her parents, Mr. and Mrs. Rubel Williams while S.F.C. Bowen was attending a three months school at El Paso, Texas.

Jason Metcalf, son of Mr. and Mrs. Tom Metcalf, a patient at the Good Samaritan Hospital for several weeks due to injuries received in an automobile wreck, has been transferred to the Cardinal Hill Hospital on the Versailles Road, Lexington.

Mrs. Patricia Evans, Route 4 and Mrs. Corla Moore, Route 1, were admitted to the Harrison Memorial Hospital Friday, Jan. 14. Mrs. Deborah Minton, Route 1 and Mrs. Lisa Holbrook, Route 2 were dismissed from the hospital, Tuesday, Jan. 11.

KET absorbs funding cuts through production reduction

In compliance with Governor John Y. Brown Jr.'s directive to cut $400,000 from its fiscal year 1983 and 1984 budgets, KET will reduce its instructional and evening programming production.

Said KET Deputy Director Sandra H. Welch, "KET has become much more aggressive in seeking volunteer contributions from viewers and corporations, while at the same time it is absorbing cuts. We hope that response will increase. But we are taking a conservative fiscal approach and keeping a very modest production level."

A big chunk of the money cut was targeted to the Instructional Television Consortia, a project in which KET pools funds with other public television stations to have enough aggregate dollars to produce high-quality educational programming. KET will not be able to participate in the consortia this year, said Welch, but may participate on a limited basis next year.

"Our overall ability to produce high-quality instructional programming has suffered," Welch said. "We are not going to see much progress in the next few years until the economy improves. Fortunately, we have a good library of material we can continue to use.

"We just won't have much new material and we will not be able to respond to new curriculum needs as we had hoped," she added.

KET will cut about $70,000 from its evening programming production plans. The network either eliminated or reduced programs in the planning stages and reduced costs of programs already scheduled. KET had hoped to produce a congressional program dealing with Kentucky's representation in Washington, for example. But that program has been scaled down, she said. A series on interesting Kentucky homes has been cut from seven programs down to three. Other programs, such as a show on families, a dramatic play and a new "People's Business" have been eliminated.

Cuts in engineering capital, said Welch, mean that KET will not be able to replace some specific hardward items. Also, she said, as a result of the cuts, a small amount of money has been eliminated from the matching program KET sponsors with Kentucky school districts to purchase instructional programming equipment. However, she added, the cut may not mean a real reduction for any school district because, in the past, there has been carry-over money available from past fiscal years.

IRS offers assistance through 'Outreach' program

The IRS is offering a new taxpayer service program called "Outreach." It is designed to bring IRS assistance out in the community to help people prepare their 1040A, 1040EZ, and simple 1040 tax returns.

Taxpayer assistance through the Outreach Program will be available from Jan. 15 to April 15, 1983. If your company, church, school or civic organization can arrange a group meeting and would like an IRS representative to assist your group (preferably 25 taxpayers), please call the IRS toll-free at 1-800-424-1040. Ask for the Louisville Outreach Coordinator who will work with you to schedule a session at your convenience during evenings and weekends or during regular working hours.

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— Social Pictures —

There will be a $5.00 charge for all Wedding, Aniversary, Engagement, Reunion, and Family Generation pictures, and all other pictures social in nature.

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.

All pictures must be in the office by 11:00 A.M. on the Monday preceding publication.

Consumer Alert

Kentucky's open meetings law

Kentucky law requires that meetings of public agencies at which action is taken by such agencies or at which public business is discussed are to be open to the public. The Open Meetings Act, found in Kentucky Revised Statutes 61.805 to 61.850, was enacted into law in 1974. The purpose of this act, as stated in its preamble, is to ensure that the public's business is not being conducted in secret. The right of the citizens of this commonwealth to attend meetings of public agencies stems solely from this act, for there was no common law requirement or institutional provision requiring that public bodies meet openly.

A recognition of just what "meetings" of which "public agencies" are required to be conducted openly is central to understanding the scope of Kentucky's Open Meetings Act. Kentucky's statute is very comprehensive in defining a meeting. Its definition of "meeting" includes gatherings of every kind. A meeting occurs regardless of whether it is of a regular, special, or informational nature. In addition, casual gatherings held in anticipation of or conjunction with regular or special meetings are defined as "meetings." The place where a meeting is held does not change its status as a "meeting."

The definition of a "public agency," as found in Kentucky Revised Statutes 61.805(2), is quite broad. Public agencies include, but are not limited to, state legislative, executive, administrative or advisory boards, commissions, committees, or policy-making boards. In addition, county, city, school district or special purpose district boards, public commissions, councils and offices are defined as public agencies. Committees of public agencies, including ad hoc committees, subcommittees, and advisory bodies, are also considered public agencies for the purposes of Kentucky's Open Meetings Act.

Although Kentucky law requires that all meetings of public agencies at which a quorum of members are present must be open to the public, there exist 11 specific exceptions to the rule. There are four "public agencies" which are permitted to conduct private, closed meetings. These public agencies include the Kentucky parole board, grand and petit juries, state and executive cabinets, and committees of the General Assembly other than standing committees. Meetings which federal or state law or the Constitution require to be conducted privately or secretly are also excepted.

In addition, there are five subject matter exceptions to the open meetings requirement. These exceptions extend to meetings of public agencies which are normally required to be open to the public but which, because of the nature of business to be discussed, may be closed. Meetings of public agencies may be closed when the business to be discussed relates to the acquisition or sale of real property, proposed or pending litigation, collective bargaining, industrial prospects, or personnel matters.

Kentucky law delineates the exact procedure to be followed upon going into a closed meeting. Notice must be given in a regular open meeting of the nature of the business to be conducted in the proposed closed session and the reason for the closed session. A motion must then be made and carried by a majority vote in an open session. Once an agency goes into a closed session, no final action may be taken, and discussion may take place only with regard to those matters publicly announced prior to convening the closed session.

The schedules of all meetings of public agencies in Kentucky are to be made available to the public. Members of the public attending meetings of public agencies are not required to identify themselves. Kentucky law further provides that minutes of action taken at meetings of public agencies must be open to public inspection.

Kentucky's circuit courts have jurisdiction to enforce the Open Meetings Act upon application by any citizen of this state, by injunction or other appropriate court order. A court of competent jurisdiction may declare void any rule, resolution, regulation, ordinance or other formal action of a public agency which was adopted in violation of the Kentucky Open Meetings Act. Furthermore, any person who knowingly attends a meeting of an agency of which he is member at which a violation of Kentucky's Open Meetings Act is violated shall be subject to punishment by a fine of not more than $100.

Kentucky's Open Meetings Act grants to the citizens of this commonwealth the opportunity to attend meetings of public agencies. As such, this comprehensive act guarantees that public officials shall not summarily decide what the public is entitled to know.

Tobacco mistakes of '82

Kentucky burley growers produced a record crop in 1982, perhaps one of the most successful of recent years. Yields were high and most noted an improvement in quality. Growers did a good job and deserve a pat on the back, but there were a few mistakes.

As planning for the new crop gets underway, every burley grower should ask himself what production mistakes he made last season. Recently a Kentucky grower was asked about his mistakes in 1982. He answered: "My crop was one of the best in years. Yields were high and quality was good. It cost a lot to produce, but there were a few dollars left for my hip pocket."

This grower was implying that he produced the "perfect" crop and made no mistakes. But when he was asked if there were any practices that he used last year that might work better if changed slightly, he paused for a few minutes. Then he began to list eight or 10 things that he planned to do differently for the new crop.

This will be the year of the "cost-price squeeze" which means that growers will need to evaluate every production input to be sure that its use will result in normal to high yields of top quality leaf. Correcting last season's mistakes is the first step.

In 1982, there were mistakes in control of the explosive and destructive blue mold disease on many farms. Some used the "wait and see" approach, allowed the disease to build up in their fields and it cost them dearly before they could get it under control. Others applied their fungicide treatment through the tar barrel and it gave out before cutting time.

Growers are reminded that prevention — applying the control before the disease appears — is the only way to deal with this explosive disease. It means applying Ridomil in the plant bed at seeding time, at the rate of one quart per acre (one ounce per 150 square yards), followed by a field application near the time of transplanting at the rate of at least two quarts per acre.

There were errors in variety selection. It is a mistake to select a variety with low to moderate black root rot resistance for any field where continuous culture is practiced or where severe stunting was noted in previous crops. It is also a mistake to use a black shank susceptible variety in any field where infected plants have been spotted during any previous crop.

Mistakes in field layout also occurred. Rainfall was excessive in some areas. This resulted in water damage, which is recognized by wilted leaves or more frequently, by spots in the field where plants are much smaller than in others. Burley growers are reminded that the tobacco plant is water sensitive and in simple terms doesn't like "wet feet." The rows must be arranged to ensure proper drainage. To avoid this problem, some growers are considering the bed system of production.

Some growers harvested too early before the crop was fully mature and reduced both pounds and quality. There were also mistakes in curing and market preparation that cut deeply into net profits.

Production mistakes in burley country can be costly. Winter is a good time to think back, locate mistakes and determine how to correct for the new crop year ahead.

Louisville nursing home charged

Attorney General Steven L. Beshear has announced that on Dec. 22, 1982, a complaint was filed in Jefferson County by the Office of the Attorney General, Medicaid fraud control unit, charging the Hillhaven Corp. with wanton endangerment in the second degree. The Hillhaven Corp. operates Hillhaven Convalescent Center, a 180-bed nursing home in Louisville.

The complaint alleges that agents and employees of Hillhaven, formerly known as Medicenter, failed to provide necessary and proper medical and nursing care to Viola Fitzgerald, 84, while she was a patient at the nursing home from Aug. 21, 1981, to Dec. 26, 1981. Specific failures alleged in the complaint include the failure by medical and nursing staff to provide Ms. Fitzgerald with adequate skin care, nutrition, sanitary care, laboratory work, and medication as needed. At the time of her death on Dec. 26, 1981, Ms. Fitzgerald had numerous large, draining bedsores on her body and multiple infections.

The charges are the result of a six-month investigation by the Medicaid fraud-control unit which is mandated by federal law to investigate allegations of abuse and neglect of patients in health care facilities receiving Medicaid funds. The case is the third case presented for prosecution this year by the fraud unit involving patient neglect.

The potential penalty against the corporation is a fine of $10,000.

Mackey is elected to AFB

Ray Mackey, now in his fifth term as president of Kentucky Farm Bureau, has been elected to a two-year term on the Board of Directors of the American Farm Bureau.

The Hardin County farmer's selection for the 24-member board came during the final day of last week's American Farm Bureau convention in Dallas.

This is Mackey's second time to be chosen for the AFBF director's post. He was elected in 1981, but a change in the membership figures of the Farm Bureau's Southern region, of which Kentucky is a part, caused that seat to be eliminated after just one year.

Another Kentuckian, Bob White of Union County, recently began a two-year term on the American Farm Bureau Young Farmers and Ranchers Committee. That group serves in an advisory capacity to the AFBF board.

Seven Kentuckians have been picked for service on American Farm Bureau commodity committees. The seven are Wendell Van Hoose, Johnson County, forestry; John E. Biehs, Pendleton County, tobacco; William R. Sewell, Pulaski County, dairy; Richard Shelley, Clinton County, swine; Sam Moore, Butler County, feed grains; Keith Tapp, Webster County, soybeans; and H.W. Roach, Adair County, natural and environmental resources.

AFBF delegates formally endorsed the payment-in-kind or crop-swap grain program announced by President Reagan in a convention appearance last Tuesday. It must be viewed as a short-term solution, they said, and implemented in conjunction with an effective voluntary acreage reduction program for the 1983 and 1984 crops.

On foreign trade, the delegates took a strong stand against embargoes, or other trade restrictions that adversely affect markets. That view was in line with another Reagan announcement — his signing of legislation providing contract sanctity for export agreements.

The dairy program was debated hotly over parts of two days before the delegates agreed on a compromise policy. That policy opposes a controversial 50-cent assessment on milk and favors reducing price supports as the best way to eliminate current surpluses.

No major changes in tobacco policy were approved at the convention. Stands in support of the no-net cost provisions of the tobacco program and the loose-leaf marketing of burley tobacco were reaffirmed by the delegates.

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Final Sale

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due to the bad weather last week.

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