New windows

Workmen for W.R. Cole and Associates are replacing windows at Nicholas County High School. Old windows remain on the right side of the building as pictured above, while those on the left have been replaced. — Photo submitted.

Seven attend Kentucky 4-H Week at University

Seven Nicholas Countians participated in Kentucky 4-H Week June 14-17. Michelle Mase, Julie Wills, Susanne Jones, Suzann Smith and Woodie Buzzard were the teens representing the county. Mona Clark and William Bean served as adult leaders.

The Bluegrass area was selected as outstanding area. Mark Moore of Powell County was elected president and Marci Axhill of Madison County was elected secretary.

Susanne Jones, daughter of Mrs. Charles Guthrie, received several honors. She was recipient of the Conrad Feltner Leadership Award for teens in Kentucky, third place in Arts and Crafts and Breads demonstrations, and was recognized as state winner in the Career Education Project.

Suzann Smith received a blue ribbon on her Foods demonstration.

Michelle Mase and Julie Wills represented Nicholas County in the State 4-H Style Revue, in the outerwear and mix-match units, respectively. Michelle was a semi-finalist in the outerwear category.

Maysville boosts variety of diverse celebrities

Since the beginning, Maysville and Mason County can claim a varied collection of celebrities as diverse as MARY INGLES, the first white woman to set foot upon our soil, to ROSEMARY CLOONEY, our well-known songstress.

SIMON KENTON, DANIEL BOONE and JOHN MAY were our first male VIPS during pioneer times. Then DR. DANIEL DRAKE followed as a noted physician and AARON CORWINE, early artist.

We have had many historians, but best known were MANN BUTLER, a teacher here before he wrote his history of the state, and LEWIS COLLINS, whose History of Kentucky is still the official "Bible" for researchists.

There were lawyers and orators too numerous to mention, but JUDGE ROY BEAN became as well-known in his time as did STANLEY F. REED, Associate Justice of the Supreme Court.

We sired three heads of states — Kentucky Governors JOSEPH DESHA and AUGUSTUS WILSON, as well as the territorial governor of Iowa, JOHN CHAMBERS. And quite unusual it was when Governor Wilson served, that his Lt. Governor was his hometown friend, WILLIAM H. COX.

In the military, two Generals were famous during the War Between the States, both Mason Countians — ALBERT SIDNEY JOHNSTON and WILLIAM NELSON. And since U.S. GRANT attended school here, we must include him, too.

WILLIAM KENTON became Speaker of the House in Kentucky politics and THEODORE BERRY was the Mayor of Cincinnati.

Probably no other county in this state or any in the nation can claim the distinction of producing two poet laureates, but Maysville had HENRY T. STANTON and ELEANOR DUNCAN WOOD.

The sports world is represented by CASEY STENGEL who lived among us for awhile, and others who visited long enough to be called homefolks are those from the theatre — WILL GEER, BRIAN MOORE, TATUM O'NEAL, ART LUND and the late KELLY BROWN, whose dancing lives on in the talent of his daughter, LESLEY. But the late HENRY (JOE) WADSWORTH was our true native on the silver screen.

School relations committee

The School/Community Relations Committee met June 20 at 7:30 p.m. at the elementary school. Front row from left, Sandy Ritchie, Jo Anne Dale, Beverly Irvin, Lottie O'Bannon. Back row, Danny Tackitt, Doug Garrett and Earl Planck. — Photo submitted.

NOVA presents 'Hawaii: Crucible of Life' on KET

Hawaii, island of the Pacific, was built by volcanoes and is still growing. NOVA cameras uncover an extraordinary world away from the teeming tourist hotels and reveal a tropical paradise which is a land of unique and fascinating life forms. KET encores NOVA's "Hawaii: Crucible of Life" on Tuesday, July 12 at 8 p.m.

NOVA shows how the chain of islands is growing even today, because a stationary "hot spot" deep inside the earth forces hot lava through the earth's crust. As the crust itself moves a few centimeters per year, the newly-formed lava builds a series of islands across the Pacific.

Each new island was barren at first, but life soon migrated there. The first island was colonized by plants and animals which had to cross more than 2,000 miles of ocean. NOVA shows some of the extraordinary creatures which descended from those first colonists — a cricket which lives only in still-warm lava; shrimp that live up in trees in tiny pools of water; a caterpillar which has turned into a carnivore.

NOVA is produced by WGBH, Boston.

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Appalachian humor is festival focus

BEREA — Have you heard this one?

After a heavy snow in western North Carolina, Red Cross workers who went to help mountain people in that area knocked on the door of a house at the head of a high mountain cove. When an old woman answered, they said, "Howdy Ma'am, we're from the Red Cross." To which she replied, "I don't believe I'm goin' be able to help you this time. It's been a right hard winter."

Just an example of Appalachian humor, the focus of a two-day festival to be held at Berea College July 15 and 16.

According to Loyal Jones, director of the Berea College Appalachian Center an co-emcee of Berea's first Festival of Appalachian Humor, the distinguishing feature of Appalachian humor is the statement it makes about the character of Appalachian people.

The festival, sponsored by the Berea College Appalachian Center and funded in part by the Kentucky Humanities Council and the National Endowment for the Humanities, will feature a number of Appalachian entertainers and humorists.

Among those participating are Edie Asbury, M.D., author of Horse Sense and Humor in Kentucky; Jim Comstock, founder, publisher, columnist and editor of the West Virginia Hillbilly; Ernest "Doc" McConnell, medicine show entertainer from East Tennessee; Bob Terrell, writer of humorous human interest column for the Asheville Citizen-Times; Jennie Wilson, an entertainer who sings and narrates tales of West Virginia; Joe Bly, emcee of the Shindig on the Green and the Mountain Dance and Folk Festival in Asheville, NC; Barbara Freeman and Connie Regan, folktellers from Asheville; musician and storyteller David Holt, and Byron Crawford, Louisville Courier Journal columnist.

North Carolina's Billy Edd Wheeler, songwriter, performer, playwright and poet, will co-emcee the program with Loyal Jones and also will perform.

In addition to performances by these entertainers, anyone interested in Appalachian humor is invited to compete for cash prizes for the best jokes, traditional tales, true humorous stories or humorous folk and ballad songs.

Festival performances begin at 7:30 p.m. July 15 and 16 with contests included in Friday's show, and contest winners Saturday night. Tickets for the evening events are $2 for adults and $1 for children 6 to 14. An all-day session Saturday at the Alumni Building will include scholarly presentations and contests and is free. Among those leading scholarly discussions on Appalachian humor Saturday will be Dr. Robert J. Higgs, professor of English, East Tennessee State University (10:30 a.m.), and Dr. W. Gordon Ross, Berea College Professor emeritus of philosophy and religion (3 p.m.).

For more information, contact the Berea College Appalachian Center at 986-9341, extension 453.

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A good meal and a cool shade

Enjoying the cool of some shade trees, this group was in attendance at the Hospital Benefit Dinner Friday night at Forest Retreat. From left are Mrs. Johnny Caswell, Mr. Caswell, Mrs. Grace Ledford, Mrs. Ethel Storey, Ms. Reba Mahoney, Mrs. Naomi Dale, Mrs. Nancy Shaw, and Mrs. Edith Taylor. Approximately 200 attended the dinner. Proceeds from the dinner and auction netted $1219, and will be used for a cardiac defibrillator for the hospital. — Mercury photo.

Endowment drive nets $29 million

Stating that the campaign has surpassed all expectations, William T. Young, chairman of Transylvania University's Board of Curators, informed that group at its annual meeting that the recently concluded Bicentennial Campaign had succeeded in increasing the university's endowment by $29 million over the past four years, exceeding the original goal by $7 million.

Started in 1978 as part of a celebration marking Transylvania's founding in 1780, the Bicentennial Endowment Campaign saw the university's endowment increase from $2.8 million to its present value of $32 million.

"To recognize an increase of $29 million in an endowment over a four year period is a remarkable achievement," Mr. Young told the board.

How do you quench your thirst?

Most Americans have read or heard that they should drink two glasses of milk and several cups of water every day, as nutritionists recommend.

But many of us just don't put that advice into practice. Figures on per person food consumption for 1981 released by the U.S. Department of Agriculture show that milk is not the nation's leading beverage. And while there are no figures for the amount of water consumed, since USDA keeps records only on food or beverages produced for consumption, nutritionists suspect it isn't at the top of the beverage list, either.

"Americans are quenching their thirst with beverages that aren't the best nutritionally — soft drinks, beer and coffee," said Dr. Fudeko Maruyama, Extension foods and nutrition specialist in the University of Kentucky College of Agriculture. "And the soft drink-beer-coffee habit is costing nearly a dollar a day."

America's leading beverage choice is soft drinks, for which per person consumption in 1981 was 38 gallons, Maruyama said. That translates into an average of 1½ cups or 13½ ounces — more than a 12-ounce can — of soft drinks downed each day by every man, woman, child and infant in the country.

The second most popular beverage is beer, which is guzzled at an average of 1¼ cups or 11 ounces per day for the drinking age population. "When consumption of wine and spirits was added to the figure for beer," said Maruyama, "the total for alcoholic beverages is almost that of soft drinks."

Milk comes in third in the beverage race with 1¼ cups or 10 ounces per day consumed on the average. And while more and more Americans have been reaching for the beer and soft drinks over the past several years, figures from USDA show that they are drinking less and less milk. Milk consumption has been declining steadily since 1960, especially the consumption of fluid whole milk.

Coffee drinking was fourth on the beverage list, with per capita consumption averaging just over one cup per day for every person in the nation.

If you'd like to know the cost of your drinking in coins and calories, here is a summary provided by Dr. Maruyama:

Soft drinks — An average of 1¾ cups consumed in a day with a calorie count of 170 and cost of 44 cents.

Beer — 1¼ cups average day consumption at 130 calories and cost of 29 cents.

Milk, two percent — An average of 1¼ cups per day consumed, calories at 150 per day and cost at 15 cents.

Coffee, black — An average of one cup per day consumed with zero calories (45 calories with cream and sugar) and cost of five cents per day.

Note that the two favorite beverages of Americans are also the most expensive, with soft drinks at 27 cents and beer at 30 cents for eight ounces. They provide 100 calories in the eight-ounce serving, from the sugar in the soft drinks and alcohol and carbohydrate in beer, but few nutrients, Maruyama pointed out.

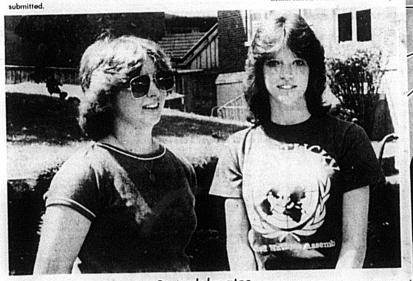
"In contrast, the cost of milk, at 12 cents a cup, is less than half that of soft drinks or beer," she added. "And milk provides several important nutrients along with the 120 calories per cup."

Coffee is relatively inexpensive, and if you like it black, it's calorie-free. But it doesn't provide any nutrients, and Maruyama advises that the potential health effects of caffeine should be kept in mind when you're reaching for something to drink.

For the "average American," who is consuming 1¾ cups of soft drinks, 1¼ cups of beer and 1 cup of coffee each day, the cost of the beverage habit comes to 88 cents a day.

4-H leadership award

Susanne Jones is shown receiving the Conrad Feltner Leadership Award from Mr. Feltner during Kentucky 4-H Week June 14-17 at the University of Kentucky. She is one of 15 4-H Club members and leaders selected statewide for this award. In addition to 4-H work, Susanne is involved in the National Honor Society and is a Golden 100 semi-finalist, a competition based on scholastic achievement. She is a member of the Pep Club and chorus and recreation leader for F.H.A. She serves as secretary of the youth group and as a church pianist at Blue Licks Christian Church. Susanne will be a senior at NCHS this fall. — Photo submitted.



State delegates

Nancy Woosley, left, of Carlisle, and Lisa Hoose, right, of Lawrence County, attended the recent 1983 Kentucky Girls State Convention at Morehead State University. — Photo submitted.

Kentucky Afield

Deer Hunt Deadlines

It's time to start thinking about deer hunting, particularly if you want to hunt on one of the wildlife management areas or fedefal installations where advance applications are necessary. Some of the application deadlines are right around the corner, so get out your calendar and start drawing big red circles around the deadline dates for your favorite area.

Since random drawings determine who gets to hunt on all these areas, getting an application in early won't necessarily do you any good — the important thing is not to be late.

But at two military posts, it doesn't pay to be too early, either. Both Ft. Knox and the Bluegrass Army Depot will reject applications received before specified dates as well as those received after the cut off.

At Ft. Knox, applications for weekend bow hunts will be accepted only between July 16 and July 31, while those wishing to participate in the Nov. 26-27, Dec. 10-11 and Dec. 17-18 gun hunts should apply between Aug. 13 and Aug. 28. Weekday bow hunting during the Oct. 1-30 season will be on a first-come, first-served basis.

Up to five hunters may apply on one letter of application to Ft. Knox. You need to specify what type of hunting (gun or bow) and give the names and addresses of all hunters. Enclose a self-addressed, stamped envelope and a $15 money order, certified check or cashier's check (payable to Treasurer of the United States) for each hunter. Hunting dates will be assigned to those whose applications are drawn. Mail applications to Morale Support Activities, Hunt Control Office, Ft. Knox, KY 40121. For additional information, call 502-625-7311 (no collect calls, please).

Although the Bluegrass Army Depot hasn't set its actual hunting dates yet, applications for both bow and gun hunts will be accepted only between Aug. 18 and Sept. 11. Applications must be made on a postcard, with only one name per card (husbands and wives or adults and juveniles wishing to hunt together should staple their cards together and mail them in an envelope). Cards should contain name, address and telephone number of the applicant and specify whether gun or bow hunting is desired. More than one postcard from an individual will disqualify that applicant.

Mail applications to Commander, Lexington-Bluegrass Depot Activity, Attention: Chairman, Wildlife Management Subcommittee, Lexington, KY 40511. Successful applicants will be notified of hunting dates and will be billed the $15 pest fee.

The deadline for applying for quota gun and bow hunts at Land Between the Lakes is July 27. Applications must be made on LBL computer forms. Write to Land Between the Lakes, Golden Pond, KY 42231 (or call 502-924-5602) for complete hunting rules, dates and application forms.

Other areas requiring advance applications are: Beaver Creek, Cane Creek, Kleber, West Kentucky, Yellow bank, Redbird, Mill Creek, Dewey Lake and Higginson-Henry. Application forms for these areas are available from the Division of Wildlife, Department of Fish and Wildlife Resources, Frankfort, KY 40601, or from local conservation officers. The deadline for these areas is Aug. 31. Hunting dates and complete instructions for applying are on the form. You will need a separate form for each area this year.

The 1983 Deer Guide, which contains just about everything you need to know about deer hunting in Kentucky, is available now. Write to the Division of Public Relations, Department of Fish and Wildlife Resources, Frankfort, KY 40601 for your copy.

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