Junior High Chorus

Pictured is the NCES seventh and eighth grade Junior High Chorus in concert during Thanksgiving at the school. The chorus is under the direction of Ms. Maureen Miller and Robbie Barr.—Photo submitted.

Families entertain during the Christmas and New Year Holiday

Mrs. Mary Berry

Mrs. Mary A. Berry entertained with a Christmas dinner Wednesday, Dec. 21.

Those present were Mr. and Mrs. Robert Berry; James Berry, Dennita Smart, Mr. and Mrs. Bobbie Berry and sons Gary and Allen, Eddie Whirles, Larry Berry, Nancye Saunders, Mr. and Mrs. Richard Emmons and daughter Christy, Mr. and Mrs. Roy Berry, Mr. and Mrs. Billie Towles and sons Roy William, Frankie and Nathan, Onna Steele, Shane Whitt, Mike Sanders, O.T. Berry, Mr. and Mrs. Dennis Berry and daughter Lori and Leah, Betty Sadler and Mr. and Mrs. Billie Ashury and daughter Renee of Cynthiana.

Mr. and Mrs. Storey

Mr. and Mrs. Donald Storey entertained with a family dinner Christmas day. Guests were Mrs. Art Sievert, Cincinnati, OH; Mrs. D.L. Noel and daughter Pat, Georgetown; Mr. and Mrs. Charles Hopkins, Bourbon County; Miss Sandy Storey, Don Rice, Mr. and Mrs. William M. Storey and Mr. and Mrs. Jim Mastin, all of Lexington; Mr. and Mrs. Don Peterson and Tammy Joe and Todd Wilson, Paris.

Mr. and Mrs. Shaw

Mr. and Mrs. Teddy Shaw entertained with a family dinner Christmas day. Those attending were Mr. and Mrs. Jimmy Shaw, Lisa, Tracy and Jimmy Allen Jr.; Mr. and Mrs. Youie Shaw; Mrs. Chad Whitaker, Moorefield; Mr. and Mrs. Paul Smith and Gregory, Lexington; and Miss Clara Shaw, Whitesburg.

Mr. and Mrs. Howard

Mr. and Mrs. James Howard entertained Friday night with a supper at their home on the Upper Jackstown Road.

Those present were Douglas Cooper, Mr. and Mrs. Larry Baber, Junie, John and Sherry, Mr. and Mrs. Dean Tooley, all of Lexington; Mr. and Mrs. Larry Cooper and Junia, Shawna and Chris Poe, Cynthiana; Shirley Poe, Roxie Long, Mr. and Mrs. Calvin Cooper and Donna, Tina and Tracy Cooper, Dawn Justice, Paris; Mr. and Mrs. J.C. Cooper and Sharon, Alexandria;

Mr. and Mrs. George Smart, Mr. and Mrs. Jerry Linville, Renee and Lisa, Susan Murrell, Jackie Howard, Leslie Ring, Mr. and Mrs. Herman Jolly, Mr. and Mrs. Ben Glass, Wilma Jolly, Ronnie and Angie, Jerry Jolly, Mr. and Mrs. Melvin Glass, Michelle and Melissa, Mr. and Mrs. James Biddle, Robbie, Tony, Chuck, Mr. and Mrs. James Dale, Mr. and Mrs. Freddie Prather, Troy, Kevin, all from Carlisle.

Kay's Kitchen

By Kay Fisher

The time has come to get back in shape. We have eaten too many desserts, too much candy, and generally just too much. So to feel better and look better, we must eat more sensibly, and eat less. One way to help is to know how many calories may be in a certain dish you are serving.

The recipes this week will help you get started, and they will taste so good after all the rich food you have eaten the past few weeks.

ZUCCHINI LASAGNE

¼ pound lean fat-trimmed beef round, ground
¼ cup chopped onion
1 or 2 cloves garlic, minced
1 8-ounce can tomatoes, broken up
1 3-ounce can mushrooms, undrained
¼ cup tomato juice
¼ cup dry red wine
1 teaspoon dried oregano
¼ teaspoon each thyme and basil
Salt and pepper to taste
2 medium zucchini, unpeeled
4 ounces mozzarella, shredded
4 ounces lowfat cottage cheese
2 tablespoons Parmesan cheese

Brown meat in large non-stick skillet with no added fat. Turn to brown evenly, breaking into small chunks. Drain and discard any fat from pan. Add onion, garlic, tomatoes, mushrooms, juice, wine and seasonings. Simmer uncovered 15 minutes or until reduced to a thick saucy mixture. Meanwhile, slice zucchini in flat ¼-inch thick lengthwise slices. Arrange half of zucchini in an 8-inch square non-stick baking pan (or spray with a commercial no-slick cooking spray). Add half the mozzarella, then half the cottage cheese, then half the meat mixture. Repeat these four layers. Sprinkle with Parmesan cheese. Bake uncovered 40 minutes at 350 degrees. Let rest five minutes before serving. Makes four servings, 185 calories per serving.

STUFFED PEPPERS

6 medium green peppers
1 pound lean fat-trimmed round beef, ground
¼ cup chopped onion
2 slices brown bread toasted, cubed
2 ounces mozzarella cheese, shredded and divided
1 3-ounce can chopped mushrooms, drained
2 medium tomatoes, coarsely chopped
Worcestershire sauce, salt and pepper to taste

Cut tops from peppers; remove seeds and membrane. In skillet brown meat evenly and break into small chunks. Mix meat with onion, bread cubes, half the mozzarella, mushrooms, tomatoes, Worcestershire sauce and salt and pepper. Spoon meat mixture into peppers. Bake in non-stick sprayed pan in 350 degree oven for 25 minutes, covered. Uncover and sprinkle with remaining cheese. Bake an additional 10 minutes or more. Makes 6 peppers, 195 calories each.

LIGHT BROCCOLI PARMESAN

1 19-ounce package chopped broccoli (frozen)
1 teaspoon dried onion flakes
1 tablespoon water
1 tablespoon mayonnaise
1 tablespoon grated Parmesan cheese
1 tablespoon Italian-seasoned bread crumbs

Thaw broccoli. Stir with the onion, water and mayonnaise until well mixed. Spoon into shallow dish. Combine cheese and bread crumbs and sprinkle on top. Bake at 350 degrees in preheated oven about 15 minutes. Three servings at 60 calories each.

—— Births announced ——

LEMASTER

Mr. and Mrs. Dennis Edward LeMaster, Paris, announce the birth of a daughter, Friday, Dec. 23, 1983 at the Nicholas County Hospital. She weighed six pounds 13½ ounces and has been named Elizabeth Jean.

Maternal grandparents are Bessie Myers and Gorden Myers, Paris.

Paternal grandparents are Mr. and Mrs. Ray LeMaster, Paris.

SAPP

Mr. and Mrs. Donald Gene Sapp, Carlisle, announce the birth of a son, Monday, Dec. 26, 1983 at the Nicholas County Hospital. He weighed eight pounds eight ounces and has been named Christopher Brian.

Maternal grandparents are Mr. and Mrs. Warner Ramey, Carlisle.

Paternal grandparent is Maudie Thomas, Paris.

SAMPLEY

Mr. and Mrs. Thomas Robert Sampley, Carlisle, announce the birth of a daughter, Tuesday, Dec. 27, 1983 at the Nicholas County Hospital. She weighed seven pounds 13 ounces and has been named Christine Michelle.

Maternal grandparents are Louise McConnell, Fairborn, OH and Roger Vaughn, Carlisle.

Paternal grandparents are the late Dan Sampley, Marion, OH and Judith Lingo, Alexandria, VA.

SAMS

Mr. and Mrs. Charles Allen Sams, Moorefield, announce the birth of a daughter, Wednesday, Dec. 28, 1983 at the Nicholas County Hospital. She weighed eight pounds 15 ounces and has been named Julie Dawn.

Maternal grandparent is Mary Sams, Carlisle.

Paternal grandparent is Nora McIntyre, Bethel.

ROSE

Mr. and Mrs. Phillip L. Rose of Maysville announce the birth of a daughter, Wednesday, Dec. 28, 1983. She weighed eight pounds and has been named Ashleigh Nicole.

Maternal grandparents are Mr. and Mrs. William Moyer, Maysville.

Paternal grandparents are Mr. and Mrs. Stanley T. Rose of Carlisle.

Paternal great-grandparents are Mrs. Elizabeth Towles, Millersburg, and Mrs. Robert Vice, Carlisle.

EBERT

Mr. and Mrs. John Ebert, Albany, GA, announce the birth of a daughter, Monday, Dec. 19, 1983. She weighed six pounds 10 ounces and has been named Katie Lee.

The maternal grandparents are Mr. and Mrs. Robert Hudson, Howell, GA.

The paternal grandparents are Mr. and Mrs. L.R. Ebert, Lake Carnico and Venice, FL.

Mrs. Dorsey Watkins, Carlisle, is the paternal great-grandmother.

DORSEY

Mr. and Mrs. Mike Dorsey of Akron, Ohio announce the birth of a son, Adam Douglas, Saturday, Dec. 17, 1983. He was welcomed home by a brother, Michael.

Mrs. Dorsey is the former Judy Huddleson, daughter of Walter Huddleson and the late Mrs. Huddleson of Nicholas County.

CONLEY

Mr. and Mrs. Pat Conley announce the birth of a son, Robert Ballard, Sunday, Dec. 25, 1983 at Central Baptist Hospital, Lexington. He weighed eight pounds five ounces.

Maternal grandparents are Mr. and Mrs. Ben Pumphrey Jr., Carlisle.

Paternal grandparents are Mr. and Mrs. Joe F. Conley, Carlisle.

Maternal great grandmother is Mrs. Ben Pumphrey Sr.

Our January Clearance
Is Now In Progress
Oldham's
PHONE 498-3872
31 South Maysville Street
Open Monday Thru Saturday 9:00 A.M. To 5:30 P.M.
VISA
Mt. Sterling, Ky.

SOCIETY

To place Society items, call Mrs. Ann Shearer at 289-2464

Jolly-Montgomery wedding

Mrs. Margaret Jolly of Millersburg announces the marriage of her daughter, Beverly, to Rod Montgomery Jr. of Lexington, Saturday, Dec. 10, 1983 at the First United Methodist Church, Paris. The Rev. Ben Cain officiated.

Ms. Kathy Smart, Paris, was the organist.

The bride was given in marriage by her son, Jamie Cooper, Paris.

Ms. Pam Jolly, Millersburg, sister of the bride, was maid of honor. Hargis Montgomery, Lexington, brother of the groom, was best man. Branden Jolly, Millersburg, nephew of the bride, was ring bearer, and Ms. Dana Massey, Carlisle, niece of the bride, was flower girl.

A reception was held in the basement of the church with Ms. Priscilla Baxter, Lexington, and Ms. Donna Montgomery, Lexington, assisting. Ms. Elsie Griffin, Paris, presided at the guest book.

Mr. Montgomery is employed at IBM, Lexington.

After a wedding trip to Gatlinburg, TN, the couple are residing in Paris.

Mr. and Mrs. Trussell given shower

Mrs. Bonnie Minton entertained with a wedding shower Sunday, Jan. 1, for Mr. and Mrs. Terry Trussell.

Those present were Catherine Minton of Lexington, Flossie George, Jessie Capps, Eunice Bromagen, Ann George, Lisa Hughes, Sue Watkins, Linda S. George, Nancy Gaunce and Shirley Trussell.

Door prizes were won by Catherine Minton and Eunice Bromagen.

Woman's Club to meet Jan. 9

The Carlisle Community Woman's Club will hold their regular monthly meeting Monday, Jan. 9, 7:00 p.m. at the Nicholas County Library.

Mrs. James Denton, Miss Beverly Herrin and Mrs. Miles Hughes will be the hostesses for the potluck supper.

The program will be a workshop for the nursing home Valentine party to be held in February.

Wedding is Jan. 7

Miss Betsy Jean Brown, daughter of Mr. and Mrs. Glen T. Brown of Flemingsburg, and Phillip Dean Fryman, son of Mr. and Mrs. Wavel C. Fryman of Carlisle, will be married Saturday, Jan. 7, 7:30 p.m. at the Elizaville Christian Church, Elizaville.

The reception will follow at the Fleming-Mason RECC auditorium.

The custom of an open church will be observed.

—Personals—

Mr. and Mrs. Danny Curtis of Independence and Mr. and Mrs. Bill Hoover of Lawrenceburg, IN, spent Christmas day with Edna Wagoner and Katherine Mynear. Afternoon guests were Cecil Mynear and girls, Mr. and Mrs. Robert McGuire of Alabama, Norma Jolly of Ewing and Danny Mynear of Lexington.

Mr. and Mrs. Phil Carl of Brooksville spent New Year's Day with her grandmother, Mrs. Hicel Asbury.

Mr. and Mrs. James T. Clay of Wendell, NC, have returned home after spending the holidays with her sister, Mrs. Taylor Snelling.

Mrs. Diana Smith and daughter, Miss Shellie Hamilton of Oak Ridge, TN, have returned home after spending the holidays with relatives.

Mr. and Mrs. Lloyd Wemyss and Mrs. Paul Smith, all of Lexington, spent Sunday with Mr. and Mrs. Youie Shaw.

Mr. and Mrs. Mike Phillips spent the Christmas holidays with his parents, Mr. and Mrs. Emory Phillips of Poole, and the New Year's holidays with her parents, Mr. and Mrs. James Pleasant, Pikeville.

Mrs. W.F. Gallaway, Richmond, VA, and John M. Taylor, New Orleans, LA, have returned home after spending the holidays with their sister, Mrs. Warren Fisher and Mr. Fisher.

Mr. and Mrs. Oscar Thau of Spokane, WA, have returned home after a three weeks' visit with Mr. and Mrs. Charles Cox and Cindy.

Mrs. Sue Woodall spent the holidays with her sister, Mrs. Edgar Eads and Mr. Eads in Fresno, CA.

Mrs. Jane Hensley had as her guest for the holidays Mrs. Helen Cord of Cincinnati, OH.

Jimmy George, Moorefield, is undergoing treatment at the Good Samaritan Hospital, Lexington.

Mrs. George Roberts and Miss Beulah Hughes spent Christmas with Mrs. Roberts' daughter, Mrs. Larry Gabriel, Mr. Gabriel and Anne in Worthington, OH.

Mrs. Ollie Cannon returned home Tuesday after spending the Christmas holidays with her daughter, Mrs. John Brueckner, Mr. Brueckner and Jennifer in Lexington. Miss Clara Shaw of Whitesburg was also a guest of the Brueckners.

Mr. and Mrs. Bill Dayton and Adam of Leesburg, FL; Mr. and Mrs. Jack Dayton and Becky of Dayton, OH; Miss Sally Dayton and Mr. and Mrs. Dwaine Green and Joshua of Lexington spent the Christmas holidays with their parents, Mr. and Mrs. Clay Dayton.

2nd Lt. Damon K. Booth of Little Rock Air Force Base in Arkansas spent the holidays from Dec. 20-31 with his parents, Mr. and Mrs. Kimball Booth of Chestnut Street. Ms. Janet McCain of Watertown, MS, was a houseguest of the Booths from Dec. 29-31.

Julian Green is recovering from major surgery on Tuesday, Dec. 27, at the Veterans Hospital, Lexington.

Joel and Ruby Lynn Villaflor, students at Syracuse University, Syracuse, NY, are visiting their parents, Dr. and Mrs. Osias Villaflor and family.

Mr. and Mrs. Bill Hoover of Lawrenceburg, IN and Mr. and Mrs. Danny Curtis of Independence were here to attend the funeral of their uncle, the Rev. R.C. Mynear, at the Methodist Church in Washington on Wednesday night.

Mrs. Robert Carson, Ms. Rosie Hunt and Mr. and Mrs. Elmer Booth have returned home from a vacation in Florida. While there they visited Disney World, Silver Springs and other interesting places.

Mr. and Mrs. J. Angus Jacobs entertained with a dinner Christmas Eve for Mr. and Mrs. John S. Jacobs and son John Darwin of Lexington, Mr. and Mrs. Jimmy Conrad, Carlisle, and Ernest Jacobs, Moorefield.

Miss Ernestine Eads, who has been residing at the Johnson-Mathers Nursing Home, is now residing at Capitol Hall Inc., 1940 US 127 South, Frankfort, Ky. 40601.

Mr. and Mrs. Charles McCann spent the Christmas holidays with relatives in Washington, DC, Annapolis, MD, and Richmond, VA.

Mr. and Mrs. John Wolf, and Mr. and Mrs. Steve Curtsinger and Sarah of Lake Carnico, Mrs. David Pugh and sons Joey and Josh of Lexington, Mr. and Mrs. Phil Carl of Brooksville, and Mr. and Mrs. Mike Mattox, Morehead, spent Christmas day with Col. and Mrs. Gerald Griffith of Ewing.

Focus on Nicholas County Schools

High school math program

by Bill Guthrie

"Considering the size of our school, we have one of the most complete math programs in the state. The only course that the State Department of Education recognizes that we do not offer is calculus and we are considering adding a calculus unit to our trigonometry class so our college bound students will have at least an introduction to it," stated David McMillen, principal at Nicholas County High School, when asked about the math program at the school.

The need to serve both the potential college student and the student who considers high school the end of their formal education is a recurring theme when discussing the high school math program. In light of the fact that offerings in the math department range from general math 9 to geometry and computer science, it would seem likely that the needs of students in both categories are being met through course offerings.

The faculty of the math department is comprised of Ben Pumphrey and Joel Judd. Mr. Pumphrey, a graduate of the University of Kentucky with a degree in mathematics, has taught math for all of his professional life. He has taught at Millersburg Military Institute, Paris High School, Bellevue High School, Bath County, Fleming County, Lexington Dunbar, and Nicholas County. He feels that the primary obligation of the teacher is to "teach him where he is!" He points out the main difference between the elementary and high school math programs by saying, "There are no new addition facts, no new multiplication tables. The only thing new to the student upon entering the high school math program are the concepts. The things that we teach in high school are nothing more than elementary school math except in algebra, for instance, symbols are used instead of numbers. The big thing is to show them how to use what they know."

Mr. Judd, a Green County native, earned his bachelor's degree at Western Kentucky University and his Master's Degree from the University of Kentucky. He has completed graduate work at Eastern Kentucky University in computer science. He has previously taught at Millersburg Military Institute. His class schedule includes computer science, physics, algebra I and algebra II.

He finds most challenging the need to work both with students who are college bound and those who will find employment after graduation from high school. According to Judd, "For those students not planning on college, the math program should provide a good basis in the math concepts and skills necessary for daily life." He points to the availability of such classes as general math and business math as an indicator that the math curriculum at Nicholas County will meet the needs of these students. For those students who are planning on college, the department offers courses designed to prepare the student for college level math. The physics class is an example of the pre-college math curriculum. According to Judd, "physics should provide a good base for the student planning to go to college. The class should be challenging to prepare the student for the challenges of college classes."

When asked to comment on the new computer science class, which he teaches, Judd replied, "I am really excited about the purchase of the new computers. I think they will add a dimension to our math curriculum that will provide a worthwhile and valuable experience to our students."

David McMillen, noting that trigonometry is offered on a rotating basis as the interest is found, stated, "We have a complete array of students in our math program, ranging from the top level college bound student to those in need of remedial help. We are working hard to provide a place for each student."

A look at the specific course work of each class also reveals the department's attempt to meet the needs of each student. Students who are not planning on college usually enroll in General Math 9 and 10. According to the "Program of Studies for Nicholas County High School," these classes, which are taken as freshmen and sophomores, are designed to teach arithmetic skills necessary for an individual to function successfully in today's society. The students work includes basic integer math, prime factorization, fractions, decimals, rational and irrational numbers, proportion, percentage, simple and compound interest, metric system measurement, volume, weights, temperature and business math. Much of the course work is consumer oriented.

Algebra I and algebra II are designed to meet the needs of college bound students. The first course gives students an understanding of basic algebra emphasizing the concepts, skills, structures and applications. Instruction in this course includes number theory, graphs, positive and negative numbers, mathematical numbers, polynomials and linear equations. Algebra II is an extension of algebra I with the following additional topics: mathematics and science, the number system, algebraic fractions, exponents and radicals, sets and equations, simultaneous equations and matrices, inequalities, functions and relations, algebraic functions, exponential and logarithmic functions, trigonometric functions of angles, trigonometric functions of real numbers, analytic geometry, intuitive integration and differentiation, and hyperbolic functions.

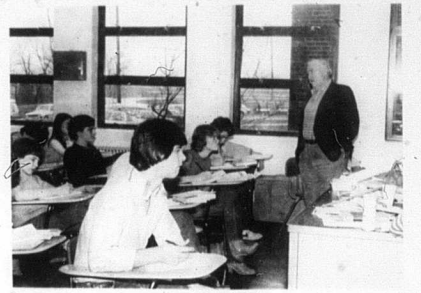
Most college bound students elect to take geometry during the junior year of high school. This course teaches the student to have an understanding of and appreciation for geometric concepts. Emphasis is placed on discovery, proof and application of geometric relationships and principles. Topics covered are construction, logic, points, lines, planes, angles, triangles, similarity and congruence, similar polygons, circles, geometric solids, formulas, locus, coordinate geometry and transformations. This is a challenging class which should well prepare the student for college math.

Those students successfully completing three years of algebra and geometry may enroll in advanced math. The topics covered in this course include basic logic, properties of groups and fields, sequences and series, algebra of vectors, analytic geometry, space geometry and probability.

A class available to both college bound students and those who are not planning on college is business math. In this class, mathematical skills are taught in calculating fractions, percentages, and decimals for areas such as buying, selling, pricing, investing, payroll, taxes, insurance, transportation, depreciation, interest and business management.

Trigonometry is also available to the college bound student on a rotating basis and is offered when enough students express an interest in taking the class.

When asked to discuss the strengths of the math program, Mr. McMillen stated, "One of the most basic strengths of our math program is that both our faculty members are certified to teach the subjects they are teaching. It should be kept in mind that a shortage of teachers in math and science has lead many schools to employ people in this field who are not really prepared to teach the subjects. A second strength is apparent from a look at the scores our seniors earned on the Scholastic Aptitute Test. We had three seniors who took the test this school year and their average score was at the 90th percentile. That means that these three students are in the top 10 percent in the nation in math skills. I think this speaks very well for the high school math program."



Discussing math

Ben Pumphrey, math teacher at Nicholas County High School, is shown in his classroom talking to his students. He has taught at six central Kentucky high schools during his teaching profession.—Photo submitted.

Computer science student

Shaheed Koury, a student in Joel Judd's computer science class at Nicholas County High School, is pictured working the wonders of the computer.—Photo submitted.

Joel Judd instructs

Joel Judd, one of two math teachers at Nicholas County High School, is discussing a mathematical problem with one of his students, Robert McGuffey. Judd teaches computer science, physics and algebra I and II.—Photo submitted.

The holidays are over.
Let the sale begin!

20% to 50% off
All Fall & Winter Mdse.

There's still plenty to celebrate in our store, because when we clear out, you clean up -- with savings on many of your favorite things. This annual clearance sale is our way of making way for the new Spring things we've ordered. And your way to capitalize on the way we work. Come see --- come save. But come soon -- while our selections are still at their best.

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