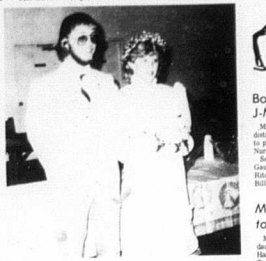

Mr. and Mrs. Robert Allen Lyons

## Couple are united in marriage Nov. 30 at Assembly of God

Mr. and Mrs. Leonard Irvin Jr. announce the marriage of their daughter, Melissa Carol, to Robert Allen Lyons, son of Mr. and Mrs. Kenneth Lyons, Saturday, November 30, 1985 at the Assembly of God Church in Carlisle with Darrell Sexton officiating.

The bride wore a pale pink street length dress and carried a bouquet of pink and white carnations.

### Hospital notes

December 6-12, 1985

**ADMISSION:** George Jolly, Anna Lee Finch, Clarence Moss, Jeffery Hardwick, Thomas Tedder, Amanda Fryman, Ruby Trussell, Erva Crawford, Lida Bowles, Ricky Shingleton, Jennifer Farrow, Calvert Asbury, Christopher Myers, Ruby Hopkins, Mary Stone, Timothy Willoughby, Michael Feeback, Jennifer Brown, Marcus Jones, Mattie Guthrie, Katherine Fisher, Chloe Garrett, Steven Mosley, April Cadle, Carlisle; Mary Florence, Millersburg; Glen Gray, Audrey Earlywine, Ewing; Lena Dotson, Frank Simp, Mt. Olivet; Doris Humphries and baby boy, Moorefield; Alma Hatton, Sharpsburg.

**DISCHARGES:** David Hopkins, Hurst Frey, Bettie Ritchie, Michael Keaney, Melissa Jefferson, Sallie Frederick, Anna Lee Finch, Thomas Tedder, Clarence Moss, Christopher Myers, Mary Stone, Amanda Fryman, April Cadle, Kathleen Jones, George Jolly, Lida Bowles, Ruby Hopkins, Ricky Shingleton, Carlisle; Glynn Dwyer, Germantown; I.C. Cord, Jessie Smith, Earl Heldgenstine, Glen Gray, Ewing; Lena Dotson, Bertie Fife, Mt. Olivet; Mary Florence, Millersburg.

## Parker arrives in West Germany

Army Sgt. James S. Parker, son of William B. Parker of Carlisle, has arrived for duty with the 1st Infantry Division in West Germany.

Parker, an administrative specialist, was previously assigned at Fort Sam Houston, Texas.

He is a 1979 graduate of Transylvania University, Lexington.

## Apple of her eye

Cynthia Farrow, Nicholas County High School home economics student, is shown using the Apple computer recently acquired by the department. The computer is used to run educational programming for students.

## June wedding is planned

Mr. and Mrs. William O're Harris of Hillsboro announce the engagement of their daughter, Sandra Kay, to Tony Helphenstine, son of Mr. and Mrs. Estill Helphenstine of Ewing and Mr. and Mrs. Walter E. Faulkner of Lexington.

A June wedding is being planned.

Tony is the grandson of Mrs. Ruby E. Smart, Carlisle.

## Births

**JEFFERSON**

Mr. and Mrs. Tony Jefferson of Carlisle announce the birth of a son Monday, December 9, 1985 at Harrison Memorial Hospital in Cynthiana.

He weighed nine pounds two ounces and has been named Benjamin Clay.

Maternal grandparent is Ms. Barbara Edwards of Carlisle.

Paternal grandparents are Mr. and Mrs. W.C. Jefferson of Carlisle.

## Couple to wed this Saturday

Mr. and Mrs. Charles M. Guy, Carlisle, announce the engagement and forthcoming marriage of their daughter, Saelly Carrol, to Danny Ray Tapp, son of Mr. and Mrs. Herbert Tapp, Sharpsburg.

The wedding will be an event of Saturday, December 21, 1 p.m. at the White Oak Christian Church in Owingsville.

All friends and relatives are invited to the reception immediately following the ceremony.

# SOCIETY

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

## Boy Scouts visit J-M Nursing Home

Members of Boy Scout Troop 90 distributed sacks of fruit and candy to patients at the Johnson-Mathers Nursing Home Sunday afternoon.

Scouts involved included Brent Gaunce, Joshua Guthrie and Patrick Ritchie. They were accompanied by Bill Guthrie, Scoutmaster.

## Miss Hammonds to wed Dec. 22

Miss Beth Lee Hammonds, daughter of Mr. and Mrs. Donald Ray Hammonds, Ewing, and Pvt. Joe Todd Hardwick, Ft. Myer, Virginia, son of Mr. and Mrs. Wayne Hardwick of Carlisle, will be married Sunday, December 22, 7 o'clock at the First Christian Church.

All friends and relatives are invited.

## Names omitted

The names of Mr. and Mrs. Billy Tolliver, Tracy, Jay and Galen and Joe Hatton, all of Carlisle, and Pat Thomas of Ewing were omitted from the list we received of those attending Mrs. Catherine Reid's family dinner December 8.

## Miranda Homemakers

Mrs. Sally Watkins was hostess for the Miranda Homemakers Christmas party at her home on Old Paris Road, December 11.

The meeting was called to order by Mrs. Walter Kendall, presiding as follows: The devotional was given by Mrs. Dorothy Sundys. Roll call was answered with a food enjoyed most at Christmas. Minutes of the last meeting were read and approved. The treasurer's report was given.

The Christmas program titled "Our Christmas Heritage" was presented by several members and led by Mrs. Sundys.

After the program we had a gift exchange, followed by delicious refreshments served by our hostess.

Our next meeting will be in January at the home of Mrs. Frances Taylor.

## Rose Hill Church to have program

The youth group of the Rose Hill United Methodist Church will present their Christmas program Sunday, Dec. 22 at 7 p.m. at the church.

The public is welcome.

## Band concert is tonight

The Nicholas County Elementary bands and high school chorus will present a winter concert Thursday, Dec. 19 at 8 p.m. in the Nicholas County Elementary gym.

The concert is free and open to the public.

## Presbyterians to have vespers

Candlelight vespers will be held at the Carlisle Presbyterian Church at 5 p.m. December 22.

The program will be primarily a Christmas musical meditation, with a 22-member choir and instrumental numbers including violin, flute and drum. There will also be communion.

The public is invited to attend.

## Wedding held in Tennessee

Ms. Lisa Fuller announces the marriage of her daughter, Amy Marcell, to Gregory Keith Ashbrook, son of Joe Ashbrook of Cynthiana and Joyce Wills Ashbrook of Columbus, Ohio, December 3, 1985 at the Laurel Branch Baptist Church in Gatlinburg, Tennessee.

The bride is a graduate of Nicholas County High School and is employed at Lee's Restaurant. The groom is a graduate of Harrison County High School and is employed by Garnett Lank of Bourbon County.

The couple are residing in Carlisle.

Mr. and Mrs. Robert Hughes

## Couple to have 60th anniversary

Mr. and Mrs. Robert E. Hughes will observe their 60th wedding anniversary Wednesday, Dec. 25 at home in Clay Manor Apartments, Chestnut Street.

They were married by the Rev. L.S. Gaines at the Baptist parsonage in Paris, Dec. 25, 1925.

Mrs. Hughes is the former Pansy Stone.

The couple have five children: Ms. Roberta Hughes, Lexington; James B. Hughes, Anchorage; Bobby L. Hughes, Bartersville; Mrs. Annette Flora, Mud Ridge Road and Mrs. Janette Gudgell, Old Paris Road, Carlisle.

They have eight grandchildren and seven great-grandchildren.

## Teddy bears for young patients

Linda Scott, president of the Nicholas County Health Care Auxiliary, presents a teddy bear to Lori Brumagen, daughter of Mr. and Mrs. Jon Brumagen. Each child under 12 years old admitted as a patient to the Nicholas County Hospital receives a teddy bear from the Auxiliary. The project is one of many hospital benefit donations sponsored by the Auxiliary and supported by their benefit dinner in June. Christmas Bazaar and the hospital gift shop.

# — Personals —

John Anderson is recuperating at home after submitting to emergency surgery Tuesday, Dec. 10 at St. Joseph Hospital, Lexington.

Mrs. Charles Cox and Cindy spent the weekend with her son, Marshall Cox, Mrs. Cox and daughters of Mt. Sterling.

Miss Lucy Letton, Dallas, Texas will arrive Friday to spend Christmas with her parents, Mr. and Mrs. Harold Letton.

Mr. and Mrs. Woodson Knight and Mr. and Mrs. Robin Knight of Louisville spent Saturday with Miss Isabelle Knight.

Sam Reynolds spent last week in Stockton, CA on business. Enroute home he visited his daughter, Lisa, and his sister, Mrs. Susanna Vittass of Phoenix, AZ.

Mr. and Mrs. Gregory Smith of Lexington spent last Thursday with his grandparents, Mr. and Mrs. Youse Shaw.

Miss Isabelle Knight, Mrs. Hurst Frey and Mrs. Lida Poe were guests of Mrs. Ralph Shearer Sunday at Carrions Country Club for brunch.

Brother and Mrs. Gene White of St. Albens, W.Va. were guests Wednesday afternoon of Mr. and Mrs. L.E. Clinkenbeard.

Mrs. James Cassidy, Mrs. Ethel Reid, Mrs. Catherine Reid and Mrs. Ernogene Clinkenbeard were Monday guests of Mrs. Ellen Blake of Flemingsburg.

L.E. Clinkenbeard of Carlisle and Sam Clinkenbeard of Walton have returned from Dillon, S.C. where they were judges for the United States Open Foxhunt.

Mrs. Mona Clark attended an awards program Dec. 11 at Executive Inn West in Louisville where Charlie Kahn, owner of Le Cheval Ship in Lexington was nominated for Citizen of the Year. Mrs. Clark is employed at Le Cheval.

Mr. and Mrs. Manus Ison, Jessica, Ashley and Sarah, Tony Ison, Mr. and Mrs. Verlon Ison of Hazard, Dr. Jan Good of Pennsylvania, Mr. and Mrs. Stanley Russell of Moorefield were dinner guests of Mr. and Mrs. Ken Ison and Max of Moorefield, December 15.

Mrs. Paul Garrett returned home Sunday after being a patient at the Nicholas County Hospital for 10 days due to a broken hip when she fell at home.

Mrs. Warren H. Fisher was admitted to Nicholas County Hospital Thursday, December 12. She was transferred to Good Samaritan Hospital in Lexington Monday, December 16 for tests and observation.

## Eat 'heart healthy' during holiday season

As the holidays draw near, we begin to look forward to the celebrations that will last throughout the New Year. But all too often, the dinners and parties that are part of holiday festivities feature foods and beverages high in fat, cholesterol and calories.

That is why the American Heart Association recommends that Kentuckians make an early New Year's resolution to eat "heart healthy" during the holidays and throughout the year. With a little forethought, it's not so difficult!

Consider the main course in the traditional holiday meal — turkey. There are only 163 calories in a three-ounce serving of white meat without the skin. And turkey is relatively low in saturated fats. Skip the gravy, or better yet, learn to make a low-fat version. Approach dressing with the same discretion and enjoy plenty of salad and vegetables.

**ONE OF THE** biggest downfalls in weight control programs during the holidays are cocktail parties. Whether it's an office get-together, a neighborhood open house, or a family reunion, the refreshments tend to consist of high calorie snacks and alcoholic beverages. Again, avoid high fat finger foods such as cheeses and butter cookies, and highly salted munchies like nuts and chips. Instead treat yourself to fresh vegetables and fruit.

As for alcoholic beverages, don't use the holidays as an excuse to overdo — not only is alcohol high in calories, but it can present an even more serious and immediate risk when you mix drinking and driving.

Many families enjoy a holiday tradition of gathering in the kitchen to create a festive assortment of cookies. The American Heart Association Cookbook, which is available in most major bookstores, features several cookie recipes that are heart healthy and delicious.

Finally, don't let the holidays become an excuse to let your exercise program fall to the wayside. Include exercise in your socializing by scheduling a date with friends to walk or run. Go ice skating or roller skating with the family. And if the weather permits, take advantage of the brisk winter weather and go sledding.

## Christmas special

Students in Elaine Broderick's second grade class are watching a Christmas special during the library period.

## Rose Hill Church to have program

The youth group of the Rose Hill United Methodist Church will present their Christmas program Sunday, Dec. 22 at 7 p.m. at the church.

The public is welcome.

## Band concert is tonight

The Nicholas County Elementary bands and high school chorus will present a winter concert Thursday, Dec. 19 at 8 p.m. in the Nicholas County Elementary gym.

The concert is free and open to the public.

SEASON'S Greetings

## Kay's Kitchen

By Kay Fisher

This week some quick and easy party food recipes for that impromptu get-together. Or if you just ran out of time and your party is near at hand.

**PIZZA DIP**

1 lb. ground round
¼ cup minced onion
1 garlic clove, quartered and thinly sliced
1 tablespoon vegetable oil
1 8-oz. can tomato sauce
¼ cup catsup
1 teaspoon sugar
1 teaspoon oregano
¼ cup Parmesan cheese
1 8-oz. pkg. cream cheese

Sauté beef, onion and garlic until brown. Add tomato sauce, catsup, sugar and oregano. Simmer for 10 minutes. Melt cheese and combine all ingredients. Serve in a chafing dish with Fritos or Tacos.

**CHEESE BROCCOLI DIP**

¼ cup sweet Spanish onion, diced
¼ cup butter
1 (10 oz.) can mushroom soup
2 pkgs. (round roll) garlic cheese
1 (10 oz.) pkg. frozen chopped broccoli

Saute onion in butter until tender. Add mushroom soup. Cut up cheese and add to mixture, stirring constantly. Cook broccoli. Drain well and add to cheese mixture.

Serve in chafing dish with chips or crackers.

**CORNED BEEF MOLD**

1 (3 oz.) can corned beef
1 pkg. gelatin
½ cup cold water
1 cup boiling water
1 cup mayonnaise
1 medium onion, grated (or more)
3 tablespoons horseradish
Salt and pepper
Worcestershire sauce to taste
Garlic (optional)

Dissolve gelatin in cold water. Add hot water and mayonnaise, and then the corned beef which has been broken up very fine. Add other ingredients. Taste for seasoning. Mold. Garnish with parsley and serve with party rye.

**ONION STICKS**

1 pkg. Lipton onion soup mix
¼ lb. butter
Slices of white bread, crusts removed, cut in strips

Mix soup and butter together and spread on bread strips. Put in 325 degree oven until crisp. Time depends on thickness of bread and size of strips.

**BLACK BEAN DIP**

1 can black bean soup
¾ cup sour cream
½ teaspoon dry mustard
1½ teaspoons lemon juice
4 tablespoons crisp, cooked bacon, crumbled

Mix all together; refrigerate. Good on crackers or crisp rye bread.

## A special occasion

The Foods for Special Occasions class at Nicholas County High School hosted an open house for the school faculty on December 12. The class, taught by Martha Sue Taylor, studies specialty foods for holidays and other special occasions. Pictured above are front l-r: Dana Caskey, Tammy Buckler, Carla Evans, Barbara Farrow, Kristi Campbell, Rhonda Prather. Middle: Shawna French, Lorna Lyons. Back: Angie Buckner, Amy McFarland, Pat Pope, Cami Clark, Shelly Hamilton, Robert McGuffey, Pam Fryman, Kelly Howard, Leola Cleaver, Carla Hall, Leslie Brunner, Anita Watkins, Conretha Clinkenbeard, Ray Phillips stands in the rear. Viola Cleaver was absent when picture was made.

## Health Tips from Lee Rose

### The young child and tv viewing

The questions is ongoing and the answers are varied. Will violence on television effect my child's emotional and behavioral growth?" Some parents feel tv violence promotes acts of aggression in children. They say even cartoon characters such as the lovable Bugs Bunny plot and scheme in a devious manner.

Others thank it's important for a child to be shown good does win over evil, that a child cannot be raised in a vacuum, never knowing the realities of the world.

It is a fact of life that tv has a place in practically every American household. Large numbers of children spend more waking hours in front of the television than at any other activity. As with anything, poor choices and excesses should not be promoted. So how do we control that box with the potential for positive and negative influences?

**FIRST**, remember as parents you are in charge. someone is always in charge of a home and often it seems to be the children. Although they may not seem to show it and beg as though life depended on it, all children look to mother and father for rules.

Decide the amount of time you feel is healthy for enjoying tv. Then a must is to sit with your children to see exactly how appropriate each program is for each child's age and maturity. Is He Man all his name implies?

Each stage of childhood brings with it difficult areas of emotional growth which includes fear. Fears that seem quite illogical to grown ups are to be expected in children. The two-year-old may shriek at the sound of trucks and thoughts of wild animals may be a threat. At three, burglars and animals are scary. Five-year-olds may be frightened of bad people" and dogs. Keep this in mind for selections and never belittle a child's fears.

**MOST EXPERTS** agree there is no overall harmful effect of tv on the majority of children, but those who are insecure or emotionally disturbed may use it to fill a need which could be.

For more information contact Lee Rose at the Nicholas County Health Center.

## Sampling the goodies!

Mrs. Sue Woodall, high school secretary, samples some of the goodies prepared for the faculty open house Dec. 12 and hosted by the Foods for Special Occasion class.

## 'New Year's Eve Jazz Celebration'

Ring in the new year in the best seat in the house, enjoying a live celebration of jazz. Music history in the making is insured when "New Year's Eve Jazz Celebration" airs Tuesday, Dec. 31 at 11 p.m. on KET.

Some of the top names in jazz will perform New Year's Eve at Ethel's Place, a Baltimore jazz club. The club is owned in part by Baltimore's "High Priestess of Spirit and Song," Ethle Ennis.

## Hunting, fishing license ideal gift for sportsmen

Why not plan ahead and buy your 1986 fishing or hunting license now? Or better yet buy one for a friend or relative on your Christmas list. They make great gifts any sportsman would appreciate.


**Set the occasion with Ambassador partyware**

Whether it's a casual get-together, a kid's party or a formal celebration, Ambassador has partyware in a variety of styles that makes holiday parties fun and easy!

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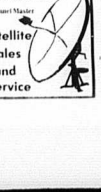

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●DEEPTONES Reg. $14. our price **11.99**
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Special Purchase! Men's Stripe & Fancy **DRESS SHIRTS** by Oxford Industries
REG. $15. SPECIAL Sale Price **$10.**

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Ladies' Cotton — ¾ Sleeve **SPACE DYE SWEATERS** S/M/L Reg. $17., our price **15.99**

Ladies' Poly/Acrylic, Button Front **PLAID SKIRTS** D-Ring Belt, Sizes 6-18 Reg. $13. and $14., our price **11.99**

**MEN'S 3 pc. SUITS** 100% Polyester, Single Breasted Solid & Stripes. Values to $115. *ENTIRE STOCK* Specially Priced! **$85.**

Popular, Shetland, Crew Neck **MEN'S WARM SWEATERS** Holiday Colors. 100% Acrylic, Made in USA Sizes S/M/L/XL REG. 14.50 . . . . . NOW **12.99**

Ladies Printed **Flannel Gowns** by Katz & Lyngore ●S/M/L REG. 10.50 Sale **8.88** ●L/XL REG. $12 Sale **9.88**

Ladies' Nylon **Brushed Gowns** by Glenoaks ●S/M/L REG. $10 Sale **8.88** ●L/XL REG. $11 Sale **9.88**

Men's Long Sleeve Slipover **SWEATERS** 20% OFF our discount prices! our price 18.99 to 24.99 SALE PRICE . . **$15.** to **$20.**

Terry Cloth Ballerina **HOUSE SLIPPERS** S.50 Values SPECIAL **4.50**

Boy's Long Sleeve **SPORT SHIRTS** Solids & others. 8 to 18 Values to $11. our price **8.99**

Ladies' Button Front Sleeveless **SWEATER VESTS** S-M-L REG. $10 **8.99** 42-46 REG. $11 **9.99**

Selected Group Men's Long Sleeve **SPORT SHIRTS** Plaids Solids Stripes **$10.**

**WRANGLER Billfolds** REG. $5. our price **$3.**

A Gift She Will Love! **SARNE' HANDBAGS** Nylons, Canvas, Grain Vinyls SPECIAL **$6.**

**MEN'S BELTS** Specials! Wrangler & other brands **5.88**

**TUBE SOCKS** in pkg. Men's **6/$5.** Boy's **6/$4.99**

Special Purchase! **HOLIDAY DRESSES** Jr. Missy & Half Sizes $25. Values **12.99**

Reg. 1.60 **PANTY TIGHTS** Infants thru Girls Size 10 **1.39**

Selected Group **DRESSES** **20%** OFF our prices were 24.99 now 14.40 to 28.

Ladies' **SUPPORT HOSE** 2.99 Val. Special **2.**

**ENTIRE STOCK, OUTERWEAR** Ladies' Coats, Pant Coats, Stadiums **20%** OFF our discount prices were $39. to $120. now $31. to $96.

Lee The Brand That Fits Genuine Lee Riders **MEN'S JEANS** Branded by Lee for quality, durability, comfort and fit. STRAIGHT LEG OR BOOT CUT Sizes 29-42 SPECIAL **15.88**

**LEE JEANS** in Jr. & Missy Sizes Straight Leg & Super Slim $28. Values **17.88**

**GIRL'S SIZES 7-14** Straight Leg Dark Denim $24. Values **14.88**

**"DAX" DENIM JACKETS** Lined, Color Bleached Denim MEN'S Reg. $35. our price **32.99** BOY'S Reg. 29.50 our price **26.99**

Lanzol II Stone Wash **DENIM JACKETS** Ladies S-M-L $34. Value **$25.**

Crew Neck Shelly-Type **SWEATERS** S-M-L Reg. $11. our price **$9.**

"Fruit of the Loom" **WOMEN'S HOSE** ●PANTY HOSE Reg. 1.49-1.69 our price **1.39** ●EXTRA SIZE PANTY HOSE Reg. 2.29 our price **1.99**

Levi's Pre-Washed **LADIES' JEANS** in Jr. & Missy Sizes Reg. $35.-$38. Girls 7-14 **17.88** 14.88

Girl's Levi's **DENIM JACKETS** Sizes 7 to 14 **14.88**

**BOY'S LIGHTWEIGHT JACKETS** our price 23.99-24.99 Sale **19.88** our price 19.99 Sale **16.88**

CHERRY STIX Long Sleeve Jr. Oxford Shirts $10. Value our price **$8.**

LEVI'S **BENDOVER PANTS** in Missy Sizes 6 to 20 $25. Values **16.88**

Men's Western **FLANNEL SHIRTS** Plaids, Snap Fronts REG. $14. our price **11.99**

Ladies' **CORDUROY BOOTS** REG. $17. our price **9.99**

Girl's Lightweight **ZIP FRONT JACKETS** Poly. Cotton. 3 pockets Sizes 7-14 $21. Values **14.88**

Ladies' Popular **CORDUROY BLAZERS** Camel & Ass't. Colors SIZES 8-18 $30. Value **23.99**

U of K **BLANKETS** by St. Marys Twin or Full Size REG. $16. SPECIAL **10.88**

**ANIMAL THROWS** High Pile by Crown Crafts Ass't. Animal Pictures REG. $22 SPECIAL **16.88**

Ladies' Short Sleeve **Plisse DUSTERS** Pretty Lace Trim S-M-L Reg. $16 **13.99**

Luxurious Long **VELOUR ROBES** Wrap & Zip Front S-M-L $20. Values **17.99**

**ELECTRIC BLANKETS** by Northern Electric Twin & Full Size Single Control Values to 36.99 **29.88** 1 yr. Warranty

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**LADIES'** Skirts, Pants, Tops, Jackets, Blouses, Sweaters, Coats and Pant Coats, Gowns and Pajamas
**GIRL'S** Pants, Tops, Blouses, Gowns and Pajamas
**MEN'S & BOY'S** Shirts, Jackets, Sweaters

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