Jeffrey Mitchell at Lackland Air Force Base, Texas

Jeffrey A. Mitchell, member of the United States Air Force, is in training at Lackland Air Force Base, Texas.

Jeffrey is the son of Jo Ann Mitchell of 111 Paris Lane, Carlisle, and James E. Mitchell of East Union Road. He is the grandson of Mr. and Mrs. Edward Mitchell of Carlisle and Ora Hughes of Ewing.

His address is: AB Mitchell, Jeffrey A., 400-94-7451, PSC 2, SQ 3723, BTMS FLT 213, Lackland AFB, TX 78236.

Easter Cantata practice Sundays

The community Easter Cantata practices will be held at the Carlisle Christian Church each Sunday at 5:30 p.m.

Theme is "Then Came The Morning," a resurrection musical by Bill and Gloria Gaither.

Anyone interested in participating is invited to attend these practices.

Local students are Golden 100 nominees

Matthew Guthrie, Michelle Clark and Angie Buckner, honor students at Nicholas County High School, have been nominated for the Golden 100, a group of the most outstanding high school juniors in Kentucky.

Successful nominees for the Golden 100 will compete in a prestigious academic contest March 3 and 4 at Murray State University. The scholars will be tested in English, mathematics, natural science and social science.

Nomination is open to qualified juniors from all accredited Kentucky high schools. Applications for Guthrie, Clark and Buckner were submitted to the Golden 100 Judicial Committee. Mrs. Jesse Stuart of Greenup County is the committee's honorary chairman.

Selection to the Golden 100 means valuable recognition for high school juniors. It increases eligibility for college scholarships nationally. Participants also gain confidence through the rigid competition and will receive certificates signed by Gov. Martha Layne Collins.

Members of the Golden 100 who earn top scores in the academic contest will receive trophies. Their high schools will receive plaques for permanent display. Students who write outstanding entry essays will also receive awards.

Matthew is the son of Mr. and Mrs. Bill Guthrie of 318 Elm Street. Michelle is the daughter of Mr. and Mrs. Roy Clark, Old Paris Pike, and Angie is the daughter of Mrs. Paula Buckner of School Avenue, all of Carlisle.

REAL ESTATE PROGRAM ON LICENSES ON KET

A television program on real estate will be presented by Kentucky Educational Television at 10 a.m. Saturday, Feb. 2.

SOCIETY

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

Mr. and Mrs. Ray Evans celebrate 50th anniversary

Mr. and Mrs. Ray Evans celebrated their 50th wedding anniversary January 17 at their home on East Main Street. A surprise family party was hosted by two of their daughters, Mrs. Jill Cox, Cynthiana, and Mrs. Cherry Hunt, Bourbon County.

The couple were married January 17, 1935 at the Nicholas County Courthouse.

Mrs. Evans is the daughter of the late John and Ella Browning of Fleming County. Mr. Evans is the son of the late Carl and Letha Evans of Fleming County. They are the parents of 18 children: Bill, Pat, Kenney, Ray Lewis (deceased), Joe, Arthur, Robert, Jimmy and Sherman Evans, Mrs. Reba Medley, Mrs. Jessie Cooper, Miss Violet Evans, Mrs. Gail Eckler, Mrs. Faith Flor, Mrs. Jill Cox and Mrs. Cherry Hunt.

Personals

Mrs. Paul Smith of Lexington spent last Thursday with her parents, Mr. and Mrs. Youie Shaw.

Mr. and Mrs. W.B. Parker have returned from a two-weeks vacation in Georgia and Florida.

Mr. and Mrs. Marion Anderson returned home Saturday from a month's visit with their daughter, Mrs. Robert Taylor, Mr. Taylor and Holly in Fern Park, FL.

Miss Effie Clinkenbeard is recuperating at home after submitting to emergency surgery Monday, January 21, at St. Joseph Hospital, Lexington.

Miss Ruby Lynn Villaflor, student at Syracuse University, Syracuse, NY, has resumed her studies there after spending the holidays with her parents, Dr. and Mrs. Osias Villaflor.

Ms. Mary Ann Evans has returned home after attending the Mallinckrodt national sales meeting at South Seas Plantation, Capitiva, FL.

Mrs. Evelyn Hansen of Buffalo, MN, spent two weeks with her brother, Ronald Henwood and Mrs. Henwood enroute to Orlando, FL for a visit with her sons who are entertainers at Epcot.

Mr. and Mrs. Tom Carter, Danville, and Mr. and Mrs. Charles Talbert, Lexington, were visitors in Carlisle recently.

Toby Elder and daughter Katy of Edgewood spent Sunday with his parents, Mr. and Mrs. Warren Fisher.

Births

DALE

Mr. and Mrs. Randall K. Dale, Carlisle, announce the birth of a daughter, Wednesday, January 23, 1985 at Harrison Memorial Hospital. She weighed seven pounds 12 ounces and has been named Courtney Lynn.

Maternal grandparents are Mr. and Mrs. Lowell Thomas Fryman, Carlisle.

Paternal grandparents are Mr. and Mrs. Harold Wayne Dale, Carlisle.

Paternal great-grandparents are Mr. and Mrs. Ollie R. Dale, Carlisle.

DALE

Mr. and Mrs. James William Dale of Carlisle announce the birth of a daughter January 22, 1985 at the Nicholas County Hospital. She weighed eight pounds two ounces and has been named Kristina Shea.

Maternal grandparents are Mr. and Mrs. Paul Fryman of Ewing.

Paternal grandparents are Mr. and Mrs. James Biddle of Carlisle.

JOLLY

Mr. and Mrs. James Allen Jolly of Moorefield announce the birth of a son January 23, 1985 at the Nicholas County Hospital. He weighed eight pounds 10 ounces and has been named James Allen.

Maternal grandparents are Mr. and Mrs. David Miles of Paris.

Paternal grandparent is Mrs. Geneva Jolly of Carlisle.

Mr. and Mrs. Frank W. Cleaver

Mr. and Mrs. Frank W. Cleaver will celebrate their 25th wedding anniversary with an open house at 212 Sycamore Street Sunday, February 3, 2-5 p.m.

The couple were married January 17, 1960 at Start, LA by the Rev. J.S. Deal.

They are the parents of four daughters, Beth, Hope, Viola and Leola.

Local students on MMI Dean's List

Col. A.B. Parker, president of Millersburg Military Institute, announced the Dean's List for the first semester. Only cadets with all A's are eligible for the Dean's List.

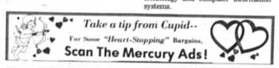
Named were Cadet Heather Mathes, daughter of Mr. and Mrs. Bill Mathes, Route 3, and Cadet Tim Rose, son of Mr. and Mrs. Charles Rose, 98 Catherine Street, Carlisle.

LOCAL RESIDENT NAMED TO PRESIDENT'S LIST

Carl Ishmael, Route 4, Carlisle, has been named to the President's List at the DeVry Institute of Technology in Columbus, Ohio.

To be eligible for the honor, students must have between a 3.5 and 4.0 grade point average (out of a possible 4.0) for the last term of study. Ishmael, a student in the Electronics Engineering Technology program, has a 4.0 GPA.

DeVry Institute of Technology is part of the DeVry Inc. network of 11 campuses that specialize in electronics technology and computer information systems.



Kay's Kitchen

By Kay Fisher

As I write this I'm thankful to have survived the Arctic blast that gripped Kentucky for almost a week. When the temperature rose to anything above 0 degrees I felt relieved. In cooking during cold weather the oven seems best, not only for good one dish meals, but for extra warmth, and that extra warmth is nice all during the winter months.

Here is a nice slow-cooked meal in one:

MEAT WITH VEGETABLES

- 1½ lbs. round steak, cut in serving pieces, rolled in flour
- 3 tablespoons margarine
- 4-6 medium onions
- 4 medium potatoes, cut in half
- 4 carrots, cut in 3-inch pieces
- 1 10-oz. package frozen peas, thawed
- 2 tablespoons chopped parsley
- ¼ teaspoon each of thyme and marjoram
- Salt and pepper to taste

Remove most of fat from steak and brown in margarine in heavy skillet. As pieces brown remove to baking dish, with cover, to accommodate meat and vegetables. You may have to add more margarine. When all meat is browned add about ⅓ cup water to skillet, bring to boil, scraping bits of meat that may have stuck to bottom of pan, then pour over meat in baking dish. Add some salt and pepper to steak and if you like, a dash or two of Worcestershire sauce. Now add onions and potatoes. You may need to cut onions in half to make things fit smoothly. Sprinkle vegetables with salt, pepper, thyme, marjoram and parsley. If vegetables are not touching water in dish add enough to touch the vegetables. They do not need to be covered with water. Cover baking dish and bake in 300 degree oven 1½ hours. Add peas and bake for one more hour. Meat and vegetables should be tender. Watch while cooking — you may need to baste the vegetables or turn them. This dish will keep nicely on top of stove while you bake a hot bread. For a special treat, try this.

EASY CORNBREAD

- 1½ cups self-rising corn meal
- 3 tablespoons bacon drippings
- 1 egg
- 1 cup buttermilk or more

In mixing bowl put cornmeal, egg and buttermilk. Mix well. In 8-inch iron skillet melt the bacon drippings in a 425 degree oven until very hot, then pour all but about one tablespoon into cornmeal mixture, stirring well. If mixture seems too thick add more buttermilk. Pour into hot skillet and return to oven. Bake at 425 degrees for 20-30 minutes. This will make a cornbread crusty on bottom, sides and top.

If you do not have buttermilk on hand, use sweet milk to which you have added 1 tablespoon of vinegar to 1 cup of milk and allow to stand about 5-10 minutes. When I do this I usually fix about 1½ cups milk and add 1 tablespoon and 1 teaspoon of vinegar. I seem to need to add more milk when I add the baking drippings because you want the cornbread mixture to be pourable, not thick as for corn pone or hushpuppies.

For dessert serve:

FRUIT CUP

- 1 grapefruit
- 1 orange
- 2 apples, peeled and cored
- 1 banana
- 1 cup pineapple chunks

Cut grapefruit and orange in half and remove sections with grapefruit spoon over bowl to save the juice. Add apples, cut in chunks, sliced bananas, and pineapple. Add enough pineapple juice to cover fruit in bowl. Sprinkle with 1 tablespoon of sugar if desired. Chill. Allow fruit to come to room temperature before serving for more flavor.

Employee of the Year

Mrs. Bayne Hall, left, is pictured receiving a plaque and a $300 check from Andy Dudley, president of The First National Bank of Carlisle. Mrs. Hall, an installment loan clerk at the bank for the past eight years, has been chosen Employee of the Year 1984. She is married to Jimmy Hall, owner of Hall's Barber Shop, and they are the parents of two children, Tim and Janelle. Mrs. Hall, daughter of the late Joe Wilson and Helen Holmes Wilson of Moorefield, is a member of the Carlisle Christian Church and secretary/treasurer of the church's Revelation Class. She enjoys reading as a hobby. — Mercury photo

McGinnis attends orienration meet

District Judge Robert W. McGinnis attended a judicial orientation program at Natural Bridge State Park recently.

Eight individuals recently have assumed the responsibilities of the district judgeship either by election or appointment. The orientation program was designed to facilitate their transition from the adversarial role of practicing attorneys to the impartial, arbitrational duties of a jurist, well-versed in the various aspects of adjudication on the district court level.

Experienced district judges served as instructors. Lexington District Judge Michael Roney spent one-half day on criminal law procedure from the filing of a complaint to trial and sentencing. Catlettsburg Judge Edwin Rice explained the juvenile court process which involves not only offenses committed by juveniles, but cases pertaining to truant, dependent, abused or neglected children.

Hospital Notes

January 18-24, 1985

ADMISSIONS: Ronald Henwood, Lillian Downing, James Tincher, Nobel Gillispie, Tony Fryman Jr., Kimberly Rhoton, Calvert Asbury, John Conyers, Effie Clinkenbeard, Tom Crawford, Frances Vaughn, Colleen Thompson, Diana Howard, Bobby Blakeman, James Mynear, Adam Morris, Lorna Lyons, Janice Warmouth, Charlotte Dale and baby girl, Frazier Earlywine, Earl V. Delaney, Yancy Wagoner, Carlisle; Thelma Bussell, Sharpsburg; Ruth Stivers, Charles Law, Millersburg; Edna Workman, Germantown; Dauline McCord, Joseph James, Ewing; Edith Rankin, Mt. Olivet; Lillie Gaunce, Ann Worthington, Paris; Kimberly Sapp, Flemingsburg; Donna Jolly and baby boy, Moorefield.

DISCHARGES: Burnice Ritchie, Tiffany Tedder, Frances Hammonds, Gayla Kelley, Jerry Linville, Sheila Walker, Effie Clinkenbeard, Tony Fryman Jr., James Tincher, Johnnie Gray, Minnie Marr, George Bauer, Calvert Asbury, Ronald Henwood, Tom Crawford, Colleen Thompson, Adam Morris, John Conyers, Marvin Jones, Jesse Caswell, Virginia Brown, Lorna Lyons, Janice Warmouth, Kimberly Rhoton, Carlisle; Katie Overholser, Sharpsburg; Hazel Dye, Roberta Abner, Joseph James, Ewing; Edna Workman, Germantown; Virginia Waugh, Moorefield; Charles Law, Ruth Stivers, Millersburg.

Transylvania to host students

The admissions staff of Transylvania University will host its annual "Midwinter Fair" for prospective students and their parents on Saturday, Feb. 2, 1985, beginning at 8:30 a.m.

According to Joanne Sawyer, director of admissions, the "Midwinter Fair" is designed to provide students and their parents with an opportunity to visit the campus and experience firsthand living and learning at Transylvania University.

"Activities scheduled for the morning include individual meetings with members of the faculty, financial aid and scholarship coordinators, the University's administration, and representatives of the various student organizations," Mrs. Sawyer explained.

"The afternoon and evening will be free for tours of the campus, while activities will evolve around a number of athletic events including a swim meet, a Lady Pioneer basketball game, and a men's basketball game between Transylvania and Northern Kentucky University," she added.

For additional information on the "Midwinter Fair" contact the Admissions Office, Transylvania University, Lexington, Kentucky 40508, 606-233-8242.

Service award

Mrs. Rita Fightmaster, left, is being presented a gold bracelet by Andy Dudley, president of The First National Bank. Mrs. Fightmaster, a commercial loan clerk, is being honored for completing five years of service with the bank. She has one daughter, Angela, three years old. She is a native of Cynthiana and the daughter of Mrs. Leon Steele and Everett Green, both of Carlisle. She resides at 140 Oriole Street. — Mercury photo

One year reprieve for 'Sweet Sixteen'

Students playing in selected statewide high school athletic events will be exempted from the requirement for a six-hour school day during 1984-85, the State Board of Education has ruled.

In approving the exemption at a meeting in Murray on Nov. 28, board members urged the Kentucky High School Athletic Association to try to reschedule those events this year if possible.

They said they were granting the exemption on a one-time-only basis and asked the KHSAA to schedule future statewide tournaments on non-school days.

The state board will meet with the KHSAA Board of Control in January to discuss scheduling and other issues, including the length of athletic seasons, non-teaching coaches and eligibility for athletic competition.

The board acted on a recommendation from Supt. of Public Instruction Alice McDonald, who stressed that exemptions would be granted only for contestants and only for events where scheduling of facilities presented problems.

She cited as examples the Sweet Sixteen basketball tournaments and the state golf finals. Under the ruling, the KHSAA is to certify the names of students who are to be exempted as contestants in each event.

A similar exemption was granted to Kentucky Special Olympics Inc. for athletic events for handicapped students, with only those students actually taking part in competition to be excused from the six-hour school day. Both groups will have to certify that the events could not be scheduled on non-school time.

Agency warns of fire hazards from heat tapes

Homeowners and mobile home residents who use electric heat tapes to prevent exposed water pipes from freezing are being cautioned by government safety experts to inspect the tapes for possible fire hazards.

According to the U.S. Consumer Product Safety Commission, over 500 house fires in the last seven years are believed to have been caused by electric heat tapes. Also known as pipe heating cables, heat tapes consist of two wires enclosed in molded plastic insulation which emit heat due to electrical current passing through the wires when the cable is plugged into an outlet. The tapes are commonly used in crawl spaces and in the substructure of homes and mobile homes, and are usually energized after the first freezing temperatures. Some heat tapes are plugged in year-round, and a thermostat located in the power supply cord of the heat tape turns on the tape whenever the outdoor temperature approaches freezing.

CPSC reports that improper installation by consumers is a frequent cause of home fires. In one study of 35 fires, agency investigators learned that 40 percent of the heat tapes were "overwrapped," that is, the tape was lapped over itself when the consumer installed the tape around the pipe.

The safety agency offered the following suggestions for consumers:

— Inspect all heat tapes now or have a licensed electrician check for proper installation or deteriorated electrical insulation. Refer to any installation instructions that accompanied the heat tape when you bought it.

— If you are purchasing new heat tapes or cables, know the diameter of the pipe you are protecting as well as the total length of pipe to be protected. Manufacturers normally suggest specific lengths of tape for certain pipe lengths and the diameter of the pipe. Match your specific needs to the heat tape you are buying.

— Older heat tapes should be checked for cracks in the plastic insulation or bare wires; in such cases, replace the heat tape immediately.

— Not all heat tapes may be used in plastic pipes; check to make certain the heat tape you are using is recommended specifically for the plastic pipe in question.

— Finally, manufacturers emphasize that heat tapes should never be used over the thermal insulation on a pipe or near flammable objects. Inspect previously installed tapes to make certain these fire hazards do not exist in your home.

Notice to drillers

House Bill 263, passed by the 1984 Kentucky General Assembly, requires that all persons engaged in the commercial practice of drilling, altering or repairing water wells within the state must have a valid certificate from the Natural Resources and Environmental Protection Cabinet.

All persons intending to engage in water well drilling are obligated to obtain a certificate.

Cooper recognized for meritorious service of America by Farm Bureau

John Sherman Cooper, former U.S. senator from Kentucky, has been recognized for distinguished and meritorious service to American agriculture by the American Farm Bureau Federation.

Cooper's selection for the honor was announced January 9 at the 66th American Farm Bureau convention in Honolulu. He was nominated by the Kentucky Farm Bureau Foundation, and is the first Kentuckian to be selected for the prestigious award.

Cooper, a Pulaski County native, served 20 years in the Senate over parts of four decades, and held sensitive diplomatic posts under presidents of both political parties.

Although best known during his Senate service for expertise in foreign affairs, Cooper's work during the 1950s and 60s on the Senate agriculture committee had far-reaching impact on the tobacco price support program, conservation efforts and supply-management programs affecting grains.

Known for his refusal to toe party lines, Cooper won respect of critical observers and colleagues alike, being named "ablest Republican in the Senate" by Washington newsmen in 1960.

That same reputation for integrity and nonpartisanship earned him sensitive ambassadorial appointments to India in the1950s and to East Germany in 1974, following his retirement from the Senate.

In his nomination of Cooper, Kentucky Farm Bureau President Ray Mackey praised the former senator as "a man of unique stature in the eyes of his constituent Kentuckians, his fellow American citizens and global neighbors."

His career was inspirational to millions, Mackey noted, and his contributions to agriculture were substantial.

"Sen. Cooper brought to the courts of presidents and world leaders the uniquely rural views of a man who grew up in the foothills of Kentucky, earned his political stripes during the destitute days of the Great Depression and built a distinguished public service career in a variety of elective and appointive posts," Mackey said.

Born in Somerset, Cooper attended Centre College, Yale University and Harvard Law School. In addition to his 20-year career in the Senate, he also served in the state legislature, held two terms as county judge, and was a U.S. representative to the United Nations.

Cardinal Hill Hospital, Lexington, a rehabilitation center serving disabled children and adults, has 72 outstanding doctors on its staff.