

Community showers slated for Vaughns

Friday, March 22
The Vaughns' home and contents were destroyed by fire in January. The support and friends are open to the...

March birthdays are celebrated

Mr. and Mrs. Larry J. Allison celebrated a dinner for 30 guests at the home of Howard and Larry Allison...

Local members attend VFW meet

The 10th District VFW Auxiliary met Sunday at Harrodsburg with Waverly...

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Mr. and Mrs. Ritchie is guest at dinner

Mrs. Anne L. (Deane) Humphrey, Lexington, was the guest of honor at a dinner...

Diabetes Support Group will meet

The Diabetes Support Group will meet Tuesday night at the Fourth Presbyterian Church...

Marsha Lyons in Who's Who

Marsha Lynn Lyons of Carlisle is one of 10 outstanding students of Maryville College...

Bobby Gounce to chair meeting

The annual meeting of District 10 of the Masonic Lodge will be Friday evening...

Health Auxiliary dinner is March 26

The Nicholas County Health Care Auxiliary and Hospital Volunteer Service...

Two on honor roll

Two Georgetown College undergraduates from Carlisle - Timothy D. Sanders, sophomore...

UK to conduct art workshops

The UK art department will conduct a series of workshops for children ages 12 years from 10 a.m. to noon...

Patricia (Robinson) Dicken will be joining

Kathy's Beauty Boutique
Starting March 28
Working Thursdays, Fridays & Saturdays
Specializing in Cuts &perms
Call for an Appointment 289-8936



Colonel Gerald Griffith retires after 30 years in the U.S. Army

Colonel Gerald Stanley Griffith of Bowling Green after more than 30 years of service. At the time of retirement he was serving as the Senior Army Liaison Officer to the Kentucky Army National Guard...

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Country Dinner Every Thursday and Friday
Golden Fried Chicken
Brown Beans
Fried Potatoes with Onions
Copped Onions

County Homemakers report meetings

Ellisville
The Ellisville Homemakers met March 4 at the home of Katherine Witt. The attendees were Mrs. Charles Dierksen, Mrs. Phyllis...

Moorefield

The Moorefield Homemakers met in the home of Mrs. James M. Jones...

Carlisle West

The Carlisle West Homemakers met Friday, March 15 at 1:30 p.m. in the Nicholas County Library.

Mirando

Mrs. Barbara Hopkins was hostess to the Mirando Homemakers Club March 13 at 7:30 p.m.

Barbara Hopkins to chair Cystic Fibrosis campaign

Mrs. Barbara Hopkins has been appointed as chairperson of the annual fund-raising campaign for Cystic Fibrosis...

Births

Mrs. and Mrs. Lloyd Wayne announce the birth of a son, Matthew...

Mrs. John Hall to host club

The Carlisle Community Women's Club will host a luncheon on Thursday...

Cherry Kitchen

By Kay Fisher
If you are looking for something different to serve during your last day of Lent, the following recipe will give you a new twist on an old favorite...

CHERRY ONION TART
1/2 cup unbleached pie crust
1/2 cup cooking oil
1/2 cup butter
1/2 cup brown sugar
1/2 cup white sugar
1/2 cup raisins
1/2 cup cherries
1/2 cup almonds
1/2 cup walnuts
1/2 cup pecans
1/2 cup hazelnuts
1/2 cup cashews
1/2 cup almonds
1/2 cup walnuts
1/2 cup pecans
1/2 cup hazelnuts
1/2 cup cashews

EGG-MUSHROOM CASEROLE
1/2 cup butter
1/2 cup oil
1/2 cup mushrooms
1/2 cup onions
1/2 cup carrots
1/2 cup celery
1/2 cup mushrooms
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1/2 cup carrots
1/2 cup celery

CHERRY PENDING
1/2 cup sharp cheddar cheese
1/2 cup white cheddar cheese
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1/2 cup onions
1/2 cup carrots
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Nutrition tips for healthier living

Since March is Nutrition Month, here are a few tips for healthier living. Daily exercise and physical activity will help you lose weight...

Introducing Sue Sams

Sue Sams is a professional nutritionist and personal trainer. She offers individualized nutrition plans and exercise routines...

Hotpoint Factory Closeout!

SAVE \$60
ENJOY GREAT COOKING!
A HOTPOINT OVEN AT A GREAT LOW PRICE!



Hotpoint
Other Models at Close-Out Prices with Comparable Savings!
Prices Start at \$168.00

Garrett's Furniture

West Main - Carlisle
The Wing Back Chair
You've Always Wanted
Is Now on SALE!

Save 40%
On All Wing Back Chairs
In Stock
Garrett's Furniture
226 W. Main St. - Carlisle
Phone 289-2308

regular exercise will definitely help. The choice is yours. You can prevent back pain by exercising regularly...

Special high protein meals and protein supplements do not build muscle. Increase intake of these foods to meet your increased energy needs...

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