James Ishmael

James Ishmael celebrates 93rd birthday Nov. 22

James Ishmael, who was celebrating his 93rd birthday, was the guest of honor at a dinner Friday, Nov. 22, 6 p.m. at the Carlisle Christian Church.

Those attending were Sylvia Ishmael, Jesse Ishmael, Tom and Tracy Spivey, Edna Trussell, George Ishmael, Bobby E. Barnett, Kenneth, Betty, Tryna and Kenneth Ishmael, Tina Ishmael, Greg Stephens.

Christy Thornsburg, Lori and Judy Bach, Debbie Bach, Junior Ishmael and Jewell, Ben, Diane and Brad Brierly, Clarence and Helen Boone, Nina, Rachel, Wesley and John Boone, Kathy, Timmy, Sarah and Jason Dixon, Brenda Kay Barnett and Paul and Patty Hatton.

Births

FRYMAN

Mr. and Mrs. Barry Lane Fryman of Carlisle announce the birth of a daughter, November 17, 1985 at the Nicholas County Hospital. She weighed six pounds 12 ounces and has been named Amanda Nicole.

Maternal grandparents are Mr. and Mrs. George Willoughby of Carlisle.

Paternal grandparents are Mr. and Mrs. William E. Fryman of Carlisle.

JOHNSON

Mr. and Mrs. Ronald Herbert Johnson of Millersburg announce the birth of a daughter, November 19, 1985 at the Nicholas County Hospital. She weighed six pounds one ounce and has been named Tabitha Nicole.

Maternal grandparents are Mr. and Mrs. Lawrence Robinson and Mr. and Mrs. James Hatfield, Millersburg.

Paternal grandparents are Mr. and Mrs. Herbert Johnson, Burnside.

TOBIN

Mr. and Mrs. Jeffery Dean Tobin announce the birth of their first child, a son, born Nov. 22, 1985 at Central Baptist Hospital, Lexington. He weighed seven pounds, seven ounces, and has been named Duncan Thomas.

Maternal grandparents are Mr. and Mrs. Bobby Duncan, Nicholas County. Paternal grandparents are Mr. and Mrs. Thomas Tobin, Paris. Maternal great-grandparents are Mrs. Gladys Duncan, Carlisle, and Billy Duncan, Paris. Maternal great-great-grandmother is Mrs. Everitt Hill, Ft. Lauderdale.

Wendy Hiller stars

Dame Wendy Hiller portrays the stalwart Lady Bracknell in the "Great Performances" presentation of Oscar Wilde's hilarious 19th century comedy of errors, "The Importance of Being Earnest," on KET Monday, Dec. 2 at 8 p.m.

Hospital notes

ADMISSIONS: Dustin Karrn, Ina Feebeck, Sheila Frymam and baby girl, Bettie Bowles, Paulette Bloomfield, Bertha Stephens, C.L. Stone, Shirley Bowles, Russell Bell IV, Marion Sharp, Arthur Dailey, Brenda Fulton, Crystal Workman, Lurlene Ring, Irene Burns, Ricky Dale, David Hardin, Louise Wade, Connie Watkins, Kathleen Jones, Ruby Trussell, Lisa Hobbs, Ethel Dwelly, Vickie Hons, Carlisle; Jessie Perry, Flemingsburg; Carol Workman, Maysville; Dorothy Davis, Sharpsburg; Jesse Snapp, Cynthiana; Ina Workman, Jessie Smith, Ewing; Crystal Robinson, Moorefield; John Snyder, Lillian Moore, Mt. Olivet; Mary Luman, Germantown; Larry Wagoner, Nicholasville.

DISCHARGES: Settie Ritchie, Connie Watkins, C.L. Stone, Crystal Workman, Shirley Bowles, Gertrude Dorsey Hollar, Joshua Bryant, Ethel Dwelly, Han Motook, Courtney Gum, Irene Burns, Emma Frymam, Bonnie Withrow and baby girl, Marvin Jones, Elsie Gray, Chad Whitaker, Mary King, Dusti Karrn, Bettie Payne, Erva Hartford, Sheila Fryman and baby girl Paulette Bloomfield, Russell Bell IV, Frank Brun, Nancy Gaurve, Lillian Sexton, Carlisle; Glyn Dwyer, Mary Luman, Germantown; Betty Hopkins, Jessie Flemingsburg; Martha Pruitt and baby girl, Roscoe Tolagdi, Margaret Johnson and baby girl, Millersburg; Edgar Wilson, Jonathan Johnson, Dorothy Davis, Sharpsburg; Sandra McConnell, Mt. Olivet; Helen Blake, Paris; Crystal Robinson, Moorefield; Avery Stanfield, Cynthiana; Jessie Smith, Ewing; Larry Wagoner, Nicholasville.

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Thanksgiving Afternoon
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Kay's Kitchen

By Kay Fisher

Please help! I promised someone a recipe for Carrot-Pineapple Muffin — and now I can't find my recipe. If you have one please be good enough to send it to me c/o Kay's Kitchen, Carlisle Mercury, Carlisle, Ky. 40311. My reputation is at stake!

I have my Carrot-Pineapple Muffin recipe and will give that this week. Maybe that will help until the cake recipe turns up or you send one.

CARROT-PINEAPPLE MUFFINS
1 (8¼ oz. can) crushed pineapple, undrained
Milk
2 cups all purpose flour
½ cup firmly packed brown sugar
1 tablespoon baking powder
½ teaspoon salt
2 tablespoons sugar
½ teaspoon cinnamon
¾ cup grated carrots
½ cup vegetable oil
1 egg, beaten
½ teaspoon vanilla

Drain pineapple, reserving juice. Add enough milk to pineapple juice to make ¾ cup liquid. Set aside. Combine next 7 ingredients in a large bowl, stirring until carrots are well coated. Make a well in center of mixture. Combine pineapple-milk mixture, oil, eggs and vanilla. Add to dry ingredients, stirring until just moistened. Spoon into greased muffin pans, filling ⅔ full. Bake at 375 degrees 20-25 minutes. Makes one dozen.

There has also been a request for Dumplings. You might want to try one of the following recipes.

DUMPLINGS FOR STEW
2 cups flour
4 teaspoons baking powder
1 teaspoon salt
1 tablespoons shortening
¾ cup milk

Stir the flour, baking powder and salt. Cut in the shortening until mixture is crumbly. Stir in milk quickly to make a soft dough. Drop by small spoonfuls on top of stew. Try to rest the dumpling on pieces of meat or vegetables so they won't settle into the liquid. Cover tightly and steam for about 12-15 minutes.

LIGHT DUMPLINGS
1 cup flour
1½ teaspoons baking powder
½ teaspoon salt
2 tablespoons shortening
½ cup milk
1 beaten egg

Mix dry ingredients. Cut in shortening until crumbly. Combine milk and beaten egg. Add to dry ingredients. Mix only until flour is moistened. The dough will be soft and should be lumpy. Drop by spoonfuls on top of simmering stew. Cover and steam for 12-15 minutes.

If desired add ¼ cup of chopped fresh parsley to batter.

SOCIETY

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

Health Auxiliary to have workshop

The Nicholas County Health Care Auxiliary will hold a crafts workshop Monday, Dec. 2 at 10 a.m. at the Nicholas County Library.

Craft materials will be furnished and members may bring crafts they are working on for the Dec. 7 Hospital Benefit Bazaar, or receive new materials and instructions at the workshop.

Anyone interested in participating is invited to attend.

Allie Tapp has birthday

Mr. and Mrs. Charles Watkins entertained with a dinner Sunday, Nov. 24 at Carrico Country Club in honor of Allie Tapp, who was celebrating his 69th birthday.

Those attending were Jim, Alice, Jamie and Laura Brumagen of Mt. Olivet; Carl, Elizabeth, Brad and Brian Wills of Lexington; Mrs. Elizabeth Tapp, Steven and Stephanie Duncan, JoAnne and Ashley Hamilton of Carlisle.

Elizaville Church to have programs

The Elizaville Christian Church will be presenting the fourth annual "Living Christmas Tree" Friday, Dec. 6 and Saturday, Dec. 7, 7 p.m., and Sunday, Dec. 8 at 5 p.m.

Constructed in the front of the sanctuary is a 12 foot high, 16 foot wide flocked pine Christmas tree sprinkled with stardust and covered with 2000 white and multi-colored lights. Red poinsettias form the base. Twenty-nine children in the tree will present a variety of Christmas songs assisted by the youth choir.

Rick Powell's "A Country Christmas" featuring an accompaniment of toe-tapping country music will be presented by the adult choir.

Everyone is invited.

Library workshop

The Nicholas County Library will have a Christmas crafts workshop Monday, Dec. 9, 2:30-4 p.m. for students first grade through sixth grade.

Pre-register by calling 289-5595.

— Personals —

Mr. and Mrs. Rick Mattox of Ione and Kent Mattox of Lexington spent the weekend with their mother, Mrs. Jean Mattox.

Mrs. Ralph Shearer and Missy Shearer spent Sunday with Mrs. Shearer's son, Eddy Shearer and Mrs. Shearer of Lexington.

Mr. and Mrs. John Boyd and Leah of Frankfort and Mr. and Mrs. Roland Boyd attended the Royal American Horse Show in Kansas City, MO., Nov. 13-17. Leah participated in the show and placed fourth and fifth in the two classes she rode in.

Willmer Halcomb and brothers Clarence Halcomb of Hamilton, OH and Ross Halcomb of Monticello have returned from a week's fishing trip at the Outer Banks, NC.

Mr. and Mrs. Bill Bond of Bourbon County has been moved from the Good Samaritan Hospital to the St. Joseph Hospital where he submitted to heart surgery on Monday. Mrs. Ron Mansfield, Marina Del Ray, CA, his daughter, is here to be with him.

Mrs. George McCann of Bourbon County spent Sunday and Monday with her brother-in-law, Charles McCann and Mrs. McCann.

A.V. (Doc) Allison was transferred from the Nicholas County Hospital to the St. Joseph Hospital, Lexington on Sunday.

Mrs. Fayann Judge Ervin is hospitalized at Fort Logan Hospital in Stanford.

'Token of Our Esteem' is fun, well cast play

The Theater Arts group of Nicholas County High School presented a three-act comedy "A Token of Our Esteem" to an enthusiastic audience Friday night, Nov. 22, as well as to the elementary school on Wednesday and the high school on Friday.

Mrs. Debbie Vice, the director, has a knack for choosing a script that is fun for viewers and for selecting a cast who act their parts with gusto.

On stage during most of the action were Johnny Sibert, Cami Clark, Derek Zachary, Shelly Hamilton, Henry White, Alison Hooker, Kevin Ritchie and David Willoughby, related family members who really became a family — eccentric, conniving and slightly addled though they were. Chris Knapke was a show stealer in his portrayal of the ga-ga old Uncle Potiphar.

Supporting roles were played by Leola Cleaver, Phillip Coldiron, Jerry Hollar, Amenia Hunt, Melissa Ritchie and Jill Irvin. Girls from the camp were Tamila Anderson, Lesley Duncan, Kelly Howard, Gretchen Judge, Pam Kirby, Leslie Thornton and Tonya McCarty.

Set construction, sound effects and props were ably handled by Derek Zachary and crew.

At the conclusion of the play the cast presented Mrs. Vice with a silver cup as "a token of their esteem."

Darrin Keith Snapp

Has birthday

Darrin Keith Snapp, son of Mr. and Mrs. Glenn Snapp, Route 3, Carlisle, will celebrate his first birthday Friday, November 29.

Darrin is the grandson of Mr. and Mrs. Robert Barnard of Falmouth and Mr. and Mrs. Kenneth H. Snapp Sr. of Carlisle.

Girl Scout fund drive

Mrs. W.R. Kingsolver of 200 Shepherd Hills Road, Carlisle, has been named chairman of the 1985 Nicholas County Annual Giving Campaign for the Wilderness Road Girl Scout Council.

"This fund drive is very important to the Girl Scouts in our community," said Mrs. Kingsolver. "Contributions from businesses and individuals enable the Girl Scouts to distribute program and training information, and to provide other support services, to leaders and girls in our area."

There are currently 106 girls and adults involved in Girl Scouting in Nicholas County.

Mrs. Kingsolver announced that she will be soliciting contributions during the next few weeks. All contributions to the Wilderness Road Girl Scout Council are tax-deductible.

Announcement

The County Clerk's Office will be closed Thursday, November 28, 1985 (Thanksgiving Day) and Friday, November 29, 1985.

The computer system for licensing motor vehicles will be down on Friday. We will be open on Saturday, November 30, 1985 from 8:00 A.M. to 12:00 Noon.

Sorry for any inconvenience.

Rose Scott, Clerk

Mrs. Robert Lee Sosby

Miss Caskey weds Mr. Sosby in Saltwell Methodist Church

Miss Sheila Beth Caskey, daughter of Mr. and Mrs. Donald E. Caskey, and Robert Lee Sosby, son of Mr. and Mrs. Leonard Sosby, all of Carlisle, were united in marriage November 9, 1985 at the Saltwell United Methodist Church with the Rev. Randy Coleman officiating at the double ring ceremony.

Mrs. Cathy Coleman was the pianist. Cathy S. Mathes and William Bean were the vocalists.

The bride, given in marriage by her father, wore a floor length gown featured of white silk organza over taffeta. The gown featured a fitted basque styled waist with a fitted bodice and featured a scalloped sweetheart neckline. The bodice was trimmed in alicon lace, tiny seed pearls and glittering sequins. The sleeves were puffed at the shoulders, tapered to a point at the wrists and were covered with the alicon lace. The skirt fell into a cathedral length train with an organza ruffle around the entire bottom of gown and train. The ruffles continued up the back of the skirt, with a bow accenting the waist at the back. Medallions of lace, tiny seed pearls and glittering sequins accented the skirt. She carried a cascading bouquet of white carnations accented with isiniature pink and lavender carnations and baby's breath.

Miss Michelle Maze, maid of honor, wore a floor length gown of lavender featuring a fitted waist and bodice, accented with a wide satin sash. The bodice featured a sweetheart neckline with short gathered sleeves. Lace sleeves accented with satin bows. The skirt was full flowing, worn over a hoop, accented with scalloped venice lace and satin bows.

Mrs. Christy George Smith, matron of honor, wore an identical gown of creme.

Miss Shawna French and Miss Becky Fryman, bridesmaids, were matching gowns of pink. All attendants carried lavender, creme and pink carnations accented with baby's breath and matching satin ribbons.

Miss Rachel Ecton and Miss Lauren Heiser were flower girls.

Danny Dampier, cousin of the groom, was the best man.

Billy Sosby, brother of the groom, Chuck Smith and Johnny Mynear were groomsmen. Phillip Holland, cousin of the bride, Tommy Wagoner and Mike Dampier, cousins of the groom, were ushers. Andy Clark was the ring bearer.

Mrs. Dawn Curran Letcher presided at the guest book, with Miss Anita Smith handing out scrolls. Candles were lit by Emmett Smith Chris and Michael Ecton laid the isle cloth.

Following the ceremony, a reception was held at the church with Dana and Debbie Caskey, cousins of the bride, Melanie Minton and Missy Brumagen as hostesses.

Mrs. Sosby is employed at Johnson-Mathers Health Care. Mr. Sosby is employed at Bluegrass Coca Cola in Lexington.

The couple have returned from a short honeymoon trip to Cumberland Falls and are residing at 1500 Mt. Mariah Road, Carlisle.

Attend dedication of war memorial

Don and Bill Guthrie of Carlisle were in Owingsville Sunday, Nov. 10 to attend the dedication of a monument to the Bath County war dead. The name of their brother Marine PFC Ollie Guthrie Jr. was among names listed on the monument.

Guthrie, a resident of Sharpsburg Route 1, was killed in action in Iwo Jima in February of 1945. He attended Carlisle High School before enlisting in the Marine Corps.

Recent bride has showers

Mrs. Robert Lee Sosby, a recent bride, has been the incentive of the following showers:

Janie Smith entertained with a kitchen shower October 4 at the Rose Hill Methodist Church.

Norma Jean Whaley and Edith Dale hosted a miscellaneous shower October 13 at the home of Mrs. Whaley.

Debi Ecton had a miscellaneous shower Oct. 18 at the Carlisle Depot.

Bertha Wagoner hosted a miscellaneous shower October 26 at home.

Christy Smith, Michelle Maze and Shawna French entertained with a miscellaneous shower October 27 at the Smith home.

Correction, please

Margaret E. Hamm, daughter of Mr. and Mrs. James A. Hamm, a student at Agnes Scott College, is a graduate of Bourbon County High School, not Nicholas County High School as stated in last week's Mercury.

Tropical Tan
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Are you going to a Christmas or New Year's Dance? Now is the time to start your tan for the holiday season.

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Health Tips from Lee Rose

Preventing diabetes?

Diabetes mellitus is a condition characterized by an excess of sugar in the blood and/or urine. It develops due to the body's inability to make appropriate use of food as a result of insufficient availability of insulin. Current statistics show one person in 20 will develop diabetes.

/Diabetes Month customarily focuses on the care of those persons with diabetes, but in this column we will discuss its prevention.

The prevent a problem, usually a cause must be known. With diabetes one particular source has not been identified, but researchers think they have found common contributors. Overweight, heredity, certain viruses which affect the pancreas, and environmental factors are considered to predispose one to diabetes.

Heredity seems to play a strong role. None of us choose our inheritance, but if diabetes is a part of our family medical history, we may with careful planning avoid ever having it, delay its onset, or reduce its severity.

With the knowledge that a relative or relatives have had diabetes, we can avoid becoming overweight by following a nutritionally balanced diet high in fiber and complex carbohydrates, and omitting refined sugars, excess cholesterol and fats.

STOP SMOKING!

Routine exercise must become a way of life to keep the lungs, heart and blood vessels functioning normally. Many people whose work includes physical exertion fail to recognize the need for additional exercise. However, it is necessary to choose an aerobic type of activity such as biking, walking or swimming which is sustained for at least 30 minutes a day, a minimum of three days a week for healthy heart and lung function.

If you say these are all common sense guides for a healthy lifestyle for everyone regardless of family history, you are correct.

Not only will you be protecting yourself from diabetes, but high blood pressure, hardening of the arteries and countless other diseases.

The best news concerning this type of prevention is it's free to you, but only you can initiate and maintain it!

For more information concerning this column and indoor winter aerobic activities, contact Lee Rose at the Nicholas County Health Center, phone 289-2185.

Gaunce trains in Bold Eagle 86

Air Force Senior Airman Roy E. Gaunce III, son of Roy E. Gaunce Jr. of 353 West Main Street, Carlisle, and Mary G. Holland of 209 Rose Court, Berea, has participated in Bold Eagle 86, a joint service readiness exercise held at Eglin Air Force Base, Fla., involving 12,000 service members from all elements of the Department of Defense (DOD).

Gaunce is an administration specialist with the 438th Organizational Maintenance Squadron at McGuire Air Force Base, N.J.

His wife, Brenda is the daughter of William C. Sanderfer of 1408 Constitution Court, Jacksonville Beach, Fla.

Nature's wonderss

A Kentucky Thanksgiving

by Julie Smither

Kentucky is beautiful, isn't it?

Do you take the time to look at it, to really appreciate it — the sun setting over deep green hills, deer bounding into the forest, creeks splashing and sparkling in the sunlight?

Kentucky is very rich...maybe not in money, but in nature. Mountains, cloud-topped and forested, tower above us in eastern Kentucky, creeks meander through the rolling green pastures of the Bluegrass, thousands of ducks and geese darken the skies over the lakes and swamplands of western Kentucky.

Because of these unique features, Kentucky has many more and different species of plants and animals than many other states. However, what we see today is just a fraction of what Daniel Boone saw when he first arrived.

WHERE ARE the prairies which covered much of western Kentucky, thousands of acres of grasses taller than a man on horseback. Where are the herds of bison and elk which grazed those prairies? Where are the forests with trees so tall that walking beneath their towering branches was like being in a cathedral?

In just 200 years, man has forever changed Kentucky's land and waters. Only a few acres of the tall grass prairie have been preserved. Much of the Bluegrass has been turned into suburbs and city streets. Less than 500 acres in all that is left of the 23 million acres of virgin timber. Over half of the known wetlands have been drained. Many more thousands of ducks and geese darken the skies over the lakes and swamplands of western Kentucky.

WHY IS IT significant that parts of our natural heritage have been lost? Though you may take it for granted, you have been fortunate to live your life in one of the most beautiful places on earth. Will your grandchildren have the same privilege?

Scattered across the state are remnants of Kentucky's original wilderness, unique areas containing what's left of our natural heritage. There are a few Kentuckians who recognize the importance of preserving these special places on their land.

These landowners have registered these areas in the Kentucky Natural Areas Registry, a joint program created by The Nature Conservancy, a non-profit conservation group, and the Kentucky Nature Preserves Commission, a state agency. This non-binding, non-regulatory program awards plaques to landowners who have, through their willingness to protect a part of our common Kentucky heritage, earned the appreciation of all Kentucky citizens.

GOVERNOR Martha Layne Collins recently expressed her appreciation to these landowners at an awards luncheon held in the Governor's Mansion where owners of 18 registered areas were recognized.

So, at this time of thanksgiving when our thoughts turn to our founders and our heritage, let's give thanks — thanks that we live in such a beautiful and rich state, and thanks to those landowners who are safeguarding the best that remains of our natural world.

The art of self defense

by John M. Keith, Jr.
Commonwealth Attorney

The oldest and most serious crime known to mankind is murder. Throughout history and in the way back to Biblical times, the penalty for this offense has always been the most severe under the law. But just as old and ancient as that grave crime is one of its few justifications — self defense.

Just as persons have the right to defend and protect their homes, they also have the privilege to protect not only themselves, but others who are in immediate danger. The amount of force that a person is entitled to use under the law may differ depending upon the situation, however.

The law normally follows the principle that a defender is only allowed as much force as is necessary to protect himself and cannot use an attack by an aggressor as an excuse to "overkill" in responding.

"Deadly physical force," which means force that is used for the purpose of causing death or serious physical injury, may only be used when the victim believes that such force is necessary to protect himself or herself against death, serious physical injury, kidnapping or sexual intercourse committed by force or threat.

ONCE AGAIN, it is important to note that it is not as the situation really is that counts, but as the defender believes it to be. This gives great flexibility.

In other words, a woman walking down a dark street at night who is being attacked from a dark alley by a man dressed in topcoat and hat might be justified in using deadly physical force — a pistol or a knife — in repelling the assailant even though he may turn out later to be a harmless drunk incapacitated from harm from inflicting any serious injury upon the victim.

A grown man, on the other hand, repelling an assailant of his size or smaller at the beach where the attacker is obviously unarmed, would not be justified in gunning down the wrongdoer.

NEITHER does the law allow a person to use excessive force in defending himself. An attacker that comes at a person with a knife and is answered by a gunshot wound to the arm and who flees, cannot be gunned down a block and a half away by the victim under the self defense justification.

The overriding theme of self defense is that human life is invaluable, and that if it is either "your life" or "his life," the taking of it is justified. But, it is not only "necessary" in the eyes of the victim, the law affords that person no protection.

The use of force would also be justified in the protection of another person. But, one great difference must be noted in this regard. The justification for it is no longer in the eye of the beholder, but must be based upon the circumstances as they actually exist.

For instance, a person, walking upon a scene when another has a knife drawn over the head of an apparent victim would not be legally protected when he guns down the would-be assailant and finds out later that both persons were good friends simply joking around, with no harm intended by either.

MANY PEOPLE understandably criticize this one great difference between protection of another and protection of one's self. It probably discourages persons from getting involved in the protection of other people when the situation appears so hectic and calling for action now and questions later.

The right to take the life of another in protection of one's self is a longstanding and well recognized rule of law. It carries with it, however, a requirement that each person act with a reasonable amount of common sense.

Commonwealth Comments

Letcher top winner at science fair

Dawn Curran Letcher of Carlisle was recognized as the winner of the Northeast Kentucky Regional Science Fair at the Kentucky Academy of Science's 71st annual meeting held recently at Morehead State University.

Letcher, a student at Nicholas County High School, was sponsored by Kathy G. Green.

KAS is a statewide organization of scientists from business, industry and education. As part of its commitment to promoting science in the state, KAS sponsors regional science fairs and the Kentucky Junior Academy of Science.

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THANKSGIVING
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At this special time of the year, Thanksgiving, we should each pause and give thanks to God for our many blessings.

Some of us may think we don't have anything for which to be thankful until we see those less fortunate such as in Africa, Columbia, and other countries.

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