'Sesame Street' trip

Community Action Head Start children enjoyed a trip to Rupp Arena in Lexington to see, Sesame Street', March 15. 36 children, Rural Area Coordinator Margaret Hunter, and teachers Mary Crawford and Debbie McCarty rode the local bus. — Photo submitted

Head Start youngsters take trip to Rupp

Some of the students in the Community Action Nicholas County Head Start "took a trip to 'Sesame Street'", March 15 when they attended the Saturday matinee performance of 'Sesame Street Live' at Rupp Arena as the guests of WLEX–TV.

WLEX—TV arranged to provide Saturday matinee tickets for 300 children throughout Central Kentucky. Nicholas County's Head Start was one of 11 programs chosen to receive the complimentary tickets.

Rural Area Coordinator Margaret Hunter and teachers Mary Crawford and Debbie McCarty joined the group of 36 for the trip on the local Head Start bus. The bus had a special look that day, with a "Big Bird" and "Bert and Ernie" smiling from the windows. The skillful art decorations on the bus were the work of Community Action's Building Superintendent, Ralph Clark.

There was an additional bit of excitement for the Nicholas Countians, too. Pictures of the group appeared on WLEX–TV's 6:00 p.m. News Saturday, as representatives of all of the 300 boys and girls (of all ages) who attended the show as guests of Channel 18. A WLEX–TV News photographer joined the group on the bus as it left the Community Center in Carlisle.

— Births announced —

FINCH

Mr. and Mrs. E. Douglas Finch Sr. of Cullman, Ala. announce the birth of a son, James Daniel, March 24, 1986. He weighed six pounds seven ounces.

Maternal grandparents are Mr. and Mrs. Angelo Villani of Russellville, Ark.

Paternal grandparents are Mr. and Mrs. Sam Finch and paternal great-grandparents are Mr. and Mrs. Luther Hollar, all of Carlisle.

CLARK

Mr. and Mrs. Ronnie Clark announce the birth of a daughter, Lyndsay Kate, March 21, 1986 at Mary Chiles Hospital, Mt. Sterling. She weighed six pounds, 13 ounces.

Maternal grandparents are Elaine Hardwick and Kenneth Hardwick.

Paternal grandparents are Mr. and Mrs. Ralph Clark.

LYONS

Mr. and Mrs. Robert Lyons, Sycamore Street, announce the birth of a daughter, Ginger Danielle, April 3, 1986, at Harrison Memorial Hospital, Cynthiana. She weighed seven pounds 15 ounces.

Maternal grandparents are Mr. and Mrs. Leonard Irvin, Jr. Mt. Olivet

Paternal grandparents are Mr. and Mrs. Kenneth Lyons, Carlisle.

Maternal great-grandparents are Mr. and Mrs. Carl Letcher and Mr. and Mrs. Kenneth Ferbach both of Carlisle.

Paternal great-grandparents are Mrs. Eliza Lyons, Carlisle, and Mr. and Mrs. Rex Spencer of Beattyville.

Dougherty Lodge

Dougherty Lodge No. 65 F & AM will meet Friday, April 11, 7 p.m. at the lodge. Everyone is urged to attend.

Kay's Kitchen

By Kay Fisher

With the spring-like weather calling us out of doors, and the annual spring cleaning needing to be done inside, there seems to be little time for cooking and planning meals. Perhaps the following recipes will help. They are quick and easy to prepare. The Hamburger Stroganoff will serve four. If that isn't enough for your family, you may double the recipe. Adjust seasoning to taste.

HAMBURGER STROGANOFF

2 tablespoons cooking oil
½ lb. ground chuck
¼ cup drained, canned sliced mushrooms
1 small onion, diced
1½ cups uncooked medium noodles
1½ cups tomato juice
1 teaspoon Worcestershire sauce
1 teaspoon celery salt
Salt to taste
¼ teaspoon thyme
Dash of pepper
½ cup sour cream
Chopped parsley

Heat oil in Dutch oven; brown meat and saute mushrooms and onion. Drain off excess oil. Spread uncooked noodles over meat, onion and mushrooms. Combine tomato juice, Worcestershire sauce, celery salt, salt, thyme and pepper; pour over noodles. Cover and simmer for 25 minutes, stirring often. When ready to serve stir in sour cream and sprinkle with parsley.

To make the meal complete serve tossed salad and French bread.

PORK AND RICE BAKE

Place ¾ cup uncooked long-grain rice in a 13x9x2-inch baking dish. Add one (1 lb. 13 oz.) can tomatoes, ¼ cup chopped green pepper, ½ teaspoon chili powder, ½ teaspoon salt and dash of pepper. Mix well, breaking up larger pieces of tomato.

Arrange five ½-inch thick pork chops on top of rice mixture; sprinkle chops with salt and pepper. Top each chop with a slice of onion. Cover tightly with foil. Bake at 325 degrees for 1¼ hours. Remove foil. Sprinkle with 1 cup shredded Cheddar cheese. Place a green pepper ring and a few mushrooms on each onion-topped chop. Return to oven 10-15 minutes longer.

***

Instead of serving a salad with the Pork and Rice Bake, serve Baked Cheesy Peaches.

6 canned peach halves
1 tablespoon margarine or butter, melted
6 tablespoons chutney

Place drained peaches, cut side up, in baking dish. Brush with melted margarine. Spoon 1 tablespoon chutney into center of each peach half. Bake in 325 degree oven until heated through. Do this during the last 10 or 15 minutes the Pork and Rice Casserole cooks.

This saves serving a dessert too.

SALMON FLORENTINE

2 (10 oz.) packages frozen chopped spinach
1 (10½ oz.) can condensed cream of chicken soup
¼ cup shredded American cheese
¼ cup sherry
2 tablespoons mayonnaise
1 teaspoon or more lemon juice
1 teaspoon Worcestershire sauce
1 (1 lb.) can salmon, drained
1 cup soft bread crumbs
3 tablespoons melted margarine

Cook spinach according to directions and drain well.

In saucepan combine soup, cheese, wine, mayonnaise, lemon juice and Worcestershire sauce; bring to boil. Blend ½ cup of the sauce with the spinach, and pour into baking dish. Break salmon into chunks, discarding skin and bones, and layer over spinach. Spoon remaining sauce over top of salmon.

Combine bread crumbs and melted margarine and sprinkle over all. Bake at 350 degrees until bubbly and top toasted.

Serve with boiled potatoes topped with minced parsley, butter and pepper. A congealed fruit salad or dessert will top off the meal.

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SOCIETY

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

Miss Susan Planck to marry April 11

Miss Susan A. Planck, daughter of Mr. and Mrs. Amos Planck and Gregory K. Smood, son of Mr. and Mrs. Jimmy Smood, will be married Friday, April 11, 7:30 p.m. at the Assembly of God Church.

All friends and relatives are invited.

Tracy Shaw completes class

Miss Tracy Shaw, daughter of Mr. and Mrs. Jimmy Shaw, has completed her basic modeling and self improvement classes at Vogue of Lexington Modeling School and Talent Agency in the Lansdowne Shoppe. She has completed professional classes in high fashion runway, t.v. commercial, acting and photo modeling.

Tracy will also be attending the international model and talent competition in Miami Beach, FL April 16-22. Miss Shaw hopes to do local fashion shows and t.v. commercials with the Vogue of Lexington Agency.

VFW Auxiliary

The V.F. W. Ladies Auxiliary will meet Monday, April 14, 6:30 p.m. at the post.

There will be an election of officers and all members are urged to attend.

Forest Retreat Tour cancelled

The Forest Retreat Open House Tour and Luncheon for May 18 has been cancelled due to a death and illness in the Asbury family.

Hospital offers nursing class

The Nicholas County Hospital Nursing department will sponsor a continuing education offering "MAST Suits" anti-shock trousers) Thursday, April 24 at 11: 45 a.m.-2:30 p.m. or 3: 00 p.m.-6: 45 p.m.

Guest speakers for the program will be provided by the STAT Flight helicopter nursing crew from Humana Hospital University, Louisville.

This offering has been approved by the Kentucky Board of Nursing for two contact hours and the cost for the program is $5.00.

For registration or other information contact Melanie Gifford, R.N., Staff Development Coordinator, 289-7181.

Matrons and Patrons to meet

The Past Matrons and Past Patrons Club of Marie Chapter No. 259 Order of the Eastern Star will have their regular meeting on Thursday, April 10, at 6:30 p.m. at the Masonic Hall. A potluck supper will be served.

All members are urged to attend.

School menus

April 14-18

HIGH SCHOOL

Monday, chicken pattie on bun, macaroni and cheese, sliced tomatoes, cookie or cake. Tuesday, taco salad, nacho chips, buttered corn, orange or apple. Wednesday, fried chicken, green beans, whole potatoes, fruit. Thursday, grilled cheese sandwich, chilled tomatoes, potato chips, pinto beans, jello with fruit. Friday, roast beef sandwich, au gratin potatoes, tossed salad, fruit.

ELEMENTARY SCHOOL

BREAKFAST — Monday, pop tart, juice, milk. Tuesday, mini donut, juice, milk. Wednesday, cereal, juice, milk. Thursday, toast and jelly, juice, milk. Friday, ham and biscuit, juice, milk.

LUNCH — Monday, hamburger, lettuce and tomato, pinto beans, onion rings. Tuesday, pizza, corn on tossed salad, fruit. Wednesday, fried chicken, green beans, mashed potatoes, apricots, bread. Thursday, hoagie sandwich, cheese slice, baked beans, french fries, cookie. Friday, barbecue on bun, mixed vegetables, lettuce wedge, ice cream.

Country Club elects directors

Carnico Country Club held its annual stockholders meeting Friday, April 5, 8 p.m.

The following directors elected for three years were, Jerry Hutchinson, W. N. Young and Billy Hopkins. Jim Wolf was elected for one year to fill the term of Eddie Day, who resigned.

Mrs. Bobby Hatton has been hired as manager of the club.

Methodist Women to attend retreat

The spiritual life retreat for the United Methodist Women of the Maysville District will be held April 18, from 6-9 p.m. at the Vanceburg United Methodist Church.

This year's theme will be, "You Are My Witness." The host church will have the special music.

The speaker will be the Rev. Cecil Eric Scheess, Boomhall Australia. He is currently the associate director for the Department of Missions and Parish Services, and a Home Mission Consultant, for the Uniting Church in Australia. Rev. Scheess serves in the Queensland Synod, of the Uniting Church.

The Vanceburg United Methodist Church is located on Main Street directly across from the courthouse.

Woman's Club to meet Monday

The Carlisle Community Woman's Club will meet April 14, 7:30 p.m. at the home of Mrs. John Hall, 271 Elderberry Dr. (Lake Carnico, Section E). Mrs. Mark Hughes will give the spiritual values.

The program will be given by Gladys Shroat, who will demonstrate basket weaving.

Hostesses for the evening will be Mrs. Gary Heed and Mrs. Blaine Price.

NCHS '81 class to plan reunion

There will be a meeting of graduates of the 1981 class of Nicholas County High School Thursday, April 17 at 7:30 p.m. in the basement of the Nicholas County Library.

Plans will be made for a five-year class reunion to be held this spring or summer.

A good turnout is expected in order to plan a successful reunion.

For further information, call Sandy Caswell Davis, 484-3265 after 3:30 p.m., or see Jane Ellen Dampier Grimes at West End Market.

W.N. Young gets bank promotion

William N. Young, III, Dallas, TX., son of Mr. and Mrs. W. N. Young, has been transferred from MCorp Cooperative Accounting to Mbank Dallas in investment accounting. MBank is a subsidiary of MCorp.

Mr. Young is an assistant vice-president and manager of capital marketing.

Lexington balloon

Mike Booth is shown holding a balloon he and his father Herbert took out of a tree on their farm on Cane Run Road. The balloon was launched from Johnson School in Lexington by Lee Tinsley, and was found Wednesday, April 2. — Photo submitted

— Personals —

Mr. and Mrs. Gil Fickle and family of Columbia, SC have returned home after spending last week with her sister, Mrs. Billy House, Mr. House and family.

Dr. and Mrs. James Moore of Lexington and Mrs. B.E. Champion of Ft. Thomas, spent last Friday afternoon with Miss Isabelle Knight.

Mrs. David Wilson of Louisville and Mrs. King Buckley have returned from a week's vacation in Tennessee, Alabama and Georgia.

Robert Earl, Sean David and Edgar Allen Carson of Paris will be visiting their grandparents, Mr. and Mrs. Robert Carson during spring vacation.

Mr. and Mrs. R.E. Pittman of Lexington and Mrs. Woodrow Wilson have returned from a 12-day vacation at Treasure Island, FL.

Mrs. Paul Smith, Mrs. Lloyd Wemyss and Kristian of Lexington, Mrs. Teddy Shaw and Mrs. Jimmy Shaw spent Thursday with Mr. and Mrs. Jesse Shaw.

Mrs. Olga LeBlanc of Long Beach, CA spent last week with Mrs. James Judge.

Mrs. W. B. Buntin Jr. of Frankfort visited her mother, Mrs. Hazel Henry at Johnson-Mathers Nursing Home on Sunday.

Christie, Emilee, Jeffery and Jamie Hays of Maysville spent the weekend with their aunt, Mrs. Barry Ruark and Mr. Ruark.

Mr. and Mrs. W.B. Parker spent the weekend in Huntington, W. VA. While there they visited Mr. and Mrs. Bill Curnutte of Russell, Ky. Mr. Curnutte is recuperating from a stroke.

Mr. and Mrs. Kenneth Snapp of Leitchfield spent the weekend with her sister, Mrs. Woodrow Wilson.

Mr. and Mrs. Edward Bowen and Mrs. Hazel Brewer of Pawnee, IL., Mrs. Sue Gillmore of Point Arena, CA, Ben Dale of Paris and Mr. and Mrs. Bobby Clines and Tammy were dinner guests of Mr. and Mrs. Robert Carson on Sunday.

Mr. and Mrs. Warren Fisher and Mrs. Lula Fisher attended the Kentucky Press Association Advertising Seminar held in Bowling Green, Thursday and Friday, April 3 and 4

Hospital notes

March 29 - April 3, 1986

ADMISSIONS: George Bentz, Martha Minton, Helen Phillips, Howard Ritchie, Alma Hilander, Everett Green, Wilburn Clark, Edward Booth, Pam Jolly, Nancy Jones, Alma Cloyd, Raymond Shroat, Carol Fryman, Lorella Stephenson, Alma Clinkenbeard, Carlisle; Mary Hill, Moorefield; David Gray, Charles Curtis, Tonja Fryman, Jackie Cox, Richard Vanlandingham, L. C. Cord, Sallie Curtis, Ewing; Betty Morgan, Chester Poe, Goldie Riggs, Mt. Olivet; Roscoe Talbott, Millersburg.

DISCHARGES: Otis Caswell, Jr., Clara Brookshire, Robert Snapp, Angela Withrow, Shirley Mynear, Robyn Fryman, Mary Farah, George Bentz, Carol Fryman, Emily Wolf, Martha Minton, Jessie Mitchell, Edward Booth, Alma Cloyd, Emma Bussell, Helen Phillips, Pam Jolly, Wilburn Clark, Carlisle; Charlotte Chatterley, Hallie Ruark, David Gray, Charles Curtis, Jackie Cox, Tonja Fryman, Ewing; Kathie Osborne, Sharpsburg; Tonja McCarty, Mt. Sterling; Dollie Fogleman, Tollesboro; Oney Gifford, Betty Morgan, Mt. Olivet; Mary Hill, Moorefield.

Retired Teachers to meet Monday

The Nicholas County Retired Teachers will meet Monday, April 14, 2 p.m. at the Nicholas County Library.

Mrs. Annabelle Burden, president, will give a report on the State Retired Teachers Association meeting in Louisville last week.

Hostesses will be Mrs. Joe Grimes, Mrs. Miranda Wilson, Misses Edna and Louella Huddleson and Miss Earl Botts.

Pleasant Valley Church receives attendance honor

The Sunday school at Pleasant Valley Church of God, Route 1, Ewing, Nicholas County, has been recognized for positive (significant, outstanding) growth in attendance this past year.

Recently, the Sunday school received the Sunday Growth Award from the national offices of the Church of God, Anderson, In. It is one of 500 Sunday schools that have been recognized for achieving a growing pattern of ten percent or more throughout the past 12 months.

The Rev. Scott Briggs and superintendent Lowry McCord extend a welcome to all persons to visit their Sunday school which meets from 10:00–10:45, every Sunday morning.

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Egg-stra special!

Shasta Clark, in front with egg, was the winner of the Easter egg decorating contest in Georgia Becker's morning Kindergarten class. She is pictured with the rest of the class. Shasta is the daughter of Mr. and Mrs. Ronnie Clark. — Submitted photo

Ford's Footnotes

by Senator Ed Ford

For all practical purposes, the 1986 session of the General Assembly is now in the history books, as we have completed our work and have left the Senate Chamber in Frankfort to return home.

In our wake, we have left behind detailed spending plans for state government for the next two fiscal years, as well as a myriad of new laws that we hope will make Kentucky a better place to live.

Senate and House conference committees spent the last few days of the session working out details of compromise agreements on several bills, including the budgets for the three branches of state government.

In the final version of the executive-branch budget, we agreed to spend nearly $13.4 billion over the biennium.

Our budget is a solid program for financing government that addresses the needs of Kentuckians. And it is a conservative budget. We did not spend every dollar that we anticipate receiving over the next two years. We have purposely set aside a reserve trust fund of $50 million for each year of the biennium. Considering that reserve, and our anticipated revenues, it is possible the state could end the 1987-88 fiscal year with a surplus of $150 million.

Our budget doesn't scrimp on the things that are most important to the future of Kentucky. For instance, we continued the commitment we made to elementary and secondary education during last year's special legislative session. We have included full funding for the educational-improvement package that we put together then.

There is also money in the budget for Centers of Excellence at state universities, in an effort to attract the brightest students to our campuses. And we included funding for upgrading the salaries of faculty and staff at those universities, as an incentive for the best to stay and work with our young people.

Our highways will be in line for much-needed repairs, thanks to the money we anticipate receiving from an increase in the gasoline tax. We have earmarked some of that additional money to pay off some of the bonds the state has issued for the Road Fund. That move will free up more money for roads in the future by reducing the amount we pay in interest on that debt.

In the area of social services, we voted to expand the prenatal care program and put in $1 million for drug- and alcohol-abuse programs.

We also appropriated money to build a new 500-bed medium-security prison in Morgan County, a step toward relieving prison overcrowding.

For me personally, I consider this a very successful session; however, I did suffer a great disappointment when Senate Bill 256, the "bottle bill," failed to pass the House. I have real concerns about the constant spreading of litter up and down our highways and roadsides. If the new plastic can that is being introduced by Coca Cola becomes a reality, we will all live to regret this piece of legislation failing to pass.

The only thing left for this legislative session is to return to Frankfort on April 14 to consider any vetoes the governor may have issued.

Ambulance runs

March 21–April 5, 1986

March 31, 1:45 p.m., Transported Leonard Hunt from home to Nicholas County Hospital.

March 31, 2:45 p.m., Transported Leonard Hunt from Nicholas County Hospital to V.A. Hospital, Lexington.

March 31, 5 p.m., Transported Nathan Scruggs from Home to V.A. Hospital, Lexington.

March 31, 11:56 p.m., Transported Nathan Scruggs from V.A. Hospital, Lexington, to home.

April 1, 9:45 a.m., Transported Susie Dailey from Nicholas County Hospital to Good Samaritan Hospital, Lexington.

April 1, 12 p.m., Transported Sallie Higginbotham from Johnson-Mathers Health Care to home.

April 1, 6:30 p.m., Transported Nancy Jones from home to Nicholas County Hospital.

April 2, 9:45 a.m., Transported James Hall from wreck site on U.S. 68 to Nicholas County Hospital.

April 2, 9:45 a.m., Transported James Jones from wreck site on U.S. 68 to Nicholas County Hospital.

April 2, 10:30 a.m., Transported James Hall from Nicholas County Hospital to Central Baptist Hospital, Lexington.

April 2, 10:30 a.m., Transported James Jones from Nicholas County Hospital to Central Baptist Hospital, Lexington.

April 2, 9:05 p.m., Transported Robert Berryman from home to Nicholas County Hospital.

April 2, 10:40 p.m., Transported Robert Berryman from Nicholas County Hospital to St. Joseph Hospital, Lexington.

April 3, 12:25 p.m., Transported Leonard Hunt from Nicholas County Hospital to St. Joseph Hospital, Lexington.

April 3, 7:40 p.m., Transported Robert Dampier from Nicholas County Hospital to St. Joseph Hospital, Lexington.

April 4, 12:20 p.m., Transported Abbie Cundiff from home to Nicholas County Hospital.

April 5, 7:15 p.m., Transported Abbie Cundiff from home to Nicholas County Hospital.

4-H Council Meeting

by Terry Prather

The Nicholas County 4-H Council will be holding its bi-monthly meeting Thursday, April 10, at 7 p.m. in the "little courtroom" of the courthouse. The program will include Anna Lucas, State 4-H Specialist, to speak on the responsibilities of a 4-H council. Everyone who has an interest in 4-H is invited to attend. We need your help to be a success.

The 4-H program of the Cooperative Extension system provides educational opportunities for nearly 4.3 million youth between the ages of 9-19. They live in both urban and rural areas. One of the greatest strengths of 4-H is the diversity which enables it to address the needs of youth. 4-H is the only youth program which has direct access to the knowledge, theory and research- all of the advances of the land grant university system.

The variety of 4-H activities offers today's youth the direct, hands on "learning by doing" application of knowledge in exploring over 100 potential career related projects; many of them in agriculture and related areas. Today, the program content of 4-H by projects shows 21 percent related to agriculture, 28 percent to home economics, 19 percent to natural resources, 11 percent to community development and 20 percent to all other projects. 4-H focuses on the development of the whole child. 4-H is experience centered, allowing members to enjoy creating their own meaningful project experiences with guidance from parents and leaders.

Youth enrolled in 4-H participate in programs planned and initiated by Extension personnel in cooperation with volunteer leadership. Last year 630,409 4-H volunteer leaders throughout the U.S. worked directly and indirectly with youth. 4-H volunteer leaders assist 4-Her's in 4-H project activities. Many are needed to serve on local advisory boards.

The 4-H program can be a very rewarding experience for your child with your help. The Nicholas County 4-H program is filled with the ability and opportunities to prosper and grow. The program is in need of volunteer leaders to help put the plans into action.

HONDA'S OPEN HOUSE!

YouWin! Everyone wins at Honda's Spring Getaway-Giveaway! If you're a licensed driver, sixteen or older, you have a chance to walk away with a VCR, watch, jacket, tank bag, sunglasses or cooler cup while they last. Want to keep on a winning streak? Look at the 86 Hondas. Then buy one. How can you lose?

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Reading preference highlighted during NLW Apr. 6-12

Kentuckians' leisure time reading preferences are highlighted in a display commemorating National Library Week April 6-12 at the State Capitol.

The display, based on findings of a statewide survey of public library users' favorite books, reflects reading interests in eight different categories, ranging from the "most shocking" book to the "funniest."

Sponsored by the Kentucky Department for Libraries and Archives, the exhibit continues the theme "Kentuckians Speak Out for Books", which was developed in 1985. Last year's survey and display revealed the books most valued by "well-known" Kentuckians, while the 1986 promotion focuses on the reading interests of the general public.

This year's survey, conducted through Kentucky's 118 public libraries, found the following books to be top choices of Kentucky readers: "If Life Is A Bowl of Cherries, What Am I Doing in the Pits"? by Erma Bombeck (funniest); "Cujo" by Stephen King; "Dune" by Frank Herbert; "Clan of the Cave Bears" by Jean Auel; "Thorn Birds" by Colleen McCullough; The Holy Bible; "The Color Purple" by Alice Walker; The World Almanac and Book of Facts; "Megatrends: Ten New Directions Transforming Our Lives" by John Naisbitt and "The Dollmaker," by Harriet Arnow.

Moorefield Homemakers

The Moorefield Homemakers met at the home of Marjorie Wilson with Charlotte Knapp as co-hostess. Twelve members answered the roll by telling of an April Fool joke.

Charity Griffith gave the devotional about "Dorcas and Women of the Bible." The minutes were read and approved. The treasurer's report was given and birthday dues collected. Charity Griffith, president, made some announcements. Second coupon money is due April 4. Portraits will be taken April 12 at the Baptist Church.

The 41st annual meeting of Nicholas County Homemakers will be April 29, at 6:30 at N.C.E.S. Our club is responsible for the program lunch. International buffet will be Ireland will be May 5. State meeting will be at the Hyatt-Regency in Lexington May 7-9. Registration is due now for brunch.

A mini-lesson on "Eggs" was given by Marjorie Wilson bringing out the importance of eggs in the diet, and a mini-lesson on "Giving To the Future" was read by Ruth Alice Gum.

The lesson on "Vitamins in Your Diet" was given by Jane Moreland who told about deficiencies and overindulgences of vitamins.

The next meeting will be at the home of Elizabeth Ellington with Charity Griffith as co-hostess. The lesson will be "Lunch-Brunch."

Delicious refreshments were served by the hostesses.

Child I-Dent

Paula Hamm, Nicholas County High School student, fingerprints Crystal Ring as a part of Child I-Dent, a program through Kentucky Crime Check to record the vital statistics and fingerprints of children to be used in the event the child is missing. All first grade students at the elementary school were fingerprinted. — Submitted photo

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Eye Openers
By
Dr. Robert F. Pretzsch, Optometrist

Halley's Comet

These "how to see tips" will help you find Halley's Comet as it travels through the skies this year:

•Use binoculars. They use the vision in both eyes, provide good contrast sensitivity and light detecting ability.

•Don't wear your contact lenses unless they are brand new. Even the small scratches or dirty lenses lessen your chances of seeing the comet.

•Wear unscratched and untinted eyeglasses. Scratched eyeglass lenses cause reflection problems; tint reduces what you see at night.

•If you are going comet watching that evening, don't spend the day in the sun without wearing quality sunglasses.

•Avoid excessive drinking or smoking. Either, in excess, can affect night vision.

•Give your eyes a chance to adapt to darkness before you look for Halley's Comet. You'll see better!

And, of course, know what you are looking for. The comet looks like a puffy, cotton-like ball with a hairlike tail attached to it Good luck!

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