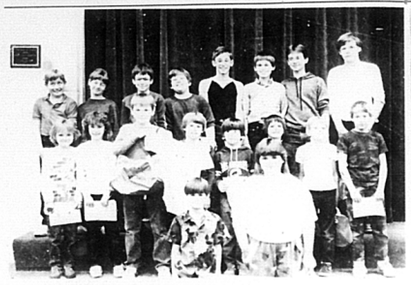
SCHOOL



Gary Hughes (front row, left) and Kristina Sams (right) were winners of bicycles in the Bike-a-Thon held recently. Other youngsters participating in the effort to raise money for St. Jude's Childrens' Research Hospital. Pictured (middle, l-r) are Christa Beatty, Jennifer Caswell, Jeremy Check, Justin Massey, James Mathes, David Gates, Mark Terrell, Eddie Tincher and (back, l-r) Allen Berry, Sunshine Hall, Chris Allison, Michael Mathes, Gary Berry, Keene Bryant, Shawn Hardwick and Victor Watkins. Absent when the pictured was made were: Julie Caswell, Julie Bussell, Katherine Mathes, Justin Dryden and Jeremy Mann.—Gaither photo

These Nicholas County students traveled to Frankfort on December 3rd to take part in the Special Olympics bowling tournament. Pictured (front, l-r) Liz Fryman, Vicky Ross, David Caswell, Stevie Zornes, Lynn Graham, Jenny Newby and Kathy Jackson. (second row, l-r) William Ross, Jerrard McKey and Katrina Jones. (third row, l-r) Pam Pollard, Angie Moore and Linda Jolly. (Back, l-r) Scott Zornes, Joey Watson, James Sapp, J. B. Ring, Cecil White, Darrin Morris, and Beverly Gammon.—Gaither photo

Home management experiences key to class

Morehead State University's home economics students learn these assets firsthand through participation in supervised home management experiences.

The home management experience, a requirement for a home economics degree, means students live as a family in the home management house.

They share the cooking, cleaning, grocery shopping, entertaining and other duties of everyday living, while trading roles on a weekly basis.

Four MSU students recently completed this special six-week experience. They are Janie Fryman, Martha Henderson, Sally Maxey and September Colbert Cardiff.

Fryman, daughter of Bill and Sue Fryman of Flemingsburg, plans to be an extension agent when she graduates in May.

"I have enjoyed the experience of working as a family," she said. "I have learned a great deal about time management and menu planning. Her favorite job was setting a formal table, she said.

Henderson, daughter of Bill and Barbara Henderson of Olive Hill, is debating between becoming a home or an extension agent.

She has time methods at MSU are created by the area in which we live," she said. The liberal arts curriculum is a good education. Food services is her special interest.

Maxey, daughter of Mr. and Mrs. Johnny Maxey of Flemingsburg, hopes to teach after her May graduation.

"I would love a student I can light up because he understands what I have taught him," she explained. That is only one of the benefits of the profession.

She believes it is important for male students getting them the necessary tools to succeed. Even if they don't realize it's importance at the early years later.

Cardiff, daughter of Dave and Lorraine Bruges of Williamsburg had different situation to deal with.

Each day she ate at least two meals in the house and did her share of the chores before returning to her single-residence and husband Tom.

Although I had two homes during this time, I enjoyed learning to prepare different meals," she said. Without a formal, you strive to be your best. She credits the influence of her high school home economics teacher Kathy Davidson, for "showing me how."

Getting along with other people is a big part of the class, according to Carolyn Faraone, lecturer in home economics, who has been teaching the class for four years.

This is a special class," Faraone said. "Students learn to manage their time and money while working with others. They learn to make decisions together," she continued.

For someone beginning the home management house experience, Cardiff offers this advice.

Everyone's schedule is different, and things come up unexpectedly," she said. "You need to be aware of this and plan accordingly," she added.

Because everyone's values and priorities are different, you have to ask questions and take in a total family," said Maxey.

School menus

December 15-19
ELEMENTARY

Breakfast ...Monday, juice, pop tart, milk. Tuesday, juice, oats, toast, milk. Wednesday, applesauce, sausage/biscuit, milk. Thursday, juice, blueberry muffin, milk. Friday, juice, french toast, milk.

Lunch ...Monday, corn dog, pinto beans, tossed salad, birthday cake. Tuesday, chili mac, corn, carrot/celery sticks, peanut butter/crackers. Wednesday, beef stew, cole slaw, peach half. Thursday, ham, green beans, corn pudding, fruit salad, ice cream, hot rolls. Friday, hot dog on bun, baked beans, french fries, apple.

HIGH SCHOOL

Monday ...Hamburger/cheeseburger, french fries, fruit. Tuesday, fish, cole slaw, pinto beans, applesauce. Wednesday, ham, sweet potatoes, broccoli casserole, fruit salad, ice cream, hot rolls/butter. Thursday, pizzaette, cheese, peas and potatoes, potato chips, fruit and cookie. Friday, pizza, tossed salad, apple.

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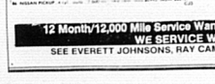

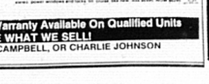

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SCHOOL

Participants are sought

Fifteen teachers in the state's public and private schools grades K-12 will be selected to participate in a Kentucky Humanities Council seminar, "Race Relations in Comparative Perspective," at Centre College June 21 through June 23, 1987.

Participants will receive up to $750 for seminar expenses, including books, mileage, room, board and spring and fall workshops.

Participants will be required to live at Centre. Campus housing will be available.

The seminar leader will be Dr. Donley T. Studlar, associate professor of government at Centre.

The seminar will examine the similarities and differences in race relations in the United States, South Africa and Great Britain.

Emphasis will be placed on how the values of individuals, groups and institutions have shaped race relations in the three countries.

There will also be guest speakers.

The application deadline is February 2, 1987.

Applicants from grades 7-12 are preferred, but strong applicants from lower grades will be considered.

For applications and further information, contact Dr. Donley T. Studlar, Centre College, Danville, Kentucky 40422, phone (606) 236-5211, ext. 341.

The Kentucky Humanities Council will conduct another seminar, "Great American Poets in Prose," at Eastern Kentucky University in Richmond June 15 through July 26.

Hamm named to who's who

Margaret Ellen Hamm of Carlisle is among 15 students from Agnes Scott College to be named to Who's Who Among American Universities and Colleges for 1986-87.

Agnes Scott College is a private, undergraduate liberal arts college for women located in Decatur.

Hamm, the daughter of Mr. and Mrs. James A. Hamm of Carlisle, is a 1983 graduate of Bourbon County High School. At Agnes Scott, she has been Interdormitory Council president, and a member of Mortar Board, the national organization for senior college students.

In addition, she received the Frierson and Clarke Chemistry Fellowship and the Analytical Chemistry Award.

Selection for Who's Who is based on academic achievement, leadership in academic and extracurricular activities, service to the college and potential for future service to society.

Those named to Who's Who join an elite group selected from more than 1,300 colleges and universities in all 50 states, the District of Columbia, and several foreign nations.

WinterCare seeks assistance

Every winter thousands of Kentucky residents suffer from the cold.

Many area residents must choose whether to buy food or to heat their home.

The WinterCare Energy Fund feels that this is a choice no Kentucky resident should have to make.

WinterCare does not want anyone to suffer from the cold.

To combat this problem, the WinterCare Energy Fund begins its fourth season of aiding low-income area residents with utility payment assistance.

The statewide Fund is a cooperative effort between 27 Kentucky utility companies and 22 community action agencies and it helps low-income residents in 119 counties.

Last year, WinterCare raised almost $300,000 and assisted 1,221 households statewide.

This year WinterCare would like to double its contributions and double the number of households assisted.

This cannot happen without your support.

The Fund relies on contributions from local individuals, organizations, and businesses.

To contribute to WinterCare, simply add $1, $5, or more to your utility payment check.

Every penny of your contribution will help Carlisle/Nicholas County residents stay warm.

If you need to apply for WinterCare assistance, contact:

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Nicholas County High School FFA members are selling poinsettias for the Christmas Season. Pictured above are David Gates, Shauna McCarty and Chrisa Auxier.—Gaither photo

Lyons invited

Marsha R. Lyons of Carlisle has been initiated into the Gamma Beta Phi honor society at Morehead State University.

Qualifications for admission in the society include a cumulative grade point average of 3.25 on a 4.0 scale, and students must have 12 semester hours to their credit.

Lyons is a junior nursing major and is the daughter of Mr. and Mrs. Ewell R. Lyons.

Sanders honored

Timothy Sanders, a senior American studies major from Carlisle, was honored at the Hanging of the Green, a Christmas celebration at Oklahoma Baptist University which took place December 6 in Raley Chapel's Potter Auditorium.

Sanders is the son of Mr. and Mrs. Edwin E. Sanders.

The honorees are selected by the student development staff with nominations from the faculty and administration based on outstanding service to the OBU community.

Zormes to attend International Special Olympics

Scott Zormes, son of Mr. and Mrs. William Zormes of Race Street, Carlisle, has been chosen to attend the International Special Olympic Games at Notre Dame University in South Bend, Indiana, July 31 through August 8.

Scott was one of six athletes chosen out of a field of 900 applicants. Scott is a freshman at Nicholas County High School.

Teams Ranked

On December 1, 1986 the Kentucky Academic Association released the first ranking of high school academic teams in Kentucky.

The 21 teams, which includes Fleming County, were selected by a vote of academic coaches, one KAA board member, and one KAA staff member.

Any high school quick recall team could be considered for selection based primarily on a team's won-lost record and the strength of a team's schedule.

All matches played by a team could be considered a part of a team's schedule: including play in academic leagues, KET's Scholastic Challenge, invitational events, and other formal matches.

The first top ranked team in Kentucky is Lexington Lafayette High School.

The team, coached by Gene Toth, is the defending quick recall state champion and recently won the first Mr. Gatti's Holiday Academic Bowl in Lexaville.

The Kentucky Academic Association will release the TOP 20 academic teams biweekly through mid-February 1987.

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Because of the new tax bill, consumers must act now to take advantage of deductions they won't have next year.

Since a large percentage of deductions will be lost or limited next year, you have only this month and December to make decisions about purchases on which you wish to deduct the sales tax, said Bob Flashman, Extension resource management specialist with the University of Kentucky College of Agriculture.

What can you do now."

Consider a shopping spree," said Flashman. "If you plan to purchase a car or other big-ticket item such as a boat or computer in January or February, buy them now.

You can deduct the sales tax of these if you itemize on your 1986 tax return. Next year you'll lose out on the deduction for sales tax."

Consumers will lose 35 percent of the deduction for interest paid on credit cards and other installment purchases next year and even more the following years.

It's best to pay off credit card debts, then shop around for a card with a lower interest rate and no yearly fees," said Flashman.

Find out if there is a grace period interest-free after you charge something. If there isn't, try to avoid using the credit card."

Other changes in the law and considerations you should make.

Miscellaneous deductions. Next year, only those that exceed 2 percent of your taxable income will be deductible. For example, if your taxable income is $28,000 you will be allowed to deduct miscellaneous expenses only on the amount above $560.00. Under the old law you could deduct the full $560.00 if you itemized.

Dues for professional associations and unions. Even if your dues don't have to be paid until next year, pay them now.

Also, if you subscribe to professional journals or publications directed toward your line of work or investments, renew and pay for them now.

Shift income to 1987 since most taxpayers will be in a lower tax bracket.

If you will be receiving a large bonus this year, ask your employer to consider giving you the bonus in January.

Make maximum contribution to retirement plans such as a 401k or IRA.

Consider selling appreciated assets, such as stock, or giving the asset as a gift to a charitable organization.

Compare the marginal tax rate to determine the actual capital gain rate you will be paying.

Consider itemtax factors, too. The market value may be down, if other taxpayers are selling for the same reason you are.

Medical expenses. Next year you can deduct medical expenses that are above 7.5 percent of your adjusted gross income.

Under the old law you could deduct expenses that were above 5 percent of your income.

Charitable contributions will be eliminated next year for those who do not itemize.

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