

SOCIETY

To place Society items, call Mrs. Ann Shearer at 289-2444

High school open house is May 8

Nicholas County High School will hold an open house for parents and the general public on Thursday, May 8, from 4 p.m. Exhibits will be set up in each classroom and teachers will be available to meet with parents.

Refreshments will be served in the Home Economics department.

Geranium Day is in Washington

Flowers, more specifically geraniums, are the subject for celebration in and Washington in Mason County.

Refreshments will be served in the Home Economics department.

Persons

Service pin presented

Andy Dudley, president of The First National Bank, presented a gold pin to Kim Rorer in recognition of five years of service to the bank. The presentation was made Monday, Kim is an interior decorator and the book. She is a Nicholas County native and the daughter of Judge Executive and Mrs. Reese Jernst. She is a member of the Blue Licks Christian Church.

Persons

Mr. and Mrs. James Spang spent last week with their daughter, Mrs. Dick Kappeler, Mr. Kappeler and Arvon of Hustonville, TX. Mr. and Mrs. Dan Rich spent Sunday with his mother, Mrs. Mattie Good at the Eastern Star Home in Louisville.

Miss Mary Margaret Hutchings of Trenton, MI spent several days last week at cottage on Lake Carmo. Mr. and Mrs. David Hutchinson of Lake Carmo have returned home after spending the winter at the Plant in Venice, Fla.

Miss Ramona Greer is a patient in the Harrison County Hospital after being thrown from a horse Sunday and injuring her back. Her room number is 125-B.

Miss Shelby Hamilton entered Nicholas County Hospital last Wednesday for tests and observation. Mrs. Bruce J. King is recuperating at home after being a patient at the Mary Childs Hospital. Mr. Sterling, for three weeks. She submitted to two major operations while there.

Mr. and Mrs. Tom Wallace, Edgartown, MA and Eric Greig of Maine spent last week with Mrs. Wallace's parents, Mr. and Mrs. Nathan Young.

Miss Pat Allison returned home Tuesday from Central Baptist Hospital, Lexington, where she submitted a major surgery April 18.

Kay's Kitchen

Several weeks ago I was asked to do a column on muffins and to please include a recipe for Apple Muffins. Today I'm bringing this recipe to you, but better late than never. Muffins are delicious breakfast, lunch or dinner, and are one of the easiest breads to make. There is no kneading, rolling or cutting. Simply drop the batter into well-greased muffin tins.

The single most important thing to remember is to stir - never beat - the batter. The ingredients should be measured, but still luxury. Fill the tin no more than two-thirds full, to allow for expansion.

APPLE MUFFINS
1/2 cup soft butter or margarine
1/2 cup sugar
1 beaten egg
1/2 cup sifted cake flour or bread flour
1/2 teaspoon salt
1/2 teaspoon baking powder
1 cup peeled and diced apple
Cream the butter and sugar. When mixture is light and fluffy add the beaten egg. Sift dry ingredients and add to the sugar mixture, alternately with the milk. Fold in the apple and fill greased muffin tins two-thirds full. Sprinkle with additional sugar and cinnamon and bake at 400 degrees for 25 minutes. Makes 12. These muffins are sweet and rich, delicious with coffee or tea.

BASIC MUFFIN RECIPE
2 cups sifted flour
2 1/2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup milk
1/2 cup melted butter
1 egg
Sift dry ingredients. Combine remaining ingredients and add all to one of the flour mixture. Stir just to moisten; the batter will be lumpy and rough. Fill muffin tins two-thirds full. Bake at 400 degrees for 20-25 minutes. Serve warm.

For some variations of the Basic Muffin Recipe: (1) Add crumbled bacon to the batter; (2) add 1/2 cup grated cheddar cheese to the dry ingredients; (3) lay a cooked sausage link in the bottom of each muffin tin before adding batter.

Hospital notes

April 19-24, 1986
ADMISSIONS: Edil Sexton, Barbara Wainwright and baby boy, Carlmill, Willie Starfield, Lois Stephens, Mary Harless, Charles Gray, James Vaughn, Joe McCarty, Mary King, Edith Smith, Kathy Mervis, Lindsay Pogue, Josephine Westfall, William Zornes, Shelby Hamilton, Edith Bryant, Louise Paul, Helen McCoy, Carlisle, Nolan baby boy, Paris, Edgar Poe, H.M. Steker, M. Olivet, Mary Burgess, Stephanie, Rebecca Harding, Sallie Curtis, Erving, Harry Middleton Jr., Mervin, Katherine Barber, Edna Fryer, Louise Givens, Edil Sexton, Joe McCarty, Lois Stephens, Edith Smith, Carlisle, Teresa Nolan and baby boy, Mary Livingston, Paris, Louise Tabert, Millerberg, Sallie Curtis, Erving, Edna Livingston, Moorefield, Louise Moore, Edgar Poe, M. Olivet, Mary Jolly, Mary Burgess, Stephanie.

DISCHARGES: Irene Burns, Emma Fryer, Katherine Barber, Edna Fryer, Louise Givens, Edil Sexton, Joe McCarty, Lois Stephens, Edith Smith, Carlisle, Teresa Nolan and baby boy, Mary Livingston, Paris, Louise Tabert, Millerberg, Sallie Curtis, Erving, Edna Livingston, Moorefield, Louise Moore, Edgar Poe, M. Olivet, Mary Jolly, Mary Burgess, Stephanie.

Marie Chapter
Marie Chapter O.E.S. will be going to the home of Mrs. Thelma Standford, Thursday, May 8, 2 p.m. at the Gardenside Christian Church, Lexington. Also performing will be the "Memento Quiescentis." All members are welcome to attend.

Youth orchestra in concert May 4
The Central Kentucky Youth Orchestra, under the direction of Daniel Baldwin, will be in concert at 2 p.m. May 4 at the University of Kentucky Center for the Arts in the Central Sunday series.

Yoke winner gets hat
Oaks Beecher, wife of Kentucky 11 G.O. Steve Beecher, modestly the hat she will present to the winner's home of the Kentucky Oaks. The hat, created by Valley Hill Herbs & Everlastings of Springfield, is featured on the Oaks program cover and tickets. The Oaks, a fillies race, is held Friday, May 2 at Churchill Downs in Louisville.

Births

Mr. and Mrs. Billy Keith Nolen of Paris announce the birth of a son, April 19, 1986 at the Nicholas County Hospital. He weighed seven pounds 12 ounces and has been named Billy Keith Jr.

Maternal grandparents are Mr. and Mrs. Sherman Hall of Paris. Paternal grandmother is Virginia Denton of Paris.

Mr. and Mrs. Timothy Paul Wainwright of Paris announce the birth of a son, April 19, 1986 at the Nicholas County Hospital. He weighed seven pounds 12 ounces and has been named Billy Keith Jr.

Maternal grandparents are Mr. and Mrs. Sherman Hall of Paris. Paternal grandmother is Virginia Denton of Paris.

15 year employees

Jockey International Inc. has announced four new members to the Jockey Thoroughbred Club of Carlisle training plant. These Jockey employees completed 15 years of service in the first quarter of 1986. Honored recently were, 1, Edith Bert, Marjorie Fryer and Debbie Pepper. Geneva Hart was absent when picture was taken.

Mr. and Mrs. Wilbert Winkle is named Outstanding Young Woman

Mrs. Creta Marie Winkle, wife of Wilbert Winkle, 181 East North Street, has been named to the 1986 edition of Outstanding Young Women of America.

Winkle is a 19-year employee of the Peoples Bank and the mother of two children, Helen Jean, 13, and Eric Paul, 10. She attends the Paris Church of Christ, and is the minister's wife, Landon Samart, who nominated her for this honor.

Now in its 21st year, the Outstanding Young Women of America program is designed to honor and encourage exceptional young women between the ages of 21 and 36 who have distinguished themselves in their homes, their professions and their communities. Accomplishments such as these are the result of dedication, service and leadership - qualities which deserve to be recognized and remembered.

Nicholas is topic of conference

The goal of this phase of the work of the Senior Citizens Center, was honored Mrs. Marie Louise Love and right Rev. Paul Cropper, minister of the Carlisle United Methodist Church of which Mrs. Shroust and Mrs. Lower are members.

90 years young

Mrs. Marie Louise Love, who is honored Mrs. Marie Louise Love and right Rev. Paul Cropper, minister of the Carlisle United Methodist Church of which Mrs. Shroust and Mrs. Lower are members.

The search for health: Treatment for cataracts

Just behind the dark pupil of the eye is a small, clear lens that helps focus light onto the retina, the light-sensitive tissue lining the inside of the eye, at the back. If this clear lens develops a clouded or opaque area, called a cataract, the passage of light is obstructed and vision may be impaired.

A cataract develops when there are certain changes in the chemistry and details of the eye as we look at an increasingly blurred, hazy, useful vision may be lost.

More than three million Americans have cataracts that affect their vision. The most common type of cataract is the result of changes associated with the aging process. Other kinds of cataracts are related to heredity, prenatal conditions, injury, drugs, radiation and some diseases such as diabetes.

When a cataract has progressed to the point where reading vision problems interfere with one's daily activities, the cataract should be removed surgically.

Because of technical advances over the past 20 years, cataract surgery has become a safe, effective and mostly routine procedure. The operation is commonly done using local anesthesia during outpatient surgery; few patients need stay in the hospital overnight.

There are two principal methods of removing a cataract: intracapsular and extracapsular extraction of the lens. With the intracapsular method, the entire lens including its envelope, or capsule, is removed. Extracapsular extraction involves removal of most lens tissue, but the back part of the lens capsule is left in place in infants and young children, who lenses are relatively soft, the lens tissue may be withdrawn through a hollow incision - a procedure called aspiration. It is possible to use the aspiration method on a broader range of patients including adults, the surgeon may employ high-frequency sound vibrations (ultrasonics) to soften and liquefy the lens so it can be aspirated through the needle.

The use of ultrasonic to extract surgery should not be confused with laser surgery for other eye disorders. A laser cannot remove a cloudy lens or make it clear again. However, laser surgery is often used months after extracapsular cataract surgery has been completed. Following extracapsular surgery, the back part of the lens capsule that remains in place may become cloudy and interfere with vision. In such instances, a laser can be used to open a path for vision through the clouded membrane.

But taking a clouded lens or opening a closed membrane after cataract surgery is just part of the sight restoring process. Even post-cataract surgery, the ophthalmologist who examines his or her eyes to decide whether and when surgery is needed. It is also important to decide in advance what substitute to use for the eye's natural lens. There are three choices: eyeglasses, a contact lens or an intraocular lens implant. Contact eyeglasses are a safe solution to the problem of seeing without a natural lens, but they do magnify objects 20-30 percent larger than they appear without glasses. Sometimes people cannot get used to wearing them.

Some people prefer to wear a contact lens after surgery. Contact lenses can even get a kind of soft contact lens that is left in the eye for longer periods of time. However, as is true for eyeglasses, there are people who cannot adjust to wearing a contact lens, and whose arthritis or other infirmity makes lens cleaning a problem. For these people, a contact lens may be an unsatisfactory choice.

Dates include coordinating the statewide celebration and local events; encouraging the location of materials pertaining to the settlement of the state and its attainment of statehood; and selecting persons and events to be commemorated.

State Senator David Karen, Democrat from Louisville, was named chairman of the Bicentennial Commission Executive Committee. Other members are Mason Curbie, Pineville; Louise B. Hatmaker, Hazard; Rep. Pete Worthington, Fleming; Steven Collins, Versailles; George S. Boone, Ellettsville; A. Lucas, Bowling Green.

200th birthday plans underway

Kentucky's 200th birthday is six years away but preparations for the event were ordered to begin by Governor Martha Layne Collins. Kentucky was admitted to the Union as the 15th state in 1792.

To plan the grand celebration in 1992, the governor named a 20-member executive committee and said as many as 25 more members may be named later to the Kentucky Bicentennial Commission.

"While we plan for the future of this Commonwealth we value our heritage and our traditions," said Gov. Collins. Kentucky's 200th birthday will be an occasion to pay tribute to the people of this state who created the foundation on which we stand today.

The Commission will be attached to the Office of Historic Properties in the Finance and Administration Cabinet. The members will receive no pay but will be reimbursed "for all necessary expenses incurred in their duties," the governor said.

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Garrett's and Spring Air Salute the Lady During Freedom Week. Sale ends May 31

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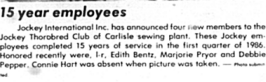
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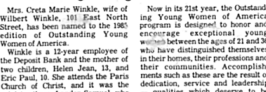
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The Kingstons to appear May 8 at Gardenside Christian Church

Nationally acclaimed gospel singers "The Kingstons" will appear in concert Thursday, May 8, 7:30 p.m. at the Gardenside Christian Church, Lexington. Also performing will be the "Memento Quiescentis." No admission will be charged but a contribution will be accepted.

Harrison Hospital to have continuing education program

The Nursing Service Department of the Harrison Memorial Hospital in Cynthiana will present a continuing education offering, "Pediatric Medical and Surgical Emergencies" on May 14 from 8:30 p.m. to 10:30 p.m. at the Harrison Memorial Hospital. Registration begins at 5:30 p.m. Guest speaker will be Sam Flagg, Emergency Helicopter Service nurse from Louisville.

Hopkins requesting Red River Gorge be named in Scenic Rivers Act

Congressman Larry Hopkins, R-Ky., has called on the Chairman of the House Subcommittee on National Parks and Recreation to include the Red River Gorge in its April 23 consideration of new designations under the Scenic Rivers Act.

The offer has been approved by the Kentucky Board of Nursing for four contact hours. Cost is \$25. Pre-registration is required. Deadline for registration is May 7. All who apply will be accepted.

This four-hour workshop will be conducted by a Staff Flight nurse who has received several pediatric medical and trauma emergency and initial nursing courses in that management. The offering is designed for registered nurses and licensed practical nurses employed in hospital emergency rooms.

For more information contact Julia K. Fulton, RN, director of Educational Services, at 606-241-2300.

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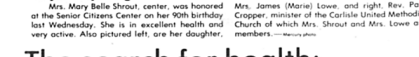
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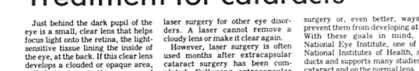
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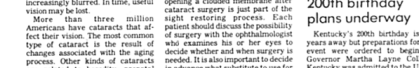
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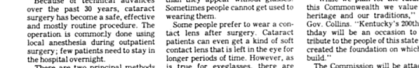
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